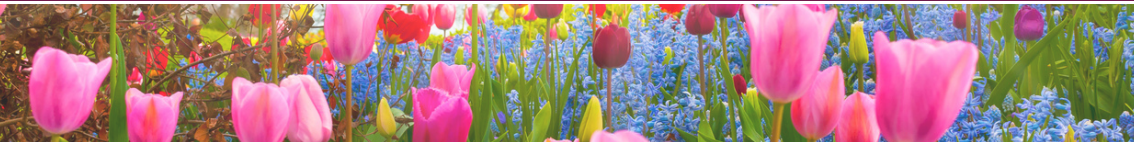




NEWCIS NEWS

News, Groups & Events | North East Wales Carers Information Service

Spring 2024 | Issue 136



New Legislation Information Carer's Leave Act 2023

The Act, coming into force on 6th April 2024, will make provision about unpaid leave for employees with caring responsibilities.

The draft regulations set out important detail relating to the Act, including that: the leave will be able to be taken in half or full days, up to and including taking a block of a whole week of leave at once, the notice period an employee needs to give to take the leave is twice the length of time that needs to be taken in advance of the earliest day of leave.


Inside:

Annual
Questionnaire • P3

Calendar of events
and groups • P7

Lasting Power of
Attorney • P15

News and useful
information • P21

 Flintshire: 01352 752525

Denbighshire: 01745 331181

Wrexham: 01978 423114

 enquiries@newcis.org.uk

 www.newcis.org.uk

   @NEWCISCC

"I would like to start off by thanking all the carers, volunteers and staff who arranged the carers break away in Chester before Christmas, which gave opportunity for time at the Christmas markets and to spend time with other carers; we hope you all had a great time and a break from at least some of the many tasks you deal with each day.

The good news is that a further break will be arranged before the end of March for those of you who didn't manage to gain a place on the Christmas break and we have re-applied to the Carers Trust Amser fund to see if this is something we can offer again in this next financial year, we hope to hear soon if we have been successful with this application.

This quarter we had success with the Waterloo Foundation in funding a post for our young carers team to work with Flintshire high schools. The funding will give us the capacity to work with the schools raising awareness of young carers within their schools and how our service can support them.

There will be new legislation coming into force on the 6th April 2024, the Carer's Leave Act 2023. For further information on the act and how it can support carers who are in paid employment go to www.legislation.gov.uk/ukpga/2023/18

Finally, our Annual Questionnaire is an important part of our work to ensure that we are delivering services that are meaningful and needed. If you are able to take the time either online or by completing and returning the pages within the newsletter, your views and comments will be collated and worked into our future work plans and our funding applications. Your views matter to funders as they need to see that the services we deliver are meeting your needs, so I thank you in advance for your time in helping us with this."



Claire Sullivan, NEWCIS CEO

ANNUAL QUESTIONNAIRE

Please take the opportunity to provide us with feedback on the services you have received from us in the past 12 months, what has been helpful and what has been most difficult for you.

Complete the questionnaire, tear off the pages and drop it off at one of our offices or send it via post to:

NEWCIS, 28-44 New Street, Mold, CH7 1NZ

Or complete it online at www.newcis.org.uk/annual-questionnaire

Closing date: Friday 22nd March 2024

Personal Details (optional)

Name

Email

Phone

Question 1. Which county do you reside?

Denbighshire Flintshire Wrexham

Question 2. Are you an unpaid carer or a stakeholder/professional?

Unpaid carer Stakeholder/professional

Question 3. Do you agree that the support from NEWCIS has provided you with valuable information and a contact point for the future? Please circle.

Strongly agree, Agree, Neutral, Disagree, Strongly disagree

Question 4. Do you agree that the support you have received from NEWCIS enabled you to maintain your caring role and look after your own wellbeing?

Strongly agree, Agree, Neutral, Disagree, Strongly disagree

Question 5.a. Do you attend our events/groups?

Yes No Sometimes

Question 5.b. Do you benefit, if so, how?

Question 5.c. Would you like to see more virtual groups, face to face only, or a mix of both?

Mix of both Face to face only

Question 5.d. Your suggestions for training courses/events

Question 6. If you were to have a What Matters Conversation (also known as Carer Needs Assessment) would you prefer a face to face home visit, an office visit or a telephone appointment?

