



8TH - 14TH JUNE | 2020

CARERS WEEK

Carers Information Pack

AVAILABLE ONLINE ACTIVITIES DURING
CARERS WEEK:

Monday 8th June - Mindfulness Session - 10am

Carers Wales are holding a mindfulness session for carers. Mindfulness is a technique to help you relax and de-stress. You can book onto the session here:

<https://www.carersuk.org/wales/news-campaigns/carers-week-wales/carers-week-activities-in-wales>

Monday 8th June - Singing - 2.30pm

The **Community Wellbeing Team** has arranged a session with **Rebecca Parry Music**. You can join the session here: <https://www.facebook.com/rebeccaparrymusic/>

Tuesday 9th June - Care for a cuppa - 2pm

Fancy sharing a cup of tea or coffee with other carers and having a chat while the world goes by? Why not join **Carers Wales** Care for a cuppa and do just that! You can join the session here:

<https://www.carersuk.org/wales/news-campaigns/carers-week-wales/carers-week-activities-in-wales>

Wednesday 10th June - Walk - 10am and 2pm

One of **Carers Wales** brilliant volunteers' has put together a virtual walk so you can enjoy a nice stroll from the comfort of your own home. You can book onto the session here:

<https://www.carersuk.org/wales/news-campaigns/carers-week-wales/carers-week-activities-in-wales>

Thursday 11th June - Sing & Smile - 2.30pm

Do you enjoy music from the 50's, 60's and 70's? Fancy a sing along and maybe a bit of dancing too? Join **Goldies Cymru** for one of their online weekly live sessions. You can join the session here:

<https://www.youtube.com/user/UKgoldies>

Friday 12th June - Chair Yoga - 10am

One of **Carers Wales** brilliant volunteers' has put together a chair yoga class for carers. You can book onto the session here:

<https://www.carersuk.org/wales/news-campaigns/carers-week-wales/carers-week-activities-in-wales>

Friday 12th June - Mat Yoga - 2pm

One of **Carers Wales** brilliant volunteers' has put together a mat yoga class for carers. You can book onto the session here:

<https://www.carersuk.org/wales/news-campaigns/carers-week-wales/carers-week-activities-in-wales>

Saturday 13th June - Quiz Night - 5pm

Join the whole **Carers Wales** team on Saturday evening for a quiz. They even have a small prize for the winner donated by the **Carers Wales** team. You can enter the quiz here:

<https://www.carersuk.org/wales/news-campaigns/carers-week-wales/carers-week-activities-in-wales>

Where can I get support?

Alzheimer's Society

Alzheimer's Society Cymru offers dementia specific support for Carers in Conwy.

<https://www.alzheimers.org.uk/>

01492 546870

Conwy County Borough Council's Carers Team

The Carers Team provide Carers Assessments which is an opportunity to have a conversation about what matters to you and determine what information, support or services may be available to support you in your caring role.

0300 456 1111

Carers Wales

Carers Wales is here to listen, to give expert information and advice that's tailored to your situation.

<https://www.carersuk.org/wales>

029 2081 1370

Carers Outreach

If you are an unpaid adult carer in North Wales then Carers Outreach can help and support.

<https://www.carersoutreach.org.uk/index.html>

01492 533714

Carer's Trust North Wales Crossroads Care Services

Carer's Trust is a provider of practical and emotional support to unpaid Carer's in North Wales.

<http://www.nwcrossroads.org.uk/>

01492 542212

Hafal Conwy

Hafal Conwy helps people with serious mental illness and their families to work towards recovery.

<https://www.hafal.org/in-your-area/conwy/>

01492 534769

Conwy Connect

Conwy Connect for Learning Disabilities help promote the rights of people with a learning disability living within the County of Conwy.

<https://www.conwy-connect.org.uk/>

01492 536486

Community Support Service

Self-isolating and need help – find out what’s available in your community

01492 575544

Single Point of Access

Information, advice & referral for Health and Social Care Services

0300 456 1111

Conwy Telecare

Telecare can provide peace of mind that someone can be automatically alerted if you need assistance or in the event of an emergency situation

