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CEFNOGI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY

NEWCIS NEWS

North East Wales Carers Information Service

Autumn/Winter 2024 | Issue 138



01352 752525



enquiries@newcis.org.uk



www.newcis.org.uk

News, Support Groups & Events for Unpaid Carers

NEWCIS provides a lifeline to carers of all ages and backgrounds and offers 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, hospital support and much more.

If you are not yet registered with us, register online at www.newcis.org.uk/registering-with-newcis



Follow us @NEWCISCC

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If undelivered please return to: NEWCIS, 28 – 44 New Street, Mold, CH7 1NZ

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An exciting announcement...

NEWCIS are moving to a new premises in Mold High Street – formerly Barclay's Bank. We are in the process of completely renovating the building to include a shop, offices, meeting rooms, disabled access and a pop-up space for community and health groups to utilise.



NEWCIS was supported by local businesses, notably St Asaph-based FFP Solutions, which helped us secure the funding to acquire the property, and Cilcain's DC Wolfe Construction Ltd. We also received a series of grants, including Levelling-Up funding, which helped the organisation take the "natural next step" and bring all our operations under one roof.

Our CEO Claire Sullivan says:

"Having such a large space and being on the ground floor makes us even more accessible, which is vital as we have carers who work with people living with dementia and disabilities, many of whom struggled to utilise some of our other bases. We hope our presence will be well received, especially the shop as it's a real blank canvas, the footfall and passing traffic are unlike anything we've seen so we want to catch the eye and entice customers in to support us.

I would like to thank Flintshire County Council, Mold Town Council and our amazing volunteers and board of trustees for their support throughout this process.

We will still be working across communities and are looking at opening other hubs in this region to bolster our outreach services, given the demand we are seeing, but for now we want to settle into our new home and continue delivering training, counselling, financial assistance, and advocacy to the tens of thousands of carers and families who need our help."

Read the full press release, follow the process of the development, and stay tuned for an opening date over on our website www.newcis.org.uk





CHRISTMAS *Parties*

Come and join us for our annual Christmas parties! Enjoy a tasty three-course meal, great company, and the joyous atmosphere of the season. The events have been organised for unpaid carers registered with NEWCIS to have some respite and enjoy a social event; as there is limited spaces, bookings are only open to carers.

Booking Information

£10 per person, payable upon booking (pay online or cash).

Booking is essential via Eventbrite (preferred) or by calling the office on 01352 752525.

- Bookings will open in October.
- Meal choices will be available on Eventbrite or we can read these out to you if you are calling us to book. We can take card details over the phone or you can bring cash into the office.
- Please inform us of any dietary requirements or allergies when booking.

FLINTSHIRE

Venue: Flint Mountain Hotel, CH6 5QG

Date: Monday 2nd December

Time: 1PM - 3PM

WREXHAM

Venue: Iâl Restaurant, Coleg Cambria, LL12 7AD

Date: Wednesday 4th December

Time: 1PM - 3PM

DENBIGHSHIRE

Venue: Faenol Fawr Country House & Manor Hotel, LL18 5UN

Date: Monday 9th December

Time: 1PM - 3PM

We look forward to seeing you there!

CARERS RIGHTS DAY

THURSDAY 21ST NOVEMBER 2024



If you are an unpaid carer, you're entitled to certain rights which may help you access services, look after your health and wellbeing or could provide vital information and support in looking after your partner, family member or friend. Carers Rights Day empowers carers with information and support.

For information about your rights go to www.newcis.org.uk/carers-rights

NEWCIS work collaboratively with all three local authorities to ensure as many carers are reached and are made aware of the support available.

NEWCIS will be at **Talking Point events**

around your area with information and advice around carers rights. Find more information and dates on our website.



Denbighshire Leisure will light up their facilities in Purple & Green to celebrate Carers Rights Day for the FOURTH year running! Join us for our tradition - a hot drink in the Sun Verge, East Parade, Rhyl, LL18 3AF from 6pm to celebrate. **Contact shelagh@newcis.org.uk for more details.**

Carers Rights Open Day Event at NEWCIS, Mold on Thursday 21st November.



