

# NEWCIS NEWS

Information and support for unpaid carers in North East Wales



*NEWCIS holiday home in Prestatyn available for carers to rent*

## FEATURED IN THIS ISSUE...

Events - 3-16

Volunteering - 5

Carer Consultation - 10

Donations - 16

-

## CONTACT US

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## WELCOME TO THE AUTUMN ISSUE

### A message from our CEO

"At NEWCIS we are delighted to be able to see carers face to face again, please take a look at our groups and events throughout this issue that offer both zoom activities and meeting up in safe areas and following all the restrictions that still apply.

Our Prestatyn holiday home (above) is our new carer break facility. Three day breaks can be taken and four people can stay at the property. It is a two minute walk to the sea front and to date carers who have stayed at the beach house have enjoyed their time there and gained a well-earned rest. We have grants available to carers to help cover the cost of a stay with us and we look forward to seeing more of you take this opportunity throughout the rest of the year.

Thank you for completing the annual questionnaires which we are now feeding into future planning of services. Your views help to shape our services, local and national consultations where we get asked to represent carers views."

*Best wishes, Claire Sullivan*



**CEFNOGI GOFALWYR YN Y GYMUNED  
SUPPORTING CARERS IN THE COMMUNITY**

# LONDON MARATHON

3rd October 2021

The virtual Virgin Money London Marathon will return this year, giving participants the opportunity to take on the world's greatest marathon on a course of their choice. NEWCIS Trustee Glyn and our accountant James will be completing their marathon miles across beautiful North Wales scenery in Prestatyn as they set off and return to our Prestatyn Holiday Home.

## How you can support us...



Volunteer to help out on the day - get in touch to find out how

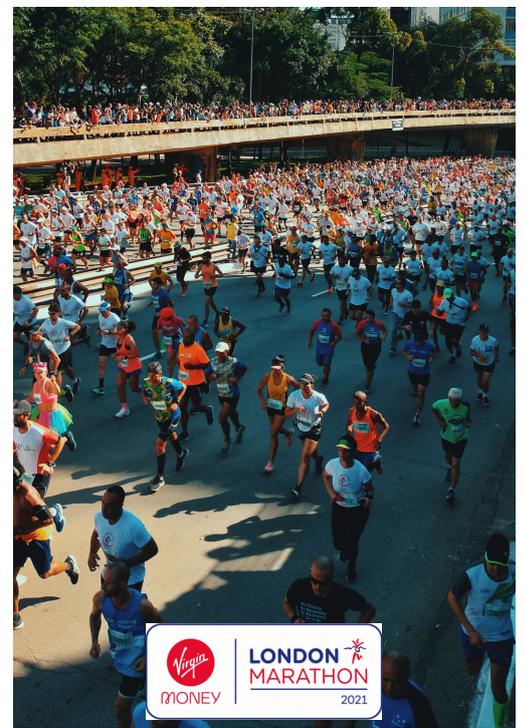


Complete your own miles and fundraise for NEWCIS - just let us know how many miles you do and we'll add them all together



Sponsor our runners. They've been training hard in their spare time from their busy schedules - and all for a good cause, to support unpaid carers in the community. Donate and leave some words of encouragement here:

[www.newcis.org.uk/london-virtual-marathon/](http://www.newcis.org.uk/london-virtual-marathon/)



**\*WIN\***

The person with the highest sponsorship will win some signed Wrexham AFC goodies (below)



## Help us... DELIVER THE NEWSLETTER

These newsletters are delivered to your door by hand. Would you like to volunteer to help us deliver the next issue of the newsletter? If you are interested in helping deliver it in your local area please let us know. The newsletters will be delivered to your home and you can tell us how many and how far you would like to go.

## "I WILL BE FOREVER GRATEFUL TO NEWCIS"

"I have received amazing support from NEWCIS, which all helped so much to alleviate some of the stress at what was an extremely difficult time. I will be forever grateful to NEWCIS, what a fantastic organisation, you were wonderful support and went above and beyond, I can't express my gratitude enough. I really couldn't have gotten through this year without you all thank you."

# EVENTS, TRAINING & GROUPS

We can't wait to welcome you back as we resume some face to face events and carer groups! NEWCIS have a risk assessment in place but we ask that you follow the Government guidelines and take responsibility to ensure social distancing, mask wearing and sanitising are adhered to to ensure that carers, cared for's and our staff can meet safely. **ALL** events and groups listed in the calendar **must** be booked in advance (including Zoom sessions).

