

NEWCIS NEWS

North East Wales Carers Information Service

Autumn Winter 2025 | Issue 141



01352 752525



enquiries@newcis.org.uk



www.newcis.org.uk

Christmas Grotto!

Step into a magical Winter Wonderland as our Lodges are transformed for the festive season! Fun for the whole family awaits. See page 3 for dates and details.



Inside:

- Important changes
Page 2
- Christmas Grotto
Page 3
- Events & Activities
Page 4 onwards
- Support our social enterprise
Page 19
- Flintshire Young Carers
Page 22

No longer wish to receive this newsletter or have received it in error? Please let us know.
You can also switch from paper to email or collect a copy from us to help reduce our costs.

Return address: NEWCIS, 38-42 High Street, Mold, CH7 1BH

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Important changes to NEWCIS News

We've been proud to deliver NEWCIS News to carers for over 20 years. As the number of carers registered with us continues to grow, we're making some important changes to ensure we can keep in touch with you in a more efficient and cost-effective way; without compromising on the quality of information you receive. As a charity, it's vital that we use our resources wisely so we can continue to support as many carers as possible.

What's changing?

- **Digital delivery by default**

If we have your email address on our system, **we'll automatically switch your newsletter preference to email** (unless you tell us not to before the next issue comes out). This will help us reach you faster and reduce printing and postage costs.

- **Fewer print editions**

The printed newsletter will now be mailed only twice a year and only to those without an email address. If you have an email address on file, you'll receive the newsletter directly in your inbox.

- **Localised content**

Newsletters will be split into county-specific information; Denbighshire, Flintshire, Wrexham, or South Wales.

- **Community collection points**

Printed copies will be available from accessible locations across the counties. A list of locations will be available on our website or by contacting us.

- **Regular email updates**

To keep you even more up to date, we'll be introducing regular email bulletins in the New Year with latest news, events, and key updates – straight to your inbox.



CHRISTMAS

Grotto & Workshop

FUN FOR ALL THE FAMILY!

Join us for a festive experience as we transform our Lodges into a Winter Wonderland.

★ Meet our cheerful Elves in our magical grotto - perfect for families and children

★ Visit our craft lodge with handmade Christmas cards (bi-lingual) and other handmade crafts and gifts, all produced by our talented young carers as well as items recycled and renovated by carers and volunteers

★ Join Santa's Elves in their workshop to make Christmas themed gifts (fee applies)

All profits will be go to NEWCIS crisis response services - ensuring the most vulnerable carers in our communities receive the support they need.

Saturdays - 29th November, 6th & 13th December (11am-1pm)

Coming to Mold Christmas lights switch on on Tuesday 25th November? Our Grotto will be open for festivities from 3:30pm - 7pm.

Entry plus a gift from Santa (pay on entry)

£5 per child / £8 for 2 children (£3 for each additional child)

Elves workshop activities £1.50 each

Refreshments available for purchase



Carers Rights Day

Thursday 20th November 2025



As a carer, knowing your rights empowers you about what you're entitled to. This helps you feel confident asking for what you need, as well as challenging things when your rights are not being met – whether that be in the workplace or education, in accessing health or social care, or when interacting with other professionals or at home.

Your rights:

- The right to unpaid Carer's Leave
- The right to ask your GP practice to identify you as a carer
- The right (and choice) to request a free flu jab
- The right to a carer's assessment to support you with our own wellbeing
- Being consulted when the person you care for is discharged from hospital

Events:

- **Flintshire - Information drop-in at NEWCIS, Mold (CH7 1BH) from 10am - 2pm.** Stands from a range of organisations providing helpful advice and support.
- **Denbighshire** - NEWCIS will be attending Denbighshire Talking Points throughout the week. For dates/locations please visit: <https://www.denbighshire.gov.uk/en/health-and-social-care/adults/talking-points.aspx>
- **Wrexham** - Join us for an event bringing together carers, professionals and community voices to recognise and celebrate the invaluable role of unpaid carers. **Friday 21st November at Ty Pawb, LL13 8BY from 10am - 12.30pm.**

TIBETAN BOWL SOUND HEALING

In these calming group sessions, you'll be guided through gentle breathwork before immersing yourself in the soothing tones of the Tibetan singing bowls. Whether seated or lying down, you'll be invited to fully relax as sound and breath work together to release stress, reduce tension, and support deeper sleep and inner peace. Please bring a yoga mat and blanket (or anything else that helps you feel comfortable lying down), as you'll be encouraged to rest deeply throughout the session. Come as you are, and allow yourself to unwind.

