



CEFNOGI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY

NEWCIS NEWS

North East Wales Carers Information Service

SUMMER 2023 | ISSUE 134



Supporting unpaid carers in Denbighshire, Flintshire and Wrexham



An unpaid carer is anyone who cares, unpaid, for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems



NEWCIS provides a lifeline to carers of all ages and backgrounds and offer a range of services tailored to meet individual needs



Our services include information about financial support, an award-winning respite scheme, carer needs assessments, counselling, training, peer support groups, GP and hospital support and much more.



Flintshire: 01352 752525



Denbighshire: 01745 331181



Wrexham: 01978 423114



www.newcis.org.uk



enquiries@newcis.org.uk



@NEWCISCC



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.



5-11 June 2023

What's on?

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges that unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The theme for Carers Week 2023 is 'Recognising and supporting carers in the community'. Representatives from NEWCIS will be out and about in the community throughout the week providing information, advice and support. Whether you are already registered with us or are new to being an unpaid carer, come and speak to us about our tailored support services.



NEWCIS' Hospital Facilitators work within Betsi Cadwaladr University Health Board's community hospitals. They are there to support unpaid carers when their cared for person is admitted to hospital, to help with the discharge process, and offer support when carers themselves require a hospital admission.

This week find us with information stalls at...

Wrexham Maelor Hospital

Monday 5th, Wednesday 7th & Friday 9th June

Glan Clwyd Hospital

Tuesday 6th June & Thursday 8th June

Deeside Community Hospital

Wednesday 7th June 2pm - 4pm

Holywell Community Hospital

Thursday 8th June 1pm-3pm

Mold Community Hospital

Friday 9th June 2pm - 4pm

Are you an unpaid carer?

Do you know what support is available to you?

WCBC are launching an 'Unpaid Carer Café' on the first Tuesday of every month

CARERS CAFÉ

Tuesday 6th June

11am - 2pm

At The Wellbeing Hub, Crown Buildings, Wrexham, LL13 8BG

No need to book, just drop in.



NEWCIS YOUNG CARERS SERVICE

Tuesday 6th June

1pm - 5pm

Anyone is welcome to drop in to this coffee afternoon which aims to raise awareness, identify hidden young/young adult carers and offer access to much-needed support.



AFTERNOON TEA

Wednesday 7th June

10am - 1pm

Afternoon Tea @ NEWCIS, New Street Mold, CH7 1NZ

Booking essential.



CARERS WEEK CELEBRATION @ THE TWEEDMILL

Wednesday 7th June

11am

Celebrate Carers Week with tea/coffee and cake at the Tweedmill, Llannerch Park, St Asaph, LL17 0UY.

Funded by the National Lottery Community Fund.

For carers only. Booking essential.



We'll also be sharing videos on our social media pages explaining about the work we do within the community hospitals - watch these on our Facebook and Twitter (@NEWCISCC & @BCUHPALS) during the week!



NEWCIS are commissioned by Denbighshire County Council, Flintshire County Council and Wrexham County Borough Council to deliver the adult unpaid carers service. We work collaboratively to ensure as many carers as possible are reached and supported.

FREE

Wellbeing Event

FOR UNPAID CARERS



THURSDAY 8TH JUNE • 1PM - 4PM

RAMADA PLAZA, WREXHAM, LL13 7YH

A jam-packed afternoon to explore new organisations, understand more about wellbeing and the support available for unpaid carers

ACTIVITIES ★ HOLISTIC TREATMENTS

★ INFORMATION STALLS FROM A WIDE RANGE OF ORGANISATIONS ★

BUFFET ★ REFRESHMENTS

Booking essential. Carers and cared for from Denbighshire, Flintshire and Wrexham all welcome. We move our main event around each year to cover all counties. If you would like to attend but would struggle to get there please let us know when booking.

Book online at www.newcis.org.uk/events

Or call NEWCIS on 01352 752525

A message from our CEO...

Dear Carers,

With the Summer on its way we have plenty of activities and trips to support you to take some time out to enjoy the warmer weather.

Carers Week has lots of exciting things to look forward to and the team will be providing information for carers in the community hospitals and the wider community throughout the week. If you can't make any of the activities, the team are always available to speak to you if you need any information in relation to your caring role and are here to help.

