



CEFNOGI GOFALWYR YN Y GYMUNED  
SUPPORTING CARERS IN THE COMMUNITY

# NEWCIS NEWS

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

**Tel: 01352 752525 / 01745 331181 / 01978 423114**

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**WINTER 2022 | ISSUE 132**

## Dear Carers,

I hope that this year's Winter issue offers something for everyone, with Carers Right Day events in November to the return of our annual carer Christmas parties!

There is some really helpful information in the article 'Support This Winter' on page 2 to help us to keep the costs of Winter energy down. We have also opened our new Wrexham office and look forward to seeing you there over the upcoming months at carer groups.

Over the last few months we have distributed heated electric throws and shopping vouchers for carers and activity packs for young carers thanks to fundraising efforts. 100% of which goes towards supporting unpaid carers.

Thank you to anyone that has donated to us in any way or wishes to help us fundraise. If you are aware of any companies that may be looking to support a charity or have fundraising activities that we could get involved in, please let us know.

Wishing you all the best for Christmas and the New Year.

***Claire Sullivan, NEWCIS CEO***



If you no longer wish to receive this newsletter, need to update your address, would prefer to receive it via email or have received it in error please let us know and help us save on resources and postage costs.

## Support This Winter

For more information go to [www.newcis.org.uk](http://www.newcis.org.uk)

**Grants and benefits to help you pay your energy bills:** Citizens Advice have a comprehensive list of grants and other benefits you may be entitled to claim.

**Winter fuel support scheme:** Eligible households can claim a one-off £200 cash payment from their local authority. Find out how to apply at: [www.newcis.org.uk/wales-fuel-support-scheme-2022-to-2023](http://www.newcis.org.uk/wales-fuel-support-scheme-2022-to-2023)

**Extra DWP support for UK carers:** If you are a carer, you could be entitled to more money than you are currently receiving, as well as a Christmas bonus.

**Dŵr Cymru Welsh Water** can help with up to £230 off your water bill as well as more benefits. Call 0800 052 0145 or visit [dwrcymru.com/HelpWithBills](http://dwrcymru.com/HelpWithBills)

**Warm Places:** With the current cost of living crisis leaving many residents worried about heating their homes throughout the colder months, there have been some 'warm places' established in Wrexham.

**Winter Warm Hubs in Flintshire:** Flintshire will be opening their sheltered accommodation community centres during the winter to tackle the cost-of-living crisis along with loneliness and isolation. Contact [Melissa.Southern@flintshire.gov.uk](mailto:Melissa.Southern@flintshire.gov.uk)

**Met Office launches its winter campaign** which aims to help us all take action to minimise the impacts of severe weather this winter. Visit: [www.metoffice.gov.uk](http://www.metoffice.gov.uk) (search 'Weather Ready').

An important way you and your family can prepare for the winter is by getting your heating and cooking appliances serviced. Safe and well checks are available free of charge and you can simply fill in an online form or call **North Wales Fire and Rescue Service** on 0800 169 1234 between 9am and 5pm to register, Monday to Friday.

**Flintshire County Council** have developed an online 'Cost of Living Hub' made up of financial help and household support that may be available to you including: cost of living, benefits, housing, health, children and schools, employment, transport and more. The information may also be useful for residents in other counties. Visit: [flintshire.gov.uk](http://flintshire.gov.uk) (search 'Cost of Living Hub').



Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it. Learn more at [www.newcis.org.uk/carers-rights](http://www.newcis.org.uk/carers-rights)

**Come along to one of our carers rights drop in sessions for information from a range of organisations on your rights as a carer, cost of living pressures and information about micro care.**

- **Monday 21st November @ Naylor Leyland Centre, Ruthin (from 11:30am) - DVSC, Adferiad and Denbighshire County Council.**
- **Wednesday 23rd November @ NEWCIS, Mold (10am - 1pm)**
- **Thursday 24th November @ Wellbeing Hub, Crown Buildings, Wrexham (10am - 3pm)**

## **Denbighshire lights up town in NEWCIS colours for Carers Rights Day**

NEWCIS are delighted that Denbighshire County Council is lighting up Rhyl Promenade and their facilities in NEWCIS colours, purple and green again this year! It really does make a difference, gets people talking and raises awareness. Drive through Rhyl and see the town lit up on the evening of Carers Rights Day (24th November) and from 6PM come and join us at The Sun Verge (E Parade, Rhyl LL18 3AF) for a warm drink!

