



CEFNOGI GOFALWYR YN Y GYMUNED
SUPPORTING CARERS IN THE COMMUNITY

NEWCIS NEWS

NEWCIS (North East Wales Carers Information Service)
Supporting unpaid carers across Denbighshire, Flintshire and Wrexham

SPRING 2023 | ISSUE 133



You are not alone... NEWCIS are here to support you

The results of the 2021 Census have been published recently and whilst the number of people caring has decreased slightly, the hours they are providing have risen:

10.5% of the population aged 5 years and over in Wales (around 311,000 people) provided some level of unpaid care on a weekly basis (down from 13.5%)

The majority of carers provided 50 or more hours of unpaid care a week (107,000 people), followed by 9 hours or less a week (96,000 people). About 43,000 people provided 10 to 19 hours of unpaid care a week, 31,000 people provided 20 to 34 hours a week, and 35,000 people provided 35 to 49 hours a week.

Read more about the Census on page 16.

📞 Flintshire: 01352 752525

📞 Denbighshire: 01745 331181

📞 Wrexham: 01978 423114

🌐 www.newcis.org.uk

✉ enquiries@newcis.org.uk

📘 🐦 📷 @NEWCISCC

If you no longer wish to receive this newsletter, need to update your address, would prefer to receive it via email or have received it in error please let us know and help us save on resources and postage costs.

A message from our CEO...

Hello and welcome to our Spring Newsletter,

In this edition you'll find lots of useful information, from the latest Carer Census data in Wales to the events, trips and walks planned for when it gets a little warmer!

Have you seen the volunteering opportunities within our social enterprise? Get in touch if you would like to get involved and meet with other volunteers who gain so much from working with us to support the charity.

Our holiday home in Prestatyn is back up and running for the season, having had a new shower fitted downstairs which provides easy access with a fixed seat inside providing safe showering for all. Contact us if you would like to book a 3 day break (mid-week and weekend breaks available). We have grants that can assist you to take a much needed break which we know makes all the difference.



Our new Wrexham office is now up and running and we have an open day event on **Monday 6th March** from 11am - 2pm. Come along to take a look, meet the team and enjoy some delicious treats!

The address is: 3A Edison Court, Wrexham Technology Park, LL13 7YT. The office is located just behind the Ramada Hotel, if you are using a sat nav the postcode will take you right there.

Claire

ENTER OUR MINI RAFFLE!

Enter by donating a minimum of £1 to be in with the chance to win a mystery prize! Donate online at <https://www.newcis.org.uk/donate/>

Enter reference 'mini raffle' in the message box. Or pay by cash in the office.

Minimum of £1 to enter. Prizes donated from local businesses.

Winner will be drawn on 30th May.

EVENTS

*****EVENT BOOKING POLICY*****

Due to the high demand of interest in our events, we will now take **reservations instead of bookings**. Reserve your place online or by calling us.

Please note that this is not a confirmed booking until we contact you to confirm your place.

Some events and groups may require a deposit to secure your booking. We will send you a link to pay online when we contact you to confirm your place or you can pay by cash in the office.

Tel: 01352 752525 / Online: www.newcis.org.uk/events

HOW TO MAKE A LASTING POWER OF ATTORNEY

An LPA is a legal document that lets you appoint others to make decisions on your behalf. Receive guidance from qualified solicitor Emily from Celtic Law Ltd about the process of making one.



Wednesday 1st March, 10am

At: NEWCIS, 3A Edison Court, Wrexham Technology Park, LL13 7YT

Tuesday 4th April, 10am

At: NEWCIS, Mold, CH7 1NZ

EASTER COFFEE, CAKE & QUIZ

Join us for an Easter themed morning with coffee, cake and a fun quiz! Deposit required. Limited spaces.



Wednesday 8th March, 11am - 1pm

At: NEWCIS, Morfa Clwyd Business Centre, Rhyl, LL18 2AF

'WHY AM I A CARER?' WORKSHOP WITH COUNSELLOR JUDITH KEEFE



A talk with resident counsellor Judith Keefe. To help carers better understand and value their caring roles, whilst fully understanding the challenges they face. Refreshments included.

Thursday 2nd March, 9:30am – 12:30pm

At: NEWCIS, 3A Edison Court, Wrexham Technology Park, LL13 7YT

REPAIR CAFÉ WALES POP-UPS



Repair Café Wales encourages communities to work towards a more Circular Economy, creating a culture of repair and re-use. Please note that this is only an information session whereby you can find out more about the service, you won't be able to have your items repaired at the session, but you can ask about the process!

