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CEFNOGI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY

NEWCIS NEWS

North East Wales Carers Information Service

Autumn/Winter 2023 | Issue 135



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, What Matters Conversations (known as carer needs assessments), counselling, training, peer support groups and hospital support

 Flintshire: 01352 752525

 Denbighshire: 01745 331181

 Wrexham: 01978 423114

 www.newcis.org.uk

 enquiries@newcis.org.uk

   @NEWCISCC

NEW

Amser Programme

Short Breaks Scheme for unpaid carers

**YMDDIRIEDOLAETH
GOFALWYR**
CYMRU

**CARERS
TRUST**
WALES



Amser, Welsh for 'time', is the grant fund for third sector organisations delivering personalised, flexible and creative short breaks to unpaid carers in Wales.

Funded by Welsh Government, Amser is part of the Short Breaks Scheme for unpaid carers and aims to enable 30,000 carers to take a break from caring by 2025.

A range of break options to meet the diverse communities of Wales have been funded through this programme. These aim to improve carer resilience and wellbeing and to support the sustainability of the carer's caring relationship.

NEWCIS are a proud partner of the scheme and will be able to provide short breaks to unpaid carers (adult carers and young carers*) who are registered with us in Denbighshire, Flintshire and Wrexham.

Our short breaks will include**:

- Day Activities
- Group Activities
- Microgrants - E.g. cinema tickets, restaurant vouchers
- Overnight Breaks

**To apply please contact us on enquiries@newcis.org.uk
or call us on 01352 752525.**

**Young carers in Flintshire only.*

***Subject to availability. Eligibility criteria applies and is based on individual circumstances. 2*

Carers Rights Day

Thursday 23 November 2023



Carers Rights Day is about raising awareness of carers' rights and entitlements, to help carers get the support they need.

Carers need to know their rights wherever they are in their caring journey. On Carers Rights Day, NEWCIS aim to empower carers with information and support, helping them to feel confident asking for what they need and challenge things when their rights are not being met.

Wednesday 22nd November

This year our main Carers Rights Day event will be held in Prestatyn; full details will be published on our website in due course, or you can contact us to enquire. The event will comprise of a host of organisations coming together to offer unpaid carers services, information about your rights and even some goodies!

Information will also be available on...

Monday 20th November, 12pm - 3pm @ NEWCIS, Wrexham
and

Wednesday 22nd November, 10:30am - 1pm @ NEWCIS, Mold

Booking not required.



For the third year, Denbighshire Leisure Ltd will be lighting up their facilities in NEWCIS brand colours (purple and green) to raise awareness for Carers Rights Day.

Jamie Groves, Managing Director of Denbighshire Leisure Ltd said "Taking care of someone else can bring many challenges, and knowing where to get the right support can be crucial. At Denbighshire Leisure Ltd we are delighted to light up building to help raise awareness of the Carers' Rights campaign."

Walk or drive through Rhyl town to see the lights on Thursday and then join us for hot drink from 6pm at The SunVerge, East Parade, Rhyl. Please contact shelagh@newcis.org.uk if you wish to join us.



Christmas PARTIES

FLINTSHIRE

Wednesday 6th December 1pm-3pm
At The Beaufort Park Hotel, New Brighton, Mold

..... ❁

WREXHAM

Thursday 7th December 1pm-3pm
At iâl Restaurant, Coleg Cambria, Wrexham

..... ❁

DENBIGHSHIRE

Wednesday 13th December 1pm-3pm
At Faenol Fawr Hotel, Bodelwyddan

..... ❁

Booking is essential. £10pp.

**Book online (preferred) at www.newcis.org.uk
and go to 'events'. Or call us on 01352 752525.**

We will not be taking bookings until October.

Each venue will be a set menu: meat option or vegetarian. You can also let us know of any allergies/intolerances when booking. The parties have been organised as a chance for carers to have some respite and enjoy a social event. If arranging care for your cared for is an issue, or you would like to bring your cared for, please let us know in advance so we can discuss your options.

NEW

New Project: Connecting Carers in the Community

Funded by the National Lottery Community Fund

 www.newcis.org.uk/lottery-project



The new National Lottery Community Fund project is starting this Autumn, a slightly later start than envisaged but we are sure it'll be worth it!

The focus for the next 3 years will be on working more closely with carers, volunteers and partners to create and develop new opportunities to connect with each other. NEWCIS want to actively put co-production into practice, demonstrating what positive outcomes can be achieved by embedding carers and volunteers more heavily into the development of the service.

- ★ Providing holistic assessments to better understand needs ensuring carers are more informed and better connected, particularly new carers.
- ★ Providing carer breaks that offer a chance to re-connect and reduce isolation.
- ★ Creating new opportunities to increase resilience through co-production working in particular with volunteers, young carers and parent carers.
- ★ Widen the scope of friendships by connecting carers locally, nationally and internationally.

