

The Parents' Voice



Well, here we are in August already where has the time gone? It feels like the past few months have flown by in a flash. We hope you've been able to enjoy some of the summer so far!

As always, we've been busy behind the scenes planning activities, events, and opportunities to bring carer's together, offer support, and share helpful information. This month, we're excited to launch some brand new events and sessions so keep an eye on your inbox and our social media for all the details.

Whether you're looking to meet other carers, try something new, or just enjoy a cuppa and a chat, we've got something for everyone.

We always love seeing familiar faces and welcoming new ones, so if any of our events catch your eye and you'd like to come along, please don't hesitate to get in touch. Whether it's your first time joining us or you've been coming for years, you're always very welcome.

We hope to see you soon and, as ever, thank you for being part of our amazing community.

Newsletter Highlights

Activities

Laughter Therapy

Carer's Go Free Scheme

Understanding
Disability Awards

Lets care together

Barry Beavers

V21 Tasters

Me Time

Volunteers

Short Breaks

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Bitesize Respite

August Activities



Cardiff

13th - Jaspers Tea Rooms @ 12:00

14th - Pedal Power (a) 11:30



Vale of Glamorgan

20th - Oyster Catcher Penarth @ 12:30

27th- Brewer's Fayre Barry Island @ 18:30

28th - Bay 10 Pancake Brunch @ 10:30



Laughter Therapy Session Brings Joy to Carers and Staff



We recently had the pleasure of hosting a laughter therapy session led by the wonderful Jon Brockelmann-Evans, who shared his expertise on this uplifting practice. The session was a fantastic opportunity for both carers and staff to unwind, connect, and experience the powerful benefits of laughter.

Jon began by explaining the origins of laughter therapy, which stems from the idea that voluntary laughter can provide the same physical and emotional benefits as spontaneous laughter. What started as a simple concept has grown into a globally recognized practice, known to reduce stress, boost mood, and even strengthen the immune system.

Throughout the session, Jon guided everyone through exercises designed to encourage laughter—no jokes required! The room quickly filled with contagious giggles, proving just how powerful laughter can be in bringing people together. Attendees left feeling lighter, more energized, and with a renewed sense of wellbeing.

Many participants shared that they plan to incorporate laughter techniques into their daily lives, whether to relieve stress, bond with others, or simply start the day with positivity.

A huge thank you to Jon Brockelmann-evans for leading such an engaging and joyful session. Your passion for laughter therapy is truly inspiring!

If you missed this event, don't worry—we're already looking into hosting more laughter sessions in the future. After all, as Jon reminded us, laughter really is the best medicine!







Carers Go Free Scheme

If a paying customer wishes to use any of the Leisure Centres in the Vale of Glamorgan or Cardiff International Pool, and has an unpaid carer with them, then the carer can enter for free.

Just go to reception and tell them you a carer. There is no requirement for ID or filling in an application form.

For the purposes of this Scheme the definition of a carer used would be:

'a person who is caring for another who would not be able to use the facilities without them in attendance'

Regarding the swimming pool, an unpaid carer may just need to help the paying Member in and out of the pool and may sit on the side; or they may need their carer to go into the pool with them during a Leisure Swim etc.

The Schemes covers a paying member needing a carer to assist them during any activity offered in Vale Leisure Centres or Cardiff International Pool.









🦄 Nominations Now Open! 🎉

The Understanding Disability Awards 2025 are now accepting nominations! These awards celebrate the individuals, organisations, and initiatives making a real difference in promoting inclusion, accessibility, and understanding of disability in our community.

Know someone who deserves recognition? Submit your nomination today via our website or simply scan the QR code above to get started! Let's celebrate those who are breaking down barriers and championing change.







SUPPORTING THE WELLBEING OF THOSE WHO CARE FOR OTHERS

LET'S CARE TOGETHER

Do you care for someone? Do you need help to manage your own wellbeing? We may be able to help you

Business in the Community's (BITC) Let's Care Together programme, supported by Simplyhealth, provides those who care for others with online/over the phone one-to-one befriending, to help manage your health and wellbeing. We understand that it can be difficult to focus on your own needs when caring for someone else, which is why we want to help you take care of your wellbeing.

HOW WILL THIS PROGRAMME SUPPORT ME?