Monday 6th March, 10am - 12pm

At: NEWCIS, Mold, CH7 1NZ

Tuesday 7th March, 10am - 12pm

At: NEWCIS, 3A Edison Court, Wrexham Technology Park, LL13 7YT

Repair Cafe Wales hold pop-ups all over Wales. Find your local repair café here: repaircafewales.org/venues

MAKING POSITIVE CHANGES IN 2023

Learn why and how making small changes in your day to day life can have a huge positive impact on your physical and mental health and wellbeing. In this informative session, Rob Kelly, a Chartered Physiotherapist from Grosvenor Street Physiotherapy, will talk about the struggles we face every day in making good decisions around our health, and practical ways to turn good decisions in to life changing habits.



Thursday 9th March, 10am - 12pm

At: NEWCIS, Mold, CH7 1NZ



**Positive health
Positive wellbeing
Positively Dru**

YOGA FOR ALL WITH JILL BLANDFORD

Come along to these relaxing yoga sessions. Suitable for any age or ability (you can even do it from your seat)!

Thursdays, 2pm - 3pm

At: NEWCIS, Mold, CH7 1NZ

Thursday 16th March, Thursday 23th March, Thursday 30th March
Thursday 6th April, Thursday 13th April, Thursday 20th April

PAINT & DESIGN YOUR OWN EASTER EGG CUPS

Over 4 weeks you will design and paint your own set of egg cups to take away, ideal for gifts for Easter (fill with a crème egg!) Artist Zoe Ellis will be on hand for help and ideas.



Starts Tuesday 14th March for 4 weeks, 2pm - 3pm

At: NEWCIS, Mold, CH7 1NZ

GARDEN CENTRE AND FARM SHOP TRIP

A visit to Bellis Brothers - enjoy a browse around the farm shop and garden centre, then enjoy lunch in the café.

For **Flintshire** residents caring for someone with Dementia. You are welcome to bring the person you care for along.

Friday 17th March, 11am

At: Bellis Brothers Ltd, Holt, Wrexham LL13 9YU



FIRE STATION TOURS

Do you fancy yourself as a firefighter or just want to come around for a free tour? Join this fun and informative tour of the fire station, meet the crew, check out the engine and equipment, and even try your skills with the hose!



Tuesday 21st March, 2pm

At: Deeside Fire Station, Chester Rd E, Deeside, CH5 1SA

Friday 24th March, 2pm

At: Wrexham Fire Station, Wrexham County Safety Office, Bradley Road, Wrexham LL13 7SU

EASTER CRAFT SESSION

Join us for some easy Easter craft fun! Refreshments will be available. For **Flintshire** residents caring for someone with Dementia.



Monday 27th March, 11am - 1pm

At: NEWCIS, Mold, CH7 1NZ

FIRE SAFETY TALK

James Roberts from North Wales Fire and Rescue Service will be providing an informative talk about fire safety in the home and things you can do to minimise risk.



Friday 31st March, 10:30am - 1pm

At: NEWCIS, Mold, CH7 1NZ

Friday 21st April, 10:30am - 1pm

At: NEWCIS, 3A Edison Court, Wrexham Technology Park, LL13 7YT

EASTER AFTERNOON TEA

Join us for an Easter themed afternoon tea!
Deposit required. For carers only.

Tuesday 4th April, 1pm - 3pm

At: DVSC, Naylor Leyland Centre, Ruthin, LL15 1AF



EAT SMART, SAVE BETTER!

Eat Smart Save Better is a one hour session exploring ways to eat healthily, use store cupboard ingredients and provide tips for saving money when food shopping.



Tuesday 23rd March, 1:30pm - 3pm

At: NEWCIS, 3A Edison Court, Wrexham Technology Park, LL13 7YT

Monday 3rd April, 1:30pm - 3pm

At: NEWCIS, Mold, CH7 1NZ

COACH TRIP TO LLANDUDNO & THE GREAT ORME

Join us on a coach trip to Llandudno, walk along the prom, explore the town and maybe even treat yourself to some chips or an ice cream! Included will be a return trip on the tram up the Orme to explore then back to meet the coach.



Wednesday 19th April

Further details will be sent when your booking is confirmed.

TRIP TO BODRHYDDAN HALL

Spend some time looking around the historic building with a guided tour and then finish the morning off with a light lunch and tea/coffee in the tea room.



