

The Parents' Voice



Welcome to our March Newsletter,

As we welcome March and the first signs of spring, we're pleased to share the latest newsletter from the Cardiff and Vale Parents Federation. This month's edition brings together a mix of updates, community news, and opportunities to get involved across Cardiff and the Vale. We've included information on what's been happening recently, what's coming up over the next few weeks, and ways you can connect with others locally. Our aim is to keep things clear, relevant, and useful – whether you're looking for updates, support, or simply to stay in the loop with what's going on in our community.

Thank you for being part of the Federation. Your interest, feedback, and involvement help keep our network strong and ensure we continue building positive relationships across Cardiff and the Vale.

Carers Week
Activities
Change of venue
Trustees
Contact
Moss Rose
Cottage
Care Connect
Cycle
Afternoon Tea
Volunteers
Short Breaks

 029 2056 5917

 admin@parentsfed.org

 www.parentsfed.org

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](mailto>Hello@Parentsfed.org)

Bitesize Respite

March Activities



Cardiff

26th - The Dock @ 12:30

19th - Pedal Power
@ 11:30



Vale of Glamorgan

05th - Breakfast at Toby
Carvery @ 10:00 (over 50's
event)

11th - Oystercatcher,
Penarth @ 12:30

12th - Aubrey Arms @ 12:30

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



CHANGE OF LOCATION

**THE AUBREY ARMS EVENT
WILL NOW BE IN CARDIFF
BAY HARVESTER**

**CARDIFF BAY
HARVESTER**

12TH MARCH

@ 12:30

UNPAID CARERS LUNCH @ HARVESTER CARDIFF BAY

12th March @ 12:30
Harvester
Cardiff Bay

**Lunch,
Connection,
Respite**



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](mailto>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
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



Get in touch to find out more

Email: Hello@ParentsFed.Org



contact

*For families
with disabled children*

'Let's Chat' online drop ins

Our online drop ins are relaxed, supportive sessions for parent carers in Wales. Each one has a theme to help start conversation, but there is no pressure to talk, you are welcome to just join and listen in.

Upcoming dates and themes (all sessions are 11:00-12:00)

- Thursday 5 March – Let's talk DLA
- Thursday 19 March – Let's chat; cuppa and a chat before schools break up

Online – Webinars – All bookable on Contact Eventbrite

- 17th Mar – Wills & Trusts, with Q&A, 10.30am (1hr)
- 18th Mar – Lasting Powers of Attorney, 10.30am (1.5hrs)
- 26th Mar – Securing funding for specialist college placements, 10am

SUPPORT DAY



INVITE FOR UNPAID CARERS

At Moss Rose Cottage, we deeply value the essential work Unpaid Carers do and understand how important it is to feel seen, supported, and connected. That's why we're opening our doors and would love to invite you to join us at our **Unpaid Carers Support Day**.

This event is open to all Unpaid Carers from Cardiff and the Vale. We want to offer a safe and inclusive space where you can meet other Unpaid Carers and appropriate professionals who can offer one-to-one up-to-date, practical advice and guidance. This is a welcoming space to explore useful information, access the right support, and learn more about the resources available to you as an individual.

The event is completely free of charge; we simply ask that if you know you're definitely able to attend, that you confirm your attendance to the email below. However, we understand the barriers Unpaid Carers face, so if you can't commit until the day, please still feel free to attend.

We would love for you to join us and take a moment for yourself to connect with other carers and approachable professionals, over a cup of tea and biscuits.

MEET THE PROFESSIONALS



If you know you're able to attend kindly confirm through email by **March 2nd** at:
admin@mossrosecottage.co.uk

Walk-ins welcome

Please feel free to share this poster with others

**17
MAR**

11AM - 2PM
**MOSS ROSE COTTAGE,
RUMNEY, CARDIFF,
CF3 3EB**

We would like to thank Unpaid Carers Short Breaks Grants for funding this project

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



Cardiff Third Sector Council
Cyngor Trydydd Sector Caerdydd

UNPAID CARERS AFTERNOON TEA

THE GATHERING PLACE - ST ATHANS
19TH MARCH 11:30AM - 1:30PM

Scan the QR code to register
your interest, or contact us on
02921 921024
Places are limited!



BWRDD PARTNERIAETH
RHANBARTHOL
CAERDYDD A'R FRO
CARDIFF & VALE
REGIONAL PARTNERSHIP
BOARD



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



**Coffee
Morning**



**1st Friday of Every Month
Next Meeting Friday 6th March**

Time: 10.45am to 12.30pm

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

Over 18s only

Formal diagnosis not needed
by Families for Families

Email : ADHDCardiffPS@gmail.com

Join Our Community Effort

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.

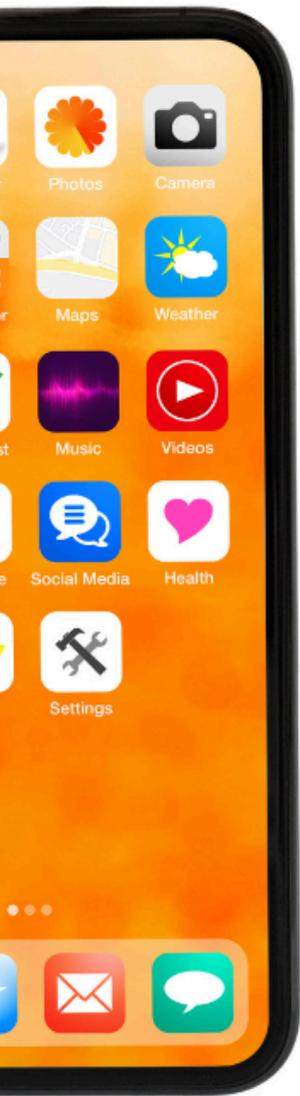
Funded by Welsh Government, the scheme initially runs from 2022-2029. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.

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!

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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!

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