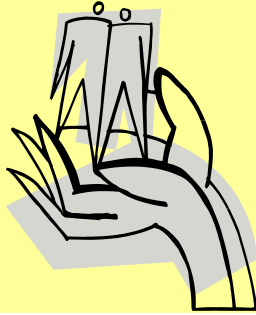


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**carerstrust**  
a Network Partner

**NEWSLETTER**

**Issue No #20**

## **A NEW LOOK.....**

**Everyone at Wrexham Carers Service is thrilled to announce that we have been given the opportunity to continue our work with Carers in Wrexham for another 5 years. Although this is fantastic news, it will mean several changes to the service.**

**We would like to reassure you that we will do our utmost to keep those changes to a minimum for you. A letter has been sent to all registered carers outlining these changes.**

**The good news is that Wrexham Carers Service is here to stay and we look forward to working with you all in the future. We'd like to take this opportunity to thank each and everyone of you for your kind and supportive words during the last few months.**

**Best Wishes from Ceri, Marie, Roger, Terri and Ramona.**

We could really benefit from the support of more volunteers. Can you or someone you know offer support to our team. Some of the opportunities we have include:

Administration  
Telephone Befrienders  
Restocking GP Surgeries & Public Buildings  
Providing Refreshments at Drop In or Other events  
Organising a monthly walking group



**Please get in touch if you think you can help. Thank you!**



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## MEET THE NEW CARERS TEAM

**Ceri Ord**

Part Time Carers Service Co-ordinator

**Marie Gibson , Roger Moore & Terri Brown**

Part Time Support Workers

**Ramona Ozolina**

Part Time Admin Support

**Louise Bollington**

Volunteer Counsellor

**Jayne Wiecko/Shirley Burn**

Volunteer Befrienders

We sadly say goodbye to Chris Langford & Annabel Boyce who've been integral members of the team. They will be sorely missed and we wish them all the very best for the future.

## CONTACT US:

### Wrexham Carers Service

21 Egerton Street, Wrexham LL11 1ND

**FREEPHONE: 0800 276 1070**

Office Tel: 01978 318812

Text: 07854 052574

Email: [carers@avow.org](mailto:carers@avow.org)



**Find us on Facebook & Twitter**

## SUPPORT GROUPS & SERVICES

### Support Groups

**Drop in**– held the first Monday of the month in Trinity church, King Street between 10am-12noon. Come and meet other carers in similar situations over a cup of tea.

**Male Carers**– support group for male carers, held on the last Wednesday of the month, times and events to be confirmed. Please contact Roger Moore.

**Young Adult Carers**– support group for carers aged 18-25, held last Tuesday of the month, times and events to be confirmed. Please contact Terri Brown.

**Carers of Adults with Learning Disabilities**– the group no longer meet monthly but are interested in quarterly meetings and regular e-mail updates. If you would like to be included please contact Marie Gibson.

**If you are interested in any of the services or support groups please use the contact details above.**

### What do we offer?

**Counselling**– free 1 hour sessions every Thursday and Friday, between 9.30am-12.30pm. Please note appointments are needed to attend this service.

**British Red Cross Therapeutic Care for the Cared For Person**– 1 hour session of massage and chat with a volunteer. Cared for can enjoy the therapy with or without the carer present. Appointments must be booked.

**First Aid Training**– Monthly basic First Aid Training session provided by British Red Cross. Gain more confidence in your caring role, by attending this course. Contact us for available dates.

**Discounted Leisure card**– entitles you to half price admission or membership to any of the Wrexham Council Leisure centres.

**Telephone Befriending**– would you benefit from a regular telephone call? If so contact Roger Moore.

# News & Information

## Cinema- Free Admission

Be sure to apply for a CEA card for the person you care for. This card entitles you to free admission to the cinema as an accompanying carer.

