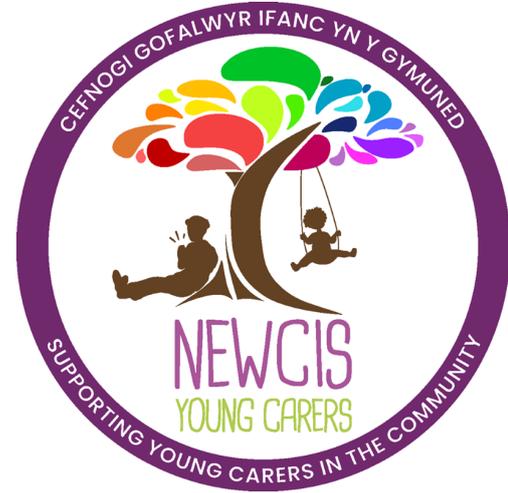


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# NEWCIS Young Carers News

*Happy New Year!*

Here is to a brighter 2021 for us all!

We have had lots of festive fun during the Christmas period! We delivered Christmas gifts to our Young Carers, along with goodies especially for our Christmas Workshops. We have received lots of lovely feedback from young carers and their families:

"I love my goody bag soo much, thank you!"

"Thanks for the gifts off the team, really excited for Christmas now"

"This will cheer her right up, young carers to the rescue as always, thank you!!"

"It made her feel really special so thank you"



# CARER NEWS:

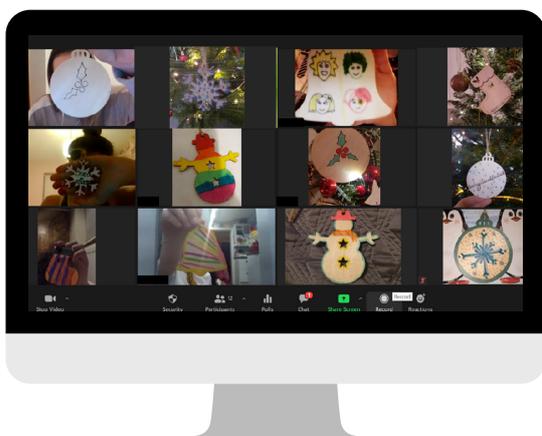
Would you like to know what we've been up to?! Well, Chrysalis Pets put on a great 'Animal Show and Tell'. We saw and learnt about a wide range of animals, from creepy crawlies, to furry friends.. We even got to see some family pets along the way!



Our Christmas party delivered by magician, Andy Green, was super magical! There was lots of comedy, interactive magic, mind reading, along with some slight of hand illusion! It was great to have so much fun together – even in these strange times! The big man himself, Father Christmas, even made an appearance!



In the run up to Christmas we had some Christmas workshops - making and decorating gingerbread and creating some decorations for the Christmas tree! Between Christmas and New Year we also held a drop in over zoom. We all shared our stories about Christmas and all of the fun we had with our families over a cup of hot chocolate. We reflected on the year that has passed and shared our hopes for the new one on it's way!



Alongside our events, we also have our fortnightly young carer groups, which are currently held via Zoom.

We've got some pictures to share with you from our positive affirmation t-shirt designing session!

Positive affirmations are uplifting phrases which you can repeat to yourself. They describe how you want to be, and help you to achieve anything you want to achieve! They can also help with boosting confidence and how we feel about ourselves!



"Thank you, the boys really enjoyed themselves"

"I was so nervous to join in, I couldn't have my camera on at first. But then it was really fun and I loved it!"

"I enjoy having someone to talk through things with"

## DID YOU KNOW?

NEWCIS can offer lots of different kinds of support, to carers of ALL ages- not just young carers. We have an adult carers service and a young adult carers service too! So if there are any adults over 18 in your life that might need some support as a carer, please get in touch with a member of the team via

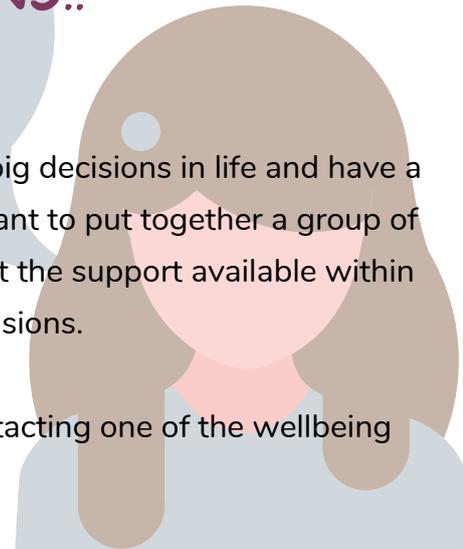
[www.newcis.org.uk](http://www.newcis.org.uk) or [enquiries@newcis.org.uk](mailto:enquiries@newcis.org.uk) or 01352 752525

## WE ARE THE CHAMPIONS..

Your NYC service needs **YOU!**

Do you like having your say and being heard? Do you like to help make the big decisions in life and have a hand in bringing things to life? Well, if so, we want to hear from you! We want to put together a group of NYC Champions. A group of young carers who want to have their say about the support available within Flintshire, and help your NYC team make the big decisions.

Let us know as soon as soon as you can if you're interested, either by contacting one of the wellbeing officers or via email: [nyc@newcis.org.uk](mailto:nyc@newcis.org.uk).



# DATES FOR THE DIARY!

We have lots of exciting upcoming events that our young carers can get involved in! Please let us know if your child would like to attend any of the following events via:



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

Book on our website: [www.newcis.org.uk/young-carers](http://www.newcis.org.uk/young-carers)



## (Zoom event) Wednesday 10th of February 2021

Self-love and self-care is something we often overlook, especially carers, who dedicate their time to looking after someone else. So to celebrate this coming Valentines Day, we'll be getting together on Zoom to discuss all things self-care.



## (Outdoor event) February Half Term 2021

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 closer to the time - if you book onto this event, we'll keep you updated on any changes if necessary.



## (Zoom event) Thursday 4th of March 2021

World Book Day 'Book Club'. Sign up and join in with us discovering a new book together. Keep an eye out on social media for our fancy dress competition too!



## (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!



## (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.

**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)  
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