Dates: Thursday 16th October, Thursday 20th November

Time: 6PM - 7:30PM

Venue: NEWCIS, Mold, CH7 1BH

For carers only.

To book contact Sarah on sarahp@newcis.org.uk or call 07860 834179.





How to Make a Lasting Power of Attorney: Information sessions with Celtic Law



- Friday 17th October, 2pm - 4pm @ NEWCIS, Mold
- Friday 9th January 2026, 12:30pm-3.30pm @ Wellbeing Hub, Wrexham, LL13 8BG

Learn about how to make an LPA, the forms & how to register your LPA with the Office of the Public Guardian, with guidance from Emily from Celtic Law Ltd. 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.

Please note: If you/your cared for do not have mental capacity or the ability to understand the documents you will be unable to make a LPA.

For more information and booking contact Sarah Pearson on sarahp@newcis.org.uk or call 07860 834179.

The experienced Enablement Officers from Flintshire Occupational Therapy Intake Team will be at NEWCIS, Mold every Wednesday from October from 10am - 1pm to discuss practical advice on how to keep you safe and independent in your own home. These sessions will be accessible to adults and will benefit anyone who is struggling with daily activities.

Booking required - contact NEWCIS on 01352 752525 or email enquiries@newcis.org.uk



Groundwork Adult Community Learning Courses

Free for NEWCIS Carers

To book contact Sarah Pearson on 07860 834179 or email sarahp@newcis.org.uk

Online Safety - Thursday 2nd October 10am-12pm @ NEWCIS, Mold

Learn how to create strong passwords, recognize scam emails, secure social media accounts, shop and bank safely online, and know where to get help if something goes wrong.

An Introduction to Smartphones - 4 x 2 hour course

23rd, 30th October, 6th & 13th November 10am-12pm @ NEWCIS, Mold

Understanding the basic functionality and features of a smartphone, terminology, setting up and downloading apps.

Improve your Budgeting - 10th November 10am-12pm @ NEWCIS, Mold

This course teaches learners to budget based on income, identify essential vs. flexible spending, reduce food costs, and manage household finances effectively.

Employability - 4 x 2 hour course

- **12th 19th & 26th November & 3rd December, 10am - 12pm @ Wrexham Wellbeing Hub, LL13 8AH**
- **27th November & 4th, 11th & 18th December 10am - 12pm @ NEWCIS, Mold**

Identifying and overcoming barriers to work, CV writing, cover letters, interview techniques, job applications and effective job search techniques.

Introduction to Wellbeing - 6 x 2 hour sessions

- **7th, 14th, 21st, 28th January, 4th & 11th February, 10am - 12pm @ Wrexham Wellbeing Hub, LL13 8AH**
- **8th, 15th, 22nd, 29th January & 5th, 12th February 10am - 12pm @ NEWCIS, Mold**

Explore ways to improve wellbeing, manage stress, and apply the 5 Ways to Wellbeing through group discussions and activities like healthy eating, nature walks, gardening, and crafts.

Saving Money, Saving Energy - 29th October 10am - 12pm @ Wrexham Wellbeing Hub, LL13 8AH

This course helps individuals save on bills, understand energy use, reduce energy consumption, stay warm, and find further support.

CARER SUPPORT GROUPS



Looking after someone can be rewarding, but it can also feel isolating and overwhelming at times. Our Carer Support Groups offer a welcoming space where you can take a break, have a cuppa, and connect with others who understand what you're going through. Whether you're new to caring or have been doing it for years, you're invited to join us for a relaxed and friendly chat. It's a great opportunity to meet fellow carers, share experiences, and find out more about the support available from our team of staff and volunteers.

For the full list and most up to date calendar of carer support groups visit: www.newcis.org.uk/carers-support-groups

GROUPS INCLUDE...

