



Swansea Parent Carer Forum Year in Review 2024– 2025

The leadership team are delighted to present the annual review of the Forum's activity from 1st April 2024 to 31st March 2025.

The main purpose of our work as a Parent Carer Forum in Swansea is to engage with local families, so we can accurately represent them through co-production and our work in families in a variety of ways including surveys, polls, social media along with face-to-face discussions at coffee mornings training workshops and other events. ***Here are some key figures for the year***

1108 members, 144 new members welcomed

768 parent carer members of our Facebook Group

4038 visitors viewing our website

281 strategic and operational meetings attended by parent carer volunteers

20 SPCF Coffee mornings

5 ALN Coffee mornings in schools

16 events that SPCF had a Information Stall

6 presentations made at events

5 workshops for members

What You Told Us and What We Did

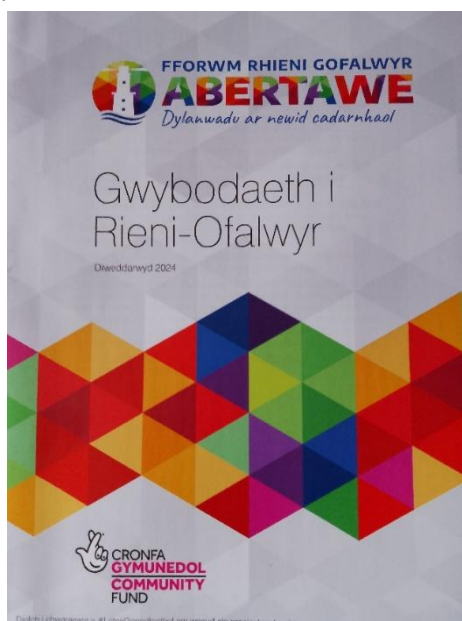
-  Swansea Parent Carer Forum Big Survey 2023 asked amongst other questions what training members would find helpful. As a result of your responses we applied for some funding from Austin Bailey to host **Bladder & Bowel Health Workshop**. We also worked with partners to host additional workshops for parent carer members

Cerebra Accessing Public Services Workshop
SPCF Celebration and Information Event

Mental Capacity Act Training for Parent Carers
Child Sexual Abuse Prevention Training
'How to cope when your young person isn't'
Digital Resilience



- 🌍 We also regularly get good feedback from both parent carers and practitioners on our Information booklet. This year we reviewed and updated the content and sought funding to again have it translated into Welsh and have printed copies. We would like to thank National Lottery Community Fund for finding our new information booklet.

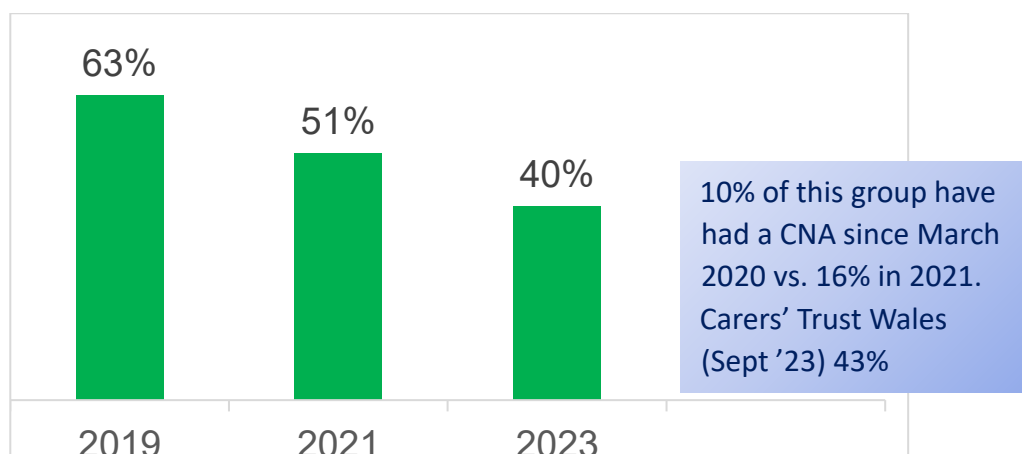


- 🌍 2024-2025 saw Swansea Parent Carer Forum celebrating 5 years of influencing positive change in Swansea and what better way to celebrate than to get parent carers and colleagues together! The event took place in September at Swansea Arena with inspiring speakers, great entertainment, a delicious buffet lunch, and fabulous information stands. It was a great chance to network, enjoy each other's company as well as find out about organisations which offer support to our families.



