



CEFNOGI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY

NEWCIS NEWS

Information, support, training and more to unpaid carers in North East Wales

www.newcis.org.uk enquiries@newcis.org.uk



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"Looking Forward"

Hello and welcome to the Summer edition! With Carers Week in June being held under restrictions for a second year, we have planned events on Zoom but we hope that if guidelines allow, we will be having some Summer walks and a Picnic in the Park (page 7)! I do hope that you have all had the opportunity to take up your vaccine. If you have still not received yours but wish to do so, please refer to the information on page 2.

With lockdown pressure starting to ease, our essential food box delivery service will be coming to an end. By which time we will have delivered over 8,000 boxes to carers! I would like to thank all the funders and staff for ensuring that carers have benefitted and thank you to all the carers who have taken the time to write to us with feedback and donations.

Carer wellbeing is always at the forefront of the agenda at NEWCIS and having just celebrated my 20th Anniversary of working for the charity, I am extremely proud of the how the service has developed. 1,635 new carers registered with us last year and we had contact with carers over 51,000 times via telephone, email and Zoom.

We tailor our service to meet the needs of individual carer circumstances and the NEWCIS team have many years of experience and vast knowledge. We are always moving forward and listening to your feedback, thank you to everyone who completed the annual carer questionnaire, the results will be available in early Summer.

The lack of respite and breaks last year caused many of you additional pressures. I am delighted to announce that NEWCIS now has a respite house in Prestatyn that will be utilised to facilitate carer breaks. The property is a lovely bright and airy house, right by the beach and within walking distance of many facilities and lovely sea view walks. We are currently getting the property ready for use and hope to be offering breaks very soon. The breaks will be at reduced costs for carers and we hope that it will offer much needed breaks.

Kind regards, Claire Sullivan CEO

Important information

and updates



If you are the sole or primary unpaid carer for an elderly or disabled person who is clinically vulnerable, you are now eligible for a vaccine. If you are already registered as an unpaid carer with your GP you will be contacted by your practice.

Otherwise you can complete the online booking form:

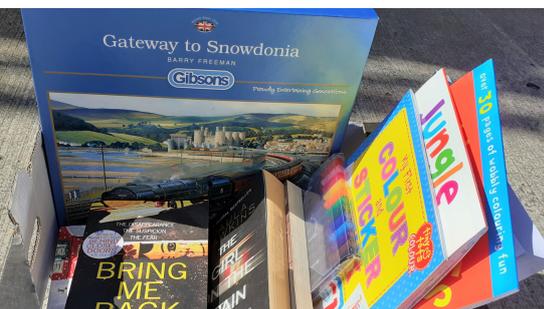
gov.wales/get-covid-19-vaccine-unpaid-carer

Or call the booking team on 03000 840004



Don't forget to let us know if you've recently moved house, changed your phone number or email address. You can also change the way you receive NEWCIS News or let us know if you no longer wish to receive updates from us.

www.newcis.org.uk/update-record



Our 'Keep Busy, Keep Well' Packs can support you and your loved ones whilst you remain at home – these include books, DVD's, CD's, board games, craft items etc. (all subject to availability). Please speak to one of our Wellbeing Officers if you think this could help your wellbeing.



As a charity, we rely on your support to supplement our core income so that we can provide a bespoke service to unpaid carers. Thank you to all of our donors for your continuous support and generous donations. View the full list of January to March 2021 donors at www.newcis.org.uk/donors-jan-mar-21/

Make a donation online at www.newcis.org.uk



DEMENTIA FRIENDLY
Virtual Coffee Morning
Every Friday at 10:45am via Zoom

For people living with dementia and their carers. Contact yvette@newcis.org.uk for more information and to book. You'll be sent the Zoom link an hour before.



Events, carer groups

and training

These events and carer groups have been planned in advance and therefore remain virtual for now. We will continue to monitor the guidelines closely and if we can revert a group or event back to face to face we will notify those booked on.

