

The Parents' Voice



• HELLO •

July

We hope you all managed to stay safe and keep cool during the recent heatwave. With July now here, we are looking forward to another busy month filled with opportunities to connect, support one another, and enjoy some summer activities.

We would like to say a huge thank you to everyone who joined us for our Carers' Afternoon Tea in June. It was a wonderful afternoon, and it was so lovely to see so many of you there. We hope you enjoyed the opportunity to relax, catch up with others, and feel appreciated for everything you do.

This month, we are excited to be introducing some new events, including our Summer Wreath Workshop and our new Carers' Coffee Morning. Our coffee morning is a relaxed drop-in session held at Wetherspoons, so there is no need to book—simply come along, enjoy a drink, and have a chat with our team and other carers. We would love to see both familiar and new faces.

As always, we remain committed to supporting carers and providing opportunities to connect, share experiences, and access advice and information. We hope you enjoy reading this month's newsletter, and we look forward to seeing you at one of our events throughout July.

Activities

Carer's Drop In

Sneak Peak

Hiring

UDA Awards

Vision 21 Events

Voices Adfocad

Carers Me Time

Multi Sport

Trustees

Volunteers



029 2056 5917



hello@parentsfed.org



www.parentsfed.org

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



Unpaid Carers Drop-In

Coffee Morning



July 13th
10:30am

Weatherspoons,
Barry

Come for a cuppa and a chat

No pressure, just friendly faces

Meet other carers

Learn about our charity

Everyone welcome!



**Sneak Peak at August's
events below. These will be
available to book from end of
July on Eventbrite.**



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



WE'RE **HIRING!**



Parents' Ffederasiwn
Federation Rhieni

UNPAID CARERS ACTIVITIES AND EVENTS CO-ORDINATOR

**PART-TIME
18 HOURS
PER WEEK**



Make a genuine difference in the lives of unpaid carers across Cardiff and the Vale of Glamorgan

We are looking for an enthusiastic, friendly and proactive individual to join our team and help create opportunities, reduce isolation and improve the wellbeing of unpaid carers and their families



WHAT YOU'LL BE DOING



Organising and facilitating activities and events for unpaid carers



Building links with schools and community organisations



Supporting outreach and engagement across Cardiff & the Vale



Promoting activities online and in the community



Encouraging volunteers and helping reduce isolation

WE'RE LOOKING FOR SOMEONE WHO:



Enjoys working with people and within the community



Is friendly, approachable and confident communicating with others



Has strong organisational and engagement skills



Understands the challenges faced by unpaid carers



Can work independently and as part of a team



Is enthusiastic about making a positive difference



Experience in community work, wellbeing services, social care, education or third sector would be beneficial, along with report writing and IT skills. Access to a vehicle for work purposes, or the ability to travel independently across a varied geographical area with equipment, is essential.



Salary

£15.00 per hour
(18 hours per week)

Equivalent to £27300 FTE /
£14040 per year



BASED IN SBECTRW Community Centre

Our office is based at Sbectrwm Community Centre, Cardiff. This is a predominantly community-based role, with the successful candidate expected to spend most of their time working within the community. The role also includes some office-based working and the opportunity to work from home where appropriate.

INTERESTED?

For further information or to apply, please send your CV and a covering letter outlining your suitability for the role to:

HELLO@PARENTSFED.ORG



Join us and make a real
difference in our community



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

at V21 Sbectrwm Centre, CF5 3EF

Saturday Workshops

June/July

20th June Paint your own...

27th June Batik Bags

4nd July Resin Bag Charm

11th July Lino Printing / Print Making

18th July Make your own Wind chimes

25th July Needle Felting / Felted Snake



Book a session via the QR code

Sessions available to suit all ages & abilities.
trybooking.com/uk/eventlist/v21craftcorner

Why not stay a little longer?
You can grab some food at the V21 Cafe or
take a moment to relax in the V21 Garden.

V21
v21-org.uk
VISION 21 | CHANGING LIVES



Celebrate Disability Pride Month with us

Everyone is welcome, join us for a cuppa, cake
& craft to celebrate Disability Pride Month.

Date: Friday 10th July 2026

Time: 12pm to 3pm

Location: V21 Sbectrwm Centre, CF5 3EF

Let us know you are coming
or find out more...

disabilitypridecardiff.eventbrite.co.uk





VOICES ADFOCAD is proud to announce a new partnership with Carers Card UK. Through this partnership we are able to offer our carers across Wales a free digital Carers Card UK Carer ID card. To get your free digital card send us an email to info@voices.wales and we will send a promo code and instructions on how to redeem the code and access your card.



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





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

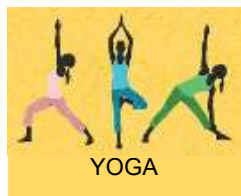
www.multisport-shw.co.uk

Facebook : @multisport.shw



MULTI-SPORT

SOCIAL HEALTH & WELLBEING



YOGA



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

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

www.multisport-shw.co.uk

Facebook : @multisport.shw



MULTI-SPORT

SOCIAL HEALTH & WELLBEING



Llanishen Leisure Centre Multisport Variety Sessions

Tuesday @ 11am	
2 nd June	Parachute & Cones
9 th June	Annual Leave-Closed
16 th June	Chair Zumba
23 rd June	Yoga
30 th June	Ball Skills
7 th July	Boccia
14 th July	Easy Weights
21 st July	Yoga
28 th July	No Session

Wednesday @ 1:30pm	
3 rd June	Annual Leave-Closed
10 th June	Annual Leave-Closed
17 th June	Variety / Boccia
24 th June	Variety / Boccia
1 st July	Variety / Boccia
8 th July	Variety / Boccia
15 th July	Variety / Boccia
22 nd July	Variety / Boccia
29 th July	No Session

For more info contact



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



FREE TASTER SESSIONS





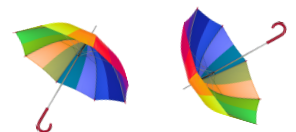
Become a Trustee

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.

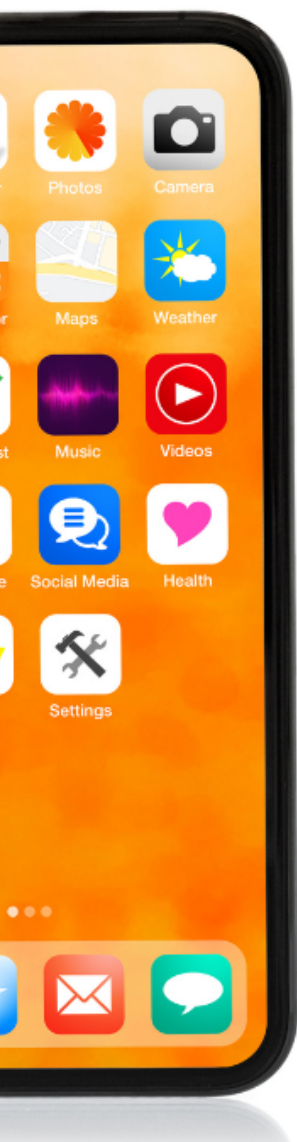
Funded by Welsh Government, the scheme initially runs from 2022-2029. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.

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.
Follow us on Facebook & Instagram