

Cardiff &amp; the Vale Parents' Federation

# Parents' Voice



## A Brave New World?

As lockdown is easing in Wales, we are hoping to restart our social gatherings on a small scale.

This began with a return to Pedal Power cycling and social sessions in Cardiff which was a great success.



We are also planning outdoor picnics and social activities in various localities across the region.

Many of you have told us how isolated you have been so we are keen to get as many activities rolled out as we can in the coming weeks and months.

Please note these gatherings will only take place after making risk assessments and and subject to cancellation at short notice. The changing Covid situation and carers' safety will always take priority.

We are limiting places to ensure activities are safe but hope we can cater for everyone in the coming months.

## Virtual Coffee Meetings

We have been holding weekly virtual

*coffee mornings* on Zoom every Thursday at 11am. It has been fantastic to see carers share their stories and experiences. We have discussed a range of issues from transition, daytime services, visiting relatives in supported accommodation and what the new 'normal' will look like.

We have also been able to discuss issues that carers are having and raise them on your behalf with local authorities and other agencies

## We are still here - get in touch

If you need any advice or just want someone to talk to please get in touch.

Follow us on [Facebook](#), and sign up to [zoom](#) to join our chats.

All you need is a smartphone, tablet or access to a PC.

## Carers and PPE

The Welsh Government can offer free PPE to carers— for details follow this link:

<https://gov.wales/covid-19-guidance-unpaid-carers-personal-protective-equipment-ppe>

## Online Boccia league

Hot on the heels of the premier league, the Vale Online Summer Boccia League has begun. There will be a weekly challenge throughout August. Click below for more:

<https://www.facebook.com/valesportsplay/>

## Cardiff & the Vale Parents' Federation working for you!

The Parents' Federation is carer led has almost 2000 members -all are lifelong carers. Many members face the same daily challenges and difficulties as you and can share a wealth of experience.

As carers you are the experts and we try to keep carers informed by sharing information while creating opportunities for carers to meet one another. All activities are free.

Local authorities and service providers in the region often seek the views of families and we take note of what you tell us to ensure that your views are listened to. Now more than ever, we need your views and ideas to help shape the future face of services provision.

## Touch Trust

The Touch trust has been a popular service for many families and during the lockdown many of you have had ongoing support. We have had some reports of families being billed unexpectedly, causing concerns. If you have had any issues and need support please contact us.

## Vale Day Service survey— what should future services look like?

Covid19 has changed everything. The support approaches taken for granted in the past cannot continue.

The Vale Council have recently sent people receiving a day service a survey. Please take some time to complete it—your views matter!!

If you have lost the survey then contact Sarah at [ssidman-jones@valeofglamorgan.gov.uk](mailto:ssidman-jones@valeofglamorgan.gov.uk)

## Cardiff Support services

Local authorities in both counties are keen to agree a safe approach to supporting people as soon as it is safe to do so. If you live in Cardiff and want to have your say then contact your social worker or join us at one of our Thursday zoom coffee mornings.

## Join us, have fun and meet other carers

Caring can be isolating and it's easy to lose touch with people—even before the lockdown.

The Parents' Federation holds regular events and activities that bring carers together. These are free and a great way to meet others who understand the challenges that you live with every day



Over the past months we have kept in touch using facebook, zoom and other platforms and look forward to seeing you face to face once it is safe.

Until then follow us on facebook, join our Thursday zoom coffee morning or visit our website to keep abreast of what's going on for carers.

The Federation was set up for carers and run by carers— join us and link up with others like you.



## CONTACT INFO

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

[Facebook](#)

Instagram - [@parentsfed](#)