*We're always looking to involve new partners and try new ideas, so if you feel you have something to offer, be that time, energy or inspiration, please do get in touch: **Email enquiries@newcis.org.uk***

Tesco Community Vote - Winners!

We're delighted to let you know we came first in the Tesco Community Grants vote at the Ruthin store and have since been awarded **£1,500!** The funding for 'Carers Matter' will allow us to plan a number of events aimed to increase emotional resilience, help to reduce isolation and support unpaid carers to achieve a greater sense well-being.



Watch this space for an update!



Pen Pal Programme

NEWCIS have partnered with Carers Trust Cheshire and Warrington and Dumfries & Galloway Carers Centre to offer a pen pal programme for unpaid carers 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 Cheshire or Scotland?

We are currently taking expressions of interest. Contact Shelagh via email: shelagh@newcis.org.uk or call 01745 331181



Andi Dakins [pictured left], Community Capacity Development Officer from Carers Western Australia visited NEWCIS as part of the Pen Pal Program in July. Staff [Shelagh (middle), Jo (right)] met up with Andi at the Wrexham office. Thanks for visiting, Andi!

Mindfulness Meadow

Over the past year we've been working with other organisations and charities to create a Mindful Meadow at Chirk Castle National Trust. From planting trees and wildflower seeds to building benches and wildlife homes, we have helped to transformed 0.65 hectares into a flourishing meadow. It's the now the perfect spot for people to improve their health and wellbeing as they gaze across the Ceriog Valley, find peace in the willow dome, watch wildlife buzzing about the orchard, and watch the clouds float by.



National Trust



What's On?

September - December

How to book

1. Online on Eventbrite <https://newcis.eventbrite.com>
2. By calling us on 01352 752525
3. With a member of staff

We provide training and events for carers as respite and a chance to socialise with like-minded people in similar caring roles. To accommodate this, we are reliant on fundraising. Therefore some of our events are subject to a small charge, this will be stated in the newsletter or on Eventbrite.

If you can no longer attend an event that you have booked and don't tell us in advance, we can't offer the place to someone else who may have been on the waiting list. If you fail to turn up to a booked event on 3 occasions then you will be unable to attend our events for a determined period of time.

How to use eventbrite

1. Go to <https://newcis.eventbrite.com> or go to our website and select 'events'
2. Select the event you wish to book
3. Click the orange button (this will either say 'reserve a spot' or 'select a date' if there are multiple dates)
4. Enter your information at the 'checkout' and click 'register'. You may also have to enter your card details here if there is a fee for an event. There may also be different ticket types (for example, carer, cared for, volunteer), please ensure you select the correct ticket.

Once an order completes, you will receive an automatic order confirmation email with your ticket(s) attached. Please print your ticket or contact us and we can print this for you, or you can show us the ticket on your phone upon entry to an event.

September



Bereavement and Grief Workshop

Date: (POSTPONED, New date TBC)

Venue: NEWCIS, Mold, CH7 1NZ

Bereavement and grief workshop with Dr Marc Johnson from North Wales and Chester Clinical Wellness Centre.



Rhyl Support Group (For carers and cared for)

Date: Tuesday 12th September, 11am - 12:30pm

Venue: Rhyl Rugby Club, LL18 4AQ

Contact: Shelagh Persich, shelagh@newcis.org.uk



Carers Mental Wellbeing Group

Date: Wednesday 13th September 11am - 12:30pm

Venue: Happy Hedgehogs Café, Wrexham, LL13 8UN

Studies have shown that providing unpaid care can have an adverse impact on the mental wellbeing of unpaid carers. The aim of the group is to bring carers together, connect with others and have time for themselves. Come and enjoy other carers company and a good catch up.



Journaling Decoupage (for Parent Carers)

Date: Thursday 14th September, 10:30am - 12:30pm

Venue: NEWCIS, Unit 3a, Eddison Court, Wrexham, LL13 7YT

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.



Ruthin Support Group (For carers and cared for)

Date: Tuesday 19th September, 11am - 12:30pm

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

Contact: Shelagh Persich, shelagh@newcis.org.uk



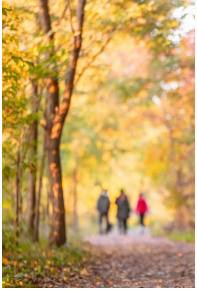


Carers Mental Wellbeing Group - Yoga

Date: Tuesday 19th September, 10:30am - 12pm

Venue: Maesgwyn Maesgwyn Community Centre, Lilac Way, Wrexham, LL11 2BB (This is **not** Maesgwyn Hall)

Relax, unwind, and improve your wellbeing with a 1 hour yoga session with local, fully qualified instructor Rhi. Followed by refreshment and time for a chat. Please wear comfortable clothing – class is suitable for all abilities. Class ran by Rhian Ashworth, Flexandstrength with Rhi.



Autumn Walk

Date: Wednesday 20th September, 10.30am

Meet at: North Wales Bowls Centre, Prestatyn

This 5km route will take us onto the prom for a couple of km. The route will then turn left onto the sand dunes before re-joining the prom and heading back to the NWBC for approximately 11.30am for a coffee and a cake.



