



CEFNOGI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY



NEWCIS NEWS

North East Wales Carers Information Service

Summer 2026 | Issue 142

01352 752525

enquiries@newcis.org.uk

www.newcis.org.uk

Building Carer Friendly Communities



Get involved
8-14 June 2026

Celebration Event
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Building Carer Friendly Communities



For Carers Week 2026, we're highlighting the power of building carer friendly communities.

Carer friendly communities are places, spaces, services and community groups where unpaid carers are recognised, understood, and valued. They make support part of everyday life ensuring carers get the opportunities and help they need. When communities work together in this way, carers have fairer opportunities and can lead better lives.

Learn more about carer friendly communities and how you can do your bit to help. Scan the QR code or go to:



www.carersweek.org/building-carer-friendly-communities/

Denbighshire Carers Assessors will be attending the **Denbighshire Talking Points** during Carers Week between 10am - 12:30pm at:

- Monday 8th June @ St Asaph Library
- Wednesday 10th June @ Denbigh Library
- Friday 12th June @ Rhuddlan Library
- Friday 12th June @ Prestatyn Library



The work of the **NEWCIS Hospital Facilitators** is to work with the acute and community hospitals supporting carers whilst the person they care for is in hospital. Come and meet our Hospital Facilitators during Carers Week:

- Tuesday 9th June @ Ruthin Hospital (10am - 1pm)
- Wednesday 10th June @ Deeside Hospital (2 - 4pm)
- Thursday 11th June @ Glan Clwyd Hospital



Carers Week CELEBRATION EVENT

Join us for a relaxed event celebrating unpaid carers during Carers Week, as we also mark the end of the National Lottery 'Connecting Carers in the Community' Project. Everyone is welcome!

THURSDAY 11 JUNE
11AM - 3PM

Venue: Tents & Events, Clawdd Offa Farm,
Pen-y-Ffordd, CH4 0HT

WHAT TO EXPECT

- ★ INFORMATION STANDS
- ★ WELLBEING ACTIVITIES
- ★ LUNCH PROVIDED
- ★ FASHION SHOW & RAFFLE
- ★ OPPORTUNITIES TO MEET STAFF & CONNECT WITH OTHER CARERS

Transport can be arranged on request. The venue is accessible.

To book or for more information:

Email enquiries@newcis.org.uk or call 01352 752525.
NEWCIS Registered Charity 1159934. Small Lottery Licence SL0563.

WESTERN CHARITY NIGHT



FUNDRAISER



26
SEPT



7
PM

Clawdd Offa Farm, Penyffordd, CH4 0HT

Join us for a fantastic Wild West themed evening featuring live music, live dancing, a hog roast, raffle, live auction, fun games and our best dressed competition! Dust off your cowboy boots and enjoy a brilliant night of entertainment, all while supporting unpaid carers across North East Wales. Everyone welcome!

£30 per ticket

Book online at www.newcis.org.uk/donate or pay by cash at our Mold office or at your local carer group.



NEWCIS will be hosting a Bingo Fundraising Evening this August – a fun and relaxed night bringing together supporters, local communities, friends, and families for an evening filled with bingo, great prizes, refreshments, and plenty of laughter along the way.

More details, including ticket information will be announced soon.

Email laura@newcis.org.uk to be the first to know!

CARER SUPPORT GROUPS



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. 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.

HAPPY MONDAYS AT WREXHAM WELLBEING HUB

- **Every term time Mondays 12.30pm to 2.30pm**
- **Wellbeing Hub, Chester Street, Wrexham LL13 8BG**

If you find yourself at a loose end, a carer, would like to make new friends, have a cuppa, a friendly chat and participate in activities (or not, no pressure) please come along to our Happy Mondays Group - No need to book!

CARERS SOCIAL AT WREXHAM WELLBEING HUB

- **Every Wednesday from 1 – 3PM**
- **Wellbeing Hub, Chester Street, Wrexham LL13 8BG**

Join us for a relaxed and welcoming coffee and chat session for unpaid carers. This informal group is a chance to take a break, meet others who understand, and enjoy some friendly conversation in a supportive environment. No need to book, just turn up.

