



CEFNOGI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY

NEWCIS NEWS

News, Support Groups & Events for Unpaid Carers
North East Wales Carers Information Service

Summer 2024 | Issue 137

SUMMER



Postage costs are on the increase. Did you know that you can receive this newsletter via email or pick up a copy from your local NEWCIS Carers Centre? Get in touch with us to switch to email or collection, and help our charity save on resources. If you no longer wish to receive this newsletter or have received it in error please let us know. Thank you.

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

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Dear Carers.

Welcome to the Summer edition of NEWCIS News. We have lots of activities, events and breaks over the next few months for you to access.

I have some funding news and a thank you to deliver to Carers Trust Wales for funding a second year of Amser Funding that helps to provide the group breaks, residential breaks for our young carers, some exciting days out via Red Letter Days and much more. I also wanted to thank the Waterloo Foundation for funding a three year School Liaison Officer, who will be working with the schools to raise awareness of young carers. Angharad started this post in January and is already seeing amazing results with the school engagements and support from the pupils and young carers.

Carers Week this June is an annual awareness campaign seeking to increase visibility for carers with decision makers, services, employers, communities, and businesses. With this in mind I would like to thank you all for completing the questionnaires that have been sent out from both Wrexham and Flintshire Social Services over the forthcoming tendering process. Commissioners have been seeking your views on what services are important to you, these views are then rolled into the commissioning process and will represent services for the next five years. NEWCIS applies to deliver these services to be able to employ our workforce who are here to help and support unpaid family carers, we hope that we will be successful in regaining the contracts and can continue to support carers across North East Wales.

Please take a look at the activities we have going on in Carers Week, there are online options and events that will provide the much needed information and advice along with the opportunity to bring carers together for that most welcomed peer support. I hope you have a great Carers Week and I look forward to seeing you at some of our events.

Claire Sullivan

NEWCIS CEO



We are here to help you, please be kind.

Our staff deserve to be treated with respect at all times. NEWCIS operate a zero tolerance policy with regard to abuse (verbal and physical). We reserve the right to remove clients from our service with immediate effect in order to safeguard our staff, volunteers and other clients. In this situation we will notify the person in writing of their removal from our system and make a record of the removal and the circumstances leading to it.

CARERS WEEK 10 - 16 JUNE 2024



WHAT IS CARERS WEEK?

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

NEW: CARERS LEAVE ACT 2023

From 6 April 2024, employees will be entitled to unpaid leave to give or arrange care for a 'dependant' who has:

- a physical or mental illness or injury that means they're expected to need care for more than 3 months
- a disability (as defined in the Equality Act 2010)
- care needs because of their old age



The dependant does not have to be a family member. It can be anyone who relies on them for care. Employees are entitled to carer's leave from their first day of work for their employer. Their employment rights (like holidays and returning to their job) are protected during carer's leave.

For more information go to www.gov.uk/carers-leave

CARE FEE PLANNING CLINIC WITH CELTIC FINANCIAL PLANNING LTD.



Friday 14th June, 9am - 12pm at NEWCIS, Mold

Book via Eventbrite or call us on 01352 752525.

Are you a carer feeling overwhelmed by care fee planning? We've got you covered! Join us for an exclusive clinic with a leading Independent Financial Adviser, where you can:

- Explore ways to mitigate care costs
- Get tailored guidance on meeting care fees
- Plan effectively for long-term care needs

This clinic is designed exclusively for carers like you, offering bespoke guidance on strategies to mitigate care costs, insightful guidance on meeting care expenses and comprehensive planning around care fee management.

WHAT'S ON?

Carers Week

**MAIN
EVENT!**

MONDAY 10TH JUNE AT RHYL RUGBY CLUB 10AM - 2PM

Come along to explore a host of local and national organisations for information and advice that may be able to support you with your caring role. Food, refreshments and freebies included! Everyone welcome.

Book via Eventbrite or call us on 01352 752525.

ONLINE DROP-IN INFORMATION AND Q&A SESSION

Monday 10th June 10am - 12pm

& Thursday 13th June 1pm - 3pm

Email enquiries@newcis.org.uk for the link to join.



INFORMATION STANDS...COME AND SAY HI!



We will be out and about in the community raising awareness of unpaid carers. Look out for us at Mold Market, local supermarkets, and local community hospitals.

