

## Newsletter Highlights

UDA Awards

Bitesize Respite

Pedal Power

Me Time Sessions

Halloween  
Disco

CADW

Health Profile

Short Breaks  
Wales

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 [www.parentsfed.org](http://www.parentsfed.org)

# The Parents' Voice



Welcome to our October newsletter! As we move into the heart of autumn, we're excited to see how this month is shaping up. October will be a busy one for us, with many of our events nearly fully booked – a big thank you to everyone who's signed up! If you didn't manage to secure a spot this time, don't worry. Keep an eye on our updates as we have plenty of exciting events lined up for November.

One of the highlights this month is the highly anticipated Understanding Disability Awards, set to take place on October 31st. This celebration promises to be a meaningful event as we recognize individuals and organizations making a difference in the disability community. We hope to see you there to share this special occasion!

Stay tuned for more details on upcoming events and opportunities to get involved. Thanks for your continued support!

**31**  
October

# UNDERSTANDING DISABILITY AWARDS

Celebrate the people who have made a  
difference to you

10:00 @ Future Inn, Cardiff



**The Understanding Disability  
Awards - celebrates  
individuals or organisations  
that have made a difference  
in people's lives.**

# Tickets now available



The Understanding Disability Awards, a prestigious event dedicated to recognizing excellence in inclusivity, are scheduled to take place on October 31st at the Future Inn Cardiff. This event promises to be a memorable evening filled with inspiration and celebration.

The Understanding Disability Awards honour exceptional individuals who have gone above and beyond to ensure that people with learning disabilities are actively included in all facets of daily life. These awards are not just about recognizing extraordinary efforts; they also shine a spotlight on exemplary practices that can serve as models for others to follow. By celebrating these achievements, we aim to encourage a more inclusive society where everyone has the opportunity to thrive.

We are thrilled to come together as a community to recognise the remarkable contributions of these outstanding individuals. Thank you, and we look forward to sharing this special occasion with you!

**To book tickets please visit our website**

**<https://www.parentsfed.org/> or check out our social media pages for the link to eventbrite.**

# Bitesize Respite

## October Activities



### Cardiff

9th- Cream Tea in  
Pettigrew Tea  
Rooms @ 12:30

17th - Pedal Power @  
1130



### Vale of Glamorgan

2nd- Oyster Catcher  
Penarth @ 12:30

23rd- Brewer's Fayre  
Barry Island @ 18:30



# Bitesize Respite

## November Activities



### Cardiff

13th- Cream Tea in  
Pettigrew Tea  
Rooms @ 12:30

21st - Pedal Power  
and Carer's Rights  
Day Discussion @  
1130



### Vale of Glamorgan

14th- Oyster Catcher  
Penarth @ 12:30

27th- Brewer's Fayre  
Barry Island @ 18:30



**Monthly  
event**

# PEDAL POWER

Join our Pedal Power sessions for a chance to meet new people, exercise and try something new.

[admin@parentsfed.org](mailto:admin@parentsfed.org) 

029 2056 5917 

**JOIN US**



**MeTime**

Online support sessions for carers

# October to November



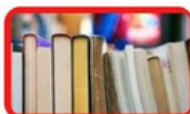
## **Wednesday 2 October - 11am-12pm: Crafty catch up**

Join this online session to meet other carers whilst working on your latest craft project. Whether it is knitting, crochet, diamond dot art, card making, quilling, rock painting, jewellery making or simply anything you enjoy making. This session is informal and a chance to chat, create and connect with other carers.



## **Friday 4 October 1.30-2.30pm: Healthy homes and healthy people**

Warm Wales are committed to healthy homes and healthy people. We work across Wales supporting people to have warmer, safer, healthier homes. We aim to tackle fuel poverty, reduce avoidable health inequalities, and improve wellbeing. We have an easy-to-use self-referral system and a friendly and supportive team ready to offer help and advice.



## **Monday 7 October, 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.



## **Wednesday 9 October - 11am-12pm: Eat smart save better**

Eat smart save better is a one hour session exploring ways to eat healthily, use store cupboard ingredients and provide tips for saving money when food shopping.



## **Monday 14 October, 11am-12pm: Wellbeing in nature**

Dawn Parker, Horticultural Therapy Practitioner and Project Development Officer, works within a community garden and woodland in Pontypridd, South Wales. She will discuss how gardening and nature can serve as therapeutic interventions to enhance physical and mental wellbeing.



## **Wednesday 16 October - 1.30-2.30pm: 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.



## **Thursday 17 October 10.30am-12.30pm: Self-advocacy session for unpaid carers**

Struggling to get your voice heard? This session will look at key tips and strategies that can support you to get your voice heard when dealing with services, organisations or people involved with you or the person you care for. We'll cover topics including: Your rights as carers, Ways to communicate more effectively, Preparing for meetings, Dealing with emotions that inhibit self expression, The importance of self-awareness.



## **Wednesday 23 October - 1-2pm: Direct payments**

This session will cover what 'direct payments' are and how they work.



## **Monday 4 November, 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.



## **Tuesday 5 November: Crafty catch-up, 11am-12pm**

Join this online session to meet other carers whilst working on your latest craft project. Whether it is knitting, crochet, diamond dot art, card making, quilling, rock painting, jewellery making or simply anything you enjoy making. This session is informal and a chance to chat, create and connect with other carers.