DEMENTIA LUNCH CLUB WREXHAM

- **Date: Last Thursday of every month**
- **Time: 12 noon - 2pm**
- **Cost: £12.50 for a two-course buffet lunch**

Val, a dedicated Volunteer Carer, hosts a friendly Dementia Lunch Club once a month at the **Ramada Hotel in Wrexham**. Anyone who is registered with NEWCIS is welcome to come along. Booking is essential so Val can confirm numbers: call 07771565507.

PRESTATYN CARERS SUPPORT GROUP

- **Thursday 25th June, Thursday 30th July, Thursday 24th Sept @ 11.30am – 1pm**
- **North Wales Bowls Centre, Prestatyn, LL19 7YA**

A welcoming and relaxed space to have a cuppa and connect with other carers and get lots of useful information through our occasional guest speakers. For more information please contact the Volunteer Group Leader Yvonne on 07763 299545.

SALTNEY CARERS SUPPORT GROUP

- **Every 4th Tuesday of each month, 1pm – 3pm**
- **Douglas Place Community Centre, Saltney, CH4 8PB**

This is a volunteer led group. If you have any queries please contact us on 01352 752525 or email enquiries@newcis.org.uk

DEESIDE CARERS SUPPORT GROUP

- **Thursday 18th June, Thursday 16th July, Thursday 17th September, 10am – 12pm**
- **St Andrews Church, Garden City, Deeside, CH5 2HN**

A welcoming and relaxed space to have a cuppa and connect with other carers. For more information, please contact Helen on 07598 551086.

CORWEN CARERS SUPPORT GROUP

- **Wednesday 3rd June - 1pm- 2.30pm**
- **Wednesday 1st July - 1pm - 2.30pm**
- Canolfan Ni in Corwen, LL21 ODP

RHYL CARERS AND CARED FOR SUPPORT GROUP

- **Tuesday 9th June, Tuesday 14th July, Tuesday 8th September, Tuesday 13th October, 11am – 12.30pm**
- **Rhyl Rugby Club, Tynwydd Road, Rhyl LL18 4AQ**

Join us for a cuppa and relaxed and friendly chat. You are welcome to bring along cared for to this group. If you haven't attended before and feel you would like to have a chat beforehand please contact tracy@newcis.org.uk / 07860834170.

Coffee Morning



Every Wednesday @ NEWCIS, Mold, CH7 1BH

**** Please Note - Changes to schedule ****

10am – 11:30am

Open to all carers, past carers, and volunteers. This is a great opportunity to connect and benefit from valuable peer support.

11:30am – 1pm

For existing and new carers only. This session will be supported by a member of the NEWCIS team, offering ongoing support, information, and the opportunity to register new carers.

Due to the growing popularity and success of the drop-in, we have divided the session to better support everyone attending.

No need to book – we look forward to seeing you all.

Denbighshire Crafters

Fridays: 3rd July, 4th September, 2nd October

Time: 12:30pm – 3pm

Venue: Ffordd Las Community Centre, Rhyl LL18 2EB

Join us at our new venue! A variety of crafts from card making, jewellery, beading, papercraft, pompom making, diamond art, crochet, knitting etc or you can bring your own crafts and ideas to the group. Refreshments provided. Free onsite parking and there is also an onsite café. Booking not required just turn up! **For more information contact 01352 752725.**

Flintshire Craft Group

Fridays: 26th June, 10th July, 24th July

Time: 10:30am – 12:30pm @ NEWCIS, Mold, CH7 1BH

A variety of crafts from card making, jewellery, beading, pompom making, diamond art, crochet, knitting, garden crafts etc or you can bring your own crafts and ideas to the group. **Contact Sarah to book: sarahp@newcis.org.uk or call 01352 752525.**

OCCUPATIONAL THERAPY SESSIONS

Dates coming soon

Sessions will be interactive, friendly, and delivered by FCC Occupational Therapy professionals. Each session will be tailored to the audience's needs, identified at the start.



If you are interested in attending or would like more information, please contact us to register your interest.

- **Telecare**

Advice and information on Telecare and assistive technology, including an overview of the Carelink system. Equipment examples include falls pendants, seizure monitoring, door/chair/bed sensors, linked smoke detectors, pill dispensers, Alexa, and carer notifiers. Demonstrations and examples of equipment will be available, alongside guidance on supporting people with dementia and signposting to relevant services.