- Wednesday 12th June @ Holywell Hospital
- Thursday 13th June @ Mold Hospital
- Thursday 13th June 10am - 2pm @ The central foyer at Ysbyty Glan Clwyd, joined by Carers Outreach Service.

INFORMATION DROP IN & AFTERNOON TEA

Tuesday 11th June 10am - 2pm @ NEWCIS, Wrexham

Wednesday 12th June 10am - 2pm @ NEWCIS, Mold



SUPPORT GROUPS



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

Please note that there are no groups in August (unless otherwise stated).

Rhyl

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

Time: 11am - 12:30pm

Dates: Tuesday 9th July & Tuesday 10th September



Denbigh & Ruthin

Venue: Tweedmill, Llanerch Park, St Asaph

Time: 11am - 12:30pm

Date: Tuesday 18th June

Up to 20 spaces available - booking essential.

Venue: DVSC offices, Naylor Leyland Centre, Ruthin, LL15 1AF

Time: 11am - 12:30pm

Date: Tuesday 16th July

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

Time: 11am - 12:30pm

Date: Tuesday 17th September

Up to 10 spaces, booking essential - priority given to Denbigh & Ruthin Carers.



Llangollen



Venue: Pengwern Community Centre, Llangollen, LL20 8BB

Time: 11am - 12:30pm

**Dates: Tuesday 25th June, Tuesday 30th July,
Tuesday 24th September**

Prestatyn

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

Time: From 11:30am

Dates: Thursday 30th May, Thursday 27th June, Thursday 25th July

Saltney



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

Time: 1pm - 3pm

Dates: Tuesday 28th May, Tuesday 25th June, Tuesday 23rd July

Deeside

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

Time: 10am - 12pm

**Dates: Thursday 20th June, Thursday 18th July, Thursday 19th
September**



NEW Evening Drop in for Carers that Support Someone Living with Dementia

Starting on Tuesday 4th June and then on the first Tuesday of the month at
NEWCIS, Mold from 6pm – 7.30pm.

A chance for carers to socialise and chat to other carers about their caring
roles. **Booking via Eventbrite or call 01352 752525.**

☀️ COFFEE MORNINGS



Would you like a short break from your caring role? Join us for a coffee and a natter. The groups thrive on the mutual support offered to each other - and a cuppa or two!

No need to book just drop in.

MOLD

Every Wednesday, 10am - 1pm
Venue: NEWCIS, Mold, CH7 1NZ

WREXHAM

Every Tuesday, 10am - 12:30pm
Venue: NEWCIS, 3a Edison Court,
Wrexham Technology Park, LL13 7YT

Craft Groups

MOLD

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

**1st Friday of each month
starting on the 3rd May
10am - 12pm**

Venue: NEWCIS, Mold, CH7 1NZ

RHYL

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

**Friday 7th June, Friday 5th July,
Friday 6th September
12:30pm - 2:30pm**

Venue: NEWCIS, Morfa Clwyd
Business Centre, Marsh Rd, Rhyl,
LL18 2AF

WREXHAM

**The second Thursday of each month, 11am - 1pm
Venue: NEWCIS, 3a Edison Court, Wrexham Technology Park,
LL13 7YT**

For carers supporting loved ones either in hospital or at home, and loved ones with dementia.

Email: lindaf@newcis.org.uk

EVENTS & COURSES

Events and courses are open to carers from all counties (Denbighshire, Flintshire and Wrexham) unless otherwise stated.

- If you can no longer attend an event please let us know as soon as possible so that we can offer your place to another carer.
- Where stated, some events may require a small fee to secure your place. This helps us reduce the amount of no-shows. The fee is a contribution to the cost of the event and is non refundable unless you cancel with sufficient notice and reason.

Book online via Eventbrite <https://newcis.eventbrite.com>



FIT FOR LIFE - YOGA CLASSES

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

The classes may run through June & July (TBC)

Time: 2pm - 3pm

Venue: NEWCIS, Mold, CH7 1NZ

'Fit for Life' is a gentle Movement to Music class to bring ease into your body, keep your spine healthy and your joints mobile. The movement sequences are suitable for all, standing sequences are optional. Led by: Jill Blandford, Yoga Instructor. All ages & abilities welcome.