**Contact [shelagh@newcis.org.uk](mailto:shelagh@newcis.org.uk) to let us know you are planning to join us.**



## NEWCIS Christmas Opening Hours

We know all too well that Christmas can be a challenging time for unpaid carers. NEWCIS are here to provide a listening ear and to support you with your caring role.

### **Our phone lines will be open as follows:**

Friday 23rd December - Closed

Monday 26th December - Closed

Tuesday 27th December - Closed

Wednesday 28th, Thursday 29th & Friday 30th - **Open**  
*(Our Mold office will also be open on these days)*

Monday 2nd January 2023 - Closed

We will be open as normal from Tuesday 3rd January 2023.

### **Out of hour contacts:**

- Denbighshire Social Services: 0300 4561000
- Flintshire Social Services: 03000 858858
- Wrexham Social Services: 01978 292066
- If you need to speak to a duty social worker outside normal office hours, call the emergency duty team on 0345 053 3116
- Samaritans: 116 123
- NHS 24/7: 111

More useful contacts can be found at:

[www.newcis.org.uk/useful-contacts](http://www.newcis.org.uk/useful-contacts)

From everyone at NEWCIS,

*"Merry Christmas and a Happy New Year"*

# Christmas

## CARER LUNCHES

**\*\*\* BOOKING ESSENTIAL \*\*\***

### IMPORTANT INFORMATION:

**You can book online, pay the non-refundable deposit to secure your place and select your menu choice(s) online at [www.newcis.org.uk/christmas-party](http://www.newcis.org.uk/christmas-party).**

Please book onto the lunch that is in the county you reside. You are entitled to bring **one** plus one (this can be the person you care for). The £5 deposit will go towards the cost of the event and is per booking **not** per person. The lunch is **free** but drinks are **not** included.

### FLINTSHIRE

**Wednesday 7th December @ 12PM**

**Venue:** Plas Hafod, Gwernymynydd, Mold  
CH7 5JS

### WREXHAM

**Thursday 8th December @ 12:30PM**

**Venue:** Maesgwyn Hall, Wrexham, LL11 2AF

### DENBIGHSHIRE

**Tuesday 13th December @ 12PM**

**Venue:** Faenol Fawr, Bodelwyddan, LL18 5UN



**COACH TRIP TO CHESTER CHRISTMAS MARKETS  
TUESDAY 6TH DECEMBER**

**1st pick up @ 9am at Voel Coaches, Dyserth, LL18 6BP**

**2nd pick up @ 9:30am at bus stop outside NEWCIS, Mold, CH7 1NZ**

**3rd pick up @ 10am at United Carpets, Wrexham, LL13 7NB**

**Return pick up point @ 4pm from Roman Amphitheatre**

Situated outside the Town Hall, the Christmas markets has a range of stalls selling Christmas gifts, arts and crafts goodies, fudge, local spirits and stocking fillers all surrounding the beautiful Christmas tree. Find out more information about the market at [www.visitcheshire.com/whats-on/chester-christmas-market-10th-anniversary-p223731](http://www.visitcheshire.com/whats-on/chester-christmas-market-10th-anniversary-p223731)

Limited spaces. First come first served. Booking is essential, a **£5 deposit** will secure your place (refundable on the day) this can be paid by cash in the office or securely online at <https://www.newcis.org.uk/payment>

# Christmas Fayre

**Friday 9th December | 11am - 2pm | Daniel Owen Centre, Mold**

Come and join the festivities at our Christmas Fayre! With festive goodies to purchase from a wide range of stalls showcasing items from local businesses, a raffle, tombola and children's games. 100% of proceeds go towards services to support unpaid carers.