We have some fantastic news regarding securing funding for a new National Lottery Community Fund project, the new project Connecting Carers in the Community will be launched in July. NEWCIS would like to thank the National Lottery for their support again and we look forward to sharing with you the exciting new elements of the project later this year.

We have also been successful in gaining funding from Carers Trust Wales to deliver short breaks for carers; keep your eyes on our website for further information soon. All the details of the new break opportunities will also be in the next issue of NEWCIS news.

Hope you all have a great Carers Week,

Claire



Our Social Enterprise

Carer Ventures Ltd (CVL) is our social enterprise which works alongside NEWCIS to provide a number of vital services specially designed make carers lives a little easier.

Essential Food Box Deliveries - For carers who are struggling financially or who are caring for someone recently discharged from hospital.

House Clearances - Whether you need to downsize, clear unwanted items after a bereavement or help to make space for a loved one coming home from hospital.

Holiday Home Stays - A lovely holiday home with seafront location in Prestatyn. Aiming to provide respite for carers, or a break away with your cared for.

Charity Shops - Mold (Daniel Owen Precinct, Mold, CH7 1AP) & Flint (in partnership with HFT): Church St, Flint, CH6 5AD

Please note that some services require a What Matters Conversation (commonly known as a Carer's Assessment) by a NEWCIS Wellbeing Officer - including the food boxes and holiday home stays. Services are also based on funding and eligibility. Contact NEWCIS to enquire.

Events

HOW TO BOOK

Due to the high demand of interest in our events, we will now take **reservations** instead of bookings. Please note that this is **not a confirmed booking** until we contact you to confirm your place up to 7 days before. Some events and groups may require a deposit to secure your booking. We will send you a link to pay online when we contact you to confirm your place or you can pay by cash in the office. Carers who are no longer in active caring roles will be put on a reserved list for all events and contacted should spaces become available up to 24 hours before.

Book online at www.newcis.org.uk/events

Or call us on 01352 752525

MAY



INDIAN HEAD MASSAGE 6 WEEK COURSE

Friday 14th April then weekly for 6 weeks
10am - 12pm at NEWCIS, Mold, CH7 1NZ

Wednesday 3rd May then fortnightly for 6 weeks
10am - 12pm at NEWCIS, 3A Edison Court, LL13 7YT

Learn more about this relaxing technique which can help with anxiety, ADD and ADHD as a very soothing treatment. During this course you will learn practical massage techniques for the shoulders, neck, scalp and face as well as oils, aftercare advice, the Ayurvedic system and the chakras.

Booking essential. £10 for six week course. For carers only.



'BEING A PARENT' COURSE

Tuesday 9th May for 8 weeks, 2 hours a week
At NEWCIS, New Street, Mold, CH7 1NZ

NEWCIS has joined with Empowering Parents Empowering Communities to provide parent carers (of children aged 2-11yrs) in Flintshire the opportunity to join our 'Being a Parent' group. The group is informal and interactive, sharing ideas with each other about how to support our children with feelings and behaviour. **Booking essential.**





NATIONAL TRUST VISIT TO CHIRK CASTLE

Thursday 11th May



Join us for an informal, relaxing day with an option of a guided tour as well as the freedom to explore by yourselves. Further details will be provided when your place is confirmed. If transport is an issue please let us know at the time of booking.

Booking essential. For carers and cared for.



WREXHAM COMMUNITY CATALYSTS

Tuesday 16th May, 10:30am - 12:30pm

NEWCIS, 3A Edison Court, Wrexham Technology Park, LL13 7YT

Community Catalysts will be popping in to the coffee morning to tell you about their work in Wrexham. They help people set up micro enterprises to offer care and support to older and disabled people. Jen Naylor, who is an unpaid carer herself, will talk about how sometimes people discover caring as a vocation through looking after a loved one or volunteering in care; could getting paid to care for others be a next step for you? Come and find out!

No need to book, just come along.



DYSERTH WALKWAY WALK

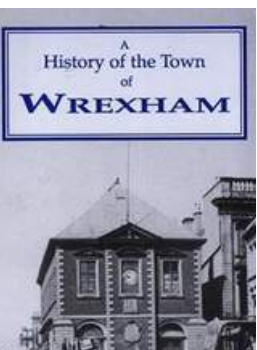
Tuesday 16th May, 11am - 1pm

Meeting at St Melyd Golf Club, Prestatyn, LL19 8NB



Join us for a leisurely Spring walk along Dyserth Walkway and then back to the golf club for tea/coffee and cake.

