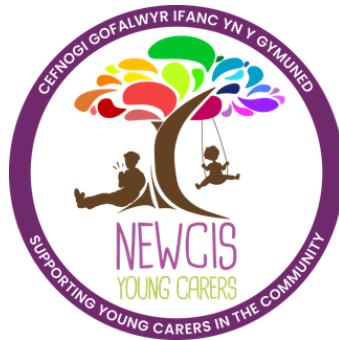




NEWCIS NEWS

North East Wales Carers Information Service

Autumn Winter 2026 | Issue 143



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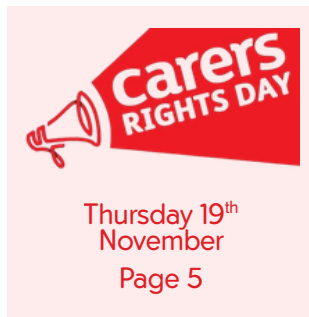


enquiries@newcis.org.uk



www.newcis.org.uk

WHAT'S INSIDE...



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

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

Partner Rhwydwaith o

**YMDIRIEDOLAETH
GOFALWYR**

A Network Partner of

**CARERS
TRUST**



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Cyngor
**sir y ddinbych
denbighshire**
County Council



Cyngor
**Sir y Fflint
Flintshire**
County Council

wrexham
CYNGOR Bwrdd Gogledd
Cyngor Bwrdd Flintshire
wrexham

Santa Paws is Coming to NEWCIS!



4:30 -
6:30PM

27TH, 28TH & 29TH
OCTOBER

NEWCIS,
MOLD,
CH7 1BH

Make Christmas memories with your four-legged friend at our Santa Paws Experience! Our magical outdoor Santa's Grotto is back, where your dog can enjoy a one-to-one visit with Santa, have their photo taken, get into the festive spirit with a Christmas bandana or jumper provided for their visit, and receive a tasty dog treat.

AT YOUR VISIT CHOOSE FROM...



**DIGITAL IMAGE, SENT
DIRECTLY TO YOU**
£7



**ONE PRINTED
POSTCARD**
£10

Price includes entry for maximum 2 dogs and a dog treat. Any additional dogs from the same family will incur an additional fee.

TO BOOK:

Email: events@newcis.org.uk

Call: 01352 752525

***Walk ins welcome! Dogs must be kept on leads
at all times.***

NEWCIS Registered charity 1159934.

This is a fundraising event and proceeds will help to deliver services to support unpaid carers across Flintshire, Wrexham and Denbighshire.



CEFNOCI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY



CEFNOGI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY

FABULOUS *Fashion* — SHOW —

SUPPORTING UNPAID CARERS
ACROSS NORTH EAST WALES

AN EVENING OF FASHION, FUN & FUNDRAISING

Pre-loved fashion from CVL

ALL OUTFITS MODELLED ON THE NIGHT
WILL BE AVAILABLE TO PURCHASE



THURSDAY
12TH NOVEMBER 2026



DOORS OPEN 6:00PM
SHOW STARTS 6:30PM



NEWCIS
MOLD, CH7 1BH

THE CATEGORIES



EVERYDAY WEAR



DINNER & DRINKS



AUTUMN LAYERS



PARTY SEASON

TICKETS

£10

INCLUDES A
DRINK ON
ARRIVAL!



- ♥ Fabulous fashion
- ♥ Raffle & prizes
- ♥ Great company
- ♥ Supporting unpaid carers across North East Wales

Tickets on sale now!