- **Access & Mobility Around the Home**

Guidance on safely accessing and moving around the home, including grab rails, half steps, reducing trip hazards, furniture layout, and transfers in/out of chairs and beds. Advice on when ramps may or may not be appropriate, with signposting to relevant support services.

- **Bathing & Toileting**

Advice on bathing and toileting equipment, washing and dressing techniques, energy conservation, and safe transfers in/out of baths and on/off toilets. Information on supportive equipment such as wash/dry toilets and bottom wipers, plus signposting to relevant services.

- **Kitchen Skills & Equipment**

Practical advice on kitchen safety and independence, including adapted cups and utensils, one-handed techniques, meal preparation, carrying items safely, worktop use, and equipment to support dexterity difficulties.

CARERS CONSULTATION GROUP – FLINTSHIRE

Wednesday 10th June, 1:30pm @ NEWCIS, Mold

Would you like to help shape future services in Flintshire? We're setting up a consultation group to support the development and improvement of services in the area.

If you are interested attending please contact Claire:

Claire@newcis.org.uk





Support for Carers caring for someone with Dementia

Every 1st Tuesday of the month, 1.30pm – 3pm
@ NEWCIS, Mold, CH7 1BH

A welcoming support group for carers of loved ones living with dementia. This group offers a safe and friendly space to socialise with others who understand, share experiences, and receive guidance and emotional support from our Wellbeing Officers. Take time for yourself, connect, and feel supported.

For more information contact Nia via email on niaj@newcis.org.uk or call 01352 752525.

Education Information & Support From SNAP Cymru



One to one face to face appointments @ NEWCIS,
Mold, CH7 1BH on the 1st Tuesday monthly
from 9:30-12:30pm.



Is your child experiencing difficulties within the education system? Find it confusing when you ask for support for your child within their education setting? Here's your opportunity to find out more to support your child.

Contact Heather for an appointment on 07511 011421 or email heather@newcis.org.uk



Standing & Seated Yoga with Jill Blandford
Wednesdays: 3rd June, 1st July, 5th August
2 - 3PM @ NEWCIS, Mold, CH7 1BH

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

Booking essential. To register your interest email events@newcis.org.uk or call us on 01352 752525.

BOOKING INFORMATION:

Events are for carers only (unless otherwise stated) and operate via an interest list. Register your interest then we'll confirm your place up to a week before the event. Many of our events are free thanks to external funding – a suggested donation of £5 (or what you can afford) helps support future activities. If you can't attend, please let us know in advance so your place can be offered to another carer.



Stretch and Sauna Mini Retreat

**Thursday 11th June, Arrive 5:40pm for 6pm start
Finish 8pm @ The Forge, Corwen, LL21 9BY**



Start with a welcome drink, then enjoy a gentle 45-minute stretch to release tension – outdoors if possible or by the fire indoors. Next, relax in the sauna with an optional nature pond dip to boost circulation and ease stress. Finish with refreshments and cake.

All equipment is provided (mats, blocks, blankets, hot water bottles, sauna towels).

Bring: comfy clothes, swimwear, water-friendly shoes, a water bottle, towel, and a change of clothes.

**Booking essential – email stacey@newcis.org.uk
or call 01352 752525.**

Health Improvement Team

Wednesday 17th June, 11am @ NEWCIS, Mold, CH7 1BH

The BCUHB Health Improvement Team aim to empower the residents of Wrexham and Flint to engage with and embrace the value of health and wellbeing. We are a multi skilled team of health improvement practitioners who provide evidence based and sustainable health promotion/ health improvement initiatives to improve health outcomes and reduce health inequalities.

**Booking essential – email sarahp@newcis.org.uk
or call 01352 752525.**





Soundbaths with SJ Wellness

**Tuesday 16th June & Thursday 23rd July, 6-7.30pm
@ NEWCIS, Mold, CH7 1BH**

You'll be guided through gentle breathwork before immersing yourself in the soothing tones of the Tibetan singing bowls. Yoga mats, blankets and eye masks provided. Bring your own blankets/cushions if you wish.