Booking essential.



WREXHAM HISTORICAL WALKING TOUR

Tuesday 23rd May, 10am

Meeting place: Queens Square, Wrexham, LL11 1AT

A guided walking tour around Wrexham followed by lunch at Wrexham museum.

Booking essential. £5 per person. Carers only.

JUNE



GOLF DRIVING RANGE SESSION

Tuesday 13th June, 11am

Bannel Golf Range, Padeswood, near CH4 0EN

Thinking of becoming the next Tiger Woods? Or just looking for a fun day out. Come test your skills at the driving range!

Booking essential. Carers only.



CHESTER ZOO COACH TRIP

Thursday 15th June

Carer plus one cared for. Return at 4pm.

Pick up Dyserth @ Voel coaches, 8:30am

Pick up @ NEWCIS Mold, 9am

Pick up @ United Carpets Wrexham, 9:30am

Booking essential.



MOBILE REMINISCENCE MEMORY CAFÉ

Thursday 22nd June at NEWCIS, Marsh Rd, Rhyl, LL18 2AF

Morning session: 10.30am

Afternoon session: 1pm



An interactive, hands on reminiscence event with items from the 50's and 60's for you to reminisce, share wonderful memories, enjoy the music and chat with others over a tea, coffee and cake. An event for carers and cared for - suitable for people affected by dementia living in Denbighshire.

Booking essential.



**Flintshire Dementia Project
Reminiscence Ball at St David's Park Hotel
Friday 16th June, 11:30am arrival**



A chance to 'dress to impress'! Join us for an afternoon of food, music, dancing and socialising! There may be a small charge towards this event, details will be sent closer to the time. Allergies/intolerances will need to be confirmed upon booking.

Open to carers and cared for. Book online or call us on 01352 752525.

This event is funded by Flintshire County Council therefore only those caring for someone with dementia in Flintshire can attend.





GO-KARTING

Thursday 22th June, 6pm

At Apex Kart Chester, Sandycroft, Deeside, CH5 2QD

Winner takes all! Fancy your chances in the Grand Prix? Come and join us for a fun filled race around the track!

Booking essential. Carers only. £5 deposit required.



EATING FOR BETTER MENTAL HEALTH

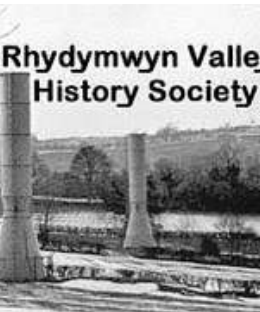
Monday 26th June 1pm - 3pm at NEWCIS, Rhyl

Thursday 29th June 1pm - 3pm at NEWCIS, Mold

Wednesday 5th July 6:30pm - 8:30pm at NEWCIS, Wrexham

In this workshop we will look at hydration, getting your 5 a day, food intolerances, gut health, how sugar affects mood, mindful eating and the various vitamin and minerals, which can support our mental wellbeing as well as a few shortcuts to help you on your way.

Booking essential. £5 per person. Carers only.



RHYDYMWYN HISTORY TOUR

Friday 30th June, 10am - 12:30pm

Nant Alyn Road, Mold, CH7 5HQ

Take a tour which will include taking you just beyond the threshold of the tunnel system and telling you all about the historic site!

Booking essential. Carers only.

JULY



MAKING A LASTING POWER OF ATTORNEY

Monday 3rd July 10am - 1pm @ NEWCIS, Wrexham

Monday 4th September 10am - 1pm @ NEWCIS, Mold



A lasting power of attorney (LPA) is a legal document that lets you appoint one or more people to help you make decisions or to make decisions on your behalf if you have an accident or an illness. Gain an insight about how to make your own LPA from qualified solicitor Emily from Celtic Law Ltd.

Booking essential.



LOGGERHEADS COUNTRY PARK WALK

Thursday 6th July

Ruthin Road, Mold, CH7 5LH

Fancy a stroll in the sunshine? Come join us for a Summer walk at Loggerheads! Ice cream or a drink included.

Booking essential.



AFTERNOON TEA - FOR CARERS AND CARED FOR

Wednesday 12th July, 12:30pm

Tweedmill Shopping Outlet, Saint Asaph, LL17 0UY

Join us for a delicious afternoon tea with your loved one and peers.

