

Parents' Voice

Activities



- Pedal Power
- Zumba
- Yoga
- Walks
- Tai Chi
- Many more

Cardiff & the Vale

Parents' Ffederasiwn
Federation Rhieni

Speaking up for carers and people with a learning disability

Gathering



Breakfasts
Lunches
Coffee
Xmas Events
Lots More

Happy New Year

Happy New Year from all of us at the Parent's Federation, we hope you are all staying safe and are coping well.

As we are in lockdown again, we want to take this opportunity to update our database to ensure everyone's details are up to date and reach out in any way we can to support you at this strange time.

If you haven't heard from us in a while through email or text, there is a good chance that the contact details we have for you are out of date. Maybe you have changed your phone number, email account, moved house or perhaps only had a mobile phone for a few years!

If you would like to update your details with and keep in touch with all that is going on you can contact us in several ways:

Invite us as a friend and/or follow us on [Facebook](#)

Email us at admin@parentsfed.org

Ring and leave a message on [029 2056 5917](tel:02920565917)

Please let us have your mobile telephone number and we shall send you regular SMS texts with information and links

CONTACT INFO

Email – admin@parentsfed.org

[Facebook](#)

Instagram - [@parentsfed](#)

Since March the world may have been on lockdown but we haven't stopped working and have regular:



Newsletters

Twitter

Gatherings and activities (Socially Distanced and when safe to do so)

Zoom Calls

1:1 phone calls

We have tried to keep everybody updated with all relevant information and easy read guides.

The Welsh Government have announced that they have created a new fund for Carers of £1 Million. Open to carers across Wales, it plans to give grants of up to £300 for a range of essentials. This grant is administered by Carers Trust on behalf of the Welsh Government. We have learned this year already that four of our carers have been successful in applying for the grant.

Several of our members have already succeeded in getting grants for new mobile phones, tablets, internet access and many other items.

Don't forget - we are still here and would love to hear from you.

Please find us on [Facebook](#)

...Drop us an email

...Or give us a call

You are not alone and we are here for you!

CONTACT INFO

Email – admin@parentsfed.org

[Facebook](#)

Instagram - @parentsfed