

Happy Easter

We would like to wish you all a lovely Easter!

Please note our office will be closed
Good Friday – 3rd April and Bank Holiday
Monday – 6th April.

In case of an emergency please contact Social
Services Duty Team: 0845 0533 116



NEW CARER SUPPORT

We are very pleased to announce two new projects to support Carers. These are:

GP Faciliator - Funded by Betsi-Cadwalader Health Board

This project will work with GP surgeries across Wrexham to help them maintain information and support available to Carers and raise awareness of Carers issues.

Project CRYF - Funded by The Carers Trust

This project will provide 1:1 support to Young Adult Carers (aged 18-24) in relation to any barriers they may face to education, employment or training. If you are a Young Adult Carer and would like to find out how this project could help you, please contact Ramona on 01978 318812.

This is great news for Carers and we are looking forward to both of these Projects.

MEET THE CARERS TEAM

Ceri Ord & Marie Gibson

Part Time Carers Service Co-ordinators

Ramona Ozolina-Jones

Part Time GP Facilitator & YAC Support Worker

Roger Moore

Part Time Support Worker

Annabel Boyce

Part Time Support Worker (Partners in Care)

Craig Hurst

Part Time Admin Support

Louise Bollington, Jayne Wiecko &

Crochetta Scandariato

Volunteers

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.

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.

Facebook & Twitter

If you are on Twitter or Facebook, please follow us on

 Twitter [@WrexhamCarers](https://twitter.com/WrexhamCarers)

 Facebook [Wrexham Carers Service](https://www.facebook.com/WrexhamCarersService)

You will find all up to date information & news on our social media sites and also be able to book on any upcoming events & training.

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

Easter Drop-in

Come along to our Easter Drop in for a chat & a hot drink with other carers and get a FREE Easter Egg, thanks to Portable Foods on Wrexham Industrial Estate. We will also be raffling an Easter Chocolate Hamper.

When: Monday 13th of April
Where: Trinity Church, King Street, Wrexham
Time: 10am – 12noon
Cost: Free



Sponsored Walk or Run - 10k

Want to get out in the fresh air? Well now you can do it and fundraise for 'Friends of Wrexham Carers'. Take part in AVOW's Sponsored walk or run starting from the Trevor Basin towards Llangollen along the canal footpath for a distance of 5 kilometres and return to the Trevor Basin (10k in total).

When: Saturday 25th April
Where: Trevor Basin, Wrexham LL20 7TY
Time: 10am

Please call 0800 276 1070 for more information & sponsor form.

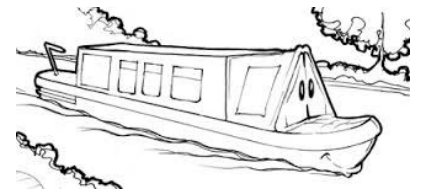


Canal Boat Trip

Join us for a 45-minute boat trip crossing the Pontcysyllte Aqueduct. Enjoy the beautiful scenery and company of other carers. Transport may be available, please ask.

When: Wednesday 13th May
Where: The Old Wharf, Station Road, Trevor, LL20 7TP
Time: 11.30am-1.30pm (Boat leaving 12noon promptly)
Cost: £3 per person (paid in advance)

Please call 0800 276 1070 to book your place!



Evening Drop In

We know that attending daytime activities can be difficult for many of you, so we are holding an evening drop in. We hope this will enable us to reach out to more of you. A chance to enjoy a hot drink & a chat with other carers and member of staff.

When: Wednesday 20th May
Where: AVOW, 21 Egerton Street, Wrexham
Time: 6-8pm

Please let us know if you are planning to attend this by calling 0800 276 1070



News & Information

'Friends of Wrexham Carers' Update

Thank you to all those who supported the recent race night, £303.30 was raised. Especial thank you to the sponsors: EmzCakes, BetFRed, La Pivoine, Allington Hughes Solicitors & 2 Anonymous sponsors.

New members are always welcomes. Next meeting dates for 'Friends of Wrexham Carers' are **Thursday 23rd April & Thursday 21st May 11am-12.30pm** at AVOW, 21 Egerton Street, Wrexham, LL11 1ND.

Care & Repair Event

Flintshire Care & Repair and Wrexham Care & Repair are merging to form one new agency 'Care and Repair North East Wales' on 1st April 2015.

To celebrate the occasion 'Care & Repair' are holding an interactive day for professionals and the public on the 29th April 2015 at the Ramada Plaza Hotel Wrexham at Ellice Way, Wrexham LL13 7YH. The event will start at 9.30 and close at 4pm.

Please contact Wendy on 01352 758700 to book your place.

Communications and Mealtime Toolkit

A freely available resource, developed in Dumfries & Galloway, has recently been launched for helping those with Dementia.

The toolkit is intended as a brief practical guide for those living and working with people with dementia, at home or in a care setting.

If you are looking after someone with dementia, please follow the link below to download your free toolkit.

http://www.nhsdg.scot.nhs.uk/Departments_and_Services/Speech_and_Language_Therapy/Adult_SLT/Documents/Communication_Mealtimes_Toolkit_for_Dementia_2013.pdf

Carers Smart

CarerSmart is a new club from Carers Trust. The club offer carers and people with care needs, and it's also open to people who work across the Carers Trust network, either as staff or volunteers, and people who donate money.

Once a member, you can benefit from a wide range of offers including: cash back on shopping, best rates from energy providers, discounts on holidays, reduced price lifestyle activities and much more.

Please visit <http://carersmart.org/> to become a member, registration is free.