

December 2022

# The News

Cardiff & Vale Parents Federation



## Director Yearly Round Up

By John Cushen

## Newsletter Highlights

Director Yearly Round Up

Understanding Disability Awards

Pedal Power

Carer's Assessment

2023

DECEMBER 2022



## UNDERSTANDING DISABILITY AWARDS

December 2022 saw the return of the Understanding Disability Awards, these were held against a beautiful backdrop at the Cardiff Yacht Club. It was a lovely day, that saw us gathering with people from across Cardiff and The Vale of Glamorgan to celebrate and acknowledge what both individuals and organisations have achieved over the past 2 years of uncertainty. It was humbling to listen and admire how these individuals and organisations adapted through COVID and how they have come out the other side.

We were honoured to be joined by the Lord Mayor and Lady Mayoress of Cardiff to help us with the awards.

Special thanks to Audit Wales who came to give a presentation regarding Direct Payments and also to Innovate for lending a hand with the IT equipment.

### Winners and Highly Commended:

- **Employer Category**
  - Waitrose - Cowbridge
  - Highly Commended - Cardiff & The Vale Learning Disability Team
- **Community Group Category**
  - Follow Your Dreams
  - Highly Commended - Vale Plus
- **Professional Category**
  - Innovate Trsut
  - Highly Commended - Vale of Glamorgan Learning Services
  - Cardiff Day Services
- **Young Person Category**
  - Jeorjia Hollis
- **Individual Category**
  - Natalie Macgillvray
  - Highly Commended - Joanne Western
  - Kate Walker - Ellis
- **Covid Hero Category**
  - Angharad Pritchard
  - Cliff and Linda Hayes
- **Committee Award Category**
  - Miss Tilley's
  - Hijinx Unity Festival
  - Barry Beavers Swimming Club



## Just a note to say

If you want to get hold of us you can always email us or drop us a call.

You can also follow us on Facebook and Instagram to keep up to date with all the latest news,

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

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## CHRISTMAS PEDAL POWER

On the 15th December we held our Christmas Pedal Power session at Pontcana. Everyone had a great time despite the cold. Sadly a few could not attend due to illness however it was lovely to see everyone. For those that could not attend you were missed and we are looking forward to seeing you in the New Year.



## PEDAL POWER

It has been fantastic in 2022 to get Pedal Power back to a monthly session and to see our carers become more confident riders. We currently hold sessions on every 3rd Thursday of the month this is quite an advanced cycling group. However if you are interested in attending please get in touch we would love to hear from you and start a new group.

Pedal Power is a Cardiff based charity with sites in Pontcana and Cardiff Bay. They aim to encourage both adults and children of all ages and abilities to experience the benefits of cycling.

## Carer's Assessment's

Have you had a carer's assessment? Do you know what a carer's assessment is? Do you know how it can benefit you?

The carer's assessment will look at support, preventative services, whether a carer works or wishes to do so and if a carer wants to participate in education, training or any leisure activity.

An assessment gives you the chance to:

- Think about your needs
- Consider the impact of caring on your 'well-being'
- Talk, in private, to someone who understands your situation
- Be listened to
- Think about whether you feel you can go on caring and the choices you have
- Talk about the support you think is important to carry out your role and to maintain your health and well being

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**All that is left for us to do is wish you a very Merry Christmas and a Happy New Year.**

## **2023 WITH THE PARENTS FED**

As 2022 draws to a close I am sure many are asking where did that year go, however we hope 2023 will bring new opportunities and new adventures.

Here at the Parents Federation we will be holding more gatherings and workshops discussing the key issues that many parent carers face from transition to direct payments. We also plan to hold the Understanding Disability Awards at the end of the year.

If you would like support or to get involved please get in touch.



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