- **DEESIDE CARER GROUP**

Thursday 16th October, Thursday 20th November @ St Andrew's Community Hub, Garden City, CH5 2HN

- **MOLD – WEEKLY COFFEE MORNING**

Every Wednesday, 10am – 1pm @ NEWCIS, Mold

- **PRESTATYN CARER GROUP**

Thursday 30th Oct, Thursday 27th Nov, No group in December, Thursday 29th Jan, @ North Wales Bowls Centre, Prestatyn, LL19 7YA

- **RHYL CARER & CARED FOR GROUP**

Tuesday 14th Oct, Tuesday 11th Nov, No meeting in December, Tuesday 13th January @ Rhyl Rugby Club, LL18 4AQ

- **WREXHAM – WEEKLY CARERS SOCIAL**

Every Wednesday, 1pm – 3pm

Wellbeing Hub, 31 Chester Street, Wrexham, LL13 8BG

Let's Keep Our Groups & Events Going!

We love putting on events and running groups for you – and the best part is, many of them are funded by external organisations, which means they're free for you to attend.

But – if not enough people show up, we risk losing that funding and might not be able to run them in the future. So if you've booked a spot, please come along! And if you can't make it, no worries – just give us a quick heads-up in advance so we can offer your space to someone else.



Blood Pressure & Cholesterol Health Checks

Weds 15th October – Appointments from 9am– 4pm

Weds 22nd October – Appointments from 9am – 4pm

All appointments are at NEWCIS, Mold, CH7 1BH

The Community Stroke Prevention Team aim to increase awareness of risks of stroke and cardiovascular health out in the community. The Team offer mini health checks which includes blood pressure, pulse checks and discussions around health to individuals.

**To book call us on 01352 752525
or email enquiries@newcis.org.uk**



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Creative Writing Workshop with Author Deborah Flitcroft

reflection
workshops



Tuesday 7th October 11am–1pm @ NEWCIS, Mold

Wednesday 8th October 6:30pm–8:30pm @ NEWCIS, Mold

Monday 20th Oct 10am–12pm @ Wrexham Wellbeing Hub

Each session features three short creative writing exercises – two based on visual prompts and one inspired by a written prompt. The goal is to spark your imagination and get you writing. While this isn't a formal teaching session, Deborah will offer a few gentle pointers along the way. The focus is on creativity and experimentation rather than instruction – there's great value in simply diving in and seeing where your pen takes you!

**To book contact Sarah Pearson sarahp@newcis.org.uk
or call 07860 834179.**

SNAP CYMRU Face to Face Appointments

Tuesday 7th October, 9:30am - 12:30pm

NEWCIS, Mold, CH7 1BH



For parent carers with children are having difficulties within the education system. One hour face to face non biased advice appointments will be available at NEWCIS, Mold on the first Tuesday of each month from 9.30am - 12.30pm.

To book your appointment contact:

vicky.hancock@snapcymru.org



Continence Information Sessions

Wednesday 8th October, 9am - 12pm

NEWCIS, Mold, CH7 1BH

Offering support tailored to individual needs. Professionals can provide confidential, one-on-one consultations to support adults and children in Flintshire and Wrexham who are experiencing bladder or bowel issues.

Whether you're looking for advice, resources, or ongoing support, we're here to help.

To book call us on 01352 752525

or email enquiries@newcis.org.uk



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Are you caring for someone with dementia and living in Wrexham?

Join our friendly, volunteer-led support group to connect with others who understand. Whether you need emotional support or simply a listening ear, we're here to help.

Last Thursday of every month 12pm - 2pm at Ramada Plaza, Ellice Way, Wrexham, LL13 7YH. Booking not required.

Exclusive Travel Discounts for NEWCIS Carers!

As a registered carer with NEWCIS, you can now enjoy 20% off on **Jones Holidays** day trips and UK tours (overseas holidays excluded).

You can also take advantage of 20% off day trips (only) with **Voel Coaches**.

To claim your discount, simply contact NEWCIS for your exclusive code, then book directly with Jones / Voel.





