

**Cardiff & the Vale Parents' Federation**

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



# Parents' Voice Summer 2014



## What's on this Summer?

There is a huge choice of activities and workshops for all the family this summer.

### Cwtch 6 Week Summer Play Project

Children's Play Services and CWTCh Parent Network are offering FREE playscheme for all Parent/Carers, siblings, relatives of Disabled Children and Young People.

We will be providing activities, including arts and crafts, soft play, bouncy castle, sports, games, archery, sailing, soft ball games, and much more for disabled children and young people in Cardiff. We also have sensory resources which are designed to stimulate or relax the senses.

Children will be able to direct their own play, assisted by qualified play workers, whilst Parents/Carers are able to join in the activities on offer.

**Play Sessions are taking place:**

**Tuesday 12.30pm—5.00pm**

**Thursday 12.30pm—3.30pm**

**Saturday 12.30pm—4.00pm**

For more information please contact Project Coordinator: **Karen Barker**

Tel: **029 2087 3956** or **07976 056110**

E-mail: **KBarker@Cardiff.gov.uk**

### Can Do Activity Club

**Caudwell Children** are running a **FREE** sports activity programme for children with a disability/ additional need over the school holidays!

Activities include...

**Boccia, Judo, Football, Rugby, Tennis and much more!**

Our sessions are designed so that all abilities can take part and siblings and parents are welcome!

Don't hesitate to contact

**Anna on 07824 431868**

To book your place or find out more information!



***More activities overleaf!***

## Play Development Summer Programme

### Playschemes

**Tuesday 5th August-Thursday 7th August**

Palmerston Community Learning Centre

Cadoc Crescent

Barry

CF63 2NT

**Tuesday 12th August-Thursday 14th August and Tuesday 19th August-Thursday 21st August**

Llanilltud Fawr Primary

Ham Lane East

Llantwit Major

CF61 1TQ

**Morning Sessions :** 10:05am-12:00pm

**Afternoon Sessions:** 1:05pm-3:00pm

## Vale Show

**Wednesday 13 August**

Fonmon Castle

Barry

CF62 3ZN

9am-6:00pm

**Disability Index Fun Day**

**Friday 15th August**

Palmerston Community Learning Centre

Cadoc Crescent

Barry

CF63 2NT

11:00am-3:00pm

**Seaside Sports Play Village**

**Saturday 16th and Sunday 17th August**

Promenade Gardens

Barry Island 10:00am-4:00pm

## Vale Adaptive Cycling Club



Vale Adaptive Cycling Club enables children, young people and adults with varying disabilities to access and enjoy the exhilaration of cycling. Specialist adaptive bikes, trikes, tandems etc are provided. The club operates on Wednesdays and Fridays from 12 noon - 4pm. Suggested hourly session donation is £2. **VOLUNTEERS ALSO NEEDED.**

The club will be held at: **Jenner Park Stadium, Barry CF63 1NJ.**

For more information contact: **Cliff Hayes** on **07594 459940/01446 420533** or email **valecycleclub@outlook.com**

## 'Stuck in the Mud' Production at Sherman Cymru

Sherman Cymru are looking for performers with learning disabilities to be a part of the unique, exciting production Stuck in the Mud!

Over the summer Sherman Theatre's INC Youth Theatre are working in partnership with GDance, Ballet Cymru and the Wales Millennium Centre on their inspiring inclusive production Stuck in the Mud. They are looking to work with young people with learning disabilities developing performance skills, including drama and dance, which will culminate in an inclusive professional and community performance at the Wales Millennium Centre 27 & 28 September. **VOLUNTEERS ALSO NEEDED!**

### Rehearsal schedule

**5.30pm – 6.30pm**

**at the Sherman Theatre on the following dates:**

#### August

- Monday 4
- Monday 11
- Monday 18

#### September

- Monday 1
- Monday 15
- Monday 22



\*Some commitment will also be needed during the week of 22- 28 September.

Please contact Kelly Barr on 029 2064 6983 or [kelly.barr@shermancymru.co.uk](mailto:kelly.barr@shermancymru.co.uk) for details.

## Art Workshops

Art workshop now available for adults with learning disabilities. A great way to socialise as well as creating art. Create something different each week, from painting, collage and 3D!

**Groups are run by Emma Prentice who is a community visual artist living and working in Cardiff. She has worked with a variety of groups, including children and adults from different backgrounds and abilities.**

**Classes are at Terra Nova, Roath Lake, Cardiff Thursday's 10 - 11.30am**

For more info:

Tel: 07821 572 666

Email: [eprenticeart@yahoo.co.uk](mailto:eprenticeart@yahoo.co.uk)

## Lions Clubs Message in a Bottle Project



Lions Clubs International

The Lions Message In a Bottle scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location - the Fridge. This scheme is free to the user. Whilst it is focused on the more vulnerable people in our community, anyone can fall downstairs or have a car accident, so this scheme can benefit anyone, including you. As a minimum it will save the Emergency Services valuable time identifying you and your emergency contacts. By telling whether you have special medication or allergies or not, it is a potential lifesaver and provides peace of mind to users and their friends and families. The Message in a bottle pack comprises of a bottle, a form and 2 stickers. All Emergency Services are aware of the Lions Message in a Bottle scheme, and will locate the bottle and pass it on to a doctor or hospital personnel in an emergency. Bottles, which are free of charge, can usually be found in your local Chemist or Doctors Surgeries. Thanks to a number of other organisations, you may also find that you can obtain one through your nearest Neighbourhood Watch group, Age Concern, Council Offices, Housing Associations and many other places including Police stations.



## New Carers Service

Cardiff and Vale University Health Board along with Cardiff and Vale of Glamorgan Councils are now providing a free carers' website.

The site is for anyone who is providing care to someone at home or possibly in a hospital or a nursing home. There have been consultations held with people who have provided or are providing care to a loved one and asked them what additional personal information they would want to help them manage this role better. The website is designed specifically with you in mind and provides bite size pieces of information for you to digest when you want to. Website can be found at [www.psychotherapyexcellence.com](http://www.psychotherapyexcellence.com). For Carer queries, please contact Sue Barrow on 029 2033 5468 or email Sue on [cardiffandvale.carers@wales.nhs.uk](mailto:cardiffandvale.carers@wales.nhs.uk).

## Coming soon!

### Housing choices

The Parents Federation is holding an event to 'showcase the wide range of housing and accommodation options available to people with a learning disability on Thursday 2nd October. Speakers from a range of support organisations will explain how they offer a diverse range of options suited to people of any ability. **Details will follow but please keep the morning clear!**

### ADHD Support Groups

We are finding an increasing number of families are struggling to cope with a child with ADHD.

Some parents have suggested setting up a support group— would you be interested? **Please contact us if you would like to be kept informed**



Contact us at:

Cardiff & the Vale Parents' Federation

Canton House

435 Cowbridge Road East

Canton



02920 227800

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

[www.parentsfed.org](http://www.parentsfed.org)

@ParentsFed

Cardiff & Vale Parents Federation

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