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 www.newcis.org.uk/young-carers



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NEWCIS Young Carer News

Providing information, support, training and more to unpaid carers in Flintshire.



2022 Edition
Issue 7

Hello and welcome to our latest newsletter!

We have some exciting events lined up to kick off 2022, and we can't wait to share our plans with you. Our newest team member Hayley, has been helping to plan some of these activities and as you read on, you will see that we have planned for most of these events to be face-to-face. How exciting! Our booking system is now in full swing, and we will give you all the details you need to get your space reserved for the groups and events. Within this edition you'll also find further support and an update on Young Adult Carer groups.

Now.. We'll leave you to catch up with everything that we've been up to!

ENTER TO WIN

We are looking for new names for each of our Young Carers groups that we run! Let us know what you would like your group to be called by submitting your entry to nyc@newcis.org.uk.

The best three names will win a prize!

Face to Face Groups

At the end of February, we hope to return to face to face groups instead of Zoom! We're very excited to see you all in person and have some measures in place to help keep everyone safe.

How do I book?

In preparation for face to face groups, we have designed an online diary to help you to keep track of upcoming groups/events. The diary will be updated regularly and can be found on our website:

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

Until we have chosen our new names for groups, you'll see that our primary group is called 'Red Group' and our secondary group is called 'Blue Group'. You'll need to reserve your space for a block of sessions. You can request your place by booking the date(s) of the sessions that you would like to attend on our online diary. Sessions will be limited to a max of 10 Young Carers and must be booked in advance. This is to make sure everyone is safe and guidelines are followed.

Once your space(s) has been confirmed, you will be notified by a Wellbeing Officer via email. Please be assured that you'll still receive your usual text reminders before sessions, and if you're unable to attend then just let us know. It is important you let us know as there may be a waiting list and another Young Carer may be able to take your place.

Where will I find you?

All groups will be taking place at HFT Flintshire, Hwb Cyfle, Chester Road West, Queensferry, CH5 1SA, unless stated otherwise. You'll find us just opposite Deeside Leisure Centre. If you type in 'Hwb Cyfle' using Google Maps, you'll find that it should bring you right to us! On the lane, you will find a primary school but if you carry on you'll come to the HFT building car park. Staff will greet parents and Young Carers at the main entrance.

UPDATE

Here's what we've been up to recently..



Christmas Goodie Bags

In December, we gave out some Christmas goodie bags. These included lots of fun activities to keep you busy over the holidays, and also included our new 'NYC Wellbeing Booklet', and some tasty treats!

The Body Shop in Broughton also donated lots of lovely goodies for our Young Adult Carers. We are currently in discussions about setting up a pamper evening too, so keep those eyes peeled!

Christmas Film Evenings

Over the Christmas period we enjoyed a film evening at the HFT building! We ordered some tasty pizza and had lots of goodies.

A HUGE thank you to Cresta Cars for providing free transport for some of our Young Carers to be able to attend the event.

“

She absolutely loved movie night last night. It did her the world of good to have some time out with lovely people”



Congratulations Annabel!



Big round of applause to Annabel who has achieved her brown stripe belt in Jujitsu! Woohoo! Well done Annabel for all your hard work.



Do you have some good news of your own you would like to share with us? Get in touch we would love to hear all about what you have been up to!

CARER NEWS CONTINUED

For more carer news, follow us on social media by searching @NYCFlintshire on Facebook, Instagram and Twitter



Street Dance Sessions

We loved throwing some shapes and learning some new moves, and we think our Young Carers did too!

"Fabulous! I've never heard the song 'Begging' played so much since. Thank you NEWCIS xx"



Wepre Park Family Walk

We enjoyed a walk around Wepre Park where we played some fun games and had a scavenger hunt



Autumn Packs

We delivered some lovely Autumn Packs to get crafty over October half term. Take a look at the pictures below, to see what we got up to!



FEEDBACK

Young Carers Wellbeing Booklets

Some of our Young Carers will have received one of our Wellbeing Booklets. If you were one of those who received the activity booklet, then we would love to hear your thoughts before we share it with the rest of the NYC world!

So, is there anything you really liked or something you think we could change?