Booking via Eventbrite or call 01352 752525.



HAPPY MONDAYS - CRAFT GROUP

Every 1st Monday of the month*

**Except Bank Holidays and school holidays*

The Wellbeing Hub, Crown Buildings, Wrexham, LL13 8BG

From 12:30pm - 2:30pm

Happy Mondays has developed into a craft group. This is a carer only group, offering peer support and respite from your caring role. Led by Wellbeing Officer Julie Owen and volunteers Tracy, Stephanie and Laura.

Other organisations are at the Hub on the following days:

2nd Monday of the month: Family Information Service

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



PARENT CARERS - TERRARIUM MAKING

Date: Thursday 16th May

Time: 10:30am - 12:30pm

Venue: Wrexham Wellbeing Hub (room 3), LL13 8BG

This mindfulness event creating Terrarium (Bottle Garden), will help you relax and unwind with other carers. Creating your own little garden gives a sense of achievement and fulfilment. Step by step instructions and guidance to understand what each layer is used for when creating a functional enclosed terrarium, as well as how to look after the terrarium once they're finished.

Take some time for you - you matter. If you are a working parent carer, try and pop in your lunch break, even ask your employer if you can attend, its all about your wellbeing.

Booking via Eventbrite or call 01352 752525.



ME + MY IDENTITY

Monday's 10:30am - 12pm @ Wellbeing Hub, Wrexham

Are you a parent-carer of those within the **LGBT+ community:**

- **connect with other parent carers of LGBT+**
- **learn to support each other, and your cared-for**
- **break down mental barriers and communicate with empathy**
- **open-minded sharing to have a wider understanding**

For more information, please contact: Shilpa/Geraldine at
shilpa@youngandmindfulcic.org.uk
07944282309/07835659874





MEMORIES OF FLINT REVISITED

Date: Thursday 16th May

Time: 11:30am - 1:30pm

Venue: Flint Library, Church Street, CH6 5AP

Come along and reminisce sharing memories of Flint. Meet our expert host Rose Marie who can guide you through her collection of photos, booklets, maps, local stories, schools, work places, buildings, landmarks and much more.

This is an informal 'browse and engage' event open to all. You might just come across someone who looks or sounds familiar and share some memories from bygone years!

Booking via Eventbrite or call 01352 752525.



'MY LIFE STORY'

Dates: Thursdays - 13th June, 27th June, 11th July & 25th July

Time: 11am - 1pm

Venue: NEWCIS, Mold, CH7 1NZ

Come along together for this special event, listen carefully to your cared for's memories of their life journey prompted by questions set out for you at each session. On the final session we will have gathered items from their past to keep in a memory box provided by NEWCIS for your cared for to take home.

Bookings are open to Flintshire carers and their cared for who have Dementia or Alzheimer's. Refreshments provided.

Booking via Eventbrite or call 01352 752525.

We are currently looking for a group of people to join us on a mission to get fitter for the summer! If you are a beginner at running, then we would like to invite you to be a part of our **Couch to 5k experience!** This will be an 8 week challenge with 3 runs a week with at least 1 group run each week to help keep the motivation going. You will be geared up with a run buddy and a smart watch to keep track of not only your runs but your daily steps too! Each session will be 1 hour long. **If you are interested, please contact Stacey@newcis.org.uk. Limited spaces available and this is a carer only activity.**





PARENT CARERS - CWTCH POTTERY CAFE BRUNCH

Date: Thursday 13th June

Time: 10:30am - 12:30pm

**Venue: Cwtch Pottery Café, Eagles Meadow,
Wrexham, LL13 8DG**

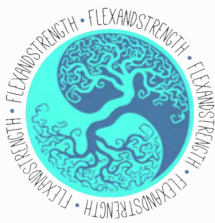


Parent carers are invited to this friendly and relaxed venue to meet with other carers, giving the opportunity to relax and unwind from a busy caring role. Included is a drink, sandwich or jacket potato, and a delicious Cwtch cake - they are the talk of the town (City)!

Take some time for you - you matter.

If you are a working Parent carer, try and pop in your lunch break, even ask your employer if you can attend, its all about your Wellbeing.