01492 577560

Blue Badge

01492 577800

DEWIS Cymru

<https://www.dewis.wales/>

Welfare Rights

Benefit advice

01492 576605

Department for Work and Pensions

0345 6060 265

Care Inspectorate Wales

0300 7900 126

Wordsearch

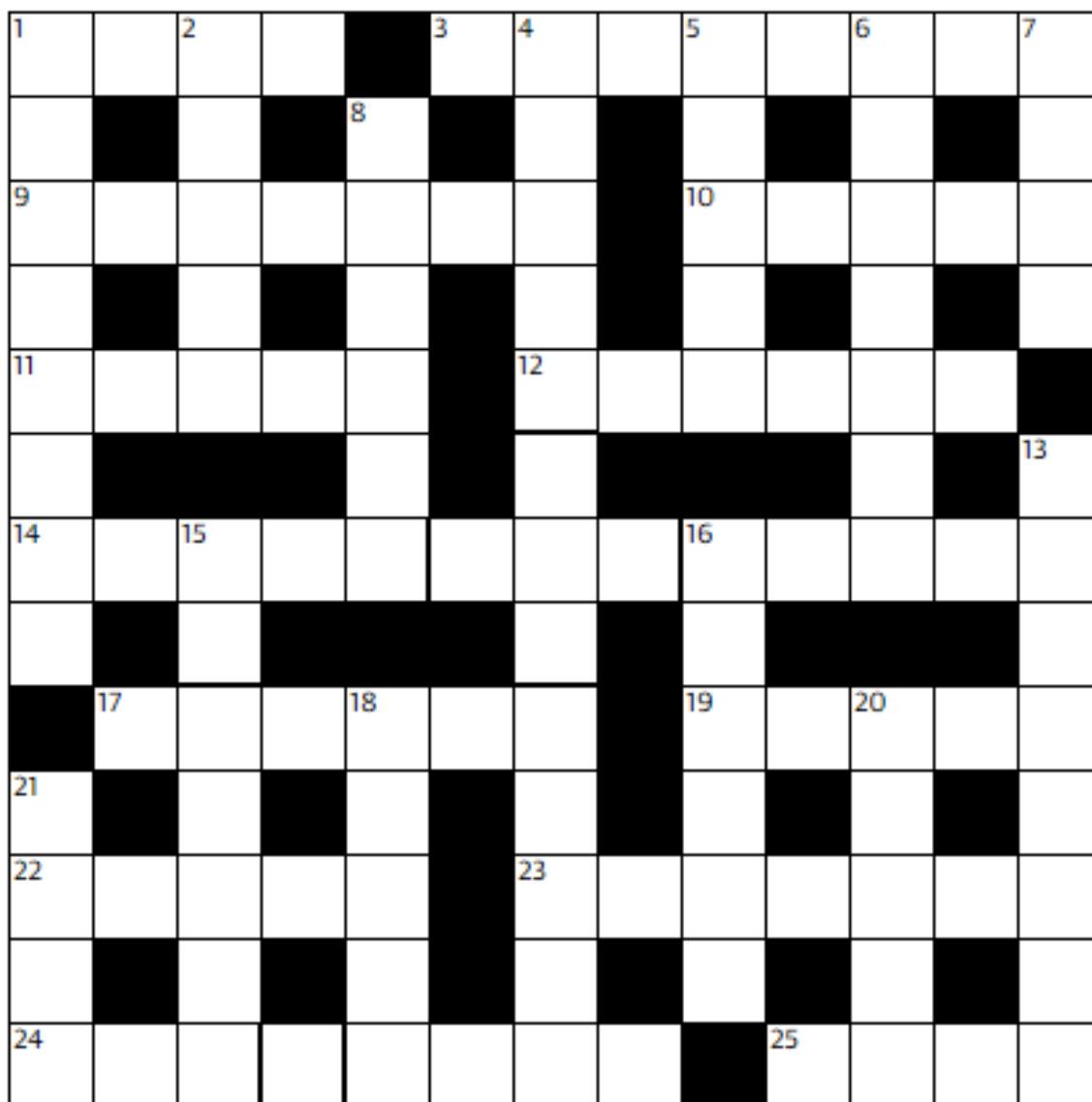
A A A E C R I O N E R M T
S I I O G H T O S M A A E
S L N L C U A N E E U T N
D A G N R E E G H N H I O
P D R N O B R N A G P S M
O S E G U T I G O L A S P
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C A A D V N T E N A M E S
K G W H I S T L E R N G S
G T A R U E S G L A E A O
A A A G W A R H O L I S C

Canaletto
Chagall
Dali
Degas
El Greco
Gauguin
Goya

Ingres
Manet
Matisse
Monet
Picasso
Pollock
Renoir

Rubens
Sargent
Seurat
Turner
Van Gogh
Warhol
Whistler

Crossword



Across

- 1 Banner (4)
- 3 Apparitions (8)
- 9 Lack of due care (7)
- 10 More mature (5)
- 11 Maladroit (5)
- 12 New recruit (6)
- 14 Blab (5,3,5)
- 17 An insect – I wager (anag) (6)
- 19 Boring tool (5)
- 22 Aloft (5)
- 23 Oriental (7)
- 24 Test public opinion (3,1,4)
- 25 ___ of Dogs, Man or Skye (4)

