

The Parents' Voice



It is officially the last month of the year, and as the days are getting colder and Christmas is getting closer, we thought it would be a great time to look back on 2023 to see what we have got up to.

At the Parent's Federation in the first quarter of the year we said goodbye to Karen who had been with us for over 20 years. We wished her a huge success on her new adventures.

At the start of the summer we secured funding to hold social gatherings for carer's and we welcomed Isobel on board as our carer's social activity coordinator. These gatherings were incredibly popular and although the funding has ceased we are still hoping to continue to hold events. We held lunches, dinners, afternoon teas, spa days and a trip to Birmingham.

In November we held our Understanding Disability Awards at the Cardiff Marriott Hotel, this was a huge success with over 100 people in attendance. The awards are to celebrate individuals, groups or businesses that have made a difference in people's lives with learning disabilities.

Newsletter Highlights

Understanding Disability Awards

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Planning for your future

Merry Christmas

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The Understanding Disability Awards

On the 16th November we held our Understanding Disability Awards, it was a fantastic morning to celebrate everyone that had made a difference in people's lives. The Lord Mayor of Cardiff Cllr Bablin Molik and Mayor of the Vale Of Glamorgan Cllr Julie Aviet handed out the awards with the President Nicholas Davies. Thank you to Innovate Trust and Pedal Power who took time out to talk about their current projects. A huge thank you to our funders the Lottery Community Fund and to everybody who nominated.



The winners

The winners of the awards:

School Category

St Michael's Catholic Primary School
Radyr Comprehensive School

Highly Commended

Kelly Toshack, Rhws Primary School
Charlie Batten
Tom Davies
Autism Resource Centre Whitmore High School
Ysgol Sant Curig

Employer Award

Cardiff and Vale University Health Board

Young Persons Award

Eve Robinson

Professional Award

Ross Extence



The winners

Group or Organisation

The Sunshine Club

Individual Award

Samantha Griffiths

Highly Commended

Ela Denley - Vale Plus

CF61 Gardening Volunteers



Committee Awards

Abdulah Abdi

Owen Thompson

Ty Bont

Secret Garden - Innovate Trust



Looking Back.....

Over the past six months we have been running a project to help carer's have a break from caring duties but provide an opportunity for carer's to share ideas and make new friendships.

Over the past six months we have successfully grown this initiative to over a hundred engaged carers.

We have held lunches, teas, dinners, spa days and a coach trip.

We are hoping to continue this success in to the new year. We are looking at introducing craft sessions and seasonal get togethers as well as our gatherings and pedal power.

If you would like to suggest an event or get involved please drop us a message or give us a ring.



Why do we do these well being sessions and gatherings?

“

“Thank you, [the unpaid carers meal] has been such a positive experience!”

“Picked up useful information regarding educational provision for my ALN child”

“Lovely to meet new people in a similar situation, helpful & supportive discussions”



Carer's Card

The national carer card and app supports you when caring for someone

The card is for anyone that looks after someone that needs help and support.

It provides reassurance by including your Emergency Contact details (ICE), whilst unlocking Discounts, Wellbeing Hub, their Carer Circle tool, and so much more through the app.

Get your free digital Carers Card UK ID

Go to <https://www.carerscarduk.co.uk/digital-only-card/promocode/CVFREE>

Click the "Buy Your Card" link.
Complete the form.

Download the Carers Card UK app from your app store and you're set.

Once you have your digital card and the app you will access to:

Digital ID card

Emergency contact details (ICE)

Carers Emergency Plan

Carer Circle tool

My Support library

Wellbeing hub

Discounts from top brands

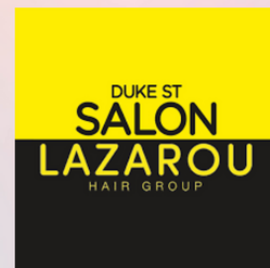
Valid for 2 years



 CARERS CARD UK

In Partnership with Lazarou Hair Salon and Barbers, Cardiff Castle (Duke street), Cardiff, we are pleased to announce our first local discount.

Upon presentation of your digital Carers Card UK ID card you will be entitled to a 25% discount Monday to Saturday.



Planning for your future

27th January

10.30am - 12.30pm



Are you a young person with a learning disability or a carer?

Come and listen to our talks about what happens at Cardiff and the Vale of Glamorgan.

There will be talks on social and health services, Cardiff and the Vale College, day opportunities, supported employment, and more.

This will help you plan for leaving school and becoming an adult.



**Ysgol y Deri,
Sully Road,
Penarth,
CF64 2TP**





**Any questions email
gruffydd.davies@cardiff.gov.uk**





**Merry Christmas and a Happy New Year
from all of us at**


The Parent's Federation

 029 2056 5917

 CardiffAndValeParentsFederation

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 www.parentsfed.org

Your voice is important to us and to your community!

Get in touch by phone, email or smoke signal.

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