Booking essential. £5 per carer (cared for comes free).



SELF CARE WORKSHOP

Monday 10th July 1pm - 3pm at NEWCIS, Rhyl

Thursday 13th July 1pm - 3pm at NEWCIS, Mold

Wednesday 19th July 6:30pm - 8:30pm at NEWCIS, Wrexham

Learn what stops you from allowing your self-care and find ways to work with that, as well as methods that would appeal to you in order to help you to top your battery levels up.

Booking essential. £5 per person. For carers only.



COACH TRIP TO BLISTS HILL VICTORIAN TOWN

Tuesday 18th July

Pick up @ Dyserth Voel coaches, 8am

Pick up @ NEWCIS Mold, 8:30am

Pick up @ United Carpets Wrexham, 9am

Visit the recreated working town and step back to a time & place where traditional life and industry sat side by side at the dawn of the modern age.

Booking essential. £5 entrance fee. For carers only.

If you would like to make your own way there and meet us there for the tour please let us know when booking.



ARCHERY

Friday 14th July, 1pm - 3pm

Level Road Community Centre, Hawarden, Deeside, CH5 3SB

How good is your aim? Join us for a fun filled day testing your skills with a bow and arrow!

Booking essential. Carers only. £5 deposit required.



INFORMATIVE SESSION WITH THE STROKE ASSOCIATION

Wednesday 19th July, 10:30am - 12pm

NEWCIS, Mold, CH7 1NZ

Learn about what a stroke is, what the causes and prevention of a stroke are, how to recognise a stroke and learn about the effects a stroke can have on someone.

Booking essential.



OLD POSTCARDS OF THE SEASIDE

Friday 21st July, 5:30pm - 7:30pm

NEWCIS, Mold, CH7 1NZ

Brian from Buckley historical society will host a 'back in time to the seaside' evening with a slideshow of old picture postcards from long ago days out by the sea. Followed by a fish supper.

Booking essential. For carers and cared for. £3.



AFTERNOON TEA WITH A TWIST - CHARCOAL DRAWING

Tuesday 25th July 1pm - 3pm

Venue TBC

An introduction to still life drawing in charcoal. Suitable for all levels of ability. Using an 'Afternoon Tea' still life set up as our subject, we will be exploring some drawing techniques used for creating drawings in charcoal. After creating the drawings, we will enjoy afternoon tea. The group will be ran by artist Zoe Ellis.

Booking essential. Carers only. £3 per person.



AN EVENING WITH THEATR CLWYD

Wednesday 26th July at NEWCIS, Mold, CH7 1NZ

6pm - 7:30pm

Come along for an informative taster session all about theatre-making with Head of Production, Hannah Lobb.

Booking essential.

**Theatr
Clwyd**

GREENACRES FARM PARK VISIT

Thursday 27th July, 11 am

Greenacres Farm Park, Deeside, CH5 2AZ

Time for fun on the farm! Come join us for a day at Greenacres Farm Park where you can even feed the animals!

Booking essential. £5 per person - carers and cared for.

*This only includes **one** cared for, if you wish to bring additional people these must be paid for by yourself at full admission price on the day.*



AUGUST

BOWLING

Tuesday 1st August, 11 am

Eagles Meadow, Wrexham

The game is on - join us for a game of bowling! NEWCIS will pay for a soft drink per person. Food not included but you can purchase separately if you wish to have something to eat.

Booking essential. Carers only.



PLEIN AIR SKETCHING AND PICNIC

Tuesday 29th August, 1pm - 3pm

Mold - Venue TBC

Using a number of different drawing tasks, we will learn how to create quick sketches outdoors. Suitable for all levels of ability.

When we have finished sketching, we can then enjoy a picnic.

The group will be ran by artist Zoe Ellis.

Booking essential. Carers only. £3 per person.



Dewch I Goginio!
Come and Cook!

Come and Cook!

Venue: NEWCIS, Mold, CH7 1NZ

This October - Date and time TBC

Come and Cook teaches nutrition and practical cookery skills in a relaxed and friendly environment. The course aims to increase knowledge, confidence and skills to enable people to prepare healthy, safe, economical meals for themselves and their families using a variety of cooking methods.

