

# The Parents' Voice



Welcome to June!

How we've already reached the halfway point of the year is beyond us—but here we are! With Carers Week just around the corner, it's a particularly busy and exciting time for us at the Parent's Federation.

We've got a full calendar ahead, featuring our usual events along with a few special additions to mark the occasion.

We're especially looking forward to holding our very first Laughing Therapy session this month—something new we hope will bring a few extra smiles to everyone's day!

Whether you're a regular attendee or thinking of joining us for the first time, we can't wait to welcome both familiar and new faces.

Here's hoping the sunshine sticks around to kick off the summer just right!

## Activities

**Safety Nets study**

**Understanding  
Masking**

**Adferiad**

**Picnic in the Park**

**Penarth Music  
Festival**

**Barry Beavers**

**Multi Sport  
V21**

**Volunteers  
Me Time**

**Short Breaks**

 029 2056 5917

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

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

# Bitesize Respite

## June Activities



### Cardiff

11th - Picnic in St  
Fagans @ 1130

18<sup>th</sup> - Laughing  
Therapy Vision 21 @  
11:00

19th - Pedal Power  
@ 11:30



### Vale of Glamorgan

4th - Oyster Catcher  
Penarth @ 12:30

25th- Brewer's Fayre  
Barry Island @ 18:30

■ [safetynets.study](https://safetynets.study)

# Is there something you'd like to share about your experience with benefits?

We're looking for **parents and carers** of  
under-18s to share their experiences  
of how **social security** differs across the  
**four nations** of England, Scotland,  
Wales and Northern Ireland.



## What's Involved?

- Join an online discussion with other parents and carers in receipt of social security, across the UK.
- Share your experiences and discuss what needs to change
- Receive £50 in Love2Shop vouchers for each workshop you attend

## Who Can Take Part?

- Parents/carers with a child under 18
- Living in England, Scotland, Wales, or Northern Ireland
- In receipt of at least one main UK benefit (e.g. Universal Credit, Tax Credits, PIP) or asylum support schemes

This research is being conducted by the **Safety Nets** research project: We are a **team of six universities**, two **policy partners** and a **panel of Experts by Experience**, who bring vital lived experience of the social security system across all four countries of the UK.

**The research team is independent of any government department and taking part in the workshops will not affect your benefits.**

## Interested, or want to know more?

Scan code with phone now to express your interest – no commitment needed.

### Any questions?

**Email** [safety-nets-project@york.ac.uk](mailto:safety-nets-project@york.ac.uk)

**Text/call** Uisce on 07552 285828

**Website** [safetynets.study/take-part](https://safetynets.study/take-part)





# Understanding Masking

Karen Mills, AP Cymru

Thursday, 26th of June 2025, 10:00am – 12:00pm



## About the Session

Drawing on lived experiences, current research, and real-world examples, this session will deepen your understanding of the pressures and constraints that neurodivergent young people face when having to conform to neurotypical, societal norms. As parents and carers, you will be given easy-to-apply and effective tools and techniques - helping you create an even more supportive, empathetic and inclusive environment for all neurotypes. The session will also give you the opportunity to ask our ND experts any questions you have, specifically on the unique challenges that you face.



## About the Presenter

As a neurodivergent person, and mum of two neurodivergent young adults, Karen understands the challenges and opportunities that come with navigating a world designed for the neurotypical. Drawing from both her personal experiences and professional insights, Karen empowers audiences to embrace the beauty of diverse minds and recognise the transformative power of inclusion.



To book your free place please use this link:

<https://events.teams.microsoft.com/event/2ca70e09-3b37-453f-b605-30a8b47e3e70@6850a7f1-4cc1-4482-a1c1-79439f679966>

*(Please note: this session is for parents & carers only)*



 **Adferiad**  
[www.adferiad.org](http://www.adferiad.org)

# Monthly Carers Support Group

**The Vale of Glamorgan**

**Caring for Carers**

Available:  
Every 3rd  
Wednesday of  
the month at  
11AM-1PM

For unpaid carers who support individuals with mental health conditions, by providing them with essential resources for their own wellbeing. Monthly guest speakers provide information on services in your area.

The support we offer includes:



**Peer-to-peer ongoing  
emotional support**



**Practical advice for  
your caring role**



**Essential information  
on your rights and  
entitlements as a carer**



**Complementary light  
refreshments**

**Join us**

**Bridge Between Community  
Centre**  
Barry, CF63 4AR

## Contact

For further information  
please contact:

**07597579005**

# PICNIC IN THE PARK

## *Location*

St Fagans, Cardiff  
Meet at entrance

## *Time*

June 11 2025  
at 1130

For carer's week join us at St  
Fagans with the person you care  
for. More details through  
eventbrite





## **Carers Week Picnic – Wednesday 11th June 2025 @ 11:30am**

### **Location: Entrance to St Fagans National Museum of History**

To celebrate Carers Week, the Parents Federation is delighted to invite unpaid carers and the people they care for to a relaxed and friendly picnic at St Fagans.