**Booking via Eventbrite or call 01352 752525.
£5pp non refundable deposit.**



FLEXANDSTRENGTH WITH RHI

Dates: Tuesday 18th June & Tuesday 16th July

Time: 10:30am - 12pm

**Venue: Maesgwyn Community Centre, Lilac Way,
Wrexham LL11 2BB**

Relax, unwind, and improve your wellbeing with a one hour yoga session with local, fully qualified instructor Rhian. Please wear comfortable clothing – yoga mats are provided, water/cold drinks are available. Class is suitable for all abilities.

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

Booking via Eventbrite or call 01352 752525.



WILD BLODYN FLOWER ARRANGING SESSIONS

Date: Thursday 20th June

Time: 10am - 12:30pm

Venue: NEWCIS, Mold, CH7 1NZ

Date: Thursday 25th July

Time: 10am - 12:30pm

Venue: Wellbeing Hub, Wrexham, LL13 8BG

Date: Thursday 5th September

Time: 10am - 12:30pm

Venue: NEWCIS, Marsh Road, Rhyl, LL18 2AF

Join us for a delightful morning of flower arranging 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 floral basket. This is a carers only event.

Booking via Eventbrite or call 01352 752525.

£5pp non refundable deposit to secure a place. Limited places so booking essential. Only 1 booking per carer.



SATURDAY 22ND JUNE

6:30PM - 10PM

VENUE: ORIEL HOTEL, ST ASAPH, LL17 0LW



Immerse yourself in a fantastic show by Black Box Events North Wales where they will take you on an adventure of mystery! Sit down with a two-course meal whilst being captured in the brand new show "The reading of the Will". After we have solved the mystery and are full up, there will a chance to have a dance at the disco. We have a limited number of tickets for this so booking is essential if you would like to join us. Please email Stacey@newcis.org.uk if you have any questions regarding the evening. Transport can be provided if needed.

Booking via Eventbrite or call 01352 752525. Please inform us of dietary requirements upon booking.

£5pp non refundable deposit. Carers can secure up to 2 places.

Funded by the National Lottery Community Fund.

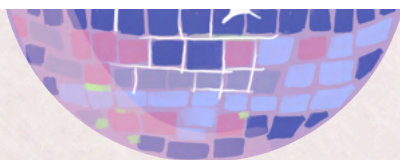


NEUADD
**WILLIAM
ASTON**
HALL

The Rocketman - A Tribute to Sir Elton John
Thursday 6th June at 7:30pm
William Aston Hall, Wrexham

We have a limited number of tickets available for this tribute show for carers and cared for. Please email stacey@newcis.org.uk directly to express your interest, and it will be subject to availability.

£5 non refundable deposit per ticket once booking is confirmed.



Silent Disco!

Friday 5th July, 6pm - 10pm
Venue: Flint Mountain Hotel, CH6 5QG

It's time to get on your dancing shoes and join the party! With 3 different channels to choose from let the headphones take control and boogie the night away! It's a night out for the whole family with a photo booth and magic mirror - it's a night to remember! This event is for everyone!

Buffet included.

Booking via Eventbrite or call 01352 752525. Please inform us of dietary requirements upon booking.
Up to 4 tickets available per carer. £5 deposit per carer to secure booking or £15 for family/group of 4.



PARENT CARERS - SAILING TASTER SESSION

Date: Thursday 11th July

Time: 10:30am - 2pm

Venue: The Flash, Old Wrexham Road, Gresford, LL12 8TY

Join us at the smallest sailing club in the UK (Gresford Sailing Club) to work as a team learning how to rig, de rig, launch a boat and have a go at sailing guided by instructors in safe waters just 5ft deep.

Safety boat cover throughout the day and buoyancy aids provided. Wear old trainers and warm comfortable lightweight clothing. Bring a towel, waterproofs in case of rain, and sunscreen is recommended if it's a hot day.

If the weather's too windy we can do land based activities, use power boats or possibly paddleboards instead.

Refreshments and lunch provided.

£5pp deposit to reserve your place. Limited numbers available. Booking via Eventbrite or call 01352 752525.



PARENT CARERS - LUNCH AT GLADSTONE'S LIBRARY

Date: Thursday 12th September

Time: 11:45am - 2pm

Venue: Gladstone's Library, Hawarden, CH5 3DF

Meet for a light lunch with fellow parent carers in the Food for Thought Café at Gladstone's Library. You may explore the grounds and perhaps discover more about the founder William Ewart Gladstone. Joining the library as a reader is free. Bring along 2 forms of ID, books can be used on library premises only.