Wrexham Dementia Carers Lunch Group

Venue: Levant Kitchen & Bar, Wrexham, LL13 8BA

Time: 12pm - 2pm

Dates: Thursday 28th September, Thursday 26th October, Thursday, 30th November

Contact: Louise Green, louiseg@newcis.org.uk

New venue and dates for this popular peer support group

Do you care for someone living with Dementia? Enjoy some time out and a chat over a 'light lunch'. Please go to the link to book your meal choice:

www.newcis.org.uk/wrexham-dementia-carer-group

Booking essential - £5 for 2 courses, includes choice of soft drink.



Deeside Support Group (For carers)

Date: Thursday 21st September, 10am - 12pm

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

Contact: Helen Hickey, helen@newcis.org.uk



Saltney Support Group (For carers)

Date: Tuesday 26th September, 1pm - 3pm

Venue: Douglas Community Centre, CH4 8PB

Contact: Nicola Taylor, nicola@newcis.org.uk





Llangollen Support Group (For carers and cared for)

Date: Wednesday 27th September, 11am - 12:30pm

Venue: Ponderosa Café, Horseshoe Pass, LL20 8DR

Contact: Shelagh Persich, shelagh@newcis.org.uk



Prestatyn Support Group (For carers)

Date: Friday 29th September, 11:30am - 1:30pm

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

Contact: Gundega Overthrow, gundega@newcis.org.uk

Guest Speaker: Sarah Pierce, Swayne Johnson Solicitors - talk on capacity, Wills and Lasting Powers of Attorney.



Lasting Power of Attorney Training Course



Date: Friday 29th September, 10am

Meet at: NEWCIS, Unit 3a, Eddison Court, Wrexham, LL13 7YT

A lasting power of attorney (LPA) is a legal document that lets you (the 'donor') appoint one or more people (known as 'attorneys') to help you make decisions or to make decisions on your behalf.

There are 2 types of LPA: health and welfare, property and financial affairs. You can choose to make one type or both.

Receive guidance and information from qualified solicitor Emily from Celtic Law Ltd.

October



Stroke Association Talk

Date: Tuesday 3rd October, 10:30am - 11:30am

Venue: NEWCIS, Mold, CH7 1NZ

Learn more about the Stroke Association at this informative talk from a representative.



Flintshire Dementia Project Lunch

Date: Wednesday 4th October, 12pm - 2pm

Venue: Beaufort Park Hotel, New Brighton, Mold, CH7 6RQ

For carers caring for someone with dementia living in Flintshire. £15pp.

Join us for a fish and chips lunch and an introduction to 'Creative Conversations' course with Jane Meakin from Purple Platform.

The course offers creative skills to family carers of people living with dementia using the arts.





Health, Wellbeing & Activity Workshop

Date: Thursday 5th October 1pm - 3pm

Venue: NEWCIS, Mold, CH7 1NZ

With Dr Marc Johnson from North Wales and Chester Clinical Wellness Centre.



Zentangle Workshop

Date: Thursday 5th October, 1pm - 3pm

Venue: NEWCIS, Unit 3a, Eddison Court, Wrexham, LL13 7YT

A Zentangle is a miniature abstract work of art created by a collection of patterns. It is typically done on paper using a pencil and a black pen, then colour can also be added. The “zen” part of it is that it can be a very relaxing and meditative experience. This can then also be used to create jewellery, watercolour paintings, plus lots more. Liz and Babs (BALZ) will run this 2 hour workshop, refreshments will be available and materials provided.



Fire Safety Webinars

Dates: 9th October & 13th November, times TBC

Venue: Online via Zoom

Learn all about fire safety within the home on these informative webinars by North Wales Fire and Rescue Service.



Rhyl Support Group (For carers and cared for)

Date: Tuesday 10th October, 11am - 12:30pm

Venue: Rhyl Rugby Club, LL18 4AQ

Contact: Shelagh Persich, shelagh@newcis.org.uk



Pottery Painting at Spavens

Date: Thursday 12th October 1pm - 3pm

Venue: Spavens, King St, Mold, CH7 1LA

Choose from a range of pottery items from mugs to teapots and decorate it however you like! This will be fired in the kiln and is yours to take home and enjoy.



Lot 11 Café Visit (for Parent Carers)

Date: Thursday 12th October, 10:30am - 12:30pm

Venue: Lot 11 Café, 11 Hill St, Wrexham, LL11 1SN

Come along for a catch up and to discuss future plans for the group. £5pp deposit required.





Come and Cook | 7 Week Programme

Starting: Monday 16th October 10:30am - 1pm

Venue: NEWCIS, Mold, CH7 1NZ

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. Ran by Sarah Powell-Jones, NHS Wales.