- > Book online at www.newcis.org.uk/events
- > Or call 01352 752525 / 01745 331181 / 01978 423114

MAY



PARENT CARER GROUP: BINGO **Tuesday 11th May 2pm - 3pm via Zoom**

Eyes down, daubers at the ready! Join the group for a virtual bingo game from the comfort of your own home! An email of instructions will be sent to you prior to the session. This group is for parent carers who care for a child who has additional needs.



EVENING CARER GROUP: CONTINUING HEALTH CARE (CHC) INFORMATION SESSION **Tuesday 11th May 7pm - 9pm via Zoom**

A virtual information session all about Continuing Health Care with NEWCIS' CHC Facilitator. If you are caring for someone who receives CHC funding in Flintshire and have questions or require further information then please join us.



CARER DROP IN

Wednesday 12th May 11am - 12pm via Zoom

Meet other carers (familiar faces and new ones too!) at this virtual carer drop in and enjoy a cuppa and some biscuits from the comfort of your own home!



ANXIETY MANAGEMENT WITH DR MARC JOHNSON **Monday 17th May 11am - 1pm via Zoom**

During the early stages of the Coronavirus outbreak in the UK 49.6% of the adult population had levels of anxiety rated as 6/10 or higher. But what causes anxiety, and how can we reduce and manage the symptoms? Learn more at this session with Dr Marc Johnson from North Wales and Chester Clinical Wellness Centre.

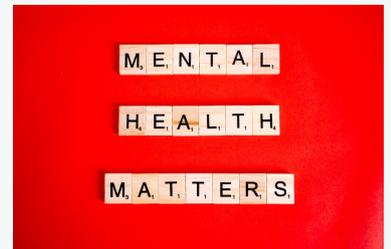


MENTAL HEALTH AWARENESS WEEK

10th – 16th May 2021

The week is an opportunity to talk, break the stigma and start a conversation about mental health. If you need to reach out, you can find a list of useful mental health support services on our website.

www.newcis.org.uk/mental-health-support/



DEMENTIA FRIENDS SESSION

Monday 17th May 2pm – 3pm via Zoom

During this interactive session you'll learn more about dementia, how it affects a person and what you can do to help people living with dementia in your community.

Big or small, every action counts!



WISDOM OF EQUUS

Thursday 20th May 1pm – 2pm via Zoom

Wisdom of Equus uses the energy, presence and natural appeal of horses to deliver a range of activities in a safe, controlled environment. Horses have the ability to 'read' and respond to human energy and intention. Learn more from the charities CEO.



'ELEVENSES' DROP IN

Monday 24th May 11am – 12pm via Zoom

Join us for Elevenses! Grab a hot drink, your favourite slice of cake and catch up with other carers virtually.



CARER DROP IN

Wednesday 26th May 11am – 12pm via Zoom

Meet other carers and enjoy a cuppa and some biscuits from the comfort of your own home!



SETTLE & SOOTHE WITH JILL BLANDFORD

Thursday 27th May 2pm – 3pm via Zoom

Gentle seated stretches & movement routines to ease tension in the physical body. Also, simple breathing techniques & meditations to calm the mind & the emotions. All to gentle music to leave you feel refreshed & more energised.

"I cannot express what a lifeline the virtual groups have been to me. They have given me purpose and reduced my isolation. I value having groups to attend, online or face to face, where everyone shares similar experiences. It can be difficult accessing activities when you are a carer, but NEWCIS makes them easily accessible and they help me to experience different things."

- Anonymous carer feedback



ART THERAPY WITH PAM HUTCHESON: WEEK 1 **Wednesday 2nd June 1pm - 3:30pm via Zoom**

Explore thoughts & feelings using art materials and express yourself within a safe and confidential environment. Join us in for weekly sessions to be in the moment and take time to reflect and relax. The programme will invite you to discover creative ways to improve your wellbeing, de-stress and build confidence. If you are receiving any other professional therapeutic support from a health professional please discuss this with them first.