Mold Mayor, Councillor Haydn Jones will be in attendance.

**Free entry. If you have anything to donate or would like to book please email [yvette@newcis.org.uk](mailto:yvette@newcis.org.uk)**

# CARER SUPPORT GROUPS



## IMPORTANT INFORMATION - PLEASE READ

### **ALL groups and events listed in this newsletter MUST be booked in advance.**

Deposits may now be required for certain events - this will be stated on the online booking form or when you book with a member of staff. If you can no longer attend, please let us know as soon as possible so that we can offer the place to someone who may be on a waiting list. Our groups and events are for carers registered with us and are intended to be a source of respite for the carer (unless otherwise stated). If you wish to attend a group or event and do not have care for your cared for please let us know in advance as we may be able to help.

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

**Call us on 01352 752525 or scan the QR code!**

**Deposit payments can be made online at [www.newcis.org.uk/payment](http://www.newcis.org.uk/payment)**



## CARERS COFFEE MORNING

**When: Every Wednesday**

**Drop in between 10:30am - 12pm**

**Where: NEWCIS Carers Centre, Mold, CH7 1NZ**

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



## 'HAPPY MONDAYS' WATERWORLD GROUP



**When: Every Monday (except Bank Holiday and half term) @ 11am - 1pm at Waterworld, Wrexham, LL13 8DH**

Come and meet peers who also have a caring role, have a chat and gain support. If you wish to use the facilities at Waterworld (swimming, gym) please do, you can meet us before or after! Parking is free from 11am.

Starting on the 7th November for 3 weeks at 12pm-1pm, try a free taster session with a coach and peer support. Contact Julie at NEWCIS for more information at [julieo@newcis.org.uk](mailto:julieo@newcis.org.uk)



## WONDERFUL WEDNESDAYS



**When: Wednesdays (fortnightly from Wednesday 2nd November) @ 10am - 12pm**

**Where: 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.



## CRAFT CLUB

Come and join our crafters club! From crochet to cross stitch, everyone is welcome. No need to book just pop in.

**Where: NEWCIS Carers Centre, Mold, CH7 1NZ**

Wednesday 11th January @ 12:30pm - 2:30pm

Friday 27th January @ 10am - 12pm

Wednesday 8th February @ 12:30pm - 2:30pm

Friday 24th February @ 10am - 12pm



## CARER AND CARE FOR GROUP



Come along with the person you care for to meet new people and socialise. NEWCIS staff will also be present for support. Limited spaces due to size of the venue.

**Tuesday 8th November @ 11am - 12:30pm**

At: Rhyl Rugby Club, LL18 4AQ

**Tuesday 6th December @ 11am - 12:30pm**

At: North Wales Garden World, Kinmel Bay, LL18 5TU

\*Only 12 spaces available\*

**Tuesday 10th January @ 11am - 12:30pm**

At: Rhyl Rugby Club, LL18 4AQ

**Tuesday 14th February @ 11am - 12:30pm**

At: Rhyl Rugby Club, LL18 4AQ





## EVENING CARER GROUP

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

**Tuesday 8th November @ 7pm**

**At: Pen Y Bont Farm Restaurant, Mold, CH7 1UJ**

Join us for an early festive celebration! Booking essential.

**Tuesday 10th January @ 6:30pm - 8:30pm**

**Tuesday 14th February @ 6:30pm - 8:30pm**

At: NEWCIS, Mold, CH7 1NZ



## PARENT CARER GROUP



For carers caring for a child with additional needs.

**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.

**Thursday 12th January 12pm - 2pm**

**At: Honey's Bakery & Café, Caergwrle, LL12 9DY**

Enjoy a catch up with other parent carers and a winter warmer of soup and a roll.

