

22nd Understanding Disability Awards 2015

Celebrating Learning Disability Inclusion Promoting Positive Attitudes

The Understanding Disability Awards are held annually to celebrate examples of good practice where schools, volunteers, groups or organisations have made the effort to ensure the successful inclusion of people with a learning disability into ordinary daily life.



If you know of someone who has 'gone the extra mile' to involve people with a learning disability, please make a point of submitting a nomination,

The Awards will be presented at a high profile event to be held in Cardiff in the Autumn.

Nominations are invited for this year's awards and an application pack is included in this mailing.

The closing date for receipt of completed nomination forms is Friday, 15 May 2015



Forthcoming events— Get involved

We shall be holding two key events later this year. The first one will be in September and will heighten awareness of ADHD and the lack of support available to families and children affected. We are looking for parents with experience of looking after a child with ADHD to help us plan the day. If you have any suggestions please contact the office.

Later in the Autumn we shall hold an AGM and have speakers from a variety of agencies explain how Direct Payments can help a person to enjoy a lifestyle of their choosing. We shall also seek to clarify the myths and misunderstandings over what you can and cannot use Direct Payments for.



You can help us to help you!

If you want to have your opinions listened to and help us to speak on behalf of our 1000 plus members please call the office on 02920 227800. You may be able to assist by attending meetings, participating in consultations or simply checking our website for accuracies. If you feel strongly about an issue or want to highlight a gap in current service provision the Parents' Federation can speak with the might of a thousand voices!

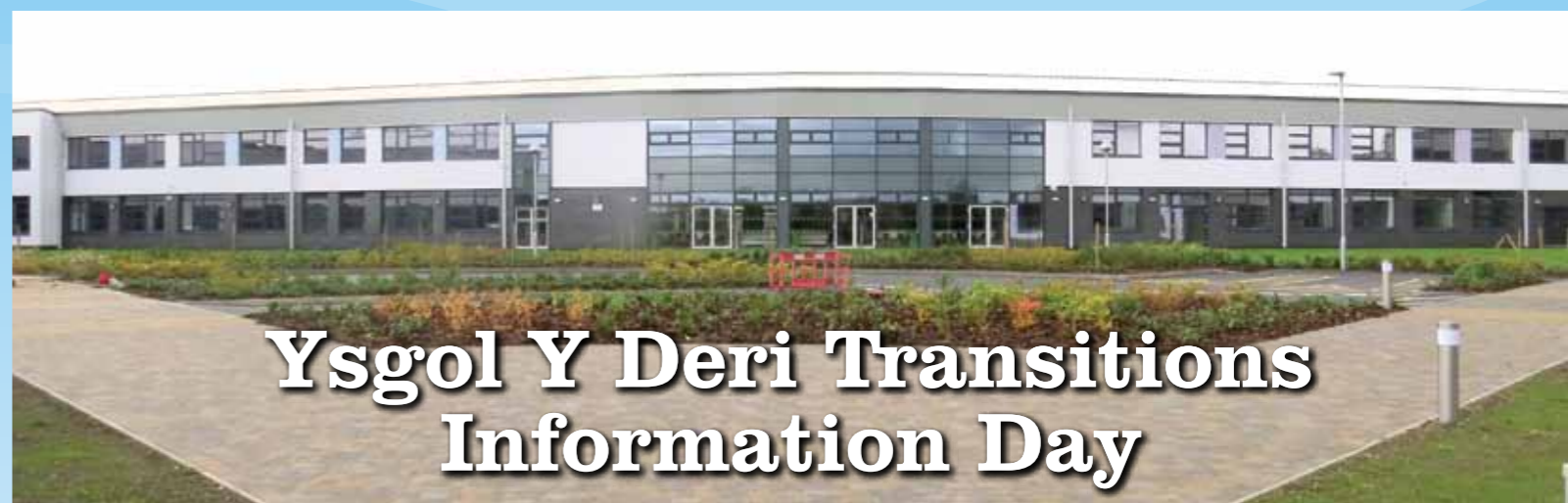
No experience is required save that of being a parent and a willingness to share your experiences. Meetings are informal and relaxed.

Parents' Federation Rhieni
Ffederasiwn Rhieni

*The Voice of Parents
and Carers of people with
a Learning Disability*

Parents' Voice

Spring 2015



Ysgol Y Deri Transitions Information Day

The Parents Federation and staff of Ysgol Y Deri are holding an information workshop to showcase the range of opportunities that are available for school leavers and young adults with a learning disability. Speakers will explain how Direct Payments can help you shape a support package that matches your child's unique needs and how you can be involved in planning for your child's future. Exhibitors will be on hand to show a range of educational, vocational and leisure opportunities that might interest you.

The workshop will be held on **Tuesday April 14, 2015 at 10:00am until 3:00pm.**

Contact us on **02920 227800** for more details.

Young Carers Family Fun Day Event

Are you a young carer? Or do you have a child/children in the family affected by the care needs of a disabled sibling? Do you want to know what support is available to you and your family?

Come along to our **FREE, FUN & INFORMATIVE** event!