Booking essential. **Email events@newcis.org.uk or call us on 01352 752525.**



Wrexham Book Chat

Wednesday 24th June from 2pm-4pm @ Ramada Plaza, Wrexham, LL13 7YH

Volunteer Barbara has successfully established several of these groups and is very keen to get one running for our carers, giving them the opportunity to spend some quality time doing something enjoyable that can also help improve wellbeing. Please note that you do not have to stay for the full session.

Booking essential – email sarahp@newcis.org.uk or call 01352 752525.

Restoration Project

Every Tuesday from 10am – 1pm @ NEWCIS, Mold

Our Restoration Lodge offers the perfect setting to relax, connect, and recharge. We have donated furniture on-site ready to be restored, with all tools, equipment, and materials provided. You're also welcome to bring your own pieces to upcycle.

Our volunteers can take on commissioned projects as well – working with you to agree on the design, price, and timeline in advance.

Contact Sarah to get involved!

sarahp@newcis.org.uk or call 01352 752525.



Contenance Team Drop In

Wednesday 15th July, 9am - 3pm @ NEWCIS, Mold, CH7 1BH

Appointments with the Flintshire County Council Contenance Team between 9am – 3 pm. Professionals can provide confidential support for adults who are experiencing bladder or bowel issues.

Booking essential. **Email sarahp@newcis.org.uk or call 01352 752525.**



Tropic Facials with Emma Parry

Appointments available on 16th & 17th July @ NEWCIS, Mold, CH7 1BH

An hour of relaxation with a one to one facial appointment using Tropic products. Appointments available between 9.30am - 4.30pm. Priority will be given to those who have not had an appointment previously.

Booking essential. To register your interest email sarahp@newcis.org.uk or call 01352 752525.



Will Writing with Celtic Law



- **30th June, 10:30am - 1pm @ Wrexham Wellbeing Hub, LL13 8BG**
- **7th July, 2pm - 4:30pm @ NEWCIS, Mold, CH7 1BH**

Have you thought about writing your will, but aren't sure where to start? Having a will in place is one of the most important things you can do to protect the people you love and ensure your wishes are carried out. You'll gain the knowledge and confidence to create a clear, legally sound will. The session will guide you through the essentials in a supportive, straightforward way, helping to make the process feel far less overwhelming.

Booking essential. Email events@newcis.org.uk or call us on 01352 752525.



In memory of
Mr Trickett



In memory of
Mr Laine



Lasting Power of Attorney Workshop with Celtic Law



- **14th July, 10:30am - 1pm @ Wrexham Wellbeing Hub, LL13 8BG**
- **28th July, 10:30am - 1pm @ NEWCIS, Mold, CH7 1BH**

Learn about how to make an LPA, the forms & how to register your LPA with the Office of the Public Guardian. 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 an LPA.

Booking essential. Email events@newcis.org.uk or call us on 01352 752525.



You shop, your favourite cause gets money, for free.

You can do something extraordinary, by doing the ordinary – shopping online. No extra time, no extra effort, no extra cost. When you shop online with participating retailers, they'll donate part of what you spend to your chosen cause. Whether you shop on your phone, laptop or tablet, you can earn free cashback donations for your cause.

<https://www.easyfundraising.org.uk/causes/newcis/>



Stand up Paddle Boarding

Friday 26th June, 09:45am – 12:30pm

Free parking and water access at: Eccleston Ferry Car Park, CH4 9JE

Enjoy a trip on a quiet, beautiful stretch of the river Dee where you will have a full introduction to stand up paddle boarding. All equipment will be provided, please bring old trainers or water shoes, large towel and a spare set of clothes. A thin base layer is advisable to wear under your provided wetsuit, bring a hat and sun screen. A wild brew and cake will be included during the session. Funded by Outdoor Partnership and SUPCLASS Paddle Adventures.

Booking essential – email heather@newcis.org.uk or call 01352 752525.



