



CEFNOGI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY

NEWCIS NEWS

NEWCIS (North East Wales Carers Information Service) support unpaid carers across Denbighshire, Flintshire and Wrexham.

SUMMER 2022 | ISSUE 130

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Welcome to the Summer Edition

This issue covers all the activities we are holding to celebrate carers week 2022. After two years of not being able to see everyone face to face, we are really looking forward seeing you all. The Big Wellbeing Event at Soughton Hall will be a real treat so do book on and save the date in your diary!

There is some good news on page 2 regarding the Welsh Government financial support fund for carers; please read the information to see if you qualify for this and if you need any assistance please give us a call.

Don't forget all the dates for Carers Week are on our website along with all the information for the financial support.

Wishing you all a happy Carers Week!

Unpaid carer financial support scheme

A one-off £500 payment is available for unpaid carers who are receiving Carers Allowance on 31 March 2022.



The money will help those who experienced extra costs because they were looking after someone during the pandemic. People who receive Carers Allowance, provide over 35 hours of care each week and are on the lowest incomes. Your council will check that you are eligible for the payment. You can register via your local council's website, over the phone, or in person.

Be aware of fraudsters asking for your bank details. Never share your bank details with people you don't know.

For more information go to:

gov.wales/unpaid-carer-financial-support-scheme

APPLICATION FORMS

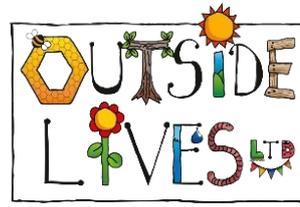
Flintshire: tinyurl.com/3cyufkxc

Denbighshire: tinyurl.com/959rwupr

Wrexham: tinyurl.com/2xz9mazd

The registration process will close at 5pm 15 July. You must submit your registration form before then.

THE BIG



WELLBEING EVENT



- WEDNESDAY 15TH JUNE •
 - OPEN: 11AM TIL: 6PM •
- AT SOUGHTON HALL, CH7 6AB**

TO CELEBRATE CARERS WEEK, YOU'RE INVITED TO JOIN NEWCIS IN PARTNERSHIP WITH OUTSIDE LIVES LTD. FOR A FREE FUN PACKED DAY TO EXPLORE NEW PRACTICES, THERAPIES, UNDERSTAND MORE ABOUT WELLBEING AND HOPEFULLY GO AWAY RECHARGED.

Free admission. Open to unpaid carers living in Denbighshire, Flintshire and Wrexham. Carers, cared for and new carers welcome. Booking essential, please let us know if you require transport. No dogs allowed, except guide dogs. Covid - wear a mask if you wish. Once booked we'll send you a full programme.

STALLS FROM AN EXTENSIVE RANGE OF THERAPISTS* ★ TASTER SESSIONS

*Option to book 1:1 consultations on arrival

REFRESHMENTS & BAR ★ WORKSHOPS & HANDS-ON SESSIONS

TRADE STANDS ★ CHILL OUT ZONE ★ INFORMATION STANDS

BOOK ONLINE: WWW.NEWCIS.ORG.UK/BIG-WELLBEING-DAY

Or call NEWCIS on 01352 752525

NEWCIS Registered charity 1159934.
Thanks to funding from The National Lottery Community Fund.



Carers Week 2022

The annual campaign is back to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

Make caring
Visible, Valued
and Supported



This Carers Week, we are coming together to help make caring Visible, Valued and Supported. Join us to celebrate at our Big Wellbeing Event on 15th June at Soughton Hall - for a free, fun-packed day exploring new therapies and practices, understanding more about wellbeing and go away feeling refreshed.

Events - Flintshire ****Booking essential****

Event	When	Venue
Carer Celebration Drop In	Monday 6th June 10am - 12pm	NEWCIS Carers Centre Mold CH7 1NZ
Information Stand	Wednesday 8th June	ASDA, Queensferry
Online Information Session (Drop In)	Thursday 9th June 1pm - 3pm	Zoom
Carers Walk	Friday 10th June 11am	Loggerheads Country Park
Big Wellbeing Event	Wednesday 15th June 11am - 6pm	Soughton Hall CH7 6AB

**MORE INFORMATION AND BOOKING AT
WWW.NEWCIS.ORG.UK/EVENTS**

Events - Denbighshire ****Booking essential****



Event	When	Venue
Wellbeing Event with Denbighshire Council	Details being finalised	-
Carer Walk & Café	Thursday 9th @ 11am	Marine Lake, LL18 1AQ (Meeting at the lake entrance. Then onto the Harbour Cafe for refreshments afterwards)
Online Information Session	Thursday 9th June 1pm - 3pm	Zoom
Big Wellbeing Event	Wednesday 15th June 11am - 6pm	Soughton Hall CH7 6AB