Carer and cared for both welcome to join!



SETTLE & SOOTHE WITH JILL BLANDFORD **Thursday 3rd June 2pm - 3pm via Zoom**

Gentle seated stretches & movement routines to ease tension in the physical body. Also, simple breathing techniques & meditations to calm the mind & the emotions. All to gentle music to leave you feel refreshed & more energised.



PARENT CARER GROUP: SUMMER WALK **Tuesday 8th June 12:30pm** **At Loggerheads Country Park, Mold, CH7 5LH**

Join the group for a socially distanced walk at Loggerheads Country Park. Weather and government restrictions permitting.

VOLUNTEER WEEK **1st - 6th June 2021**

This week is a chance to celebrate and say a huge thank you for the contribution our volunteers make to the charity. Our volunteers, amongst other things, have helped us throughout the pandemic with 'keeping in touch' calls to rural or isolated carers which makes a huge difference to carer wellbeing.

Benefits of volunteering include increasing self confidence, easing isolation, peer support, gaining new skills and lots more! Find out how you can get involved on our website.

 www.newcis.org.uk/volunteer



Carers Week

7th - 13th June | Making Caring Visible and Valued



Carers Week is an annual campaign that aims to raise awareness of caring.

It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support from NEWCIS. People are continuing to face new challenges as a result of the Coronavirus pandemic and caring without the right information and support can be tough. That's why this Carers Week, and always, we're helping Make Caring Visible and Valued.

All Carers Week events must be booked in advance via the booking form or telephone.



MINDFULNESS WITH HOLISTIC THERAPIST EMMA SIMS

Monday 7th June 10am - 11am via Zoom

Tips and techniques to help carers find ways to relax and develop self-awareness and mindfulness approaches to daily life.



ALL ABOUT RESPITE **Monday 7th June 11am - 11:30am via Zoom**

Find out more about our new respite house in Prestatyn, Bridging the Gap & Bridging the Gap Family projects and our caravan and hotel breaks and how to access these.



FIVE WAYS TO WELLBEING **Monday 7th June 12pm - 2pm via Zoom**

The same as it's recommended you have 5 fruit and veg a day to keep your body healthy, this is a 5 a day to keep your mind healthy. Learn more at this drop in session.



FUTURE OPPORTUNITIES: VOLUNTEERING & RETRAINING **Monday 7th June 1pm - 3pm via Zoom**

Drop in and find out more about our flexible and varied volunteer roles at NEWCIS and all about training and retraining from our C.O.P.E project team.



CELEBRATING CARERS WITH COFFEE AND CAKE **Monday 7th June From 3:30pm via Zoom**

Carers Week is an awareness campaign recognising and celebrating the contribution carers make. Join us to celebrate!



WALK AT ALYN WATERS COUNTRY PARK
Wednesday 9th June From 2pm
At Alyn Waters, Mold Rd, Wrexham LL11 4AG

The largest country park in the Wrexham area, Alyn Waters has a variety of woodland, grassland and riverside walks! The Gwersyllt side of the Park offers parking and a visitor centre with café. Refreshments will be provided or feel free to treat yourself from the café (if it's open at the time)! Please register your interest via the booking form and we'll be in touch with confirmation.



COASTAL WALK
Friday 11th June From 11am
At Marine Lake, Wellington Road, Rhyl, LL18 1AQ

Join us to take a leisurely walk around the lake. It is a flat walk with parking facilities. Then why not pop over to the Harbour café for a coffee after? They've got benches outside and are doing take away service. Please register your interest via the booking form and we'll be in touch with confirmation.



PICNIC IN THE PARK
Saturday 12th June From 3:30pm
At HFT, Chester Rd W, Deeside, CH5 1SA

We thought we all needed something positive to look forward to! So, to celebrate Carers Week, we are hoping to hold a Picnic in the Park! The event will be in accordance to Government guidelines at the time. Please register your interest via the booking form and we'll be in touch with confirmation.

i For more information about the campaign go to www.carersweek.org

★ LONDON VIRTUAL MARATHON ★
3rd October 2021

NEWCIS Trustees, Glyn Jelly and Emily Littlehales and our Accountant James Salt, will be running the Virtual London Marathon later this year!