Ruthin Support Group (For carers and cared for)

Date: Tuesday 17th October, 11am - 12:30pm

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

Contact: Shelagh Persich, shelagh@newcis.org.uk



Deeside Support Group (For carers)

Date: Thursday 19th October, 10am - 12pm

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

Contact: Helen Hickey, helen@newcis.org.uk



NEW For Wrexham Carers with Loved Ones in Hospital Support Group

Time: 2pm - 4pm

Venue: NEWCIS, Unit 3a, Eddison Court, Wrexham, LL13 7YT

Dates: Thursday 19th October, Thursday 23rd November, Thursday 14th December

If your loved one is in hospital, NEWCIS can offer emotional and practical support during this time. This free drop-in monthly support group is for unpaid carers in Wrexham who currently feel like they are on their own during this difficult time. It's an opportunity to talk through your feelings and receive emotional support from our hospital facilitators in Wrexham.

Refreshments provided. Booking not required.



Wrexham Learning Difficulties Carer Group

Date: Monday 16th October, 1pm - 2.30pm

Venue: Toast Café & Deli, Wrexham, LL13 8BT

Do you care for someone living with Learning Difficulties? Join Maxine from NEWCIS at this cosy café for coffee/tea and cake, and hear an informal chat from Diane about the work she and her colleagues do at Sense (for people with complex disabilities). Attendees will be provided £5 towards the cost of their drink and cake. **Booking essential.**



Carers Mental Wellbeing Group - Yoga

Date: Tuesday 17th October, 10:30am - 12pm

Venue: Maesgwyn Maesgwyn Community Centre, Lilac Way, Wrexham, LL11 2BB (NOT Maesgwyn Hall)

Relax, unwind, and improve your wellbeing with a 1-hour yoga session with local, fully qualified instructor Rhi. Followed by refreshment and time for a chat. Please wear comfortable clothing – class is suitable for all abilities. Class ran by Rhian Ashworth, Flexandstrength with Rhi.



Physiotherapy Information Session

Date: Thursday 19th October, 1pm

Venue: NEWCIS, Mold, CH7 1NZ

With Rob Kelly, Director and Senior Physiotherapist, Grosvenor Street Physiotherapy.



Seaside Reminiscing

Date: Saturday 21st October, 12pm

Venue: NEWCIS, Mold, CH7 1NZ

Seaside slide show from times gone by. Followed by fish & chips.



Saltney Support Group (For carers)

Date: Tuesday 24th October, 1pm - 3pm

Venue: Douglas Community Centre, CH4 8PB

Contact: Nicola Taylor, nicola@newcis.org.uk



Rhydymwyn Historic Tour

Date: Thursday 26th October 10am - 2pm

Venue: Nant Alyn Road, Mold, CH7 5HQ

In case you missed out last time, we are going again! Take a tour which will include taking you just beyond the threshold of the tunnel system and telling you all about the historic site. We will meet at Rhydymwyn valley works. Please wear suitable shoes and bring a packed lunch.



Corwen Support Group (For carers and cared for)

Date: Thursday 26th October, 11am - 12:30pm

Venue: Corwen Library, London Road, LL21 0DR

Contact: Shelagh Persich, shelagh@newcis.org.uk



Prestatyn Support Group (For carers)



Date: Thursday 26th October, 11:30am - 1:30pm

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

Contact: Gundega Overthrow, gundega@newcis.org.uk

Guest Speaker: Jenni Edwards, Versus Arthritis



Craft Group - Design your own pumpkin!

Date: Friday 27th October, 10am - 12pm

Venue: NEWCIS, Mold, CH7 1NZ

Come along for some spooky craft fun! Pumpkins and materials provided.

November



Sleep, Diet & Exercise Workshop

Date: Thursday 2nd November 1pm - 3pm

Venue: NEWCIS, Mold, CH7 1NZ

With Dr Marc Johnson from North Wales and Chester Clinical Wellness Centre.



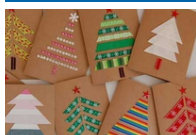
Life After Caring Talk with Marie Curie

Date: Monday 6th November 10:30am - 1:30pm

Venue: NEWCIS, Unit 3a, Eddison Court, Wrexham, LL13 7YT
and

Date: Tuesday 7th November, 10:30am - 1:30pm

Venue: NEWCIS, Mold, CH7 1NZ



Christmas Card Making (for Parent Carers)

Date: Thursday 9th November, 10:30am - 12:30pm

Venue: NEWCIS, Unit 3a, Eddison Court, Wrexham, LL13 7YT



Rhyl Support Group (For carers and cared for)

Date: Tuesday 14th November, 11am - 12:30pm

Venue: Rhyl Rugby Club, LL18 4AQ

Contact: Shelagh Persich, shelagh@newcis.org.uk



Deeside Support Group (For carers)

Date: Thursday 16th November, 10am - 12pm

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

Contact: Helen Hickey, helen@newcis.org.uk



Creative Movement for Wellbeing

Date: Monday 20th November 1pm - 4pm

Venue: NEWCIS, Mold, CH7 1NZ

The session combines Ashtanga Yoga, Feldenkrais movement, 5 rhythms dance and physical theatre techniques and aims to leave you feeling stretched, relaxed and inspired. Ran by Jane Sutcliffe, who has over 30 years experience of working in the field of visual, physical theatre.