Wellbeing Cycle Session

Thursday 9th October, 11:00am - 2:00pm

Pedal Power, Alyn Waters Country Park, LL11 4AG



An opportunity for parent carers and cared for neurodiverse children not currently attending school to meet up for a wellbeing cycling session utilising the network of traffic free cycle tracks at Alyn Waters. Have a behind the scenes look around the workshop, then gather for a live, interactive cooking demonstration, then enjoy a healthy lunch. The day will complete with group activities focused on individual wellbeing including simple stress-relief techniques and easy to us strategies for a positive outlook. Use of cycles included in the event or bring your own bike if preferred.

To book contact Heather on 07511 011421

or email heather@newcis.org.uk



Baking & Pizza

Friday 17th October, 11:00am - 2:00pm

Use Your Loaf, Abbey St, Rhyl, Denbighshire, LL18 1NT



Join other carers to try your hand at a group baking session. Once your bake is in the oven it's time to prepare a pizza to enjoy for lunch or take home at the end of the session.

Open to Denbighshire carers only.

To book your place, contact Heather on 07511 011421 or email heather@newcis.org.uk



Dementia Awareness Training

2 Day Course: Friday 17th & Friday 24th October

10am - 1pm

NEWCIS, Mold, CH7 1BH

Pease bring with you any concerns that you would particularly like to discuss or need help with, so that the trainer can address these. This is a 2 day course, carers must be able to attend both sessions. You will automatically be booked onto the second session. Refreshments provided.

Contact us to book on 01352 752525 or email us enquiries@newcis.org.uk

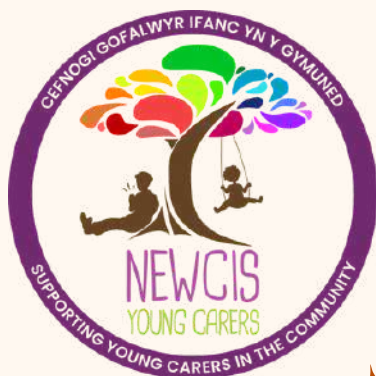
HALLOWEEN FUN AT HALKYN CASTLE WOOD TUESDAY 28TH OCTOBER 11AM - 130PM

The Lottery Project & Young Carers service are running a joint event at Halkyn Castle Woods. This will be our first intergenerational event for carers of all ages and a brilliant opportunity to share experiences and knowledge so we hope you can join us!

We will be carving pumpkins, having a scavenger hunt with hot chocolate and marshmallows around a camp fire.

If you would like to join us on the event please book via enquiries@newcis.org.uk or by contacting the office on 01352 752525.

Please note: This event is for carers only and lunch is not provided.





Yoga with Jill Blandford

Monday 27th October, 2pm - 3pm

Monday 10th November, 2pm - 3pm

NEWCIS, Mold, CH7 1BH

Step onto the mat and into a space of calm, strength, and renewal – from gentle stretches to energizing flows. Breathe deeply, move mindfully, and reconnect with yourself.

**To book your place, contact Sarah on 07860 834 179
or email sarahp@newcis.org.uk**



Breakfast Gathering for Parent Carers

Friday 30th October, 10:00am - 12:00pm

Honey's Bakery Cafe, Caergwrle, LL12 9DY

****For Wrexham and Flintshire Parent Carers****

Gather for a breakfast with other parent carers at the riverside café located close to Hope railway station, access for rail users from Deeside and Wrexham if your using public transport. £7 contribution towards breakfast from NEWCIS.

**To book your place, contact Heather on 07511 011421 or
email heather@newcis.org.uk**



Introduction to Heritage Crafts

Wednesday 5th November, 9:45am - 12:00pm

Eagles Meadow , Smithfield Rd, Wrexham LL13 8DG

Introduction to Heritage Crafts with the Little Learning Company.

Please arrive outside the Heritage Craft Centre at approximately 9:45am.

Event open to Wrexham NEWCIS registered carers and neurodiverse cared for child age 11+and currently not attending school.

This session will be delivered by The Little Learning Company with funding from the UK Shared Prosperity Fund.

**To book your place, contact Heather
on 07511 011421
or email heather@newcis.org.uk**





Introduction to Heritage Crafts

Monday 10th November, 9:45am - 12:00pm

**Unit B6, Traditional Skills Workshop, Trem-y-Dyffryn
Business Centre, Colomendy Industrial Estate, Erw
Las, Denbigh, LL16 5TX**

You will learn the basics of traditional block printing, creating festive cards for your loved ones.

