



NEWSLETTER

Issue No #22

CARER HEALTH FAIR

Wednesday 5th March 10am - 1.30pm

All Ages Welcome!

Come and join us for:

- Free Health Checks
- Fun exercise and dance classes
- Relaxation therapies
- Information about local services and support groups



Drop in anytime to our free event on: Wednesday 5th March 10am-1.30pm

Acton Resource Centre, Overton Way, Wrexham, LL12 7LB.

Lunch will be provided

Ymddiriedolaeth GIG
Gwasanaethau Ambiwllans Cymru

Welsh Ambulance Services
NHS Trust



Thank you very much to everybody who attended our Christmas Lunch. The raffle and cake stall raised a total of £120. This is fantastic and the money will be use to subsidise future events, activities and outings for Carers. Thank you so much everyone. If you would like to join our fundraising committee please get in touch.

MEET THE 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

Craig Hurst

Admin Support

Louise Bollington

Volunteer Counsellor

Jayne Wiecko

Volunteer Befriender

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.
Monday 3rd February and Monday 3rd March.

Carers of Adults with Learning Disabilities

Meet Quarterly - Next meeting 14th April
Please contact Marie for details.

Male Carer Group - Jolly Boys

Wednesday 26th February and Wednesday 26th March. Please contact Roger for more details.

Young Adult Carer Group

Ice skating 28th February 11.30 am - 4 pm
Go karting 28th March 12 – 3.30 pm
Please contact Terri for more information and to book your place.

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

Using An Ipad & Technology for Disabilities

Come along to our group session centred around Assistive Technology. It will provide an overview of what equipment is available to enable a disabled person to access technology, cover the issues that can be faced and how to overcome them.

When: Friday 7th March 2014

Time: 10am-1pm

Where: AVOW, 21 Egerton Street, Wrexham

Cost: £3 per person (must be paid in advance)

Please call 0800 276 1070 to book your place



Trip to Blakemere Village

Join us on a trip to Blakemere Village, Cheshire. Discover a different way to shop, eat and relax. Enjoy the boutique shops, little cafés or just wander through the historical buildings.

When: Thursday 13th March

Time: 9.30am - 3pm

Cost: £5 per person (must be paid in advance)

Please call 0800 276 1070 to book your place



Quiz Night

Fun quiz night, bring along friends & family and see if your team can win one of the great quiz prizes. Also raffle tickets available on the night for a chance to win a lovely prize. Quiz teams of 5 people can be entered or teams can be made up on the night.

When: Friday 21st March 2014

Time: 7pm till late

Where: Wrexham Lager Club, 1 Union Road, Wrexham LL13 7SR

Cost: £2 per person (team maximum 5 people)

Please call 0800 276 1070 to book your place



Young Carers Can...

Young Adult Carers have been successful in the 'Young Carers Can' grant for three exciting activities. If you want to take part in any of them please contact us on 0800 276 1070.

28th February Ice Skating Deeside 11.30am

28th March Go Karting 12.00 -3pm

29th April Indoor Sky Dive in Manchester 10am -5pm

Places are limited and due to last minute cancelations in the past we are asking for a contribution of £3 per person per trip to be paid in advanced

News & Information

Welsh Speaking Families Research

Bangor University is doing some research with Welsh Speaking families with disabled children.

Are you a Welsh speaking parent with a child with a learning disability between 5 and 15 years old? Would you like to take part in some research? What would you have to do? Complete 10 short questionnaires and return them in the enclosed envelope.

If you would like to take part in the research or if you would like more information, contact them:
Ela Cernyw Telephone: 07780936591 Email: pspefc@bangor.ac.uk
Twitter: @YmchwilEla Facebook: Ymchwil Ela Cernyw

Social services complaints & representations

Consultation seeking your views on proposals to improve the way complaints are dealt with and concerns about social services in Wales.

You will be asked to consider the draft regulations:

- The Social Services Complaints Procedure (Wales) Regulations 2013;
- The Representations Procedure (Wales) Regulations 2013;
- and draft guidance.

Both the regulations and guidance provide a basis for how local authorities deal with social services complaints.

For more information please follow the link below:

<http://wales.gov.uk/consultations/healthsocialcare/complaintrepresentation/?lang=en>

End of consultation: 20/02/2014

Benefit Rates

These are proposed benefit rates (weekly) for 2014 to 2015 as set out in the Written Ministerial Statement published on Monday 9 December 2013.

Carers Allowance £61.35

Attendance Allowance

Higher £81.30

Lower £54.45

Disability Living Allowance

Care Component

Higher £81.30

Middle £54.45

Lower £21.55

Mobility Component

Higher £56.75

Lower £21.55



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.