**Thursday 9th February 12pm - 2pm**

**At: NEWCIS, 3A Edison Court, Wrexham**

**Technology Park, LL13 7YT**

**Kolourful Unique**

Lenora Borsje (Kolourful Unique) has been invited to share her knowledge with carers with regards to children living with ASD/ADHD.

*"I am a fully qualified Primary School Teacher, Special Needs Teacher, Children's Counsellor, Home School Tutor and Online Tutor with over 15 years' experience".*

**Thursday 9th March 12pm - 2pm**

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

Come along and listen to SNAP Cymru explain the new Additional Learning Needs (ALN) system in Wales, with an opportunity to ask questions.





## CARING FOR SOMEONE WITH DEMENTIA

Support group for carers caring for someone with dementia.

**Wednesday 30th November @ 12:30pm - 2:30pm**

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

Join us for a Christmas flower arrangement session with Nicola Taylor (NEWCIS staff member and former florist)!

Followed by a hot buffet lunch, pudding and tea/coffee.

**£5 deposit - pay online at [www.newcis.org.uk/payment](http://www.newcis.org.uk/payment)**

**Wednesday 25th January @ 12:30pm - 2:30pm**

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

Join this friendly group for peer support and 'time out'. This month, an update on Wrexham Community Agents service and 'what's on' across the county.

Followed by a hot buffet lunch, pudding and tea/coffee.

**£5 deposit - pay online at [www.newcis.org.uk/payment](http://www.newcis.org.uk/payment)**



## CARING FOR SOMEONE WITH A LEARNING DIFFICULTY

Support group for carers caring for someone with a learning difficulty.

**Wednesday 18th January @ 11am - 12:30pm**

**At: Xplore! Science Discovery Centre, Wrexham, LL13 8AE**

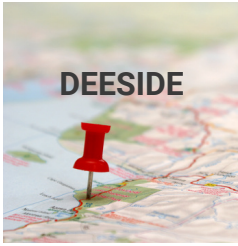
Come and find out more about the science discovery centre; full to the brim of science, exploration and fun! Light refreshments available at the onsite café.

**Thursday 16th February @ 10:45am - 12:30pm**

**Meeting at: St John's Church, Rhosnesni, LL12 7YF**

Walkabout Wrexham and District facilitate various walks. Try this gentle introduction walk around Acton area with Maxine from NEWCIS and find out about the other regular lead walks in the county. Meet at 10.45am for 11am start.

*"A lovely social and friendly walk. Join the striders, strollers, or stragglers groups! 2-3 miles over 50-60 mins depending on walking pace."*



## DEESIDE CARER GROUP

Local to the area and caring for someone? Come and meet NEWCIS and other carers for support and a cuppa.

**Thursday 17th November @ 10am - 12pm**

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



## SALTNEY CARER GROUP



Local to the area and caring for someone? Come and meet NEWCIS and other carers for support and a cuppa.

**Where: Douglas Community Centre, Saltney, CH4 8PB**

Tuesday 22nd November @ 1pm - 3pm

Tuesday 24th January @ 1pm - 3pm

Tuesday 28th February @ 1pm - 3pm



## RUTHIN CARER AND CARED FOR GROUP



Come along with the person you care for to meet new people and socialise. NEWCIS staff will also be present for support. Limited spaces due to size of the venue.

**Where: Seven Oaks Garden Centre, Ruthin, LL15 1NJ**

Tuesday 15th November @ 11am - 12:30pm

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

Tuesday 17th January @ 11am - 12:30pm

Tuesday 21st February @ 11am - 12:30pm



## PRESTATYN CARER GROUP

Local to the area and caring for someone? Come and meet NEWCIS and other carers for support and a cuppa.

