

The Parents' Voice



As spring blossoms and the days grow brighter, we hope this message finds you enjoying the warmer weather and moments of calm. May is a perfect time to recharge, connect, and embrace new opportunities—and we're here to help!

At Cardiff and Vale Parents Federation, our doors (and hearts) are always open. Whether you'd like to join our upcoming social events—think relaxing workshops, coffee meet-ups, or family-friendly outings—or simply need a listening ear, we're here for you.

Need Support? Want to Get Involved?

If you're feeling overwhelmed, reach out. Our team is ready to help with advice, resources, or just a friendly chat. And if you'd like to volunteer or share your skills—whether organising events, or lending a hand behind the scenes—we'd love to hear from you!

Activities

**Cardiff
Wellbeing**

**Vulnerability
Initiative**

If I wasn't here

V21

Art Workshops

Short Breaks

 029 2056 5917

 admin@parentsfed.org

 www.parentsfed.org

Bitesize Respite

May Activities



Cardiff

22nd - Cream Tea in
Pettigrew Tea
Rooms @ 12:30

15th - Pedal Power
@ 11:30



Vale of Glamorgan

21st - Oyster Catcher
Penarth @ 12:30

28th - Brewer's Fayre
Barry Island @ 18:30



Cardiff Wellbeing Support Service - Focus Group


Are inviting Cardiff residents who are providing unpaid care at home or in the community – whether that's for family, a friend, or a neighbour – who needs support due to a Neurodivergent condition. They are hoping you can join them at one-of-two focus group to share your thoughts on what kind of support or connection you want so they can develop long term support around that. Whether you've filled out their recent survey (Neurodivergent Support Groups) or not, your voice matters – and this is your chance to shape what happens next.

Why we're doing this:

We want to set up a group/s for people providing care to someone with a neurodivergent condition, but we don't want to guess what you need – we want to hear it directly from you.

Focus Group Details:

 Date: Thursday 15th May 2025


 Time: 10:30 arrival for 11:00 start and finish by 12:00

 Location: PedalPower, Cardiff Caravan Park, CF11 9LB

 Informal, friendly chat – tea/coffee provided

Online Focus Group Details:

 Date: Friday 23rd May 2025

 Time: 13:30 – 14:30

 Location: Online via Microsoft Teams

 Informal, friendly chat

Whether you can stay for the full session or just pop in, they would love to have you there. If you're interested or have any questions, please e-mail carediff@cardiff.gov.uk.

Please let them know if you wish to attend either the face-to-face session or online group so we refreshments can be arranged or send link as appropriate. They understand that caring for someone else can mean you have to reschedule your life at short notice and should you aim to attend a session and it not be possible on the day please let them know so they can try to arrange another time to talk to you.

GRŴP FFOCWS

Ar gyfer gofalwyr di-dâl
sy'n cefnogi person
niwroamrywiol

Dydd Iau 15fed Mai
PedalPower, CF11 9LB

Cyrraedd: 10:30
Dechrau: 11:00
Gorffen: 12:00

Dydd Gwener 23ain Mai

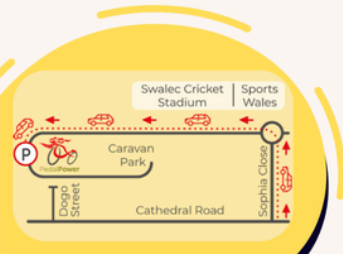
Ar-lein drwy Microsoft
Teams

Dechrau: 13:30
Gorffen: 14:30

Rydyn ni eisiau sefydlu
grŵp/grwpiau ar gyfer pobl
sy'n darparu gofal i rywun â
chyflwr niwrowahanol, ond
dydyn ni ddim eisiau dyfalu
beth sydd ei angen arnoch chi
- rydyn ni eisiau ei glywed yn
uniongyrchol oddi wrthyh
chi.