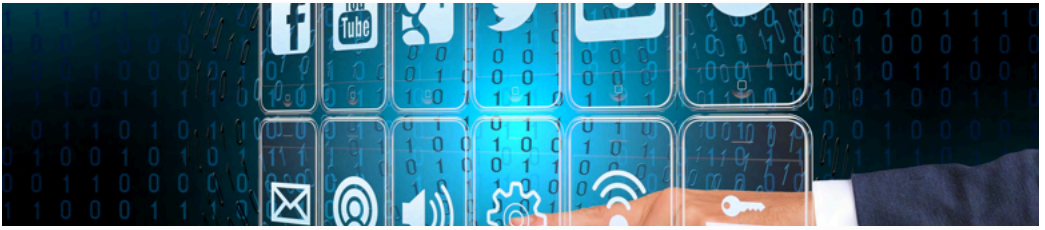
Booking via Eventbrite or call 01352 752525. Please inform us of dietary requirements upon booking.

£5pp deposit required upon booking.

NEWCIS will give you £5 towards your bill.

Free parking close by at Tinkersdale Car Park on the A550, CH5 3LU.





DIGITAL CONFIDENCE COURSE

Dates: Thursdays 27th June, 4th July, 11th July, 18th July

Time: 11am - 1pm

Venue: Pengwern Community Centre, Llangollen, LL20 8BB

Cwmpas will be hosting a course of digital essential skills sessions (4 weekly sessions) tailored to the needs of the people they are supporting for example: saving money online/internet safety/accessibility. Ideally you must attend all sessions as its a continuation of sessions.

Booking via Eventbrite or call 01352 752525.



Delivered by

cwmpas



WEDI'Y YRŪ GAN
**FFYNIANT LEVELLING
— BRO — — UP —**



DEMENTIA CARER LUNCH CLUB

Dates: Thursdays 27th June, 25th July, 22nd August

Time: 12pm - 2pm

Venue: Levant Kitchen & Bar, 51 Chester Street, Wrexham LL13 8BA

Do you care for someone living with Dementia? Join this popular and friendly group and enjoy some time out and a chat over lunch. £5 for 2 x courses from 'light lunch' menu, includes a soft drink. (Please note, there may be additional charge if meal/course is chosen from alternative menu.)

Booking via Eventbrite or call 01352 752525.



DISCOVER SERENITY WITH A MAGICAL CACAO AND SOUND RELAXATION CEREMONY!

Friday 28th June at Wrexham Wellbeing Hub (Time TBC)

Booking via Eventbrite or call 01352 752525.



The course will also be ran in Denbighshire and Flintshire - more details to be confirmed. Contact us to register your interest.

Take a break from the hustle and bustle and join us for a session of pure relaxation and rejuvenation. Our cosy yurt provides the perfect setting for an immersive experience that will leave you feeling refreshed and revitalized. Sip on a cup of comforting Cacao, known for its restorative properties that nourish body, mind and spirit. Allow the soothing vibrations of Tibetan singing bowls to guide you into a state of deep relaxation, simply bring along your favourite blanket, cushion and a water bottle and get ready to unwind for an hour and a half.

Make your donation go further

Donating through Gift Aid means NEWCIS can claim an extra 25p for every £1 you give. It will not cost you any extra.

All you need to do is make a Gift Aid declaration for NEWCIS to claim.

Ask us for a declaration form!

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LATEST NEWS AND INFORMATION



LIVING BETTER WITH DEMENTIA

A new series of films from Betsi Cadwaladr, featuring NEWCIS long standing volunteer Joe, designed to create a better understanding of dementia have been showcased at a premiere screening in Wrexham.

Watch the full series here:

<https://vimeo.com/eternalmedia/dementiafullserieswsubs>

GET SAFE ONLINE – ACTION FRAUD

If you think you've uncovered a fraud, been targeted by a fraud or fallen victim to fraudsters, contact Action Fraud on 0300 123 2040 or via the Action Fraud website, Get Safe Online: <https://www.getsafeonline.org/>

Always remember:

- Never give anyone your bank PIN or National Insurance number. Shred or tear up any letters that include your personal details.
- Always log on to a website directly rather than clicking on links in an email.
- Never send money to anyone you don't know or trust, whether in the UK or abroad, or use methods of payment that you're not comfortable with.
- Use strong passwords and never use the same password for everything.
- Never tell anyone answers to your security questions.

