



CEFNOGI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY



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NEWCIS NEWS

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

AUTUMN 2022 | ISSUE 131

Welcome to the Autumn issue! This quarter we have an American celebration at Oriel House, information around the cost-of-living crisis and the opportunity to connect with carers from the other side of the world in our new pen pal scheme!

The number of unpaid carers has increased dramatically since the start of the pandemic. For many, life has returned to normal over the last few months but there are still many carers for whom this is not the case. Carers are reporting ongoing difficulties accessing health services, waiting times and the difficulties accessing care and support services due to care staff shortages across the sector. If you are struggling to get help please get in touch with us, there may be things we can help with if you have had a "What Matters Conversation" with one of our Wellbeing Officers.

If you have never attended our carer groups or events why not give it a try, staff are on hand to answer any questions you may have, you will meet other people who may have similar circumstances to yourself, and you will hopefully learn some new skills and have fun!

We will be holding our office opening event in Wrexham in September, the new premises is on the Wrexham Technology Park. Please keep an eye on our website for further details as and when we have them!

Tel: 01352 752525

01745 331181

01978 423114

(Monday to Friday 9am - 5pm)

Email enquiries@newcis.org.uk

Website www.newcis.org.uk



Christmas Parties!

We are busy planning our carer Christmas parties for early December! There will be one in each county; Denbighshire, Flintshire, Wrexham. They will be open to carers and cared for. There will be limited spaces so please register your interest to avoid disappointment. Those who express their interest early will be first to know all the confirmed details.

To register your interest please email enquiries@newcis.org.uk or call us on 01352 752525.



Cost of Living Payment

A £650 payment will be made to more than eight million low-income households who receive the following benefits: Universal Credit, income based Jobseekers Allowance, income-related Employment and Support Allowance, income Support, working tax credit, child tax credit and pension credit. The payment will be paid automatically into bank accounts.

Additionally, all UK households will get a grant which will reduce energy bills by £400 from October. The discount will be made automatically by your energy supplier. There is no need to apply.

For more information go to www.gov.uk/guidance/cost-of-living-payment

WHAT'S ON?



ALL groups and events listed in this newsletter MUST be booked in advance.
If you book and can no longer attend, please do let us know. We book venues based on the number of people who have booked. Our groups and events are for carers registered with NEWCIS only unless stated otherwise. The carer groups are intended to be a source of respite for the carer.

**Book online at www.newcis.org.uk/events
Or call us on 01352 752525**

REGULAR GROUPS



Carers Coffee Morning
Every Wednesday
Drop in between 10:30am - 12pm
At: NEWCIS Carers Centre, Mold, CH7 1NZ

Our coffee mornings are an opportunity for carers to meet with other carers who have similar life experiences and caring roles. The group thrives on the mutual support offered to each other - and a cuppa or two!



Happy Mondays Carer Group
Every Monday (except Bank Holiday and half term)
11am - 1pm (Note time change as parking is free after 11am)
At: Waterworld, Wrexham, LL13 8DH

Use WaterWorld facilities (gym, swim) then meet us in the café afterwards for a chat and support.



Wonderful Wednesdays
Wednesdays (fortnightly from 7th Sept)
Time: 10am - 12pm
At: Mold Rugby Club, CH7 1UF



With all sorts going on, you and your cared for can enjoy a range of activities, have a bite to eat and meet a NEWCIS Wellbeing Officer.
In partnership with Outside Lives Ltd.



**FRIDAY 23 SEPTEMBER
AT ORIEL HOUSE, ST. ASAPH
6PM START**

****FREE****
AMERICAN THEMED BUFFET / DISCO
LINE DANCING / MAGICIAN
PHOTOBOOTH / RAFFLE

Please inform us of any dietary requirements when booking. Transport can be arranged for a small cost, please let us know when booking if you require transport.

BOOK ONLINE OR CALL 01352 752525

WWW.NEWCIS.ORG.UK/AMERICAN-EVENT



Creative Conversations: Workshops for family carers of people living with Dementia

This FREE Creative Conversations programme aims to offer creative skills to family carers of people living with Dementia using the arts. Delivered by Jane Meakin (Purple Platform).

The workshop aims to help carers within their role to have meaningful and positive interactions with their loved ones during difficult times, develop skills of carers using the arts (E.g. poetry, visual art, film, photography, music) and encourage carers to use the skills in everyday interactions at home.