Events - Wrexham ****Booking essential****



Event	When	Venue
Afternoon Tea	Tuesday 7th June 2pm - 4pm	Maes Gwyn Hall
Carer Walk	Wednesday 8th June 10.30am-12.30pm	Alyn Waters (meet at the cafe)
Dementia Carer Group - Hot Buffet	Thursday 9th June 1pm - 3pm	Wynnstay Arms Hotel Wrexham
Online Information Session	Thursday 9th June 1pm - 3pm	Zoom
Carer Celebration Drop In	Tuesday 14th June 11am	The Lemon Tree Wrexham
Big Wellbeing Event	Wednesday 15th June 11am - 6pm	Soughton Hall CH7 6AB

MORE INFORMATION AND BOOKING AT
WWW.NEWCIS.ORG.UK/EVENTS

Free Care Guidance Service

Legal & General offers Carers Trust Network partners access to its Care Guidance Service free of charge.



Service users of NEWCIS will receive access to a free 30-minute 1:1 telephone session with a care expert, a state funding assessment, guidance on typical care costs, and education resources to understand the different care options available, along with how best to fund them.

How to access the service

Call the dedicated phone line on **0800 086 9071** (mention NEWCIS)

Or use the link specifically for NEWCIS carers: tinyurl.com/4cw3n3ua



Coping With Caring Course

Starts on Friday 10th June 10am – 12pm, weekly for 6 weeks

Venue: Wrexham Library

Booking is essential: www.newcis.org.uk/events



A programme designed specifically for carers to help, inform, explore and manage your own wellbeing in your role as a carer. Through a series of weekly sessions we look at how to manage your thoughts and feelings towards caring and explore areas of wellbeing that over time can diminish and impact on quality of life. We hope to help establish or reinforce a resilience package by focusing on your support network which can be made up of you, other people, organisations and equipment.

NEWCIS Crafters - Craft Group

Wednesday 8th June 10am - 12pm

AND

Friday 24th June 10am - 12pm

Venue: NEWCIS Carers Centre, Mold, CH7 1NZ

Booking is essential: www.newcis.org.uk/events

Do you enjoy crafts? Or completely new to crafting?
Come along and learn new skills from volunteer crafters.



Help with energy bills

Struggling with the rising price of energy? Support is available no matter who your energy supplier is. British Gas Energy Trust run a scheme where anyone can apply for a grant, and you don't even have to be a customer.

For more information go to www.britishgasenergytrust.org.uk

If you're worried about paying bills, falling behind or are in debt, there are organisations where you can seek advice for free, including:

National Debtline: 0808 808 4000

Step Change: 0800 138 1111

Citizens Advice: 0808 800 9060

It is always best to speak to your provider directly in the first instance.

Cost of Living Support Scheme

The Welsh Government recently announced measures to help protect millions of households from rising energy costs. These measures include a one-off £150 non-repayable rebate for eligible households in Wales in council tax bands A-D. Further details of the scheme and how to apply can be found by contacting your local authority.



What's on?



****All events and groups MUST be booked in advance****

Scan the QR code or go to www.newcis.org.uk/events

JUNE



Carer & Cared For Group

Tuesday 14th June

11am – 12:30pm

Rhyl Rugby Club, LL18 4AQ

Come along with the person you care for a change of scenery and meet new people. Wellbeing Officers will be present for support if needed.



Deeside Carer Group

Thursday 16th June

10am – 12pm

St Andrews Community Hub, Garden City, CH5 2HN

Local to the area and caring for someone? Come and join Carole for a cuppa and a catch up!



Evening Carer Group

Tuesday 21st June

7pm – 9pm

NEWCIS Carers Centre, Mold, CH7 1NZ

A cuppa and a catch up with the group. Ideal for working carers or those who can't get to groups during the day!

YOU'RE INVITED TO JUBILEE CELEBRATIONS AT CHIRK CASTLE!

NEWCIS carers and your cared for are invited to Chirk Castle on Sunday 5th June (11am – 4pm) to celebrate the Jubilee! 1950's theme, garden games, cream tea tent, music and fun! Transport can be arranged if needed; please let us know when booking.

Pre-booking is essential (online or via email/phone)

Dogs will not be able to enter the formal gardens, where most of the activities will be based, except assistance dogs. Dogs are welcome on leads on the wider estate and outdoor seating areas.





