

# The Parents' Voice



Welcome to our January Newsletter,

We hope you had a wonderful Christmas break and were able to enjoy the New Year festivities. As we step into 2026, everyone at the Parents' Federation is looking forward to a brand-new year filled with fresh opportunities for unpaid carers across Cardiff and the Vale of Glamorgan.

We're excited to be planning a range of new and different activities, alongside our much-loved favourites, all designed to help carers take a well-deserved break and enjoy some respite. We would love for you to get involved and be part of what promises to be a positive and supportive year ahead.

2025

Activities

Pedal Power

AGM

Volunteers

Short Breaks

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## **Reflecting on 2025: A Year of Change and Community**

2025 was a year of change, growth, and connection. We began the year by welcoming our new Director, Claire Jones, who joined us in January and has led the organisation so positively through her first year. With a new team of trustees supporting and guiding the way, the Parents' Federation has continued to move forward with strength and purpose. We were delighted to successfully secure grant funding that allowed us to continue running events and activities throughout the year, ensuring unpaid carers across Cardiff and the Vale of Glamorgan could access vital support and much-needed respite.

Throughout 2025, we held 130 carers' meals, providing opportunities to relax, connect, and enjoy time together. We also delivered 12 Pedal Power sessions, a highly successful law workshop, and laughter therapy, all of which were warmly received. During Carers Week, we enjoyed a lovely picnic at St Fagans, and towards the end of the year, carers joined us for a special trip to the theatre to enjoy a show before Christmas.

We continued to support and work alongside our incredible volunteers, who helped facilitate meals and events on our behalf throughout the year. Their time, dedication, and kindness remain at the heart of everything we do.

One of the highlights of the year was hosting the 2025 UDA Awards in November. This truly heart-warming ceremony celebrated unpaid carers and showcased just how special and valued members of our community are.

As the year came to a close, we were also able to distribute £50.00 vouchers, helping carers to access personal respite and do something just for themselves.

We would like to say a huge thank you to everyone who attended our events, followed us on social media, and interacted with us throughout the year. Your support means so much to us.

Here's to an even more exciting and positive 2026 — we can't wait to see what the year ahead brings.



# 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!!!



# AGM

## Parents' Federation AGM 2025/26 – All Welcome

The Parents' Federation Annual General Meeting (AGM) for 2025/26 will take place on Thursday 29th January at 11.00am in Vision 21.

This is a great opportunity for parents and carers to hear about the work of the Parents' Federation throughout 2025, reflect on our achievements, and learn more about our plans and priorities for 2026. We will also share how the Federation supports families.

Everyone is very welcome to attend, whether you are already involved or simply interested in finding out more. If you are considering getting involved as a trustee or volunteer, the AGM is an ideal chance to meet the team, ask questions, and explore how you could contribute.

A free buffet will be provided.

To help us plan, please book your space via Eventbrite.

We look forward to seeing you there and hope you can join us for this important and welcoming event.

# 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!

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.**

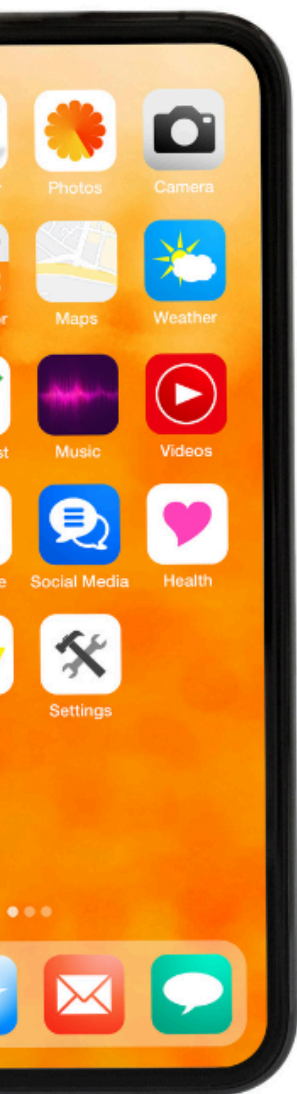
**Funded by Welsh Government, the scheme initially runs from 2022-2025. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.**

**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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 CardiffAndValeParentsFederation

 @parentsfed

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