

The Parents' Voice



Welcome to our May Newsletter!

Welcome to May!

It finally feels like spring has sprung, and with the brighter days comes a fresh burst of energy across everything we have planned.

We're excited to share that the next few months are packed with activity. From celebrating Carers Week, to a variety of engaging events and activities, and even UDA award nominations, there's plenty to look forward to and get involved in.

We'd love for you to be part of it. Whether you'd like to attend one of our events or are interested in running something yourself, please don't hesitate to get in touch. And if you've always wanted to join in but our usual days or formats don't quite work for you, or you have a different idea in mind, we'd really like to hear from you. Your input helps us shape what we do.

Here's to a positive and active season ahead!

Activities

Afternoon Tea

Pizza Express

Pedal Power

AP Cymru

V21 Events

Multi Sport

UDA Awards

Carer's Advice Line

Trustees

Volunteers

 029 2056 5917

 admin@parentsfed.org

 www.parentsfed.org

Bitesize Respite

May Activities



Cardiff

21st - Pedal Power @
11:30

22nd - Pizza
Express Mermaid
Quay @ 12:30



Vale of Glamorgan

13th - Oystercatcher,
Penarth @ 12:30

14th - Wellbeing with
Cwmpass @ 10:00

Celebrating Carer's Week Together

Afternoon Tea Gathering



June 09th
1230 - 1430

The Gathering
Place, St Athan

Join us for tea and
conversation

Book your space on Eventbrite

The Gathering Place

St Athan

CF62 4JH



Unpaid Carer's

Meal

**PIZZA
EXPRESS**

22ND
MAY



12:30



Cardiff & the Vale



Parents' Ffederasiwn
Federation Rhieni

PEDAL POWER

Movement. Connection. You.

Join us for a fun, friendly and accessible cycling session designed for unpaid carers.

Boost your **wellbeing**, enjoy some fresh air and **meet other carers** in a relaxed and supportive space.

BENEFITS OF PEDAL POWER



Improves physical health
Build fitness, strength and energy



Boosts mental wellbeing
Reduces stress and improves mood



Connects you with others
Meet other carers and share experiences



Enjoy time outdoors
Fresh air, nature and a change of scenery

Come along, get moving and feel the benefits!



- ✓ All abilities welcome.
- ✓ Bikes and adapted bikes provided.
- ✓ Just bring yourself and a smile!



Session followed by
COFFEE & CAKE!



THURSDAY 21ST MAY



11.30AM



SOFIA GARDENS



Email Esme@parentsfed.org
to book your space.

Spaces are limited – book early!

For more information contact us on ☎ 02920 565917 | ✉ hello@parentsfed.org

AP Cymru Empowering Parents Course

With Autism Globe Team



Sign up for the Empowering Parents Course with AP Cymru charity which they will be hosting alongside the Autism Globe Team.

- Learn how to empower yourself as a parent carer
- Hear about the experiences from the AP Cymru Team
- Find out helpful information
- Meet other parent carers
- Refreshments available

For parents and carers of children with additional learning needs.

Asda Community Hall, Asda Cardiff Bay,
Ferry Road Retail Park, CF11 OJR
Thursday 7th May 2026

10:30am - 12:30pm

BOOKING IS ESSENTIAL VIA EVENTBRITE LINK



autism.globe



Autism Globe



Autismglobe@gmail.com

The Craft Corner

at V21 Spectrum Centre, CF5 3EF

Mini Saturday Workshops

- 11th April Paint your own Ceramic Item
- 18th April Create your own Jesmonite Coaster
- 25th April Garden Creatures Pottery Workshop
- 2nd May Create your own Resin Keyring
- 9th May Decorate your own Kite
- 16th May Paint your own Ceramic Item
- 23rd May Tie-dye Workshop
- 30th May Decorate a Terracotta Plant Pot



Stay a little longer. You can grab some food at the V21 Cafe or take a moment to relax and shop for plants in the V21 Garden.

Book a session via the QR code

Sessions available to suit all ages & abilities.

trybooking.com/uk/eventlist/v21craftcorner



MULTI-SPORT



SOCIAL HEALTH & WELLBEING

New Session
Free Tasters

New Session
Free Tasters

Fitness Pilates

Every Tuesday

1:30pm

V21 Spectrwm Centre



Inclusive Fitness Pilates for adults with learning disabilities.
Gentle Low Impact Exercise
Where individuals can improve fitness, flexibility and wellbeing.
And have Fun!