Face to face Office Telephone

Question 7. Did your health deteriorate as a result of your caring role during the pandemic; if so, are you still affected?

Yes No Not applicable

Question 8. Rate the support you have received from us:



1 being the lowest, 5 being the highest. Circle the star to indicate your answer.

Question 9. Do you feel that NEWCIS has supported you in these areas? (Tick next to all that apply)

- Your mental health
- Your physical health
- Education
- Employment
- Counselling
- Breaks
- Events and socialising
- Respite (Bridging the Gap scheme)
- Financial support (grants)
- Information sharing / signposting
- None of the above

Question 10. Has NEWCIS...? (Tick next to all that apply)

- Treated you with respect
- Involved you in decisions
- Improved your life satisfaction
- Helped you to feel safe
- Reduced your isolation
- Improved your sense of belonging
- Maintained / improved your emotional wellbeing
- Helped you to feel in control of your caring role
- Helped you to feel in control of your wellbeing
- Maintained / improved your independence
- Provided you with useful information
- None of the above

Question 12. Thinking about the next 12 months, what are the top areas of support you think you may need from NEWCIS to support you in your caring role?

Question 13. How likely are you to recommend NEWCIS to another carer? Please circle.

Extremely unlikely, Unlikely, Neutral, Likely, Extremely likely

General comments or feedback

Thank you

UPCOMING EVENTS & SUPPORT GROUPS

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 please let us know as soon as possible so that we can offer your place to another carer. If you fail to turn up to a booked event on 3 occasions, without letting us know, then unfortunately you will be suspended from attending future events for a determined period of time.



Book online at
<https://newcis.eventbrite.com>



Call us on
01352 752525



HAPPY MONDAYS - CRAFT GROUP

Every 1st Monday of the month*

**Except Bank Holidays and school holidays*

**The Wellbeing Hub, Crown Buildings, Wrexham, LL13 8BG
From 12:30pm - 2:30pm**

Happy Mondays has developed into a craft group, try your hand at card making, zentangle, watercolor painting and more! This is a carer only group, offering peer support and respite from your caring role. Led by Wellbeing Officer Julie Owen and volunteers Tracy, Stephanie, Laura, Liz and Babs.

Other organisations are at the Hub on the following days:

2nd Monday of the month: Family Information Service

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

Fit for Life Yoga Classes



'Fit for Life' is 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.

February 15th, 22nd, 29th

March 7th, 14th, 21st, 28th

April 4th, 11th, 18th, 25th

May 2nd, 9th, 16th, 23rd, 30th

At NEWCIS, 28-44 New Street, Mold, CH7 1NZ from 2 - 3pm

Led by: Jill Blandford, Yoga Instructor

All ages & abilities welcome.



CRAFT GROUPS

Led by NEWCIS volunteers. Craft fun and chat with likeminded peers!

Booking required.

At: NEWCIS, Mold, CH7 1NZ

Every Friday 10am - 12pm

At: NEWCIS, Rhyl, LL18 2AF

Friday 15th March 12:30 -2:30pm

Friday 5th April 12:30 -2:30pm

Friday 3rd May 12:30 -2:30pm

COFFEE MORNINGS

Would you like a short 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.

At: NEWCIS, Wrexham, LL13 7YT

Every Tuesday, 10am - 12:30pm

At: NEWCIS, Mold, CH7 1NZ

Every Wednesday, 10am - 1pm

Do you care for a loved one with Dementia?

Come along to our new group in Wrexham, for carers supporting loved ones either in hospital or at home. A relaxed environment, a space where you can chat and craft if you wish, coffee and cake will be provided.

Where? Wrexham office every 2nd Thursday of the month

When? From 11am – 1pm. Booking not required.



CARER SUPPORT GROUP – RHYL

Tuesday 13th February @ 11am - 12:30pm

Rhyl Rugby Club, Tynewydd Road, Rhyl, LL18 4AQ

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



FLINTSHIRE DEMENTIA PROJECT VALENTINE'S DAY EVENT

Wednesday 14th February 12pm

Mountain Park Hotel, Flint Mountain, CH6 5QG

****This event is for carers that are living or supporting someone living in Flintshire.****

Enjoy being entertained by the popular Hazel Roberts and 'the hostess with the mostest' Sue Wynne! Themed dressed tables, Welsh tabletop trivia and a raffle. **£10pp deposit required upon booking.** Please also inform us of any dietary requirements or allergies.



