

The Parents' Voice



Welcome to our April Newsletter!

April is a wonderful time of year as we welcome the arrival of spring and celebrate Easter a time that often brings opportunities to rest, reflect and spend time with loved ones. We hope this season brings a little brightness and renewal to you all.

This month we have lots of events and activities planned for unpaid carers. These are a great opportunity to connect with others, take a break, learn something new, and access support.

If you would like to get involved with us, attend an event, or find out more about the support available, please don't hesitate to get in touch. We would love to hear from you. Thank you for being part of our community, and we look forward to seeing many of you throughout the month.

Activities

Happy Easter

Information event

Cwmpass Events

Trustees

Care Event

V21 Open Days

Volunteers

Short Breaks

 029 2056 5917

 admin@parentsfed.org

 www.parentsfed.org

Bitesize Respite

April Activities



Cardiff

09th - Toby Carvery
Breakfast,
Whitchurch @ 10:00

16th - Pedal Power
@ 11:30

23rd - The Dock @ 12:30



Vale of Glamorgan

08th - Oystercatcher,
Penarth @ 12:30

15th - Wellbeing with
Cwmpass @ 13:00

22nd - Arts and Crafts,
Gallery Cafe @ 13:00

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







Information Event

Hosted by **ND Community Connectors CIC**

Sponsored by **The Open University**

For **parents/carers** of children & young people on the **Neurodevelopmental Service** waiting list or with an **Autism/ADHD** diagnosis in **The Vale** Information stalls from locally based services and support that can be accessed whilst waiting for an assessment or post diagnosis.

Supported by organisations across Local authority, Education and Third Sector/Charity.

Location: Victoria Park Community Centre, Church Road, Cadoxton, Barry, Vale of Glamorgan CF63 1JY

Date: Monday, 27th April 2026

Time: 10:00am - 11:30am (drop in)

The event is free of charge but please book a place via Eventbrite using the QR code or this link:



<https://autismadhdsupportservicesvale.eventbrite.co.uk>

Cwmpass Events



Over the past two months we have been organising well-being activities, with Cwmpass OT.

These have been well attended and enjoyed a lot. Make sure you book on to get your space.



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

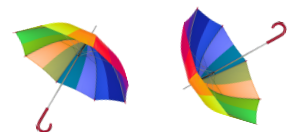
Help make Cardiff & the Vale a better place for families
We're looking for new Trustees to help guide our charity
and strengthen our impact across Cardiff and the Vale of
Glamorgan.

 HR or Finance skills especially welcome

 But above all, we want people who care about making
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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



CARE event: Neurodivergent Futures

Join us as we explore how we can better support neurodivergent people to age well through meaningful and inclusive engagement.

This event is funded and supported by the British Society of Gerontology.

Date: 20th April

Time: 10.00am – 2.00pm

Location: SPARK, Cardiff, CF24 4HQ

Contact: CARE@cardiff.ac.uk



[Register now](#)



Centre for Adult Social Care Research
Canolfan Ymchwil Gofal Cymdeithasol i Oedolion

V21
Technology
**OPEN
DAY**

8th April 10-12pm
Unit 10 Field Way, Cardiff
CF14 4HY

**Come and see what
V21 Technology is all
about!**

Meet our trainees and the rest of the team over a cup of tea (or coffee), design your own mug, take part in a fun interactive quiz, and discover what else you could learn with us.

- ✉ admin@v21.org.uk
- ☎ 029 20621 1
- 🌐 v21.org.uk



V21 Garden
Nursery

OPEN DAY

9th April

10.30-12pm

26 Allensbank Rd, Cardiff CF14 3RB

Come on down to our V21
Garden Nursery to see what our
trainees have been working on
and what you could get involved
in too!

Enjoy refreshments, take part
in activities, meet the team,
and learn more about the
opportunities we have.

 admin@v21.org.uk

 029 20621 194

 v21.org.uk


VISION 21 | GARDEN NURSERY
@Heath



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/>**





Welcome to the Penarth Chamber Music Festival 25 – 28 June 2026

There are two, concerts taking place in Penarth in late-June, and both are free to attend. Everyone is very welcome to come along.

Relaxed Concert

When: Thursday June 25th, starting at 10.30am

Where: Penarth Pier Pavilion, CF64 3AU

There is a special concert in a supportive environment for those with additional learning needs and their unpaid carers. The music will include highlights from the festival programme.

Please note there is no need to maintain silence or keep still during this performance.

We feel passionately that the power of live music should be able to experience by all, and we particularly welcome those with additional learning needs, their carers, and their families.

[Relaxed Concert — Penarth Chamber Music Festival](#)

Family Concert: 'Quest' Taith Darganfod

When: Saturday 27th June, starting at 10.30am

Where: All Saints Church, Victoria Square, Penarth, CF64 3EL

Join Lenny Sayers and the festival musicians for a journey of discovery through chamber music. An interactive concert - fun for all the family!

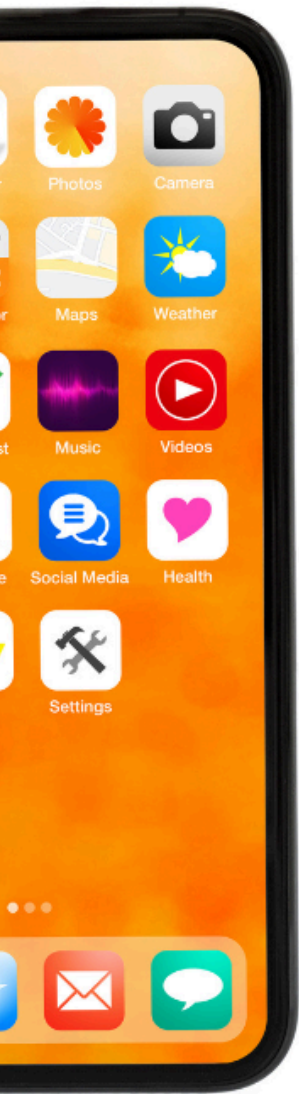
[Family Concert – 'Quest' Taith Darganfod — Penarth Chamber Music Festival](#)

For more information


Visit : www.penarthchambermusicfestival.org.uk

Email info@penarthchambermusicfestival.org.uk

FB <https://www.facebook.com/penarthchambermusicfestival/>



Stay connected with us!

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 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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