NHS WALES – BOWEL SCREENING SAVES LIVES

If you notice a change in your bowel health, even if you have done your bowel test kit, speak to your doctor. If you have any questions about bowel screening, need a new test kit, or need help completing the test, you can contact Public Health Wales: Freephone helpline: 0800 294 3370

Visit: www.phw.nhs.wales/bowel-screening

Email: phw.bsw@wales.nhs.uk



NEWCIS HOLIDAY HOME

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



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

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

VOEL COACHES DAY TRIPS

10% discount on day trips for carers registered with NEWCIS. Contact Shelagh (NEWCIS) on 01745 331181 or email shelagh@newcis.org.uk

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

PEN PAL SCHEME – AUSTRALIA AND SCOTLAND!

NEWCIS have partnered with carers centres in Australia and Scotland to offer a pen pal programme for unpaid carers to connect with like-minded individuals! Are you an unpaid carer aged 25 - 80+ that would like to become pen partners with a carer in Australia or Scotland?

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



FLINTSHIRE DEMENTIA & AGE FRIENDLY CAFÉS 2024



[Flintshire Dementia Friendly / Age Friendly Community Cafés 2024](#)



[What's On in Flintshire for People Living With Dementia and their carers \(2024\)](#)

View the calendars online at www.newcis.org.uk/services

DIGITAL LIBRARY – BORROW BOX

As a library member you can access thousands of downloadable Audiobooks and eBooks free of charge through Borrowbox. Newspapers are available on the day of publication and look just like the printed edition. Titles include the Daily Post, Y Cymro, the Daily Mail, the Independent and the Guardian.

Visit <https://denbighshire.borrowbox.com/> and log in using your library card and PIN.

MINDFULNESS MEADOW

NEWCIS Lottery Manager Gill Winter and NEWCIS volunteer Judith are featured in this celebratory film of the Mindful Meadow at Chirk Castle. The meadow is a stunning place free to access where people can connect to nature improving their health and wellbeing, created collaboratively with some fantastic people from local community partners and participants to conservation organisations. Watch the video on YouTube at:

 www.youtube.com/@NTCymru

CARERS APPOINTMENTS HEALTH RESPITE SCHEME



The scheme is funded by Betsi Cadwaladr University Health Board to provide free respite support to allow carers to take care of their own health needs, be it a hospital or doctor appointment, physio, regular treatment, optician or dental appointment, or if they are unwell and are unable to leave the person they care for at home on their own. It can also be used post operatively by carers.

Visit <https://www.nwcrossroads.org.uk/our-services/short-term-respite-for-carers-with-a-health-need>

BLOSSOM AND BLOOM – MOTHER AND BABY WELLBEING



Blossom & Bloom is a charity empowering mothers in need, and ensuring their little ones get the best possible start in life. Their skilled team dives into the heart of issues, proactively tackling them to pave the way for positive change. Through daily free and accessible socialisation drop-in sessions, structured support, specialist well-being courses, and a range of support services.

For more information go to www.blossomandbloom.org.uk

BEREAVEMENT SUPPORT

When a caring role ends due to bereavement, the loss felt can be profound. Here at NEWCIS we want you to know we are still here and available to offer support to you in the days, weeks or months following your loss. Unless you tell us, we won't always know that your caring role has come to an end, so please do let us know so that we are able to signpost you to relevant organisations for support.

The organisations listed below are available for support.