Please arrive 9:45am for a prompt start at 10am and bring along your own refreshments.

Event open to Denbighshire NEWCIS registered carers and volunteers.

This session will be delivered by The Little Learning Company with funding from the UK Shared Prosperity Fund.

To book your place, contact Heather on 07511 011421 or email heather@newcis.org.uk



Craft Groups

FLINTSHIRE - Every Thursday 10:30am to 12:30pm at NEWCIS, Mold

2nd October - Card making & bottle decorating

9th October - Mini canvas painting

16th October - Mini canvas painting

23rd October - Journal making

30th October - Bottle decorating & card making

*Bring your ideas, your passion for crafting - and enjoy a cuppa and a chat while you create! **Booking essential - contact us to book.***

DENBIGHSHIRE CRAFTERS - The group meet at Rhyl Rugby Club, Tynwydd Road, Rhyl LL18 4AQ from 12.30pm to 3pm on the first Friday of each month. Friday 7th November, Friday 5th December, No group in January, Friday 6th February 2026.

A variety of crafts from card making, jewellery beading, pompom making, diamond art, crochet, knitting etc or you can bring your own crafts and ideas to the group. Booking not required, just turn up.





Blackpool Illuminations Coach Trip Saturday 15th November

JONES
SAFE | SECURE | COMFORTABLE | COACH HOLIDAYS

 **CRONFA
GYMUNEDOL
COMMUNITY
FUND**

Free event for carers only from across Flintshire, Denbighshire and Wrexham – Funded by the National Lottery Community Fund.

A Day Excursion to Blackpool with Jones Holidays. There are six miles of traditional festoons and tableaux along the Promenade, no wonder it's commonly known as the greatest free light show on Earth! Arriving in Blackpool at approx. 12.30pm. You can enjoy free time in Blackpool this afternoon with its many attractions before we board the coach again at approx. 5pm to make our way through the lights taking approx. 1 hour.

For more information, pick-up points and booking contact Sarah Pearson sarahp@newcis.org.uk or call 07860 834179.



Jewellery Workshop for Beginners Tuesday 18th November, 1:00pm - 3:30pm NEWCIS, 38-42 High Street, Mold, CH7 1BH

 **CRONFA
GYMUNEDOL
COMMUNITY
FUND**

Get hands on with our volunteer Pat who will guide you with skills in jewellery making. Create some beaded drop earrings and a matching pendant. Bring your preferred beads or use from the supplies at the workshop. Good vision and a steady hand is a must.

To book your place, contact Heather on 07511 011421 or email heather@newcis.org.uk

Our Lottery Project is set to connect with two of North Wales' popular outdoor spaces – **Rhyl Coronation Gardens** and **Greenfield Valley Heritage Park** to offer fresh, engaging gardening experiences designed especially for carers. Whether you're a seasoned gardener or simply curious about the therapeutic benefits of nature, this initiative promises a chance to unwind, learn new skills and connect with others in a peaceful outdoor setting.

Interested in getting involved?

We'd love to hear from you! Please contact Gundega via email gundega@newcis.org.uk or call 01352 752525 to express your interest and find out more about how you can take part in this exciting venture.

 **CRONFA
GYMUNEDOL
COMMUNITY
FUND**



CHRISTMAS WREATH WORKSHOPS



Create your own Christmas Wreath. Heather from NEWCIS will give guidance on creating your own Christmas wreath. All supplies of fresh foliage, oasis rings etc will be included, however, if you can source some fresh holly or variegated foliage, please bring along to share. If you wish to add any glitz or to your wreath, bring along your preferred addition. Hot drinks will be provided. Bring snacks and a packed lunch if you wish.

For carers only. To book your place, contact Heather on 07511 011421 or email heather@newcis.org.uk

FREE EVENT FOR DENBIGHSHIRE CARERS

Friday 28th November, 11:30am – 3:00pm
Rhyl and District RFC Ltd, Tynnewydd Field, Rhyl, LL18 4AQ

FREE EVENT FOR FLINTSHIRE & WREXHAM CARERS

Tuesday 2nd December, 9:45am – 12:00pm
Miners Rescue Station, 3 Maesgwyn Road, Wrexham, LL11 2AP



York Christmas Market Coach Trip

Tuesday 9th December

Free event for carers only from Flintshire & Wrexham (due to funding).