- FUN FOR ALL THE FAMILY
- FREE CRECHE
- SUPPORT & ADVICE
- PRIZE DRAW
- FREE ACTIVITIES

Tuesday 31 March, 10am—3pm
Western Vale Integrated Children's Centre
Station Road, Llantwit Major, CF61 1ST

Logos: Parents Federation, YMCA, All Wales Forum, Alzheimer's Society, Lloyds Bank Foundation.

Need more information?
If you require additional support, would like to book a place in the creche or need transport to the event, please contact Carers Services on 01446 704604 or visit www.valeoflamorgan.gov.uk/carers

Alzheimer's Society

Leading the fight against dementia

All Wales Forum
Fforwm Cymru Gyfan



WORRIED ABOUT CHANGE?

Has some one you know or care for with a learning disability recently been diagnosed with dementia?

Are you caring for a relative with a learning disability aged 40+? Would you like to know more about the early signs and symptoms?

FREE Dementia and Learning Disabilities Workshop
Friday 22nd May 2015, 10:30-2:30pm

Sbectrwm, Bwlch Road, Fairwater, Cardiff, CF5 3EF.

To book, please contact the All Wales Forum Office on 02920 811120 or email admin@allwalesforum.org.uk

Cardiff & the Vale



Canton House, 435 Cowbridge Road East, Canton, Cardiff CF5 1JH

Tel: 02920 227800 Email: admin@parentsfed.org

www.parentsfed.org.uk www.wherestand.org.uk

DISCLAIMER: Cardiff and the Vale Parents' Federation does not accept any liability for the accuracy of articles submitted nor responsibility for individual views expressed by our members

LLOYDS BANK FOUNDATION
England & Wales

<https://twitter.com/ParentsFed>

<https://www.facebook.com/CardiffValeParentsFederation>

NEW - Social Gatherings for Carers in Cardiff and more for the Vale

For several years we have held informal gatherings of carers across the Vale of Glamorgan. With the support of the local authority. Local mum Sue McFarland has been an active volunteer in developing this approach and it has proven so successful that we are extending the idea to more parents.

With support from the Lloyds Bank Foundation, we are piloting some Social Gatherings where Carers in Cardiff can meet and discuss issues of mutual interest, share information and



overcome isolation.

Please note that places are limited and will be available on a first come first served basis. The next gathering in Cardiff will be on Wednesday 15 April 2015 at 12.00 – 2.00pm and more gatherings are planned in the Vale for the coming months.

For further information and to book a place call the Parents Federation office on 029 2022 7800 or email: Hasina@parentsfed.org (Cardiff) or Karen@parentsfed.org (Vale)



NEW - Support Groups and Play Centres

We are constantly updating our online information guide at www.wherestand.org with information and new opportunities but want to highlight the following exciting new entries.

Support group for families with children with ADHD/ODD/Conduct



Disorder and other behaviour problems. Meet for weekly coffee mornings in Ely Hub, Cardiff. Anyone from Cardiff or Vale is welcome. Please contact Jess on 07876826119 or go to www.escape-cardiff.co.uk for more information.

CWTCH



The CWTCh play project at Adamsdown Play Centre, Cardiff, provides a safe, stimulating and supportive environment. Play sessions take place every Saturday 10am—4pm exclusively for disabled children and their siblings. Please email cwtchplaycardiff@gmail.com or visit www.cwtchnetwork.org.uk for more information.

Hop, Skip and Jump 'Care in the High Street' Respite Centre.



Hop Skip and Jump's 'Care in the High Street' Project offers care for anyone with Additional Needs for 2 hours. Fun activities for all age ranges, with soft play, sensory and wet rooms and changing facilities. Run by professional and fully qualified staff, located in Cardiff Central. Please phone 01453 836390 or email develop@hopskipandjump.org.uk for more information.



My Splash Cardiff

My Splash is an integrated indoor soft play area located in Cardiff Central for children aged 4-11. Children are fully supervised by professional and fully qualified staff. The team entertain your children whilst parents or carers are shopping, dining or just simply having time alone. There are dedicated play sessions for children with additional needs every Mondays and Thursdays 10am-11am. Please contact Ewelina Kowalska on mysplashfun@gmail.com or visit www.my-splash.co.uk for more information.



NAS Local Branch Cardiff & Vale – Coffee Mornings

National Autistic Society - Cardiff and Vale Branch will be holding coffee mornings every Saturday in Pioneer Hall, Beryl Road, Barry. They next one will be held on April 18th 2015 and they will run until December.

For more information please email NASCardiff@nas.org.uk.

Lights, Camera, Connected
The fun film show for families of disabled children

Contact a Family Cymru presents at:

Memo Arts Centre Barry

Easter Holidays
Friday 10 April 11am

Also:

- Contact a Family information and advice
- Light lunch after the film
- Meet other families

Disability friendly film – lower sound and higher lights

FREE Bring the family
For any child with additional needs, whatever their condition

Book now!

Email: wales.events@cafamily.org.uk
Phone: 02920 396624
Text: 07904 672614

contact a family Cymru
I deulioedd gyda phlant anabl
for families with disabled children

Hydrotherapy at last?!

For twenty years we have pushed for a replacement heated pool facility and been let down several times. We think that we have found the ideal venue but need interested parents to take the lead in setting up a group to organise regular sessions. Please contact john@parentsfed.org if you are interested in turning the dream into a reality or phone the office.

