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[www.newcis.org.uk/young-carers](http://www.newcis.org.uk/young-carers) or [www.newcis.org.uk](http://www.newcis.org.uk)



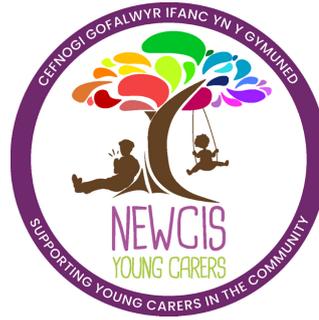
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# NEWCIS Young Adult Carers News

Happy New Year!

Here is to a brighter 2021 for us all!

We have had a very busy festive period, on top of everything we have officially launched our Young Adult Carers (YAC) service! We have been in touch with all the YAC's registered with us at NEWCIS and made sure that they know we are here and the new support we can offer them; including grants, Bridging the Gap respite support and much much more! Some of the things we have been able to support our YAC's with so far have been:

We have gifted 4 Chromebooks to YAC's who needed an upgrade to complete A Level work.

A two night break away to recharge the batteries!

Equipment to support a budding YouTuber to follow their dreams!

A new pair of trainers just in time for running around getting sorted for the Christmas rush!

# CARER NEWS:

## Chromebooks:

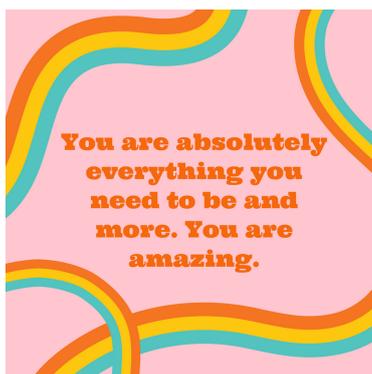
Digital Communities Wales have provided us with some Chromebooks for Young Adult Carers. So if you would benefit from a laptop to keep in touch with friends, or to help educationally then just let us know - because we still have some remaining!

## Grants:

We will have also told you about the funding we have received from The Quilter Foundation. We do still have some grant monies available, which allows us to provide small grants of around £150 to support carers with their well-being. This could be used by yourself to do something fun, or go towards buying something like a laptop or exercise equipment. Interested? Just get in touch!

## Bridging the Gap:

Did you know that NEWCIS also runs a respite scheme called Bridging The Gap? BTG can provide you with a little break from your caring role. It usually provides between 15-18 hours over a six-month period. Maybe you'd like to head out to see friends you've not caught up with for a while, or maybe you've got an important interview coming up - you can use these hours as you see fit!! You can choose from a list of providers who are signed up with us and choose what suits you best.



## DID YOU KNOW?

NEWCIS can offer lots of different kinds of support, to carers of ALL ages- not just Young Adult Carers! We have an Adult Carers service and a Young Carers service too! So if there are any adults in your life that might need some support as a carer, or younger people under 18; please get in touch with a member of the team via [www.newcis.org.uk](http://www.newcis.org.uk) or [enquiries@newcis.org.uk](mailto:enquiries@newcis.org.uk) or 01352 752525

# DATES FOR THE DIARY!

We have lots of upcoming events that our YAC's can get involved in, both linked with the Young Carers service and the Adult Carers Service. As there is a mixture of different events we have circled the ones that are specifically for young people, the rest are lead by the adult service. Please see each individual event for booking instructions. If you're finding it difficult to book on just pop us an email:

 [nyc@newcis.org.uk](mailto:nyc@newcis.org.uk)

## **(Zoom) Tuesday 2nd of February 11am - 12pm**

Join our 'Drop In' session for the launch of the Young Adult Carers service! This will be the first get together for Young Adult Carers to catch up with each other. and to find out what you want from the service. We can work together to plan future events and groups- so come along and join in.

**Book via: [www.newcis.org.uk/young-carers](http://www.newcis.org.uk/young-carers) or email [nyc@newcis.org.uk](mailto:nyc@newcis.org.uk)**



## **(Zoom) Friday 12th February 10am - 12pm**

### **Coping with Stress with Counsellor Judith Keefe: Part 1 of 2**

This course aims to help carers identify their causes of stress and consider some options for reducing or eliminating stress. It enables carers to consider how they try and cope with their inherently stressful role as a carer and provide some positive twists on handling stress. This is a two part course, please ensure you are able to attend both sessions.

**Book via: [www.newcis.org.uk/event-booking](http://www.newcis.org.uk/event-booking) or call us on 01352 752525.**



## **(Outdoor event) February Half Term 2021**

Fancy meeting other Young Adult Carers? Why not join us for a face to face meet up in the fresh air! Please be aware that the weather/restrictions might change our plans! So, keep an eye out on the website for details about this even closer to the time - if you book onto this event, we will keep you updated on any changes if necessary.