Register your interest via the booking form at

www.newcis.org.uk/booking



NEW Male Carers Support Group

This new relaxed and social group will meet every other Friday at The Red Lion in Penyffordd (CH4 0JR)

Would you be interested in joining the group? Email matthew@newcis.org.uk

Carer Support Groups

Find your nearest carer support group below. The groups meet regularly for peer support and are always open to welcoming new and familiar faces! A NEWCIS Wellbeing Officer is also present at all groups.

Please book in advance and refrain from just turning up.

DEESIDE

Venue: St Andrew's Community Hub, Garden City, CH5 2HN

Time: 10am - 12pm

Thursday 18th May

Thursday June 15th

Thursday July 20th

CORWEN

Venue: One Stop Shop in Library, Corwen, LL21 0DR

Time: 11am - 12:30pm

Thursday 29th June



LLANGOLLEN

Venue: Ponderosa Café, Horseshoe Pass, LL20 8DR

Time: 11am - 12:30pm

Wednesday 24th May

Wednesday 26th July



SALTNEY

Venue: Douglas Community Centre, CH4 8PB

Time: 1pm - 3pm

Tuesday 23rd May

Tuesday 27th June

Tuesday 25th July



PARENT CARERS GROUP – Flintshire & Wrexham



For carers caring for a child with additional needs. The group is for carers only as a form of support and respite. Booking essential. For more information contact Julie Owen on julieo@newcis.org.uk

Thursday 8th June, 10am – 12pm

Kolourful Unique

At NEWCIS, New Street, Mold, CH7 1NZ

Lenora Borsje (Kolourful Unique) will be sharing her knowledge with carers with regards to children living with ASD/ADHD. Lenora is a fully qualified primary school teacher, special needs teacher, children's counsellor, home school tutor and online tutor with over 15 years experience. Kolourful Unique can be accessed via the NEWCIS Bridging The Gap scheme which can all make life more manageable for parent carers.

Thursday 13th July, 10:30am -12:30pm

**At NEWCIS, 3A Edison Court, Wrexham Technology Park, LL13 7YT
Craft & Journaling for Wellbeing**

Carers can take some time out focusing on craft for their wellbeing. Create your own personalised journal book, dressing it with decoupage for mindful moments and then using it to express thoughts and feelings on good and bad days, helping you to rest better and address your feelings. You may enjoy reading this journal before attending the group:

5 Benefits of Journaling for Mental Health -

www.positivepsychology.com/benefits-of-journaling

EVENING CARER GROUP

Usual venue: NEWCIS, New Street, Mold, CH7 1NZ

Time: 6:30pm - 8:30pm

Ideal for working carers or those who cannot get to groups during the day! Each session is different dependent on the theme and venue changes frequently. Please contact Carolyn Evans on 07929 866336 for further information. **Booking essential.**

Tuesday 9th May

Tuesday 13th June

Tuesday 11th July

Tuesday 8th August

CARING FOR SOMEONE WITH LEARNING DIFFICULTIES

Wednesday 17th May, 1pm - 2:30pm

NEWCIS, 3A Edison Court, Wrexham Technology Park, LL13 7YT

Rachel from Gig Buddies Cymru is joining us to chat about the project, and how its befriending scheme aims to match people with a learning disability with a volunteer who shares the same interests, so they can attend social events and outings together.

Booking essential.



Surviving the Summer holidays with your SEN child (Session 1 of 2)

Thursday 15th June at NEWCIS, Wrexham, LL13 7YT

11am - 12:30pm

No school, changes in routine, and round-the-clock care! The school summer break can present many challenges for parents of children living with learning difficulties. Come along and meet other parent carers, to share ideas and strategies, and create a plan for how to manage the six long weeks of summer. Refreshments available. **Booking essential.**

Surviving the Summer holidays with your SEN child (Session 2 of 2)

Friday 14th July at NEWCIS, Wrexham, LL13 7YT

11am - 12:30pm

This session will include information about 'What's On' in Wrexham County during the Summer for children living with learning difficulties and their families. **Booking essential.**

PRESTATYN

Venue: North Wales Bowls Centre, Prestatyn, LL19 7YA

Time: 11:30am - 1:30pm

Friday 26th May - Joined by Nerys Affleck, Health Promotion Co-ordinator from Denbighshire County Council

Friday 30th June - Joined by Tracey Jones from Welsh Water

Friday 28th July

Until October, groups have been moved from a Thursday to a Friday. This is because the Bowls Centre will be closed on Thursdays during summer months.

