



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

What's on Offer

Thank you to Unpaid and Young Carers

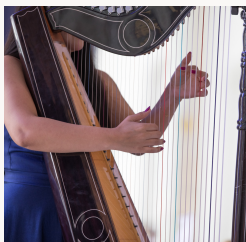
Caring for those you love can be the most natural thing in the world, but that doesn't need you don't need support.

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, please contact the organisations listed directly or visit:

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



What's on Offer

Activity Menu



Forget-me-not Chorus

Are you looking for a group to support you as you face the challenges of dementia? Join our community.

Contact

Claire@forgetmenotchorus.com or call
02922 362064

Care Collective

Grants to help unpaid carers have a break. There are a range of grants available on our website
www.thecarecollective.wales.

Contact

gateway@thecarecollective.wales or
call 02921 921024



Headway Cardiff & South East Wales

Monthly get togethers, trips and meals out for family supporting people with acquired brain injury living in South Wales providing an opportunity to meet others, have a break away from the everyday routine and time for themselves.

Contact info@headwaycardiff.org.uk or call
029 20577707



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YMCA Cardiff

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

Contact:

Vale Young Carers

ValeYoungCarers@ymcacardiff.wales

Cardiff Young Carers

CardiffYoungCarers@ymcacardiff.wales

Call 02920 464463



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.

Contact:

celticcapabilitysailing@gmail.com or

call 07907 197 957

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.

Contact gabriela.todd@yahoo.co.uk or call 07803 770962



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Lioness Community Project

Lioness Community Projects can support you in several ways within your local community, including assisting you to take part or fund any of the following:

- Weekend break or a trip away from home (e.g., visit a museum)
- Entertainment package such as a TV, cinema and streaming subscriptions (e.g., Netflix, Prime Video, NOW TV)
- Concert/festival/theatre/match/event tickets
- Leisure centre memberships, personal sports equipment, Spa days (e.g., gym, swimming, sports clubs)
- Driving lessons, rail cards, bus passes (e.g., iff card, travel cards)
- Training and courses (e.g. First Aid, Manual Handling)

Contact

lionesscommunityprojects@gmail.com

or call 07956 407217

Llanrumney Hall

Creative short breaks, designed to suit you.

Contact info@llanrumneyhall.org or call 02920 001441



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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.

Contact admin@parentsfed.org or call 029 2056 5917

Welcome Spaces

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

Contact sue.peat@hotmail.co.uk or call 07961 653274

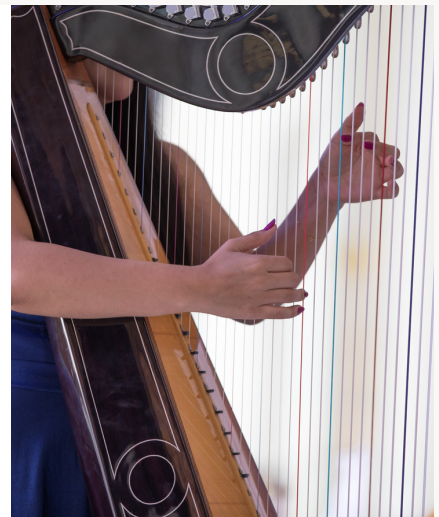


With Music in Mind

With Music In Mind is an award winning CIC that promotes the use of music and the arts to improve wellbeing. They will be running activity sessions in the Western Vale for carers and your loved one.

Contact

info@withmusicinmind.co.uk or call 07500 776295



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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.

Call 029 2048 7658 or email

butetowncommunitycentre@gmail.com

Carers Club @ CAER Heritage Centre

The Carers Club is a peer support group for unpaid carers in the Ely/Caerau area, where you can chat with others on a similar caring journey, without judgment but lots of empathy. We meet every Tuesday at the CAER Heritage Centre (Church Road, Caerau). We will be hosting a series of short break activities over the coming months, including a spa day, bowling and a meal out.

Call ACE on 02920 003132 and ask for Rachel or a member of the wellbeing team.



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