We are looking for people who would like to volunteer to run, walk or cheer with them to support NEWCIS. Could this be you? Keep an eye on our website for further details.

www.newcis.org.uk/london-virtual-marathon/





EVENING CARER GROUP: QUIZ NIGHT! **Tuesday 8th June 7pm - 9pm via Zoom**

Join us for our virtual quiz night, have a bit of fun and test your general knowledge!



CARER DROP IN

Wednesday 9th June 11am - 12pm via Zoom

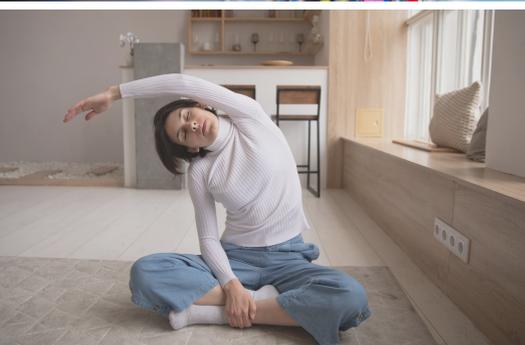
Meet other carers (familiar faces and new ones too!) at this virtual carer drop in and enjoy a cuppa and some biscuits from the comfort of your own home!



ART THERAPY WITH PAM HUTCHESON: WEEK 2 **Wednesday 9th June 1pm - 3:30pm via Zoom**

Explore thoughts & feelings using art materials and express yourself within a safe and confidential environment. If you are receiving any other professional therapeutic support from a health professional please discuss this with them first.

Carer and cared for both welcome to join!



SETTLE & SOOTHE WITH JILL BLANDFORD **Thursday 10th June 2pm - 3pm via Zoom**

Gentle seated stretches & movement routines to ease tension in the physical body. Also, simple breathing techniques & meditations to calm the mind & the emotions. All to gentle music to leave you feel refreshed & more energised.



DEALING WITH BEREAVEMENT AND GRIEF WITH DR MARC JOHNSON **Monday 14th June 1pm - 3pm via Zoom**

What can be done to reduce the symptoms, and how can some people move on past bereavement easier or quicker than others? Grief is a natural process, and understanding grief can make coping easier. This talk looks at simple steps that can be taken to help you cope. Facilitated by Dr Marc Johnson from North Wales and Chester Clinical Wellness Centre.

EXPLORING STRESS AND ANGER THROUGH THE POWER OF POSITIVE THINKING **WITH COUNSELLOR JUDITH KEEFE: PART 1** **Tuesday 15th June 10am - 12pm via Zoom**

This two part course enables carers to consider how they cope with life's challenges and sustain their health and wellbeing. It aims to provide a positive twist on handling stress and anger by enabling carers to address previously ignored causes of stress and anger that may otherwise be proving difficult to reconcile.





ART THERAPY WITH PAM HUTCHESON: WEEK 3 **Wednesday 16th June 1pm – 3:30pm via Zoom**

Explore thoughts & feelings using art materials and express yourself within a safe and confidential environment. If you are receiving any other professional therapeutic support from a health professional please discuss this with them first.

Carer and cared for both welcome to join!



HOMELINK LIBRARY SERVICES **Thursday 17th June 1pm – 2pm via Zoom**

Library services are free and accessible to all and have been a lifeline for many of us over recent months. Vicky from Wrexham Library Services will be telling us more about the Homelink service in Wrexham for people who are housebound and have no one to collect books from the library on their behalf.



SETTLE & SOOTHE WITH JILL BLANDFORD **Thursday 17th June 2pm – 3pm via Zoom**

Gentle seated stretches & movement routines to ease tension in the physical body. Also, simple breathing techniques & meditations to calm the mind & the emotions. All to gentle music to leave you feel refreshed & more energised.



