

FEBRUARY 2022

# PARENT'S VOICE

Supporting carers in Cardiff & The Vale of Glamorgan

## New year - new beginning?

## Is this the end of the Covid era?

The past years have been an incredibly difficult for family carers and those who rely upon support services.

As winter comes to an end and spring approaches can we expect an opening up of services and opportunities for our sons and daughters?

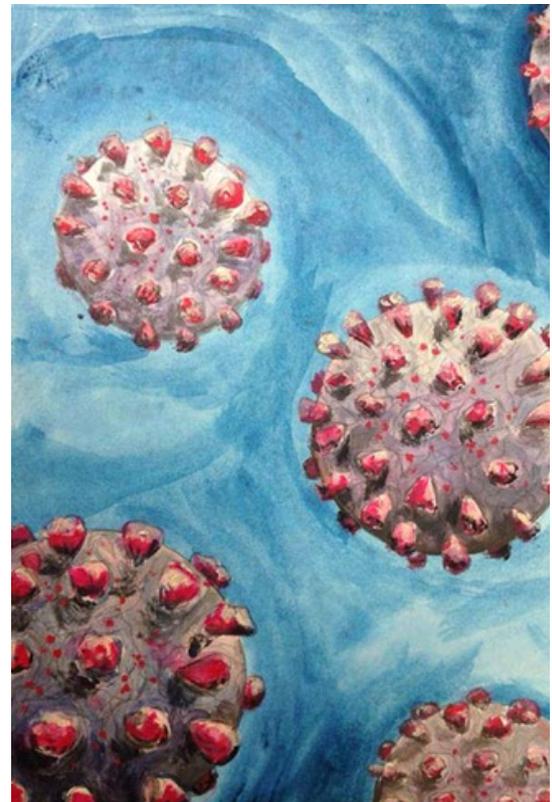
While many are desperate to access support and get out more some families are still wary of the risks involved - everyone has their unique needs and opinions.

Family carers need to have their voice listened to.

The Parents Federation is involved in discussions around how we can open up support services over the coming months and we need you to share your views and experiences so that we can make sure decision makers are aware of what matters to you.

Join us in person and meet other carers online in one of our zoom meetings and let us know what matters to you. **We can make sure your voice is listened to!**

Don't do Zoom? Join us on [facebook](#) or at one of our wellbeing activities.





# Join us in 2022!

As soon as it is safe to come out we shall let you have our plans for our popular social gatherings and events.

In the coming months we plan to offer more and different activities for unpaid carers where you can meet other carers in an informal and have fun for a few hours. All activities are free and open to any unpaid family carer.

Come and join us - you deserve a break!



To be sure of being kept informed, send your contact details or mobile number to [admin@parentsfed.org](mailto:admin@parentsfed.org)

## PEDAL POWER AND MORE



- Want to meet other carer's?
- Want to do something different?
- 

We are planning more carer focussed activities . This includes regular cycling sessions at Pedal Power in Pontcanna. They have a number of different accessible bikes for all abilities.

Go for a nice ride through the park and join us for a cuppa and cake afterwards. We are holding taster sessions for beginners every month. It doesnt matter if you haven't ever ridden in the past!

We would love to hear from you - are there any activites that you would enjoy?

# Staying in touch

Throughout the pandemic staying in touch has been difficult for many families and as we slowly start to return to normal you will find that many simple tasks have moved online.

Carers tell us that their best source of information and support is from other carers and we continue to offer a selection of opportunities to meet other carers, either in person or online. Our weekly virtual coffee mornings are held every Tuesday at 11.00 via Zoom. This allows carers to connect to us and other carers in a safe and friendly environment.

**If you do not have any way of accessing Zoom to join us we still have a small number of free tablets available for carers.**



## Transition themed Coffee Morning

We are holding a Zoom meeting to discuss Transition issues on **Wednesday 23rd of February** (link below)

New protocols and approaches to supporting people through transition are being introduced in the coming year -this will affect you!

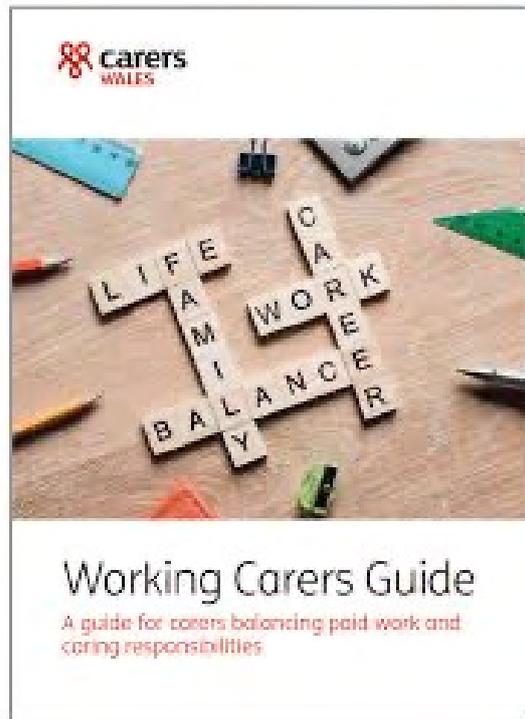
This should make the process of moving on from school, to adulthood or leaving the family home more straightforward

We want to hear your stories and real life experiences so that we can help shape the support that families receive.

[Join us on Wednesday at 10.00](#)

# Working carers Guide

Support for carers that work and how to access it



Balancing work with caring responsibilities is often a difficult task and juggling work and care is a constant challenge.

The Carers trust have produced an excellent guide that explains your rights along with much advice from other carers - click the image to see the full [report](#)

## Over 60? Live in Cardiff? Want to get fit? Cardiff Sport 60+ could be for you!

Cardiff Council are offering a range of activities to help shake off the winter blues. At £3 a session they are very cheap- find out more and book a slot click [here](#)



## Contact us

We are here to help.....

Want to keep up to date with  
what we are doing?

Drop us an email

[admin@parentsfed.org](mailto:admin@parentsfed.org)

Phone us

029 2056 5917

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