 **This icon next to an event means it is face to face - booking is essential and Covid guidelines must be adhered to**

> **Book online at [www.newcis.org.uk/events](http://www.newcis.org.uk/events)**

> **Call us on 01352 752525 / 01745 331181 / 01978 423114**

## AUGUST



### YOUNG ADULT CARERS: PILATES

**Monday 9th August, 5:30pm - 6:30pm**

**At Parkfields Community Centre, Mold, CH7 1TB**

Relax and unwind for an hour whilst bringing balance and strength to your body in a mindful way. This event is for Young Adult Carers aged 16-25. Facilitated by DW Move & Improve.



### EVENING CARER GROUP Meditation and Relaxation

**Tuesday 10th August, 7pm - 9pm**

**Via Zoom**

Bring some mindful moments to the end of your day at this Meditation and Relaxation session with Emma Sims, Holistic Therapist.



### CARER DROP IN

**Wednesday 11th August, 11am - 12pm & 12:15pm - 1:15pm**

**At NEWCIS Carers Centre, Mold, CH7 1NZ**

Meet other carers (familiar faces and new ones too!) at our drop in and enjoy refreshments. There are two time slots, please specify a time when booking.



## Dementia Friendly COFFEE MORNING

Contact [yvette@newcis.org.uk](mailto:yvette@newcis.org.uk)

We've been holding a virtual coffee morning every Friday for people diagnosed with dementia and their carers to meet online, chat and enjoy some dementia friendly activities. The group is winding down but we're interested to know if there is a demand for us to continue running the group. Please get in touch to let us know.



Yn gweithio i fod yn  
**Dementia  
Gyfeillgar**



Working to become  
**Dementia  
Friendly**



# GP SUPPORT SURVEY

[www.newcis.org.uk/gp-support-survey/](http://www.newcis.org.uk/gp-support-survey/)

NEWCIS would like your views on the support you have received from your GP surgery in your caring role. Please take part by attending one of our Carer Consultation groups or by completing the survey online.



## CARER DROP IN

**Wednesday 18th August, 11am - 12pm & 12:15pm - 1:15pm**  
**At NEWCIS Carers Centre, Mold, CH7 1NZ**

Meet other carers (familiar faces and new ones too!) at our drop in and enjoy refreshments. There are two time slots, please specify a time when booking.



## CHIRK CASTLE TRIP

**Thursday 19th August, 11am arrival**  
**At Chirk Castle, LL14 5AF**

Thanks to the National Trust Wellbeing Pass, we are able to offer entrance into Chirk Castle grounds for NEWCIS carers. Enjoy a self-guided walk round the garden, castle courtyard and Adam Tower. Dependent on restrictions we may be able to offer a short-guided tour of the furnished rooms.



**FIBROMYALGIA WORKSHOP With Dr Marc Johnson**  
**Monday 23rd August, 11am - 1pm**  
**At St Melyd Golf Club, Prestatyn, LL19 8NB**

A condition that is estimated affect up to 6% of the global population, but what is it? What are the causes? What can be done about it? Find out at this workshop.



## CARER DROP IN

**Wednesday 25th August, 11am - 12pm & 12:15pm - 1:15pm**  
**At NEWCIS Carers Centre, Mold, CH7 1NZ**

Meet other carers (familiar faces and new ones too!) at our drop in and enjoy refreshments. There are two time slots, please specify a time when booking.



# CORONAVIRUS

[www.newcis.org.uk/covid-19-information-hub/](http://www.newcis.org.uk/covid-19-information-hub/)

Information for people who are caring, unpaid, for friends or family during the coronavirus outbreak is available on our website and on the [GOV.UK](http://GOV.UK) website, which is updated regularly.

All unpaid carers who are eligible under priority group 6 should now have been invited for a vaccine. If you have still not had the vaccine, you can make an appointment or attend a local walk in centre.





## CARERS COASTAL WALK

Friday 27th August, 11am

Marine Lake, Wellington Road, Rhyl, LL18 1AQ

Join us to take a leisurely walk around the lake. It is an accessible flat walk with parking facilities and a café for refreshments nearby.