Available from NEWCIS or contact us to book

☎ 01352 752525 | ✉ events@newcis.org.uk

www.newcis.org.uk

♥ *Making a difference. Changing lives.*





SANTA'S GROTTO, ELF WORKSHOPS & DONKEY VISITS

Tuesday 24th November – 3:30 – 6:30pm

Saturday 28th November – 2 – 6pm

Sunday 6th December – 11am – 3pm (donkeys 12 – 2pm)

Saturday 12th December – 2 – 6pm (donkeys 3 – 5pm)

Sunday 13th December – 11am – 3pm

Location: NEWCIS, 38-42 High St, Mold, CH7 1BH

FUN FOR ALL THE FAMILY WHILST SUPPORTING A GOOD CAUSE

After the success of last year, we're delighted to bring back Santa's Grotto & Elves Workshops! Our lodges will be transformed into a magical Winter Wonderland where children can meet Santa, send him their letter, receive a gift, and join the elves in their cosy workshop to create handmade gifts. Enjoy hot chocolate, festive treats, plenty of photo opportunities and a festive raffle with great prizes to be won! There's even more magic this year, with the Moel Famau Donkeys making special visits on selected dates for families to meet and enjoy!

£7 per child (£10 for 2 children, £3 for additional children in the same family)

Price includes entry to santa's grotto & a gift.

Additional fees will apply for elf craft workshops, other activities, raffle and refreshments.



CEFNOGI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY

Booking not required, pay on entry.

This is a fundraising event where all proceeds will go towards NEWCIS' Carers in Crisis Fund.

NEWCIS Registered Charity 1159934. Small Lottery Licence SL0563.

Tel: 01352 752525

Email: enquiries@newcis.org.uk

Your story matters.



Carers Rights Day

Thursday 19th November 2026

This year, NEWCIS will mark Carers Rights Day by putting carers' voices at the heart of our awareness campaign. We will be sharing a series of short videos featuring unpaid carers speaking about their experiences in their own words.

Every caring journey is different. By sharing real stories, we hope to help more people recognise themselves as carers, understand the challenges they may face and feel less alone.

Knowing your rights can help you feel more confident when asking for support. Depending on your circumstances, these may include:

- The right to request a carer's needs assessment
- The right to ask your GP practice to record that you are a carer
- Rights relating to work, including requesting flexible working and unpaid Carer's Leave
- The right to be involved in discussions when the person you care for is discharged from hospital
- Protection from discrimination or harassment connected to your caring role

Throughout November, look out for our carers' stories and Carers Rights Day information across our website and social media channels.

If you are unsure about your rights or would like help accessing support, please contact NEWCIS. Our team is here to listen, provide information and help you understand the options available to you.

Find out more about Carers Rights Day on the Carers UK website.

OUR SOCIAL ENTERPRISE SERVICES

Supporting unpaid carers in our community



VISIT OUR SOCIAL ENTERPRISE

www.newcis.org.uk/charity-shops/
38-42 High Street, Mold, CH7 1BH

THE END OF OUR 'CONNECTING CARERS IN THE COMMUNITY' PROJECT...

Over the past three years, our National Lottery-funded project has provided carers with a wide range of events and opportunities they may not otherwise have experienced. The project also gave carers valuable opportunities to relax and recharge. Bespoke retreats supported wellbeing through meditation, sound baths, journalling, swimming and sauna sessions, while a group hotel stay at St David's provided a much-needed break.

Our volunteers transformed our back garden from an overgrown yard into a colourful sanctuary filled with plants, flowers, fruit, vegetables and artwork. By sharing their skills and connecting with others, they created a sustainable community space for everyone to enjoy.

The funding has also enabled us to deliver support groups for carers and those they care for across each local authority area. These groups have offered valuable peer support, helped people build meaningful connections, reduced isolation and encouraged carers to become more involved in their communities.

“As this three-year project comes to an end, we would like to thank all the carers and volunteers who have taken part and made it such a success. We are also extremely grateful to The National Lottery Community Fund for providing the funding that made these opportunities possible.”



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 24th September, 11.30am – 1pm @ North Wales Bowls Centre, Prestatyn, LL19 7YA** (Please note that there is now a car park charge)
- **Thursday 29th October, Thursday 26th November, Thursday 28th January 2027, 11am – 1pm @ Community Rooms, Salford Children's Holiday Camp, 86 Victoria Road West, Prestatyn LL19 7AH**

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 15th October, Thursday 19th November, Thursday 21st January. 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.