Session 1: Tuesday 13th September 11am - 1pm

Session 2: Tuesday 27th September 11am - 1pm

Session 3: Tuesday 25th October 11am - 1pm

Session 4: Tuesday 22nd November 11am - 1pm

Venue: St Peters Church, Holywell, CH8 7TL

Booking is essential; please let us know of any allergies/intolerances as we will be providing refreshments. You are welcome to bring the person you care for along - Nia and Yvette (NEWCIS staff) will be providing entertainment, encouraging chats etc. Please let us know when booking if you are bringing your cared for.

**To book contact niaj@newcis.org.uk or yvette@newcis.org.uk
Or call NEWCIS on 01352 752525.**



Elevenises - Wrexham Carer Group
Tuesday 6th September @ 11am - 12pm
At: Lemon Tree, Wrexham, LL11 2LP

Do you care for someone? Join NEWCIS for Elevenises at The Lemon Tree for a chance to meet other carers, receive support and enjoy some tasty elevenises treats!



Flintshire & Wrexham's Parent Carer Group
Thursday 8th September @ 12pm - 2pm
At: Shaz's Shabby Chic, Buckley, CH7 2ED



A social meet up for parents caring for a child who has additional needs. Enjoy pottery painting or designing your own mug to keep. Crafts from £5.95, hot drink & cake provided!



Dementia Friendly Afternoon Tea
Friday 9th September @ 12pm
At: The Bakehouse in Greenfield Valley, CH8 7GH
For Flintshire carers only



For carers and your cared for living with dementia; enjoy afternoon tea with us! There is a cost £10 (approx) per person - payable on the day. Please inform us of any allergies or intolerances upon booking.



Carer and Cared For Group
Tuesday 13th September @ 11am - 12:30pm
At: Rhyl Rugby Club, LL18 4AQ



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



Evening Carer Group
Tuesday 13th September @ 6:30pm - 8:30pm
At: 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!



Flintshire Crafters Club

Wednesday 14th September @ 12pm - 2pm

At: NEWCIS Carers Centre, Mold, CH7 1NZ

Come and join our crafters club! Open to all, no need to book just pop along.



Deeside Carer Group

Thursday 15th September @ 10am - 12pm

At: St Andrews Community Hub, Garden City, CH5 5HN

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



Adult Learners Week Information Drop In Session

Tuesday 20th September @ 10am - 11:30am

At: Plas Pentwyn, Coedpoeth, Wrexham, LL11 3NU

Are you an unpaid carer looking for training, education and or employment? Would you like information and guidance about how NEWCIS can support you? Drop in for an informal chat with C.O.P.E. Officer Maxine - no appointment needed!



NEW Ruthin Carer Group

Tuesday 20th September @ 11am - 12:30pm

At: Seven Oaks Garden Centre and Café, Ruthin, LL15 1NJ

Our carer groups are expanding into new locations! Are you local to the Ruthin area and caring for someone? Come and meet other carers and NEWCIS Wellbeing Officers.



Elevenses - Wrexham Carer Group

Tuesday 20th September @ 11am - 12pm

At: Lemon Tree, Wrexham, LL11 2LP

Do you care for someone? Join NEWCIS for Elevenses at The Lemon Tree for a chance to meet other carers, receive support and enjoy some tasty elevenses treats!



Flintshire Crafters Club

Friday 23rd September @ 10am - 12pm

At: NEWCIS Carers Centre, Mold, CH7 1NZ

Come and join our crafters club! The group will be crafting door hangers, crocheting granny, making cross stitch cards, Christmas cards, felt decorations and patchwork coasters! Open to all, no need to book just pop along.



LEARNING DISABILITY

Learning Difficulties Carer Group - A walk at Erddig **Friday 23rd September @ 1pm - 2:30pm** **Meeting at: Felin Puleston car park, Rhostyllen, LL13 7RF**

Celebrate National UK Fitness Day with a late Summer/early Autumn walk through the beautiful National Trust grounds at Erddig. We'll meet at the car park for 1pm and aim for a 1:15pm start. A moderate grade walk, approx. 2.5 miles over 60 minutes. Please ensure you wear suitable clothing and footwear...prepare for wet weather!



Carer Mental Wellbeing Group **Friday 23rd September @ 1:30pm - 3:30pm** **At: Wrexham Museum, Regent Street, LL11 1RB**

Celebrating the success of Wrexham's City Status, we invite carers to join us at the Wrexham Museum, which is the home of a large variety of local artefacts relating to the history of Wrexham. Firstly, a look around the Museum then light lunch in the Museum's café. A charge of £5 is required towards the cost of the meal - payable on the day.