# Volunteer

Have you got a spare few hours, want to give back or just keen to get out and feel connected again? Then NEWCIS is the place to come! Now lockdown restrictions are easing and we're getting back to some sort of normality, we're looking to recruit new and existing volunteers into a number of roles including...



Providing 'Keeping in Touch' calls to carers



Helping out at a Dementia Friendly café (Flintshire)



Volunteering at one of our Charity Shops (Flintshire)



Helping out at events & drop ins



Admin / office support (Mold office)



Fundraising



Are you a keen Gardener and could you spare us time to help maintain the gardens at our Prestatyn Holiday Home? The gardens need general maintenance and there is opportunity for some creative landscaping too. If you live locally to Prestatyn and would like to help, let us know.

Interested in any of the above? Contact Yvette on [yvette@newcis.org.uk](mailto:yvette@newcis.org.uk) / 01352 752525 or head over to our website [www.newcis.org.uk/volunteer](http://www.newcis.org.uk/volunteer)

## A HIKE A DAY FOR NEWCIS

[www.newcis.org.uk/a-hike-a-day-for-newcis/](http://www.newcis.org.uk/a-hike-a-day-for-newcis/)

Melody Dean and her husband Craig put on their walking shoes to complete a fundraising challenge – walking up Moel Famau every day in June raising over £1,400 for NEWCIS!

*"We never had experience [caring] before so it was very intense, emotional and difficult. NEWCIS were really helpful on an emotional and practical level."* said Melody.

*"A huge thank you to them both and from all our carers who I know will appreciate their efforts and for thinking of them."* said Claire Sullivan, NEWCIS CEO.

# SEPTEMBER

## DROP-IN SUPPORT



### CARER DROP IN

**Wednesday 1st September, 11am - 12pm & 12:15pm - 1:15pm**  
**At NEWCIS Carers Centre, Mold, CH7 1NZ**

Meet other carers (familiar faces and new ones too!) at our drop in and enjoy refreshments. There are two time slots, please specify a time when booking.



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M, A, T, T, E, R, S.

### MENTAL HEALTH CARER GROUP

**Thursday 2nd September, 10:30am - 12:15pm**  
**At Wynnstay Arms Hotel, Wrexham, LL13 8LP**

Do you care for someone with mental health issues? Join us as we meet and greet group members as a welcome back as we have not been able to have face-to-face groups since lockdown. We will also discuss guest speakers for our sessions moving forward. Refreshments will be provided.



### ELEVENSES DROP IN

**Monday 6th September, 11am - 12pm**  
**At The Lemon Tree, Wrexham, LL11 2LP**

Meet other carers (face to face!), enjoy some tasty eleveneses treats, and receive peer support and support from NEWCIS at this informal drop in.



Resilience

### COPING & RESILIENCE With Dr Marc Johnson

**Monday 6th September, 1pm - 3pm**  
**At Advance Brighter Futures, Wrexham, LL13 7PW**

Why do some people cope better than others? Why is it that we can cope with major events, yet it's something the small things that cause upset? Some people are born resilient, and for others resilience needs to be developed.



## MINDSET



### IMPROVING YOUR HEALTH, WELLBEING AND MINDSET

**Tuesday 7th September, 10am - 12pm (Part 1 of 2)**  
**Via Zoom**

Join Counsellor Judith Keefe to assess the current state of your health and wellbeing. Then move on to study a 'mindset' that inspires optimism and confidence in creating a desired future based on what are often carers underused strengths, talents and resources.

### CREATIVE CONVERSATIONS: Workshops for Family Carers

**Tuesday 7th September, 11am - 1pm (Session 1 of 4)**  
**At The Horse & Jockey, Buckley, CH7 3JQ**

The programme aims to offer creative skills to family carers of people living with Dementia using the arts. They help carers to have meaningful and positive interactions with their loved ones during difficult times, develop art skills (poetry, visual art, photography etc.) and encourage carers to use these skills during everyday interactions. Facilitated by Jane Meakin.



# REMEMBER NEWCIS

6 - 12th September

[www.newcis.org.uk/bereavement-support/](http://www.newcis.org.uk/bereavement-support/)

REMEMBER A CHARITY  
IN YOUR WILL WEEK

'Remember A Charity Week' is an opportunity for everyone to take a moment to consider leaving a gift to charity in their Will. When someone you have been caring for passes away, it can feel overwhelming knowing what to you need to do. Our bereavement guide sets out the basics, including how to leave a gift in memory of a loved one to NEWCIS in your Will and resources, sourced by a solicitor, to help you when writing a Will.



