



## **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 Friday 19th December and re-open on Monday 5th January. In case of an emergency please contact Social Services Duty Team: 0845 0533 116



'A Carers Guide to Managing Medicines' has been launched as part of a Pharmacy local public health campaign in North Wales. Everyday thousands of people are regularly handling and giving medication to a family member, friend or neighbour because they have difficulties doing it themselves due to frailty, disability, mental health issues or ill health.

This can be a huge responsibility for many unpaid carers who without the right support or advice are often unsure how best to do this safely. We are very pleased to have worked with Carers Trust Wales, Community Pharmacy Wales, Betsi Cadwalladr University Health board, their colleagues and Carers from across North Wales.

The booklet will be available in all North Wales Community Pharmacies and we also hold copies here for your information.

## MEET THE CARERS TEAM

### Ceri Ord

Part Time Carers Service Co-ordinator

### Marie Gibson & Roger Moore

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](mailto: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.

### Male Carer Group - Jolly Boys

Victorian Christmas Market – Thur 11th Dec

January outing - to be confirmed

Please contact Roger for more details.

### Young Adult Carer Group

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

**Stop Press!** If you are experiencing any financial difficulties at the moment, please get in touch. There are sometimes funding opportunities for Carers that can be explored.

### Good Luck to Terri

We are very sad to inform you that one of our support workers, Terri, has moved on. Terri has been with us since 2011 and she will be sorely missed.

### What Do We Offer?

#### Advice, Information & 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 mornings and appointments are needed to attend.

**TENPIN Bowling card** - entitles you to discounted rates at Wrexham TENPIN Bowling at Eagles Meadow.

# Carer Events & Info

## AVOW - Christmas Carol Service

Christmas Carol Service – come and join the annual AVOW Carol Service. Sing and celebrate with staff and volunteers. Mince Pies and Refreshments will be served after the service in the Church Hall.

**When:** Wednesday 10th December

**Time:** 10.15am - 11.30am

**Where:** Trinity Church, King Street, Wrexham

**Cost:** Free

**NO NEED TO BOOK, PLEASE JUST COME ALONG.  
EVERYONE WELCOME!**

## First Aid Training

British Red Cross will be providing First Aid Training for Carers. This is a short 2 hour course that will cover the basic first aid skills you may need.

**When:** Thursday 22nd January 1.30 - 3.30pm

or

Thursday 28th January 10.30am – 12.30pm

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

**Cost:** £2 per person ( paid in advance)

**PLEASE CALL 0800 276 1070 TO BOOK YOUR PLACE.**

## Craft Session

Have you ever fancied trying something different? Come along to an enjoyable craft session. Tea & Coffee will be provided.

**When:** Friday 30th January

**Time:** 12.30 - 2.30pm

**Where:** Tesco Community Room, Tesco, Crescent Road, Wrexham

**Cost:** £3 per person (paid in advance)

**PLEASE CALL 0800 276 1070 TO BOOK YOUR PLACE.**

## Fundraising Update

We would like to thank everybody that attended Britain's Best Breakfast in Acton resource centre on 17th October. With your support and the superb teamwork from staff and volunteers we raised £252. Huge thanks also to all those businesses who supported the event.

Also we would like to thank everybody who came and helped us Bag Pack in Asda on 17th November, we raised a fantastic £434.62. Thank you to all who gave up their time on Saturday to volunteer. If anybody wishes to help at any future events or organise a fundraiser of their own please get in touch. Thank you everyone!

# News & Information

## 999 - Where Are You?

The Welsh Ambulance service is encouraging people to make sure their house name and number is clearly visible from the roadside. This is especially important during the dark winter months as every second can count when getting to an emergency.

**Remember before they can help you they have to be able to find you.....**

## Reduced Water Rates

Your household may be eligible for reduced water rates if you are using excessive water for health reasons or have 3 or more children. Find out if you are eligible.

**For more info contact  
Dee Valley water on 01978 846946**

## Tourette's Action

Tourette's Action is the UK's leading research and support charity for people with Tourette's Syndrome and their families. They are hoping to set up a support group in North Wales.

If you would be interested in being part of setting up the group or attend the group please get in touch with them.

**Michelle Kelly on 07725 819 884 or e-mail [michelle@tourettes-action.org.uk](mailto:michelle@tourettes-action.org.uk)**

## Independent Living Fund Consultation

Welsh Government are seeking views on what future arrangements there should be to support those who receive payments from the Independent Living Fund after it closes on 30 June 2015. End of consultation: 23/12/2014

**To receive the document and submit your views please call 02920 823478  
or email [FutureArrangementsofIndependentLivingFund@wales.gsi.gov.uk](mailto:FutureArrangementsofIndependentLivingFund@wales.gsi.gov.uk)**

**or follow the link below**

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

## The Disability Resource Centre

The Disability Resource Centre pride themselves on providing a one-stop, person centred approach to offer practical solutions to support independence and everyday living.

Their showroom, workshop and offices are situated adjacent to Glan Clwyd Hospital. They provide mobility aids and equipment ranging from short term wheelchair hire to sales, installations, vehicle adaptations, and more.

**For more information or to visit the showroom  
please call 01745 448 288**