From 10am - 1pm - A host of information stands from a range of different services that can support you with your caring role.

Focus groups with Flintshire County Council: 11am - 12pm and 6pm - 7pm

Flintshire's Carer Commissioning Officer will attend along with other carer services leads who wish to be involved. The purpose is to form a Carers Focus Group to meet up twice a year and look at current themes that carers want to discuss and have their views feedback into statutory services and for voluntary services such as NEWCIS to be able to feed these views into the services we deliver. **Cake and refreshments will be provided! Book via Eventbrite or call NEWCIS on 01352 752525.**

Information & Advice Drop-In Event for unpaid carers in Wrexham



Details to be announced, keep your eye on our social media and website. If you receive our newsletter by email, you'll receive an email with all the details as soon as they are released!

SPONSORED WALKATHON!

Get ready to lace up your walking shoes for an amazing cause and mark your calendar for Sunday 20th October!

Let's kick off the day at 11am and prepare to walk through the stunning Autumn beauty of Loggerheads Country Park.

Beginning near Caffi Florence, join NEWCIS and supporters across the community to help raise much needed funds for NEWCIS carers.

Your sponsorship can make a massive difference to the lives of carers across Flintshire, Denbighshire and Wrexham. Every penny you raise by taking part in this event will help us continue to provide the information and support services we deliver.

Choose your stride between a 5K (3 miles) or a gentle 3K (1.5 miles) walk.

Before setting out, fuel up with complimentary water and snacks and then celebrate your accomplishment on your return while we honour our generous sponsors and resilient carers, families and friends.

This family and dog friendly event awaits you, so please join us with kids and friends as we walk to raise funds and let's make a difference together.

SPREAD THE WORD AND LET'S WALK FOR CARERS!

SUNDAY

20TH OCTOBER

11AM - 2PM

LOGGERHEADS
COUNTRY PARK, MOLD, CH7 5LH

CONTACT JAN FOR REGISTRATION OR WALKATHON QUERIES

EMAIL: JAN@NEWCIS.ORG.UK

MOB: 07773521488

SUPPORT GROUPS FOR CARERS

Local to the area? Pop in for a cuppa and meet other carers for peer support. It's a great way to get an introduction to the service and meet other carers and staff/volunteers. New and continuing members welcome! Please contact the staff member running the group if you are planning on joining us in case of last minute changes.

DEESIDE

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

Time: 10am - 12pm

Dates:

- Thursday 19th September
- Thursday 17th October
- Thursday 21st November
- Thursday 16th January

Contact: helen@newcis.org.uk

SALTNEY

Venue: Douglas Place Community Centre, Woodall Ave, Saltney, CH4 8PB

Time: 1pm - 3pm

Dates:

- Tuesday 24th September
- Tuesday 22nd October
- Tuesday 26th November

Contact: stacey@newcis.org.uk



DENBIGH & RUTHIN



For carers and cared for

Venue: Ruthin Craft Centre, LL15 1BB

Time: 11am - 12:30pm

Dates:

- Tuesday 17th September
- Tuesday 15th October
- Tuesday 21st January

Tuesday 19th November @ Tweedmill, Llanerch Park, St Asaph

Contact: shelagh@newcis.org.uk

PRESTATYN

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

Time: 11:30am - 1pm

Dates:

- Thursday 26th September
- Thursday 31st October
- Thursday 28th November

Contact: natalie@newcis.org.uk

LLANGOLLEN & CORWEN

Venue: Pengwern Community Hub,
Llangollen, LL20 8BB

Time: 11am - 12pm

Dates:

- Tuesday 29th October
- Tuesday 26th November
- Tuesday 17th December
- Tuesday 28th January

Contact: stacey@newcis.org.uk



RHYL

For carers and cared for

Venue: Rhyl Rugby Club, LL18 4AQ

Time: 11am - 12:30pm

Dates:

- Tuesday 10th September
- Tuesday 8th October
- Tuesday 12th November
- Tuesday 14th January

Contact: shelagh@newcis.org.uk



WREXHAM DEMENTIA CARERS LUNCH CLUB

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

Time: 12pm - 2pm

Dates: Thursdays: 26th September, 31st October, 28th November

Do you live in Wrexham and care for someone living with Dementia?

