

Caring Matters

August/September 2023 - The newsletter of Carers Northumberland



Welcome to the August/September edition of Caring Matters...



In this issue you'll find

- Focus on finance & grants
- Cold Water Dip
- Photos from Carers Week
- Details of our new Hexham group
- Workshops, meals, walks and much more!

July was wetter than we hoped, but we've got our fingers crossed for good weather in August and September!

We have so many exciting things planned for the coming months and you'll find out more as you read through this newsletter. To make the most of the last months of summer we have planned walks, meals out and even a cold water dip!

We have a new group starting in Hexham/Acomb this month, we hope to see you there!

We would like to take this opportunity to thank everyone who took part in Carers Week, and for all the positive feedback we have received. We really enjoyed getting out into the community and seeing you all.

Registered Charity Number: 1122972 Company Number: 6266972
Carers Northumberland, 107 & 109 Station Road, Ashington, NE63 8RS



2023

CARERS WEEK

We had a busy Carers Week this year, with trips to Northumberland Zoo, Eshott Airfield and Holy Island. Thank you to everyone who joined us, we had an amazing time!

Focus on Finance

Benefit Checks

It is very easy to find out if you are entitled to additional benefits. A benefit check takes around 20 minutes and can be completed over the telephone.

You should have a new benefit check every time your circumstances change, even if you think your income is fairly high.

Savings below £10,000 are disregarded if you are pension age and even if you have high savings you may be entitled to some benefits. Benefit checks are also a good way to see how your income might differ if your circumstances change (new job, leaving work, additional benefits, moving house etc)

Carer Support Fund

A small grant to enable carers to take short breaks from their caring responsibilities. The amount received depends upon individual carer circumstances.

The Fund is available to adult carers of adults (over 18s), who have been registered with Carers Northumberland for two months or longer.

The Fund must be spent on the carer, but can be used in whatever way offers the best break.

Sample uses of the Fund;

Gym and sports club membership, hobby equipment, visiting friends, nights out or trips away, creating a quiet space at home.

Family Breaks Fund

This fund is available to help carers to take a break with their family. The fund may be spent on things like: days out at theme parks, theatres etc. or holidays/breaks. Additional costs like bus/train tickets, petrol and food costs can also be covered by the fund.

Eligibility:

- There must be an adult carer registered with Carers Northumberland and at least one child (under 18) in the home
- The family must not have had a break / holiday in the last two years
- We will carry out a benefit check to confirm the family is claiming all benefits and classed as low income

Household Support Fund

We are working with Northumberland County Council to provide support to carers who are struggling with the cost of living. The grant is funded by the UK Government via the DWP.

The grant is for support with costs of energy (heating, lighting, and cooking), food, water and other essential living needs (white goods etc.) The grant can cover only essential needs and cannot fund items that have already been purchased.

In order to access the fund the carer must have a benefit check to show they are claiming all benefits they are entitled to, must not have over £4000 in savings and must be classed as a low income household.

For more information please call 01670 320025 or email:
info@carersnorthumberland.org.uk

**New
Group!**

Hexham/Acomb Carer Group

**Carers
Only**

Join us at our brand new Hexham/Acomb Carer Group! Its a great opportunity to meet new people, have a chat, share tips and advice, meet Carers Northumberland staff and have some time for yourself.

**Last Friday of each month at 11am at
Journey Enterprises
Network House, Acomb, Hexham, NE46 4SA**

Upcoming Dates: 25th August - 11am 29th September - 11am

**Carers
Only**

**We always welcome new members to our carer groups,
come and meet our friendly volunteers at:**

Alnwick Carer Group

First Tuesday of the month at 10am at
Mind and Sole, Wagon Way Rd, Alnwick,
NE66 1QQ

**Join
Us!**

Amble Carer Group

First Friday of the month at 3pm at
Amble Parish Hall, 1 Dovecote St, Amble,
NE65 0DX

For more information please call 01670 320025
or email: info@carersnorthumberland.org.uk

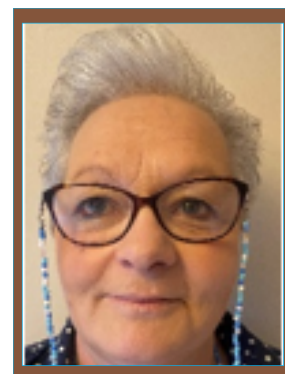
CARERS INTO WORK PROGRAMME



Introducing Lisa ...

Lisa Wackett joined our project in March to support carers to stay in employment or look at volunteering, education, training or employment to build confidence and promote well being.

Lisa has loads of experience of encouraging and supporting her clients to achieve their goals as she has over 30 years' experience of supporting clients into employment.



If you would like support with anything related to work or training, please contact us on 01670 320025 or info@carersnorthumberland.org.uk

Less Stress Workshop

Caring can be tough, and its really important that you take care of yourself. This workshop will help provide you with the tools to help manage your feelings of stress and understand how valued you are.

