

The Parents' Voice



Somehow, it's already February! As we turn the page on the first month of the year, we're starting to see the days grow a little lighter. This small but welcome change serves as a reminder that brighter times are ahead, and with any luck, the weather will follow suit. Winter can feel long, but February offers a sense of transition—a chance to reset, reflect, and look forward to the months to come.

This month, we're excited to share opportunities for connection, growth, and community. Whether you're a regular at our gatherings or considering joining us for the first time, we'd love to see more of you as we navigate this season together. There's nothing quite like sharing ideas, stories, and laughter to lift our spirits and make the colder days feel warmer.

So, grab a cozy drink, settle in, and enjoy this month's newsletter. Inside, you'll find updates on upcoming events, reflections from our community, and plenty of inspiration to carry you through the weeks ahead. Let's make February a month to remember!

AGM

**Intro from new
Director**

Multisport

Valentine Disco

Advice drop-ins

**Unpaid Carer's
short breaks**

**Online craft
workshops**

Me Time

Art Workshops

Small Good Stuff

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 www.parentsfed.org



A heartfelt thank you to everyone who attended our AGM on January 30th. This marked the final day of John Cushen's tenure as Director of the Parent's Federation, and we want to express our deepest gratitude for his incredible dedication and hard work over the past 25 years.

We also extend our sincere thanks to Nick Davies, who, after many years of service as a trustee and Chairman of the Trustees, is stepping down to spend more time with his family. The Parent's Federation is immensely grateful to both John and Nick for their unwavering commitment and invaluable contributions. Their departure made it a bittersweet day for us all.

Our new Director, Claire Jones, has now stepped into the role and took a moment to thank both John and Nick. She shared her vision for continuing their work and emphasized her commitment to engaging with carers—listening to what matters most to you and ensuring you have a voice in shaping the Federation's future.

This year, our focus is on revitalizing the Federation, increasing awareness, and encouraging unpaid carers to get involved. If you're interested in joining us or becoming a trustee, we'd love to hear from you. Drop us an email, and we'll be happy to discuss how you can play a part in our mission.

Introduction from our New Director

≡Welcome≡

I am Claire Jones, and I am delighted to introduce myself as the new Director at Cardiff and Vale Parents' Federation following John's retirement in January. John has led the organisation for the past 25 years, and I would like to sincerely thank him for all his hard work, passion, and dedication, as well as for providing me with this amazing opportunity. It is truly a privilege to take up the mantle.

I have worked within the third sector, supporting unpaid carers for well over a decade. I hope to bring a wealth of experience and a deep commitment to supporting unpaid carers. I have held various roles within Health and Social Care, including leading advocacy services and development roles, most notably setting up unpaid carers' hubs and support services. All of these positions have given me valuable insight and skills that I hope will help steer Parents Fed toward continued success.

In recent years, I have worked for several Carers Trust network partners, including the Care Collective and TuVida, heading the development of multiple carers' support services across the UK. These include Gwent Carers Hub, Young Carers Notts, Herefordshire Carerlinks, and Bridgend Carers Wellbeing Service – Prior to that, I worked for the Alzheimer's Society, overseeing the development and success of their Dementia Advocacy Service across South Wales. Before that, I worked for the Community Health Council, now known as Llais, helping people navigate the Health Board's complaints processes.

≡Welcome≡

For the past 13 years, every aspect of my career has been focused on making a difference for unpaid carers and ensuring that their voices are heard. I am committed to advocating for effective services that will make a real impact on the lives of carers and the people they care for. With a deep understanding of the challenges faced by carers and recognizing that the needs of carers are diverse and constantly evolving, I am passionate about ensuring that Parents' Fed is equipped to support parent carers across Cardiff and the Vale.

I hope that during my time at Parents' Fed, we can continue to work closely with parent carers, listen to what you need, and collaborate with decision-makers to ensure that the services you use are fit for purpose, well-resourced, and well-designed.

On a personal note, I suppose I'm really quite average – I have two teenage children, a cat, a dog, and perhaps not so average, a 5-foot royal python! I'm someone who loves getting lost in a good fiction book or movie. I also enjoy being creative, especially decorating (and eating!) cakes for birthdays and special occasions, but I like to try all sorts of new crafts and activities. Above everything, I love spending time with my family and friends, making memories, and having fun. Life's all about balancing creativity, family, and occasionally a bit of adventure!