Join this popular, friendly group to enjoy some time out and a chat over lunch.

£10 for 2 courses from the 'light lunch' menu, includes a soft drink (there may be additional charge if meal is chosen from alternative menu).

Book via Eventbrite or email maxine@newcis.org.uk

EVENING DROP IN



FOR CARERS WHO CARE FOR SOMEONE WHO HAS DEMENTIA

A chance to socialise and get support from Nia who runs the Flintshire Dementia Project. Every first Tuesday of the month at NEWCIS, Mold from 6pm - 7:30pm

Contact niaj@newcis.org.uk



**WONDERFUL
AT MOLD RUGBY CLUB
WEDNESDAYS**

A Wellbeing Officer from our 'Connecting Carers to the Community' Project attends Wonderful Wednesday every 3rd Wednesday of each month from 10am - 12pm at Mold Rugby Club. Come and say hello!

More details at www.outsidelivesevents.org

COFFEE MORNING



EVERY WEDNESDAY 10AM - 1PM AT NEWCIS, MOLD

Coming into town for market day, or just passing through? Join us for a coffee and a natter and a short break. The group thrives off the mutual support offered to each other - and a cuppa or two!

No need to book just drop in and say hello 🙋🏻



SHORT BREAKS
WALES



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Partner Rhwydwaith o
**YMDDIRIEDOLAETH
GOFALWYR**

A Network Partner of
**CARERS
TRUST**

Funded by Welsh Government, the Short Breaks Scheme is an initiative to support unpaid carers of all ages in Wales to take a break from their caring role. A short break is a chance for carers to de-stress and recharge. It offers a break from the daily challenges of caring for a family member or friend. With the funding we are able to offer restaurant vouchers, hotel breaks, and experiences. If

you would like to apply, please contact us on
enquiries@newcis.org.uk

Eligibility criteria applies. Subject to availability.

“

“Thank you for the Red Letter Days voucher, we used it to go for afternoon tea and to Alton Towers. It gave me a much needed boost and a lovely break away from a stressful life. We cannot thank NEWCIS enough for this wonderful break and all their support, it has been a God send.”

EVENTS

FIVE WAYS TO WELLBEING

Six week course (all Mondays) 9th September, 16th September, 23rd September, 30th September, 7th October & 14th October
12:30pm - 2:30pm

Wrexham Wellbeing Hub, LL13 8BG

NEWCIS have partnered with Groundwork to deliver a six week course connected to the Five ways to Wellbeing. These sessions will be full of new experiences that can help with staying well. The course is part of 'Happy Mondays', a regular drop-in group, however these sessions will need to book.

Book via Eventbrite (www.newcis.eventbrite.com)

Or contact Julie Owen on julieo@newcis.org.uk



EMPLOYMENT & EDUCATION SUPPORT FOR CARERS

Monday 16th September from 2pm - 3:30pm @ Cefn Mawr Library, LL14 3AT

Wednesday 16th October from 2pm - 3.30pm @ Rhos Library, Princes Road, Rhosllanerchrugog LL14 1AB

The C.O.P.E Project (Carer Opportunities & Participation in Employment) supports unpaid carers to access lifelong learning, volunteering opportunities and/or employment. The project can also support carers who currently work. Through practical advice, signposting, information gathering and liaising with other agencies, the C.O.P.E. Officer can work with you to reach your goals. Come along for an informal chat with our COPE Officer to find out more! No booking needed, just pop in to one of the sessions.

DENBIGHSHIRE CRAFTERS GROUP



Change of venue - now in Rhyl Rugby Club **from 12:30pm - 3pm on the first Friday of each month (6th September, 4th October, 1st November).**

A variety of crafts from card making, jewellery beading, pompom making, diamond art etc. or you can bring your own crafts and ideas to the group!