Please send over your feedback to nyc@newcis.org.uk

NEWCIS Wellbeing Booklet



This booklet belongs to:



FURTHER SUPPORT

For more carer news, follow us on social media by searching @NYCFlintshire on Facebook, Instagram and Twitter



Bridging the Gap

Our 'BTG' scheme provides a short break from your caring role. Providers can come and take care of the cared for, whilst you head out with your friends, for example. 'BTG' could even be used towards getting some of those household chores done - giving you a well deserved break!

Keep warm with an Oodie!

Thanks to Carers Trust funding, we have purchased 50 oodies for Young Carers. These are available in size 3-14 years, or 16+. If you are interested in receiving one please let us know your size preference.

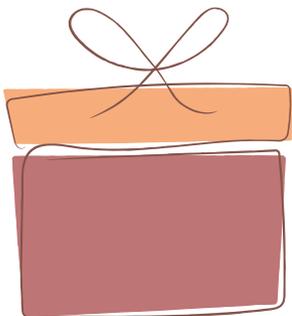


Netflix Vouchers & Internet Dongles

We have a limited number of Netflix vouchers available! Take some time for yourself and dive into a film or series. If you need better internet connection then we have some dongles available too.

Other NEWCIS Services

NEWCIS offers support to carers of ALL ages. So if there are any adults over 18 in your life that might need some support as a carer, please get in touch via www.newcis.org.uk or enquiries@newcis.org.uk or 01352 752525

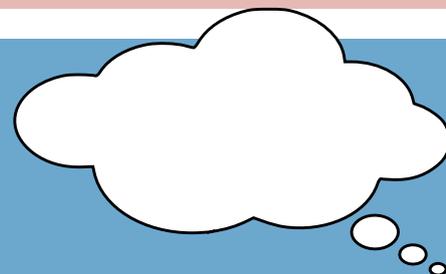


NYC Grants

You could be eligible for a Young Carers grant! Grants can be used for lots of different things - to make your caring role easier or to give you some time to yourself to do something you enjoy.

What else would help you in your caring role?

We would love to know what else might help you as a carer, so if you have any suggestions please do let us know!





Calling all Young Adult Carers!

If you are 16 to 25 and are a carer, then we have a new group available for you to access!

The Young Adult Carer group will run on a monthly basis on the 4th Wednesday of the month from 6 – 8pm.

We will be running a whole range of different activities which are very much led by what you would like to do. For the next session we are heading out to the bowling alley! If you would like to join us then please get in touch via the Young Carers website – www.newcis.org.uk/young-carers/ or via the team email NYC@newcis.org.uk

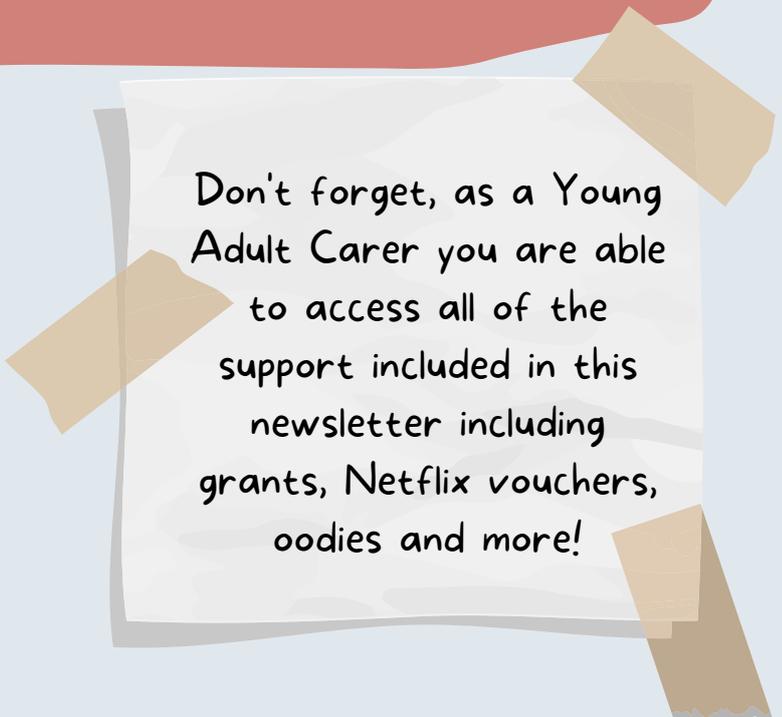
Below are the dates for upcoming sessions. On occasion it may be necessary to change the dates and times of the groups to meet the activity that we will be running, but we will always keep you up to date on any changes.