CYMRU VERSUS ARTHRITIS **Monday 21st June 10:30am – 12pm via Zoom**

Do you have arthritis or are caring for someone living with arthritis? Alongside health professionals, volunteers, researchers, and carers, Cymru Versus Arthritis do everything they can to push back against arthritis. Join Jenni Edwards, Services Coordinator for North East Wales, who will talk about arthritis and the services we offer, plus Elspeth Nolan, volunteer from the Wrexham Support Group, talking about what it is like to live with arthritis.



EXPLORING STRESS AND ANGER THROUGH THE POWER OF POSITIVE THINKING **WITH COUNSELLOR JUDITH KEEFE: PART 2** **Tuesday 22nd June 10am – 12pm via Zoom**

Consider how to cope with life's challenges and sustain your health and wellbeing.



CARER DROP IN **Wednesday 23rd June 11am – 12pm via Zoom**

Meet other carers and enjoy a cuppa and some biscuits from the comfort of your own home!



ART THERAPY WITH PAM HUTCHESON: WEEK 4 **Wednesday 23rd June 1pm - 3:30pm via Zoom**

Explore thoughts & feelings using art materials and express yourself within a safe and confidential environment. If you are receiving any other professional therapeutic support from a health professional please discuss this with them first.

Carer and cared for both welcome to join!



FREE FINANCIAL / LEGAL ADVICE WORKSHOP **Thursday 24th June 10am - 12pm via Zoom**

Learn about important financial and legal matters that have a huge impact on families, such as Care Fee Planning (how to reduce costs, legal authority financial claims and protecting your families' estate), Estate Planning (reducing inheritance tax, legal ways to reduce the taxman's cut, importance of writing a Will) and Power of Attorney (benefits and drawbacks).

Facilitated by Robert Lewis from Celtic Financial Planning Ltd.



CRAFT WORKSHOP

Friday 25th June at Ruthin Craft Centre **Slot 1: 10am - 12pm / Slot 2: 1pm - 3pm**

An opportunity to re-engage with craft and the art of making. Come and join us for a couple of hours and learn a new craft process; helped along with a nice cup of tea or coffee!

No experience in the arts is necessary. Cared for welcome.

Please specify a time slot when booking.



'ELEVENSES' DROP IN

Monday 28th June 11am - 12pm via Zoom

Join us for Elevenses! Grab a hot drink, your favourite slice of cake and catch up with other carers virtually.



C.O.P.E DROP IN SESSION

Monday 28th June 1pm - 2:30pm via Zoom

Are you a carer looking for information and advice on accessing training, higher education and/or employment? Drop in to this virtual session for an opportunity to listen or ask questions to representatives from training, education and employment support services across Wrexham and Flintshire. And find out how the NEWCIS COPE Project can support you on your journey! Details of confirmed representatives will be on our events page when booking.

YOU MATTER

'WHY YOU MATTER' WITH ANGELIC HEALING Tuesday 29th June 10am - 12pm via Zoom

You are a human being but are you a well-being? Discover how living in an emotional state of fear effects your mind and body. How your thoughts and words reach your inner child, and how negative emotions can manifest as ailments and disease – a body not at 'ease' in later life.



ART THERAPY WITH PAM HUTCHESON: WEEK 5 Wednesday 30th June 1pm - 3:30pm via Zoom

Explore thoughts & feelings using art materials and express yourself within a safe and confidential environment. If you are receiving any other professional therapeutic support from a health professional please discuss this with them first. Carer and cared for both welcome to join!

JULY



IRRITABLE BOWEL SYNDROME WITH DR JOHNSON Monday 5th July 11am - 1pm via Zoom

As many as 60% of adults may get symptoms of an irritable bowel at some in their lives. IBS has never been so well researched and understood, and there are treatments and therapies that really can help to improve the daily living with IBS. Join Dr Marc (North Wales and Chester Clinical Wellness Centre) for this interactive group talk and learn about all things IBS.