AN INTRODUCTION TO SMARTPHONES

Wednesday 2nd & Wednesday 9th October
1PM - 3:30PM at NEWCIS, Mold



Wednesday 16th & Wednesday 23rd October
10AM - 12:30PM at Wellbeing Hub, Wrexham, LL13 8BG

Groundwork North Wales is pleased to offer a course to help you get the most out of your smartphone. The sessions will run over two weeks. Both are centred around you as a learner with lots of hands-on opportunities to practice your skills. You will be guided step-by-step through how to connect your smartphone to the internet, finding out some of the most useful apps to help you in everyday life and practicing how to download them. Bring your own phone or borrow one of ours. See you there!

Book via Eventbrite (www.newcis.eventbrite.com)
or call us on 01352 752525.

Sessions are free. Limited spaces available so book quick!



SUGAR FONDANT SWANS WORKSHOP

Thursday 24th October, 1PM - 3PM at NEWCIS, Mold



The Cheshire and North Wales Cake Decorating and Sugarcraft Club warmly invites you to join us for a delightful session on crafting exquisite swan toppers from edible white modelling fondant. This workshop is designed for everyone, from complete beginners to seasoned sugar artists. Using just a few simple tools, you'll receive step-by-step guidance to create these beautiful swan decorations. By the end of the workshop, you'll have your very own beautifully crafted swan toppers, ready to impress!

Booking essential via Eventbrite (www.newcis.eventbrite.com)
or call us on 01352 752525.

Funeral donations in loving memory of...

Sheila Dodd
£198.40

Susan Davies
£205



COMEDY COURSE AND SHOWCASE

Well
Funny

We are teaming up with 'Well Funny' to bring out the funny side of our carers! With an expert team you will receive 6 weeks of help writing material and preparing you for our showcase presented at Hungry Cow in Mold.

If you are interested in coming along or would like more information, please email stacey@newcis.org.uk

All sessions will be held at NEWCIS, Mold at 9:30am.

Week 1: Tuesday 17th September

Week 2: Tuesday 24th September

Week 3: Tuesday 1st October

Week 4: Tuesday 8th October

Week 5: Tuesday 15th October

Week 6: Tuesday 22nd October

SHOWCASE! Tuesday 29th October, 7pm at Hungry Cow, Mold.

For performing carers family and friends. All money raised will go to NEWCIS.

CHIRK CASTLE TOUR

Friday 25th October (Time to be confirmed)

Chirk Castle, Wrexham, LL14 5AF



Discover the beauty and history of Chirk Castle with this exclusive outdoor tour! Wander through the stunning landscape and estate surrounding the castle, while learning about its fascinating 700 year history and the remarkable stories of its inhabitants. Your adventure will conclude in the Adam Tower, where you can explore the dungeons and try on Knights' armour! **Book via Eventbrite (www.newcis.eventbrite.com) or call 01352 752525.**

HALLOWEEN WALK AT ALYN WATERS



Thursday 31st October, 10am – 11:30am

Alyn Waters, Mold Road, Gwersyllt, LL11 4AG

Join us for a refreshing Autumn walk through Alyn waters. Meeting on the Gwersyllt side and walking along the yellow trail (¾ mile) for a slow paced walk (there are benches along the way). This is for the whole family and dress-up is encouraged! There is a charge for the carpark, dogs are allowed.

Book via Eventbrite (www.newcis.eventbrite.com) or call 01352 752525.

GLADSTONE LIBRARY AFTERNOON TEA



Wednesday 6th November, 2pm- 3:30pm

Gladstone Library, Church Lane, Hawarden, CH5 3DF

Join us whilst we indulge in a luxury afternoon tea in the heart of Hawarden in the historic Gladstone Library. Please email Stacey@newcis.org.uk if you have any dietary requirements. The event is free however a £5pp deposit required to secure your place.

Book via Eventbrite (www.newcis.eventbrite.com) or call 01352 752525.