shutterstock.com - 2332016659

Call Beth (07713) 130409 or Andrew (07732) 775847

e-mail : cardiff@multisport-shw.co.uk

www.multisport-shw.co.uk

Facebook : @multisport.shw



MULTI-SPORT



CARDIFF TIMETABLE

MONDAY

10:30-11:30

Zumba

St. Lukes Church



TUESDAY

11:00-12:00

Multisport Variety

Llanishen Leisure Centre

1:30-2:30

Fitness Pilates

V21 Spectrwm Centre



WEDNESDAY

1:30-2:30

Multisport Variety

Llanishen Leisure Centre



THURSDAY

11:00-12:00

Zumba

Llanishen Leisure Centre

1:30-2:30

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 Andrew (07732) 775847

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Facebook : @multisport.shw



MULTI-SPORT

SOCIAL HEALTH & WELLBEING



Llanishen Leisure Centre Multisport Variety Sessions

Tuesday @ 11am	
7 th Apr	Chair Zumba
14 th Apr	Annual Leave-Closed
21 st Apr	Yoga
28 th Apr	Ball Skills
5 th May	Boccia
12 th May	Yoga
19 th May	Chair Zumba
26 th May	Yoga

Wednesday @ 1:30pm	
8 th Apr	Variety / Boccia
15 th Apr	Annual Leave-Closed
22 nd Apr	Variety / Boccia
29 th Apr	Variety / Boccia
6 th May	Variety / Boccia
13 th May	Variety / Boccia
20 th May	Variety / Boccia
27 th May	Variety / Boccia

For more info contact



Call Beth - 07713130409
cardiff@multisport-shw.co.uk
 Facebook: @multisport.shw



FREE TASTER SESSIONS





Nominations open Carer's Week 08th June

The Understanding Disability Awards—organised by the Cardiff and Vale Parents Federation —have shone a spotlight on the individuals, businesses, and organisations making a real difference in the lives of people with learning disabilities or difficulties.

What began as a small local initiative has grown into one of the region's most heartwarming annual events, celebrating those who go above and beyond to promote inclusion, accessibility, and kindness. Whether it's a dedicated teacher, a supportive employer, or a compassionate community member, these awards ensure their efforts are recognized and celebrated.

Why Do These Awards Matter?

The Understanding Disability Awards were created with a simple but powerful mission: to celebrate those who make life better for people with learning disabilities or difficulties. Unlike many awards tied to specific policies or campaigns, these recognitions are purely about people helping people—highlighting everyday heroes who might otherwise go unnoticed.

EVENT HIGHLIGHTS

SUPPORTING UNPAID CARERS IN CARDIFF



We recently attended a community event celebrating the launch of the **Cardiff Carers Advice Line** – a vital support service for unpaid carers across the city.



The event brought together **carers, professionals, and local organisations** to share information, advice, and support services available in Cardiff.

WHAT WAS ON OFFER?

- 

INFORMATION
on local services and support available in Cardiff.
- 

ADVICE
for unpaid carers on a range of topics.
- 

DEMONSTRATIONS
of services supporting independent living and wellbeing.
- 

OPPORTUNITIES
to connect with other carers and organisations.
- 

SIGNPOSTING
to the right help, guidance and support.


 This event highlighted the importance of ensuring carers know where to turn for help, guidance, and wellbeing support.
 



At the Cardiff & the Vale Parents' Federation, we are proud to be part of a community that **supports families and carers** of people with **learning disabilities**—helping ensure no one feels isolated and everyone has access to the right support.

About the Cardiff Carers Advice Line
A dedicated service providing advice, information and signposting to support unpaid carers across Cardiff.

-  029 2081 1370
-  carersadvice@cardiff.gov.uk
-  cardiff.gov.uk/carersadvice

Your voice. Your support. Your community. 



Become a Trustee

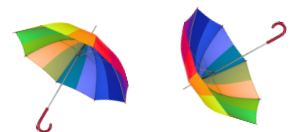
Help make Cardiff & the Vale a better place for families
We're looking for new Trustees to help guide our charity
and strengthen our impact across Cardiff and the Vale of
Glamorgan.

 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



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)

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.

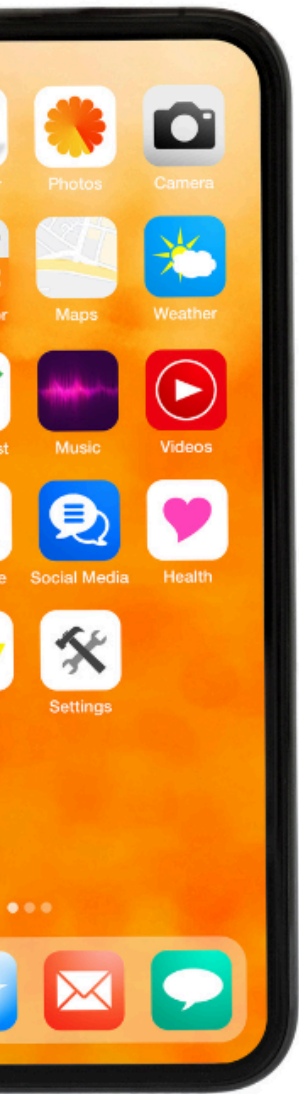
Funded by Welsh Government, the scheme initially runs from 2022-2029. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.

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!

 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.
Follow us on Facebook & Instagram