CARER SUPPORT GROUP – DEESIDE

Thursday 15th February @ 10am - 12pm

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

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



DEMENTIA AWARENESS TRAINING

**2 Day Course: Friday 16th & Friday 23rd February
10am - 1pm at NEWCIS, Mold, CH7 1NZ**

For carers that are living or supporting someone living in Flintshire. Please bring with you any concerns that you would particularly like to discuss or need help with, so that the trainer can address these. Refreshments and lunch will be provided. When booking please let us know if you have any dietary requirements.



FLEXANDSTRENGTH WITH RHI - YOGA

**Tuesday 20th February @ 10:30am - 12pm
Maesgwyn Community Centre, Wrexham, LL11 2BB**

Relax, unwind, and improve your wellbeing with a yoga session with local, fully qualified instructor Rhi. Followed by refreshments and time for a chat. Please wear comfortable clothing – class is suitable for all abilities.

Please note, the venue for these sessions is Maesgwyn Community Centre (not Maesgwyn Hall)



DEMENTIA CARERS LUNCH CLUB

**Thursday 22nd February @ 12pm - 2pm
Levant Kitchen & Bar, Wrexham, LL13 8BA**

Do you care for someone living with Dementia? Join this popular and friendly group and enjoy some time out and a chat over a 'light lunch'. For carers only.



CARER SUPPORT GROUP - SALTNEY

**Tuesday 27th February @ 1pm - 3pm
Douglas Place Community Centre, Saltney, CH4 8PB**

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.





CARER SUPPORT GROUP – LLANGOLLEN



Tuesday 27th February @ 11am - 12:30pm

Pengwern Community Centre, Llangollen, LL20 8BB

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



CARER SUPPORT GROUP – PRESTATYN

Thursday 29th February @ 11:30am

North Wales Bowls Centre, Prestatyn, LL19 7YA

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



FLINTSHIRE DEMENTIA PROJECT ST. DAVIDS DAY EVENT

Friday 1st March, 12pm arrival

Earl Road, Daniel Owen Square, Mold, CH7 1AP

****This event is for carers that are living or supporting someone living in Flintshire.****

Enjoy a traditional Welsh themed lunch served from 12:15pm

Main Course: Welsh Cawl (Welsh Lamb Stew)

Dessert: Buttered Bara Brith/ Welsh cakes

To finish: Fresh brewed Welsh tea or coffee if preferred

Traditional Welsh Choir performance from Cor Y Pentan Choir, Welsh themed dressed tables, trivia and a raffle hosted by the lovely Sue Wynne.

Booking required. Please inform us of any dietary requirements or allergies when booking. **Deposit £10pp upon booking.**



TENPIN BOWLING

Thursday 7th March, 10:30am - 12:30pm

Tenpin Bowling, Eagles Meadow, Wrexham LL13 8DG

Have some fun and laughter, whilst taking respite from your caring role. Come and join this bowling game, which will include a refreshment. **£5pp deposit. For carers only.**



WOODCARVING TASTER SESSION



Monday 11th March, 10am - 2pm

Johnstown Community Centre, Wrexham, LL14 2BE

Ever fancied trying your hand at woodcarving? NEWCIS have teamed up with North Wales and Borders Woodcarvers to offer you some taster sessions in a safe and nurturing environment. Members of the group will be there to help and guide you through creating your very own hand carved piece. All materials will be provided. Light refreshments will also be provided. Open to all NEWCIS registered carers.

Booking essential.

To find out more about North Wales and Borders Woodcarvers visit their Facebook page at

www.facebook.com/nwbwoodcarvers



CARER SUPPORT GROUP - RHYL



Tuesday 12th March @ 11am - 12:30pm

Rhyl Rugby Club, Tynewydd Road, Rhyl, LL18 4AQ

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



FLEXANDSTRENGTH WITH RHI - YOGA

Tuesday 19th March @ 10:30am - 12pm

Maesgwyn Community Centre, Wrexham, LL11 2BB

Relax, unwind, and improve your wellbeing with a yoga session with local, fully qualified instructor Rhi. Followed by refreshments and time for a chat. Please wear comfortable clothing – class is suitable for all abilities.



