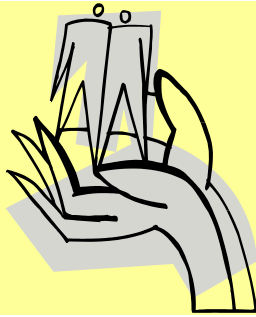


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**carerstrust**  
a Network Partner

**NEWSLETTER**

**Issue No #28**

## **Big Health Day**

**RECOVERY & LIVING INDEPENDENTLY IN  
WREXHAM**

**Wednesday, 25th March 2015**

**11:00am - 3:00pm**

**The Memorial Hall, Wrexham**



Come along to the largest Health & Wellbeing Event in Wrexham. Find out what support is available for you in the Wrexham area and take part in a range of interactive sessions. For more information please contact Cloe James on 01978 312556 or [cloe.james@avow.org](mailto:cloe.james@avow.org)

### **Family Fund**

The Family Fund helps families with disabled and seriously ill children and young people aged 17 and under. Family Fund give grants for things that families tell they need and that make life easier for the disabled child, young person and their family. Family Fund can help with essential items such as washing machines, fridges and clothing but can also consider grants for sensory toys, computers and much needed family breaks together.

**Download an application form from Family Fund website**

[www.familyfund.org.uk](http://www.familyfund.org.uk) or email at [info@familyfund.org.uk](mailto:info@familyfund.org.uk)

**or call 0845 130 4542 for more information.**

## MEET THE CARERS TEAM

### Ceri Ord & Marie Gibson

Part Time Carers Service Co-ordinators

### Ramona Ozolina-Jones & Roger Moore

Part Time Support Workers

### Annabel Boyce

Part Time Support Worker (Partners in Care)

### 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

Please contact Roger for more details.

### Young Adult Carer Group

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

### CARERS OF ADULTS WITH LEARNING DISABILITIES - WHAT NEXT?

Do you care for an adult with a learning disability? We would like to hear from you.

Join us to discuss the best way our service can support you in your caring role. Is a regular meeting still necessary? Do you have other ideas for support?

**Wed 18th March - 6.30-8pm at AVOW**

Or email your thoughts to [carers@avow.org](mailto:carers@avow.org)

### What Do We Offer?

#### Advice, Information & Emotional Support

We can offer you advice, info & 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** – 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.

**First Aid Training** - 2 hour sessions. Held regularly throughout the year.

# Carer Events & Info

## Trip to the Pantomime

Wrexham & District Pantomime Company presents – Dick Whittington. Enjoy this charming pantomime packed with comedy, starring our very own Roger Moore.

**When:** Sunday 15th February

**Where:** William Aston Hall, Glwyndr University, Mold Road, Wrexham

**Time:** 2.15pm

**Cost:** £5 (to be paid in advance)

**Please note: this event is open to carers only**

**Please call 0800 276 1070 to book your place.**



## St David's Day Coffee Morning

Come along and help us celebrate St David's Day. Enjoy a warm drink, a Welsh cake and our scrummy chocolate fountain. This is a chance to meet with other Carers and chat with some of the Carers Service staff.

**When:** Monday 2nd March

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

**Time:** 10am-12noon

**Cost:** FREE to attend - small donation suggested for refreshments.



## Race Night – Fundraiser

Join us for a fundraising evening in aid of 'Friends of Wrexham Carers'. You will be able to watch 8 thrilling horse races on the night and place bets if you wish. Bring family and friends along. There will be a bar open on the evening.

**When:** Friday 20th March

**Where:** St Mary's Catholic Club, Regent Street, Wrexham

**Time:** 7pm - 9.30pm (approx)

**Cost:** FREE to attend



## Erddig - Spring Walk

Come along and join us for a visit to the beautiful National Trust property of Erddig. A chance to enjoy the gardens and the spring fresh air.

**When:** Wednesday 18th March

**Where:** Erddig National Trust, Wrexham

**Time:** 2-4pm

**Cost:** £3 (to be paid in advance)

**Please not transport is not available for this event**

**Please call 0800 276 1070 to book your place.**

# News & Information

## Home Fire Safety Check

North Wales Fire and Rescue Service can offer you a FREE home fire safety check. The visit will be arranged for a time which is convenient for you. To book your FREE home fire safety check call 0800 169 1234 or email [cfs@nwales-fireservice.org.uk](mailto:cfs@nwales-fireservice.org.uk)

## Benefit Advice & Form Filling

Over recent years the number of enquiries we receive relating to benefits advice and form filling has increased greatly. Although we are able to offer basic information on the benefits available we are not trained benefits advisors. There are a number of options available to you both locally and nationally. Please find below details of where to find expert advice:

- **Wrexham Welfare Rights Advice Line** - 01978 298255
- **Citizens Advice Bureau** - 08444 77 20 20, Drop-in sessions are held every Monday, Wednesday, Friday 9.30 - 4.00
- **Turn to us** - visit Turn 2 Us website and make use of their benefit calculator to see what you may be entitled to [http://www.turn2us.org.uk/benefits\\_search.aspx](http://www.turn2us.org.uk/benefits_search.aspx)

For more information on different benefits and how to claim them visit <https://www.gov.uk/browse/benefits>

## Are People Listening To You? Are you being heard?

Do you feel that you are not being listened to? Have you reason to make a complaint but not sure how to go about it and not confident to tackle it alone? If so, you may benefit from the help and support of an Advocate.

An advocate is someone who offers confidential and independent support and advice. They will help you to speak up for yourself and represent your views, wishes and needs. There are a number of services available in Wrexham, please find the details below:

**Second Voice Advocacy** - for children and young people aged 11 - 25.  
**0800 0322630**

**Age Connects** - specialist domestic abuse & hate crime advocacy for over 50's  
**0845 054 9969**

**Dewis CIL** - for adults over 18 with a disability or for older people  
**01978 799370**

**Community Health Council** - for those wishing to make a complaint against the NHS.  
**01978 356178**

**The Minority Ethnic Elders Advocacy Project 50+** - for minority ethnic elders  
**01492 622233**