Bitesize Respite

February Activities



Cardiff

19th - Cream Tea
Pettigrew's @ 12:30

20th- Pedal Power @
11:30



Vale of Glamorgan

12th - Oyster Catcher
Penarth @ 12:30

26th- Brewer's Fayre
Barry Island @ 18:30

MULTI-SPORT


SOCIAL HEALTH & WELLBEING

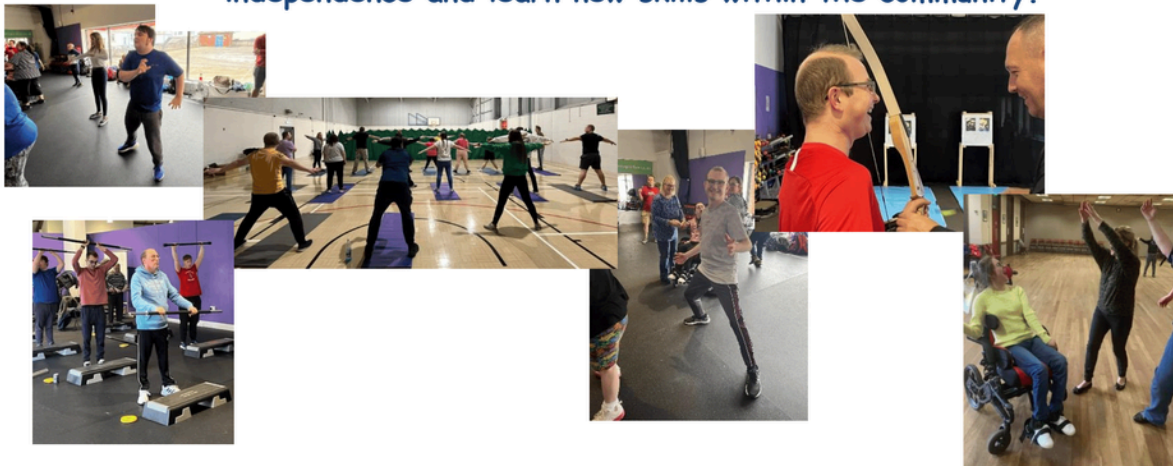


CARDIFF TIMETABLE	
MONDAY	
10:30-11:30	Zumba St. Lukes Church
TUESDAY	
11:00-12:00	Multisport Varsity Llanishen Leisure Centre
WEDNESDAY	
1:30-2:30	Boccia /Chair Zumba Llanishen Leisure Centre
THURSDAY	
11:00-12:00	Zumba Llanishen Leisure Centre



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.



VALENTINE'S Disco

SATURDAY 15TH FEBRUARY

6pm-9pm

£5 ENTRY



FREE HOTDOG

PER PAYING TICKET

V21 SBECTRVVM CENTRE, FAIRVVATER, CF5 3EF

CARERS GO
FREE

BOOK HERE

SCAN OR
USE THE LINK

v21cyflecymru.square.site



V21
VISION 21 | CHANGING LIVES
v21.org.uk



Printed: Jan 25
Valid until: Mar 25

UNPAID CARERS ADVICE & SUPPORT DROP-INS

JANUARY 2025

Wednesday 08/01/2025	10:00 - 12:00	Butetown Hub, Plas Iona, CF10 5UW (every second Wednesday of the month)
Monday 20/01/2025	13:00 - 15:00	Llanrumney Hub - Monday Meet Up Group, Countisbury Avenue, CF3 5NQ
Wednesday 29/01/2025	09:00 - 13:00	Riverside Health Centre, Wellington Street, CF11 9SH

FEBRUARY 2025

Wednesday 12/02/2025	10:00 - 12:00	Butetown Hub, Plas Iona, CF10 5UW (every second Wednesday of the month)
Thursday 20/02/2023	10:00 - 12:00	Goldies @ Park End Church, Llandennis Road, CF23 6EG
Wednesday 26/02/2025	13:00 - 16:00	Fairwater Leisure Centre, Waterhall Road, CF5 3LL

MARCH 2025

Wednesday 12/03/2025	10:00 - 12:00	Butetown Hub, Plas Iona, CF10 5UW (every second Wednesday of the month)
Thursday 20/03/2025	13:00 - 15:00	Memory Lane Social Club, 36-38 Cathays Terrace, CF24 4HX
Wednesday 26/03/2025	09:00 - 13:00	Cloughmore Medical Centre, 19 South Park Road, Splott CF24 2LU



CARERS GATEWAY PHONE LINE

Call 02920 234 234 (Option 2) to talk to the unpaid carers team directly for information, advice and assistance



Gwasanaethau Byw'n **Annibynnol**

Independent Living Services



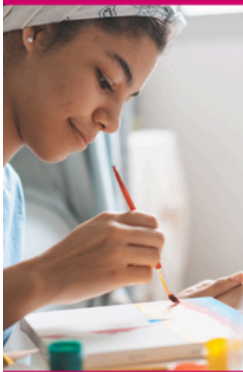


Unpaid Carer Shortbreaks Winter Fund



Gwasanaethau Byw'n Annibynnol

Independent Living Services



Are you looking after someone else and need a bit of extra help with your own wellbeing?

The Cardiff Winter Shortbreaks Fund* is a project aiming to help support you to maintain your wellbeing alongside looking after someone else

How to access the Shortbreak Fund?

There are only two criteria to access the fund:

- You must be over 18 and a current unpaid carer caring for an adult living in Cardiff.
- You must not be able to afford to access the services or products that you will receive without support and they must support a wellbeing goal that will help you to continue caring for someone else.

If you wish to apply for support from the fund please contact the **Unpaid Carers Gateway** via Independent Living Services First Point of Contact on:

02920 234 234 and select **option 2**



Are you an Unpaid Carer?