Saltney Carer Group **Tuesday 27th September @ 1pm - 3pm** **At: Douglas Community Centre, Saltney, CH4 8PB**



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



Caring For Someone With Dementia? Carers Lunch Group **Wednesday 28th September @ 12:30pm - 2:30pm** **At: Wynnstay Arms Hotel, Wrexham, LL13 8LP**

Do you care for someone with Dementia? This month, have a browse through some of the newest resources available to support people living with Dementia. Finished with a hot buffet lunch; £5 payable on the day.



Prestatyn Carer Group **Thursday 29th September @ 11:30am - 1:30pm** **At: North Wales Bowls Centre, Prestatyn, LL19 7YA**

Local to the area and caring for someone? Join Gundega and Lucy Bellamy, the new NEWCIS Volunteer Co-ordinator, to find out about volunteering opportunities.



**Art Therapy with Artist Pam Hutcheson
Starts Wednesday 5th October @ 1pm - 3pm
Then weekly for 5 weeks
At: NEWCIS Carers Centre, Mold, CH7 1NZ**



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. Join us 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 sign up.



**Carer and Cared For Group
Tuesday 11th October @ 11am - 12:30pm
At: Rhyl Rugby Club, LL18 4AQ**



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



**Evening Carer Group
Tuesday 11th October @ 6:30pm - 8:30pm
At: 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!



**Flintshire Crafters Club
Wednesday 12th October @ 12pm - 2pm
At: NEWCIS Carers Centre, Mold, CH7 1NZ**

Come and join our crafters club! The group will be crafting door hangers, crocheting granny, making cross stitch cards, Christmas cards, felt decorations and patchwork coasters! Open to all, no need to book just pop along.



Flintshire & Wrexham's Parent Carer Group
Thursday 13th October @ 12pm - 2pm
At: NEWCIS Carers Centre, Mold, CH7 1NZ



It's time for festive rag wreath making! Enjoy creating your own rag wreath with materials provided as we get into the festive spirit. **Session repeated in November, please only book onto one.**



NEW Ruthin Carer Group
Tuesday 18th October @ 11am - 12:30pm
At: Seven Oaks Garden Centre and Café, Ruthin, LL15 1NJ



Our carer groups are expanding into new locations! Are you local to the Ruthin area and caring for someone? Come and meet other carers and NEWCIS Wellbeing Officers.



Learning Difficulties Carer Group
Wednesday 19th October @ 12:30pm - 2:30pm
Meeting at: TBC (Wrexham)



A welcome revisit from Kerry Evans, Disability Liaison Officer from Wrexham Football Club, with an update on the initiatives at Wrexham AFC which aim to make facilities at the club inclusive for all fans.



Deeside Carer Group
Thursday 20th October @ 10am - 12pm
At: St Andrews Community Hub, Garden City, CH5 5HN

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



Carer Mental Wellbeing Group
Friday 21st October @ 10:30am - 12:15pm
At: The Range, Plas Coch Retail Park, Wrexham, LL11 2BA

Carers are welcome to join the group to meet new people and have a coffee and cake at the Range café.



Saltney Carer Group
Tuesday 25th October @ 1pm - 3pm
At: Douglas Community Centre, Saltney, CH4 8PB



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



Caring For Someone With Dementia? Carers Lunch Group
Wednesday 26th October @ 12:30pm - 2:30pm
At: Wynnstey Arms Hotel, Wrexham, LL13 8LP

Do you care for someone with Dementia? This month, we'll have a Fire Home Safety talk from James Roberts (North Wales Fire and Rescue Service). Followed by a hot buffet lunch; £5 payable on the day.



Prestatyn Carer Group
Thursday 27th October @ 11:30am - 1:30pm
At: 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!



Flintshire Crafters Club
Friday 28th October @ 10am - 12pm
At: NEWCIS Carers Centre, Mold, CH7 1NZ

Come and join our crafters club! The group will be crafting door hangers, crocheting granny, making cross stitch cards, Christmas cards, felt decorations and patchwork coasters! Open to all, no need to book just pop along.

NOVEMBER



Carer and Cared For Group
Tuesday 8th November @ 11am - 12:30pm
At: Rhyl Rugby Club, LL18 4AQ



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



Evening Carer Group
Tuesday 8th November @ 6:30pm - 8:30pm
At: 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!



Flintshire Crafters Club
Wednesday 9th November @ 12pm - 2pm
At: NEWCIS Carers Centre, Mold, CH7 1NZ

Open to all, no need to book just pop along.