STRESS MANAGEMENT

Wednesday 6th November, 1pm - 3pm

At NEWCIS, Mold



To celebrate National Stress Awareness Day, join us to discover practical techniques to manage stress, boost resilience, and improve your overall mental health. You'll learn a variety of coping strategies led by the expert facilitator, Dr Marc Johnson from North Wales and Chester Clinical Wellness Centre. Whether you're facing challenges within your caring role, workplace pressure or personal pressures, this workshop offers valuable tools to bring balance and peace into your life.

Book via Eventbrite (www.newcis.eventbrite.com) or call 01352 752525.

RELAXATION SOUND SESSION



Tuesday 12th November, 1pm - 2:45pm

Faraway, Llandegla, LL11 3BG

Join Sophie from Healing with Sophie (Sound and Reiki therapist Flintshire) for a deeply relaxing meditation & soul nourishing Sound Bath. Using sound therapy to promote deep healing and relaxation in the depths of Llandegla countryside where you will be immersed in nature. Includes herbal tea, a light refreshment and the opportunity to talk openly or if you'd prefer, journaling your innermost feelings. Not suitable for anyone in their first trimester of pregnancy or anyone with a pace maker.

Book via Eventbrite (www.newcis.eventbrite.com) or email stacey@newcis.org.uk

LIVE MUSIC

WITH HENRY PRIESTMAN & LES GLOVER

Sunday 17th November, 3PM
The Tin Shed, Treuddyn, CH7 4BG



Funded by the National Lottery Community Fund for Parent Carers and is therefore only open to carers who care for a child with additional needs.

Take some time out to relax and enjoy some live music at this quirky, family run venue. The pair travel around the UK frequenting venues great and small - but don't be fooled by the quaint and quirky locations; the two are no strangers to large crowds, having sold out numerous theatre shows and making appearances at music festivals!

£5pp deposit, NEWCIS will cover the remaining cost. Book via Eventbrite (www.newcis.eventbrite.com) or call us on 01352 752525.



Running Time:
Approx 2hr 20min



Warning:
May contain strobe lighting

Mother Goose – The Rock 'n' Roll Panto

Saturday 30th November | 7pm | Theatre Clwyd

Legendary Rock 'n' Roll Pantomime returns to the redeveloped main theatre filled with the biggest rock, pop and soul songs, outrageous costumes, fantastic frocks, hilarious one-liners, water pistols galore and, of course, your favourite Panto puppets!

Carer and cared for event. The event is free but a non-refundable deposit of £5 per person is required to secure your place.

Contact stacey@newcis.org.uk to book.

WREATH MAKING WITH WILD BLODYN



Friday 22nd November, 10am - 12:30pm
@ NEWCIS, Mold

Friday 29th November, 10am - 12:30pm
@ Wrexham Wellbeing Hub

Friday 6th December, 10am - 12:30pm
@ Rhyl (location TBC)

Join us for a delightful morning of wreath making with the very talented Wild Blodyn. A relaxed and friendly session where you will get to meet other carers and take home your very own beautiful wreath! This is a carers only event. The session is free but a £10pp deposit is required to secure your place.

Book via Eventbrite (www.newcis.eventbrite.com) or call 01352 752525.

RAG WREATH MAKING



Thursday 5th December, 10:30am - 12:30pm
Wrexham Wellbeing Hub, LL13 8BG

Funded by the National Lottery Community Fund for Parent Carers and is therefore only open to carers who care for a child.

Christmas is fast approaching - let's get our rag wreaths made! This creative activity is very relaxing, easy technique, whilst having a chat and sharing our beautiful creations.

Book via Eventbrite (www.newcis.eventbrite.com) or call 01352 752525.

*****Volunteers needed** to help with the crafts, will need to be able to cut materials etc. Contact Julieo@newcis.org.uk to enquire.***

ICE SKATING



Thursday 9th January 2025, 10:30am - 12:30pm
At Deeside Ice Arena, Queensferry, CH5 1SA

Come and join us for a couple of hours fun and exercise on ice!

Cost: £5, NEWCIS will pay for £7 towards entry fee and skate hire.

Book via Eventbrite (www.newcis.eventbrite.com) or call 01352 752525.