**Where: North Wales Bowls Centre, Prestatyn, LL19 7YA**

Thursday 24th November @ 11:30am - 1:30pm

Thursday 26th January @ 11:30am - 1:30pm

Thursday 23rd February @ 11:30am - 1:30pm



## \*NEW\* LLANGOLLEN CARER GROUP



Our carer groups are expanding into new locations! Local to the area and caring for someone? Come and meet NEWCIS and other carers for support and a cuppa.

**Where: One Stop Shop in Library, Castle Street, LL20 8NU**

Wednesday 25th January @ 11am – 12.30pm

Wednesday 29th March @ 11am - 12:30pm



## \*NEW\* CORWEN CARER GROUP



Our carer groups are expanding into new locations! Local to the area and caring for someone? Come and meet NEWCIS and other carers for support and a cuppa.

**Where: One Stop Shop in Library, London Road, LL21 0DR**

Thursday 23rd February @ 11am – 12.30pm

Thursday 27th April @ 11am - 12:30pm



Gwasanaeth Tân ac Achub  
Fire and Rescue Service

## FIRE AND RESCUE SERVICE SESSIONS

Coming in November/December... North Wales Fire and Rescue Service will be hosting informative sessions for carers on how to keep safe and well. Keep your eyes peeled on social media and our events page for more details!

# Share your suggestions



We would like to know of any events, activities or courses that may be of interest to YOU going into 2023. Let us know your suggestions by emailing us at [enquiries@newcis.org.uk](mailto:enquiries@newcis.org.uk) or using the feedback form online at [www.newcis.org.uk/contact](http://www.newcis.org.uk/contact)

# TRAINING & EVENTS



## **DEMENTIA FAMILY TRAINING - THIS IS ME**

This 2 part course ran by Hazel Roberts will focus on how Dementia affects the brain and an insight into how someone living with Dementia feels. For carers of people living with Dementia only. Please inform us upon booking if you have any food/drink allergies/intolerances. There is an expectation to attend both sessions.

**Venue: Delyn Safety UK Ltd, Mold, CH7 1JR**

**2 part course: Fridays 11th @ 10am - 1pm**

**And 18th November @ 10am - 3pm**

On the second session (18th Nov) Emily from Celtic Law Ltd. will be joining us after lunch from 2pm - 3pm for a informative session on Lasting Power of Attorney.



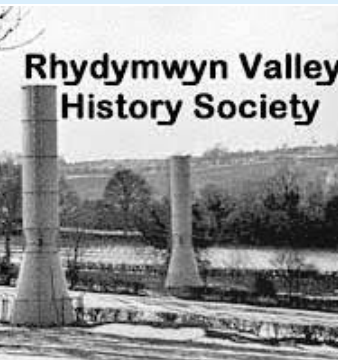
## **WREXHAM COMMUNITIES FOR WORK PLUS - DROP IN**

**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!

## **Rhydymwyn Valley History Society**



## **RHYDYMWYN HISTORY TOUR**

**Tuesday 22nd November @ 10:15am**

**At: Visitor Centre, Rhydymwyn, CH7 5HQ**

Take a tour which will include taking you just beyond the threshold of the tunnel system and telling you all about the site. Find out more at [www.rhydymwynvalleyhistory.co.uk](http://www.rhydymwynvalleyhistory.co.uk) Suitable footwear required (walking boots), refreshments provided. £3 non-refundable deposit required: pay online at [www.newcis.org.uk/payment](http://www.newcis.org.uk/payment)

## **THINK AND HEAL YOURSELF HAPPY**

**Wednesday 23rd November 1pm - 3pm**

**Via Zoom**



Think happy  
thoughts

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.