HEALTHY HABITS FOR A HEALTHY YOU



Tuesday 19th March @ 10am - 12pm

NEWCIS, Mold, CH7 1NZ

Learn why and how making small changes in your day to day life can have a huge positive impact on your physical and mental health and wellbeing. In this informative session, Rob Kelly, a Chartered Physiotherapist from Grosvenor Street Physiotherapy in Mold, will talk about the struggle we face every day in making good decisions around our health, and practical ways to turn good decisions in to life changing habits.



CARER SUPPORT GROUP – DENBIGH & RUTHIN

Tuesday 19th March @ 11am - 12:30pm

Tweedmill Shopping Outlet, St Asaph, LL17 0UY



Local to the area? Meeting in the large downstairs cafe, pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



CARER SUPPORT GROUP – DEESIDE

Thursday 21st March @ 10am - 12pm

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

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



DEMENTIA CARERS LUNCH CLUB

Thursday 21st March @ 12pm - 2pm
Levant Kitchen & Bar, Wrexham, LL13 8BA

Do you care for someone living with Dementia? Join this popular and friendly group and enjoy some time out and a chat over a 'light lunch'. For carers only.



CARER SUPPORT GROUP - LLANGOLLEN



Tuesday 26th March @ 11am - 12:30pm
Pengwern Community Centre, Llangollen, LL20 8BB

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



CARER SUPPORT GROUP - SALTNEY



Tuesday 26th March @ 1pm - 3pm
Douglas Place Community Centre, Saltney, CH4 8PB

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



CARER SUPPORT GROUP - PRESTATYN

Thursday 28th March @ 11:30am
North Wales Bowls Centre, Prestatyn, LL19 7YA

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



POWER OF ATTORNEY

LASTING POWER OF ATTORNEY

Useful Information and Free Workshops

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. This gives you more control over what happens to you if you have an accident or an illness and cannot make your own decisions (you 'lack mental capacity').

For more information go to: www.gov.uk/power-of-attorney.

The Older People's Commissioner for Wales has updated her easy guide to Lasting Power of Attorney, developed with Office of the Public Guardian, to help older people and their loved ones plan for their future.

Read the guide here:

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

Come along to one of our **FREE workshops** where you will gain an insight into how to complete application forms as well as guidance from a qualified solicitor. Celtic Law Ltd is an independently owned and managed law firm, set up by Emily Littlehales, who is also a NEWCIS Trustee.

- **Wednesday 20th March, 10:30am - 1pm** @ NEWCIS, Morfa Clwyd Business Centre, Marsh Rd, Rhyl, LL18 2AF
- **Thursday 21st March, 10:30am - 1pm** @ NEWCIS, 28-44 New Street, Mold, CH7 1NZ
- **Wednesday 27th March, 10:30am - 1pm** @ 3A Edison Court, Wrexham Technology Park, LL13 7YT

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

A discount may be available if you attend the workshop and complete your application with Celtic Law Ltd. (You must be registered with NEWCIS).





FIRST AID COURSE FOR CARERS



Wednesday 3rd April 10:30am - 1:30pm
Wellbeing Hub, Crown Buildings, Wrexham, LL13 8BG

NEWCIS are working in partnership with Beyond The Boundaries to explore opportunities for training and courses for carers. Beyond The Boundaries is a social enterprise based in Wrexham run by paramedic Jill Smith providing therapies, teaching and training in a variety of holistic and beauty therapies. This first aid course for carers will cover basic life support for adults and children including choking. **Booking essential.**



CARER SUPPORT GROUP – RHYL



Tuesday 9th April @ 11am - 12:30pm
Rhyl Rugby Club, Tynewydd Road, Rhyl, LL18 4AQ

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



PARENT CARERS – LOGGERHEADS WALK



Thursday 11th April @ 10:30am
Meet outside Caffi Florence, Loggerheads Country Park, Ruthin Road, Mold, CH7 5LH

Enjoy a leisurely riverside walk in the company of other parent carers then finish your morning together in the café, NEWCIS will treat you to a drink.

