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Small good
stuff

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Cathays sensory

First Aid Course

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 www.parentsfed.org

The Parents' Voice



Welcome to the March newsletter! With spring just around the corner, the days are getting longer and the weather is getting better. Hopefully, this means we can soon have more outdoor gatherings. We have a dinner planned for the 27th of March in Barry, and we aim to arrange more events in the near future. Wishing you a wonderful Easter from all of us at the Parents' Federation.

Satisfaction Surveys

If you reside in Cardiff or the Vale, you might have received one of our satisfaction surveys. If you have, we would greatly appreciate it if you could take two minutes to fill it out. You can also locate them on Facebook. Should you have any questions, feel free to reach out to us.



Stolen Lives

Families with loved ones having a learning disability and/or autism, who are or have been in unsuitable mainstream mental health or specialized learning disability hospital care, are coming together. They are supported by various organizations, including self-advocacy and user-led groups, researchers, and activists.

The group aims to advocate and protest at the Senedd at 1pm on April 17th, with two objectives: to push for improved protection for autistic and learning disabled individuals from crises and detentions, and to release those already detained in improper facilities back to their homes.

For more information, you can join the closed Facebook group "Stolen Lives Wales" or reach out to Janis Griffiths via email at mail@elanclose.org.uk, or Dawn Cavanagh at dawn.cavanagh@yahoo.com, who advocates tirelessly for her son, Jack.

Stolen Lives Wales Manifesto for Government Action:

- Determine and inform us about the number of individuals with learning disabilities and/or autism in unsuitable hospitals and assessment units.
- Outline plans to bring children and young people closer to home and relocate them from these facilities.
- Recognize the challenges faced by our families and ensure our voices are heard and respected.
- Reject the notion that sectioning is a resolution or an alternative to addressing individuals' needs.
- Collaborate with organizations representing individuals with learning disabilities and/or autism, along with families, to develop better support systems.

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



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

 @CareDiffTweets  Dinas Gofal / Care'Diff



CATHAYS SENSORY ROOM



Supports sensory integration.

**Helps to manage overstimulation
and stress.**

FREE Introductory Session.

No referral required.

Open 9am-9pm every day.

Cathays Community Centre, 36-38 Cathays Terrace, Cardiff, CF24 4HX.

For further information or to arrange a free induction session contact:

katyfarrell@cathays.org.uk or 07480 891263.



Are you looking after someone who lives in the Vale of Glamorgan?

Are you an unpaid carer?



Find out about available services to support unpaid carers of adults and children

We are holding an event for unpaid carers on

APRIL 10th 2024

at Barry Memorial Hall. CF62 8NA
between 10am and 6pm, FREE parking

Entry is

FREE!

Hot drinks and
light refreshments
provided



There will be 25+ organisations at the event, able to provide information and advice.



First Aid Awareness for Unpaid Carers

When and where will the training be taking place?

The training is available on Monday 22nd April 2023 or Monday 13th May 2024 from 10:00am – 2:00pm. There are a maximum of 12 spaces available.

The training will be taking place at **305 Gladstone Road, Barry, South Glamorgan, CF63 1NL.**

What is the First Aid Awareness training and what is involved?

The First Aid Awareness training is a 4 hour training session run by FAST – First Aid Supplies and Training in partnership with the Vale of Glamorgan Council. This training will give you a basic understanding of what to do in an emergency and how you can help in the situation.

How much does this cost?

Although we are offering this at no cost to you, there is a cost to the Vale of Glamorgan council in the region of £60 per place, so once you have booked your place, please commit to attending on the day, as we will still incur a charge for your non-attendance.

Book you place on Vale of Glamorgan Council Website.




HAPPY EASTER

From the Parents' Federationn





Stay connected with us!

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 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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