



Parents' Ffederasiwn
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Supporting carers for over 30 years

Parents' Voice July 2019



New Learning Disability Strategy launched!

A five year strategy for people with learning disabilities (and their carers) was officially launched at an event in the Copthorne Hotel on the 18th June. It is the first time that Cardiff and the Vale of Glamorgan Councils have joined with the Health Board to agree a strategic approach to supporting people. This should make joint working and decision making easier and better value while streamlining the way they work. As carers we should expect better joined up working and planning than we have endured in the past.



Carers representing the Parents Federation spoke at the event. Whilst welcoming the strategies' aspirations and aims, they pointed out that in practice carers often face delays, difficulties and endless setbacks when trying to agree the best support for their child.

We hope that this marks a new era in developing opportunities for people with a learning disability and their families. If we can play a more active role in planning for our children's futures then we hope that resources will be redirected to support *what matters* to them. The Parents Federation will continue to support carers to play an active role in monitoring the ongoing delivery of the strategy in the years to come.

Celebrating The 2nd Year Of The *Connected Carers Project!*

The Connected Carers Project has been hugely popular since it started in 2017 and we're extremely pleased. Alongside GVS Wales and Touch Trust, we have managed to bring carers together and have seen strong friendships be established. As well as gatherings, the project provides numerous activities for carers such as Zumba classes, yoga classes, and cycling sessions, which have been a big hit!

Touch Trust also hold 'Time For Me' sessions which involve therapeutic arts and crafts. We would like to invite you to celebrate the 2nd birthday of this wonderful project. Please feel free to come along, meet new people and have some fun! See the poster for more information.



Join us to celebrate the second year of the Connected Carers Project

Tuesday 2nd July

At CF61, Station Road, Llantwit Major, CF61 1ST

(Formerly the Youth Centre, opposite St Illtyd's Primary School)

Free parking, 3 minutes from the train station

Drop in any time between 11.00 am - 2.30 pm

Light refreshments and lunch will be provided

Sample a zumba or yoga session or have a massage

FOR MORE INFORMATION AND TO RSVP YOUR ATTENDANCE,
CONTACT: RHIAN THOMAS
CONNECTEDCARERS@GVS.WALES / 01446 741706



We hold variety of activities every week for carers that are suited to people of all ages and abilities.

Whats more, they are all free and fun!

Do you live in the Vale? *Have lunch on us!*

Carers from the Vale of Glamorgan are invited to join us at our regular friendly [carers gatherings](#) which are held across the county.

We meet in small groups at venues across the county and it's a great way to meet others, renew friendships and learn about opportunities for carers in the region.



Call us on 029 2056 5917 for details or follow us on [facebook](#) to see what is happening near you soon.

Cardiff Information Hubs



There are numerous hubs across Cardiff, which can help residents access different agencies of Cardiff but all under one roof. You can find information on

- Benefits
- Council Tax
- Public Transport
- School admissions
- Adult Community Learning
- Work Skills Training
- Councillor and AM surgeries
- General council enquiries...and more!

The hubs tend to be held in local libraries so there is also full library and computer access. You can find your local hub [here](#).

Have you had a Carers' Assessment recently?

Did you know that carers are legally entitled to a yearly assessment?

If you carer or intend to care for someone then you are a carer. Sadly, many carers aren't aware of this.

Caring can have a huge impact on all aspects of your life, so you should receive a council assessment to see how they can help you.



You can ask for an assessment from your local council at any time. You can find out more about carers' assessments in Cardiff [here](#) and in the Vale of Glamorgan [here](#)

Parents Federation awarded Accreditation



The Carers Trust South East Wales Accreditation Awards celebrate and acknowledge the work both schools and organisations in south Wales have done to support carers. Cardiff & the Vale Parents Federation were the first carers' organisation in the country to be recognised and granted this status. Our website and internet services were highlighted as being of particular benefit to carers.

We are now working toward the gold award- watch this space!

Join us

The Parents Federation supports carers across Cardiff & the Vale. We work with local authorities and other third sector partners to inform carers of what is happening in the region. We are run by and for unpaid family carers. For more information about our weekly activities and the many other resources we offer please contact us.

Our office is in the Sbectrwm Community Centre, Fairwater. We hold drop in coffee mornings each Friday and details of our weekly gatherings and events can be found on our [website](#). All activities and gatherings are free – just contact us to book a place!

Be sure to follow us on [twitter](#) and [facebook](#) for updates on recent developments

With 2000 local family carers as members we speak for carers on what matters to them- be sure to share your views so that you are listened to!

Email: admin@parentsfed.org www.parentsfed.org Tel: 029 2056 5917 Visit us at: Unit 14, Sbectrwm Community Centre, Fairwater, CF5 3EF