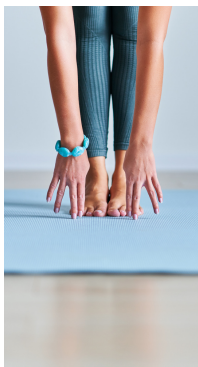


Ruthin Support Group (For carers and cared for)

Date: Tuesday 21st November, 11am - 12:30pm

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

Contact: Shelagh Persich, shelagh@newcis.org.uk

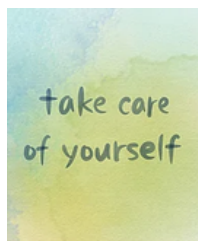


Carers Mental Wellbeing Group - Yoga

Date: Tuesday 21st November, 10:30am - 12pm

Venue: Maesgwyn Maesgwyn Community Centre, Lilac Way, Wrexham, LL11 2BB (This is **not** Maesgwyn Hall)

Relax, unwind, and improve your wellbeing with a 1 hour yoga session with local, fully qualified instructor Rhi. Followed by refreshment and time for a chat. Please wear comfortable clothing – class is suitable for all abilities. Class ran by Rhian Ashworth, Flexandstrength with Rhi.



'Looking After Me' Workshop for Carers

Date: Thursday 23rd November 1pm - 4pm

Venue: NEWCIS, Mold, CH7 1NZ

This introduction course helps carers to maintain and improve their quality of life through self-management. Ran by Elois Davis (BCUHB - Primary and Community Care) NHS Wales).



Saltney Support Group (For carers)

Date: Tuesday 28th November, 1pm - 3pm

Venue: Douglas Community Centre, CH4 8PB

Contact: Nicola Taylor, nicola@newcis.org.uk



Prestatyn Support Group (For carers)

Date: Thursday 30th November, 11:30am - 1:30pm

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

Contact: Gundega Overthrow, gundega@newcis.org.uk

Guest Speaker: Katy Levy, Making sense CIC – reminiscence session



Wrexham Learning Difficulties Carer Group



Date: Wednesday 22nd November, 11am - 2pm

Venue: NEWCIS, Unit 3a, Eddison Court, Wrexham, LL13 7YT
'Introduction to Caring for Me' - An informal course, looking at how we can manage our own wellbeing alongside a caring role. Light lunch provided (please advise on any dietary requirements when booking). Ran by Elois Davis (BCUHB - Primary and Community Care) NHS Wales).

December



Craft Group - Decorate your own bauble!

Date: Friday 1st December, 10am - 12pm

Venue: NEWCIS, Mold, CH7 1NZ

Decorate your own bauble to hang on your Christmas tree and enjoy a hot chocolate and some cake! Materials will be provided.



Mind & Body at Christmas Workshop

Date: Thursday 14th December 1pm-3pm

Venue: NEWCIS, Mold, CH7 1NZ

With Dr Marc Johnson from North Wales and Chester Clinical Wellness Centre.



Visit to the Moel Famau Donkeys

Date: Tuesday 19th December (TBC)

Venue: Llanferres, Mold, CH7 5SJ

Spend some time with miniature donkeys in the stunning Vale of Clwyd and enjoy a mince pie and a hot drink.



Theatr Clwyd Rock 'N' Roll Panto

Dates TBC. Contact us to enquire.

Join us for the biggest rock, pop and soul songs, fabulous frocks, spectacular sets and the anarchic panto puppets!

Theatr Clwyd



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

Every Wednesday, 10am - 1pm

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



Fit For Life

'Fit for Life' a gentle Movement to Music class to bring ease into your body, keep your spine healthy and your joints mobile. The movement sequences are suitable for all, standing sequences are optional. The aim is to help our bodies become more mobile & flexible. We also work with mindfulness and breathwork to find moments of peace & stillness.

All ages & abilities welcome.

Thursdays, 2pm-3pm at NEWCIS, Mold.
With Jill Blandford.



WONDERFUL WEDNESDAYS
AT MOLD RUGBY CLUB



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 here every 2nd Wednesday of the month!
From 10am -12pm.

No need to book, just come along!

Happy Mondays 😊

Every Monday (except Bank Holidays and school holidays), 11am - 1pm
at The Wellbeing Hub, Crown Buildings, Wrexham, LL13 8BG

This friendly peer led group provides you with an opportunity to make friendships and connect with others. 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**

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



This Autumn, **Ruthin Craft Centre** have a selection of craft workshops which helps to improve individuals' mental wellbeing through creativity, led by creative professionals within the field.

Booking essential - book via Eventbrite or call us on 01352 752525.