Am ragor o wybodaeth,
cysylltwch â ni:

 **02920 873419**
 **craig.jacob@caerdydd.gov.uk**



FOCUS GROUPS

For unpaid carers
supporting a
neurodivergent person

Thursday 15th May
PedalPower, CF11 9LB

Arrival: 10:30
Start: 11:00
Finish: 12:00

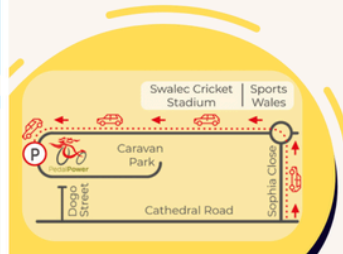
Friday 23rd May
Online via Microsoft
Teams

Start: 13:30
Finish: 14:30

We want to set up a group/s
for people providing care to
someone with a
neurodivergent condition, but
we don't want to guess what
you need – we want to hear it
directly from you.

To RSVP or for more
information, contact us:

 **02920 873419**
 **craig.jacob@cardiff.gov.uk**



**The
Vulnerability
Initiative.**

The Vulnerability Initiative

Providing free essential
services and support to
those who need it most

Need help?

Take a look at the
services and support
that's available to you

Sponsored by



WALES&WEST
UTILITIES

To get help, call on
0800 151 3014

Developed by **HEALTHY
HOMES
SOLUTIONS**

Introduction

Life can be unpredictable, and at times, we all face periods when we feel overwhelmed or unable to cope. Whether due to financial strain, illness, or personal challenges, asking for help can often feel difficult. But you don't have to navigate these struggles alone.

At The Vulnerability Initiative, we are here to provide support to anyone feeling vulnerable, especially those facing difficulties paying their bills or managing essential costs.

We understand how tough things can get, and through our support partners, we're making it easier than ever to access the help you need, whether it's financial aid, energy-saving solutions, guidance through tough

times or completing the many different forms you have to complete to get help.

Registering is quick, easy, and free, and it opens up a world of services designed to support you, your family or your household. Our team is dedicated to helping provide the trust and stability you need, no matter the circumstances.

For more information or to get started today, visit thevulnerabilityinitiative.org or call **0800 151 3014**. We're here for you every step of the way.



Derek Owen
Managing Director
Healthy Homes Solutions (HHS)

Working Together to Support You

The Vulnerability Initiative brings together trusted partners to provide practical support for vulnerable and fuel-poor households.

We offer a triage, educational, and signposting service that simplifies the process of accessing support.

Our aim is to reduce multiple-form completions. We work to help you get help quickly and effectively.

Don't face challenges alone.

Our dedicated member services team is ready to assist you.

We can help if you're:

- Struggling to pay your council tax
- In need of a DWP benefits check
- Having difficulty with energy bills
- Seeking support for mental health
- Looking for debt management advice
- And much more...



To talk to a member of our team, call us for free on **0800 151 3014**

thevulnerabilityinitiative.org

3 ways to get help



- 1 Register today at thevulnerabilityinitiative.org, select "call back" and choose a date and time for the Healthy Homes team to call you back at your convenience
- 2 Call **0800 151 3014** – and a member of the Vulnerability Initiative team will listen, and will register you for the relevant additional services
- 3 Using your mobile or tablet, scan the QR code, complete the online registration page, then select the services you wish to register for, or gain further information on

HHS Vulnerability Initiative

How do I find out more about which services I am entitled to?

Healthy Homes Solutions (HHS) has established a member services support team.

These additional services can be accessed by registering online at thevulnerabilityinitiative.org, where you can schedule a callback at your convenience.

HHS Vulnerability Initiative

Register now

Scan the QR code and register today for these additional services or call **0800 151 3014**





If I wasn't here PROJECT

THANKS TO THE WATES FAMILY ENTERPRISE TRUST

You are invited to participate in Moss Rose Cottage's latest project - **If I wasn't here.**

This project aims to create a revolutionary "If I Wasn't Here" document, a personalised and evolving plan designed for carers to outline the future needs and provisions for the individuals they care for. This living guide will be updated as the lives and needs of both the carer and the cared-for evolve, providing carers with peace of mind and practical advice on how to prepare for a time when they can no longer provide care.

The guide will include actionable plans covering housing, finances, medical care, and emotional support, ensuring a comprehensive and efficient care plan for the future. The project will also provide the necessary resources, such as technology and materials, to create these documents and will promote the service to relevant organisations like Carers UK.