Join us at 11:30am at the main entrance, where we'll gather before finding a spot to enjoy the day together. We'll provide food and bottled water, but if you have any allergies or dietary requirements, please bring your own food.

Please note:

- No support workers will be provided, and
- The Parents Federation cannot take responsibility for individuals attending the event.
- We're simply here to facilitate a space to relax, connect, and enjoy some time out together.

👉 To book your space, please visit Eventbrite.

We look forward to seeing you there!



Welcome to the **Penarth Chamber Music Festival 19 – 22 June 2025**

There are two, concerts taking place in Penarth in mid-June, and both are FREE to attend. Everyone is very welcome to come along.

Relaxed Concert

When: **Thursday June 19th**, starting at **10.30am**

Where: **Penarth Pier Pavilion, CF64 3AU**

There is a special concert in a supportive environment for those with additional learning needs and their unpaid carers. The music will include highlights from the festival programme.

Please note there is no need to maintain silence or keep still during this performance.

We feel passionately that the power of live music should be able to experienced by all, and we particularly welcome those with special needs, their carers, and their families. Relaxed Concert — Penarth Chamber Music Festival

Family Concert: **“Chamber Music for the Imagination”**

When: **Saturday 21st June**, starting at **10.30am**

Where: **All Saints Church, Victoria Square, Penarth,**

Join Lenny Sayers and the festival musicians for an interactive concert. An hour of fun for all the family, including performers from a Penarth Primary School. Family Concert — Penarth Chamber Music Festival

For more information Home | Penarth Chamber Music Festival Email [info@penarthchambermusicfestival.org.uk](mailto:info@penarthchambermusicfestival.org.uk) FB

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

# SWIMMING FUN

## FOR ADULTS AND CHILDREN

### WITH DISABILITIES

COME  
TRY, THEN  
JOIN OUR  
CLUB

BARRY  
LEISURE CENTRE  
3:30PM – 4:30PM  
SATURDAYS



Barry Beavers Disabled Swimming Club  
E-mail: [barrybeaverdsc@gmail.com](mailto:barrybeaverdsc@gmail.com)  
Website: [www.barrybeavers.org](http://www.barrybeavers.org)  
Facebook: @BarryBeaversDSC  
Registered Charity 513767

# MULTI-SPORT

  
**SOCIAL HEALTH & WELLBEING**



CARDIFF TIMETABLE	
MONDAY	
10:30-11:30	Zumba St. Lukes Church
TUESDAY	
11:00-12:00	Multisport Variety Llanishen Leisure Centre
WEDNESDAY	
1:30-2:30	Boccia /Chair Zumba Llanishen Leisure Centre
THURSDAY	
11:00-12:00	Zumba Llanishen Leisure Centre



Inclusive sport and dance activities for adults with learning disabilities.

Where individuals can improve fitness, wellbeing, confidence, independence and learn new skills within the community.





# MULTI-SPORT

SOCIAL HEALTH & WELLBEING



## Llanishen Leisure Centre

Tuesday @ 11am	
6th May	Ball Skills
13th May	Yoga
20th May	Circuits / Easy Weights
27th May	Yoga
3rd June	Chair Zumba
10th June	Pilates
17th June	Ball Skills
24th June	Fitness Pilates

Wednesday @ 1:30pm	
7th May	Multisport
14th May	Multisport
21st May	Multisport
28th May	Multisport
4th June	Multisport
11th June	Multisport
18th June	Multisport
25th June	Multisport

For more info contact



Call Beth - 07713130409

Or email

[cardiff@multisport-shw.co.uk](mailto:cardiff@multisport-shw.co.uk)

Facebook: @multisport.shw





V21 POTTERY EXPERIENCE  
2025 CALENDAR

All workshops available to book now.  
Scan the QR code to view the collection

V21

VISION 21 POTTERY

@fairwater

# Make your own

Sat 01 Feb. Welsh Lady: ~~SOLD OUT~~  
Sat 08 Mar. Hedgehog  
Sat 12 Apr. Plant Labels.

OUR BEST-  
SELLING  
PRODUCT  
ON ETSY

Sat 10 May **Bee Bath.**  
Sat 07 Jun. Coil Planter.  
Sat 05 Jul. Mug & Coaster.  
Sat 09 Aug. Worms. (Parent + child)  
Sat 13 Sep. Autumn Wreath.  
Sat 11 Oct. Pumpkins.  
Sat 01 Nov. Plant pot.  
Sat 15 Nov. Gonk.

## £30\*

\*Per person plus booking fee.  
Workshop prices vary.



10AM - 12PM  
V21 SBCTRWM  
CENTRE  
SCAN TO FIND OUT  
MORE & BOOK ONLINE.  
WE'D LOVE TO SEE YOU

# Volunteers

Could You Lend a Hand?

We're also seeking volunteers to help organise events—whether it's planning, hosting, or sharing a skill. Every contribution makes a difference!

Get Involved!

✉️s that uplift and empower. Thank you for all you do—we're here to support you.



