



Happy Easter!

**We would like to wish you all a lovely Easter.
Please note our office will be closed
Good Friday – 18th April and
Bank Holiday Monday – 21st April.**

Fundraising Update

Thank you very much for all your support during our recent fundraising events. Our Quiz night was a great success and we raised £111. We will definitely organise another for later in the year.



In total so far we have raised £493.74 This may not seem a huge amount of money but each and every penny will be used to help subsidise future Carer events, activities, outings and training.

There will be plenty more opportunities for you to get involved, so watch this space for future events. If you have any ideas or want to organise a fundraiser yourself please get in touch!

Diary Marker for Carers Week

Carers Week will be held 9th to 15th June. We hope to organise an event during the week. Details to be confirmed in the next newsletter.

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

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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 7th April and Monday 12th May.

Carers of Adults with Learning Disabilities

Meet Quarterly - Next meeting Tues 6th May
Please contact Marie for details.

Male Carer Group - Jolly Boys

Wednesday 30th April– trip to RAF Cosford.
Please contact Roger for more details.

Young Adult Carer Group

Sky Diving & meal Tuesday 29th April.
Go Karting Tuesday 6th May (evening)
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 our 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 & Info

Trip to Erddig

Join us on a lovely visit to the National Trust Property - Erddig. Erddig is a fascinating early 18th-century country house reflecting the upstairs downstairs life of a gentry family over 250 years.

When: Tuesday 6th May

Time: 10am

Cost: £3 per person (you will need to pay for own refreshments)



Please call 0800 276 1070 to book your place.

Wrexham Walking Festival

We will be joining Wrexham Walking Festival on one of their walks around the mining village of Llay. The walk is 3miles long and should take around 2hrs. This walk does is graded as an easy walk with no inclines.

Please note: Wear suitable footwear and bring waterproofs.

Where: Meet at Llay Miners Welfare

When: Thursday 5th June

Time: 10.45am

Cost: Free



Please call 0800 276 1070 to book your place.

Out & About - Carer Discounts

There are various discounts available for you, as a carer, when accessing leisure and tourist attractions.

- Wrexham Leisure Centres** - FREE accompanying Carer when disabled person carries the DASH Card or a discounted rate when Carer attends without the person they care for
- All Cinemas** - A CEA Card entitles a disabled person to a FREE accompanying Carer ticket
- Tempin Bowling** - A concessionary rate for Carers at Tenpin Bowling Wrexham

- * Most attractions like Chester Zoo, Blue Planet, Knowsley Safari park, National Trust, Theme Parks, Theatres etc will either offer a free Carer admission or a reduced rate.
- * Always check by phoning ahead or asking at the paydesk. It will not always be visible on their price list or website.
- * Remember to either carry proof of DLA/PIP/Attendance Allowance or Carers Allowance - just in case!

For further info on any of the cards mentioned above please contact us.

News & Information

State of Caring Survey

Carers UK's annual State of Caring survey looks into the impact that caring can have on carers' finances, health and ability to live their own lives.

The new survey will bring together and update a variety of different pieces of research Carers UK has done in previous years enabling us to track changes over time, gather up to date evidence on the impact of caring and help campaign for a better deal.

You can follow the link to complete survey:

<https://www.surveymonkey.com/s/StateofCaringsurvey2014>

Sibs – for brothers and sisters of disabled children and adults

Sibs is the only UK charity representing the needs of siblings of disabled people. Siblings have a lifelong need for information, they often experience social and emotional isolation, and have to cope with difficult situations.

Sibs offer information and support whether it is exploring your feelings, understanding different disabilities, tips and even games they can play with disabled siblings.

Sibs also offer information for parents on how to include siblings and enhance family life.

Please follow the link to learn more and explore what Sibs offer:

<http://www.sibs.org.uk>

Parkinsons - A Self Management Programme

'A path through Parkinson's' is a self-management programme and aims to give you an understanding of your choices for the future and help you decide what your priorities are.

There are two groups available:

One is for people recently diagnosed and will help with steps towards managing the condition.

The second is for people who have been living with Parkinson's for longer and will help you to map the future. **Both groups are also for carers and partners.**

Come along and you'll have the opportunity to learn from others with a similar experience of Parkinson's. Groups run over six weeks and each session is two and a half hours long.

Groups will be running in Wrexham on Tuesday 1 – 3.30pm from 13 May to 17 June 2014.

For more information and to book a place
please email selfmanagement@parkinsons.org.uk
or call 0207 963 9387.

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.