Travel with Jones Holidays to York. It's the most wonderful and magical time of the year. The city's cobbled streets and historic buildings are awash with festive decorations and colour. Enjoy the festivities before we depart from York at approx. 4pm to make our journey home.

For more information, pick-up points and booking contact Sarah Pearson sarahp@newcis.org.uk or call 07860 834179.

JONES
SAFE | RELAX | COMFORTABLE | CAROL HOLIDAYS



Tropic Facials with Emma Parry

Thursday 22nd & Friday 23rd January, time slots

between from 9am - 3pm @ NEWCIS, Mold, CH7 1BH

A morning of relaxation with a one to one facial appointment using Tropic products.

To register an interest please contact Sarah Pearson on sarahp@newcis.org.uk or call 07860 834179. A time slot will be arranged with you when booking.

Will Writing with Celtic Law

Friday 16th January, 12.30pm - 3.30pm

At The Wellbeing Hub, Wrexham, LL13 8BG



Writing a will is one of the most important steps you can take to protect your loved ones and ensure your wishes are honoured – but it doesn't have to be overwhelming.

Join our Will Writing Workshop and gain the knowledge and confidence to create a clear, legally sound will. This class will guide you through the essentials in a supportive, straightforward way.

For more information and to book a place contact

Sarah Pearson sarahp@newcis.org.uk or call 07860 834179.



Flintshire Adult Social Services - New Telephone Number

Flintshire single point of Access (SPOA) have moved to Ty Dewi Saint. New telephone number: **01352 702000**.



Calling Male Carers – We Want to Hear From You!

Are you a male carer looking for a space that's just for you? That's why we're inviting you to get involved in shaping a Men's Group that works for you.

We're already running the Men's Restoration Project – a place to relax, learn practical skills, and connect with others who understand your journey. But we want to do more, and we want your voice to lead the way.

◆ What kind of activities would you enjoy? Whether it's hands-on workshops, social meetups, walking groups, DIY projects, or just a quiet place to chat – tell us what matters to you.

Contact us to share your ideas! Contact Sarah Pearson on 07860 834179 or email sarahp@newcis.org.uk



Are you looking for a friendly relaxing space to connect with others? Whether you are an avid reader or just looking for a reason to make time for yourself, our social book club offers a chance to unwind and good conversation. Lots of books to choose from on the day to take away to read at your own pace.



- **Friday 3rd October**, 12:30pm–1:30pm, at Rhyl Rugby Club, Tynewydd Rd, LL18 4AQ

The Denbighshire Crafters Group is also being held at the same venue so afterwards why not pop in and see all their amazing work?!

- **Tuesday 14th October**, 11am–12pm, at NEWCIS, Mold, CH7 1BH
- **Tuesday 14th October**, 1pm–2pm, at Ramada Plaza, Wrexham, LL13 7YH

To book your place please email Sarah Pearson on sarahp@newcis.org.uk or call/text 07860 834179.

Toyota Manufacturing UK Charitable Trust Supporting NEWCIS Community Space Transformation

NEWCIS is proud to extend thanks to Toyota Manufacturing UK Charitable Trust for their incredible support in helping design and create a brand-new outdoor space that will benefit local carers and the wider community. Thanks to their generous funding and the hard work of their talented team and apprentices, NEWCIS now has a beautifully transformed backyard space.

The newly designed area features a custom-built pergola with a seating area, a handcrafted picnic table, planters, and a wooden storage unit to support the charity's restoration work. This transformation has created a calming, functional environment for our carers to relax and connect. This collaboration is a powerful example of how partnerships between local businesses and charities can truly make a difference in the community.




Pictured: Claire and Sarah (NEWCIS) with the Toyota team and their apprentices.

Restoration Lodges and Workshops

Take a well-deserved break and spend some meaningful time at our Restoration Lodges – a welcoming space created just for carers like you to unwind and get creative. Our lodges offer the perfect setting to relax, connect, and restore.

You're invited to upcycle donated furniture already on-site – or feel free to bring your own project along. With tools and materials available, you can transform something old into something beautiful, all while enjoying a calm, supportive environment.

