



Cardiff People First is a charity run by people with a learning disability.

We help people find their voice, stand up for their rights, meet new people, make new friends and have fun.

We have lots of different groups that meet up regularly.

There's a group for everyone!

If you want to feel more confident and take control of your life, and if you have a learning disability, give us a ring. We'd love to hear from you!



- Tel: 029 2023 1555
- Email: cardiffpeople1st@btconnect.com
www.CardiffPeopleFirst.org.uk
- www.facebook.com/CardiffPeopleFirst
- @CardiffPF

Personal Independence Payments (PIP)

The Department for Work and Pensions are currently replacing Disability Living Allowance with Personal Independence Payments (PIP) in Cardiff. If you are affected by this change or you are having problems with the process, such as:

- Applying
- Claiming
- Eligibility
- Appeals

We would like to hear from YOU. If you would like to share your experiences with us, you can call us on 02920 565917 or email admin@parentsfed.org

BREAKING NEWS – we are planning on holding an informal meeting where a Disability Member sitting on Tribunals which determine appeals made against DWP decisions on PIP and DLA will outline how to maximise your chances to access these valuable benefits. There will be an opportunity to participate in a Q&A session afterwards and all proceedings will be posted on our website. More information can be found on our website at www.wherestand.org.

Initial Support for Early Diagnosis

We know that receiving a diagnosis for your child can be an isolating and scary time. Many families do not receive initial support after early diagnosis, which can leave families feeling like they have nowhere to turn.

We would like to know your experiences with early diagnosis; did you receive any support? Was no support offered at all? If help was offered, was it useful? Would you like to be supported and talk to someone who has had similar experiences?

If you are willing to share your experiences, please phone us on 029 2056 5917 or email admin@parentsfed.org

Our new address is:
Sbectrwm, Bwlch Road, Fairwater, Cardiff CF5 3EF
Our new phone number will be: 029 2056 5917
Email: admin@parentsfed.org
www.parentsfed.org.uk www.wherestand.org

Cardiff & the Vale



DISCLAIMER: Cardiff and the Vale Parents' Federation does not accept any liability for the accuracy of articles submitted nor responsibility for individual views expressed by our members



The Voice of Parents and Carers of people with a Learning Disability

Parents' Voice Summer 2015

We have moved!



Our new address is: **Sbectrwm Bwlch Road Fairwater Cardiff CF5 3EF**

Our new phone number will be: **029 2056 5917**

We are delighted to have moved premises after enjoying more than a decade in Canton House and are now based at the Vision 21 Sbectrwm building in Fairwater.

Our new office enjoys excellent parking and is alongside many projects that are accessed by people with a learning disability. These include a community garden, a pottery, art and craft workshops and a community cafe.

Please come along and meet the staff and see some of the various projects in action at any time. On the 8th July the centre is holding an open day so why not bring the family along and enjoy the festivities at the same time!

Please note our phone number has changed but all email and internet addresses remain the same.



Changing Places changing lives

Sometimes you need to change just one thing to open up a world of possibility..... Thousands of people need the Changing Places toilets that would help them to enjoy the day to day activities many of us take for granted. People increasingly need these facilities, which are publicly accessible with enough space and the right equipment, including a height adjustable changing bench and a hoist. Without adequate provision, carers have to change the person they care for on a cramped and dirty toilet floor. This is dangerous, unhygienic and undignified

The alternative is to limit outings to a few short hours, or not go out at all. The Campaign is calling for toilets to be installed in all big public places. This includes city centres, shopping centres, arts venues, hospitals, motorway service stations, leisure complexes, large railway stations and airports

The Changing Places Consortium launched its campaign in 2006 on behalf of many people who cannot use standard accessible toilets.

The campaign started with 8 facilities in the UK, with just 1 in Wales. There are now more than 700 registered across the UK with 27 locations in Wales. With valued input from the Director at Mencap Cymru, we are continuing to work with several organisations to establish much needed Changing Places in Cardiff &



the Vale, including- community & arts venues, theatres, stadiums & department Stores. - A successful charity event organised by our physiotherapist raised a considerable amount of funding toward the much needed Changing Places at Sbectrwm community centre. Hopefully this will be installed as soon as possible. - Chapter Arts, Cardiff, is also planning installation of a facility for the many members at the Centre. - We have recently received positive news from the manager at the Millennium Stadium in Cardiff. "Changing places contractors are in the Stadium and the facility should be ready for the 2015 Rugby World Cup"

BREAKING NEWS

As of June 2015 the installation is nearly complete! Please keep an eye on the Changing Places website for an official announcement and photos!

For advice on local campaigning, technical and up-to-date information on where all UK Changing Places toilets are located visit www.changing-places.org You may also want to join the Changing Places online forum. This is a great place to share your thoughts, ideas, and experiences. You can keep up-to-date with campaign news and developments, ask questions, exchange information and ideas with other people involved in the campaign from across the UK.

Elaine Gee
Cardiff & Vale Parents Federation



Autism Support Dogs Uk

Changing lives since 1998

Ever thought of getting an Autism dog?

Autism service dogs are capable of helping to change the life of a person with ASD and their family. These dogs aid behaviour and help children and adults with ASD to enjoy a better quality of life. One example is the security of the physical safety of disabled children when they go outside. The service dogs are trained to avoid dangerous situations in the case of this behaviour by grounding the child, avoiding scary and potentially fatal scenarios of road accidents, the child becoming lost and other similar happenings.

The dog has another important job to do at night time. For an ASD child, the simple act of going to bed can be a nightmarish experience. A lot of children don't like to be alone or if they wake up in the middle of the night alone getting back to sleep can be a problem. Service dogs can be trained to sleep with the child staying in the same place all night. This creates a comfortable and secure feeling for the child to sleep.



An Autism dog can help with communication barriers due to the extraordinary interaction capacity of a service dog. The child can start to use the dog as a language wire with the capacity to connect the child with the outside world. Most of the non-verbal ASD children, after having a dog for just a few days, show a 95 per cent of improvement, in some cases the first words come in the presence of the dog.

Ultimately they provide security for the child to connect to a social world,

breaking barriers and developing confidence, responsibility and autonomy. A service dog prepared and trained for ASD will give a new sense freedom and will transform the life of everybody, as well as being a man's best friend! For more information, please contact trainer Andre Matos on 07444 107188 or visit <http://autismsduk.wix.com/andre-matos>.

One of our Vale parents, Kate Mitchell, has recently welcomed the gorgeous Hank into the family so he can help her 6 year old daughter, Brooke, who has Autism.



The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country, with the use of a RADAR key. The price of a key is £4.50. There are a number of toilets throughout Cardiff and the Vale which can be accessed with a RADAR key. To find out more, please visit <https://crm.disabilityrightsuk.org/radar-nks-key>

HELP WANTED!

We are planning an event for early 2016, which will concentrate on ADHD. This will be an ADHD awareness event, aiming to inform and support :

- Parent carers of people with ADHD.
- Parent carers of people awaiting a diagnosis of ADHD.
- Professionals working with people who have ADHD.

As this is an informative event, we would like to find some parent carers who have experience in looking after someone with ADHD or who are currently going through the diagnosis process. If you would be willing to share your experiences at our event, please phone us on 02920 565917 or email admin@parentsfed.org