

WHERE YOU STAND & DEWIS

One-Stop Online Information guides

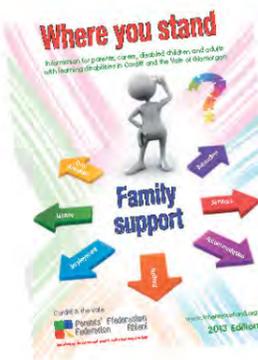
Accurate information at your fingertips is invaluable. For over twenty years the Parents Federation has produced Where You Stand, the most comprehensive local guide to services for people with a learning disability and how to access them.

Information is updated online at www.wherestand.org and the guide now includes several hundred entries plus links to many more useful contacts and resources. We are currently working with the All Wales Forum to develop this resource as a cross Wales guide and are seeking volunteers to help us update the content.

The Welsh Government are helping to fund this, along with a generic information resource called Dewis. This guide offers a mass of information on local opportunities for all people and can be found at www.dewis.wales

Together, these information guides offer carers a wealth of information on what help and activities are available locally.

Don't be left in the dark- stay informed and be sure of making the best decisions for you and your child and save these two websites in your favourites!!



Parents' Federation Rhieni
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The Voice of Parents
and Carers of people
with a Learning Disability

Parents' Voice

Spring 2016

ADHD Information Event

On Wednesday 24th February 2016 we held a successful information event that focused on ADHD. It aimed to increase awareness of where you can go for support, as well as debunk the myths that surround the condition.

A variety of speakers covered different aspects of ADHD, including what support is currently available and plans for new services.

Findings from Cardiff University ADHD Research Team were shared. These include evidence that ADHD is often inherited and that it does not always depend on environmental factors.

This was followed by a talk from the Cardiff and Vale University Health Board's Neurodevelopmental Disorder Service giving an overview of a new project. The project will improve the experience for families going through the diagnosis process.

There were presentations on where to go for support from SNAP Cymru, who help with education, and Barnardo's Neville Street Project, who provide ADHD parenting programmes.

The Cardiff City Football Club Foundation were also present, giving information on the sports opportunities that are available for children and young people with ADHD.

It was a very successful morning, and feedback from participants was positive.

To find out more in detail please visit our website www.parentsfed.org where you will find a comprehensive report, the presentations from the speakers, and the links to their websites.



Would you like to join us for a Coffee and Chat?

Would you like to meet other parents/carers?

Our Carers Coffee mornings will take place on the following dates:

Monday 25 April 2016 - at 10.00 am
at Sbectrwm, Bwlch Road, Fairwater, Cardiff

Wednesday 25 May 2016 at 10.00 am
Starbucks (in Next), Queen Street, Cardiff

Thursday 16 June 2016 - at 10.00 am
at Sbectrwm, Bwlch Road, Fairwater, Cardiff.

Carers Week Special:

Monday 6 June 2016 - meet at 11.00 am for coffee at the Gwalia Tea Rooms at the St Fagans National History Museum, Cardiff.

If you are feeling isolated, or would like to meet other parent/carers or simply have a coffee with us, please join us on any of the above dates.

Please ring the Federation office on 029 2056 5917 or email hasina@parentsfed.org to confirm your attendance.

Cardiff & the Vale



SBECTRWM Community Centre, Bwlch Road,
Fairwater, Cardiff, CF5 3EF
Tel: 029 2056 5917 Email: admin@parentsfed.org
www.parentsfed.org.uk www.wherestand.org

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.

LLOYDS BANK FOUNDATION
England & Wales

<https://twitter.com/ParentsFed>

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



Do you know someone that deserves recognition? Why not nominate them for the Understanding Disability Awards 2016?

The Understanding Disability Awards aim to recognise, encourage and celebrate the active engagement and commitment of individuals and groups who promote positive attitudes towards people with learning disabilities.

Every nomination counts, so if you know of any positive role models, community organisations, children or an employer, make sure they are recognised for their achievements. If you can think of anyone who deserves to be recognised then nominate now.

Nominations are welcome in the following categories:

- Employer
- Teacher/Learning Support Assistant or School/College
- Volunteer
- Local Group or Organisation
- Professional
- Child or Group of Children

Nomination forms are available from the Parents Federation office.
Please call Hasina on 029 2056 5917 or email Hasina@parentsfed.org to request a copy.

Call for NEW TRUSTEES



The Parents Federation is run by carers for carers. We rely upon parent volunteers to help guide and steer us. We are looking for new parents to become involved in our activities. No experience is necessary apart from being a parent of a disabled child or adult.

By playing a role you can also ensure that issues that matter most to you and your family can be highlighted when we make strategic representation.

We are keen to ensure that our trustees and committee is made up from a cross section of carers of all ages and backgrounds, Please call John on 02920 2056 5917 for an informal chat.



Free Training for carers

There are many free training opportunities available for carers to participate in— these can vary from practical self help tips to professionally recognised training units. To ensure that you are kept aware of them please follow us on social media and ensure that we have your up-to-date email address.

SOCIAL SERVICES & WELL-BEING ACT & UPCOMING EVENT



As of April 2016 the Social Services and Wellbeing Act (Wales) 2014 comes into force. This act is a new law passed by the Welsh Government. It replaces many previous acts of parliament that affect children and carers. The new act aims to encourage people to play a central role and more choice in deciding what support and assistance they need, where and when.

While it has potential to improve the lives of many families, some protection previously assured in earlier legislation may now not exist. We have some useful links on our website that gives a simple overview of what the new law aims to achieve.

This act will affect ALL of our members. We plan to hold an event in the Autumn where we shall examine how far the act has actually made a difference to families. In the meantime please look at our website and if you use social media invite us as a friend, follow us on Twitter or email us with your latest address and we shall send you regular updates.

We are always keen to listen to your experiences so please share them with us. We shall also be sharing information as and when we receive it on the various changes to welfare rules and benefits so please take a few minutes to add us to your social networks.



FUNDRAISING

The Parents Federation is a small charity and relies upon a mix of council funding and grants to cover its costs. We need to generate more income as our membership has increased by 50% in the last eight years to over 1200 now while income remains static!

We do not charge for services or events but need to generate more income to cover unplanned eventualities.

You can help in a variety of ways.



You can be a Friend of the Federation and organise a fundraising event or sponsored activity or simply make a donation. All you need do is log onto

<http://uk.virginmoneygiving.com/fund/friendsofthefederation>

The best thing is that the taxman adds a further 20% or more!

Shop Online?



When you shop online you can raise a percentage of any spend at no cost to you— it really is that simple and most major retailers are part of the scheme.

Simply log onto Giving a Bit, select Cardiff & the Vale Parents Federation as your nominated charity.

A few minutes spent now will help ensure that we can continue to offer a free service!

For assistance and more information on how you can help us please call or email the office.