

The Parents' Voice



Welcome to our February Newsletter,

As we move into February, we're pleased to share the latest newsletter from the Cardiff and Vale Parents Federation. This edition brings together updates, information, and developments relevant to parents and carers across Cardiff and the Vale, along with opportunities to stay informed and engaged with the work of the Federation.

In this issue, you'll find a range of news items, upcoming events, and reflections on current priorities, as well as updates on partnerships and local developments that impact families and education. Our ongoing aim is to ensure that parent and carer voices are represented and heard, and that information is shared clearly and accessibly across our communities.

Thank you for your continued interest and involvement. By staying connected through this newsletter, you help strengthen the collective voice of parents and carers across Cardiff and the Vale and support positive dialogue with schools, services, and decision-makers.

[About us](#)[Carers Week](#)[Activities](#)[Trustees](#)[Carers Wales](#)[AGM](#)[Vale Family
Compass](#)[Care Connect
Cycle](#)[FAQ](#)[Volunteers](#)[Short Breaks](#) 029 2056 5917 admin@parentsfed.org www.parentsfed.org

Cardiff and Vale Parents Federation

The Cardiff and Vale Parents Federation brings together parents and carers from across our region to support one another and to make sure lived experiences are heard and valued. We work in partnership with local authorities, services, and community organisations to share insight, raise concerns, and help shape positive change for families and carers in Cardiff and the Vale.

Our work is strengthened by the people who get involved. Whether you can offer time occasionally or would like to take on a more active role, there are many ways to support the Federation. This includes helping to organise or run meals and events for carers, supporting activities behind the scenes, or joining our Board of Trustees to help guide the future direction of the organisation.

Getting involved is also a great way to meet others, share skills, and make a meaningful difference. Every contribution, big or small, helps us continue to create welcoming spaces, offer respite opportunities, and represent the voices of carers across our communities.

If you're interested in volunteering or learning more about becoming a trustee, we'd love to hear from you.

Help us plan for Carers Week

8th - 14th June 2026

Carers Week is an annual UK campaign that raises awareness of caring, recognises the huge contribution unpaid carers make, and highlights the challenges they face every day. It's also a chance to help people recognise their own caring roles and access the support they deserve.

We are in the midst of planning activities for Carers Week 2026, and we'd love your input. What **events, workshops or activities** would make a real difference to you?

If you have a suggestion — big or small — please email us and help us create a week that truly supports and celebrates **carers in our community.**



Hello@Parentsfed.org

Bitesize Respite

February Activities



Cardiff

04th - Oystercatcher
@ 12:30

19th - Pedal Power
@ 11:30



Vale of Glamorgan

05th - Breakfast at Toby
Carvery @ 10:00

11th - Arts and Craft session
run by Cwmpassm, Castleland
Centre @ 1pm

12th - Aubrey Arms @ 12:30

18th - Bring you own Craft to
Gallery Cafe Barry @ 1pm

25th- Brewer's Fayre Barry
Island @ 18:30



Help Shape a Better Future for Parent Carers

Become a Trustee with Cardiff & Vale Parents' Federation

Cardiff and Vale Parents Federation is a small but passionate charity in South Wales supporting parents and families who care for a loved one with a learning disability.

We're looking for new Trustees to help guide our charity and strengthen our impact across Cardiff and the Vale of Glamorgan. HR or Finance skills especially welcome, but above all, we want people who care about making a difference

You don't need previous trustee experience — just commitment, good judgement, and a desire to support parent carers and people with learning disabilities.

What you'll bring:

- A belief in inclusion and equality
- Strategic thinking and teamwork
- Time for a few meetings a year
- Skills, experience, or lived experience to share

What you'll gain:

- A chance to make real, local impact
- Board-level experience
- The opportunity to help shape services that matter

👉 Interested?

Get in touch to find out more or request a full role description.

Email Hello@Patrentsfed.org



Become a Trustee

Help make Cardiff & the Vale a better place for families
We're looking for new Trustees to help guide our charity
and strengthen our impact across Cardiff and the Vale of
Glamorgan.