A parent carer is someone who provides care to a child with a special educational need or disability. The walk is for parents only.



WOODCARVING TASTER SESSION



Monday 15th April, 10am - 2pm

Johnstown Community Centre, Wrexham, LL14 2BE

Ever fancied trying your hand at woodcarving? NEWCIS have teamed up with North Wales and Borders Woodcarvers to offer you some taster sessions in a safe and nurturing environment. Members of the group will be there to help and guide you through creating your very own hand carved piece. All materials will be provided. Light refreshments will also be provided. Open to all NEWCIS registered carers. **Booking essential.**

To find out more about North Wales and Borders Woodcarvers visit their Facebook page at www.facebook.com/nwbwoodcarvers



FLEXANDSTRENGTH WITH RHI - YOGA



Tuesday 16th April @ 10:30am - 12pm

Maesgwyn Community Centre, Wrexham, LL11 2BB

Relax, unwind, and improve your wellbeing with a yoga session with local, fully qualified instructor Rhi. Followed by refreshments and time for a chat. Please wear comfortable clothing – class is suitable for all abilities.



CARER SUPPORT GROUP – DENBIGH & RUTHIN

Tuesday 16th April @ 11am - 12:30pm (TBC)

Ruthin Craft Centre, 12 Troed Y Rhiw, LL15 1BB



Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



CARER SUPPORT GROUP – DEESIDE

Thursday 18th April @ 10am - 12pm

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

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



CARER SUPPORT GROUP – SALTNEY



Tuesday 23rd April @ 1pm - 3pm

Douglas Place Community Centre, Saltney, CH4 8PB

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



CARER SUPPORT GROUP – LLANGOLLEN



Tuesday 23rd April @ 11am - 12:30pm

Pengwern Community Centre, Llangollen, LL20 8BB

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



COME AND COOK 6 WEEK COURSE



Introduction session 17th April 10am - 11am

Session 1: 1st May – 10.30-1pm

Session 2: 8th May – 10.30-1pm

Session 3: 15th May – 10.30-1pm

Session 4: 22nd May – 10.30-1pm

Session 5: 29th May – 10.30-1pm

Session 6: 5th June 10:30 - 1pm

Venue: NEWCIS, Mold, CH7 1NZ



A relaxed and friendly course to increase people's confidence, knowledge, and skills in preparing safe, healthy, and economic meals for themselves and their family using a variety of cooking methods.

Please only book on if you have not done the course before.

Course led by Sarah Powell-Jones, Dietetic Assistant Practitioner (Public Health), Betsi Cadwaladr University Health Board. This course is funded by Carers Trust.



DEMENTIA CARERS LUNCH CLUB

Thursday 25th April @ 12pm - 2pm

Levant Kitchen & Bar, Wrexham, LL13 8BA

Do you care for someone living with Dementia? Join this popular and friendly group and enjoy some time out and a chat over a 'light lunch'. For carers only.



FIRST AID COURSE FOR CARERS

Wednesday 8th May 6:30pm - 9:30pm

NEWCIS, Mold, CH7 1NZ

NEWCIS are working in partnership with Beyond The Boundaries to explore opportunities for training and courses for carers. Beyond The Boundaries is a social enterprise based in Wrexham run by paramedic Jill Smith providing therapies, teaching and training in a variety of holistic and beauty therapies. This first aid course for carers will cover basic life support for adults and children including choking. **Booking essential.**



CARER SUPPORT GROUP – RHYL

Tuesday 14th May @ 11am - 12:30pm

Rhyl Rugby Club, Tynewydd Road, Rhyl, LL18 4AQ

Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



FLEXANDSTRENGTH WITH RHI - YOGA

Tuesday 21st May @ 10:30am - 12pm

Maesgwyn Community Centre, Wrexham, LL11 2BB

Relax, unwind, and improve your wellbeing with a yoga session with local, fully qualified instructor Rhi. Followed by refreshments and time for a chat. Please wear comfortable clothing – class is suitable for all abilities.