CARER DROP IN

Wednesday 7th July 11am - 12pm via Zoom

Meet other carers and enjoy a cuppa and some biscuits from the comfort of your own home!



TRIP TO ERDDIG HALL

Thursday 8th July | Meet & Greet at 11am or 1pm

Third time lucky! If you've previously booked you'll automatically be contacted. Otherwise, please book and specify your preferred meet and greet time. And as always your cared for are welcome too. You will need to make your own way there but if transport is a problem just let us know.

MEDITATION & RELAXATION

Monday 12th July 10am - 12pm via Zoom

Bring some mindful moments to your day with this workshop on meditation and relaxation with Holistic Therapist Emma Sims.





GUIDANCE

EMOTIONAL GUIDANCE WITH ANGELIC HEALING

Tuesday 13th July 10am - 12pm via Zoom

Learn how to be aware of your personal emotional state, use your intuition as your innate 'knowing' to guide you away from spiralling into a state of anxiety and overwhelm and tune into your emotions to be in control of your thoughts, feelings, and actions and enjoying a healthy state of well-being.

PARENT CARER GROUP: AFTERNOON TEA

Tuesday 13th July, Time TBC

At The Woodworks Garden Centre & Café, Mold

Join the group for a delicious afternoon tea! This group is for parent carers who care for a child who has additional needs.

EVENING CARER GROUP

Tuesday 13th July 7pm - 9pm via Zoom

Grab a cuppa and join us at this virtual catch up to unwind with fellow carers and let NEWCIS remind you of all the support and services available.

VISIT ERLAS VICTORIAN WALLED GARDEN PROJECT

Thursday 15th July 1pm - 3pm

Bryn Estyn Road, Wrexham LL13 9TY

Join NEWCIS and Jane Hulse for a visit around the Garden and to find out more about the project and how it aims to promote and protect the health of people with with learning difficulties in the Wrexham area.

CARER DROP IN

Wednesday 21st July 11am - 12pm via Zoom

Meet other carers and enjoy a cuppa and some biscuits from the comfort of your own home!

CRAFT WORKSHOP

Friday 23rd July at Ruthin Craft Centre

Slot 1: 10am - 12pm / Slot 2: 1pm - 3pm

An opportunity to re-engage with craft and the art of making. Come and join us for a couple of hours and learn a new craft process; helped along with a nice cup of tea or coffee! No experience in the arts is necessary. Cared for welcome. Please specify a time slot when booking.

'ELEVENSES' DROP IN

Monday 26th July 11am - 12pm via Zoom

Join us for Elevenses! Grab a hot drink, your favourite slice of cake and catch up with other carers virtually.





Young Carers ID Card

On the 16th March 2021 we officially launched our Young Carers ID Card in partnership with WCD Young Carers and Action For Children. Our ID Card will be recognised across North Wales. The YCID, or Young Carers ID card, is a simple card to help professionals including doctors, teachers and pharmacists to recognise you are a Young Carer which will help them give you the appropriate support you need and deserve.

www.newcis.org.uk/young-carers-id-card/

Welsh Ambulance Service



Would you be interested in sharing your story/experience with the Welsh Ambulance Patient Experience and Community Involvement (PECI) Team of when you, or a family member, has used any of our services during the pandemic? Visit their website and enter feedback on their contact form, email Peci.team@wales.nhs.uk or call 01792 311773

www.ambulance.wales.nhs.uk/

Carers Emergency Card

Should an emergency or accident happen, by carrying this card it will let emergency workers and others know that someone relies on you as a carer. The card provides spaces for emergency contacts, for example family or friends who can help. You can obtain a card or key fob by contacting Carers Wales on 029 2081 1370 or info@carerswales.org

www.carersuk.org/wales/help-and-advice/caring-and-emergencies

Carer Opportunities & Participation in Employment

Did you know that NEWCIS can support unpaid carers with employment, education, training and volunteering opportunities? The C.O.P.E Project (Carer Opportunities & Participation in Employment) is to support unpaid carers to access employment, education, training or volunteering opportunities. The project can also support carers who currently work. Visit our website for information about how we can help, tips for creating a CV, searching for work, volunteering opportunities and more!