Your befriender is a trained volunteer from one of our member businesses. They will provide tailored support based on your needs. This may include:

- Supporting you to take time out for yourself to focus on your physical and mental wellbeing and set yourself some goals to improve this
- Increase your confidence and reduce any feelings of isolation through helping you to connect to local community groups and relevant support
- Helping you identify any financial support needs, and guiding you towards further support
- Signposting to any additional services that you and your household may benefit from







HOW DOES IT WORK?

Once you've registered on the platform you will be able to select a befriender who will work with you through up to 6 sessions. Your befriender will work with you to organise a time and dates for the sessions and will start by just getting to know you and your goals.

WHO IS ELIGIBLE?

- This is a six-week **fully-funded** befriending programme for anyone in the UK caring for a relative/friend, including parent carers
- Need to be 18 years of over
- You can be in work, but unpaid for your caring role (i.e. you are not caring for someone in a professional capacity)
- Must have at least a good basic level of conversational English



"I'm really enjoying the sessions so far. I feel like sharing my thoughts and worries definitely helps me with my anxiety. Even though, there is an age difference between us, my befriender feels like a friend to me. I feel comfortable sharing what's going through my head as I know they will not judge or put pressure on me"



CLICK TO LEARN MORE AND
REGISTER FOR THE PROGRAMME









For people with learning disabilities 14+ interested in joining V21.

V21 Crafts 2 Taster Sess

Monday 4th / Thursday 7th of August 1.30 to 2.15 / 2.15 - 3

> V21 Crafts 2 @ Fairwater, V21 Sbectrwm Centre, Bwlch Road, CF5 3EF





Booking essential
4 spaces available per time slot
Use the QR code or visit

trybooking.com/uk/FCSQ





MeTime

Online support sessions for carers

August to September





Monday 4 August, 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.



Wednesday 6 August, 11am-12pm: Postcard Art – Crafty Catch Up

Bring out your watercolours, pastels, fine liner pens—or whatever inspires you—and join Carers Wales and fellow carers for our Postcard Art Crafty Catch-Up session. This relaxed and creative space is a chance to reconnect, unwind, and make use of all the wonderful art materials from our previous workshops.



Monday 1 September, 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.



Wednesday 3 September, 11am -12pm: Mindfulness

Join us for a friendly mindfulness based session for anyone with caring responsibilities - no experience needed. Mindfulness can help us cope with tricky situations in ourselves and others, develop our relationships, enhance our lives with gratitude, compassion, kindness, appreciation, and make better decisions.



Thursday 4 September, 11am -12pm: Watercolour and Salt Painting - Art Workshop

To help inspire and create Postcard Art for our 60th Anniversary Exhibition, we are pleased to welcome back local artist Lucilla, to lead us as we explore Watercolour and Salt Painting. This workshop will create a calm space for a relaxed craft where you can learn a new skill and have time for yourself.



Tuesday 9 September, 1-2pm: Self Employment with Social Firms Wales

Join this session with Social Firms Wales to explore self-employment opportunities that could fit around your caring responsibilities.

Discover how self-employment can offer not only an additional income stream but also enhance your sense of identity, confidence, and skills.



Tuesday 16 September 1-2pm: Grey Seals who visit the Welsh Coastline

Join us on a fascinating journey of discovery into the world of the magnificent Grey Seals that visit our stunning Welsh coastline.

Gareth Richards from the Gower Seal Group dedicates his time to protecting and conserving these globally rare animals—and even rescues sick and injured seal pups.



Wednesday 24 September 11am - 12pm: Wildlife Photography

Join this informative online session and explore how being with nature can improve our mental and physical wellbeing. And how best to capture that through photography.



Monday September 29, 1 - 2pm: Are you a carer? what you need to know

Are you looking after someone? In this session you can find out about your rights as a carer, getting help and support, your finances and rights in work.





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.





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.

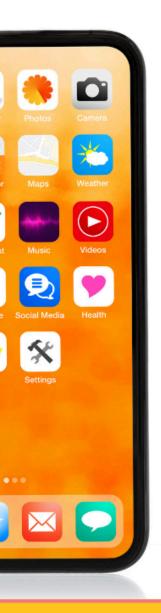
With an overall budget of £9 million, management of the scheme is shared between Carers Trust Wales and seven Regional Partnership Boards. Organisations apply for the funding to deliver the activities.

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!

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- 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