2pm - Wednesday 30th August
Online - Via Zoom

To book your space call 01670 320025 or book online here:
<https://carersnorthumberland.org.uk/news-and-events>



Making Guilt Manageable - Berwick

Guilt can be draining. Find out how to: recognise guilty feelings, know your own guilt triggers and keep guilt in check.

2pm - Friday 8th September
William Elder Building, 56-58 Castlegate
Berwick upon Tweed, TD15 1JT

To book your space call 01670 320025 or book online here:
<https://carersnorthumberland.org.uk/news-and-events>



Catch Up Meal - Cramlington

Take a break, enjoy a meal and meet other carers in a relaxed setting.
Everyone will be responsible for paying for their own meals.

Tuesday 15th August - 4pm

John The Clerk Of Cramlington (JD Wetherspoon)
Low Main Place, Cramlington, NE23 1DN

BOOKING IS ESSENTIAL

To book your space call 01670 320025 or book online here:
<https://carersnorthumberland.org.uk/news-and-events>

Everyone
Welcome

Catch Up Meal - Hexham

Take a break, enjoy a meal and meet other carers in a relaxed setting.
Everyone will be responsible for paying for their own meals.

Thursday 14th September - 1pm

Cafe Enna
Tyne Green, Hexham, NE46 3HQ

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Everyone
Welcome

Catch Up Meal - Berwick

Take a break, enjoy a meal and meet other carers in a relaxed setting.
Everyone will be responsible for paying for their own meals.

Thursday 21st September - 4pm

Limoncello
Hide Hill, Berwick-upon-Tweed TD15 1EQ

BOOKING IS ESSENTIAL

To book your space call 01670 320025 or book online here:
<https://carersnorthumberland.org.uk/news-and-events>

Everyone
Welcome

Walks



Seaton Sluice - Blyth with Fish & Chips

Wednesday 16th August - 12pm

Meet at Seaton Sluice Car Park, Fountain Head, Links Road, NE26 4JY. The walk is approximately 3.5 miles and is wheelchair accessible. Stopping at Coastline Fish & Chips, Blyth for lunch. Parking at Seaton Sluice Car Park is free. All attendees will be responsible for paying for their own meals.

Ashington Woods

Tuesday 29th August - 11am

Meeting outside Ashington Police Station. Walk is approx 1.5 miles, appropriate footwear is required and this walk is NOT wheelchair accessible. Parking available in Asda car park, Lintonville Terrace, Ashington, NE63 9XG. Dogs are welcome!

Sycamore Gap

Thursday 31st August - 2pm

Meeting at The Sill car park. This walk is approx 2 miles and has some steep climbs and slippery areas. Sturdy footwear is required, this walk is NOT wheelchair accessible. Parking is Pay and Display, toilets and food/drink available at The Sill. Dogs are welcome!

Cresswell Beach/Drift Cafe

Tuesday 5th September - 1pm

Meeting outside the Drift Cafe, Cresswell, Morpeth, NE61 5LA (free parking available). Walk is approximately 2 miles, we will be stopping at the Drift Cafe for a coffee afterwards. Walk is on the beach so NOT wheelchair accessible. Dogs are welcome!

**To book your space call 01670 320025 or book online here:
<https://carersnorthumberland.org.uk/news-and-events>**

Cold Water Dip

Boulmer



Join us for a guided dip at Boulmer. Have you ever wanted to try open water swimming but worried about how to go about it? Come and join us! This is a dip not a swim, so it is open to all abilities, non-swimmers welcome. Wetsuits, boots, gloves and hot drinks are provided.

This session will be run by Mind Dippers, a fully insured group with qualified swim leaders. Worried about trying it? Mind Dippers will show us how to dip safely and will support you to overcome any worries.

Tuesday 12th September- 2.30pm
Boulmer



BOOKING IS ESSENTIAL

To book your space call 01670 320025 or book online here:
<https://carersnorthumberland.org.uk/news-and-events>

Carers Northumberland Welcome Meeting

Carers
Only

As our numbers grow and more carers begin to identify themselves to our service we would like to make sure you are all aware of what we do and how we can support you in your caring role.

We are inviting carers who are new to our service to an online welcome meeting.

Here we will introduce you to our team, let you know more about our services and how to access them. We will show you how to get the best out of our website and how to book onto our events and workshops. The welcome meeting is also an opportunity for you to ask us any questions.

**The sessions will run via Zoom.
Our next sessions will be held on:
Thursday 24th August 6-7pm
Thursday 28th September 6-7pm**

New carers will be sent details in their welcome pack but they can also book online here:

<https://carersnorthumberland.org.uk/news-and-events>

Restorative Yoga Morpeth

Carers
Only

We will be running a session of Restorative yoga, this is a style of yoga that encourages physical, mental and emotional relaxation. The session will be relaxed and accessible to all abilities.