## MeTime

Online support sessions for carers

# May to June



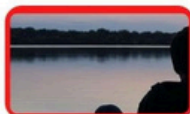
### Thursday 8 May, 1.30- 2.30pm: Tangles art workshop

Have a go at Tangles art with Rowenna of Wild Art Wales. Tangles is an art technique that offers a space to be peaceful and mindful. In this session, you will learn how to create the crescent moon tangle which gives you a foundation to then go on to use the observations of your surroundings to inspire your patterns.



### Monday 12 May, 2-3pm: Book Club

Take some time for yourself and connect with fellow carers at our friendly Book Club sessions. This is a space to unwind, chat with like-minded people, and enjoy the joy of getting lost in a good book.



### Monday 19 May, 11am-12pm: Wellbeing for unpaid carers - tips to lift your mood

Join us to enhance your wellbeing! Nia Constant, our Information and Advice Officer, will share helpful tips on how to boost your positivity and take care of yourself as an unpaid carer.



### Thursday 22 May, 2-3pm: How to Deal with Change

This session will explore how we deal with change, what gets in the way, and techniques to overcome some of these hurdles. It will provide some useful techniques to rediscover what might bring us joy, and to dare to dream about living our lives in tune with our true values and beliefs.



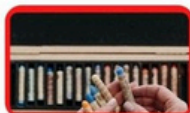
### Wednesday 28 May, 12-12:45pm: Find Calm and Restore Balance

Join this session for a 45-minute guided relaxation designed to support your well-being. Relax, restore, and discover a clearer mind and a more relaxed body.



### Monday 2 June, 2-3pm: Book Club

Take some time for yourself and connect with fellow carers at our friendly Book Club sessions. This is a space to unwind, chat with like-minded people, and enjoy the joy of getting lost in a good book.



### Monday 9 June, 11am – 12pm: Oil Pastels Workshop

Experiment with oil pastels and have fun creating artwork whilst learning various techniques in a relaxed setting. Artist Lucilla will lead this session, suitable for beginners or experienced artists. Join us in these relaxed online workshops, have a chat or sit back and enjoy getting crafty.



### Tuesday 10 June, 11am – 12:30pm: Power of Attorney with Damian Lines

Damian Lines TEP is the Managing Partner at Rubin Lewis O'Brien Solicitors based in Cwmbran South Wales. During this session he will share what you will need to know about setting up a Power of Attorney for loved ones.



### Thursday 12 June, 1-2pm: Dwr Cymru

Are you a carer or being cared for by someone? Did you know that you may be eligible for a cheaper water bill, and other free support services from Welsh Water.



### Monday 16 June, 11am-12pm: Mind Body Mood

This interactive session will offer ideas and techniques to improve your mood by understanding the power of the mind to change the way we feel, the way we move, and the way we behave.

## **Funded short breaks for unpaid carers in Wales**

**Funded by Welsh Government, the Short Breaks Scheme is a new initiative to support unpaid carers of all ages in Wales to take a break from their caring role. A short break is more than just a yoga class or an overnight stay in a hotel, it is a chance for carers to de-stress and recharge. It offers a break from the daily challenges of caring for a family member or friend.**

**The Short Breaks Scheme was launched in 2022 to support unpaid carers from across Wales to take a much-needed break from their caring responsibilities.**

**Funded by Welsh Government, the scheme initially runs from 2022-2025. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.**

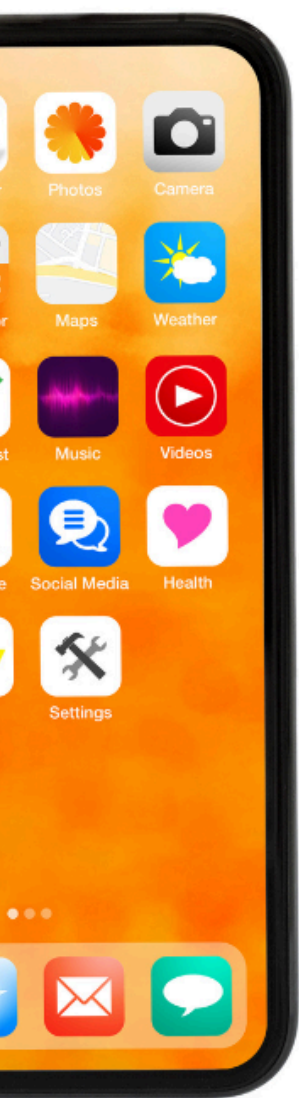
**With an overall budget of £9 million, management of the scheme is shared between Carers Trust Wales and seven Regional Partnership Boards. Organisations apply for the funding to deliver the activities.**

**These short breaks have the power to transform lives, offering vital respite to carers across Wales.**


**Check out their website below**  
**<https://www.shortbreaksscheme.wales/>**







# Stay connected with us!

 029 2056 5917

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

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

 CardiffAndValeParentsFederation

 @parentsfed

Don't miss out on our latest news and updates. Sign up for our newsletter today!

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