RHYL CARERS AND CARED FOR SUPPORT GROUP

- **Tuesday 13th October, Tuesday 10th November, No group in December, Tuesday 12th January 2027, Tuesday 9th February 2027**
- **11am – 12.30pm**
- **Rhyl Rugby Club, Tynwydd Road, Rhyl LL18 4AQ**

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

Coffee Morning



Every Wednesday @ NEWCIS, Mold, CH7 1BH

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: 2nd October, 6th November, 4th December, (No group in Jan), 5th February 2027

Time: 12.30pm to 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

- **Friday 2nd October - Christmas card making & Glass painting**
- **Friday 16th October - Christmas card making & Glass painting**
- **Friday 30th October - Remembrance Day poppy making**
- **Friday 27th November - Jewellery making - bead bracelets**

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

A variety of crafts or you can bring your own crafts and ideas to the group.

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.



Soundbaths with SJ Wellness

Thursdays: 29th October, 26th November & 10th December 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 for full relaxation. Mats, blankets and eye masks provided. Bring your own blankets/cushions for extra comfort if you wish.

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



Book Club - Denbighshire

Wednesday 18th November @ Rhyl Golf Club, LL18 3RE. Drop in from 2.30pm - 4pm

Our carers book club offers a chance to unwind, good conversation and a cuppa. Whether you are an avid reader or just looking for a reason to make time for yourself. A wide variety of books available. Choose one on the day to take away to read in your own time at your own pace. Already a member of our book club, then why not come along to exchange your book?

Contact Tracy to book: Email tracy@newcis.org.uk or call / text 07860834170.

Wrexham Carers Book Club

Wednesday 30th September & Wednesday 28th October.

2pm to 4pm at the Ramada Plaza Hotel, Wrexham LL13 7YH.

Further dates to follow for 2027 depending upon response.

The group will be led by volunteer, Barbara.



Our Community Garden



Volunteers at NEWCIS in Mold have transformed the community garden into a bright and welcoming space where unpaid carers can relax, socialise and enjoy activities.

Building on a generous donation of planters and decking from Toyota Manufacturing UK Charitable Trust, volunteers spent months preparing, painting and varnishing colourful garden panels.

Carers also took part in art and planting workshops, helping to fill the garden with fruit plants, flowers, greenery and personality. The finished garden is a wonderful example of creativity and teamwork, providing carers with a peaceful space to enjoy some well-earned time out.

To get involved in the Garden Project contact Heather:
heather@newcis.org.uk

Give old furniture a new lease of life!

Our talented Restoration Project volunteers lovingly upcycle furniture donated to our NEWCIS charity shop in Mold, creating unique pieces ready for a new home.

They also accept commissions! Bring us a piece of furniture that needs some TLC, and our volunteers can transform it for you. They'll work with you to agree the design, price and timescale before work begins.

By using our upcycling service, you'll help reduce waste, support a local volunteer project and give pre-loved furniture a fresh start.



****We're recruiting volunteers!****

Whether you're experienced with restoration or just keen to learn, we'd love to hear from you. Our Restoration Project offers the perfect space to relax, connect, and recharge while bringing furniture back to life. The restoration lodges are available to work from most days - Contact Sarah for more information: sarahp@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.



Tropic Facials with Emma Parry

- **Tuesday 20th & Wednesday 21st October**
- **Thursday 19th & Friday 20th November**
- **Tuesday 8th & Wednesday 9th December**

**Appointments available between 10am – 3pm
@ NEWCIS, Mold, CH7 1BH**

An hour of relaxation with a one to one facial appointment using Tropic products. 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 and an appointment time can be arranged.

Wrexham Prostate Cancer Support Group for Men

We pride ourselves in the raising of public awareness and the promotion of the cause of prostate cancer and provide support for those men who have been diagnosed or think they may have symptoms.

The Group meet monthly at 7pm (except August) at [Hotel Wrexham](https://www.hotelwrexham.co.uk) to support each other and listen to expert advice from visiting speakers, consultants and specialist nurses.