 NEWCIS, 38 – 42 High Street, Mold, CH7 1BH

 Our Restoration Lodge is available for use Monday – Friday. Contact Sarah on 01352 752525 or email sarahp@newcis.org.uk for availability.



CVL – A Social Enterprise of NEWCIS:

Prioritising social impact and environmental wellbeing over profit

Services:

- **Donations** – Donations can make a real difference, providing affordable goods to people in need. Plus, it's a great opportunity to declutter your home! **Donations can be dropped off at 38-42 High Street, Mold, CH7 1BH during opening hours: Monday - Saturday 9am - 4pm.**
- **House Clearances** – An efficient and respectful solution for clearing unwanted items from residential properties. Whether you're dealing with the aftermath of a bereavement, downsizing, moving home, or simply looking to declutter.
- **Declutter** – For example, moving furniture to accommodate a hospital bed, make room for wheelchair use within the home, a hoist or other equipment.
- **Food Box Deliveries** – A fresh grocery and vegetable food box delivered straight to your door, weekly for up to 4 weeks following hospital discharge. **Eligibility criteria applies and can be discussed with a Wellbeing Officer during a Carers Needs Assessment. Please contact NEWCIS for an assessment.**
- **Volunteering** – Join our friendly team and help support a great cause by volunteering at our charity shop. Whether you have a few hours to spare each week or just want to give back to your community, your time can make a real impact. From sorting donations and arranging displays to helping customers and working the till, there's a role for everyone.

Services:

- **Dog Walking** - A dog walking service that aims to provide older and vulnerable owners with short term help to walk their pets during difficult times. We will have an initial meeting with you and your pet to ensure we are a perfect match and to give you peace of mind. This will be a chargeable service, with a reduced cost if you are registered with NEWCIS.

James Hilton - CVL Manager

Phone: 07860834157

Email: james.cvl@newcis.org.uk

Carer Ventures Ltd Company Number 10638466



★ Support Unpaid Carers – Make a Difference Today ★

Every day, unpaid carers dedicate their time, energy, and love to supporting family members, friends, and loved ones who are ill, elderly, or disabled. Often without recognition or financial support, these quiet heroes sacrifice their own well-being to care for others. At NEWCIS, we're here to support them.

Your donation helps us provide:

- ★ Emotional Support
- ★ Practical Help
- ★ Financial Support
- ★ Advocacy & Awareness

Your gift - big or small - has a powerful impact.

Please Donate: <https://www.newcis.org.uk/donate/>



A huge thank you to everyone who entered our **Summer Raffle!** Your support helped us raise an amazing **£269**

Collection Tins

NEWCIS Shop, Mold £27.90
Corbett, Wrexham £43.30
Pentre Mawr pub 91.10



We have received **£260 cheque from the Denbighshire craft group** from the Friends of the Fifth family fun day and the Rhyl miniature fun day.

Once again a big thank you to the volunteers at the craft group for their continued fundraising efforts and dedication to raising funds for NEWCIS.



In memory of
*Mr Paul
Brockley*



In memory of
*Mr Peter
Metcalf*



In memory of
*Mr John
HarveyByrne
£83.00*



NEWCIS FLINTSHIRE

YOUNG CARERS & YOUNG ADULT CARERS NEWS



01352 752525

NYC@NEWCIS.ORG.UK

@NYCFLINTSHIRE

hello

.. From the team

Kel, Amy, Katie, Hayley and Harri!

You can now Keep up to date with everything 'Young Carer' within the wider NEWCIS newsletter! This way, we hope to reach even more hidden Young Carers, spread the word about our service and the wonderful things we get up to! If someone you know is helping to care for a loved one, is within Flintshire, and is from the age of 5 upwards, please visit our website and refer in to explore support such as:

- Support, advice & information
- Young Carers ID card
- Respite from your caring role
- Counselling around caring role (13+)
- Support in education

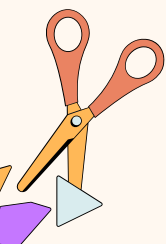


www.newcis.org.uk/young-carers

NYC NEED YOU!