Tuesday 25th April

Meet us at the Hall entrance at 10am

Bodrhyddan Hall, Dyserth Road, Rhuddlan, LL18 5SB

SPRING WALK - DYSERTH WALKWAY

Join us for a leisurely Spring walk along Dyserth Walkway and then for tea and cake. Deposit required.

Tuesday 16th May, 11am - 1pm

Meeting location to be confirmed.



HISTORY OF WREXHAM - GUIDED TOUR

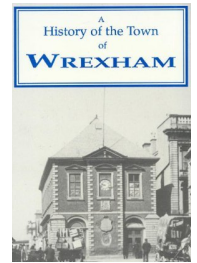
Take a guided historical walk around Wrexham with local tour guide Phil (who has 14 years of experience). Informative and fun filled!

Tour duration: 1.5 hours.

Cost: £5 per carer (NEWCIS pay £2.50, you pay £2.50)

Tuesday 23rd May, 10am

Meeting location and lunch venue to be confirmed.



We've planned some National Trust visits as part of our Well-Being programme and we'd love you to join us. We will be escorted around by a volunteer tour guide, and then feel free to explore by yourselves.

Erddig Hall Wednesday 12th April

Chirk Castle Thursday 11th May

Reserve your place on our events page online or call us.



'Happy Mondays'

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

When: Every Monday (except Bank Holidays and school holidays)

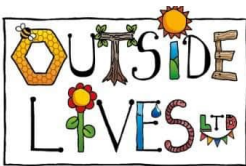
Time: 11am - 1pm

This friendly peer led group provides you with an opportunity to make friendships and connect with others who understand the caring role, whilst having shared conversations of interest. Take time out for you and your wellbeing and get support and information from the following organisations:

1st Monday of the month: NEWCIS

2nd Monday of the month: Family Information Service

3 & 4th Monday of the month: Wellbeing Hub



WONDERFUL AT MOLD RUGBY CLUB WEDNESDAYS

A hive of activity every week at Wonderful Wednesdays including a variety of activities for carers and cared for; from craft, yoga and wellbeing activities. As well as a range of organisations to talk to for support. Including NEWCIS!

NEWCIS will be at Wonderful Wednesdays from 10am - 12pm
on the following dates:

1st March, 15th March, 29th March

12th April, 26th April

No need to book, just come along!



CARER SUPPORT GROUPS

*****BOOKING ESSENTIAL*****

Booking is required for all carer groups, due to venue sizes and refreshment orders. Unless otherwise stated.

Tel: 01352 752525 / Online: www.newcis.org.uk/events

WEEKLY COFFEE MORNINGS - MOLD & WREXHAM

Would you like a 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!



Every Wednesday from 10am - 1pm

At: NEWCIS, Mold, CH7 1NZ

Every Tuesday from 10:30am - 12:30pm

At: NEWCIS, 3A Edison Court, Wrexham Technology Park, LL13 7YT

FLINTSHIRE CRAFT CLUB

Come and join our crafters club! From crochet to cross stitch, everyone is welcome. No need to book just turn up.



Every last Friday of the month

10am - 12pm

At: NEWCIS, Mold, CH7 1NZ

EVENING CARER GROUP

Ideal for working carers or those who can't get to groups during the day! We are planning some exciting things for each month, details will be available nearer the time on the website. But for now, save the dates!



At: NEWCIS, Mold, CH7 1NZ

Time: 6:30pm - 8:30pm

Tuesday 14th March

Tuesday 11th April

Tuesday 9th May

DEMENTIA CARERS LUNCH CLUB

Do you care for someone living with dementia? Join this popular and friendly support group for a chat and 'light lunch'. £5 for 2 courses, £7 for 3 courses.



Book online and select your meal choices at:

www.newcis.org.uk/wrexham-dementia-carer-group

Wednesday 29th March, 12:30pm - 2:30pm

At: Wynnstay Arms, Wrexham, LL13 8LP

Wednesday 26th April, 12:30pm - 2:30pm

At: Wynnstay Arms, Wrexham, LL13 8LP



GIG
Y FFLINT
NHS
WALES
Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



North East Wales Community Equipment Service

Do you have any Community Equipment that is no longer required?

