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The Parents' Federation is reliant upon the efforts and goodwill of a small number of parents who volunteer their time to keep pressing for better services for families and their loved ones. We rely upon the generosity of them and our funders' to enable us to offer our services for free. If you cannot find time to volunteer, you can still help us when you shop online. We have registered with www.givingabit.com who are partnered with thousands of shops that will pay us a donation every time a purchase is made. It will not cost you a penny & it is free to sign up. In fact you could even save money as there are thousands of discount codes too! You still buy directly from your favourite shops, including Amazon, Sainsbury's, John Lewis, Argos and many more – you just click through to them from the givingabit.com website. How can they do this? It is entirely funded by the retailers

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or Community' from your Quick links box, and choose Cardiff & Vale Parents Federation. It's that easy! Just remember to log onto givingabit.com whenever you are about to make a purchase and we shall receive a donation!! Remember, it is the shops that pay for the donations – not you! Why not sign up now and get those Xmas bargains through www.givingabit.com!

Cardiff & the Vale



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

Parents' Voice Winter 2014



Understanding Disability Group Celebrates 21 years of learning disability inclusion

The Understanding Disability Group was set up by Cardiff & the Vale Parents' Federation in 1992 and celebrated its 21st Anniversary at a recent event held on the Future Inn, Cardiff Bay. The Awards Ceremony is an annual opportunity to celebrate good work, and good news, and provides inspiration to all who attend.

Representatives from the health service, local councils, other voluntary organisations and local businesses participated in the judging of the Awards. The Awards celebrate outstanding examples of the understanding and inclusion of people with a learning disability, and this year we had 6 categories of Awards including a special 21st Birthday Lifetime Achievement Award.

The Lord Mayor of Cardiff, Councillor Margaret Jones together with the Deputy Mayor of the Vale

of Glamorgan Council, Councillor Fred Johnson and Maria Battle, Chair of the Cardiff & Vale University Health Board, presented the awards. Recipients were Sainsbury's Supermarket (Colchester Avenue), Bridgend College's, Ieuan Coombes for his role as a voluntary Youth Ambassador at the Serennu Children's Centre in Newport and 1st Radyr Beavers' Group. Joe Brady from Cardiff won the Child / Young Person award, and Melanie Carter was awarded the lifetime Achievement Awards for her outstanding efforts in setting up Valeplus in the Vale. We wish to thank all who attended, Cardiff and the Vale councils for their support, Consensus for their generous funding of the day, the many people that took time to nominate the worthy candidates and staff and volunteers who gave up so much time to make sure the event ran like clockwork.





YSGOL Y DERI OPENS ITS DOORS!



from vision



to reality

We are delighted to see the £30 million state of the art school complex in Penarth, Ysgol y Deri, open its doors. The school which is based on the Eastern edge of the Vale will support children and young people with a variety of disabilities in what must be amongst the most modern and well equipped educational buildings in the country. Children from Ashgrove, Maes y Dyfan and Ysgol Erw'r Delyn have now moved to a building that is truly built fit for purpose. As well as being designed to accommodate the various needs of its pupils, it boast many features including a folding trampoline, heated pool (ideal

for therapies), performance spaces and a variety of outdoor sports pitches. It is attached to the new St Cyres school and older pupils will have the opportunity to mix and mingle according to their needs in a safe and controlled setting. The venue will be open throughout the week and will offer an incredible opportunity for community based organisations to enjoy the facilities outside of school times. The Vale Council, Welsh Government and Cardiff Council have each contributed to the project while overall head, Chris Britten has worked tirelessly to keep it on track.

Educational Psychology Drop-In Sessions

Would you like support, information or advice with...

- Learning?
- Child Development
- Any other
- Social & Play skills?
- Behavioural Issues?

