

The Parents' Voice



How did we get to August already?

We hope you've stayed well during July's heat and are enjoying the summer so far. It's hard to believe we're already into August, but there's still plenty of summer left to enjoy!

We have lots of events planned over the coming weeks, including coffee mornings, breakfasts and lunches, giving you plenty of opportunities to get out, meet other carers and enjoy some time for yourself.

If you think you could run an event or activity for our carers, we'd love to hear from you! Whether you have an idea for a coffee morning, a fun activity or something completely different, please get in touch with the team.

Activities

Looking After You

UDA Awards

Vision 21 Events

Carers Me Time

Trustees

Volunteers

 029 2056 5917

 hello@parentsfed.org

 www.parentsfed.org

Bitesize Respite

August Activities



Cardiff

20th - Pedal Power
@ 11:30



Vale of Glamorgan

05th - Oystercatcher @
12:30

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

24th - Seashore Grill
Breakfast @ 10:00



LOOKING AFTER YOURSELF

This Summer

As carers we often put everyone else's needs first, but **your wellbeing matters** too.



This month, try to make time for just **one thing** that's for **you**.

It doesn't need to be expensive or take hours.

IDEAS INCLUDE:



Enjoying a quiet cup of tea in the garden.



Taking a short walk.



Reading a chapter of a book.



Meeting another parent carer for a chat.



Asking someone to help, even for an hour.



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You are not alone!



Nominations open!!!

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.

The Craft Corner

V21 Spectrum Centre, CF5 3EF

Tuesday Summer Workshops

- 4 August Window Decorations
- 11 August Make some Slime!
- 18 August Mosaic Plant Sticks
- 25 August Clay Garden Creatures



2 hour Sessions

Under 16s AM / 16+ PM

£15 each



Book a session via the QR code

trybooking.com/uk/eventlist/v21craftcorner

Sessions available to suit all ages & abilities

V21
VISION 21 | CHANGING LIVES
v21.org.uk

The Craft Corner

at V21 Spectrum Centre, CF5 3EF

Sessions from £10

Saturday Summer Workshops

27 June	Batik Tote Bag
4 July	Resin Bag Charm
11 July	Lino Printing/Print Making
18 July	Make your own Wind chimes
25 July	Needle Felting/Snake wet felt
1 August	Paint your own...
8 August	Tie dye
15 August	Jesmonite Pot
22 August	Screen Print T-shirt



Book a session via the QR code

Sessions available to suit all ages & abilities.

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Why not Stay a little longer? You can grab some food at our cafe or take a moment to relax in our community garden.



Online support sessions for carers

Summer

MeTime



Wednesday 24th June, 11am-12pm

2026 Senedd Election: Impact on Unpaid Carers

Join the Carers Wales Policy team to explore the new political landscape in Wales following the recent Senedd Elections. We will provide an overview of the election results, discuss what they mean for unpaid carers, and outline the key opportunities and challenges ahead.



Monday 6th July 2026, 2-3pm & Monday 3rd August, 2-3pm:

Book Club

Join our friendly Book Club, where you can relax, connect, and escape into a good book. Take the chance to take time out for themselves, connect with fellow carers, share experiences, and enjoy the joy of getting lost in a good book.



Wednesday 8th July, 1-2pm

Collage - Create a Collaged Bookmark

Using scrap paper, magazines, wrapping paper, stickers, decorative tape, paints, and pens, you'll explore simple collage techniques in a relaxed and welcoming space. Just bring paper and glue (Pritt Stick or PVA) — no experience needed.



Wednesday 15th July, 11:30am -12:30pm

Tip Girls of Wales: The Women of Welsh Coalmining

Join us for this historical talk and uncover the forgotten history of the Tip Girls of Wales. They had worked underground until banned, then on the pit brows doing vital work for the coal industry. They were often vilified for working alongside men, but they carried on, for three centuries they carried on. Then everyone forgot them. Now they have been brought back to life.



Tuesday 21st July, 11am-12pm

Find Calm and Restore Balance

During the session, we will explore:

- Positive Reflections: Take time to acknowledge what's been going well and build resilience.
- Mindfulness Practice: Calm your mind and reconnect with the present moment.
- Guided Relaxation: Let go of tension and enjoy a sense of peace and relaxation.



Wednesday 5th August 1-2pm

Writing for Joy with Taylor Edmunds

Explore how creative writing and journaling can improve your wellbeing and be a practice of self-care. Suitable for all writing experiences and backgrounds.

Taylor Edmunds is a writer, poet and creative facilitator. She is a published poet and has received a Rising Stars Award for her writing.



Tuesday 11th August 2-3pm

Summer Trivia Quiz

Join us for a fun and interactive seasonal online quiz!

Come along and enjoy light-hearted summer-themed trivia and interesting facts in a relaxed and welcoming atmosphere.

To Register: carersuk.org/wales/onlinesupport





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



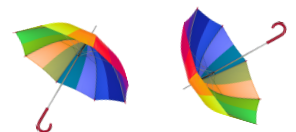
But above all, we want people who care about making
a difference

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

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.

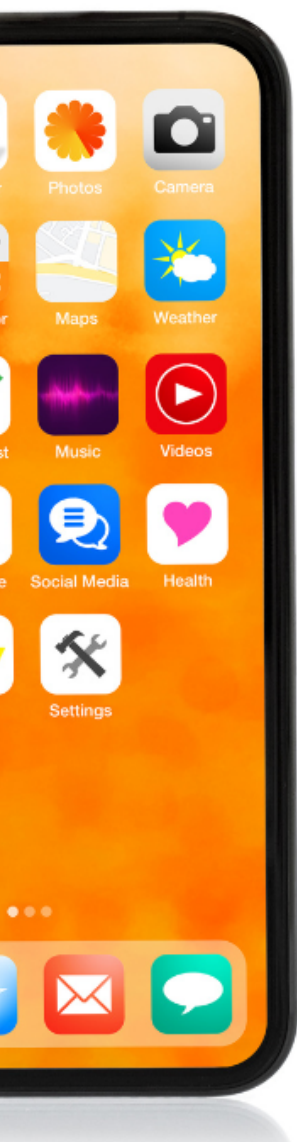
Funded by Welsh Government, the scheme initially runs from 2022-2029. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.

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.
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