- Crutches / walking frames & sticks
- Commodes (static or mobile)
- Perching stools
- Toilet frames/seats

Please call our free collection service and we will be happy to assist you:
01244 527100



Working in
Partnership

PARENT CARERS GROUP

For carers caring for a child with additional needs.
The group is for carers only as a form of support and respite.



Thursday 9th March, 12pm - 2pm

At: NEWCIS Carers Centre, Mold, CH7 1NZ



Come along and hear from SNAP Cymru explain the new Additional Learning Needs (ALN) system in Wales, with an opportunity to ask questions.

We will also be doing a group visit on Thursday 16th of March (10am to 1pm) to Plas Pentwyn Community Centre, Castle Road, Wrexham LL11 3NU. Book through our website.

Thursday 20th April - TBC

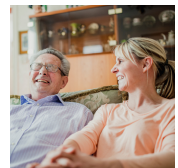
Thursday 11th May, 10:30am - 12pm

A walk with the group around Alyn Waters (Wrexham, LL11 4AG)



CARER AND CARED FOR GROUPS – RHYL & RUTHIN

Come along with the person you care for to meet new people and socialise. NEWCIS staff will also be present for support.



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

11am - 12:30pm

Tuesday 14th March

Tuesday 11th April

Tuesday 9th May

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

11am - 12:30pm

Tuesday 21st March

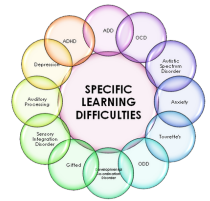
Tuesday 18th April

Tuesday 23rd May



CARING FOR SOMEONE WITH LEARNING DIFFICULTIES

A support group for carers caring for someone with a learning difficulty.



Wednesday 15th March, 10:45am - 12:30pm

Meet at: Plas Pentwyn Community Centre car park, Castle Road, Coedpoeth, LL11 3NU

Come along and join Walkabout Wrexham and District along with NEWCIS Wellbeing Officer Maxine for a leisurely walk and find out about the other regular lead walks in the county. Refreshments are available to purchase at Plas Penwyn Community Centre following the walk.



Thursday 13th April, 12:30pm - 2:30pm

At: Erlas Victorian Walled Gardens, Bryn Estyn Road, Wrexham, LL13 9TY

A relaxing walk around the Community Gardens at Erlas and hear more about the project and its aim of promoting the mental and physical wellbeing of people with a disability. Light refreshments provided. Please note, some of the grounds are uneven and some garden plots are on different levels, but there is 'level' access at the rear of the gardens.



Wednesday 17th May, 1pm - 2:30pm

At: NEWCIS, 3A Edison Court, Wrexham Technology Park, LL13 7YT

Rachel from Gig Buddies Cymru is joining us to chat about the project, and how its befriending scheme aims to match people with a learning disability with a volunteer who shares the same interests, so they can attend social events and outings together.



CARERS MENTAL WELLBEING GROUP

Studies have shown that providing unpaid care can have an adverse impact on the mental wellbeing of unpaid carers. The aim of the group is to bring carers together, connect with others and have time for themselves.



Tuesday 28th March, 2pm - 3:15pm

At: The Hand Hotel, Chirk, Wrexham, LL14 5EY

Come and join other carers at The Hand Hotel; one of the oldest hotels in Wales. Built in 1610, it has traditional charm and period features. Afterwards, carers may like to explore the gift shops along the high street. There is a large car park behind the hotel.



Tuesday 25th April, 2pm - 3:30pm

At: Wrexham Library, Rhosddu Rd, Wrexham, LL11 1AU

What could be better for carers mental wellbeing than to sit with a good book?! Come and join other carers at Wrexham library to discuss a favourite book or author. A lift is available if required to access the first floor room.



Tuesday 16th May, 2pm - 3:30pm

At: Tŷ Pawb, Market St, Wrexham, LL13 8BB

Inviting carers to Tŷ Pawb, a cultural community centre, bringing arts and markets under one roof. We can visit the free entry disability arts cymru exhibition first, these are arts that have been produced by people with disabilities in Wales. Then have some refreshments in the food court afterwards.

tŷ pawb

FIND YOUR LOCAL CARER GROUP...

Find your nearest carer support group below. The groups meet regularly for peer support and love to welcome new and familiar faces! A NEWCIS Wellbeing Officer is also present at all groups.

Booking essential.