Flintshire & Wrexham's Parent Carer Group
Thursday 10th November 12pm - 2pm
At: NEWCIS Carers Centre, Mold, CH7 1NZ



It's time for festive rag wreath making! Enjoy creating your own rag wreath with materials provided as we get into the festive spirit.



NEW Ruthin Carer Group
Tuesday 15th November @ 11am - 12:30pm
At: Seven Oaks Garden Centre and Café, Ruthin, LL15 1NJ



Our carer groups are expanding into new locations! Are you local to the Ruthin area and caring for someone? Come and meet other carers and NEWCIS Wellbeing Officers.



Deeside Carer Group
Thursday 17th November @ 10am - 12pm
At: St Andrews Community Hub, Garden City, CH5 5HN

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



Wrexham Communities For Work Plus - Drop In
Thursday 17th November @ 1pm - 2:30pm
At: Gwersyllt Community Resource Centre, LL11 4ED

Are you an unpaid carer looking for training, education and or employment? Would you like information and guidance about how both NEWCIS and Wrexham Communities for Work Plus can support you? Drop in for an informal chat with C.O.P.E. Officer Maxine - no appointment needed!



Saltney Carer Group
Tuesday 22nd November @ 1pm - 3pm
At: Douglas Community Centre, Saltney, 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 24th November @ 11:30am - 1:30pm
At: 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!



Think and Heal Yourself Happy Wednesday 23rd November 1pm - 3pm Via Zoom



Michelle from Angelic Healing will be delivering a 2 hour online emotional guidance workshop. The workshop will provide you with the tools to help you let go of limiting beliefs, trapped emotions, negative thought patterns and anything that no longer serves your highest good.



Caring For Someone With Dementia? Carers Lunch Group Wednesday 30th November @ 12:30pm - 2:30pm At: Wynnstay Arms Hotel, Wrexham, LL13 8LP



Join us for a Christmas flower arrangement demonstration from NEWCIS' very own Wellbeing Officer (and former florist) Nicola! Followed by a hot buffet lunch; £5 payable on the day.



WILDERNESS TRIBE - CALLING MALE CARERS

A new 7 week programme with Wilderness Tribe to help with mental health and revive a sense of self. Sessions will include working/making with natural tools, camp set up, shelter building, learning how to make a bushcraft brew. Carers will ideally commit to the 7 week programme due to take place in Oct/Nov. Dates and times are to be confirmed depending on carer availability (weekend or early evening). Each session will be 2 hours and will take place in woodland either near Soughton hall or Pentre Halkyn.

**Places are limited so please book early to avoid disappointment.
Call or email NEWCIS to book.**



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In partnership with



✦ PEN PALS ✦ IN AUSTRALIA

**International Pen Pal Programme:
Connect with carers in Australia!**

NEWCIS have partnered with Carers WA in Australia to offer unpaid carers a pen pal programme to connect with like-minded individuals! Expressions of interest are now being taken for carers aged 25 - 80 and over that would like to become pen partners with a carer in Australia.

**Interested? Contact Shelagh via email shelagh@newcis.org.uk
or call 01745 331181**



After caring

When someone you have been caring for passes away, it can feel overwhelming knowing what you need to do and where to start. Our simple guide sets out the basics you need to know.

View the guide online at www.newcis.org.uk/bereavement-support

When the person you care for can no longer function in the way they used too or ultimately your caring role ends, there can be a lot to deal with. Aside from the emotional trauma you may also find yourself having to manage many practical aspects of daily living that you didn't have to before. Maybe the person you cared for managed the finances, or took care of contacting the trades people when things went wrong at home, they may even have been the main cook. Starting to navigate the most basic practical things can be really daunting if you've never had to do it before. These hints and tips will enable you to make informed choices about where to go for help:

Local Heroes



These are trades that have been signed up by British Gas and come with a 12mnth guarantee on their services. You don't need to be a British Gas customer to use the service and they cover everything from heating, plastering, plumbing, painting and decorating to handymen. Visit www.localheroes.com

Volunteering

Having more time to yourself may give you the opportunity for a much needed rest, but it can also leave you feeling that you have a lot of time to fill. Why not get involved with our volunteering opportunities? Contact us for more information!

Which?

Find traders near you with Which? Trusted Traders. They also have a number of articles on their website including:



- How to find a reputable trader
- How to avoid a rogue trader
- What to do if you have a dispute with a trader.

General advice to follow: always make sure the trade you choose has been recommended or can provide you with testimonials, never pay upfront for a service, don't agree to any work from a trader who cold calls at your home – take their details if you think they maybe legitimate but don't agree to anything until you've checked out their credentials.



