

The Parents' Voice



We hope you have been keeping safe, well, and staying hydrated during this recent heatwave. As we move into June, we are looking forward to brighter days and another busy month ahead.

June is an especially important and exciting time for us as we celebrate Carers Week and continue planning our summer activities and support sessions. We are incredibly grateful for the dedication, compassion, and hard work of carers, and we look forward to recognising and celebrating everything that you do.

We are also excited to be welcoming some of you to our Carers' Afternoon Tea on 9th June. It will be a lovely opportunity to come together, connect, and enjoy an afternoon of conversation and appreciation. We hope to see many of you there.

This month, we will also be launching the Understanding Disability Award nominations. This is a wonderful opportunity to recognise and celebrate those making a positive difference, so please keep an eye out for further information and nomination details coming soon.

Finally, we have included a sneak peek at some of July's upcoming events to help you plan ahead. Booking for these activities will open in mid-June, and we look forward to sharing more details with you soon.

As always, thank you for being part of our community, and we hope you enjoy this month's newsletter.

Activities

Afternoon Tea

Sneak Peak

Big Lunch

Carer's Week

Survey

FAQ

P2P

UDA Awards

Trustees

Volunteers

 029 2056 5917

 hello@parentsfed.org

 www.parentsfed.org



Bitesize Respite

June Activities



Cardiff

18th - Pedal Power
@ 11:30

Vale of Glamorgan

09th - Carer's Week
Afternoon Tea @ 1230

10th - Oystercatcher @
12:30



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

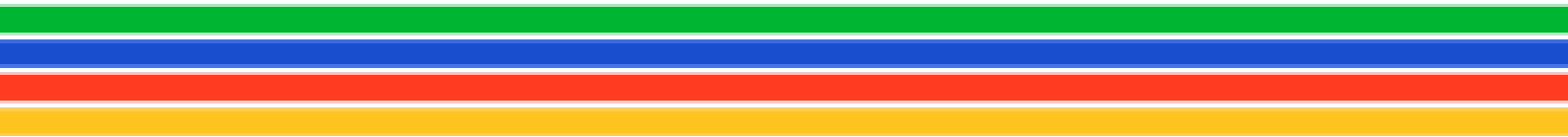
The Gathering Place

St Athan

CF62 4JH



**Sneak Peak at July's events
below. These will be
available to book from mid
June on Eventbrite.**



Bitesize Respite

July Activities



Cardiff

10th - Pancakes in
Bill's @ 11:00

16th - Pedal Power
@ 11:30



Vale of Glamorgan

01st - Oystercatcher @
12:30

13th - Carer's Drop in
Coffee Morning @ 10:30

23rd - Wreath Making
Castleland @ 10:30



THE BIG LUNCH

YOU'RE INVITED TO

V21 SBECTRWM

Bwlch Road, Fairwater, CF5 3EF

GARDEN PARTY!

BOUNCY
CASTLE

FACE
PAINTING

LAWN
GAMES

CRAFTS

Come meet us and your neighbours to discover all the amazing things happening at your local community centre!

BYOP!

Bring your own picnic to enjoy in the garden or buy food & refreshments from our cafe.



SATURDAY

6TH JUNE

11 - 2 PM

We'd love to see you!





**Building
Carer Friendly
Communities**



Carers Week Celebration and Information Fayre

Thursday 11 June - 11:00 - 13:30

Penarth Leisure Centre, Andrew Rd, CF64 2NS

♥ Info, advice & wellbeing support

♥ Meet local organisations

🍰 Free afternoon tea

Scan to register



For more information email:
valecarershub@tuvida.org or
carediff@cardiff.gov.uk
For help to register call 02920 873419



Delivered in partnership by:

Tu Vida
Supporting your life



Learning Disabilities Supported Living Family Carer Survey

Cardiff Council has a contract for adults with learning disabilities living in supported living. This will come to an end in November 2027.

By supported living we mean a person has a tenancy for their home and receive care and support from support providers to live their lives and to be independent.

The Council, in partnership with Cardiff and Vale Parents Federation, would like to hear your thoughts on how you would like to be involved in securing the service and the ways you would like to receive this information.

Please can you complete this form by the 12th June 2026 at 17:00.

<https://forms.cloud.microsoft/pages/responsepage.aspx?id=ISs1xflwAkelD8aLiOsbJn4c6ZQNaApFkjmAyJ0rTclUNzIEOTBaWjQ4QUo4M01ERzc1RVEzMDNPQy4u&route=shorturl>

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.



P2P Cardiff

Parent to Parent

A friendly support space for parents of children with ALN

Drop in –
no booking
needed

Join us for coffee & friendly chat
with other parents who understand.
All parents are welcome!

- ♥ Free to attend
- ♥ Just come along – whether you chat or simply listen
- ♥ Meet other parents of children with ALN (Additional Learning Needs)
- ♥ Open, informal, and non-judgmental
- ♥ Tea, coffee and biscuits provided



Upcoming Coffee Mornings:



Monday 1st June
10:00 – 11:30 am



Wednesday 17th June
10:00 – 11:30 am



Monday 29th June
10:00 – 11:30 am



Monday 13th July
10:00 – 11:30 am



Llanishen Baptist Church
Fidlas Road,
Cardiff
CF14 5LZ



07743 381333



p2pCardiff@gmail.com

Need support?

We can signpost to local services
and help you find the right support.

Hi, I'm Yara.

I'm a parent with children
who have ALN.

I'm really glad you're here!
Just grab a coffee and join us.



Parking at the back of the church

Turn into the street next to Curry Con,
go all the way down to the school gates,
then turn left into the church car park.



Find us on Facebook:
Parent2Parent Cardiff



Join our WhatsApp group for updates
Message us on WhatsApp
07743 381333

What to expect

- ♥ A welcoming, safe space
- ♥ Respect, kindness & confidentiality
- ♥ Parent led & not a professional service
- ♥ You're not alone



Understanding



Community



Connection



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.



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



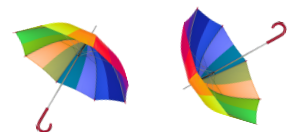
But above all, we want people who care about making
a difference

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.

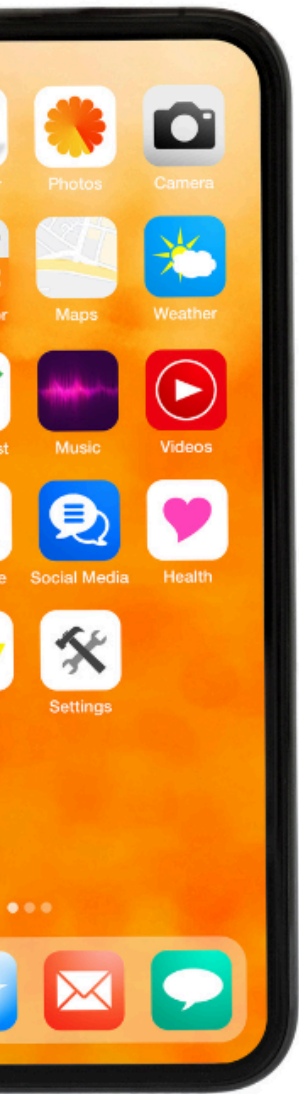
Funded by Welsh Government, the scheme initially runs from 2022-2029. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.

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