

Carers Rights Day

**This year's Carers Rights Day is taking place on
Friday 28 November 2014**

The theme this year is '**Looking after someone? Know your rights**'

Wrexham Carers Service will be on hand to offer information, advice and support so please feel free to come along and speak to a member of the team at:

Sainsbury's Supermarket, Plas Coch
10am - 2pm

Wrexham Maelor Hospital (Main Entrance)
9.30am - 4pm



Have Your Say!

Wrexham County Borough Council would like your views on the future of the services they offer and the difficult decisions they need to make. These are very relevant to carers in Wrexham, please complete if you can. **If you are not on-line please contact Wrexham Council on 01978 292007 to access a paper copy.**

Difficult Decisions Consultation - www.wrexham.gov.uk/english/consultation/budget

Direct Payments Consultation - www.wrexham.gov.uk/english/consultation/social_care_services/direct_payments

MEET THE CARERS TEAM

Ceri Ord

Part Time Carers Service Co-ordinator

Marie Gibson, Roger Moore & Terri Brown

Part Time Support Workers

Annabel Boyce

Part Time Support Worker (Partners in Care)

Ramona Ozolina-Jones & Craig Hurst

Part Time Admin Support

Louise Bollington

Volunteer Counsellor

Jayne Wiecko

Volunteer Befriender

Crochetta Scandariato

Volunteer Therapist

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 every 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

Please contact Roger for more details.

Young Adult Carer Group

Tue 28th October– Go Karting

Tue 18th November– Frankie & Benny's

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

Volunteers for Telephone Befriending

Have you got a few spare hours a week? We are looking for volunteers to become telephone befrienders. For more information please contact Roger on 0800 276 1070 or roger.moore@avow.org

What do we offer?

Advice, Information and Emotional support

Our support workers are able to offer you advice, information and emotional support. If you would like to discuss your caring role please 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.

Therapeutic Back Massage Sessions

Sessions take place on Friday afternoons and appointments are needed to attend.

If you are interested in any of our services or support groups please call 0800 276 1070 or 01978 318812

Carer Events & Info

Britain's Best Breakfast

The Carers Trust have launched Britain's Best Breakfast to raise money to help support Carers in the UK. This is a national event and we are thrilled to be taking part by hosting our own Big Breakfast. Please come along and enjoy a tasty breakfast, whether you are a fan of the full English or something lighter.

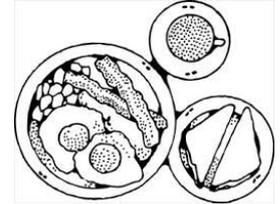
When: Friday 17th October

Where: Acton Community Resource Centre, Overton Way, Wrexham

Time: 9 - 11.30am

Cost: FREE to attend, menu prices available on the day

Transport will be available from AVOW.



Emotional Resilience Training

The course explores practical ways to improve emotional wellbeing and the ability to deal with life challenges such as relationship difficulties, bereavements, financial or work stress, low mood and anxiety.

When: Tuesday 4th November

Where: Room 25, AVOW, 21 Egerton Street, Wrexham

Time: 12-2.30pm

Cost: £2 per person (to be paid in advance)

Please call 0800 276 1070 to book your place

Christmas Lunch

It's that time of year again when we start thinking ahead to Christmas. We are very pleased to announce our Christmas meal this year will be held at the Ramada Plaza Hotel, Wrexham. This has only been made possible thanks to the generosity of a number of local businesses.

When: Tuesday 2nd December

Where: Ramada Plaza, Ellice Way, Technology Park, Wrexham

Time: 12-2pm

Cost: £5 (to be paid in advance)



Please call 0800 276 1070 to book your place

Friends of Wrexham Carers– Fundraising update

Committee members along with volunteers have been busy raising funds, by visiting Scottish Power Offices in Wrexham, with a tombola and cake stall. We would like to say a big thank you to everyone who assisted with the event, and for the fantastic prizes and cake donations we received.

With your help and the support of Scottish Power staff we raised £175

News & Information

Free Flu Vaccine for Carers

If you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill you are entitled to a free flu vaccine.

Please contact your GP to arrange your vaccination.

Disabled Toilet Key

You can purchase a RADAR key from Wrexham Tourist Info Centre, Lambpit Street, Wrexham LL11 1AR, Tel: 01978 292015.

There are approximate 4000 locked public disabled toilets around the country that can be used with this key.

Warm Home Discount

Many households are entitled to a discount on their electricity bill. Please contact your energy supplier as soon as possible to find out if you are eligible to receive a Warm Home Discount. Each supplier has different criteria and you need to make contact with them to find out.

If you need help applying to the Warm Home Discount Scheme contact **029 20 871 000** or email enquires to **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**.

Caring For A Disabled Child?

Wrexham Family Information Service's brokerage service can help parents and carers with a disabled child access suitable childcare, activities and short breaks. They can work with parents to match the individual needs of children with suitable childcare provision and work with the settings to promote inclusive practice.

Their specialist parent adviser can also provide advice, guidance and support including signposting to other organisations and support groups.

For more information please contact Wrexham Family Information Service on 01978 292094 or email fis@wrexham.gov.uk

Bowel Screening Kit

Bowel Screening kit is a free NHS test that you can complete easily in your own home. Men and women aged 60-74 are invited to take part every two years. You will be able to carry out the test at home in private. Bowel Screening reduces the risk of dying from bowel cancer.

Taking part in bowel screening is your choice, if you would like more information about it visit www.bowelscreening.wales.nhs.uk or call 0800 294 3370 or speak to your GP.