CARER SUPPORT GROUP – DENBIGH & RUTHIN

Tuesday 21st May @ 11am - 12:30pm
DVSC, Naylor Leyland Centre, Ruthin, LL15 1AF



Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



GET CREATIVE AND TRY SOMETHING NEW!

Wednesday 22nd & Thursday 23rd May
Ruthin Craft Centre, Lôn Parcwr, LL15 1BB



TESCO
Community Grants

NEWCIS are in the process of developing 2 full days of craft workshops at Ruthin Craft Centre. The event will be funded by the Tesco Community Grant that we were awarded last year. It will include live demonstrations and taster sessions with a variety of local crafters/designers exploring ceramics, wood and metal. Register your interest to receive details of workshops nearer the time.



DEMENTIA CARERS LUNCH CLUB

Thursday 23rd May @ 12pm - 2pm
Levant Kitchen & Bar, Wrexham, LL13 8BA

Do you care for someone living with Dementia? Join this popular and friendly group and enjoy some time out and a chat over a 'light lunch'. For carers only.



CARER SUPPORT GROUP – CORWEN

Tuesday 28th May @ 11am - 12:30pm
Corwen Library, London Rd, Corwen, LL21 0DR



Local to the area? Pop in for a cuppa and meet other carers for peer support. A NEWCIS Wellbeing Officer or volunteer will also be present to answer any questions you have about the service.



👋 Hello, I'm Jan Owen

NEWCIS' new Volunteer and Fundraising Coordinator!

"I've been spending my first few weeks getting to know about the important services that NEWCIS delivers, as well as finding out about the brilliant work our volunteers do to support the service, our carers, their families and the wider community.

We clearly have a dedicated group of volunteers and I am excited about the great opportunity to work with as many of you as possible. We want to continue to recognise all the amazing work that would not be possible without our volunteers and with your help, we can continue to build a Volunteer Programme that will make us all proud.

With a diverse career background in the public and charity sectors, my aim will be to use my skills and experience to benefit the work that we're all committed to achieving at NEWCIS.

Please do not hesitate to email, call and/or stop by to tell me your story."

✉️ jan@newcis.org.uk ☎️ 07548 227060

SP Energy Networks Priority Services Register

A power cut for some may be particularly distressing. SP Energy Networks offers various extra support through their free to register Priority Services Register.

You can join their Priority Services Register if you:

- Are over the age of 60
- Have a special communication need
- Depend on electricity for home or medical care
- Have a child under 5 years of age
- Have chronic illness
- Or just feel you need a little extra help



To register text PSR to 61999 or visit www.spenergynetworks.co.uk

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



Pen Pal Scheme

NEWCIS have partnered with 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 Scotland?

Contact Shelagh via email: shelagh@newcis.org.uk or call 01745 331181



Help Me Quit Wales Stop Smoking

'Help Me Quit' is a free NHS stop smoking service across Wales. Help is available for anyone over the age of 12 who want to stop smoking (or vaping) including up to 12-weeks of behavioural support and free stop smoking medicines.

Visit www.helpmequit.wales



NEWCIS Holiday Home



Our lovely, accessible, holiday home with seafront location, based in Prestatyn is available for midweek or weekend rental at a subsidised rate for carers registered with NEWCIS. All you need to enjoy a comfortable and well-earned break alone or with your loved one(s)!

- Mid Week Break: Monday - Thursday
- Weekend Break: Friday - Monday

For more information visit www.newcis.org.uk/respite-house

The Food Club Rhyl



Created to help people access affordable and healthy food, toiletries, and other essentials. Working on a membership basis, subscribers are given access to a shop-like experience.

Members pay an annual fee (£5, to be paid when signing up).

It is then £4 per visit to the food club (members will be allowed 2 visits per week to the food club).

Each time you visit your £4 will get you 10 items from the shelves/fridge.

Open to all.

Location: Sussex Street Christian Centre, 15 Sussex Street, Rhyl, LL18 1SE

Website: www.christiancentre.info/foodclub.html

Voel Coaches Day Trips



10% discount on day trips for carers registered with NEWCIS.