**Book via: [www.newcis.org.uk/young-carers](http://www.newcis.org.uk/young-carers) or email [nyc@newcis.org.uk](mailto:nyc@newcis.org.uk)**



## **(Zoom) Friday 19th February 10am - 12pm**

### **Coping with Stress with Counsellor Judith Keefe: Part 2 of 2**

This course aims to help carers identify their causes of stress and consider some options for reducing or eliminating stress. It enables carers to consider how they try and cope with their inherently stressful role as a carer and provide some positive twists on handling stress.

**Book via: [www.newcis.org.uk/event-booking](http://www.newcis.org.uk/event-booking) or call us on 01352 752525.**



(Zoom) Tuesday 2nd March 10am - 11am

### Guided Meditation with Jade Tree Healing

Meditation has many benefits for your physical, emotional and mental health. This includes helping to reduce depression, uplifting your mood, lowering your heart rate and blood pressure and increasing your melatonin levels to support your immune system.

Book via: [www.newcis.org.uk/event-booking](http://www.newcis.org.uk/event-booking) or call us on 01352 752525.



(Zoom) Tuesday 9th March 7pm - 9pm via Zoom

### Evening Carer Group: Easter Crafts

Join us to make Easter decorations at our virtual evening carer group! Instructions will be sent to you nearer the time. Remember this is an adults service event and there will be carers of all ages, 18+.

Book via: [www.newcis.org.uk/event-booking](http://www.newcis.org.uk/event-booking) or call us on 01352 752525.



(Zoom) Wednesday 10th March 10:30am - 12pm

### First Aid with British Red Cross

This course will give you the confidence to help your friends, family or even a stranger if they need it. Learn life saving skills such as dealing with an unconscious casualty, choking or someone who has severe blood loss and shock.

Book via: [www.newcis.org.uk/event-booking](http://www.newcis.org.uk/event-booking) or call us on 01352 752525.



(Social media) Tuesday 16th of March 2021

We are having a social media takeover for Young Carers Action Day. Join us in raising awareness of Young Carers and keep those eyes peeled for the launch of the Young Carers ID Card!



(Zoom) Tuesday 16th March 10am - 11am

### Guided Meditation with Jade Tree Healing

Meditation has many benefits for your physical, emotional and mental health. This includes helping to reduce depression, uplifting your mood, lowering your heart rate and blood pressure and increasing your melatonin levels to support your immune system.

Book via: [www.newcis.org.uk/event-booking](http://www.newcis.org.uk/event-booking) or call us on 01352 752525.



## (Zoom) Tuesday 30th March 10am - 11am

### Guided Meditation with Jade Tree Healing

Meditation has many benefits for your physical, emotional and mental health. This includes helping to reduce depression, uplifting your mood, lowering your heart rate and blood pressure and increasing your melatonin levels to support your immune system.

Book via: [www.newcis.org.uk/event-booking](http://www.newcis.org.uk/event-booking) or call us on 01352 752525.



## (Outdoor event) Easter Event - April 2021

We are very hopeful to hold a face to face Easter event outdoors! Things are a little uncertain with regards to restrictions at the moment, so keep an eye out on the website for more details closer to the time. If you book onto this event, we will keep you updated on any changes if necessary.

Book via: [www.newcis.org.uk/young-carers](http://www.newcis.org.uk/young-carers) or email [nyc@newcis.org.uk](mailto:nyc@newcis.org.uk).



## (Zoom) Tuesday 13th of April 10am - 11am

### Guided Meditation with Jade Tree Healing

Meditation has many benefits for your physical, emotional and mental health. This includes helping to reduce depression, uplifting your mood, lowering your heart rate and blood pressure and increasing your melatonin levels to support your immune system.

Book via: [www.newcis.org.uk/event-booking](http://www.newcis.org.uk/event-booking) or call us on 01352 752525.

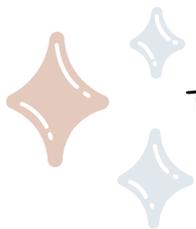


## (Zoom) Tuesday 27th of April 10am - 11am

### Guided Meditation with Jade Tree Healing

Meditation has many benefits for your physical, emotional and mental health. This includes helping to reduce depression, uplifting your mood, lowering your heart rate and blood pressure and increasing your melatonin levels to support your immune system.

Book via: [www.newcis.org.uk/event-booking](http://www.newcis.org.uk/event-booking) or call us on 01352 752525.



There are even more fun and interesting events that you can book onto with the NEWCIS adults service, have a little look on the events page [www.newcis.org.uk/event-booking](http://www.newcis.org.uk/event-booking) and book on if anything else takes your fancy!

**Disclaimer:** The online courses are hosted by Zoom. NEWCIS is in no way affiliated with Zoom and you should read and agree to Zoom's privacy and security terms and conditions before using the platform. Go to [www.zoom.us](http://www.zoom.us) NEWCIS company limited by guarantee 9317097. Registered charity 1159934. Funded by Denbighshire, Flintshire and Wrexham Local Authorities, The National Lottery Community Fund and Betsi Cadwaladr University Health Board. Carers Trust Network Member.

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