



Newsletter Highlights

The Parents' Voice



Welcome to September!

As we move into a new season, many of us are settling back into familiar routines or perhaps starting fresh with new ones. It's the perfect time to reconnect, refocus, and look forward to the opportunities ahead.

Over the coming months, we're excited to share a range of events and activities with you—so be sure to keep an eye on our social pages and updates to stay in the loop.

We're especially looking forward to the Understanding Disability Awards, a wonderful celebration that highlights the importance of inclusion and recognition within our community. Here's to a September filled with connection, growth, and new possibilities!

Activities

V21 Summer Ball

Understanding
Disability Awards

Senedd Inquiry

Emergency Alert

Me Time

Lets care together

Volunteers

Short Breaks

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Bitesize Respite

September Activities



Cardiff

18th - Pedal Power @ 11:30



Vale of Glamorgan

10th - Oyster Catcher Penarth @ 12:30

24th-Brewer's Fayre Barry Island @ 18:30

17th - Aubrey Arms @ 12:30

11th - Bay5 @ 10:00











🎉 Previous winners what they say! 🎉

It meant the absolute world to hear that its appreciated and that people notice. I couldn't believe it when I got the email, and I cried about 5 times on the day, mostly over the other nominations. Its a really beautiful day full of beautiful people

→ Inspirational:

"This award is a celebration of resilience and possibility—it reminds us that every achievement, big or small, helps create a more inclusive world."

🎉 Celebratory:

"Winning this award is an honour, but even more than that, it's a chance to celebrate the incredible community that makes progress possible."

Community-Focused:

"This award belongs to everyone who believes in inclusion, accessibility, and equal opportunity—it's a shared achievement."

* Personal & Reflective:

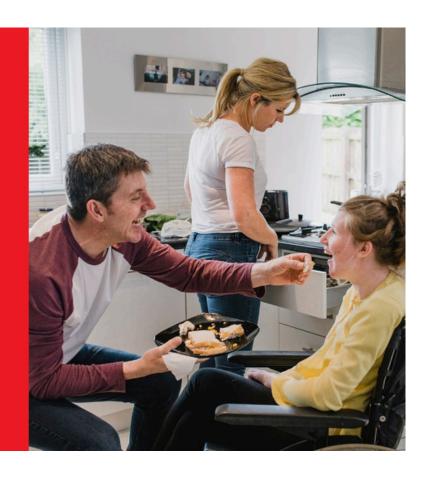
"Being recognised with this award is humbling; it shines a light not just on one story, but on the collective strength of the disability community."



Senedd Inquiry into Respite Services Focus Group

Wednesday 3rd September 10.30 - 12.00 Online







Emergency alert

Easy to read



The government is going to test the emergency alert system on



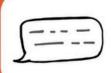
Sunday 7th September at 3pm.



Alerts tell lots of people quickly about how to stay safe from big fires or floods.



Your mobile phone or tablet might make a loud sound and shake for up to 10 seconds.



A text will show on screen and a voice message in English or Welsh will tell you about the alert.



In a real emergency there will also be information on TV and radio.



Alerts do not cost you money.
They do not use your phone
number or know where you are.



To find out more search:

gov.uk/alerts



dimensions



September to October





Monday 1 September and 6 October, 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 last 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 workshap 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 apportunities that could fit around your caring responsibilities.



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.



Wednesday 1 October, 11am - 12pm: Warm Wales

Warm Wales are committed to Healthy Homes and Healthy People. Join this session to find out how carers in Wales can have Warmer, Safer, Healthier Homes.



Thursday 9 October, 1-2pm: Guided tour of Aberdulais with National Trust

Join us for an engaging talk on the history and heritage of the National Trust Aberdulais Tinworks and Waterfall site. Discover the fascinating stories behind this iconic location and its significance in our industrial past.



Monday 13 October, 11am-12pm: Alzheimer's Society Cymru

We are pleased to welcome back the Alzheimer's Society, who will be providing an overview of their services in Wales specifically to support unpaid carers through the journey with their loved ones.



Thursday 16 October, 1:30 - 2:30pm: Finding yourself after caring

Finding Yourself After Caring is a session that supports people adjusting to life after their caring role has ended. It affers space to reflect on the experience, think about what comes next, and start rebuilding confidence.



Wednesday 22 October, 1-2pm: Virtual Canal Walk with National Trust

Join us for a captivating virtual walk along the Neath Canal, a site steeped in heritage and now a haven for wildlife. We will explore the nature on our doorstep and uncover the rich history of this beautiful canal.



Thursday 30 October, 11am-12pm: Smart Support for Carers - A Guide to Jointly with Carers UK

Join Carers Wales for an informative online session exploring the Jointly App - a digital tool created by Carers UK to make caring easier, more coordinated, and less stressful.

R carers







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





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.

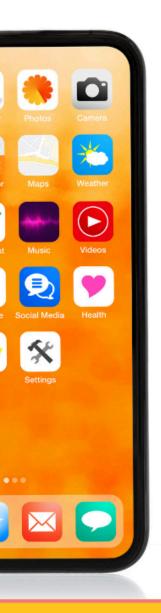
With an overall budget of £9 million, management of the scheme is shared between Carers Trust Wales and seven Regional Partnership Boards. Organisations apply for the funding to deliver the activities.

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!

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