## DEMENTIA GROUP: Caring for someone with Dementia

Tuesday 7th September, 12:30pm - 2:30pm

At Wynnstay Arms Hotel, Wrexham, LL13 8LP

Do you care for someone living with Dementia? Join Maxine (NEWCIS Wellbeing Officer) and other Dementia carers for support and a light lunch! Contact Maxine for the menu and to book your meal. £5 payable on the day.



## CARER DROP IN

Wednesday 8th September, 11am - 12pm & 12:15pm - 1:15pm

At NEWCIS Carers Centre, Mold, CH7 1NZ

Meet other carers (familiar faces and new ones too!) at our drop in and enjoy refreshments. There are two time slots, please specify a time when booking.



## ART THERAPY With Art Therapist Pam Hutcheson

Wednesday 8th September, 1pm - 2:30pm (Week 1 of 5)

Mold (Venue TBC)

Art therapy is a way of exploring thoughts & feelings using art materials. It offers an opportunity to express yourself, within a safe and confidential environment. Come and join us in for weekly sessions to be in the moment and take time to reflect and relax. The 5-week programme will invite you to discover creative ways to improve your wellbeing, de-stress and build confidence. *As this is a type of therapy, if you are receiving any therapeutic support from a health professional please can you discuss this as an option with them before you book.*



## CARER CONSULTATION: GP Surgery support for unpaid carers

Thursday 9th September, 11am - 1pm

Flintshire, Venue TBC

NEWCIS would like your views on the support you have received from your GP surgery in your caring role. Please attend this consultation to share your views or complete the online survey. Contact Rebecca for more information.



## Carer and Cared For Group | Denbighshire

The group meet on the third Tuesday of every month, outside (weather permitting) at Offa's Paddock, Prestatyn (LL19 8NB) for a chat, a drink and a slice of cake (paid for by NEWCIS).

**Booking is essential, please do not just turn up. Contact Shelagh / Carolyn directly to book on 01745 331181.** Upcoming dates are 17th August, 21st September & 26th October.





**PARENT CARER GROUP**  
**Thursday 9th September, 12:30pm**  
**Venue TBC (Flintshire based)**



Do you care for a child who has additional needs? Join other parent carers for a catch up (usually involving tasty treats!) and a reminder of the support available from NEWCIS.



**FIRST AID WITH BRITISH RED CROSS**  
**Monday 13th September, 10:30am - 12pm**  
**Via Zoom**



Are you interested in learning essential, life-saving first aid skills to help in an emergency? If so, this digital classroom is for you! This interactive workshop, run by an experienced British Red Cross educator, will tackle four first aid skills and build your confidence so you can help someone in a first aid emergency, using everyday objects that you have around you.



**IMPROVING YOUR HEALTH, WELLBEING AND MINDSET**  
**Tuesday 14th September, 10am - 12pm (Part 2 of 2)**  
**Via Zoom**

Join Counsellor Judith Keefe to assess the current state of your health and wellbeing.



**EVENING CARER GROUP Meal**  
**Tuesday 14th September, 7pm - 9pm**  
**At Pen Y Bont, Mold, CH7 1UJ**



We're going out for tea! Numbers are limited due to restrictions so please book in advance. Contact Rebecca for more information. Be super prepared and view the menu online in advance! Go to [www.penybontfarmpubmold.co.uk](http://www.penybontfarmpubmold.co.uk)

## MOLD FREEMASONS



[www.newcis.org.uk/mold-freemasons-donate-to-newcis/](http://www.newcis.org.uk/mold-freemasons-donate-to-newcis/)

Founding Member, 94 year old, Norman Harvey, presented the Lodge's donation to Claire Sullivan, CEO of NEWCIS in May.

Norman (far right) said: *"NEWCIS is a fantastic local charity. Over the years, we have made donations to NEWCIS on more than one occasion but this is our largest ever single donation."*

*"It was great to meet Norman and his fellow Members, we are grateful for their long-standing support."* said Claire Sullivan, NEWCIS CEO (front centre).



# DROP-IN SUPPORT



## CARER DROP IN

**Wednesday 15th September, 11am - 12pm & 12:15pm - 1:15pm**

**At NEWCIS Carers Centre, Mold, CH7 1NZ**

Meet other carers (familiar faces and new ones too!) at our drop in and enjoy refreshments. There are two time slots, please specify a time when booking.