Creative Retreat Day

For Parent Carers

Thursday 12th October, 10am - 2.30pm @ Ruthin Craft Centre

Immerse yourself in craft and the art of making this autumn, with Ceramicist Ceri Wright and Performer Jane Sutcliffe. As you'll discover the therapeutic aspect found in the process of 'making' through tactile hands-on creation and creative movement.
Light lunch provided.

WOOD CARVING

Male Carer Group

**Friday 27th October,
10am - 2pm @ Ruthin Craft Centre**

Come and Join Sculptor John Merrill as he'll guide you through the art of making in wood. Carving with basic tools that don't cost the earth to achieve a unique piece of sculpture in lime wood. All materials and equipment provided.
Light lunch provided.

Introduction to Weaving

Thursday 23rd November, 1pm - 3pm @ Ruthin Craft Centre

An introductory session to weaving on a loom, led by Laura Thomas, inspired by her up and coming solo exhibition 'Weave'. Laura Thomas is an established woven textile artist, designer and maker specialising in producing unconventional textiles for contemporary spaces.
All materials provided.

At Home Craft Packs

1. Creative Movement

Inspired by Jeanette Orrell exhibition 'Drawings on Indigo', which takes you on a botanical journey among the ancient art of indigo dyeing. The programme is pre-recorded and last approx. 1 hour, includes 5 sections. Materials provided.
Contact us to get started!

2. Mindful Making

Designed by artist Ticky Lowe. Introducing drawing and stitch as a mindful and healing activity. Materials provided. Contact us to get started!



WALKING GROUPS

We are starting some walking groups in each county which will be held monthly. If you are able to volunteer to run one of the walking groups or would like to join us just to walk, please contact to Tracey on 01352 752525 or email traceyh@newcis.org.uk

THE BENEFITS OF WALKING

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Maintain a healthy weight, prevent or manage various medical conditions, improve cardiovascular fitness, strengthen your bones and muscles, improve muscle endurance.

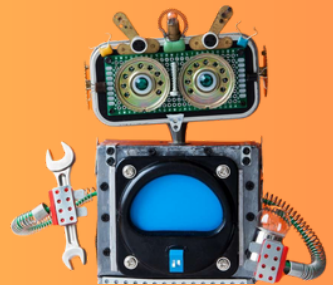
TUESDAY 19TH SEPT
9.30-11.30AM
Meet at Etna park
car park, Buckley

WEDNESDAY 20TH
SEPT 9.30-11.30
Meet at bowling green
car park, St Asaph

THURSDAY 21ST
SEPT 9.30-11.30
Meet at station road,
Ruabon

NEWCIS' Repair Café
Every second Wednesday the month
Starting 13th September
12pm - 3pm @ NEWCIS, Mold

Bring along your broken items, including toasters, lamps, hair dryers, clothes, bikes, toys and crockery. Anything broken (other than microwaves or white goods) is welcome, and a group of volunteer repair experts (from Repair Café Wales) will help make repairs, free of charge.



REPAIR
CAFÉ
WALES

Latest News

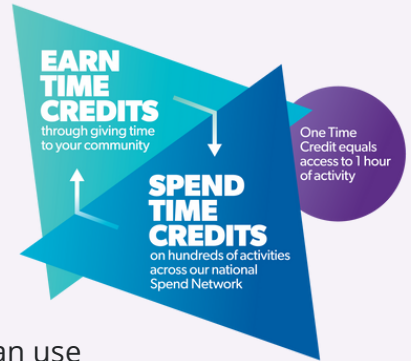
And useful information

Volunteering



Volunteering is a great way to give back. NEWCIS has a number of opportunities including 'Keeping in Touch' calls, database cleansing, fundraising, events, crafting, carer groups, and helping out in our charity shop. Earn valuable Tempo Time Credits that you can use to visit places of interest across the UK for free.

www.newcis.org.uk/volunteer



Easy Guide to Lasting Powers of Attorney

It's important that someone we trust can make decisions about our health and finances if we're no longer able to make these decisions for ourselves. A Lasting Power of Attorney can help to give you this peace of mind. The Older People's Commissioner for Wales' Easy Guide to Lasting Powers of Attorney provides easy to understand information that can help.

www.olderpeople.wales/resource/an-easy-guide-to-lasting-powers-of-attorney



Comisiynydd Pobl Hŷn Cymru
Older People's Commissioner for Wales



Dementia Training for the Younger Generation



We are looking to organise some dementia training for people aged 18+, this doesn't necessarily have to be the main carer it could be a family member of the person living with dementia. The course will give them a better understanding of the condition. The course will be funded by **Flintshire County Council** so the person attending **must** be living in Flintshire. If you are interested please email niaj@newcis.org.uk

Bereavement Support

When a caring role ends due to bereavement, the loss felt can be profound. Therefore, it is important to NEWCIS that when a carer is bereaved we provide the correct support and information in a timely manner, to enable you to transition during this difficult time. Here at NEWCIS we want you to know we are still here and available to offer support to you in the days, weeks or months following your loss. Unless you tell us, we won't always know that your caring role has come to an end so please do let us know so that we are able to signpost you to relevant organisations to support you.