CORWEN

Venue: One Stop Shop in Library, Corwen, LL21 0DR

Time: 11am - 12:30pm

Thursday 27th April

Thursday 29th June (TBC)



DEESIDE

Venue: St Andrews Community Hub, Garden City, CH5 2HN

Time: 10am - 12pm

Thursday 16th March (subject to change)

Thursday 20th April

Thursday 18th May



LLANGOLLEN

Venue: One Stop Shop in Library, Llangollen LL20 8NU

Time: 11am - 12:30pm

Wednesday 29th March

Wednesday 24th May



PRESTATYN

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

Time: 11:30am - 1:30pm

Thursday 30th March

Thursday 27th April

Thursday 25th May



SALTNEY

Venue: Douglas Community Centre, Saltney, CH4 8PB

Time: 1pm - 3pm

Tuesday 28th March

Tuesday 25th April

Tuesday 23rd May



TELEPHONE

BEFRIENDING

We are looking to recruit more male volunteers to make regular keeping in touch befriending telephone calls to our male carers

Calls would be focused on general stimulating conversation, listening, companionship, reminiscing, hobbies.

Would you like to become a befriending volunteer?

Email us at enquiries@newcis.org.uk

NHS



Do you feel you are in a mental health crisis?
Then call our First Response Service

Call 111 and press option 2

NHS 111 Option 2 service

The NHS 111 Option 2 service is now available in North Wales - offering mental health support to people of all ages.

If you're concerned about your own mental health or that of a loved one, please call 111 and select option 2 between 08:30 and 23:00 to speak to a wellbeing practitioner.



Sign up to easyfundraising and see your favourite brands donate to the cause you care about whenever you shop with them. Thousands of brands give back when you spend! easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

Sign up today and choose NEWCIS as your cause:
www.easyfundraising.org.uk



Everyone should have a warm and welcoming space to go to this Winter, which is why a network of community organisations, churches, libraries, businesses and other faith groups across the UK have opened their doors to provide exactly that.

Find your local warm hub...

nation.cymru/news/interactive-map-showing-libraries-and-warm-hubs-helping-residents-in-north-wales-this-winter

census 2021

Unpaid care, England and Wales: Census 2021

Read about the number of usual residents aged 5 years and over who provide unpaid care, and how many hours they provide in a typical week according to the Census 2021 data, released on 19th January 2023.

Read it online at:
<https://census.gov.uk/>



Your essential guide to living with dementia

Dementia UK have published a new guide, written by specialist dementia nurses, known as Admiral Nurses, and the families they support. It's full of information, tips and life hacks to help you live as well as possible with dementia, for as long as possible.

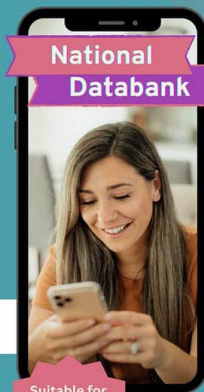
Read it online at
www.dementiauk.org/wp-content/uploads/2023/01/Dementia-UK-Living-with-dementia-guide.pdf



Free SIM cards and data vouchers to low-income residents

Flintshire County Council has joined forces with the Good Things Foundation. Free SIM cards and data vouchers are available from the council's Connects Centres in Buckley, Connah's Quay, Flint, Holywell and Mold to eligible residents, taking "a trust-based approach."

Are you struggling with data costs?



If you are:

- over 18
 - from a low income household
- and
- have inadequate access to the internet; or
 - are struggling with the cost of mobile data

We can help provide **free** SIM cards with mobile data and/or data vouchers!



Suitable for unlocked phones or phones on o2, Three & Vodafone

The Wellbeing Hub has partnered with the Good Things Foundation to be part of the National Databank Scheme to help fight data poverty.

Contact us for more information:

 01978 298110

 wellbeinghub@wrexham.gov.uk

Wellbeing Hub, Crown Buildings, Chester Street, Wrexham, LL13 8BG



Free NHS approved mental health awareness training for North Wales residents

Betsi Cadwaladr University Health Board is encouraging people across North Wales to sign up for free iCAN Mental Health and Suicide Awareness Training developed by its mental health professionals.

Find your local hub:

bcuhb.nhs.wales/health-advice/mental-health-hub/i-can/ican-hubs/



Virtual Dementia Tour Bus

The Virtual Dementia Tour (VDT) is specifically designed to improve people's understanding. The VDT is the only scientifically and medically proven method of giving a person with a healthy brain the experience of what dementia might be like.

The tour bus will be at Prestatyn Town Council Offices on Thursday 23rd March.