WREXHAM DEMENTIA CARERS LUNCH CLUB

Do you care for someone living with dementia? Join this popular and friendly peer support group for a chat and light lunch. £5 for 2 courses, £7 for 3 courses.

Booking essential. Book and select your menu choices online at:

<https://www.newcis.org.uk/wrexham-dementia-carer-group/>

Wednesday 31st May, 12:30pm - 2:30pm

The Wynnstay Arms Hotel, Yorke Street, Wrexham LL13 8LP

Booking closes on Monday 29th May

Wednesday 28th June, 12:30pm - 2:30pm

The Wynnstay Arms Hotel, Yorke Street, Wrexham LL13 8LP

Booking closes on Monday 26th June.

Wednesday 26th July, 12:30pm - 2:30pm

The Wynnstay Arms Hotel, Yorke Street, Wrexham LL13 8LP

Booking closes on Monday 24th July.

CARER & CARED FOR GROUP – RHYL

Come along with the person you care for to meet new people and socialise. NEWCIS staff will also be present for support.

Venue: Rhyl Rugby Club, Tynewydd Rd, Rhyl, LL18 4AQ

Time: 11am - 12:30pm

Tuesday 9th May

Tuesday 13th June

Tuesday 11th July



CARER & CARED FOR GROUP – RUTHIN

Come along with the person you care for to meet new people and socialise. NEWCIS staff will also be present for support.

Venue: DVSC Naylor Leyland Centre, Ruthin, LL15 1AF

Time: 11am - 12:30pm

Tuesday 23rd May

Tuesday 20th June

Tuesday 18th July



CARERS MENTAL WELLBEING GROUP



For carers caring for a child with additional needs. The group is for carers only as a form of support and respite. Booking is essential.

Tuesday 16th May, 2pm - 3:30pm

At: Tŷ Pawb, Market St, Wrexham, LL13 8BB

This month, join us at Tŷ Pawb, where we will visit the free entry disability arts cymru exhibition and then have some refreshments in the food court afterwards!

tŷ pawb

Wednesday 21st June, 2:30pm - 4:30pm

At: Bellis Brothers, Holt, Wrexham, LL13 9YU

Carers are invited to enjoy a traditional afternoon tea, in the strawberry fields restaurant, overlooking the wonderful view over the Welsh countryside. You may wish to browse their garden centre and farm shop before you leave. **£5 per person.**



Wednesday 19th July, 2pm - 4:30pm

At: Dobbies Garden Centre Moreton Park, Wrexham, LL14 5DG

Carers are invited to visit the garden centre and shops, and then join us for cake, tea/coffee afterwards.



Carers Coffee Mornings

Would you like a break from your caring role? Join us for a coffee and a natter. The groups thrive on the mutual support offered to each other - and a cuppa or two! No need to book just drop in.

Every Tuesday, 10:30am - 12:30pm

At NEWCIS, 3A Edison Court, Wrexham Technology Park, LL13 7YT

On Tuesday 9th May, Emma Sims Holistic Therapist will be attending the drop in to provide free relaxing hand massages.

Every Wednesday, 10am - 1pm

At: NEWCIS, New Street, Mold, CH7 1NZ

Craft Groups

Everyone is welcome to join our craft groups! Have fun, get creative and learn something new! Suggestions for craft ideas are welcome. No need to book just turn up. Refreshments available at all venues.

Every Tuesday (starting 2nd May) 1:30pm - 3:30pm

At NEWCIS, 3A Edison Court, **Wrexham** Technology Park, LL13 7YT

Every Friday (starting 5th May) @ 10am - 12pm

At: NEWCIS, New Street, **Mold**, CH7 1NZ

At: NEWCIS, Morfa Clwyd Business Centre, Marsh Road, Rhyl, LL18 2AF

Expressions of interest being sought for a fortnightly craft group. Suggested start date depending on interest - Wednesday 17th May @ 10:30am - 12:30pm. All crafters and ideas welcome. Contact gillw@newcis.org.uk

Happy Mondays 😊

Where: The Wellbeing Hub, Crown Buildings, Wrexham, LL13 8BG

When: Every Monday (except Bank Holidays and school holidays)

Time: 11am - 1pm

This friendly peer led group provides you with an opportunity to make friendships and connect with others who understand the caring role, whilst having shared conversations of interest. Take time out for you and your wellbeing and get support and information from the following organisations:

1st Monday of the month: **NEWCIS**

2nd Monday of the month: **Family Information Service**

3 & 4th Monday of the month: **Wellbeing Hub**



A hive of activity every week at Wonderful Wednesdays including a variety of activities for carers and cared for; from craft, yoga and wellbeing activities. As well as a range of organisations to talk to for support. Including NEWCIS!