30 minute sessions are available for parents/carers to support you in identifying and taking the next steps. Please call to book an appointment with an Educational Psychologist(s) on

Date	Time	Setting
16 th Dec '14	9.30-12.00	The Kymin, Beach Road, Penarth, CF64 1JXH
17 th Dec '14	9.30-12.00	Western Vale Integrated Children's Centre (WVICC), Station Road, Llantwit Major, CF61 1ST
18 th Dec '14	9.30-12.00	The Family Centre, Gladstone Road, Barry, CF63 1N

To book a session please call Rachel Slade at School Improvement & Inclusion Service on 01446 709860

CINDERELLA
The Greatest Fantomime of them all

Relaxed Performance - Tuesday 13 January 2015

This year the New Theatre pantomime will break new ground by staging a Relaxed Performance for children and young people with autism, learning disabilities and sensory and communication disorders.

In this special one-off performance of Cinderella at Spin on Tuesday 13 January 2015, adjustments will be made to the show to enable attendance by people who may not normally be able to come along. These adjustments include:

- House Lights not being lowered as much as usual
- Volume reduction
- Removal of some special effects
- Adjustments to the script
- No restriction on coming and going during the performance
- A 'chill-out' area in the foyer

Tickets for the Relaxed Performance are on sale Thursday 1 May at 10am and are flat priced at £15 or £10.50 each (this is lower or equivalent to the price at all other performances)

Free tickets for Personal Assistants/Carers: The New Theatre has a scheme for Personal Assistants/Carers to enable theatre visits for disabled people. You may be entitled to attend for free when you come to the Relaxed Performance. Full details and an application form are available here: www.newtheatre.co.uk/access/reduced-price-ticket-information

To book tickets, please call at the New Theatre Box Office or phone 029 2087 8880. Please note that to ensure these tickets are used only by theatregoers who require a Relaxed Performance they will not be available via online sales.

A guide to visiting the New Theatre and seeing the show will be available in December after the pantomime has opened. Please provide an email address when you book to ensure it is sent to you.

If you have any questions about the Relaxed Performance, please email rtm.all@newtheatre.gov.uk or call 029 2087 8797

Cinderella stars Lee Mead, Linda Lusardi, Sam Kane, Mike Doyle, Andy Jones and Gareth Thomas.

After you have seen the show, please do get in touch to let us know your thoughts as we would like to make this an annual event and can only do so with your support and suggestions

Accommodation Event



On Thursday 2nd October 2014 we held an event to 'showcase' a range of accommodation options that are or could be available to people with a learning disability.

A variety of speakers explained different aspects of housing and accommodation along with examples of several different models that are currently available. At the moment there are a wide range of choices available but more individualised options can be developed in partnership. The need for planning well in advance was discussed along with gaps in local provision that could be addressed in the future. For change to happen, councils, housing associations and others need to be involved at an early stage if they are to be relied upon for funding various options.

Over 50 parents attended and we had 9 presentations encompassing a range of housing and accommodation options from supported independent settings through shared housing and 24 hour support packages to living with 'shared lives' families or in residential homes.



It was clear that no single size fits all. Families and local authorities all have a key role to play in helping an individual to identify and agree the most suitable option. It was also highlighted that people may need to move on at some stage so having information of the possible options in advance is crucial.

A report on the day with more details and links to the various speakers' is held on our website.

Footnote - re-commissioning updates

At time of printing Cardiff Council is mid way through a commissioning process for all its learning disability supported living contracts. This may result in new organisations managing staff teams after a transitional period but the council is keen to ensure that any changes at grass roots level will be minimised. We have consulted with families over this and will continue to express their views at any and all planning or consultative forums across the county. We are also trying to secure a commitment that parents will be actively involved in the ongoing quality assurance of all support provider organisations after the process.



Carers Gatherings



With the generous support of the Vale of Glamorgan council, we have continued to arrange social gatherings for carers across the county. Carers meet one another and share experiences in a relaxed social setting and learn from one another coping strategies, new opportunities and share ideas. For many it is an opportunity to simply have a much needed break from the routines of daily caring and helps overcome social isolation and the pressures of coping alone. If you are a carer in the Vale and would like to be sent information of forthcoming events please contact us and we shall add you to our mailing list