Visit to Rhyl Miniature Railway and Marine Lake

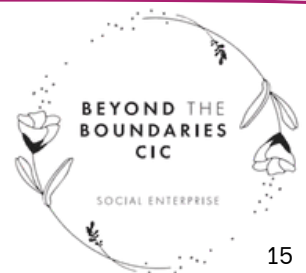
Tuesday 30th June, 1:30– 3:30pm @ Central Station, Marine Lake, Wellington Road, Rhyl LL18 1AQ

Meet our volunteer and other carers at central station, enjoy a diesel train ride of approximately one mile around marine lake in open or enclosed coaches, you then may like to visit the museum or explore the nature and heritage trail or just enjoy the open air facilities before returning home.

Booking essential – email stacey@newcis.org.uk or call 01352 752525.



✨ **Exclusive 50% Offer for June – September for Carers** – Beyond the Boundaries CIC are offering special discounted access to our relaxing wellness services, including *Japanese Head Spa / Hydrofacial / Reflexology Treatments*. Contact NEWCIS to receive your discount code and enjoy some well-deserved time to unwind.





Wall of Art Workshop

Wednesday 1st July, 11am - 3pm @ NEWCIS,
Mold, CH7 1BH

Our garden art project will be taking shape with two previous events, we would love it if you will come along and choose a prepared wooden panel or two to decorate. Whilst your there enjoy a brew and a natter with likeminded carer's or just a potter in the garden if you feel like it.

Disposable gloves and aprons will be available on the day.

Booking essential – email heather@newcis.org.uk or call 01352 752525.



Beginner's Cold Water Wild Swimming & Sauna

Saturday 4th July, 12:30 - 3pm, Meeting @ Hawarden
Estate Farm Shop, CH5 3FB

A special session for complete beginners to open water swimming. Perfect for nervous or novice swimmers, you'll experience the beauty of Hawarden Estate's lake while learning from expert Sheena. The session includes a guided walk through the Walled Garden, tips and techniques, breathwork, and mindfulness. Afterwards, unwind with a sauna and reflect on the benefits of cold-water therapy.

Booking essential – email stacey@newcis.org.uk or call 01352 752525.

**CARERS REGISTERED WITH NEWCIS CAN BENEFIT FROM 20% OFF DAY TRIPS
WITH JONES HOLIDAYS AND VOEL COACHES. CONTACT US FOR YOUR
DISCOUNT CODE!**

Don't forget!

Our **bi-monthly email bulletins**, which feature the latest news, upcoming events, community updates, and important information from our service. If you're not already receiving them by email, you can also view every edition on our website. Printed copies are available from **community collection points**:

- NEWCIS, Mold
- Wrexham Wellbeing Hub
- Carer Groups in your local area (see pages 6-7).



We are delighted to share that we have been awarded continuation funding through the Short Breaks Scheme in Wales, enabling us to keep delivering vital support to unpaid carers.

The Short Breaks Scheme, funded by Welsh Government and delivered through Carers Trust Wales, provides opportunities for unpaid carers to take a meaningful break from their caring responsibilities. These breaks are essential in supporting carers' health, wellbeing, and resilience. If you would like to find out more about the Short Breaks Scheme or how to access support, please contact us.



A huge well done to Laura and Heather for completing the Wrexham 10K, raising £455 for NEWCIS.



Fundraising Officer Laura accepting a cheque from the Rhes y Cae Committee following the fantastic bingo fundraiser they held which raised £290.50 for NEWCIS.



Thank you to the NEWCIS Denbighshire Crafters who held various fundraising Christmas Craft Tables in November and December. They raised £200.



**CEFNOGI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY**

ARE YOU AN UNPAID CARER? WE'RE HERE TO SUPPORT YOU

NEWCIS (North East Wales Carers Information Service) is one of the largest providers of carer services in Wales, providing support for unpaid carers in Denbighshire, Flintshire and Wrexham.

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

Services include:

- ✓ Information about financial support
- ✓ Award-winning respite scheme & carer breaks
- ✓ Carer needs assessments
- ✓ Light touch counselling
- ✓ Hospital discharge support
- ✓ Practical training courses, social events & support groups
- ✓ Timely information sharing



Find out what support you're eligible for and explore our services online at www.newcis.org.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**



Health and Social Care
Wales



Welsh Government



CONWY
COUNCIL



Wales Dementia Care and Outreach Services