Book online at:

www.eventbrite.co.uk/o/dvsc-17577100412

SINGING FOR THE BRAIN



WREXHAM WELLBEING HUB, CROWN BUILDINGS,
CHESTER STREET, WREXHAM, LL13 8BG

1.30PM - 3PM, 1ST THURS OF EVERY MONTH

Come and join our dementia-friendly group - open to anyone living with dementia and their carer(s).

Sing a variety of songs - old and new - and learn some fun warm ups - all in a friendly and supportive environment.

Free to attend - you don't need a great singing voice - just come along to enjoy the music and meet new people.

No referrals required - places should ideally be booked in advance to avoid disappointment.

To book please contact Heather Collin
Tel: 01978 660423 Mob: 07557538050
community@northwales.homeinstead.co.uk



SAVE THE DATE!
YCAD 2023
will be on 15 March

Young Carers Action Day

Young Carers Action Day is about raising public awareness of young and young adult carers, the pressures and challenges they face, and the incredible contribution they make to society.

NEWCIS Young Carers and Young Adult Carers service support all young carers aged 25 and under in Flintshire. To find out how the service can support you go to www.newcis.org.uk/young-carers



Passionate about caring for people?
 Want to make a difference within your local community?
 Want to be your own boss?

Why not become a self-employed
micro-carer?

You will operate as your own small care business, offering flexible care and support services to people in Flintshire. The services you can provide will be vital to a person's happiness and wellbeing and will help them remain independent in their home and local community.

The types of micro-care services you might offer could include:

- Personal care and support to people in their own home
- Providing Day Care or Breaks for carers
- Support to access community facilities
- Providing well-being services such as cleaning, shopping

How will Flintshire County Council support you to achieve this?

- By supporting you to develop your ideas and business
- Providing access to free relevant training in care and running a business
- Providing advice, guidance and mentoring every step of your journey
- Support to develop and deliver a quality service in line with care regulations
- Potential access to start-up funding
- Support you to find work and become a sustainable business
- Link you with other Micro-care providers in Flintshire

To find out how we can help you, contact Flintshire County Council's **Micro-Care Team** on **01352 704023/701958** or **micro-care@flintshire.gov.uk**



Rhoi hwb i'ch iechyd a lles gyda natur
 Boost your health and wellbeing with nature

Corwen and Llangollen, February 2023

Location	Activity	Date	Time
Plas Newydd	Light Gardening Session, Chat & Cuppa	7, 14, 21 & 28	10 - 12
Chirk Castle	Tree ID Walk with James Kendal	Tuesday 7	1 - 3
Corwen Community Garden	Light Gardening Session, Chat and Cuppa	Wednesday 8	1 - 3
Scout Hut, Llangollen	Stand Tall *booking essential	Thursday 2, 9, 16	11:30 - 1
Plas Newydd, Llangollen	Tree Grafting with Tom the apple man	Wednesday 15	10 - 2
Llangollen Library Warm Hwb	Art with Jude Wood	Wednesday 15	2 - 4

Join us at a session near you. Activities are suitable for all abilities and fitness levels.

For information or to book contact Ant 07384248361 or Becky 07748808372 *Link to Book [Natur er budd lechyd](#) | [Nature for Health Events](#) | [Eventbrite](#)



Holiday Home - Available for Bookings Now!

A lovely holiday home with seafront location in Prestatyn, a 2 minute walk to the beach and the Nova Centre. Our holiday home is available for carer breaks on a self catering board for up to 4 people. We hope you find the house has all you need in it to provide you with a comfortable and enjoyable break for you and your family to take some time out and hopefully gain a well-earned break.

Find out more and check availability at
www.newcis.org.uk/respice-house

FUNDRAISE FOR US

Do you want to get involved in helping us to fundraise? 100% of our fundraising money goes on direct support for carers. Examples of what this can provide are; carer grants, young carer wellbeing packs, food boxes and shopping vouchers.

Fundraising can also help promote our message and goals, encouraging others to get involved and spread the word.

Getting involved with one of our fundraisers (or coming up with your own!) is your chance to get creative, feel great, challenge yourself and have fun!

Are you interested? Email Lucy at lucyb@newcis.org.uk



Organise your own fundraiser!

From running a marathon to doing a skydive or something a bit more tame such as a bake sale or coffee morning! Challenge yourself to raise money for a good cause. Contact Lucy with your idea and we will get you all set up.