Call 0845 1231292 or visit [www.ceacard.co.uk](http://www.ceacard.co.uk)

## Did you know...

...you can purchase a Disabled Toilet Radar Key, by taking the proof of Mobility Benefit to the Tourist Info Centre in Lambpit Street, Wrexham.

There are approximately 4000 locked public toilets that can be used with this key.

## Hafal Wrexham

Hafal Wrexham helps people with severe mental illness and their families to work towards recovery. All services are underpinned by Hafal's Recovery Programme which empowers clients and families to take control of their lives and achieve recovery.

Hafal's services in Wrexham include: Family Support Service, housing Support, respite, breaks for Carers, general support and information, befriending and a voice in planning

For further information and help please contact Hafal on 01978 310936

## Care and Repair

Please note Care & Repair have now moved to Rhosddu Industrial Estate.

Wrexham Care & Repair aims to help older people and/or people with a disability by providing free advice and practical assistance with regard to repairs, renovations and adaptations to their homes so that they can live independently, in comfort and security.

Care and Repair's new contact number is 01978 714180.

## New For Parent Carers

Free Holistic therapies for Parents, Grandparents and Foster parents of children with a disability.

Choose from hot stone, Swedish or Indian head massage, reiki, reflexology, facials and pedicures.

It is a requirement to provide evidence that the child is in receipt of Disability Living Allowance.

Please contact Emma Sims to find out more and make appointment on 01978 753285 or 07930 120516, [info@emmasims.co.uk](mailto:info@emmasims.co.uk)

## Cancer Forum

Are you or have you been affected by cancer, join the Cancer Forum to work together to improve cancer services in North Wales.

[www.northwalescancerforum.com](http://www.northwalescancerforum.com)

Their new website will tell you more about the Forum and how you can get involved. You can also find information about local cancer services and the wide range of help and support that is available in North Wales for anyone affected by cancer.

# News & Information

## Alzheimer's Society News

Join Alzheimer's Memory Walk on 6th October at 11am at Bangor on Dee Racecourse, Overton Road, Bangor-on-Dee LL13 0DA.

To register call 0845 306 0898 or visit [www.memorywalk.org.uk](http://www.memorywalk.org.uk)

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The Alzheimers Society, Wrexham FC and Wrexham Supporters Trust are bringing together local football supporters living with dementia to share their passion for the game and continue to be part of the footballing community.

The small monthly group meet at The Racecourse Stadium and use Football memorabilia to inspire football supporter chat about teams and matches of the past and present with like-minded people.

**To find out how to join us please contact Liz Wilks on 01352 700711 or 07703886129 or email: [liz.wilks@alzheimers.org.uk](mailto:liz.wilks@alzheimers.org.uk)**

## Carers Holidays

Carers Support Centre provides low-cost holidays for carers and their families. Carers have needs of their own – and a short break can help them to re-energise and support them to continue in their vital caring role. Holidays have a positive impact on the overall health and wellbeing of carers. Carers Support Centre has holiday homes located at Hoburne Holiday Parks in Torbay and the Cotswolds.

The holidays offer:

Wheelchair friendly access in two holiday homes on each site

Fully equipped caravans

Scenic surroundings

Good site facilities

Free access to on-site entertainment and activities for all ages

Great local tourist attractions



Contact Carers Holidays: 0117 965 2365 or visit <http://www.carersholidays.org.uk/>

## Warm Home Discount

As the autumn is approaching please contact your energy supplier as soon as possible to see if you are eligible to receive a Warm Home Discount. Each of the suppliers has different criteria who will qualify under this scheme..

If you need help applying to the Warm Home Discount Scheme contact 029 20 871 000 or email enquires to [advicehub@cardiff.gov.uk](mailto:advicehub@cardiff.gov.uk)

You can also contact Nest if you are a homeowner or rent from a private landlord - for help and advice on heating your home, call 0808 808 2244.

**We will soon be developing a number of fact sheets for Carers. Please let us know if there is a particular topic that would be of interest to you.**