🌈 The Forum continued to raise awareness of identifying as a carer, especially as parent carers are often overlooked. We have been involved in a regional carer's radio campaign and West Glamorgan annual carers event. We have also developed training on carer awareness which we delivered to optometrists via the Swansea Bay University Health Board Primary Carer Cluster. Another area of concern highlighted via our 2023 survey was a drop in the number of parent carers being aware that they are entitled to a Carers Needs Assessment since our 2019 survey. This has been raised with the Regional Carers Partnership and also looking at the process in Swansea.

Did you know you are entitled to a Carer's Needs Assessment?



Base: **2019**-211 parent carers **2021**-238 **2023** -281

🌈 We continued to support our parent carer members through a closed Facebook group and responding to your queries by e-mail, coffee mornings and a monthly newsletter to all our membership.

Our work towards Influencing positive change for families

Our volunteers continued to listen to our membership and then engage with practitioners locally, regionally and nationally with the aim of influencing positive change to services that support families who have a disabled child, young people and/or adult. This year these included:-

Swansea Local Authority

Public Toilet Strategy - Stakeholder Group	NYAS ALN Advocacy Services
Direct Payments	Play Theory & Advocacy Group
Myth Busting Neurodivergence project	Play Network & Play Access Group
STF Consultation	CYP Preventative Services Group
ALN Cluster Leads	Commissioning Group (ALN/Child Disability)
Schools Accessibility Strategy	Family Support Network
Vulnerable Learners	Swansea Poverty Partnership Forum
ALN Advocacy Commissioning	Neuro Diversity Code of Practice Development Group
Comp ALNCO network	Primary ALNCO network
Swansea ALN Strategic Board x 3	Education - Young Persons Behaviour Policy Workshop
ADHD Project	Behaviour Strategy Launch
Early Years ALN Panel	

West Glamorgan Region

West Glamorgan Regional Partnership Board	CYP Emotional Health & Wellbeing Planning Group
West Glamorgan Learning Disability Programme Board	West Glamorgan Carers Liaison Forum
West Glamorgan Carer's Partnership Board	Regional Transition Working Group (Child to Adult Services)

Steering and Advisory Board 2 (Wellbeing and Learning Disability)	West Glamorgan Learning Disability Programme Board
West Glamorgan Neurodiverse Programme Board	West Glamorgan CYP Participation & Engagement Workstream

Health

Primary Care Professional Cluster meetings	Integrated Autism Services
Swansea Bay University Health Board Neurodivergence Pathway	Swansea Bay University Health Board Primary Care Pharmacy collaboration
Meet up with CAMHs new lead	Meet up Clinical Lead ND

National

Wales Carer Poverty Focus Group for carers	Improvement Cymru Parent Carer Subgroup
Knowledge Exchange: Supporting Unpaid Carers in Financial	Neurodivergence Wales Parents & Carers Resource Development
Evaluation of Regional Integrated Funding	IMPACT Wales Autumn Assembly
Welsh Government Neurodivergence Programme Stakeholder Advisory Group	Interview for Carers Month Campaign
Social Care Wales Transition	Neurodivergence Rapid Design event
Emotional and Mental Health Community of Practice	Children & Young People Learning Disability Community of Practice
Cross Party Group on Learning Disability	

