



Merry Christmas!

On behalf of all the staff at Wrexham Carers Service may we take this opportunity to wish you all a Very Merry Christmas and a prosperous New Year!

Our office will close on Monday 23rd December and re-open on Thursday 2nd January 2014. In case of an emergency please contact Social Services Duty Team: 0845 0533 116



Fundraising For Wrexham Carers Service

It is becoming increasingly important for us to raise additional funds for our service, to allow us to offer future events, outings and activities for Carers. We really need your support with this and hope you can help us in our bid to raise money.

Our first initiative is a way of raising money while shopping online. For those of you comfortable with the internet, please register your email address on www.easyfundraising.org.uk, then search for 'Wrexham Carers Service (AVOW)'.

Before you shop online, access this site and choose your online store. We will be awarded commission on any sales. This does not cost you any extra, there are no hidden charges, it is just an easy way to raise a few pennies for us! Ask a staff member for more information.

If you have any ideas for future fundraising or would like to get involved with fundraising events in 2014, please contact Marie for more information. Thank you!

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

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



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.
Mon 2nd Dec and Mon 6th Jan.

PLEASE NOTE:

We are unable to facilitate our specific support groups, other than Drop In, during the month of December. These will resume in January.

Carers of Adults with Learning Disabilities

Monday 13th January

Please contact Marie for details.

Male Carer Group - Jolly Boys

Wednesday 29th January

Please contact Roger for details.

Young Adult Carer Group

Wednesday 30th January

Please contact Terri for details.

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 a discount at any of the Wrexham Council Leisure centres.

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

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

Carer Events

Theatre Trip - Dreamboats & Petticoats

Come along and watch the hit show 'Dreamboats & Petticoats'

When: Wednesday 22nd January - Bus leaves Wrexham 11.30am, returning at 6pm

Where: Theatre Cymru, Llandudno

Cost: £8 per person (paid in advance)

Please phone 0800 276 1070 to book your place.



Christmas Buffet

Join us and other carers for a Christmas buffet. You will also have a chance to buy a raffle ticket and browse our cake stall (all raising funds for events in 2014).

When: Thursday 19th of December 12-2pm

Where: Trinity Church, King Street, Wrexham

Cost: £4 per person (paid in advance)

Please phone 0800 276 1070 to book your place.



Behaviour Management Training

We are pleased to be able to offer a half day session covering behaviour management for children with additional needs. This session will be delivered by Wrexham County Borough Council and is open to parent carers in Wrexham.

When: Friday 31st of January 2014 9.30am - 1pm

Where: AVOW, 21 Egerton Street, Wrexham LL11 1ND

Cost: £3 (to be paid in advance)

To book your place please contact Terri on 0800 276 1070 or email carers@avow.org

Fun In The Forest

In November Carers took the opportunity to participate in a trip to Delamere forest, enjoying two activities, Segway and Go Ape.

Despite the bad weather a brilliant day was had by all, lots of laughter, a couple of screams and some huge achievements made.



News & Information

Carers and Betsi-Cadwalder Health Board

Since the launch of the Wales Carers Measure, health staff across North Wales have started to receive Carer Awareness training.

Have you had contact with hospital or health staff recently? Have you been asked about your caring role or offered information on services for Carers?

Please let us know. We will feed back your experiences to Amanda Davidson who is rolling out the training across North Wales.

Carers Reference Group

Do you want to be involved in shaping the future for Carers in Wrexham?

Wrexham County Borough Council is keen to hear your views on services and support for Carers. If you would like to be part of this consultation process, all we ask is that you contact us with your email or postal address, confirming that you are happy for these to be shared with Wrexham County Borough Council. They will then contact you at various times throughout the year, asking for your feedback on a variety of issues that may affect you as a Carer.

Please email carers@avow.org or contact us on 0800 276 1070 confirming that you would like to be a part of the Carers Reference Group.

Homeless Collection

Following previous successful years, AVOW is kindly asking you for donations to the Homeless Collection again this year. They are looking for grocery items, sleeping bags, fleeces, clothing and financial contributions.

Collection points are: AVOW, Egerton Street, Wrexham;
Plas Madoc Opportunities Centre, Plas Madoc
Ty Croeso, 31a Grosvenor Road, Wrexham.

ADHD Solutions Wrecsam

ADHD Solutions is a new group in the area and has been set up to provide support to those whose lives are touched by ADHD. They also aim to raise awareness in the wider community.

Meetings are held upstairs at the Saith Seren Wrexham at 6.30pm.
Dates of next meetings are: 5th December, 19th December & 9th January.

There is no contact number available at this time but you can find the group on Facebook.

If you have any information you would like to share with other Carers, please get in touch and we will do our best to include it in our next newsletter.