## TENPIN BOWLING!

**Tuesday 29th November @ 11am - 1pm**

**At: Unit B14, Eagles Meadow, Wrexham, LL13 8DG**

The game is on! Join us for a game of bowling, soft drink included. Food is served at the venue; to be ordered and paid for by yourself. £5 non-refundable deposit required to secure your place. Pay online at <https://www.newcis.org.uk/payment>



## CHRISTMAS WREATH MAKING

**Thursday 1st December**

**10:30am - 12:30pm & 2:30pm - 4:30pm**

**At: Ruthin Craft Centre, Ruthin, LL15 1BB**

Kate Jordan will be guiding you through the design principles and traditional techniques of floristry to create your own festive themed wreath to take home with you. All materials are provided but feel free to personalise your design with your own found materials. Cared for welcome but only 1 wreath per booking. Please choose **one** time slot.



## FLINTSHIRE DEMENTIA FESTIVE DINNER

**Friday 2nd December @ 12pm**

**At: Plas Hafod, Gwernymynydd, Mold, CH7 5JS**

**\*\*\*For current carers only - who must be living in Flintshire and caring for someone with dementia.\*\*\***

Join us for a delicious 2 course meal at the Plas Hafod. Choose from the menu available on their website (2 courses for £20 menu) and inform us of your choice when booking as well as any allergies/intolerances.

**£20 per person, a deposit of £10 is required by 18th Nov. Pay online at <https://www.newcis.org.uk/payment>**



## BREAD MAKING!

**Wednesday 11th January @ 10:30am - 1:30pm**

**AND Tuesday 7th February 10:30am - 1:30pm**

**At: Use Your Loaf Community Bakery, 29 Abbey St, Rhyl, LL18 1NT**

Would you like to learn how to bake bread? Come along to 'Use Your Loaf' in Rhyl - a community focused training bakery offering courses to teach people to bake! We have two dates available (please only come to one). A small fee charged on the day. Email [carolyn@newcis.org.uk](mailto:carolyn@newcis.org.uk) for more information.



BECSWS  
CYMUNEDDOL

COMMUNITY  
BAKERY

Use Your Loaf

Facebook @useyourloafrhyl

07880722068



## SPA DAY

**Friday 20th January @ 11am - 1:30pm**

**At: The Wild Pheasant Hotel & Spa, Llangollen, LL20 8AD**

Day includes arrival drink, use of all the facilities, robe and slippers. If you would like to book any treatments these would be at an additional cost to you and would need to be booked with the spa prior to arrival. Spaces are limited and aimed at new carers and/or those where a few hours break would make all the difference.

**Email [carolyn@newcis.org.uk](mailto:carolyn@newcis.org.uk) for more information**

**[www.everbrightgroup-hotels.com/wildpheasanthotel](http://www.everbrightgroup-hotels.com/wildpheasanthotel)**



## CREATIVE THERAPEUTIC COACHING SESSION 1/2

**WITH KAREN SANKEY: FINDING ME**

**Monday 30th January 10am - 12pm**

**Online via Zoom**

Are you one of those people that puts everyone's needs before your own? In this session we will explore reconnecting with your authentic self - what do you love to do, what are your superpowers, what makes life meaningful for you?



## CREATIVE THERAPEUTIC COACHING SESSION 2/2

**WITH KAREN SANKEY: TIME, SPACE & PACE**

**Monday 13th February 10am - 12pm**

**Online via Zoom**

Do you often feel overwhelmed? Juggling too many balls and feeling exhausted? Feel guilty taking time out for you? In this session we will explore how to slow down and create space in our lives to focus on what's important and think about what we need to say no to, creating time to breathe and self care.



## VALENTINES DAY PAMPER SESSION

**Tuesday 14th February @ 9:30am - 12pm**

**At: Iâl Salon, Coleg Cambria, Grove Park Rd, Wrexham LL12 7AB**

Enjoy some self-care and 'me time' this Valentine's Day in the luxurious surroundings of Salon Iâl. Treatments provided at professional standard by the Hair and Beauty students at Coleg Cambria.