Down

- 1 Most amusing (8)
- 2 Seaweeds etc (5)
- 4 Modernising Russian tsar, d. 1725 (5,3,5)
- 5 Freight (5)
- 6 Exact copy (7)
- 7 Still able to move lightly and fast (4)
- 8 To do with teeth (6)
- 13 Alienate – sergeant (anag) (8)
- 15 Suffering greatly (2,5)
- 16 Tasteless and loud (6)
- 18 Edible marine snail (5)
- 20 Take a stab at the answer (5)
- 21 Abandoned child (4)

Crossword answers

¹ F	L	² A	G		³ S	⁴ P	E	⁵ C	T	⁶ R	E	⁷ S
U		L		⁸ D		E		A		E		P
⁹ N	E	G	L	E	C	T		¹⁰ R	I	P	E	R
N		A		N		E		G		L		Y
¹¹ I	N	E	P	T		¹² R	O	O	K	I	E	
E				A		T				C		¹³ E
¹⁴ S	P	¹⁵ I	L	L	T	H	E	¹⁶ B	E	A	N	S
T		N				E		R				T
	¹⁷ E	A	R	¹⁸ W	I	G		¹⁹ A	U	²⁰ G	E	R
²¹ W		G		H		R		S		U		A
²² A	B	O	V	E		²³ E	A	S	T	E	R	N
I		N		L		A		Y		S		G
²⁴ F	L	Y	A	K	I	T	E		²⁵ I	S	L	E

Colouring



Colouring



Origami

1
Squint only 1 of your eyes.

2
Take your 2 hands and give yourself a hug.

3
Give your mom or dad 3 kisses.

4
Sing a song for 4 minutes.

5
Go down the slide 5 times.

6
Go find 6 rocks.

7
Jump 7 times.

8
Slap your knee 8 times.

Sausage & Leek Mash Pie

Enjoy sausages and kale with a cheesy mash topping made with leeks and mustard. You can freeze this pie for busy weeknights when you need to feed a crowd.



Ingredients:

- 4 large potatoes, peeled and cut into 3cm chunks
 - 2 tbsp oil
 - 6 pork sausages
 - 1 tbsp plain flour
- 450ml fresh chicken gravy
 - 150g, kale, shredded
 - 3 leeks, finely sliced
- ½ tbsp. wholegrain mustard
 - 2-3 tbsp whole milk
- 50g smoked or ordinary cheddar, grated

Method:

1. Boil the potatoes for 12 minutes or until tender. Drain and leave to steam-dry.
2. Heat 1 tbsp oil in shallow casserole or deep skillet (20-25cm). Pinch the sausages out of their skins into large pieces, directly into the pan, and fry over a medium heat for 7-8 minutes or until golden brown. Add the flour and stir everything together, cooking for 1 minute. Pour in the gravy and 100-200ml water (depending on how thick you like your gravy), bring to a simmer, then add the kale and cook for 5 minutes. Remove from the heat.
3. Meanwhile, in a separate pan, add the remaining 1 tbsp oil, then the leeks and fry for 5-10 minutes until tender, adding a small splash of water to help them cook. Heat your grill to its highest setting.
4. Mash the potatoes until smooth. Stir through the leeks, mustard and milk, and season. Spoon and swirl the mash on top of the sausage mixture, then scatter over the grated cheese and grill for 3-5 minutes or until golden brown.

Strawberry Cheesecake in 4 easy steps



Ingredients:

- 250g digestive biscuits
- 100g butter, melted
- 1 vanilla pod
- 600g full fat soft cheese
- 100g icing sugar
- 284ml pot of double cream

For the topping

- 400g punnet of strawberries, halved
- 25g of icing sugar

Method

1. To make the base, butter and line a 23cm loose-bottomed tin with baking parchment. Put the digestive biscuits in a plastic food bag and crush to crumbs using a rolling pin. Transfer the crumbs to a bowl, then pour over the melted butter. Mix thoroughly until the crumbs are completely coated. Tip them into the prepared tin and press firmly down into the base to create an even layer. Chill in the fridge for 1 hour to set firmly.
2. Slice the vanilla pod in half lengthways, leaving the tip intact, so that the two halves are still joined. Holding onto the tip of the pod, scrape out the seeds using the back of a kitchen knife.
3. Place the cream cheese, icing sugar and the vanilla seeds in a bowl, then beat with an electrical mixer until smooth. Tip in the double cream and continue beating until the mixture is completely combined. Now spoon the cream mixture onto the biscuit base, starting from the edges and working inwards, making sure that there are no air bubbles. Smooth the top of the cheesecake down with the back of a dessert or spatula. Leave to set in the fridge overnight.
4. Bring the cheesecake to room temperature, about 30 minutes before serving. To un-mould, place the base on top of a can, then gradually pull the sides of the tin down. Slip the cake onto a serving plate, removing the lining paper and base. Puree half the strawberries in a blender or food processor with 25g of icing sugar and 1tsp water, then sieve. Pile the remaining strawberries onto the cake, then pour over puree.