- Tell Us Once – free service to inform local and central government departments of a death, including DWP, Passport office, DVLA, HMRC, Veterans UK and more. 0800 0857308.
- Age UK – advice for over 50s following a bereavement 0800 678 1174 or www.ageuk.org.uk
- Compassionate Friends – support to parents, especially those who've lost older children. 0345 1232304 or www.tcf.rorg.uk
- Cruse Bereavement Care – support and advice to the bereaved. 0808 808 1677 or www.cruse.org.uk
- BCUHB – Patient Advice & Liaison Team (PALS) – supporting those who have suffered a bereavement because of COVID-19 or other circumstance. 03000 850 058 or BCU.PALSBereavement@wales.nhs.uk

Community Garden Project

The aim of the Community Garden Project, funded by the National Lottery Community Fund, is to get carers and those they care for involved in nature as a way of promoting mental, physical and emotional wellbeing. As we move into the end of the first year of our Connecting Carers Project, we're looking to re-invigorate the group by reaching out and linking carers into gardening/growing opportunities throughout Wrexham, Denbighshire & Flintshire. If you would like to be involved, share your skills or know of any existing gardening projects we can support, then please do get in touch! **Email stacey@newcis.org.uk**

For more information go to
www.newcis.org.uk/community-garden-project



FEEDBACK



This feedback was received from our NEWCIS registered carers. Feedback is always welcome! Tell us how we did: www.newcis.org.uk/how-we-did

"Thank you so much for listening – I am glad to be on somebody's radar to reach out to. Talking to you today has been so useful...it feels like I've made a step forward."

"I just wanted to let you know how much I enjoyed the parent carer glass workshop...It was very good, very enjoyable to do, and the time worked perfectly. Ruthin craft centre were very friendly and welcoming. Thank you"

"Having NEWCIS support is so appreciated, I can't thank you enough, just having someone as a point of contact and I know I can get support when I need it means that I feel my depression lifting, I feel brighter and like I am in control again."

"Thank you so much for the food parcel – I was over the moon, really delighted, it was a lovely surprise, and there was a tear in my eye."

"I would just like to say a big thank you for the support I have recently received...having an hour to myself and receiving holistic support has helped me through a very challenging month. When I am feeling overwhelmed by everything that hour of peace and tranquillity has really been a God send."

"I just wanted to say that I had a lovely time on the Loggerheads walk, and the staff were lovely. I wanted to pass on a thank you, I've been feeling very lonely and low lately, it's give me such a boost just being out talking to other adults. Just what I needed."

We recently took a group of carers and the people they care for to Lion Quays in Oswestry for a two night respite break. These breaks are fully funded by Carers Trust Amser programme. **We have a few more hotel breaks lined up for the rest of this year, contact us for more information.**

”

Partner Rhwydwaith o

**YMDDIRIEDOLAETH
GOFALWYR**

A Network Partner of

**CARERS
TRUST**

“We had an amazing weekend! Thank you for facilitating it for us! I can’t even begin to express how valuable this weekend has been to us and so timely! Even the fact of not having to plan it took so much pressure off! We really did feel spoilt and ‘seen’, listened to and cared for! I feel so much more positive knowing that there is more help available than I realised. It sort of cleared the fog that had built up, gave us some space and motivated both of us to look for solutions. Meeting other in similar circumstances somehow helps to get things in perspective as well! Anyway ‘thank you’ doesn’t really cut it – but I sincerely appreciate it.”

ANNUAL QUESTIONNAIRE RESPONSES

Thank you to everyone who completed our recent Annual Questionnaire, the results were really insightful and will be used in the future planning of services.



76% of carers agree that the support from NEWCIS has provided them with valuable information and a contact point for the future



86% of carers agree that the support they have received from NEWCIS enabled them to maintain their caring role



Number of registered unpaid carers in...
Denbighshire = 5,345
Flintshire = 10,401
Wrexham = 3,201



75% of carers rated NEWCIS 4 stars or over



68% of carers are likely to recommend NEWCIS



79% of carers believe that NEWCIS has treated them with respect

DONATIONS & FUNDRAISING

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



£200 raised at an Easter coffee morning at Jill Esprey's (volunteer) house with Denbighshire crafters group.

"A huge thank you to all the amazing people who came to my house yesterday to support my coffee morning fundraiser for NEWCIS, everyone had a lovely time eating cake and chatting having a laugh."

Collection Tins -
Y Pentan
£84.03

Judith Keefe &
Grandchildren
£40

Dementia
Valentine's Event
- Raffle
£62

Jean Dodd
£30

Gaynor Penrose
£40

Dementia St
Davids Day
Event - Raffle
£90.60

Donations
Received from
Dementia Carer
Group
£67

Linda Thorp and Julie Ruffle the Denbighshire craft ladies presenting Natalie from NEWCIS a cheque of £228 from November Christmas craft stall and the Denbighshire Christmas Lunch craft stall. Thank you!