Find out more: www.wrexhampcsg.co.uk





Menopause Reset Day

Tuesday 6th October, 11am - 3pm
@ Agri-cation, Woodcroft, Hollybush,
Bangor-on-Dee, Wrexham, LL13 0BH



Are you perimenopausal or menopausal? Join us for a relaxing reset day designed to help you feel informed, refreshed and connected with others.

Held at Agri-cation, a community farm on the outskirts of Wrexham, the day will include:

- A 45-minute yoga session and an opportunity to get to know one another
- A light lunch and mini tour of the farm's community space
- A 45-minute talk with a life coach
- A 45-minute talk with a hormone specialist

Please arrive at 10:45am for an 11am start.

Limited places available contact

heather@newcis.org.uk for further information and to request a place on the waiting list.



Men's Health & Wellbeing

Wednesday 11th November, 09:45am - 1:30pm
@ Agri-cation, Woodcroft, Hollybush,
Bangor-on-Dee, Wrexham, LL13 0BH



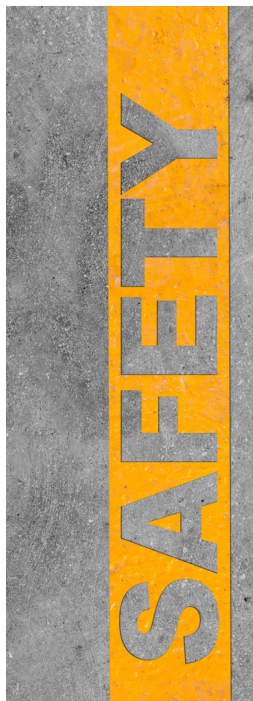
Agri cation AKA agricultural education they have put together an agenda to support men's health and wellbeing.

We would like to invite our male carers to get hands on with a practical session on animal husbandry and learn a bit about beef production within the farm's community space.

After a break we have a life coach well being session followed by a prostate cancer awareness talk to complete the event.

Limited places available contact

heather@newcis.org.uk for further information and to request a place on the waiting list.



Self Defence Awareness Workshop

Thursday 15th October, 6 - 8PM

King's Christian Centre, Pwll Glas, Bailey Hill, Mold, CH7 1RA



With the longer nights upon us, it's a great time to learn some practical ways to stay safe.

Whether you're at home, travelling to and from work, shopping or out walking, this practical session will help you become more aware of your surroundings. You'll see self-defence demonstrations, discuss different scenarios and try out simple techniques to help keep yourself safe.

Facilitated by North Wales Police self-defence volunteers.

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



Metal Art Workshops

Thursday 22nd October:

10am - 12pm or 1:30pm - 3:30pm

@ NEWCIS, Mold, CH7 1BH



Discover the art of metalworking in this hands-on workshop with Red Dragon Metal Art. Under expert guidance, you'll learn traditional techniques to shape, texture and finish copper, creating your own beautiful decorative bowl and a unique handcrafted keyring to take home. All materials and equipment are provided.

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



AbilityNet and telecommunications company BT Group are working in partnership to help improve the digital skills of older and digitally excluded people across the UK. Visit:

www.abilitynet.org.uk/free-tech-support-and-info/digital-skills-training-people-over-65





Come and Cook 6 Week Course
2nd, 9th, 16th, 23rd, 30th November &
7th December, 12:30 – 2:30pm
@ Wellbeing Hub, Wrexham, LL13 8BG



We're excited to invite you to Come & Cook (Dewch i Goginio!), a 6-week practical cookery course designed to help you learn quick, easy, and nutritious meals for you and your family. This relaxed and friendly course will help you build confidence in the kitchen while also learning simple, useful nutrition tips. Whether you're new to cooking or just want some fresh ideas, this course is a great opportunity to learn new skills, meet others, and enjoy healthy, tasty food.

****Receive a FREE air fryer when you complete the course!****

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



The first Photo Club meet-up was a great success. Carers shared their favourite photos and stories, discussed August's weekly theme entries and picked up useful tips from our guest speaker. We're exploring online meet-ups so carers who cannot attend in person can still join in.