## ART THERAPY With Art Therapist Pam Hutcheson

**Wednesday 15th September, 1pm - 2:30pm (Week 2 of 5)**

**Mold (Venue TBC)**

Art therapy is a way of exploring thoughts & feelings using art materials. An opportunity to express yourself, reflect and relax within a safe and confidential environment.



## DEMENTIA TRAINING FOR FAMILY CARERS

**Thursday 16th September, 10am - 1pm (Part 1 of 3)**

**At NEWCIS Carers Centre, Mold, CH7 1NZ**

Gain an understanding of Dementia, signs and symptoms, common misconceptions and what causes Dementia. We'll also be looking at the journey of Dementia (through the 'Crown Jewels' guide), legislations for carers and common behaviours and challenges. Facilitated by Hazel Roberts and Lin Hawtin.



## The return of the DEESIDE CARER GROUP

**Thursday 16th September, 10am - 12pm**

**At St Andrews Community Hub, Garden City, CH5 2HN**

Come and join us as we reunite the group and plan for the future of the group. Welcome to new and existing members!



## LEARNING DIFFICULTIES CARER GROUP

**Thursday 16th September, 10:30am - 12:30pm**

**At Wynnstey Arms Hotel, Wrexham, LL13 8LP**

A 'welcome back!' to the group - for carers caring for someone with a learning difficulty. Come along for support and a morning cuppa!



## RESET AND RELAX With Angelic Healing

**Thursday 16th September, 6:30pm - 8:30pm**

**Mold (Venue TBC)**

Come along to this relaxing session to help restore balance and inner peace. Learn to unwind, to leave you feeling calm and restored.



## CARERS COASTAL WALK

**Friday 17th September, 11am**

**Marine Lake, Wellington Road, Rhyl, LL18 1AQ**

Join us to take a leisurely walk around the lake. It is an accessible flat walk with parking facilities and a café for refreshments nearby.





## CARER CONSULTATION NETWORK

Thank you to those carers who over the past year or so have agreed to be part of our Carer Consultation Network via our evaluation forms. We are hoping to get the Network off the ground this Autumn so please do keep an eye on your inbox as to how you can get involved. We're very keen as always to get your views, not just about our services but on those things that matter most to you as carers. If you'd like to be on our mailing list please drop us an email with the subject 'Carer Consultation Network' to [enquiries@newcis.org.uk](mailto:enquiries@newcis.org.uk) or call 01352 752525.



### ELEVENSES DROP IN

**Monday 20th September, 11am - 12pm**

**At The Lemon Tree, Wrexham, LL11 2LP**

Meet other carers (face to face!), enjoy some tasty eleveneses treats, and receive peer support and support from NEWCIS at this informal drop in.



### FUNERAL PLANNING

**Tuesday 21st September, 10:30am - 12:30pm**

**At NEWCIS Carers Centre, Mold, CH7 1NZ**

Funeral costs in the UK are rising every year. Prepaid funeral plans are an easy way to plan ahead and beat the rising costs, helping to save you and your family worry and expense. Simply choose the funeral plan and pre-pay for the cost of your funeral directors' services, at today's cost. Join Rob Lewis from Celtic Financial Planning at this session to find out more.



### CREATIVE CONVERSATIONS: Workshops for Family Carers

**Tuesday 21st September, 11am - 1pm (Session 2 of 4)**

**At The Horse & Jockey, Buckley, CH7 3JQ**

The programme aims to offer creative skills to family carers of people living with Dementia using the arts. Facilitated by Jane Meakin.



### CARER DROP IN

**Wednesday 22nd September, 11am - 12pm & 12:15pm - 1:15pm**

**At NEWCIS Carers Centre, Mold, CH7 1NZ**

Meet other carers (familiar faces and new ones too!) at our drop in and enjoy refreshments. There are two time slots, please specify a time when booking.



### ART THERAPY With Art Therapist Pam Hutcheson

**Wednesday 22nd September, 1pm - 2:30pm (Week 3 of 5)**

**Mold (Venue TBC)**

Art therapy is a way of exploring thoughts & feelings using art materials. An opportunity to express yourself, reflect and relax within a safe and confidential environment.



