

# The Parents' Voice



It seems like 2024 is already flying by, doesn't it? With Pancake Day and Valentine's Day behind us, it's hard to believe we're already approaching the end of February. As we turn our calendars towards March, we can look forward to the arrival of Easter and the gentle embrace of Spring. Lets hope that as the days are getting longer, flowers are beginning to bloom, and there's a sense of renewal in the air.

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# Upcoming events

We are planning the following events for unpaid carers in March. If you are interested in attending, please get in touch

Lunch @ Oystercatcher - 7th March

Pedal Power - 21st March

Evening meal @ Brewer's Fayre - 27th March





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NEWSLETTER  
For Children and  
young people  
with disabilities or  
additional needs  
in the Vale of  
Glamorgan



# What our carers are say about us

Ever wondered whether to join the Parents' Federation? Why we do what we do? This is some of the feedback we get from our carers.

**“You do make a difference”**

**Good initiative to recognise unpaid carers”**

**“Was lovely to switch off”**

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

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

**“Very welcome to have a nice lunch due to cost of living right now”  
“a positive experience all round”**

**“We have gained so much from these gatherings. Support, advice, new friends and respite”**

**“Thank you for organising such a lovely treat”**

**“It was a lovely treat, helped me relax and spend some ‘me time’ which is a rare treat due to costs and time.”**

**THANK YOU**

**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)



# CARE'DIFF SUPPORT GROUPS



Do you look after a relative or friend by helping them with their daily activities and needs?

Join us for a chat and a chance to meet others. Drop in for as long as you want and feel free to bring the person you look after.

Come and have a cup of tea, have access to fun activities and take a break.



Powerhouse Hub Wed 5th April (2 to 3.30 pm)  
Ely & Caerau Hub Fri 14th April (1 to 2.30 pm)  
Rhiwbina Hub Fri 21st April (10 to 11.30 am)  
STAR Hub Mon 24th April (2 to 3.30 pm)

Contact the team: [carediff@cardiff.gov.uk](mailto:carediff@cardiff.gov.uk)



@CareDiffTweets



Dinas Gofal / Care'Diff





Some events being run this month by other organisations:

**Cardiff Council's Disability Benefit Support** team will be holding **drop-in sessions** at hubs across the city over the next few weeks. They can offer you:

- assistance with claims, mandatory reconsiderations and appeals
- general money advice queries
- signposting to further support.

See them from 10am to 3pm at:

- Ely & Caerau Hub - March 1st
- Llanishen Hub - March 6th
- Central Library Hub - March 8th
- Grangetown Hub - March 13th
- Powerhouse Hub - March 21st

March events continued...

## 22nd March - World Down Syndrome Day

DSUK, who work hard to empower our parents and ensure they can access the information and support they deserve. They are delighted to fund these **free weekly online DLA drop-in sessions**, enabling parents/carers to book a slot and access the support available.

Online DLA (Disability Living Allowance) drop-in sessions now available to book:

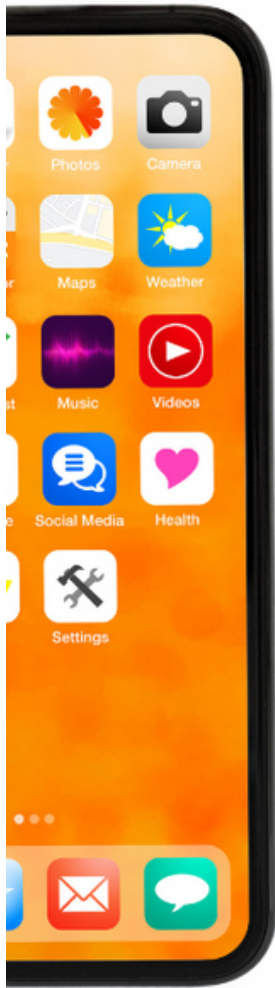
- Wednesday 6th March 7pm (under 3yrs)
- Wednesday 13th March 10am (over 3yrs)
- Wednesday 20th March 10am (under 3yrs)
- Wednesday 27th March 7pm (over 3yrs)

Find out more and book here (sign up for free):

<https://downsyndromeuk.my.site.com/community/s/login/?ec=302&startURL=%2Fcommunity%2Fs%2Fdla-drop-in-registration%3Ffbclid%3DIwAR2rOwNNnxBSEu5ZJRT2M9tNwpxmlA9IGTKzq0QVq2Q7ApcmolL5OgDt3j!>

If you know of any other events that you think may be of interest to our members, please let us know so we can spread the word!





# Stay connected with us!

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 www.parentsfed.org

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!

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