

The Parents' Voice



Welcome to our October Newsletter

The nights are drawing in, the air is turning crisp, and autumn has well and truly arrived. Here at the Parents Federation, we're embracing the season with a full calendar of activities and opportunities for our community. From creative craft sessions to informative legal workshops, there's something for everyone to get involved in.

We're also excited to share that plans are underway for our annual Christmas trip – always a highlight of the year – as well as the countdown to the Understanding Disability Awards, a special celebration that brings us all together to recognise outstanding achievements.

As always, if you'd like more information about any of the items in this newsletter, please don't hesitate to get in touch.

Activities

Christmas
Theatre Trip

Legal Workshop

Craft Session

Understanding
Disability Awards

Halloween Disco

End of life

Family Lives

Me 2 Sessions

Lets |Care
Together

Volunteers

Short Breaks

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 www.parentsfed.org

Bitesize Respite

October Activities



Cardiff

08th - Legal
Workshop @ 11:00

18th - Pedal Power
@ 11:30



Vale of Glamorgan

01st - Oyster Catcher
Penarth @ 12:30

15th - Aubrey Arms @ 12:30

29th- Brewer's Fayre
Barry Island @ 18:30

UNPAID CARER'S FESTIVE THEATRE TRIP

Join us for a spectacular night

Join us to watch **THE CHRISTMAS CAROL GOES WRONG** at the Wales Millennium Centre. **19th November 2025** show starts at **07.30pm**.

Optional Meal beforehand. Adults only event.

Book your tickets now and be part of this **amazing experience!**





Unpaid Carer's Legal Workshop

Your questions. Legal answers. Peace of mind.



LOCATION

 **VISION21**
SBECTRWM,
CARDIFF,
CF5 3EF

WEDNESDAY
08 October 2025



TIME
11:00 am



Crafts and Coffee

**COMING
SOON**

Get in touch to have
your say

**The Understanding
Disability Awards tickets
will be available soon!**

Submit your nominations today!

Halloween Disco

1st November
6-9pm

V21 Sbectrwm Centre
Fairwater, CF5 3EF

Tickets £5.00 inc hot dog

Carers Free

Prize for best dressed!

Snacks & Refreshments available.

Special Elite



BOOK HERE



v21cyflecymru.square.site



v21.org.uk

VISION 21 | CHANGING LIVES

Could you help shape end-of-life care for people with a learning disability?

Are you a professional or carer who has supported a person with a learning disability at the end of their life?

If so, then the Recognising Approaching Dying in Adults with a Learning Disability (or Ready Study) would like to speak to you.

The Ready Study is a new research project supported by Marie Curie and being carried out by researchers from the University of South Wales, Kingston University London, and the University of Southampton. It aims to improve end-of-life care for people with a learning disability across the UK.

Learning Disability Wales is helping researchers to recruit professionals to take part in the study while All Wales Forum of Parents and Carers is helping to find family members and unpaid carers to share their experiences.

Researchers are inviting paid social care staff, professionals and parents/carers who supported someone with a learning disability who died between 6 months and 2 years ago, and not from cancer or dementia, to take part in a conversational interview.

Why take part?

- Share your experiences in a safe, conversational interview.
- Help make end-of-life care more inclusive and compassionate.
- Contribute to meaningful change in end-of-life care for people with a learning disability.
-

By taking part, you could help shape the future care of people with a learning disability by highlighting what you thought went well, as well as what didn't, and how easy or difficult it was for everyone to talk about what was happening.

Please note: The information you provide will be confidential and will hopefully be useful in improving care in the future.

Family Lives Parent Carer Wellbeing Support Service - online sessions Autumn 2025

During the Autumn term, Family Lives Cardiff and the Vale service will be running a series of free workshops aimed at helping parents support their children's emotional wellbeing and mental health.

Empowering Parents

Wednesday 15 October, 10.30am - 11.30am

A workshop for parents and carers to help find ways to feel empowered in their self and parenting abilities.

Digital Safety

Monday 3 November, 12pm – 1pm

A workshop for parents and carers that want to gain insight into ways on how to keep children safe online.

Neurodivergence and Mental Health

Wednesday 12 November 12.30pm - 1.30pm

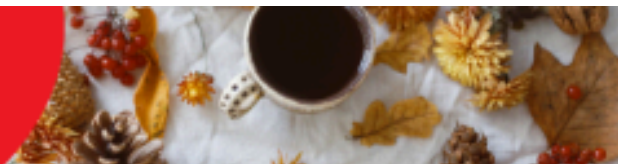
A workshop for parents and carers who want to gain insight into understanding neurodivergence and mental health.

Reducing Conflict

Monday 24 November, 11.00am - 12.00pm

A workshop for parents and carers struggling with conflict within their family life, to understand causes and seek support towards resolution.

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 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.



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 offers 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.



To Register: www.carersuk.org/wales/online-support



The Prince's
Responsible
Business Network



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”

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**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.

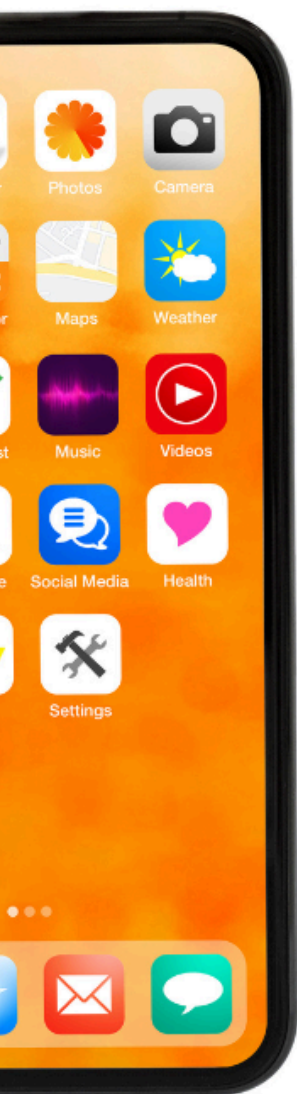
Funded by Welsh Government, the scheme initially runs from 2022-2025. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.

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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 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!

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