# ARE YOU A PARENT CARER?

Would you like to meet with other parents who care for their children with additional needs? We're currently looking at the support we can offer across Denbighshire, Flintshire and Wrexham.

If you are interested, email [carolyn@newcis.org.uk](mailto:carolyn@newcis.org.uk) (for Denbighshire) or [sarahp@newcis.org.uk](mailto:sarahp@newcis.org.uk) (for Flintshire/Wrexham) or call 01352 75252 and we'll get back to you!

 Search 'NEWCIS Parent Carer Group' on Facebook to join our closed group where we share useful information



## DEMENTIA TRAINING FOR FAMILY CARERS

**Thursday 23rd September, 10am - 1pm (Part 2 of 3)**

**At NEWCIS Carers Centre, Mold, CH7 1NZ**

Gain an understanding of Dementia, signs and symptoms, common misconceptions and what causes Dementia.



## SALTNEY CARER GROUP - We're Back!

**Tuesday 28th September, 1pm - 2:15pm**

**At Douglas Place Community Centre, Saltney, CH4 8PB**

Come and join us as we reunite (and welcome new faces!) for a cuppa and a chat. Please bring your own drink in line with Covid restrictions.



## ART THERAPY With Art Therapist Pam Hutcheson

**Wednesday 29th September, 1pm - 2:30pm (Week 4 of 5)**

**Mold (Venue TBC)**

Art therapy is a way of exploring thoughts & feelings using art materials. An opportunity to express yourself, reflect and relax within a safe and confidential environment.



## DEMENTIA TRAINING FOR FAMILY CARERS

**Thursday 30th September, 10am - 1pm (Part 3 of 3)**

**At NEWCIS Carers Centre, Mold, CH7 1NZ**

Gain an understanding of Dementia, signs and symptoms, common misconceptions and what causes Dementia.



## CARER CONSULTATION: GP Surgery support for unpaid carers

**Thursday 30th September, 11am - 1pm**

**Denbighshire, Venue TBC**

NEWCIS would like your views on the support you have received from your GP surgery in your caring role. Please attend this consultation to share your views or complete the online survey. Contact Rebecca for more information.





# NEWCIS YOUNG CARERS

[www.newcis.org.uk/young-carers/](http://www.newcis.org.uk/young-carers/)

For carers aged 5 and over. Our NYC (NEWCIS Young Carers) team have their own newsletter, do you want to receive a copy or find out more about the service? Email [nyc@newcis.org.uk](mailto:nyc@newcis.org.uk), call 01352 752525 or visit their webpage.

## OCTOBER



### LASTING POWER OF ATTORNEY WORKSHOP

**Monday 4th October, 10:30am - 12:30pm**

**Via Zoom**

An LPA is a legal document that lets you appoint others to make decisions on your behalf. This is important for carers as it enables you to feel more confident in an otherwise overwhelming situation such as making decisions about residential care or end of life. Receive guidance from Emily from Celtic Law Ltd.



### HEALTH & WELLBEING With Dr Marc Johnson

**Monday 4th October, 1pm - 3pm**

**Flintshire (Venue TBC)**

This interactive workshop with Dr. Marc looks at the broad topic of human health, emotional, mental, and physical wellbeing, and why keeping the mind and body active is important to these factors.



### DEMENTIA GROUP: Caring for someone with Dementia

**Tuesday 5th October, 12:30pm - 2:30pm**

**At Wynnstay Arms Hotel, Wrexham, LL13 8LP**

Do you care for someone living with Dementia? Join Maxine (NEWCIS Wellbeing Officer) and other carers for support and a light lunch! Karen Robertson from Dementia Connects will be joining us to give us an update on the service. Contact Maxine for the menu and to book your meal. £5 payable on the day.



### CARER DROP IN

**Wednesday 6th October, 11am - 12pm & 12:15pm - 1:15pm**

**At NEWCIS Carers Centre, Mold, CH7 1NZ**

Meet other carers (familiar faces and new ones too!) at our drop in and enjoy refreshments. There are two time slots, please specify a time when booking.



### ART THERAPY With Art Therapist Pam Hutcheson

**Wednesday 6th October, 1pm - 2:30pm (Week 5 of 5)**

**Mold (Venue TBC)**

Art therapy is a way of exploring thoughts & feelings using art materials. An opportunity to express yourself, reflect and relax within a safe and confidential environment.