**Once booked, Maxine will be in touch with a list of treatments available. Spaces are limited so booking is essential. £10 for two treatments, £5 payable on the day & £5 deposit - pay online at [www.newcis.org.uk/payment](http://www.newcis.org.uk/payment)**



# National Trust Days

**We're planning more National Trust visits as part of our Well-Being programme and we'd love you to join us. The visits will be planned to take advantage of the festive season at both Chirk and Erddig. Dates will be shared soon - email [enquires@newcis.org.uk](mailto:enquires@newcis.org.uk) to register your interest and be the first to know!**

**If you can't wait until then, National Trust have gifted us a number of free visit passes for Erddig which you can redeem on a day of your choice up until 30th November 2022. Email us at [enquiries@newcis.org.uk](mailto:enquiries@newcis.org.uk) or call us 01352 752525 to enquire and we'll pop one in the post to you.**





# amazonsmile

You shop. Amazon gives.

## WE'RE NOW ON AMAZON SMILE!

Shop at [smile.amazon.co.uk](https://smile.amazon.co.uk) (Same products, same prices, same services as the Amazon you know) and they'll donate to NEWCIS at no extra cost to you!



## PEN PAL SCHEME: 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! Are you an unpaid carer aged 25 - 80+ that would like to become pen partners with a carer in Australia? **Contact Shelagh via email [shelagh@newcis.org.uk](mailto:shelagh@newcis.org.uk) or call 01745 331181.**



## BRITISH RED CROSS FIRST AID APP

A free smart phone app to give you first aid skills wherever you are. It features simple, easy-to-learn skills for a range of first aid situations, as well as tips on how to prepare for emergencies, from severe winter weather to road traffic accidents. To download the app, go to: [www.redcross.org.uk/first-aid/first-aid-apps](http://www.redcross.org.uk/first-aid/first-aid-apps)



## CARER BREAK OPTIONS

We have a number of different break options to suit your needs, with help to secure funding, depending on your circumstances:

- Lottery breaks including Caravan, B&B and cottage breaks - suitable for families. Eligibility applies.
- Our Prestatyn Holiday home - self catering for up to 4 people (carer and cared for)
- NEW CareFree hotel breaks - flexible 2 nights B&B stays for up to 2 people (not open to cared for).

**Contact us or send us an enquiry to find out more.**

**A YEAR IN STATISTICS**



**CARERS REGISTERED**  
4,908 in Denbighshire  
9,937 in Flintshire  
2,215 in Wrexham



Carers accessing  
information, advice  
and assistance:  
**11,386**



Improved carer  
wellbeing:  
**2,360 carers**



Feel more empowered to  
express feelings:  
**2,612 carers**



Total inward  
contacts:  
**67,492**



Total website  
users:  
**17,294**

**APRIL 2021 - MARCH 2022**



## SOCIAL ENTERPRISE & CHARITY SHOPS

Carer Ventures Limited (CVL) is NEWCIS' social enterprise which operates the NEWCIS charity shops. Whilst raising funds, CVL also raises awareness of carers. They offer a man & van service and house clearances - with competitive rates for carers.

**Contact James on 07860834157 or email [james.cvl@newcis.org.uk](mailto:james.cvl@newcis.org.uk)**

### **VOLUNTEER OPPORTUNITIES**

We are in need of volunteers to help with general shop duties (till, managing stock etc.) and also driver volunteers to help with collections of larger items. If you are interested contact James.

Our shops:

- Daniel Owen Precinct, Mold, CH7 1AP
- In partnership with HFT - Church St, Flint, CH6 5AD

### **ONLINE SHOP - COMING SOON!**

Our online shop will feature some larger items (including furniture etc.). Items will be purchased in store, the online shop is for advertising purposes only.



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



**Y Gwobrau 2020**  
The Accolades

**Pontio'r Bwlch**  
Bridging the Gap

Enillydd yn y categori Winner in the category

Gwella pobol a chymorth  
your corner/good in support

Improving care and  
support at home together

Partner Rhwydwaith o

**YMDDIRIEDOLAETH  
GOFALWYR**

A Network Partner of

**CARERS  
TRUST**

**GIG**  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

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