NEWCIS will be at Wonderful Wednesdays every month

From 10am - 12pm on 10th May, 14th June, 12th July, None in August
13th September, 11th October

No need to book, just come along!

National Lottery Funding

"This May we say a fond farewell to the 'Well-Being Matters' project generously funded by the National Lottery Community Fund after an amazing 3 years. The project has enabled us to provide over 1,500 additional assessments, 200 counselling/therapeutic interventions, over 200 carer breaks and a whole load more events/activities for carers to access and enjoy. Our thanks go out to the funders and The National Lottery players for making this possible but ultimately to the small but formidable team of staff and volunteers who have made it happen.

In June we start the next big adventure 'Connecting Carers' having recently been successful in our 3rd round of Lottery funding to take us to 2026. The focus of this next project will be all about communities, to better connect people with places and more importantly, each other. Please do let us know if you want to get involved. We'll be looking to plan a launch celebration in the summer so keep an eye on our social media and website for more details. A huge thank you again to the National Lottery Community Fund for believing in us, we couldn't do what we do without you."

From Claire, Gill and the Team





The National Databank provides free mobile data, texts and calls to people in need via Good Things Foundation's network of local community partners.

Think of it like a 'food bank' but for internet connectivity data. Data vouchers are available from:

Denbighshire libraries, Flintshire Connects Centres (Buckley, Connah's Quay, Flint, Holywell, Mold), Wellbeing Hub Wrexham (Crown Buildings)

To be eligible to access the National Databank you must be over 18 years old and from a low-income household.

Different distributors may have their own eligibility criteria and refuse the right to deny access if you do not meet the criteria.

JustGiving™

Cllr Megan Lloyd Hughes raising money for NEWCIS

This August Cllr Megan Lloyd Hughes along with her mum are walking Offas Dyke path to raise much needed funds for NEWCIS and MIND.

Read more about Megan's story and donate here:

<https://www.justgiving.com/crowdfunding/meganlloydhughes>

 Dying
Matters

Let's talk about it

Starting conversations about dying is often not as hard as you might think.

By talking to those around you, you can help to support people who are ill, who are caring for a dying person, or who have lost someone close to them.

Running from 8 – 14 May, anyone can get involved in Dying Matters Awareness Week – whether with friends and family, with your company or in the community.

Get involved at www.hospiceuk.org



Sign up to easyfundraising and see your favourite brands donate to the cause you care about whenever you shop with them. Thousands of brands give back when you spend! easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

Sign up today and choose NEWCIS as your cause:

www.easyfundraising.org.uk

Passionate about caring for people?

Want to make a difference within your local community?

Want to be your own boss?

Why not become a self-employed micro-carer?

You will operate as your own small care business, offering flexible care and support services to people in Flintshire. The services you can provide will be vital to a person's happiness and wellbeing and will help them remain independent in their home and local community.

The types of micro-care services you might offer could include:

- Personal care and support to people in their own home
- Providing Day Care or Breaks for carers
- Providing access community facilities
- Providing well-being services such as cleaning, shopping

How will Flintshire County Council support you to achieve this?

- By supporting you to develop your ideas and business
- Providing access to free relevant training in care and running a business
- Providing advice, guidance and mentoring every step of your journey
- Support to develop and deliver a quality service in line with care regulations
- Potential access to start-up funding
- Support you to find work and become a sustainable business
- Link you with other Micro-care providers in Flintshire

To find out how we can help you, contact Flintshire County Council's **Micro-Care Team** on **01352 704023/701958** or **micro-care@flintshire.gov.uk**



You could save up to £200 off your annual water bill

Are you worried about the cost-of-living and how you will afford your water bill?

We're here to help.

We have lots of financial support options available that could help you save on your water bill.

Are you:

- Struggling to pay your water bill?
- A low user of water or living on your own?
- Receiving means tested benefits or tax credits?
- Living with a medical condition?
- Living with a family member with a medical condition?
- A parent or guardian of 3 or more children under 19 & claiming child benefits?