Sponsored walk this March from Chirk to Llangollen Canal

Sponsored walks are an amazing means of raising donations. It shows you're proactive and willing to go that extra mile. Want to join us? Contact Lucy to register your interest and you will be sent all the details.



During February we have been running a 'Free From February' Challenge for NEWCIS. Did you give anything up this month (sweets, chocolate) or perhaps you did 100 star jumps? You can still let us know and sponsor our fundraiser over on our Facebook page @NEWCISCC

Our Social Enterprise

Carer Ventures Ltd (CVL) is the social enterprise which works alongside NEWCIS to provide a number of vital services, specially designed to aid carers and try and make their lives a little easier.

Contact - Project Manager: James Hilton
Tel: 07860 834157 Email: james.cvl@newcis.org.uk



Services include:

Essential Food Boxes

Provides a door to door service for carers who are struggling financially or who are caring for someone recently discharged from hospital.

House Clearances

Specifically designed to help carers, whether you need to downsize, clear unwanted items after a bereavement or help to make space for a loved one coming home from hospital.

Holiday Home

A lovely holiday home with seafront location in Prestatyn. Aiming to provide respite for carers, or a break away with your cared for.

Please note that some services require a What Matters Conversation (commonly known as a Carer's Assessment) by a NEWCIS Wellbeing Officer - including the food boxes and holiday home. Services are also based on funding and eligibility. Contact NEWCIS to enquire.

CHARITY SHOPS

Pick up some great bargains and drop off donations!

Mold: Daniel Owen Precinct, Mold, CH7 1AP

Flint (in partnership with HFT): Church St, Flint, CH6 5AD

VOLUNTEERING VACANCIES

- Drivers - assisting with delivery of food boxes / packing food boxes
- Cleaners - cleaning & laundry of the holiday home. You don't have to live in Prestatyn to help, the laundry can be delivered and collected from your door.
- Shop assistants (Mold) - serving customers / helping to sort the donations.

"Whether you can offer 2 hours or 20 hours, volunteering can be very rewarding, it can provide benefits to your physical and mental health, improve self confidence and provide a route into employment."



HAVING YOUR VOICE HEARD

In November 2022 we published a consultation to carers that had received a service from our Wellbeing Matters project, funded by the National Lottery Community Fund. Thank you to everyone that completed the consultation. We aim to implement your feedback into our services.

Here are a summary of the responses we received...

"Without the lottery funded service we as carers would struggle even more."

*"NEWCIS have been exceptional in terms of the guidance, counselling, help, food, grants and advice they have given me over recent months. I was, and still am really struggling but NEWCIS have helped me through this in so many ways.
Thank you"*

"Although I am unable to attend a lot of sessions due to being in work I appreciate every session that I am able to attend."

"More partnership working, activities organised around existing groups in the community."

"More weekend and evening groups."



Leave us feedback at www.newcis.org.uk/contact

Thank You

Thank you so much to all our donors. We really appreciate you supporting our cause to provide essential services to support unpaid carers. You can make a donation online at <https://www.newcis.org.uk/donate/>



Gaynor Penrose

Thank you for your generous donation of **£200**



Keith Jones

In memory of Margaret Elizabeth Jones (Mam) **£450.40**



Jackeline Williams

In memory of Pam McKay **£274**



Hilary Davies

In memory of Norma Davies **£210**



Mrs D Mc Grail

In memory of Doreen Rose Christian **£73**



In memory of Frederick Chadwick

£250



Raffle prize donations

Staggered, Tasters Deli, Tesco (Mold), Morrisons (Wrexham), Queens Head (Mold), The Olive Tree, Primo Amore, Spavens, The WRU, Theatre Clwyd, The Story House, Venue Cymru, Pen Y Bont Farm, Gulliver's World, Vaughan Davies, Siop y Siswrn, Flowers by Anne, Sheila Williams jewellers, Daniel Owen Centre, Thai Kitchen, Hulsons, Bliss, Daniel Morris Butcher, Mold Ale House, Waffle box, PT Fitness, Iceland (Mold), House of Beauty, Springfield Hotel, Plas Hafod, Kave barbers, Big Fish, Woodworks café, Glow.



North Wales Water Garden Centre, Kinmel Bay

For donating tea and coffee at our recent carer group.



Grosvenor Street Physiotherapy, Mold £200

From a Christmas jumper day and cake sale in December.

"Hope it helps with your amazing work, Rob, Vicki and all the team."



Synthite Ltd

£300



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

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