February 23rd – Ten pin bowling @ Jade Jones Pavilion

March 23rd- activity to be confirmed

April 27th- activity to be confirmed

If you would like to know more, or have some suggestions about what you would like to see during the Young Adult Carer groups going forwards, then please have a chat with the team!



Don't forget, as a Young Adult Carer you are able to access all of the support included in this newsletter including grants, Netflix vouchers, goodies and more!

DATES FOR THE DIARY!

Events and carer groups have been planned in advance and will hopefully be face to face. We will continue to monitor the guidelines closely and if we need revert a group or event to virtual we will notify those booked on.

Remember, you must reserve your place for these events by either booking online or getting in touch with a Wellbeing Officer.

Email: nyc@newcis.org.uk

Book on our website: www.newcis.org.uk/young-carers

Xplore Science Event

Tues 22nd Feb at 1pm

Xplore! 17 Stryd Henblas, Wrexham, LL13 8AE

Join us for a trip to Xplore Science in Wrexham where we will be able to have a look around the centre, learn more about science and see their new show.



Family Marshmallow Toasting at Erddig

Thurs 24th Feb at 11:30am

Join some of Erddig's volunteers for some marshmallow toasting around the open campfire! A marshmallow pack can be bought from Erddig for £2 or you can bring your own. NEWCIS staff will meet you at the main entrance at 11.30am to book you in. Feel free to explore the grounds afterwards in your own time!



TAPE - Young Carers Song

Primary starting Tues 8th March (4pm)

Secondary starting Tues 15th March (5pm)

HFT Building, Queensferry, CH5 1SA

We will be joined by TAPE for 4 Sessions. TAPE will be helping us with writing a song about the day in the life of a Young Carer. Don't worry you don't have to be able to sing!



YOUNG CARERS ACTION DAY

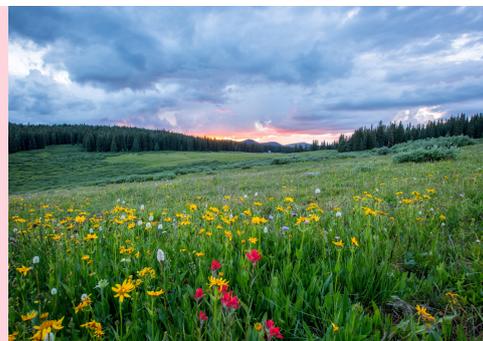
16 MARCH 2022

Young Carers Action Day will be taking place on the 16th of March! The theme for 2022 is 'Taking Action on Isolation'. We will be campaigning to make sure that Young Carers get the support and access to services they need. We will have lots of information available on our website and social media for you to explore!

Carers Trust are also searching for creative content to post online on the day. If you have an idea for anything creative for example artwork which fits the theme send it us in and it may be featured on the Carers Trust website!

Family Walk at Greenfield Valley Wed 13th April at 10.30am

Feel free to bring a picnic for lunch, or use the on site cafe. We'll have a wonder around the park and have some games to play! For more information about the venue and its museum visit: www.greenfieldvalley.com



'Deal Me Out' Zoom Workshop

Thurs 21st April - Primary 10.30am & Secondary 2pm

'Deal Me Out' will be joining us on Zoom for a workshop all about being safe whilst gaming and the affect of gambling.



Event at Erddig - April

We will be holding another event at Erddig in April - keep an eye out on our website for more information.

Young Carers ID Card - Competition

To bring this newsletter to a close, we have a very exciting competition that we would like to tell you about! To celebrate it being 1 year since the launch of the Young Carers ID Card, we have a competition which is running in partnership with WCD Young Carers and Action for Children.

Anyone who has registered for a card will be entered into a draw to win a prize.. It's as simple as that!

If you haven't got your ID card then make sure you register before Friday 11th March 2022 to be entered.

You can register for your Young Carer ID Card by getting in touch with a Wellbeing Officer.

Disclaimer: The online courses are hosted by 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 NEWCIS company limited by guarantee 9317097. Registered charity 1159934. Funded by Denbighshire, Flintshire and Wrexham Local Authorities, The National Lottery Community Fund and Betsi Cadwaladr University Health Board. Carers Trust Network Member.

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