HR or Finance skills especially welcome



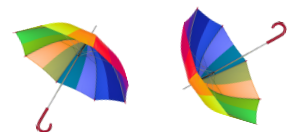
But above all, we want people who care about making
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You don't need previous trustee experience — just
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parent carers and people with learning disabilities



Get in touch to find out more

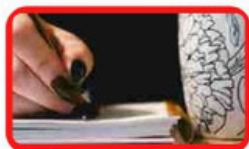
Email: Hello@ParentsFed.Org



MeTime

Online support sessions for carers

In the New Year



Thursday 15 January, 11am – 12pm: Writing for Joy with Taylor Edmunds

Explore how creative writing and journaling can improve your wellbeing and be a practice of self-care. Through gentle guided writing prompts, we'll explore writing as a tool to be more present, connect with nature and develop your creative voice. Suitable for all writing experiences and backgrounds.



Thursday 22 January, 11am -12pm: Laughter Medicine Workshop

Research has shown that just 15 minutes of laughter a day can provide us with incredible benefits for our health. Join Laughter coach and carer Jaycee La Bouche in this fun, uplifting workshop, combining laughter yoga, breathing techniques and tension releasing exercises to help reduce stress, improve mood and boost energy.



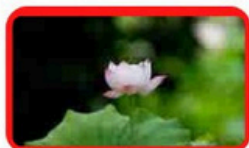
Tuesday 27 January 2026: 11am – 12:15pm: Understanding Power of Attorney with Damian Lines

The session will be presented by Damian Lines TEP, Managing Partner at Rubin Lewis O'Brien Solicitors in Cwmbran, South Wales. Planning for the future is one of the most important steps you can take to safeguard the well-being and interests of your loved ones.



Wednesday 4 February, 11am -12pm: Stop Loan Sharks Wales

Not all loan sharks are violent criminals — many appear friendly and helpful at first. They can be small lenders taking advantage of friends or family, rogue landlords or employers and even work colleagues. Since 2008, Stop Loan Sharks Wales has supported hundreds of people affected by this crime and helped to write off hundreds of millions of pounds in illegal debt.



Thursday 12 February, 11am-12pm: Mindfulness

Join us for a friendly, guided mindfulness session and explore how this practice can help you navigate challenging situations, strengthen your relationships, and enrich your life with gratitude, compassion, kindness, and appreciation. Take a moment to pause, breathe, and explore how simple mindfulness techniques can make a real difference to your wellbeing.



Wednesday 18 February 1-2pm: Dealing with Change

This session will explore how we deal with change, what gets in the way, and techniques to overcome some of these hurdles. It will provide some useful techniques to rediscover what might bring us joy, and to dare to dream about living our lives in tune with our true values and beliefs.

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

Valentines Disco

SATURDAY
14TH FEBRUARY

6pm – 9pm

£5 Entry

inc Hot Chocolate & Cupcake

V21 Sbectrwm Centre, Fairwater, CF5 3EF

BOOK HERE

SCAN OR USE THE LINK

v21cyflecymru.square.site



V21

VISION 21 | CHANGING LIVES

v21.org.uk

Carers Wales

Book online - Carers Wales Facebook
Page

BOOK CLUB

Relax, connect with
other carers, and escape
into a good book.

MONDAY 2 FEBRUARY
2PM

MeTime

 carers
WALES

AGM

Thank You for Joining Our AGM!

We would like to extend a heartfelt thank you to everyone who attended our Annual General Meeting. Your support and involvement mean so much to us and the carers we serve.

2025 has been an incredible year for our organisation. Thanks to the dedication of our carers and supporters, we have expanded our outreach, connecting with more carers than ever before and building stronger networks within our community.

Throughout the year, we continued to host our regular events, and we also introduced some exciting new workshops, including Legal, Laughter Therapy and Yoga, which were very well received. We hope to continue offering these engaging sessions in 2026, and we always welcome your feedback on what you would like to see in the future.

Looking ahead to 2026, our goals include further expanding our outreach and offering a variety of respite meals to support carers in new ways. Additionally, we are seeking new trustees and volunteers to join our team. If you're interested in helping us make a difference, we would love to hear from you—please drop us a message!

Thank you again to all our carers and supporters for making 2025 such a successful and rewarding year. We can't wait to continue this journey with you in 2026!

Welcome to the...