FLINTSHIRE DEMENTIA PROJECT



These events are funded by the Flintshire Dementia Project, therefore bookings are only open to carers caring for someone who has Dementia living in Flintshire, and the person they care for.

Book via Eventbrite or call Nia / Heather on 01352 752525.

CHESTER ZOO

Tuesday 17th September, meeting at 10:30am at the entrance.

We will collect our tickets and enter the zoo as a group, once we've entered we can arrange group meet ups if you wish or enjoy yourselves at leisure for the day. Carers gain free entry whilst accompanying their cared for person who pays £17.05, NEWCIS will give you £5 towards this cost so that you just pay £12.05.



ENTERTAINMENT AT THE HORSE & JOCKEY

Tuesday 14th January 2025, 1pm - 3pm

The Horse and Jockey, Church Street, Buckley, CH7 3JQ

Shake of the post-Christmas blues as you enter The Horse and Jockey. Ged will be there in full swing to entertain you singing songs, playing guitar and just having a good time for a couple of hours. Nia and Heather will be there to greet and chat so if it's your first time attending or you're there by yourself look out for our purple lanyards!



FLINTSHIRE SOUNDS MUSICAL SESSIONS

**Tuesday's - 3rd, 10th and 17th December @ 10:30am
NEWCIS, Mold**



Mark from Flintshire Sounds provides music therapy sessions to dementia sufferers in local care homes and within the wider community. The sessions aim is to provide a welcoming atmosphere where you can enjoy music and dancing and make new friends during the tea break whilst reminiscing about the past. Free refreshments available, please inform us of any dietary requirements beforehand.

FLINTSHIRE DEMENTIA PROJECT CONTINUED.

DEMENTIA AWARENESS TRAINING

Tuesday 15th and Tuesday 22nd October
Lunch at 12pm, course begins at 1pm
NEWCIS, Mold



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 included, please let us know if you have any dietary requirements.

This is a 2 day course, carers must be able to attend both sessions.

Book via Eventbrite (www.newcis.eventbrite.com) or call Nia / Heather on 01352 752525.

Christmas CAROL SERVICE



Sunday 8th December @ St Bartholomew's Church, Chester, CH5 2LQ
Preservice Refreshments at 1:30pm (TBC).

Carol Service begins at 2:30pm.

Join Nia and Heather from NEWCIS at St. Bartholomew's Church for refreshments and mingle with others before the Traditional Christmas Carol Service begins. We hope that St. John's Community Choir will have enough members to perform during the service.

Funded by by the Flintshire Dementia Project, therefore bookings are only open to carers caring for someone who has Dementia living in Flintshire, and the person they care for.

Book via Eventbrite (www.newcis.eventbrite.com) or call us on 01352 752525.



'CONNECTING CARERS IN THE COMMUNITY'

As we come to the end of our first year of 'Connecting Carers in the Community' the project is going from strength to strength. Our first year has been extremely rewarding with new connections made, partnerships formed and a host of activities for carers to engage in, learn new skills and create new friendships.

Thanks to the National Lottery Community Fund, NEWCIS has been able to further continue its drive to embed carers more fully into the community and for the community, in turn, to recognise and support carers.

Head over to our webpage to find out more:

www.newcis.org.uk/lottery-project



A big thank you to Tesco Community Grants scheme for funding the recent workshops at Ruthin Carers Centre. As winners of the grant in August 2023 we put the money towards several workshops specifically for carers including, jewellery making, print making and ceramics.



TESCO
Community Grants

Anywhere you see this logo next to an event, it means it is funded by the National Lottery Community Fund. This doesn't change anything for you and are open to all carers (unless otherwise stated).



VOLUNTEERING & FUNDRAISING NEWS

VOLUNTEER CATCH UP, TRAINING UPDATE, AND MIX & MINGLE...

Flintshire

Monday 7th October
1.30pm - 3pm

Beaufort Park Hotel,
New Brighton, CH7 6RQ

Wrexham

Tuesday 8th October
1.30pm - 3pm

Ramada Plaza Hotel,
Ellice Way, Wrexham,
LL13 7YH

Denbighshire

Wednesday 9th October
1.30pm - 3pm

Dinorben Arms, Bodfari,
LL16 4DA

Contact Jan to book at jan@newcis.org.uk or call 07773521488.