THIRD SATURDAY OF EVERY MONTH

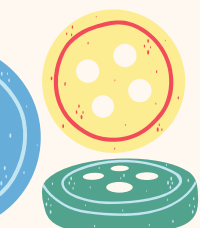
10.30AM - 2PM



NEWCIS Young Carers and the Lottery project are running a monthly craft group in order to raise funds for the Young Carers Service.

We will be making items to sell in the shop and for our craft stall, with the Secondary Young Carers themselves leading the sessions.

If you are a Young Carer or adult Carer and are interested in coming along or would like to know more then please get in touch via nyc@newcis.org.uk or call 01352 752525 to speak to Kelly, Young Carers team manager.

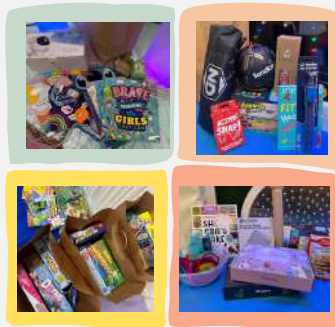


Young Carers Groups

IMPORTANT .. It's that time of year when we update Consent Forms. Registered Young Carers - check your emails!

What a summer of fun we've had! We've took to the ice, went to Spavens, BeWILDerwood, bowling and laser tag! We've also had a couple of sessions within the usual HWB Cyfle building, to do some team challenges, water fights and pizza eating too!

Thanks to AMSER funding we were able to hand out some wellbeing packs (pictured to the right) so that our Young Carers are able to have more of a break, along with some back to school supplies!



THANK YOU

More than thank you's to The Outpost Shop, whose ongoing support is truly appreciated.

McDonalds, Deeside, for the latest offer to three lucky Young Carers who received some toy and book displays!

Last but by no means least, thank you to the organisers of the Buckley Jubilee for choosing us as your charity to support this year. We're super grateful for all the hard work which raised an amazing £716!

DON'T FORGET

Young Carers ID Card's

expire every 2 years!
Now is a great time check that expiry and renew, ready for high school!! Get in touch!



Community WhatsApp Group

Families of registered Young Carers with up to date consent can request to be part of our Community WhatsApp group where we regularly share more updates!

Young Carers Action Day 'Give me a Break' Artwork

Our amazing marbling artwork that was made with Carers Trust and CREATE!

The tree represents our service. To the left of the tree are words that came to mind before being supported,

and the words to the right represent how individuals felt after joining the NEWCIS Young Carers community and receiving much needed support.



What's new with our SCHOOL work?

Ysgol Mynydd Isa
Ysgol Derwenfa
Sychdyn Primary
Broughton Primary
Ysgol Trelawynd
Castell Alun
Penarlag
Sealand

Several more schools have received staff training and school assemblies to raise the awareness of Young Carers. A big THANK YOU to the schools to the left for being involved! We also look forward to working with the schools below in September:



Ysgol Yr Esgob

The Hafod Federation:
Gwernmynydd, Ysgol Y Waun,
Ysgol Estyn

As part of a new piece of work we have also approached all Flintshire nurseries, afterschool clubs and childcare settings, and are working even closer with colleges!

An insight into this years residentials..

This action packed trip consisted of raft building (..yes we stayed afloat!), canoeing, swimming, a falconry show, high ropes and climbing!

This fallen tree had replanted itself, making a tunnel which our Young Carers climbed through. As they were passing through they made a wish..

Glan Llyn



Anglesey 'Relax' Residential



Young Carers appreciated the 2 night break in a beautiful house, where we had a chippy tea, went to the beach, made our own pizzas, had fun playing games, and caught up on our favourite books and programmes. We even got Kel involved in the Karaoke!

All Wales Young Carers Festival

Young Carers experienced an array of activities over the 3 day camping trip! Creative workshops, inflatables, a silent disco and more! Young Carers connected with others across Wales, building friendships with those who understand their journey, helping them feel seen, supported and never alone.





NEWCIS

Young Carers Christmas Craft Fair

We are holding another Christmas Craft Fair and are looking for stall holders.

It will be held at the Daniel Owen centre in Mold on November 22nd with stallholder access from 9am. The fair will run from 10.30-3.30pm. Stalls will cost £15

If you are a crafter/maker or know anyone who is and might be interested, please contact the team via nyc@newcis.org.uk for further information