



# BITESIZE RESPITE

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itesize respite is the latest project that Cardiff and the Vale Parent's Federation is currently working on. We have been fortunate to obtain funding from C3C3 to hold a number of respite activities over the next few months. Keep an eye out on our social media pages and our website for our latest respite events. These allow carer's to meet new people, share ideas and experiences. We offer a range of activities, cream teas, pedal power, lunches, dinners and more.

We are committed to providing a supportive and engaging environment for carers, ensuring they have the opportunity to recharge and enjoy themselves. Each event is thoughtfully planned to cater to different interests and needs, making sure there's something for everyone.

Your feedback is incredibly valuable to us, so please don't hesitate to share your thoughts and suggestions. Together, we can create even more meaningful and enjoyable experiences.

Thank you for your continued support. We look forward to seeing you at our upcoming events and being part of this wonderful community.

