

# The Parents' Voice



Welcome to our December Newsletter,

As we wrap up another busy and meaningful year, we want to extend our heartfelt thanks to you, our wonderful members. Your support, enthusiasm, and participation in our events throughout 2025 have made a tremendous difference. Seeing so many of you come together—sharing experiences, learning from one another, and supporting fellow families—has truly been the highlight of our year. Looking ahead to 2026, we'd love to welcome even more involvement from those who feel able. If you're interested in volunteering, lending your skills, or exploring the possibility of becoming a trustee, please don't hesitate to get in touch. Your voice and experience as carers are at the heart of everything we do.

We hope you have a joyful, peaceful Christmas period.

While the festivities are just beginning, we're already planning our January activities and hope to see many of you at our upcoming events.

Thank you once again for being such an important part of our community.

**Activities**

**Pedal Power**

**UDA Awards**

**Santa Grotto**

**Crafts**

**Thrive Cardiff**

**Christmas**

**Closure**

**Hub Club**

**Coffee Morning**

**Budget 2025**

**Multi Sport**

**Volunteers**

**Short Breaks**

 029 2056 5917

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

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

# Bitesize Respite

## December Activities



---

### Cardiff

---

18<sup>th</sup> - Brunch at Pedal  
Power cafe cycling  
weather dependent



---

### Vale of Glamorgan

---

11<sup>th</sup> - Toby Carvery, Rhoose  
@ 12:00

17<sup>th</sup> - Oyster Catcher  
Penarth @ 12:30

# Bitesize Respite

## January Activities



### Cardiff

15th - Pedal Power  
@ 11:30

29th - Cardiff Event  
TBD



### Vale of Glamorgan

08th - Aubrey Arms @ 12:30

14<sup>th</sup> - Oyster Catcher Penarth  
@ 12:30

22nd - Arts and Crafts Session  
Venue TBD

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





## Pedal Power

Want to meet carers!  
Join us at Pedal Power once a  
month for our gathering!!!!

Contact us for more  
information!!

We would love to see you!!!





**An inclusive grotto for believers of any age,  
suitable for people with ALN, open to everyone.**

**£7.50**

Inc, letter & visit  
to Santa.  
Selection box &  
hot chocolate



**[trybooking.com/uk/FMMP](https://trybooking.com/uk/FMMP)**

Supporting people with learning disabilities



VISION 21 | CHANGING LIVES

Charity Number: 1046097



Crafts and Coffee

**COMING  
SOON**

Get in touch to have  
your say



# Holiday Home Offer for Carers Extended

**We're happy to announce that the grant has been extended to cover discounted dates up to 23<sup>rd</sup> May 2026.** Our Gower holiday home is being subsidised by £90.00/booking for bookings made up to this date by unpaid carers. This is being funded by a Welsh Government 'unpaid carers short break grant'.

Our short breaks run from Friday to Monday or Monday to Friday and with the discount most breaks will be £85. A few dates will be £110 or £120.

If you are interested in booking, please email:

**[holidayhome@thrivcardiff.org](mailto:holidayhome@thrivcardiff.org)**







# HUB CLUB

**Wednesday  
5:30pm-7:30pm**

**The Hub,  
YMCA,  
Barry**

**Must have an  
ALN diagnosis**

**\*No one-to-one support  
Ages 11-16**

**For more information about Hub Club:  
Contact**

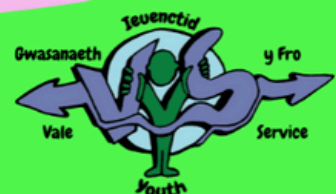
**Annette Harrison @  
aharrison@valeofglamorgan.gov.uk  
07725 705735**



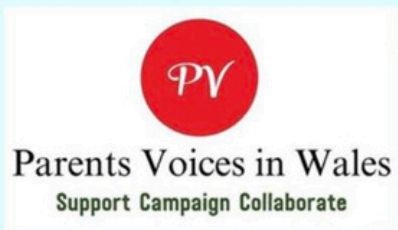
**@valeyouthservice**



**@vysvale**



# Cardiff Support Group for Parent & Carers of Children and Young People with ADHD



**Coffee  
Morning**



**1st Friday of Every Month**

**1st Meeting: Friday 5th December**

**Time: 1045 to 1230**

**Venue: Whitchurch Community  
Centre, CF14 1AD**

Over 18s only

Formal diagnosis not needed  
by Families for Families

**Email : [ADHDCardiffPS@gmail.com](mailto:ADHDCardiffPS@gmail.com)**

# Budget 2025



The government have decided how much they will spend.  
This is called the budget.

This guide looks at how the budget may change how much money you have in the future.

## Jobs



Income tax and national insurance is staying the same. These are taxes on money you earn from working.

But the limits before you pay will stay the same for 3 years.  
So more people will pay more tax as wages go up.



Minimum wage will go up to £10.85 per hour and living wage will go up to £12.71 per hour from April 2026.

More tax on work pensions from April 2029 for people who earn a lot.



# Budget 2025

## Health



New sugar tax on milk drinks (like milkshakes) that you buy from shops but not cafes.

250 new local patient health centres.

More money for nurses, doctor's appointments and patient services.

Prescription charges stay the same.

## Energy



The ECO scheme to insulate homes will be stopped which should make energy bills lower from April 2026.

## Families



Child Benefit changes:  
From April 2026 child benefit will include all children in the family.