Contact Shelagh (NEWCIS) on 01745 331181

or email shelagh@newcis.org.uk

Browse day trips: <https://www.voelcoaches.com/day-trips/all>

Digital Confidence Courses



Digital Confidence Denbighshire is a new project that Cwmpas is delivering to citizens across Denbighshire to support individuals to gain confidence in their digital skills. The project is funded by the UK government through the UK Shared Prosperity Fund.

Cwmpas have offered to work with NEWCIS and are keen to get sessions up and running. They can offer a digital essential skills course (4 weekly sessions). They can also offer sessions more tailored to the needs of the people they are supporting for example: saving money online/internet safety/accessibility.

If this is for you, please register your interest via Eventbrite or by contacting us and we'll get back to you with more details. Sessions will take place at NEWCIS, Rhyl.

Wedi ei ariannu gan
Llywodraeth y DU
Funded by
UK Government

Delivered gan

cwmpas

Comisiwn
sir ddinbych
denbighshire
County Council

WEDI'Y TRUO GAN
POWERED BY
**FFYNIANT LEVELLING
— BRO — — UP —**

Free entry to National Trust sites for unpaid carers



National Trust offers free entry to any of its sites for up to two carers or essential companions. The person you care for will still need to either pay for entry or have National Trust membership for themselves though.

The National Trust also offers what is known as an Essential Companion card, which can be shown when you arrive at the attraction, making the process of gaining this free entry easier and quicker. This can be particularly good if you intend to visit one or more sites regularly. This card is issued to the person who requires care, and they can use it to bring anyone they like, including bringing different people every time if they wish.

www.carersfirst.org.uk/days-out/free-entry-to-national-trust-sites

Our Social Enterprise

Carer Ventures Ltd (CVL) is the 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 to carers who are struggling financially or are caring for someone recently discharged from hospital, house clearances after a bereavement, a hospital discharge or a house move and holiday home stays at our Prestatyn bungalow. And of course our flagship charity shop in Mold.



Daniel Owen Precinct
Mold, CH7 1AP

Donations needed!

We are in need of good quality clothing, shoes and furniture to sell in our shops. These can be dropped off during opening hours or call James on 07860834157 to arrange collection for bigger furniture items.



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

THANK
YOU
😊

DONATIONS

★ £100 from Ysgol Feithrin Ruthin

★ £73 from Ableworld Wrexham

★ £1,000 from Simple Life Homes '12 Days of Christmas' campaign (Sigma Capital Group Ltd and The PRS REIT plc)

★ £1,125.00 Tesco Groundworks Grant

★ £354 Anonymous & miscellaneous donations

★ £73.64 Collection box from The Pentan, Mold

In Memory



In memory of
Mr John Davies



In memory of
Kathleen Anna
Williams



In memory of
Mrs Anne
Stephens



In memory of
Beryl Peters

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 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

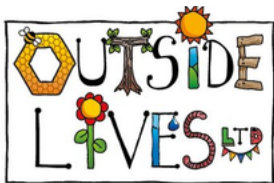
4 Organisations working together to support you on the Memory Support Pathway



Dementia Centres (Carers Trust North Wales)

Please contact: **01492 542212**

Mon to Fri 9am to 5pm



WONDERFUL WEDNESDAYS

AT MOLD RUGBY CLUB

DROP IN FOR A BREW! ★ EVERYONE IS WELCOME!

10.00 AM - 12.00 PM

CREATIVE SESSIONS

WITH PROFESSIONAL TUITION

- ★ Art & Crafts
- ★ Painting
- ★ Sewing
- ★ Card Making

10.00 AM - 12.00 PM

LIKEMINDED

- ★ A session for people living with dementia, by people living with dementia



12.00 PM - 1.00 PM

LUNCH BREAK

- ★ Prepared by our GRUB HUB volunteer team!

1.00 PM - 3.00 PM

BODY & SOUL SESSION

- Yoga
- ★ Massage
- ★ Relaxation
- Walk
- ★ Games
- ★ Music



YOU CAN VOLUNTEER TOO!!



WHAT ELSE IS ON...

- ★ TECHNOLOGY computer advice and tips
- ★ NEWCIS drop in supporting carers (fortnightly)

IT'S ALL FREE

Donations are very much appreciated as they contribute to the running of the day!

*** 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. ***



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