Dementia and Age Friendly Events | Flintshire

For more information **contact Susan on 07757411044.**

These are not NEWCIS events.

- Every 2nd Friday of the month, 10am - 12pm @ St Peter's Church, Holywell
- Every 4th Friday of the month, 12pm - 3pm @ Boot and Ship, Bagillt
- August 16th, 12pm Afternoon Tea at the Springfields
- September 6th, 1pm, Misty Waters for a carvery
- September 15th, 12pm, Mountain Park for a hot & cold buffet (£12pp)
- 6th October, 11.45am the coffee shop in flint then bowling
- 1st December @ The Crown Lixwm
- 15th December - Christmas dinner @ Mountain Park
- 29th December, 12pm, Mountain Park for a hot & cold buffet



10% discount* for carers registered with NEWCIS

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

**For day trips only.*

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: enquiries@newcis.org.uk

Wrexham Roadshows

We had a busy Summer with over 15 roadshow dates taking place across the whole of Wrexham County Borough. From Rossett to Chirk, NEWCIS Wellbeing Officers joined coffee mornings, lunch clubs and libraries to spread the word about the support that NEWCIS offers unpaid carers. It was a roaring success, and we are planning more dates in the Autumn - watch this space for a venue near you!



Carer Ventures Ltd

Menter gyndeithasol sy'n cefnogi rhai sy'n cefnogi gofaluwr
A social enterprise supporting those who support carers

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. Services include:

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. Services are also based on funding and eligibility. Contact NEWCIS to enquire.

To **Denbighshire volunteers** for raising over **£400!**

Including special events such as: Easter Coffee Morning £103 & Kings Coronation Street Party £265.

To **Mr Norman Jones** for a donation of **£350** in memory of his wife Mrs Rita Jones. Mr Jones would like to thank all the staff at Bryn Edwin Hall Residential Care Home.

In memory of **Mrs Hazel Roberts, £70** funeral collection.

To **Y Pentan, Mold and their customers** for collecting over £200.

To **Gaynor Penrose** for her very generous donation of **£200**.

Collection Tins **£61.34**

Mr and Mrs Sutcliffe **£40**

Anonymous donations **£581.25**

Thank You



Denbighshire volunteers handing over a cheque

Wellbeing Event in Prestatyn

NEWCIS, proudly in partnership with Prestatyn Town Council, hosted a Wellbeing Event on 17th August at the Beaches Hotel in Prestatyn for unpaid carers to learn more about wellbeing services available.



Thank you to our wonderful volunteers for helping make it a success, and raise money on their stalls which included glass painting, jewellery making and arts and crafts.

Thank you to our stall holders including: Luxury Skin Deep, Becoming the Great, Womens Centre, Gateway, Flintshire Disability Forum, Citizens Advice, Adferiad, Warm Wales, Carers Trust Crossroads, Bowel Cancer UK, NEST, MIND with DORIS the bus. Major Cllr Bob Murray (pictured left, trying out zentangle!) and Consort Cllr Carol Holliday were also in attendance.



Ruthin COMMUNITY CHOIR

Tuesday evenings 7.00 – 8.00PM

Dementia Inclusive Choir
Ruthin Market Hall
LL15 1BE

Everyone welcome



REMINSCE

Join us at Llay Library to:

- Share your memories
- Reminisce with books
- Try out new activities
- Meet and chat with others

We will meet on the
4th Tuesday of the
month 1-2pm

We welcome
individuals, families
and carers

Free refreshments
will be available

Phone Ruth
Thompson,
Community Agent
on 07747 431607
for more details

(Available Tuesdays
and Thursdays)





Dementia
North Wales
Memory Support Pathway

**Receiving the
right support that
matters, at the
right time**

The Memory Support Pathway

We understand that living with, or caring for someone with dementia can make a difference to someone's life.

We aim to provide support to anyone living in North Wales who is affected by dementia.

This includes anyone who is :

- Worrying about their memory
- Living with dementia at home or in hospital
- A carer, family or friends

We work with other services to ensure that people receive what matters to them.

Over the phone or face to face, we provide advice, guidance, support and the opportunity to meet others who are living with dementia.

The Pathway is here for you

4 Organisations working together to support you on the Memory Support Pathway



Dementia Centres (Carers Trust North Wales)

Please contact: **01492 542212**
Mon to Fri 9am to 5pm

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
- Support to 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**





Helping to boost your wellbeing with access to free:








- Activities
- Advice
- Events
- One-to-One Support
- Training Opportunities

 Wellbeinghub@wrexham.gov.uk

 Hwb Lles Wrecsam / Wellbeing Hub Wrexham

 01978298110

 Crown buildings, Wrexham, LL13 8BG

-  Active
-  Connect with others
-  Mindfulness
-  New skills
-  Sensory
-  Socialise
-  Volunteer

Precious Memories

Dementia Support Group

A friendly and welcoming group for people with early onset dementia and their carers.