Additionally, the project will focus on building resilience among carers by fostering peer support networks and offering group activities and family events. These initiatives aim to alleviate the isolation and emotional strain many carers experience, helping to restore and strengthen relationships within families.



CONCLUDING SESSION

TUESDY 13TH MAY, 10AM-3PM

We're pleased to invite you to the final in-person event at **Moss Rose Cottage, Wentloog Road, Cardiff, CF3 3EB on Tue 13th May, 10am - 3pm.**

During this session, you will receive the finalised guide, and assistance will be available on the day for anyone who wishes to complete it.

We've arranged for a selection of experts to be available on the day. This will include representatives from:

- Cardiff and the Vale of Glamorgan Council
- DWP
- Solicitors
- Signposting/Support Groups

Please note, we are required to follow strict guidelines set by our generous funders (Wates Family Enterprise Trust). To meet these requirements, please **confirm your attendance by email by Friday 2nd May**. We will also require you to complete a short feedback form, either during, or after the event.

Spaces are very limited, and confirming your attendance secures a place that could otherwise be offered to someone else. If you confirm but are unable to attend, it may prevent another participant from taking part - so we kindly ask that you only confirm if you are certain, and let us know as soon as possible if your plans change.

Lunch will be included so please let us know of any dietary requirements. You will also receive a token gift to thank you for your participation.

We look forward to seeing you there!

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

Your Voice Matters: Shape Our Social Events!

At Cardiff and Vale Parents Federation, we know how tirelessly you work to support your loved ones. That's why our social events are designed to give you a chance to unwind, connect, and recharge. Your well-being matters, and we want to hear how we can better support you!

Current Offerings

From coffee mornings to creative workshops, our events aim to foster community and respite.

What's Next? Your Ideas, Please!

We're planning future events and want your input. Here are some ideas:

- Spa Days: Pamper sessions to help you unwind.
- Holistic Therapies: Yoga, reiki, or meditation classes.
- Future Planning Workshops: Legal/financial guidance for carers.
-

But what would you like?

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.



ART WORKSHOPS

Join us for a series of free online art workshops for unpaid carers.

Have a chat or sit back and enjoy getting crafty. The sessions are informal and we'll send you materials and a blank postcard to decorate.



Wednesday 19 February - 11:00-12:00pm Collage Art

Thursday 20 March -13:00-14:00pm: Watercolour Paints



Wednesday 9 April, 1.30-2.30pm: Neurographic Art

Wednesday 30 April - 11:00-12:00pm: Fine liner drawing

Thursday 8 May 1.30- 2.30pm: Tangles Art



Register at:

www.carersuk.org/wales/online-support

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.

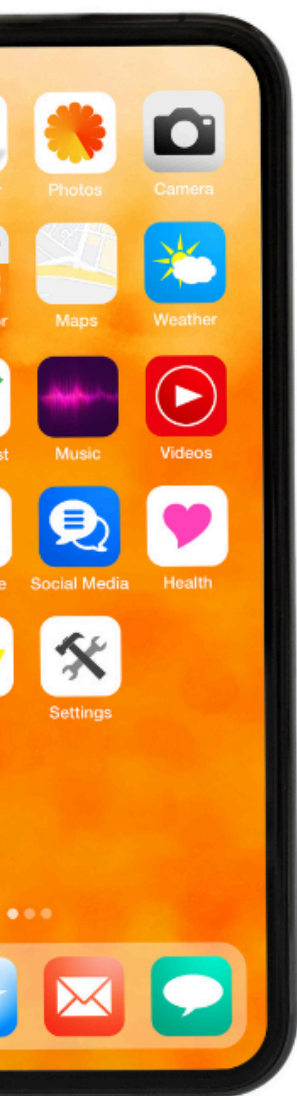
With an overall budget of £9 million, management of the scheme is shared between Carers Trust Wales and seven Regional Partnership Boards. Organisations apply for the funding to deliver the activities.

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

 www.parentsfed.org

 CardiffAndValeParentsFederation

 @parentsfed

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

Your voice is important to us and to your community!

Get in touch by phone, email or smoke signal.
Follow us on Facebook & Instagram