

What's on Offer



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

Thank you to Unpaid and Young Carers

Caring for those you love can be the most natural thing in the world, but that doesn't need you don't need support.

If you provide care for a friend or family member, you may be an unpaid or young carer.

Cardiff and Vale Regional Partnership Board are committed to supporting you and are funding a range of activities and opportunities for you to enjoy.

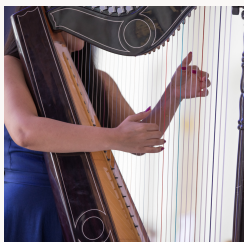
**To find out more and register your interest,
please visit:**

<https://cavrp.org/unpaid-carers-funding-for-activities/>

Or telephone:

Young Carers: YMCA 02920 465250

Unpaid Carers: The Care Collective
02921 921024



What's on Offer

Activity Menu



Forget Me Not Chorus

An opportunity to join a local choir, sing together and make new friends

Llanrumney Hall

Creative short breaks, designed to suit you



Headway Cardiff

Day trips for family, friends and carers of people with head injuries, offering a break away from everyday routine

Care Collective

A range of vouchers for activities and items



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YMCA Cardiff

A variety of options to suit young carers and their families including family breaks and other fun activities



Celtic Capability

Do you want a new exhilarating experience? Celtic Capability is offering sailing sessions with expert tuition for carers and the chance to join the wider sailing community

With Music in Mind

Music In Mind is an award winning charity that promotes the use of music and the arts. They work with renowned artists and will be running sessions for carers with respite for your loved one



Cardiff and Vale Parents Federation

The Federation is run by parents, for parents, and offers a wide range of social activities for families caring for a relative with a learning disability



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Lioness Community Project

The Lioness Project will help you find and book a free short break. They will help you find something you will enjoy

Racerunning Dragons

A chance for children and young people with disabilities to try racerunning using a bike with three-wheeled frame a saddle, body support and most notably, no pedals



Vale Plus

Providing a safe and supportive environment on one Saturday a month for children and young people with learning disabilities, where parents and carers can choose to stay or leave

Welcome Spaces

Meet new friends and have fun doing a range of community activities in a comfortable space for carers close to your home



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Butetown Community Centre

Pursue a hobby or leisure activity whilst your loved one is looked after at the centre and provided with a nutritious meal. You can choose to take a break alone or together

ACE

If you live in Ely or Caerau, the Carers Club is a peer support group that focuses on doing the things that matter most to members.



Positive Community Foundation

Make your life easier and more enjoyable. The Foundation is able to fund a range of options, for instance TV subscriptions, meals on wheels, driving lessons or activities like spa days



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