Swansea PCF Presentations at events

-  Regional Partnership Board Annual Carers Event
-  Hiraeth Podcast for Carers Week
-  CAMHS staff away day
-  Neurodivergence Rapid Design event
-  Senedd Carers Wales
-  SPACE Swansea



Our work in Engaging with parent carers

Workshops for Members

-  Bladder & Bowel Health Workshop
-  Cerebra Accessing Public Services Workshop
-  SPCF Celebration and Information Event
-  Mental Capacity Act Training for Parent Carers
-  Child Sexual Abuse Prevention Training
-  “How to cope when your young person isn't “
-  Lucy Faithfull Digital Resilience

Information Stalls -

-  Foster Carers information event
-  Elective Home Education Event
-  Early Years Locality/Network Meeting (Valley)
-  Tre Uchaf Primary ALN Event
-  Pen y Bryn x 2
-  National Play Day
-  One Stop Info Shop Disability Events x 2
-  Ysgol Crug Glas
-  Elective Home Education event
-  Bishop Vaughan school
-  Swansea ALN Marketplace
-  Swansea Early Years ALN Marketplace
-  Family Engagement Officer National Conference
-  Swansea Behaviour Strategy Launch

Coffee mornings for Parent Carers

-  Members Coffee morning/Drop Ins x 14
-  Llwynderw School
-  Stepping Stones Visits x 4
-  St David's Primary School
-  ALN Connect

-  Ysgol Crug Glas
-  Carers Centre Community Coffee Morning
-  Swansea NAS Support group
-  Gwrysydd Primary inclusion coffee morning
-  Brynmill School ALN Coffee Morning

Other Events attended

-  Next Steps x 6
-  Carers Project African Community Centre
-  SCVS Members event
-  City Summer Chill Events x2
-  Short Breaks & Respite Workshop
-  Help with the Cost-of-Living Research Welsh Government
-  Making Play in Swansea Accessible to All
-  'The State of Play in Swansea' Seminar

Networking

-  Gwent Parent Carer Network
-  Gig Buddies Stakeholder Group
-  Break From the Routine All Wales Forum
-  West Glam Carers Liaison Forum x 2
-  'Grand Ambition' Swansea Grand Theatre
-  SPACE Bangor & Swansea
-  West Glamorgan Regional Partnership Board Forum Working Together Event
-  Swansea SCVS Mental Health Forum
-  Carers Trust annual Carers Assembly

SwanseaPCF Trustees

Our volunteer trustees met regularly to ensure good governance of the charity. We also held additional meetings to take forward planned for pieces of work and to update our ongoing partnership work with services. To ensure we keep up to date we attended a range of training sessions.

-  Volunteer Management
-  DWP- Universal Credit Migration: Information
-  ALNET - Michael Charles
-  ND Community of Practice
-  DWP Move to Universal Credit Migration
-  HCB online ALN session

-  Understanding suicide risk in parents caring for disabled
-  Being A Neurodivergent Parent
-  West Glamorgan Suicide and Self-harm Prevention
-  CAMHS - Emotional Regulation
-  Minute Taking

In April the Forum signed up to **Easyfundraising** which is a way of SPCF getting donations to support our work from our members and supporters members. All you have to do is sign up [[here](#)] and then use the Easyfundraising site when you buy from loads of online stores.

And finally a big thank you

We would like to thank our members and partners in helping to influence changes which make a positive difference to families living in Swansea.

A huge thank you to Swansea Parent Carer Forum members, to parent carers and local parent carer led groups/organisations whose wisdom, experience and voice is so important to our children's and families' future.

Swansea PCF trustees would like also to thank the City and County of Swansea for believing in this new way of working and for recognising that by involving families of children with additional needs in planning services Swansea becomes an inclusive place to live for all children and young people.

Diolch

If you have experiences that you want to share with us then please let us know at info@swanseapcf.org

To receive regular information about our work, sign up to our mailing list:
<https://swanseapcf.org/join-us/>

Sign Up Join our private Facebook Group here: @swanseaPCF

Follow us on social media: @swanseaPCForg





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