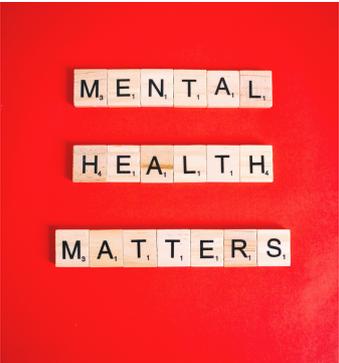




**CARER CONSULTATION: GP Surgery support for unpaid carers** 

**Thursday 7th October, 11am - 1pm**  
**Wrexham, Venue TBC**

NEWCIS would like your views on the support you have received from your GP surgery in your caring role. Please attend this consultation to share your views or complete the online survey. Contact Rebecca for more information.



**MENTAL HEALTH CARER GROUP** 

**Thursday 7th October, 10:30am - 12:15pm**  
**At Advance Brighter Futures, Wrexham, LL13 7PW**



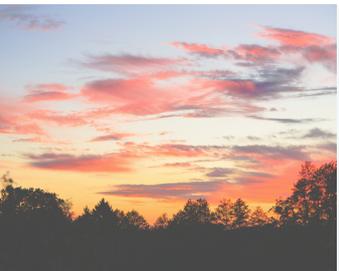
Advanced Brighter Futures (a mental health and wellbeing charity) ensure that no individual experiencing mental health problems ever feels they are on their own. If you are caring for someone with mental health problems, join us to find out more about their services and advice they can offer.



**ELEVENSES DROP IN** 

**Monday 11th October, 11am - 12pm**  
**At The Lemon Tree, Wrexham, LL11 2LP**

Meet other carers (face to face!), enjoy some tasty eleveneses treats, and receive peer support and support from NEWCIS at this informal drop in.



**EVENING CARER GROUP** 

**Tuesday 12th October, 7pm - 9pm**  
**At NEWCIS Carers Centre, Mold, CH7 1NZ**

A cuppa and a catch up with other carers and a reminder of the support services available from NEWCIS.



**CARER DROP IN** 

**Wednesday 13th October, 11am - 12pm & 12:15pm - 1:15pm**  
**At NEWCIS Carers Centre, Mold, CH7 1NZ**

Meet other carers (familiar faces and new ones too!) at our drop in and enjoy refreshments. There are two time slots, please specify a time when booking.



**TRIP TO ERDDIG HALL** 

**Wednesday 13th October, Meet & Greet at 1pm**  
**At Erddig Hall, Wrexham, LL13 0YT**



After the success of the last trip, we've planned another and we'd love you to join us for a socially distanced outing and guided tour of the home and gardens! As always cared for are welcome too. You will need to make your own way there but if transport is a problem please let us know. There will be a meet and greet at 1pm at the main entrance.

*"I thought the trip to Erddig was lovely. It was nice to be greeted by happy friendly NEWCIS staff who made me feel at ease especially beneficial for those of a shy disposition or those attending alone." - Carer feedback*



**PARENT CARER GROUP**  
**Thursday 14th October, 12:30pm**  
**Venue TBC (Flintshire based)**



Do you care for a child who has additional needs? Join other parent carers for a catch up (usually involving tasty treats!) and a reminder of the support available from NEWCIS.



**CREATIVE CONVERSATIONS: Workshops for Family Carers**  
**Tuesday 19th October, 11am - 1pm (Session 3 of 4)**  
**At The Horse & Jockey, Buckley, CH7 3JQ**



The programme aims to offer creative skills to family carers of people living with Dementia using the arts. Facilitated by Jane Meakin.



**CARER DROP IN**  
**Wednesday 20th October, 11am - 12pm & 12:15pm - 1:15pm**  
**At NEWCIS Carers Centre, Mold, CH7 1NZ**



Meet other carers (familiar faces and new ones too!) at our drop in and enjoy refreshments. There are two time slots, please specify a time when booking.



**The return of the DEESIDE CARER GROUP**  
**Thursday 21st October, 10am - 12pm**  
**At St Andrews Community Hub, Garden City, CH5 2HN**



Come and join us as we reunite the group and plan for the future of the group. Welcome to new and existing members!