Our next meet-up is Friday 9 October, 10am–12pm at NEWCIS, Mold.
Sessions include photography show and tell, friendly feedback, theme ideas, shared advice and occasional workshops.

We'd also love to hear from carers willing to share photography skills, inspirational stories or mobile phone photography tips.

Dates for your diary:

- 24 September, 12:30–2pm: Capture Walk at Acton Park, Wrexham, LL12. Meet at the car park tucked into the corner of Herbert Jennings Avenue.
- 26 September: Capture the Corn Harvest Moon.

Contact Heather for more information on how to join the group or search for our Facebook group 'NEWCIS Photo Club'.





Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Continence Information and Advice Drop-In Wednesday 18th November 10am - 1pm @ NEWCIS, Mold, CH7 1BH

**Facilitated by Continence Nurse (Betsi Cadwaladr
University Health Board)**

Caring for someone living with incontinence? This drop-in session offers carers the opportunity to access information, advice and support, find out about available services, and receive practical tips on managing incontinence. **Booking not required.**



Blood Pressure Checks - Drop In Wednesday 25th of November, 10:30am - 1:30pm @ NEWCIS, Mold, CH7 1BH



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Facilitated by Stroke Prevention Team (Betsi
Cadwaladr University Health Board)

Booking not required, just drop in.

Christmas Wreath Making

- **Tuesday 1st December, 9:45am - 12pm at Miners
Rescue Station, 3 Maesgwyn Road, Wrexham,
LL11 2AP (For Wrexham & Flintshire carers).**

All supplies provided and guidance throughout by the very creative Sharon from the Wrexham Miners Project. Hot drinks included, there's a café on site for those wishing to purchase lunch afterwards.

- **Friday 4th December, 11:30am - 3pm at Rhyl and
District RFC, Tynenydd Field, Rhyl, LL18 4AQ
(For Denbighshire carers).**

Heather from NEWCIS and volunteer Mena 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.

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





The Access Card is designed to streamline the process of communicating your access needs and translates your disability or impairment into easy-to-understand symbols. You can use the card to convey your access requirements to venues and service providers.

- Website: www.accesscard.online
- Email: cards@accesscard.online
- Telephone: 0330 808 5108



Dynamic Centre for Children & Young People with

Disabilities is based in Wrexham. They offer a range of services from ages 8–25 years of age – from after school activity-based groups, transition support, advocacy, family support and a signing choir.

- Website: www.dynamicwrexham.org.uk



HFT support you to live with more choice, independence, and access to your local community. From supported living to residential care, friendships and relationship services to supported employment.

- Website: www.hft.org.uk

Accessible Holidays:

- accessibleholidayscapes.co.uk
- www.disabledholidays.com
- www.awayresorts.co.uk/holidays/disabled-access-holidays

Alyn Waters Country Park in Wrexham - Cycling 4 All is a charity providing unique cycling opportunities for everyone.

- info@cycling4all.org

On the first Sunday of every month, **Deeside Ice Skating Club** hold a **Disability skate session** catering to individuals of all disabilities and are designed for the entire family to enjoy skating together.

- Visit: www.skate-disc.co.uk/disability-skate

JANUARY

ALCOHOL

CHANGE^{UK}



Alcohol is part of many people's lives—used to celebrate, socialise, relax or cope. In the UK, alcohol causes one death every hour and is linked to mental health problems, liver disease, seven forms of cancer and financial hardship. The harm can also affect families and communities.

Alcohol Change UK raises awareness, improves support and challenging attitudes towards drinking. Its goal is a society free from the harm caused by alcohol.

Taking a break from alcohol or stopping drinking altogether brings lots of amazing benefits for our body, mind, and overall wellbeing.

Why not take part in the Dry January® challenge in 2027 – Scan the QR code or visit:

www.alcoholchange.org.uk



Blue Monday, usually marked on the third Monday of January, is often called the “most depressing day of the year.” January can still be a difficult time due to dark weather, financial pressures and the return to everyday routines. It offers a useful opportunity to check in with ourselves and others, while remembering that mental health matters throughout the year.