If the answer to any of the above is yes, speak to a member of our friendly, trained Specialist Support Team today.



Call us to talk through your options
0800 052 0145



Visit us online for more information
dwcymru.com/helpwithbills

TELEPHONE

BEFRIENDING

We are looking to recruit more male volunteers to make regular keeping in touch befriending telephone calls to our male carers

Calls would be focused on general stimulating conversation, listening, companionship, reminiscing, hobbies.

Would you like to become a befriending volunteer?

Email us at **enquiries@newcis.org.uk**



Theatr Clwyd - Take Part

A variety of online and in-person projects for everyone to get involved in! Drama & Creativity, Writers Groups, Dance & Movement, Backstage Theatre Making, Parent & Baby, LGBTQIA+, Living with memory loss.

100% bursaries are available to all who need it with no questions asked.

Free taster sessions available.

Get in touch and have a chat
takepart@theatrclwyd.com

READING WELL

Reading Well supports you to understand and manage your health and wellbeing using helpful reading.

Reading Well books are all recommended by health experts, as well as people with lived experience of the conditions and topics covered and their relatives and carers.

You can be recommended a title by a health professional, or you can visit your local library and take a book out yourself.

More information at:

www.reading-well.org.uk

Pinboard Writers

Pinboard Writers is set up to encourage young and old to write, whether that be short stories, plays, novels, poetry, flash fiction, creative non-fiction – in fact, virtually any kind of writing at any and all stages of their development.

At The Daniel Owen Community Centre, Mold. Every Monday morning, except Bank Holidays, end of July and throughout August.
(9:30am - 12:30pm)

**Contact Peter Jones on 07791100227
or at writersmold@yahoo.com**



KIM - Mental Health Support

KIM now operate in Denbighshire, Flintshire *and* Wrexham.

KIM 4 Her - helping improve confidence and build emotional resilience.

www.kim-inspire.org.uk/kim-4-her

KIM 4 Him - Supporting you to improve your wellbeing through activity and engagement.

www.kim-inspire.org.uk/kim4him



Daily travel throughout North Wales for no more than £6 when you 'Tap On and Tap Off'

Covering areas including the Llŷn Peninsula to Chester and from Anglesey to Aberystwyth, the new 1Bws multi-operator bus ticket simplifies ticketing for customers wanting to travel around North Wales. Tap a debit card or device on the ticket machine reader when you are boarding the bus. Every one of the 27 bus operators in the region (excluding Stagecoach) accepts the ticket as a valid form of payment.



10% discount* for carers registered with NEWCIS

Contact Shelagh or Carolyn on 01745 331181 to access the discount via referral from NEWCIS

**For day trips only.*

DANGOS

Free financial awareness training in Wales

Free online financial awareness training project in Wales offering basic and intermediate courses to children/younger people, older people and those in need of care.

Contact info@dangos.wales



ESGOBAETH LLANELWY
TYFU FFYDD • DDO A GORBAITH • DANGOS CARIAD
CROW FAITH • BRING HOPE • DEMONSTRATE LOVE
DIOCESE OF ST ASAPH

Everything Dementia

Wednesday 17th May, 1pm - 4pm
At St Asaph Cathedral

Advice, information and support on all dementia issues. Everyone welcome.
Refreshments provided.



Artwork created by Willy Glider



'The World Turned Upside Down'

Using theatre to take a realistic look at Dementia

Film screening at the Wellbeing Hub, Chester Street, Wrexham 10am-12pm, Monday May 15.



01978 298608
kateA.evans@wrexham.gov.uk

DENBIGHSHIRE PARENTS SOCIAL

When: SECOND & FOURTH THURSDAY AT 7:00 PM

Where: MORFA TABLE, MARSH ROAD, RHUDDLAN, LL18 5UA

Calling all parents/carers of anyone with a learning disability and/or autism.

Charity number: 1172199

Book via email: gemma@conwy-connect.org.uk

DENBIGHSHIRE PARENTS CAKE & COFFEE MEET UP

For all parents/ carers of anyone with a learning disability and/ or autism

When: Tuesday's 10am - 11am

Where: The Range, Marina Quay Retail Park, Rhyl, LL18 5AX

To book email: gemma@conwy-connect.org.uk

Charity number: 1172199

Book via email: gemma@conwy-connect.org.uk



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

NEWGIS 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.