

The Grapevine

A group of parents
and carers of adults
with learning disabilities...



Our aim is to ensure
that the voices and views
of parents and carers are
heard and listened to.
By working together we can
help to improve and develop
the services we receive.

Become a member of The
Grapevine – it's a great way to
get support, information and
advice. You can relax, chat and
share experiences with other
parents and carers.

**TOGETHER WE CAN
MAKE A DIFFERENCE**

In July 2017 Managers at my sons Day Service provision in Tonypandy, organised a meeting for parents and carers.

- Eight Parents & Carers attended
- And that's where it all began!



In those first few meetings Parents & Carers raised concerns about:

- Changes to Day Service provision
- Respite Care
- Changes to the Social Work Team leaving family members without an allocated social worker.



- The group were worried about changes being made to services without even involving or informing us.
- We wanted to make sure that our voices were heard & listened to.
- Learning about our rights under the new Social Services & Wellbeing Act helped us to do this



- Throughout 2018 we invited Officers from the Local Authority to our monthly meetings
- Our group grew in numbers & we began to make our presence felt!
- In January 2019 we became a constituted group & named ourselves The Grapevine!!



How the The Grapevine Voice is heard at a Local & Regional & Level

Local Level

We have worked with our Local Authority on:

- Respite;
- Carers Assessments;
- Restructure of the Care & Support Team;
- Restructure of Daytime Opportunities – *My Day, My Way*
- Annual Reviews
- Transition into Supported Living

Regional Level

- Carer Representative on the Regional Partnership Board
- Review of Annual Health Checks / Health Profiles
- My Dream Home Booklet

We sometimes meet for a coffee and a chat



Or an Afternoon Tea!!



With Friends xx



Short Breaks Scheme

The Seibiant Project





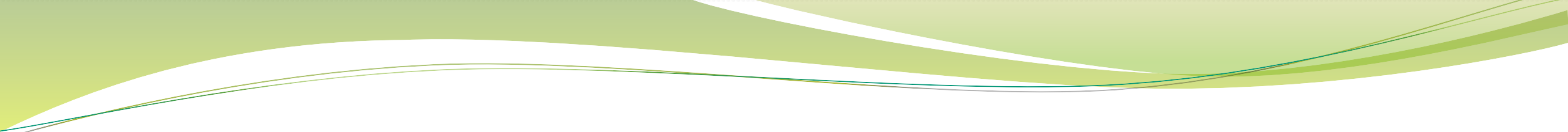
The Following Day!

‘For those in my boat... thank you for the giggles, the patience and for making my first trip along Brecon canal a scream.’

‘We laughed from the moment Nickie drove the boat from one hedge to another (laughing as I'm typing this) Sorry I wasn't any help it was brilliant!’

‘Thanks to my boat friends who I got to know better throughout the day’

‘I feel blessed to have witnessed how much this project is needed for parent carers and the benefit of group trips and peer support networks for well-being.’



‘We do need these days away from routine to actually enjoy doing something for ourselves’

‘We don't think about ourselves so yesterday was just for us and what a day it was. Laughter and new friendships, worth so much. Xx’

What a special day we all had Lovely to spend a day with such lovely people. Don't think any of us have laughed that much for a long time.
Look forward to our next day out .xxx

Poem written by one of the group

*In Brecon Canal, a merry band we find,
Parent carers, leaving stress behind.
A day of respite, a chance to unwind,
Laughs and joy, we're all of like mind.*

*A little tippie on the canal, we did partake,
Toasting to friendships, memories we make,
Sipping and giggling, till our sides ache,
A day of pure joy, no mistake.*

*So here's to the parent carers, a special breed,
Taking a break, fulfilling a need,
In Brecon Canal, we found our lead,
A day of laughter, our souls freed.*

The Grapevine