**LEARNING DIFFICULTIES CARER GROUP**  
**Thursday 21st October, 10:30am - 12:30pm**  
**At Wynnstay Arms Hotel, Wrexham, LL13 8LP**



A group for carers caring for someone with a learning difficulty. Elois Davies, a Self Care Officer from Betsi Cadwaladr will be joining us to discuss the '5 Ways of Wellbeing' and their new 'Caring for Me and You' programme. Refreshments will be provided.



**RESET AND RELAX With Angelic Healing**  
**Friday 22nd October, 11am - 1pm**  
**Rhyl (Venue TBC)**



Come along to this relaxing session to help restore balance and inner peace. Learn to unwind, to leave you feeling calm and restored.

**Shop local and support our CHARITY SHOPS**

25 Central Precinct, Buckley, CH7 2EF

Daniel Owen Precinct, Mold, CH7 1AP



**Carer Ventures Ltd**

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

# ADULT LEARNERS WEEK

20 - 26th September

[www.newcis.org.uk/services/](http://www.newcis.org.uk/services/)

Adult Learners Week aims to raise awareness of the value of adult learning. NEWCIS' COPE (Carers Opportunity and Participation in Employment) Facilitators help to assist carers with employment or lifelong learning, volunteering opportunities and community-based activity. Find out more on our website or get in touch!



## ELEVENSES DROP IN

Monday 25th October, 11am - 12pm

At The Lemon Tree, Wrexham, LL11 2LP

Meet other carers (face to face!), enjoy some tasty eleveneses treats, and receive peer support and support from NEWCIS at this informal drop in.



## SALTNEY CARER GROUP - We're Back!

Tuesday 26th October, 1pm - 2:15pm

At Douglas Place Community Centre, Saltney, CH4 8PB

Come and join us as we reunite (and welcome new faces!) for a cuppa and a chat. Please bring your own drink in line with Covid restrictions.



## CARER DROP IN

Wednesday 27th October, 11am - 12pm & 12:15pm - 1:15pm

At NEWCIS Carers Centre, Mold, CH7 1NZ

Meet other carers (familiar faces and new ones too!) at our drop in and enjoy refreshments. There are two time slots, please specify a time when booking.



## DEMENTIA FRIENDLY COMMUNITIES

As Dementia Friendly communities continue to grow in Flintshire more help is needed than ever before – there are lots of opportunities to get involved from event planning and awareness raising to helping run local memory cafes. If you would like to find out what is happening in your area and how you can make a difference, we'd love to hear from you.

For all enquiries contact Yvette on 01352 752525 or send an email to [yvette@newcis.org.uk](mailto:yvette@newcis.org.uk)

Alzheimer's Society Cymru are looking to recruit more **Welsh speaking Dementia Friends Champions** to help with Information Sessions in Welsh communities.

For more information email [lindsay.jones@alzheimers.org.uk](mailto:lindsay.jones@alzheimers.org.uk)

Yn gweithio i fod yn  
**Dementia Gyfeillgar**



Working to become  
**Dementia Friendly**

# NOVEMBER



**CREATIVE CONVERSATIONS: Workshops for Family Carers**  
**Tuesday 16th November, 11am - 1pm (Session 4 of 4)**  
**At The Horse & Jockey, Buckley, CH7 3JQ**



The programme aims to offer creative skills to family carers of people living with Dementia using the arts. Facilitated by Jane Meakin.

## CARERS WEEK 2021: ROUND-UP

People have been faced with new challenges as a result of the pandemic and caring without the right information and support can be tough. Here at NEWCIS, we believe that unpaid carers should be recognised and celebrated always – but especially during Carers Week. And we love to get involved every year! In June we held some socially distanced walks and got lucky with the weather, it was great to see everyone in person. It was a long time coming! Pictured below are carers at our Denbighshire (left and centre) and Loggerheads (right) walks.



## DONATIONS

Thank you to all of our donors, your generosity is greatly appreciated and every penny of your donation goes towards supporting unpaid carers in the community. You can view the full list of this quarters donors at [www.newcis.org.uk/donors-apr-jun-21/](http://www.newcis.org.uk/donors-apr-jun-21/) including the total raised for Melody & Craig Dean's Moel Famau fundraiser, funeral donations and anonymous donations for the quarter.

 In Memory of Mr Cedrick Gudger £300

 Make a donation\* online at [virginmoneygiving.com/charities/carers-6](http://virginmoneygiving.com/charities/carers-6)   
\*Don't forget to Gift Aid your donation - at no extra cost to you



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**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](http://www.zoom.us)

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