**To Register: [carersuk.org/wales/onlinesupport](https://carersuk.org/wales/onlinesupport)**

carers  
WALES



**Voices ADFOCAD** invites all unpaid carers across Wales to join their event on:

**Wednesday 2nd October  
10am – 5pm**

To join the event online,  
use the link or scan the QR  
code below:

<https://us02web.zoom.us/j/81410219275?pwd=lwaX5vo7OCg8AjalazK8cWAQElwXlYU.1>



**LLAIS**  
Eich llais mewn iechyd  
a gafal cymdeithasol



Your voice in health  
and social care

**Tŷ Vida**  
Supporting your life



**BWRDD PARTNERIAETH  
RHANBARTHOL  
CAERDYDD A'R FRO  
CARDIFF & VALE  
REGIONAL PARTNERSHIP  
BOARD**

**C3SC**  
Cardiff Third Sector Council  
Cyngor Trydydd Sector Caerdydd



# HALLOWEEN



DISCO  
26TH OCTOBER  
6-9 PM



V21 SBECTRWM CENTRE, FAIRWATER, CF5 3EF

£5 ENTRY

CARERS GO FREE

COSTUME CONTEST

PRIZES TO BE WON

FREE HOTDOG

PER PAYING TICKET



Cadw's historic monuments are for everyone to enjoy and as part of their commitment are working to improve physical and virtual access to some of the most important places in Welsh history. Introduced a new Disabled Person Membership to help visitors access our castles, abbeys and forts as easily as possible. As part of the new scheme, disabled people will now be able to apply for a free five-year membership card to use at all Cadw monuments. Please see below for details and how to apply.

You are welcome to apply for a Disabled Person's membership if you identify as a disabled person; our members include a range of people, such as those with:

- physical impairments
- sensory impairments
- intellectual impairments
- cognitive impairments

To apply for the Disabled Person's Membership, contact:

Call: 0800 074 3121 / Email: [cadwmemberships@golleyslater.co.uk](mailto:cadwmemberships@golleyslater.co.uk)

# Upcoming Events

Moss-Rose Cottage FREE Arts Workshop

When: Between Tuesday 17 September and Tuesday 15 October

For who: For unpaid carers

Are you an unpaid carer in Cardiff or the Vale of Glamorgan, who could benefit from a FREE Arts Workshop?

Moss-Rose Cottage provides an environment in which people of working age with 'invisible' barriers such as brain injuries, low level mental health issues and other chronic conditions can; Access resources, support and strategies to improve their self-esteem and improve their chances of employment, whilst in a setting that will improve the shared wellbeing of the wider community, by creating mutually beneficial connections and relationships.

To find out more email: [admin@mossrosecottage.co.uk](mailto:admin@mossrosecottage.co.uk)

\*Spaces are limited





Do you have a learning disability or care for someone who does? Do you use your Health Profile? Improvement Cymru would like to talk to people who use the Health Profile or would like to know more about using one.

We are also looking for people to be filmed talking about the places they use their Health Profile. Would you like to get involved in a short video for social media to promote the Health Profile?

Please email [ImprovementCymru\\_LD@wales.nhs.uk](mailto:ImprovementCymru_LD@wales.nhs.uk) to find out more.

For more information about the Health Profile visit [The Once for Wales Health Profile - NHS Wales Executive](#)



# DID YOU KNOW?

We have a website  
[www.parentsfed.org](http://www.parentsfed.org)  
Keep up to date



CardiffAndValeParentsFederation



@parentsfed

**smallgoodstuff**  
by communitycatalysts

## Looking for care and support in Cardiff?

*New listings added all the time!*



A directory to help you  
find local people who  
offer care and support to  
other local people.

This might include help  
with:

Washing and dressing

Having a good meal

Getting out and about

Managing your home &  
garden

Activities, sports & more!

**Visit the directory**

[smallgoodstuff.co.uk/Cardiff](https://smallgoodstuff.co.uk/Cardiff)





## **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.**

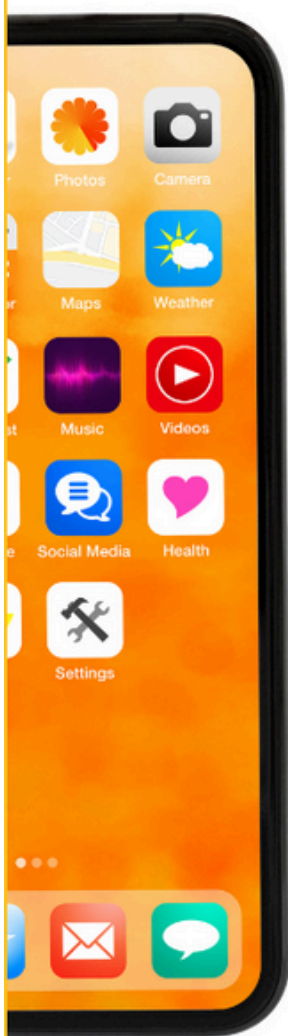
**Funded by Welsh Government, the scheme initially runs from 2022-2025. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.**

**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!

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 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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