EVERYONE IS WELCOME!

Meet new people

Get advice and guidance

Enjoy a hot drink and a biscuit



Every other Saturday 1-3pm
Free, but donations welcome

Rhyl Botanical Gardens
98 Grange Road, Rhyl, LL18 4DA

Contact Becky at DVSC

01824 702441

engagement@dvsc.co.uk

deep

The UK Network
of Dementia Voices

ALL SESSIONS ARE
FREE

CRAFT that CARES

with Artist Jude Wood

Bringing people together through the art of making

Come and join us for a couple of hours on a Friday afternoon, from 1pm – 3pm throughout the autumn and winter seasons. Helped along with a nice cup of tea or coffee (and some biscuits!)



These inspired therapeutic sessions will introduce you to the different processes of making related to craft, using a variety of materials which can be used as tools to relax the mind and to re-connect with ourselves.

A 6-week block for each new exhibition, each block will include a visiting maker to lead a practical session based on the craftwork in the main galleries.

An opportunity to gift yourself some 'me' time and be creative in a relaxed, supportive 'no fail-no judgement' environment.

The sessions will focus on the enjoyment of the process and not necessarily a single finished piece of work.

Block One: Taking the 'Surface Matters' exhibition as our starting point, you are invited to come and play with clay. Jude will gently lead participants through a process of slab building, mark making and glaze application.

Friday Dates: 8, 15, 22 September and 6, 13 and 20 October.

Visiting Maker:
Ceramicist **Wayne Clarke** will join us on the 15 September.

Block Two: Our starting point will be the work of textile artist **Laura Thomas** and her exhibition *Woven / Unwoven*. We will use a wide range of threads, fibres and fabrics to playfully explore and experiment with ideas of weaving.

Friday Dates: 10, 17, 24 November and 1, 8, 15 December.

Visiting Maker:
Textile Artist **Laura Thomas** will join us on the 24 November.



The **CRAFT** OF WELLBEING programme has been especially designed to encourage people to slow down; connect with CRAFT and themselves to enhance their wellbeing.

The **CRAFT** OF WELLBEING project has been made possible through the funding we have received from Arts Council of Wales – Arts, Health and Wellbeing Lottery Funding.



Cyngor Celfyddydau Cymru
Arts Council of Wales

All sessions are FREE.

No experience necessary, all materials and equipment will be provided. **Limited spaces available.**

You can attend as many sessions as you like. We recommend you attend more than 2 sessions for each block.

Scan the QR code to book via **Ruthin Craft Centre's Eventbrite page**



Feeling Excluded?

Have you been unable to do something that matters to you because you don't use the internet?



For example:

**Booking GP appointments
Health consultations / services
Finding information & advice
Payments / finances
Making your voice heard**

If so, we want to hear from you.

**Please get in touch to share your experiences,
and help us ensure older people's voices are
heard.**

Call now:

03442 640 670



Comisiynydd Pobl Hŷn Cymru
Older People's Commissioner for Wales



Are you unemployed? Do you need a job?

Not sure where to start?

We could be the help you need

- Training pathways leading to employment opportunities
- Help finding a job, CV writing, applications, interview skills
- Work experience and volunteering opportunities
- Training provided to learn new skills and gain qualifications
- Confidence building, support, motivation and wellbeing
- Regular advice and guidance from your own personal mentor



01745 331438 / 07342 070635

workingdenbighshire@denbighshire.gov.uk

www.denbighshire.gov.uk/workingdenbighshire



Cymunedau
Digidol
Cymru
Hyder Digidol,
Iechyd a Lles

Digital
Communities
Wales
Digital Confidence,
Health and Well-being

Digital Communities Wales Training Courses

Social media safety - Friday 29th
Sept

Digital support for job seeking -
Friday 6th October

Using the internet to learn new skills
- Friday 13th October

Digital Health and Wellbeing - Friday
20th October

My health online - Friday 27th
October

Book via Eventbrite.

20-27 Hydref/ October 2023

GŴYL
daniel
owen
FESTIVAL

The Daniel Owen Festival 2023

A week-long bilingual arts heritage and literature festival in Mold, Flintshire and surrounding area dedicated to author Daniel Owen. It is held around the end of October the anniversary of his birth and death.

This year it runs from Friday 20th until Friday 27th October.

www.danielowenfestival.com



Y Gwobrau
The Accolades

Pontio'r Bwlch
Bridging the Gap

Enillydd yn y categori Winner in the category

Gwellu gofal a chymorth
yn y cartref gyda'n gilydd
Improving care and
support at home together

Partner Rhwydwaith o

**YMDDIRIEDOLAETH
GOFALWYR**

A Network Partner of

**CARERS
TRUST**

NEWCIS Company limited by guarantee 9317097. Registered charity 1159934. Funded by Denbighshire, Flintshire and Wrexham Local Authorities, The National Lottery Community Fund and Betsi Cadwaladr University Health Board. Carers Trust Network Member.