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Parentsfed.org

Parents' Ffederasiwn
Federation Rhieni



CARERS MONTHLY UPDATE

Welcome to our October Newsletter! 🍂

We have an exciting month ahead at Cardiff & Vale Parents' Federation!

We're delighted to welcome Jane, our new Co-ordinator, to the team, and we have lots of new events and opportunities happening throughout October.

We'd love to see lots of new faces joining us this month, as well as our familiar ones! Whether you've been to an event before or are coming along for the first time, we hope to see you soon. ❤️

WHAT'S INCLUDED

What's On
Meet Jane
Sneak Peak
Events

October

ACTIVITIES

2026

**06
OCT**

Cinema Trip -
Verity

Odeon Cardiff
Bay | Time: 11:30

**07
OCT**

Lunch

Oystercatcher |
Time: 12:30

**08
OCT**

Lunch

Wagamama
Cardiff Bay |
Time: 12:30

**12
OCT**

Coffee Morning
Drop-in

Wetherspoons,
Barry | Time: 10:30

**14
OCT**

Breakfast

Harvester Cardiff
Bay | Time: 10:00

**15
OCT**

Pedal Power

Sophia Gardens |
Time: 11:30

**21
OCT**

Legal
Workshop

Vision 21 | Time:
11:00

**22
OCT**

Halloween
Craft

Castleland |
Time: 10:30

Meet Jane



Jane - Activities
and Events Co-
Ordinator

I am Jane the new Activities and Events Co-ordinator. A little about me - I have a 29 year old autistic daughter so I understand personally the role unpaid carer's have. I know how important respite is even a few hours can make such a difference to your health and well-being. I have worked at Ysgol-Y-Deri and latterly with young adults with autism and higher support needs. I am really looking forward to meeting you all. I want the activities to provide a welcoming and relaxed space where you can enjoy yourself, meet others and have fun along the way.



Making Sure Everyone Gets a Chance to Take Part

We love seeing so many parent carers enjoying our activities, meals and short-break opportunities across Cardiff & the Vale.

Our events are popular and spaces are limited — so we want to make access as fair as possible for everyone.

We may sometimes need to prioritise parent carers who haven't had the chance to attend recently.

If you've booked several activities in the same month, we may ask which ones matter most to you — so we can make sure the most important ones are secured for you.

This is simply about sharing opportunities as fairly as we can across our whole parent carer community.

We know everyone has different circumstances. This isn't about stopping anyone from attending — it's about making sure our activities reach as many families as possible. If this ever affects one of your bookings, we will always contact you directly first and are happy to discuss your individual circumstances.

Thank you for understanding — and for helping us reach as many families as possible. We're really looking forward to continuing to offer a varied programme of activities, meals and short breaks for parent carers across Cardiff and the Vale.



Email: Hello@ParentsFed.Org



Unpaid Carers Drop-In

Coffee Morning



12th October
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 peek:

November bookings



Bookings will be available at the end of November.



All our events are bookable through
Eventbrite.



If you want to book onto Pedal Power, please drop us a message.

November

ACTIVITIES

2026

**04
NOV**

Lunch

Oystercatcher |
Time: 12:30

**05
NOV**

Lunch

Discovery,
Cyncoed | Time:
12:30

**09
NOV**

Coffee
Morning
Drop-in

Barry
Wetherspoons |
Time: 10:30

**10
NOV**

Breakfast

Harvester Cardiff
Bay | Time: 10:00

**13
NOV**

Bill's
Pancakes
Cardiff Bay

Bill's | Time: 11:00

**17
NOV**

Bowling

Red Dragon
Centre Cardiff |
Time: 11:00

**19
NOV**

Pedal Power

Sophia Gardens
Cardiff | Time:
11:30

**26
NOV**

Cinema Trip

Red Dragon
Cardiff | Time:
TBC



The Open University
Y Brifysgol Agored
Wales Cymru

Information Event

Hosted by **ND Community Connectors**
Sponsored by **The Open University Wales**
Caring for Carers Cymru

For **parents/carers** of children & young people
on the **Neurodevelopmental Service** waiting list
or with an **Autism/ADHD** diagnosis in **Cardiff**

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:** Glenwood Church & Wellbeing Space
Circle Way West, Llanedeyrn CF23 6UW

 **Date:** Monday, 19th October 2026

 **Time:** 10:00 - 11:30am

For more information & to book a place via
Eventbrite, please use the QR code or this link:

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



MeTime

Online support sessions for carers

October



Monday 5th October, 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. New to the group? No problem...come along, listen in, and share your favourite reads whenever you feel ready. Whether you're an avid reader or just looking for a little escapism, we'd love to have you join the conversation.



Wednesday 7th October, 11am-12pm

Finding Joy in the Ordinary

Joy in the Ordinary is a restorative session designed for carers who are overstretched, overwhelmed and constantly giving. Together, we'll explore how joy can become a daily anchor — not something extra to fit in, but something that supports your wellbeing.



Wednesday 14th October, 6:30-7:30pm

Bookbinding Workshop

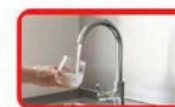
Learn how to create your own sketchbook or notebook using simple bookbinding techniques and basic materials. Personalise the cover with your choice of patterned paper or beautiful fabric to make it uniquely yours. Discover a valuable new skill while enjoying a relaxing and creative bookbinding workshop and leave with a handmade book to treasure.



Tuesday 20th October, 1-2pm

Understanding Menopause

Designed for those experiencing menopause or supporting someone who is, the session will cover what menopause is, common symptoms, long-term health considerations, and management options, including HRT and alternatives.



Wednesday 21st October, 1-2pm

Dwr Cymru

Join Dwr Cymru for a free online session and discover the services, discounts, and extra help available to unpaid carers like you. You'll learn:

- What support is available and how to access it
- How to check if you're eligible for discounts or extra help

Don't miss out—this is your chance to make sure you're getting all the support you're entitled to.



Tuesday 27th October, 1-2pm

Remarkable Lives

Author and historian Norena Shopland has been writing a monthly article for Nation Cymru on Welsh history for three years and this talk brings together some of the fascinating stories she has researched. Join us and learn more about the Cockle Women, the first Welsh women politicians, the truth behind the famous Salem painting, and many more. Most were ordinary people, all were remarkable

To Register: carersuk.org/wales/onlinesupport

