



029 2056 5917



Parentsfed.org

Parents' Ffederasiwn
Federation Rhieni



CARERS MONTHLY UPDATE

Welcome to September's monthly update!

We hope you're getting ready for the 'ber' months and all that they bring! We're continuing with some of our monthly favourite activities, while also adding a few new ones for you to enjoy.

We'd love for you to join us, whether it's for an activity, a chance to meet other carers, or simply some time for yourself.

As always, if you need any help, advice or support, please don't hesitate to get in touch. You can send us a message or give us a call — we're always happy to help.

WHAT'S INCLUDED

What's On
Community Page
Surveys

ACTIVITIES IN SEPTEMBER

We've got lots of lovely events lined up this month. Come along, meet other carers and enjoy some well-deserved time for you. [Everyone is welcome!](#)

09
SEPT

Oystercatcher

Penarth | Time: 12:30



Carer's Drop in Coffee Morning

Barry Weatherspoons | Time: 10:30



14
SEPT

16
SEPT

Watermill Lunch

Ogmore By Sea | Time: 12:30



Pedal Power

Cardiff | Time: 11:30



17
SEPT

18
SEPT

The Botanist

Cardiff Bay | Time: 12:30



We're here for you

If you have any questions or would like more information about any of our events, please get in touch.



Carers Helpline [029 2056 5917](tel:02920565917)



hello@parentsfed.org



Parents' Ffederasiwn
Federation Rhieni



All Wales Forum
Fforwm Cymru Gyfan



Caring Communities of Change
Cymunedau Gofalu o Newid

**Caring for Change: Family Carers,
Community and the Future**

**Gofalu am Newid: Gofalwyr Teulu,
Cymuned a'r Dyfodol**

September 16th 10am - 3pm
**Cabaret, Wales Millennium Centre,
Cardiff**



**Sign up on
Eventbrite**

**Join us as we share
learning, ideas and
work together to
better support
family carers and
communities in Wales**



Ariennir gan
Lywodraeth Cymru
Funded by

@AllWalesForum

Holiday Home

RELAX. UNWIND. EXPLORE.

where all can Thrive.



Located at Gower Holiday Village, Surlage,
Gower, SA3 1AY, around 1 hour 20 minutes from Cardiff.



It is a two-bedroom holiday home with a double
bed and two twin beds. There is a lovely
spacious living area, a kitchen fully equipped
with cooking appliances, WiFi and a
shower room.



NEARBY AMENITIES

Includes a seasonal store, post office.

Thrive

Registered Charity No: 1168563

EST: 1996

Where disabled children
& families grow

AVAILABILITY



Still some
availability in
September and
early/mid October



£150
Thrive Members
£175
Non-Members



Can be taken
Monday-Friday
or **Friday-Monday**

“

Thank you so much for the
opportunity to stay at the
Thrive Holiday Home. What a
beautiful, calming and relaxed
space. It gave me a much needed
space away from the usual
normalities and me and the boys
benefitted from it so much.

”



Parents' Ffederasiwn Federation Rhieni

MeTime

Online support sessions for carers

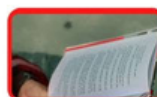
September



Thursday 3rd September, 2-3pm

Legends and Landmarks of Wales

Take a legend-filled road trip to some of Wales's most remarkable landmarks, from mighty castles, historic houses and dramatic coastlines to lesser-known places with extraordinary pasts. Spanning centuries from pre-Christian Wales through the Norman conquest and into the Second World War, each stop reveals its historical significance and its stranger side: tales of cursed objects, phantom women, mythical hounds and other weird and wonderful folk traditions.



Monday 7th September, 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.



Thursday 10th September 2026, 11-12pm

Parkinson's UK Cymru - Our Support for Carers

Join us for this informative online session given by Parkinson's UK Cymru. During the session you will understand more about the condition itself and receive information around the support available from the Specialist Helpline Advisers, Local Advisers and community groups, as well as the information and support available for newly diagnosed people, shaping Parkinson's UK Cymru support for carers.



Wednesday 16th September: 1-2pm

De-Clutter Your Home with Jane Breeze

This is an opportunity to explore different ways to declutter your home, garage or attic, and to look at the various reasons why we put it off. We'll follow the basic ground rules that everything you own should be functional, in working order, in its 'place' or just be something you love.



Wednesday 23rd September 1-2pm

Women in Men's Clothes

Historically, women have been seen as bound by social conventions, unable to do what they wanted. But thousands of women broke those rules, put on banned clothing, and travelled, worked, and even lived whole lives as men. Join historian and author Norena Shopland as she shows us how many just needed to or wanted to break away from constricted lives - the reasons were myriad, and the stories are fascinating.

To Register: carersuk.org/wales/onlinesupport





Parents' Ffederasiwn
Federation Rhieni

Our surveys are out now

Your views help shape the support, activities and services that matter most to carers and families. Please take a few minutes to share your thoughts.

Every response makes a difference!



Survey links can be found
on our Facebook page.

