

February 2023

The Parents' Voice

Cardiff & Vale Parents Federation



Instagram

Do you have Instagram? Do you know what it is?

Instagram is another social media site, however you can only upload photos, videos or reels. You can follow organisations, friends and celebrities.

Why does Parents Fed use Instagram?

It allows us to reach other organisations and charities in Wales and the surrounding area to share ideas and signpost carers to the right support.

We also share videos and photos on Instagram about our activities and what we offer.

Come and check us out on Instagram

#movingforward

@Parentsfed

Newsletter Highlights

Socials

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SOCIAL GATHERINGS

Want to join us?

Would you like to attend a social gathering?

Worried about coming?

Not sure what to expect?

Worried about meeting new people?

Don't know where they are?

Don't think you can do it?



It can be really daunting to come to something new especially with people who you don't know or have been coming for a long time. We always love and want to welcome new carers, these events are for you.

So why come you wonder? Meet new carers, share ideas, try something new. You might learn something to aid your child or you might make a new friend. There really is nothing to lose.

We have lots of different events on over the year, from Pedal power in Cardiff, lunches through the vale and work shops and seminars.

If you want more information drop us a message on admin@parentsfed.org and we will get back to you as soon as we can.

We really are a lovely lot come give it a try

Carer's Assessment's

- Have you had a carer's assessment?
- Do you know what a carer's assessment is?
- Do you know how it can benefit you?

The carer's assessment will look at support, preventative services, whether a carer works or wishes to do so and if a carer wants to participate in education, training or any leisure activity.

For More information contact us via email or phone

An assessment gives you the chance to:

- Think about your needs
- Consider the impact of caring on your 'well-being'
- Talk, in private, to someone who understands your situation
- Be listened to
- Think about whether you feel you can go on caring and the choices you have
- Talk about the support you think is important to carry out your role and to maintain your health and well being

FEBRUARY 2023

Pedal Power

On Thursday 16th February some of our carers joined us at Pontcanna for our monthly power pedal session. Carers from both Cardiff and the Vale were in attendance and everyone had an absolutely fantastic time.

Power Pedal have different bikes for different abilities so everyone can get involved.

This is how some of our carers have described the power pedal sessions.



- *"Mental Health and Well being aspect - getting together with other like minded carers and friends."*
- *"Enjoy meeting regularly to cycle with friends"*
- *"Chatting with other carers is always good as they understand."*
- *"Enjoy chatting with everyone after cycling"*
- *"Being part of a community."*



LUNCHEAS AND GATHERINGS

So you want to meet new people? You want to meet new carers?

Don't fancy cycling, but fancy a lunch and a chatter? A lunch all paid just come along and meet carers and swap stories and advice.

Gatherings held across the Vale and Cardiff on a monthly basis.

We are a friendly bunch that is always ready to welcome someone new. If you want to attend but are unsure drop us an email or give us a ring and we can tell you more information.

- "Safe environment to talk to carers"
- "Talking to people that understand what I am going through"
- "Find out so much information every time we go it has been invaluable."
- "Meet new people and friends"
- "Being part of a community."



Just a note to say

If you want to get hold of us you can always email us or drop us a call.

You can also follow us on Facebook and Instagram to keep up to date with all the latest news,

Email - admin@parentsfed.org

Telephone - 02920 565917

Website - <https://www.parentsfed.org/>

Facebook - Cardiff & Vale Parents Fed

Instagram - Parentsfed

DIRECT PAYMENTS

On **30th March** we have our first work shop of 2023!!!

This one will be focused on Direct Payments and will be held in Sbectrwm Community Centre.



Learn about Direct Payments
Ask questions to experts and other carers.
learn how to use Direct payments
See real life examples of how they are used.

This is a great opportunity for you to come along and learn about Direct payments whether you are a novice or experienced in them. This workshop aims to give you the knowledge and connections to move forward.

If you would like to attend please get in touch to book your place