

March 2023

The Parents' Voice

Cardiff & Vale Parents Federation



The clocks have gone forwards and the nights are getting lighter and if you are anything like us you are wondering where the first three months of the year have gone. With April and Easter just around the corner stayed tuned to find out what we are planning for spring!!

Newsletter Highlights

Survey

What we do?

Carers Assessment

Direct Payments

Happy Easter

Online Survey

Please take a couple of minutes to complete this very short survey

It helps us to be confident that we are raising the issues that matter most to you and also helps us demonstrate to our funders how well (or not) we communicate with unpaid carers.

It really is a short survey but if you wish to add any comments please feel free to do so



Vale resident unpaid carers survey link

<https://www.smartsurvey.co.uk/s/ZHI8XQ/>

Cardiff resident unpaid carers survey link

<https://www.smartsurvey.co.uk/s/7ECRAZ/>



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

WHAT DO WE DO?

Parent's Federation

Heard of us but don't know what we do?

Wondering why you are being contacted by us?

Want to know more?

Who we are?

What we do?



The Federation is run by parents, for parents, who understand the difficulties that families and lifelong carers face. Almost 2000 local families are members.

We hold regular and informal carers social gatherings where you can meet other unpaid carers, share experiences and ideas (plus pick up some useful tips)

We can signpost you to sources of support and give information on your rights as a carer and what assistance you are entitled to receive

If you cannot find what you are looking for on this website or www.wherestand.org call us on 029 2056 5917 or email us at admin@parentsfed.org

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GATHERINGS

We hold monthly carers' gatherings where unpaid carers can meet over a free lunch or afternoon tea and share their experiences (and knowledge) in a friendly, informal setting

If you would like to attend or be added to our mailing list please get in touch

Gatherings are held in settings across Cardiff and the Vale of Glamorgan



Get in touch

You can get in touch with us a number of ways:

Give us a call on - 029 2056 5917

Drop us an email - admin@parentsfed.org

Follow us on Facebook or Instagram



Unpaid Carers Connect over Coffee



Are you an unpaid carer, looking after someone who lives in the Vale of Glamorgan?



MEET

other unpaid carers



MINGLE

over afternoon tea, and



HEAR

about ways you can develop your skills and knowledge either for your own interest or to support the person you care for.

We are holding an event for unpaid carers on

March 30th 2023

at Barry Memorial Hall

between 1pm and 6pm



A number of organisations who can provide aids, adaptations, knowledge and skills development will be available to share information on their services.

Take advantage of our specialist's knowledge of equipment to help you stay safe and independent, find out what development opportunities are coming up and available to you.

There will also be organisations there who provide information and advice on a range of services and support for unpaid carers relating to benefits and finance.

Professionals who support unpaid carers are also welcome to browse the stalls and join us for a cup of tea.

Entry is Free, but if you are an unpaid carer and would like to book an afternoon tea, please contact us before Monday 20th March 2023 to make a reservation:

Email carersservices@valeofglamorgan.gov.uk Phone 01446 704851

**Don't forget the Vale's unpaid carers
connect over coffee on 30th March in
Barry Memorial Hall**

DIRECT PAYMENTS

Due to a conflict with dates our Direct Payments workshop will now be, on **27th April** 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



Have a great Easter

**Stay tuned for our social gatherings
and pedal power events this spring.**