Wednesday 27th

November

10:30am - 3:30pm

For all NEWCIS
Volunteers - countdown
to Christmas! Prepare to
be creative for this festive
'All hands on deck' advent
challenge!


Further details to be
confirmed.

**SAVE
THE DATE**

Saturday 7th December
10am - 2pm

**We will be at Mold
Market for a NEWCIS
Festive Fayre!**

Including a Make, Bake
and Donate Stall.
Contact Jan to get
involved.

Did you know that our
newsletters are hand
packed with care by
our volunteers? 

Our newsletter goes out 3
times a year to around
8,000 carers! Our
volunteers label and get
them ready for posting.

Could you help us with the
next issue (February
time)? Get in touch!

NEWCIS Denbighshire Volunteers

presenting a cheque of £165.00 to
Natalie (NEWCIS) from the fundraising
event, Prestatyn 80th Anniversary
D-Day Celebration. Thank you!



Thank you to Val Davies
for a £50 donation. Carer
attended the St David's
hotel break and wanted to
say thank you.

Congratulations to Yvonne Williams

(centre), unpaid carer and NEWCIS
volunteer, for receiving a Community
Contribution award for running Rhyl
and District Gateway - a group for
people with a learning disability.



LATEST NEWS

DEMENTIA GROUP/CAFÉ VOLUNTEERS OPPORTUNITIES

We are currently recruiting for Dementia Group/Café volunteers in the Holywell area – and in other parts of Flintshire.

The groups provide information and advice for people affected by dementia in an informal setting where they can meet others in a similar situation. Volunteers would be required to have a patient, understanding, friendly, supportive and positive attitude and would be expected to welcome and interact with carers. We are also currently short of Welsh speaking volunteers.

If you are interested in finding out more about getting involved, please contact Jan Owen, NEWCIS Volunteer Coordinator on 07773521488 or by email jan@newcis.org.uk

HELPLINE SERVICES WALES

Three telephone helpline service operating 24 hrs a day, 365 days of the year.

1. CALL (Community Advice & Listening Line) - The Mental Health Helpline for Wales: 0800 132 737.

2. DAN 24/7 (Drug and Alcohol Support for Wales): 0808 808 2234.

3. Wales Dementia Helpline: 0808 808 2235.

Drug Litter Line - where callers can phone through locations where they have found drug paraphernalia. Phone: 0808 808 2276

SHELL ISLAND BEACH WHEELCHAIRS

This service, completely free for adults and children, will be available in booked slots from Reception, 9am-1pm and 2pm-6pm. These are for the South Beach only and are allowed to go into the water up to a certain point. Advice will be given when collecting from Reception, you will be required to sign a waiver. The weight limit for children's chair (yellow) is 120kg, weight limit for Adults chair (blue) is 140kg.

For more information contact Shell Island on 01341 241453.



UNPAID CARERS ENGAGEMENT EVENTS



Llywodraeth Cymru
Welsh Government

The Welsh Government is working with local authorities and health boards to identify national best practice in the way information and advice is provided to unpaid carers. They are also looking at how carers' needs assessments are delivered. Although some carers have had positive experiences of these services, others have found the process more difficult.

They would like to speak to you about how you believe these services could best be delivered and are arranging a series of online and in-person events. Your views will be shared (anonymously) with local authorities and health boards as we work together to improve services for all unpaid carers in Wales

Visit

www.eventbrite.co.uk/e/ministerial-advisory-group-focus-group-tickets

NEWCIS BOOK CLUBS

Did you know that we have set up new book clubs in Flintshire, Wrexham and Denbighshire? The groups read books from a range of genres and have some exciting plans for the future of the group including talks from local authors! The books are funded by the Carers Trust Amser Short Breaks programme.