**CWMPAWD
TEULU BRO**

DOD O HYD I ATEBION GYDA'N GILYDD



**VALE FAMILY
COMPASS**

FINDING SOLUTIONS TOGETHER

**What is the
Vale Family
Compass?**

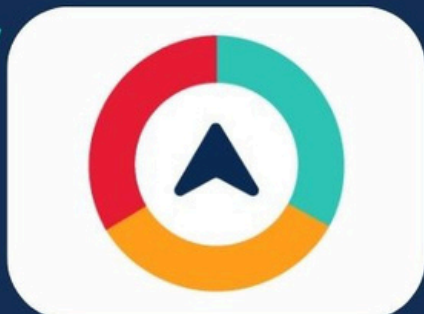


**One front door
to access support
for families**



**Family Information Service, Early
Help and Intake Team**

Now under one umbrella so you get
information, advice, support and
protection through one phone number,
one website and one email address.



0808 281 6727



**familycompass@
valeofglamorgan.gov.uk**

valefamilycompass.co.uk

Care. Connect. Cycle



Do you care for a loved one with a disability?

**Join us for a trial session to discover how you can get
cycling on standard or adaptive cycles!
(with or without the person you care for)**

at St. Mellons Hub

30 Crickhowell Road

St Mellons

CF3 0EF

**Thursday 12th
of February**

13:00 – 16:00

and

**Saturday 7th
of March**

13:00 – 16:00

**For more information or to join contact Steve at
cyclingofficer@cardiffpedalpower.org.uk**

02920 390713



PedalPower
the cycling charity for all
yr elusen seiclo i bawb

C3SC
Cardiff Third Sector Council
Cyngor Trydydd Sector Caerdydd

Frequently Asked Questions

What does the Cardiff and Vale Parents Federation do?

The Federation works to support unpaid carers by providing opportunities for respite, representing carer voices, and sharing information. We raise issues and experiences with local authorities and partners, attend outreach events to explain our role, and work to ensure carers' perspectives are included in discussions that affect them.

Alongside this, we organise a range of activities and events aimed at supporting well-being and reducing isolation among carers.

How much do the events cost?

All of our events are free for unpaid carers. If you book a place but later find you are unable to attend, we kindly ask that you let us know as soon as possible so your place can be offered to another carer.

What kinds of events do you offer?

We offer a variety of free activities for unpaid carers, including lunches, dinners, Pedal Power sessions, workshops, and larger events such as theatre trips. These activities are designed to provide time away from caring responsibilities and an opportunity to relax, connect, and recharge.

Who can attend your events?

All unpaid carers are welcome to attend our events.

Unfortunately, we are usually unable to accommodate the person being cared for, as the purpose of most activities is to provide carers with respite. However, we do occasionally run events where carers can bring the person they care for — details of these will be clearly advertised, so please keep an eye out.

How do I book onto an event?

All bookings are made through Eventbrite, which is the only way to secure a place at our events. If you experience any difficulties with booking, please contact us at hello@parentsfed.org for support.

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.

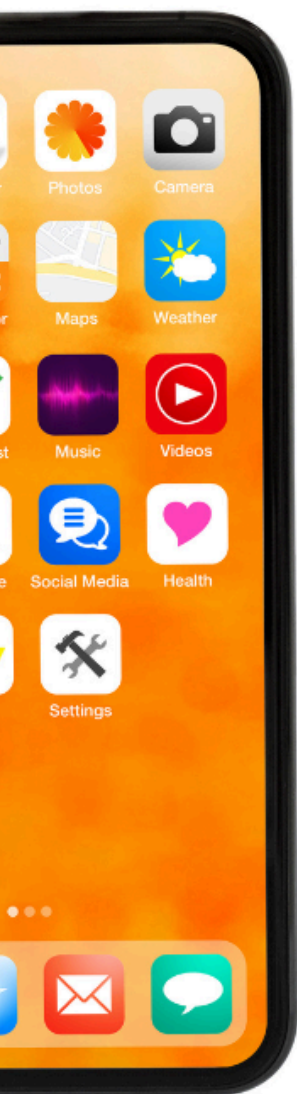
Funded by Welsh Government, the scheme initially runs from 2022-2029. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.

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

 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.
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