In memory of
Mrs Megan
Edwards
£440.15



In memory of
Mrs Susan
Ogilvie



In Memory of
Mr Michael
Shedy £169.74



In memory of
Marlene Capper
£1,188.50

WHY VOLUNTEER FOR NEWCIS?



We rely on the help and support of volunteers to make a difference, provide support and the best possible range of services for our carers and their families. Your actions as a volunteer within NEWCIS, whether big or small, will have an impact on someone's life.

To Make Real Connections

Volunteering for NEWCIS allows you to meet people from all walks of life. It can give you the chance to form real friendships that enrich and enhance your own life.

To Learn New Skills

Volunteering helps you improve your people skills, teamwork, leadership and problem-solving skills including bringing a positive boost to your confidence, motivation and well-being.

To provide a Career Booster

Volunteering can give you a range of useful skills. It can help you create a positive impression and make you more creative and enterprising.

To Become a Part of The NEWCIS Community

If you are just retired, new to the area, in between jobs and/or need a bit of company and support, then why not volunteer for NEWCIS?

To Earn Time Temp Credits

Volunteers can earn Tempo Time Credits as part of a reward and recognition scheme for the invaluable work they do within their communities.

Our Volunteering Vacancies:

- Volunteer Shop/Sales/Retail Assistant
- Transport Assistant – Wellbeing/Practical
- Media Volunteer
- Charity Shop Sorting Room Volunteer
- Garden Project Volunteers
- Fundraising Volunteer
- NEWCIS Admin Volunteer e.g. database cleansing
- Minibus/Van Drivers
- Collections and Deliveries Volunteer
- Outdoor Events/Walks volunteer
- Dementia Café Volunteer
- NEWCIS Receptionist Volunteer
- NEWCIS Newsletter Distribution
- Keeping in Touch Volunteers – phone calls to carers
- NEWCIS Events, Carer groups and drop-ins
- Volunteer for Mold Market NEWCIS stall
- Volunteer Facilitator for Carers Book Club

Please Get in Touch...

Email Jan Owen at jan@newcis.org.uk or call 0777 352 1488 / 01352 752525. 25

CARER VENTURES LTD.



For more information about our social enterprise visit <https://www.newcis.org.uk/charity-shops/>

Carer Ventures Ltd. (CVL) provides a number of vital services especially designed to make carers lives a little easier. Services include...

- Essential food box deliveries to carers who are struggling financially or are caring for someone recently discharged from hospital. These are based on an assessment of need by a NEWCIS Wellbeing Officer.
- House clearances after a bereavement, a hospital discharge or a house move
- Man and van service (may be subject to a small charge)
- Holiday home stays at our Prestatyn house
- And of course - our flagship charity shop in Mold!

NEW

Our social enterprise has received funding to pilot a new service in supporting carers to de-clutter, if they need help to move 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 or storage area if the carer has room or taken away if that is not an option. Sellable items will be sold in our charity shop, this then reduces the cost of the service, leaving funds in place to support the next carer.

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.

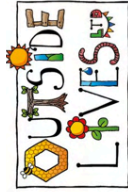
Please contact your Wellbeing Officer for more information.



Why Shop Second Hand?

- Save your money ✨
- Discover unique items ✨
- Reduce CO2 emissions
- Support a charity

There are real bargains to be found - from clothes, household items and furniture! Come and visit us at 10 Daniel Owen Precinct, Mold.



WONDERFUL WEDNESDAYS

AT MOLD RUGBY CLUB

DROP IN FOR A BREW! ★ EVERYONE IS WELCOME!

10.00 AM - 12.00 PM

CREATIVE SESSIONS

WITH PROFESSIONAL TUITION

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

10.00 AM - 12.00 PM

LIKEMINDED

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



12.00 PM - 1.00 PM

LUNCH BREAK

- ★ Prepared by our GRUB HUB volunteer team!

1.00 PM - 3.00 PM

BODY & SOUL SESSION

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



YOU CAN VOLUNTEER TOO!

WHAT ELSE IS ON...

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

IT'S ALL FREE
Donations are very much appreciated as they contribute to the running of the day!



www.outsidelivesid.org - 07939 655 374 - outsidelivesid@gmail.com



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



