

The Parents' Voice

Newsletter Highlights

Carers Rights Day

November 23rd is Carers Rights Day. Carers' Rights are being extended to help unpaid carers to access services that may encourage them to look after their health and wellbeing and in some cases, perhaps negotiate a better worklife balance.

This is welcome but often too little. Many unpaid carers struggle to find employment or cannot fit working around a fulltime unpaid caring role - some remain 'invisible' to potential support services while many face financial disadvantages, isolation.

Information is essential for unpaid carers to access the support that ought to be freely offered and our members always tell us that the best source of information is another carer. To this end we shall continue holding our carers; gathering activities where unpaid carers can share a few hours together over a free activity.

On the 22nd November we're holding a gathering at the Oystercatcher in Penarth Marina where unpaid carers can enjoy lunch and meet others.

Places are limited so secure your place by booking online at:

<https://bit.ly/40jzvth>



Meet other unpaid carers and relax

Understanding
Disability Awards

Cardiff and Vale
Unpaid Carers
Assembly

Looking back,
Looking Forward

Caring Communities
of change

November's
Activities

Unpaid Carers
Project

How to challenge
decisions

Contact us on:
admin@parentsfed.org
029 2056 5917

Also on Facebook &
Instagram!

The Understanding Disability Awards

**16th November @ 10am for a 10.30am start
Marriott Hotel Cardiff.**

Every year we seek to recognise and celebrate the individuals & organisations who have really made a **positive difference** to the lives of those with disabilities.

We have some excellent nominations this year & a star-studded line-up of guests, including the Lord Mayor of Cardiff & the Vale of Glamorgan Mayor.

Most importantly, we would like to invite **you!** Join us for this uplifting morning of celebration on Thurs 16th.



Get in touch via - admin@parentsfed.org
or book now via Eventbrite at - <https://bit.ly/3QiYV5K>



Senedd Gofalwyr Di-dâl Caerdydd a'r Fro

Dyddiad: 20 Tachwedd 2023

Lleoliad: Stadiwm Criced Morgannwg, Gerddi Soffia,
Caerdydd

Amser: 9:30-16:30

- Rhwydweithiwrch â Gofalwyr Di-dâl eraill
- Rhannwch eich barn a gofynnwch gwestiynau
- Darganfyddwch y wybodaeth a'r cynlluniau diweddaraf
- Cysylltwch a rhannwch brofiadau
- Gallwch gael gwybodaeth gan sefydliadau lleol allweddol



Mae'r digwyddiad hwn yn rhad ac am ddim, ac yn cynnwys cinio a lluniaeth.

**Cynlluniwyd gan, ar gyfer a gyda Gofalwyr Di-dâl.
Meddwl, Cysylltu, Tyfu**

Gwefan/Website: <https://cavrp.org/carers-charter>

E-bost/email: hsc.integration@wales.nhs.uk

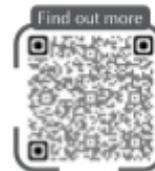
Cardiff and Vale Unpaid Carers Assembly

Date: 20 November 2023

Location: Glamorgan Cricket Stadium, Sophia Gardens, Cardiff

Time: 9:30-16:30

- Network with other Unpaid Carers
- Share your views and ask questions
- Find out the latest updates and plans
- Connect and share experiences
- Access information from key local organisations



This event is entirely free, including lunch and refreshments.

**Designed by, for and with Unpaid Carers
Think, Connect, Grow**



BWRDD PARTNERIAETH
RHANBARTHOL
CAERDYDD A'R FRO
CARDIFF & VALE
REGIONAL PARTNERSHIP
BOARD



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



Caring Communities of Change
Cymunedau Gofalu o Newid

Looking Back, Looking Forward conference

27th November @ Raddison Blu, Cardiff.

Looking back, looking forward: How do we make Wales a better place for people with learning disabilities for the next 40 years?
University of South Wales

The aim of the conference is to reflect on the COVID-19 pandemic, assess where we are now and discuss what vision individuals and families want for Wales in the next 30 years.

We are also looking for families to talk a little about either their reflections of COVID; assessment of where we are now and their vision of the future, so if you would like to attend and would feel comfortable in talking a little about any of these, please let us know.

The All Wales Forum have 10 free spaces for families to attend, with a small travel budget available on application.





Caring Communities of Change
Cymunedau Gofalu o Newid

Unleash Your Potential

Are you ready to dive into a world of short breaks, transitions, and vibrant community-led initiatives?

Join our stakeholder network meetings for a journey filled with learning, sharing, and exploring innovative practices across Wales. These meetings are your passport to respite, short breaks, transitions, and community activities.

We've combined our transitions & short breaks meetings into two great sessions:

Evening Stakeholder Meeting

Date: Tuesday, 14th of November

Time: 6:00 PM - 7:30 PM

Morning Stakeholder Meeting

Date: Wednesday, 15th of November

Time: 11:00 AM - 12:30 PM

For more information about these networking meetings, reach out to us at caringcommunities@allwalesforum.org.uk.

Visit the Caring Communities of Change website at
www.forum.allwalesforum.org

November Activities



Cardiff

Understanding Disability Awards

Thursday 16th 10am
Marriott Hotel

Thursday 30th @
Pedal Power, Sophia
Gardens

11.30am - cycle
1pm - coffee & cake



Vale of Glamorgan

Wednesday 22nd
12pm **lunch**
Oystercatcher,
Penarth

**Look out for more events in December,
including a festive evening meal! Much
more to follow in the New Year...**

Unpaid Carers Project

For the past 3 months, we have been holding events to give unpaid carers a little bit of **respite** from their caring responsibilities, and a chance to connect with other unpaid carers in a casual, friendly environment.

We welcomed members new & old to enjoy free **cream teas**, hearty lunches and relaxing bike rides around Sophia Gardens, followed by coffee & some scrumptious cake at the Pedal Power cafe.

We also treated several lucky carers to a **spa day** experience - these were very popular so don't worry if you missed out! We are working hard to secure funding for more spa days in the future.

Finally, we organised a **day trip** to Birmingham! Attendees enjoyed exploring the famous Bullring and visiting the largest Primark in the world.



The Project has been a huge success, and we hope to run many more similar events in the future!



How to challenge decisions

Sometimes you may not have a smooth ride and feel no option but to complain. This is okay, you are not alone!

Many carers say they have to fight for the support that ought to be freely offered, but parents also suggest that you try every means at your disposal to achieve your goals before entering the lengthy and sometimes tiring complaints procedures.

We are preparing a full guide to help unpaid carers to **challenge decisions** and ensure that their loved one gets the correct care package that they deserve.

In the meantime, increase your chances being taken seriously and getting a positive response when writing a formal letter/email, by following the **'top tips'** on our website, linked here:

<https://www.parentsfed.org/what-do-we-do>

Good luck, and keep fighting for what you believe in!

GET IN TOUCH



admin@parentsfed.org



Sbectrw m Community Centre,
Bwlch Road, Cardiff



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



029 2056 5917

Your voice is important to us and to your community!

Get in touch by phone, email or smoke signal.

Follow us on Facebook & Instagram