Contact Sarah to get involved by emailing sarahp@newcis.org.uk



CAN COOK, WELL-FED MOBILE SHOPS



The Mobile Shop officially launched in January 2022 and is open to anyone who wishes to purchase from a wide selection of ready meals, recipe packs & household staples. The overall purpose of The Mobile Shop is to ensure local residents across North Wales had access to fresh and affordable food choices.

Full details of when and where the mobile shops visit can be found on their Facebook page at www.facebook.com/CanCookWellFed

NEW SCREENING WEB PAGE FOR CARERS

New screening web page for carers launched by Public Health Wales Screening Division. The information on these pages will explain what happens if you or the person you support is invited for screening, including practical advice to support you or the person you care for and help you look after yourself.

Visit: phw.nhs.wales/screening

60+ ACTIVE LEISURE SCHEME

The scheme supports people in Flintshire to live longer, better and happier lives by improving physical activity levels, confidence, strength and balance. 60+ activities are discounted and range from £2 to £6 per person per session.

For more information go to:

www.aura.wales/lifestyle/60-plus-active-leisure-scheme/

VOEL COACHES DISCOUNT

Voel Coaches have increased their discount to 20% off day trips (only) for unpaid carers registered with NEWCIS!

Contact Shelagh at NEWCIS for your discount code.

Call 01352 752525 or email shelagh@newcis.org.uk

To browse day trips go to: www.voelcoaches.com/day-trips/all



TELEPHONE BEFRIENDING

NEWCIS run a befriending service whereby volunteers make regular 'keeping in touch' calls to carers who are older, lonely or have limited mobility. It's a regular conversation over the phone with a carefully matched volunteer.

We are looking to recruit more volunteers to make regular keeping in touch calls to male carers. Calls would be focused on:

- stimulating general conversation - talking about hobbies, the weather, current affairs etc.
- listening
- reminiscing

Would you like to help? Contact us today!

Email enquiries@newcis.org.uk

or call us on 01352 752525.





Our Holiday Home

**** Availability for October, November and December 2024 breaks! ****

A lovely, accessible, holiday home with seafront location, based in Prestatyn. All you need to enjoy a comfortable and well-earned break with your loved ones. Available for midweek or weekend rental at a subsidised rate for unpaid carers registered with NEWCIS. Midweek breaks are Monday to Thursday and weekend breaks are Friday to Monday. Our team can discuss funding that may be available to you to support the cost of the break.

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

Carer Ventures Ltd

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



Our social enterprise

Whilst raising funds through our charity shop in Mold, CVL also raises awareness of carers and plays a key role in identifying hidden carers.

***New Service* Supporting carers to de-clutter**

For example, moving furniture to accommodate a hospital bed, make room for wheelchair use within the home, a hoist or other equipment. Items can be moved to a garage/storage area or taken away. Sellable items will be sold in our charity shop, this then reduces the cost of the service. All items that are taken away will be recycled in the appropriate way or refurbished, helping to reduce land fill and help our environmental friendly commitments.

Contact James on jamescvl@newcis.org.uk or call 07860834157.



THE HEALTH BOOST PROGRAMME

A free 12 week group programme to help you create the healthier lifestyle you deserve

Together we'll look at:

Mindset	Meal planning
Healthy eating	Building a habit
Finding the right exercise	Self confidence
Stress management	and so much more!

Plus discounted sessions at WaterWorld
(1 x £3 session each week during the programme)

Starting 11th September 2024!

10-11:30am

**Waterworld Leisure & Activity Centre,
Wrexham**

Book your place -

BCUHB Health Improvement Team

03000 859 625

bcu.healthimprovementteam@wales.nhs.uk



**Dementia
North Wales**
Memory Support Pathway

Worried about your memory?
Receiving the right support that
matters, at the right time

North Wales 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, at the right time, to anyone living in North Wales who is affected by dementia or is worried about their memory, living with dementia at home or in hospital, or is an unpaid carer, relative or friend.

We work together, and 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

Organisations working together to support you on the Memory Support Pathway



Please contact us:

Phone: 01492 542212 Mon to Fri 9am to 5pm

Email: NWmemorysupport@ctnw.org.uk