Saturday 23rd September at 11.30am
at
Yoga Den
Wellwood House, Dark Lane, Morpeth, NE61 1SU



BOOKING IS ESSENTIAL AND ALL EQUIPMENT WILL BE PROVIDED

To book please call 01670 320025 or visit: <https://carersnorthumberland.org.uk/news-and-events>

August

 = Carers only


 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 1st August	Alnwick Carer Group Mind and Sole, Alnwick, NE66 1QQ	10-11am	
Thursday 3rd August	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Friday 4th August	Amble Carer Group Amble Parish Hall, 1 Dovecote Street, Amble, NE65 0DX	3-4pm	
Tuesday 8th August	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Thursday 10th August	Prudhoe Carers Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Tuesday 15th August	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Tuesday 15th August	Carer Meal - John the Clerk of Cramlington Low Main Place, Cramlington, NE23 1DN	4pm	
Wednesday 16th August	Seaton Sluice/Blyth Walk - Fish & Chips Seaton Sluice Car Park, Fountain Head, Links Road, NE26 4JY	12pm	
Friday 18th August	Beamish Trip	All Day	
Thursday 24th August	Carer Welcome Group - via Zoom	6pm-7pm	
Friday 25th August	*NEW GROUP* Hexham/Acomb Carer Group Journey Enterprises, Network House, Acomb, Hexham, NE46 4SA	11am-12pm	
Tuesday 29th August	Ashington Woods Walk Ashington Community Woodland, Ashington, NE63 9XS	11am	
Wednesday 30th August	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Wednesday 30th August	Less Stress Workshop - Zoom	2pm	
Thursday 31st August	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm	
Thursday 31st August	Sycamore Gap Walk - The Sill, Hexham, NE47 7AN	2pm	

You can reserve your space by calling 01670 320025 or you can book online here: <https://carersnorthumberland.org.uk/news-and-events>

September

 = Carers only

 = All welcome

DATE	GROUP / ACTIVITY	TIME	HAVE YOU BOOKED
Friday 1st September	Amble Carer Group Amble Parish Hall, 1 Dovecote Street, Amble, NE65 0DX	3pm - 4pm	
Tuesday 5th September	Alnwick Carer Group Mind and Sole, Alnwick, NE66 1QQ	10am - 11am	
Tuesday 5th September	Walk - Cresswell Beach Dog Walk Meeting outside the Drift Cafe, Cresswell, Morpeth, NE61 5LA	1pm	
Thursday 7th September	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am -11.30am	
Friday 8th September	WORKSHOP - Making Guilt Manageable William Elder Building, 56-58 Castlegate, Berwick upon Tweed, TD15 1JT	2pm - 3.30pm	
Tuesday 12th September	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am -11.30am	
Tuesday 12th September	Cold Water Dip - Boulmer	2.30pm	
Thursday 14th September	Prudhoe Carers Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10am - 11am	
Thursday 14th September	Catch up meal - Café Enna, Hexham Tyne Green, Hexham, NE46 3HQ	1pm	
Friday 15th September	Morpeth Carer Group NCBA Reiver House, Statithes Lane, Morpeth, NE61 1TD	2pm - 3pm	
Tuesday 19th September	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am - 12pm	
Thursday 21st September	Catch up meal - Limoncello, Berwick Hide Hill, Berwick-upon-Tweed TD15 1EQ	4pm	
Saturday 23rd September	Restorative Yoga - Morpeth Yoga Den, Wellwood House, Dark Lane, Morpeth, NE61 1SU	11.30am - 12.30pm	
Wednesday 27th September	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 28th September	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1pm - 2pm	
Thursday 28th September	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 29th September	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	

You can reserve your space by calling 01670 320025 or you can book online here: <https://carersnorthumberland.org.uk/news-and-events>

Sim Cards For Carers

Carers Northumberland have been supported by Vodafone's Charities Connected programme to provide free SIM cards to registered carers. The SIM cards have 20GB data, unlimited calls and texts per month, for 6 months. The SIM cards can only be used in Vodafone or unlocked handsets.

Every registered carer can apply for one SIM card for their personal use. If you would benefit from a free SIM card to use for 6 months, please complete the application form <https://forms.office.com/r/ssHLLG303K> or call our Info Team on 01670 320025.

Thanks to a generous donation from Vodafone, carers who have accessed the scheme in the past are now eligible to apply again.

CNTW Carer Card Scheme

CNTW value carers and the essential role they play. The Carer Card identifies carers, and recognises the value of their involvement in the care of people who have accessed services within the Trust.

Identification

The Carer Card will enable everyone to recognise someone as a carer.

Trust cafés

The Carer Card offers a carer 50% discount in Trust cafés, when shown at the till. The maximum discount is £10 on a £20 daily spend.

Parking at Trust sites

The Carer Card can be used to register a car for free parking at all Trust owned sites. Vehicle details must be registered through a main reception desk. This registration will allow free parking for one year.

How does a carer get a Carer Card?

A carer should be offered a Carer Card by staff in clinical services.

For more information about the Carer Card, contact the Patient and Carer Involvement Service. Telephone: 01670 501 816

Email: Involvement@cntw.nhs.uk Website: www.cntw.nhs.uk/involvement

NHS
Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