Cooking & Meals

We have our very own Chop, Slice and Dice recipe book (by Pure Vegetable Wellbeing) alongside short videos on our website. Take a look at www.newcis.org.uk/chop-slice-dice

If you want a printed booklet please contact us.

Some companies offer delivery of pre-planned menus and ingredients. Whilst these come at a cost, many have introductory offers and you don't have to commit. Some examples include HelloFresh, Mindful Chef and Gousto. Also, all the main supermarkets have online recipes and some have cookery booklets that you can pick up instore.

Charities

Age Cymru have created a factsheet (number 67) on Home improvements and Repairs. Call them on 0300 303 44 98 or visit www.ageuk.org.uk/cymru for more information.

Care and Repair provide a number of services from helping with fuel poverty (70+) to repairs as well as adaptations prior to hospital discharge. Phone 0300 111 3333.



NEWS & USEFUL INFORMATION

Coach Trip discounts



Carers registered with NEWCIS are entitled to 10% off trips with Voel Coaches. For enquiries contact NEWCIS.

Upcoming day trips can be found at
www.voelcoaches.com/day-trips

Keeping warm this Winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition. Below are some useful organisations and schemes.

SP Energy Networks

In the event of a power cut, SP Energy work to restore your electricity as quickly as possible. They offer extra support to customers who feel they need help.

If you would like to be added to the Priority Services Register text PSR to 61999.

LEAP (Local Energy Advice Partnership) Groundwork

Offering local residents a completely free service. LEAP can help you to save money and keep your home warm and cosy.

Tel: 0808 1683547

Warm Wales

Working to tackle fuel poverty by offering free advice and support to ensure people across Wales and South-West England have warm and safe homes.

Tel: 01656 747 622 / Email: information@warmwales.org.uk

NHS - How to stay well in Winter

Advice about keeping your home warm, if you are unwell, flu vaccines and more:

www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well

Leisure Centre discounts



Aura Leisure Flintshire

Carers can come in for free when accompanying their cared for person as part of the Aura Plus One Scheme. You can pick up a form at the leisure centre or online at

www.aura.wales/leisure-centres/aura-leisure-card

Denbigh Leisure

Carers registered with NEWCIS can apply for a Free Leisure Card (valid for a year) giving you reduced rates. Call NEWCIS on 01745 331181 to obtain a letter which you will need to present at Denbigh Leisure sites.

Freedom Leisure Wrexham

NEWCIS can provide registered carers with a letter to receive 50% off membership & access to facilities (gym, swim etc.) at Freedom Leisure sites in Wrexham. Contact NEWCIS on 01978 423114 for your letter.

Summer holiday respite for parent carers



Summer holidays can disrupt your usual routine and some clubs and groups may be closed. It is important that you, as an unpaid carer, take a break. We've compiled a list of activities, clubs and groups for children over the Summer holidays.

Visit: www.newcis.org.uk/summer-holiday-respite-for-parent-carers

Please note: none of the listed activities are organised by NEWCIS and you must contact the organisers directly to book/enquire.

NEWCIS Vacancies



Apprentice Information Officer (Flintshire)

The Information Officer will play a supporting role to the duty officer rota, answering carers queries and when fully trained undertake the lower level carer needs assessments and enter them onto the charities data base. Organisation of groups, training courses, room hire, and events would also be required.

Young Carers Service - Team Leader (Flintshire)

To work as part of the management team taking a lead with our young carer and young adult carer service in Flintshire. The role will liaise the administration team and the volunteer coordinator to support various programs of work that the young carer work integrates with.

Contact us to apply!

Or go to www.newcis.org.uk/vacancies

M4D - Music for Dementia



M4D radio is part of the Music for Dementia campaign to make music accessible for everyone living with dementia. They developed m4d Radio as a direct response to the impact of the Covid-19 lockdown as live music had come to an abrupt halt and carers and people living with dementia were severely affected by lack of stimulation and social contact. Now you can listen online 24/7!

Go to m4dradio.com



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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Partner Rhwydwaith o
**YMDDIRIEDOLAETH
GOFALWYR**

A Network Partner of
**CARERS
TRUST**



Pontio'r Bwlch
Bridging the Gap

Winner in the category

Gwellu gofala chymorth
yny cartref gyda'n gilydd

Improving care and
support at home together

NEWCIS Company limited by guarantee 9317097. Registered charity 1159934.
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Lottery Community Fund and Betsi Cadwaladr University Health Board. Carers Trust
Network Member.