An unpaid carer is someone who provides care and support to a family member, friend, or neighbour who cannot manage without assistance due to illness, disability, mental health issues, or addiction. This includes carers of all ages, whether they receive Carer's Allowance or are employed.

Examples of services you may receive from the fund:

A gym membership to support your physical wellbeing as you used to regularly swim before the pandemic and never went back as you started caring for someone else

A subscription to Headspace as you need some support to meditate and look after your mental wellbeing

*This project is a pilot scheme and has limited funding and may be withdrawn without notice at any time should the funding be exhausted. For further information contact carediff@cardiff.gov.uk

Information correct at time of printing 01/12/2024 and valid until funds used or 31/03/2025

Do you
look after
someone?

Are you frustrated
because you don't
know how you can
get help?

Are you
interested in
improving
services?

Are you worried
about how a family
member would
manage if you
became ill?

What would make a
real difference to you
and the person you
look after?

Are you interested in being part of the
Unpaid Carers Co-Production and Research
e-mail list to bring about positive change?

For more information, please email:

CareDiff@cardiff.gov.uk

or call 02920 873 419



FREE

MossRoseCottage

ONLINE CRAFT WORKSHOPS

FOR UNPAID CARERS

- COLLAGE
- STITCH
- MASK MAKING
- MIXED MEDIA



Join us online every Tuesday from 5:30 to 7:00 PM
to create, connect, and discover the wellbeing
benefits of creative practice.

*Please note the activities require
use of fine motor skills



Limited spaces available,
please register your
interest by 3rd March to
receive your Art Pack

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MeTime

Online support sessions for carers

January to February



Wednesday 29 January, 12-1.30pm: Power of Attorney session

Damian Lines TEP is the Managing Partner at Rubin Lewis O'Brien Solicitors based in Cwmbran, South Wales. He will be running a session on what you need to know about setting up Power of Attorney for your loved ones.



Monday 3 February 2-3pm: Book Club

Come along to our informal and relaxed Book Club session! The session is a chance for carers to get together and take some time for themselves, have a chat with like-minded people and share the escapism of getting lost in a good book. If it is your first session, just bring your favourite book, we'd love to hear a bit about why it's your favourite.



Monday 3rd February, 2:00pm - 3:30pm: Carer Voice and Influencing Training

This session will clarify the roles and responsibilities of different organisations making up the health and social care system in Wales, provide advice on your rights and getting your voice heard at every level of decision making and explore the recent policy developments impacting carers you need to know about.



Wednesday 5 February, 1.30-2.30pm: Homefront WWII with National Museum Wales

What was life in Wales like during WWII? Explore WWII related objects with our facilitator, discover the stories behind them and be inspired to investigate how your local area contributed to the war effort.



Monday 10 February, 1-2pm: Working carers - what you need to know!

Do you balance paid employment and unpaid care? Find out about your rights including the Carers Leave Act and what support you can request from your workplace.



Wednesday 12 February, 12.30-1.30pm: Mental resilience and wellbeing for carers

In this session we are joined by Kerry Seymour from Inspired To Change and will look at: What is meant by resilience and wellbeing? the impact of stress, how stress is created in the brain, tools and techniques to reduce stress and boost resilience.

To Register: www.carersuk.org/wales/onlinesupport



ART WORKSHOPS

Join us for a series of free online art workshops for unpaid carers.

Have a chat or sit back and enjoy getting crafty. The sessions are informal and we'll send you materials and a blank postcard to decorate.



Wednesday 19 February - 11:00-12:00pm Collage Art

Thursday 20 March -13:00-14:00pm: Watercolour Paints



Wednesday 9 April, 1.30-2.30pm: Neurographic Art

Wednesday 30 April - 11:00-12:00pm: Fine liner drawing

Thursday 8 May 1.30- 2.30pm: Tangles Art



Register at:

www.carersuk.org/wales/online-support

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.

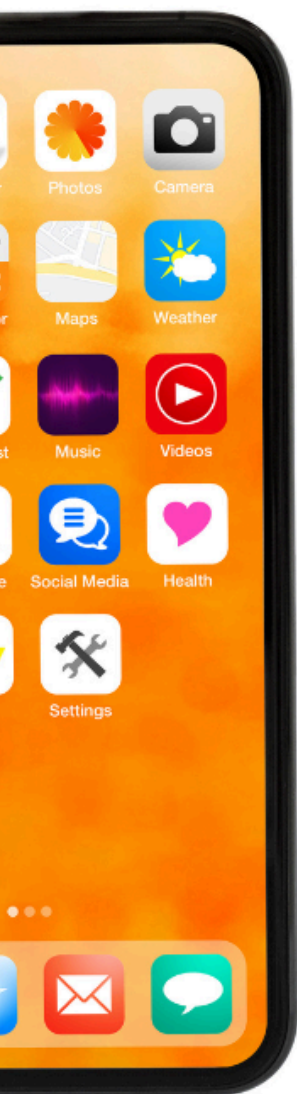
Funded by Welsh Government, the scheme initially runs from 2022-2025. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.

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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