The Hub of Hope is the UK's largest mental health support directory. Whether you

want to find a service to help you feel better or you want to support someone who is struggling, we can help.

Scan the QR code or visit:

www.hubofhope.co.uk





NEWCIS **TRAILBLAZER** PROJECT

CEFNOGI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY

Sir Ddinbych yn Gweithio



Working Denbighshire



Cyngor
sir ddinbych
denbighshire
County Council



Llywodraeth Cymru
Welsh Government

IS THIS YOU?



Economically
inactive carers



Living in
Denbighshire



Wanting to engage with
employment, education,
training, or volunteering

THE TRAILBLAZER PROJECT WILL SUPPORT YOU WITH:



Life skills



Job
searching



Wellbeing



Gaining
employment



Accessing
lifelong
learning



Work/
volunteering
experience

For more information contact **Gundega** or **Nia** on **01352 752525**
or email gundega@newcis.org.uk / niaj@newcis.org.uk

38-42 High Street, Mold, CH7 1BH

NEWCIS Company limited by guarantee 9317097. Registered charity 1159934.

Working Denbighshire is part-funded by the UK-Wales Trailblazer initiative targeting economic inactivity.

NEWCIS FLINTSHIRE

YOUNG CARERS & YOUNG ADULT CARERS NEWS



☎ 01352 752525

✉ nyc@newcis.org.uk

Facebook, Twitter, Instagram icons followed by @NYCFlintshire



(WWW.NEWCIS.ORG.UK/YOUNG-CARERS)

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 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

Please note:

Due to recent changes, NEWCIS Young Carers Service sadly no longer has the resources moving forward to support those Children and Young People whose own needs outweigh their caring role. If you have any questions or want more information please don't hesitate to contact the team!

TEAM CHANGES

We've recently said goodbye to Katie and Harri, as they embark on their new roles. We'd like to thank them both for bringing so much to the Young Carers Service over the years! We also want to congratulate Hayley and family in welcoming a new baby girl! Hayley will be off on maternity leave until March. Taking this into consideration, please bear with Amy & Kelly as we try to keep the service running as close to normal as possible. There will be some new faces at group and existing NEWCIS staff are helping us out where they can.

NEW CONSENT FORMS

If you'd like to remain registered as a Young Carer on our system, we will need up to date consent, as we renew this yearly. This has been sent via email in August, and will need to be completed ASAP. Remember to complete fully as this replaces previous forms. Within this, please let us know if your situation has changed since your last Assessment, as we can look to review this. Note that only those with updated consent will be sent a link to our Community WhatsApp group, so we can keep you up to date!

WHAT ELSE IS NEW?

YOUNG CARER GROUPS

Registered Young Carers with up to date consent and a recent assessment can now register for upcoming groups advertised on our website.

We have a wonderful selection of activities happening over the next few months including prize quizzes, wellbeing sessions with SJ Wellness, a cinema trip, pumpkin picking, a trip to Wizz Kids, and craft sessions!

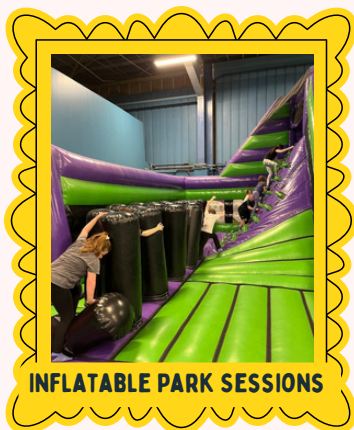
A SUMMARY OF WHAT WE'VE BEEN UP TO, IN PICTURES!



WELLBEING SESSIONS/SOUND BATHS



CONWY ACTIVITY RESIDENTIAL



INFLATABLE PARK SESSIONS



FIRST AID TRAINING



BOWLING SESSIONS



MANORAFON FARM PARK



ALTON TOWERS TRIP

THANK YOU LLANGOLLEN FAERY FESTIVAL



Our Young Carers and their families also got to experience the magic of the Llangollen Faery Festival, as they very kindly offered access to a fun filled day! We appreciate your generosity Tink!