www.newcis.org.uk/cope

A DEMENTIA STRATEGY FOR FLINTSHIRE

Flintshire County Council Council are working closely with the Health Board and other support organisations to develop a new Strategy for Dementia in Flintshire. This strategy will be guided by the Dementia Action Plan for Wales and the North Wales Dementia Strategy, with a focus on the needs of people in Flintshire. This Strategy cannot be written without the voice of people that live with Dementia, their carers and families and those who work with them. A consultation will be launched shortly.

www.flintshire.gov.uk/en/Resident/Social-Services/Dementia.aspx



The Well-Being Matters Project, funded by the National Lottery Community Fund, is going from strength to strength! The main focus of the project is to support carers to identify, plan and achieve personal goals helping to reduce isolation, increase resilience and create a greater sense of well-being be that mentally, physically or socially. Once referred to the project, you'll receive 1:1 support from one of our Wellbeing Officers and have access to a range of opportunities including carer breaks, counselling, access to training, therapy, social events, courses and volunteering.

www.newcis.org.uk/wellbeing-matters



Community Garden Project

Like being outdoors and connected with nature? We have a dedicated Community Garden Project helping to connect communities, offering carers and those they care for a chance to meet other like minded individuals. Plant, grow and thrive in a range of local garden projects and green spaces! Visit our website to learn more.

www.newcis.org.uk/community-garden-project/



Chop, Slice and Dice Classes

Interested in cooking but not sure where to start? Look no further than our Chop, Slice and Dice classes! Paula Vaughan Williams from Pure Vegetable Wellbeing has created some watch and do videos to help get you going. Learning new skills is another key element of the 5 ways to well-being. Head over to our website for some cooking videos!

www.newcis.org.uk/chop-slice-dice/



Menter gymdeithasol sy'n cefnogi rhai sy'n cefnogi gofalwyr
A social enterprise supporting those who support carers

OUR CHARITY SHOPS - NOW OPEN!

 25 Central Precinct, Buckley, CH7 2EF

 Daniel Owen Precinct, Mold, CH7 1AP

www.newcis.org.uk/charity-shops

Donations



In Memory of Gwenda Davies £831.25

Gwenda was a dedicated NEWCIS volunteer champion, passionate crafter and leader of the craft group. You can read our full tribute to Gwenda on our website at www.newcis.org.uk/tribute-to-gwenda/



Thanks to Amazon for their generous donation towards our 'Keep Well, Keep Busy' entertainment boxes. ASDA, Iceland Frozen Foods Ltd. and all of the anonymous and miscellaneous donations



Thanks to ASDA Queensferry and to our young carers Aeron and Leonardo for donating Easter Eggs for NYC (NEWCIS Young Carers)!

Full list of donors at www.newcis.org.uk/donors-jan-mar-21/

Testimonials

"NEWCIS is the best place where carers can go to for help, guidance and support! It is a comfort to know that there is an amazing team at the end of the phone."

"NEWCIS has helped me a lot, I had no idea of all the support available. They're really supportive and they've got your back"

"NEWCIS without exaggerating are a life support, I can honestly say I wouldn't have coped so well without them. I have been both humbled and impressed by the support we have received. I was blown away by the kindness, helpfulness, skills and the practical help and solutions. Thank you so much to everybody that's helped to support us and for going above and beyond."

If you no longer wish to receive NEWCIS News or want to change the way you receive it go to www.newcis.org.uk/update-record

Disclaimer: The online courses are hosted on Zoom. NEWCIS is in no way affiliated with Zoom and you should read and agree to Zooms privacy and security terms and conditions before using the platform. Go to: www.zoom.us

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