# Budget 2025

## Cars



In 2028 there will be a new 3p per mile tax for electric cars and 1.5p per mile tax for plug in hybrid cars.

There will be tax on new Motability cars from July 2026 and luxury cars will not be allowed.

## Transport



Tax for petrol and diesel fuels will not go up until September 2026.

Train fares will not go up in 2026.

## Alcohol and tobacco



Tax on alcohol and tobacco will gradually go up with prices.

New tax for vapes from October 2026.

# Budget 2025

## Business



More money for apprenticeships and more help for small businesses.

More tax on online shopping parcels from outside UK from April 2026 to help high street shops.

## Housing



Mansion tax:  
People will pay more tax for expensive houses from April 2028.

## Savings



More tax on savings, shares from companies and houses you own from April 2027.

## Gambling



Lots more tax for online betting from April 2026 but bingo tax will stop.



# 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

Multisport

Llanishen Leisure Centre

### THURSDAY

11:00-12:00

Zumba

Llanishen Leisure Centre

### FRIDAY

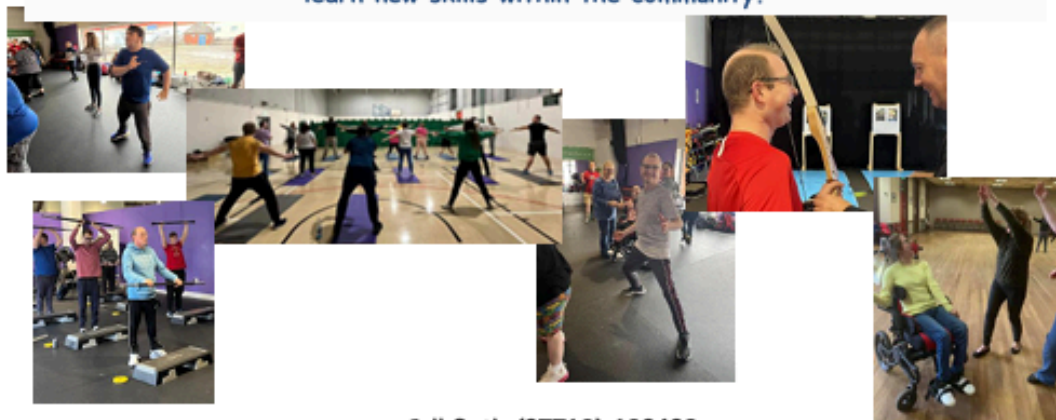
10:00-11:00

Golf

Parc Golf Club



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.



Call Beth (07713) 130409

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

[www.multisport-shw.co.uk](http://www.multisport-shw.co.uk)

Facebook : @multisport.shw

# MULTI-SPORT

SOCIAL HEALTH & WELLBEING



## Llanishen Leisure Centre

Tuesday @ 11am	
7 <sup>th</sup> October	Ball Skills
14 <sup>th</sup> October	Boccia
21 <sup>st</sup> October	Chair Zumba
28 <sup>th</sup> October	Fitness Pilates
4 <sup>th</sup> November	Boccia
11 <sup>th</sup> November	Yoga
18 <sup>th</sup> November	Yoga
25 <sup>th</sup> November	Parachute & Cones
2 <sup>nd</sup> December	Yoga
9 <sup>th</sup> December	Zumba
16 <sup>th</sup> December	Yoga

Wednesday @ 1:30pm	
7 <sup>th</sup> October	Variety / Boccia
14 <sup>th</sup> October	Variety / Boccia
21 <sup>st</sup> October	Variety / Boccia
28 <sup>th</sup> October	Variety / Boccia
4 <sup>th</sup> November	Variety / Boccia
11 <sup>th</sup> November	Variety / Boccia
18 <sup>th</sup> November	Variety / Boccia
25 <sup>th</sup> November	Variety / Boccia
2 <sup>nd</sup> December	Variety / Boccia
9 <sup>th</sup> December	Variety / Boccia
16 <sup>th</sup> December	Variety / Boccia

For more info contact



Call Beth - 07713130409

Or email

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

Facebook: @multisport.shw



# 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.**

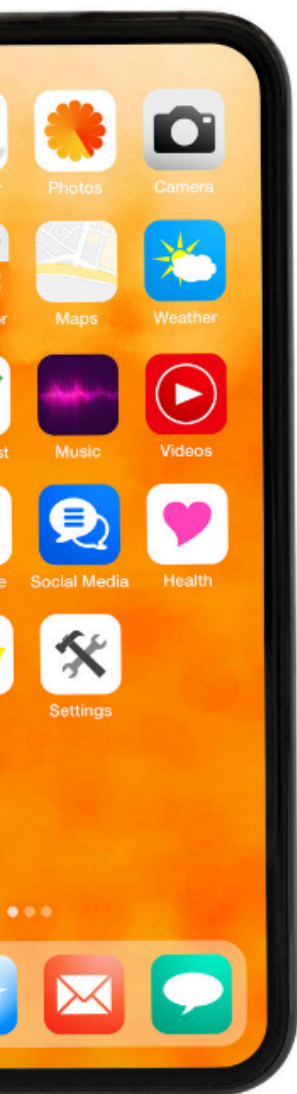
**Funded by Welsh Government, the scheme initially runs from 2022-2025. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.**

**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!

 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!

Your voice is important to us and to your community!

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