

Carers Week

9th – 15th June 2014

Carers Week is an opportunity to raise awareness of Carers and the issues they face every day. This year organisations have been asked to make a pledge for Carers. Our pledge is:

To reach out to as many carers as possible across Wrexham County Borough to provide them with advice, information and support.

We will be busy meeting Carers and the general public, raising awareness, answering questions and signposting to the right support. Pop along to one of our info stands or book a place at our Summer Luncheon and help us celebrate Carers Week.

- Mon 9th June** - Info Stand at Sainsburys, Wrexham
- Tues 10th June** - Carer's Big Lunch & Quiz, Capel Y Groes, Wrexham (places must be booked - £3 per person)
- Wed 11th June** - Info Stand at Mecca Bingo, Wrexham
- Thurs 12th June** - Info Talk to Parkinson's Group, Chirk Hospital
- Fri 13th June** - Info Stand at Wrexham Maelor Hospital

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.

Carers of Adults with Learning Disabilities

Meet Quarterly - date to be confirmed
Please contact Marie for details.

Male Carer Group - Jolly Boys

Canal Boat Trip - Thurs 26th June

Activity tbc– 30th July

Please contact Roger for more details.

Young Adult Carer Group

Go Karting – 24th June 6pm

Ice Skating– 15th July

Alton Towers– 8th August

Please contact Terri for more information and to book your place.

What do we offer?

Advice, Information and emotional support
- Just pick up the phone.

Counselling – Free 1hr sessions every Thurs & Fri between 9.30am-12.30pm. Please note appointments are needed to attend this service.

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 from someone who understands your situation? For further information please contact Roger.

Fundraising Thanks

Wrexham Hospital Nurses' League for their generous donation of £500.

SG Estates for their kind donation of £100.

And a Big Thank You to **Mrs J Rogers** for her generous donation of £115.

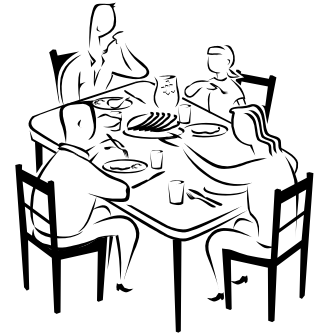
This money will be used to subsidise future events, activities and relaxation therapies.

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

Carer Events & Info

Carer's Big Lunch

Would you like a chance to meet other Carers and enjoy a tasty Summer Buffet? If so, book your place now for our Carer 'Big Lunch' to celebrate Carers Week 2014.



When: Tuesday 10th June

Where: Capel Y Groes, Bodhyfryd, Wrexham (next door to ASDA)

Time: 12 - 2pm

Cost: £3 per person

Please call 0800 276 070 to book your place. Places are limited.

Carer Summer Outing - Llandudno

A chance to enjoy a walk by the sea side or to the end of the pier. We will be keeping our fingers crossed for good weather.

When: Tuesday 8th July

Where to: Llandudno

Time: Leaving Wrexham 9.30am, returning 4.30pm

Cost: £5 per person



Please call 0800 276 1070 to book your place. Places are limited.

Alzheimer's Memory Cafe

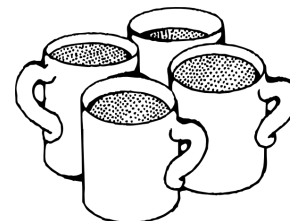
Memory Café's take place all over the country and the aim of them is to offer an informal session where carers and people with dementia can come along and get mutual support from people experiencing the same issues. A Support Worker will be present to give advice and answer specific questions which people might have. Free refreshments also available. Occasionally Guest Speakers will join the group .

The Memory Café has moved to St Margaret's church, Chester Road, LL11 2SH as it is more comfortable and has free parking.

Next Meetings will be held

Friday 6 June 2014 at 1.30pm

Friday 4 July 2014 at 1.30pm



For more information please contact Keith White on 01978 755905

News & Information

Health & Well Being Course

The aim of this short course delivered by EPP Cymru is to introduce some 'tools' and information to improve your ability to manage your own health and wellbeing.

This will be held on Thursday 12th June, 1.30 – 4pm at St. John's Church, Rhosymedre

This is a FREE half day course, open to anyone. To book your place please call Clare on 01978 364777 or email angorfa@abfwxm.co.uk

Everyone's got a story, what's yours?

Have you ever used the Welsh Ambulance Service or NHS Direct Wales?

They are waiting to hear your story to help them improve the way they work and improve the services they provide. Send your story to:

**Welsh Ambulance Service/ NHS Direct Wales, FREEPOST NAT6805, Swansea SA7 9ZZ
or e-mail ppi.team@wales.nhs.uk or phone 01792 311773.**

Bowel Cancer Support North Wales

A new self help group providing support to people affected by bowel cancer, their family and carers. The group meet on the first Thursday of every month at the Wynnstay Arms Hotel, Wrexham LL13 8LP between 7-9pm.

The group offers social activities and friendship to all in addition to the regular meetings.

For more info please phone 07592 538690 or e-mail enquiries@bowelcancersupport.co.uk

Notice To Blue Badge Holders

Please be aware that Wrexham Council have begun a clampdown on fraudulent and illegal use of Blue Badges and are able to issue £1000 fines. Here are a few tips for you:

- * Badges can only be used when the badge holder is present - it is illegal to use 'on their behalf'
- * You can park on double yellow lines BUT NOT when there are yellow lines over the edging of the kerb.
- * If the badge holder wishes to remain in the vehicle when parked you should not use the Badge.
- * Always check the signs around you for times, different times apply to different streets and roads.

If you have any queries please contact the Parking Team on 01978 292042.