****EXPRESSION OF INTEREST****



Would you be interested in a trip to the stunning Plas Newydd in Anglesey? If so, please email Carolyn on carolyn@newcis.org.uk



Saltney Carer Group

Tuesday 28th June

1pm - 3pm

Douglas Community Centre, CH4 8PB

Local to the area and caring for someone? Come and join Nicola for a cuppa and a catch up.



Carer Mental Wellbeing Group

Tuesday 28th June

11:45am - 12:45pm

Yellow and Blue Hub, Unit 11, Henblas St, Wxm, LL13 8AA

Sophia Leadill (Wrexham-based community artist) is carrying out a one hour 'taster' session for NEWCIS carers who are then invited to stay for Sophia's regular 'Craft Connect' session. Refreshments will be served.



Prestatyn Carer Group

Thursday 30th June

11:30am - 1:30pm

North Wales Bowls Centre, Prestatyn, LL19 7YA

Local to the area and caring for someone? Come and join Gundega for a cuppa and a catch up!

JULY



Carer & Cared For Group

Tuesday 12th July, 11am - 12:30pm

Rhyl Rugby Club, LL18 4AQ

Come along with the person you care for a change of scenery and meet new people. Wellbeing Officers will be present for support if needed.



****EXPRESSION OF INTEREST - NEW GROUP****



Are you a parent carer looking after a child in Denbighshire? Would you be interested in a Parent Carer Group in the Rhyl/Prestatyn area? If so, please email Carolyn on carolyn@newcis.org.uk



Evening Carer Group – Fish & Chips Night!

Tuesday 12th July

6:30pm – 8:30pm

NEWCIS Carers Centre, Mold, CH7 1NZ

Join the group for a catch up over a fish and chips dinner! Payment is not subsidised. The next group will be September 13th 7-9pm – then every 2nd Tuesday after.



Parent Carer Group – Walk & Picnic

Thursday 14th July, 12pm

Loggerheads Country Park, CH7 5LH

For parents caring for a child who has additional need. Meet other parent carers for support and a form of respite. Enjoy a walk in the sunshine and bring your own picnic!



DEESIDE CARER GROUP

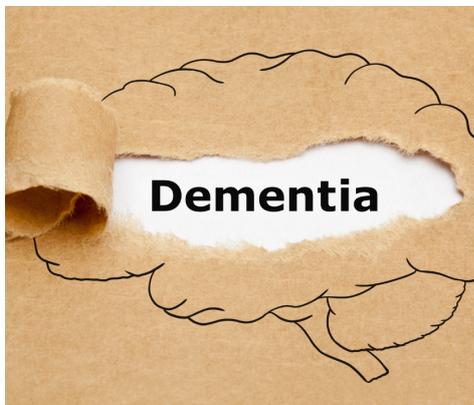
Deeside Carer Group

Thursday 21st July

10am – 12pm

St Andrews Community Hub, Garden City, CH5 2HN

Local to the area and caring for someone? Come and join Carole for a cuppa and a catch up!



Dementia

Caring for someone with Dementia – Carer Goup

Thursday 21st July

1pm – 2:30pm

Wynnstay Arms Hotel, Yorke Street, Wrexham LL13 8LP

Join us for some 'time out' and a chat with other carers over a leisurely lunch. Contact Maxine to order meal choice – Tel: 07860834321. £5 for light lunch, payable on the day.



Saltney Carer Group

Tuesday 26th July

1pm – 3pm

Douglas Community Centre, CH4 8PB

Local to the area and caring for someone? Come and join Nicola for a cuppa and a catch up.



Prestatyn Carer Group

Thursday 28th July

11:30am – 1:30pm

North Wales Bowls Centre, Prestatyn, LL19 7YA

Local to the area and caring for someone? Come and join Gundega for a cuppa and a catch up!

Our Holiday Home

Our holiday home in Prestatyn is the perfect place for a local get-away, a respite opportunity, or just a change of scenery!



The property boasts a seafront location; a 2 minute walk to the beach and the Nova Centre, a 15 minute walk to the shops. Facilities inside include free WiFi, TV in lounge and bedrooms (with free access to Netflix), outside dining / seating area and private driveway parking for 2-3 cars.

For more information and to check booking availability go to:

www.newcis.org.uk/respite-house

NEW!

WE'RE JOINING OUTSIDE LIVES FOR 'WONDERFUL WEDNESDAYS' AT MOLD RUGBY CLUB!

Just pop in between 10am - 12pm, fortnightly from May 18th

We are a friendly bunch and there's plenty of supportive folk here and all sorts going on, you and your cared for can have a brew, get stuck into some craft, have lunch with us and talk to others. Come and have a chat and there is a space for a quiet natter. Stay for as long or as short as time as you would like!



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