

Caring Matters



August/September 2022 - The newsletter of Carers Northumberland



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



In this issue you'll find

- Meet our new team members
- Photos from Carers Week 2022
- Advice on the rising cost of living
- Walks, trips and much more!

As we write this the sun is shining and it looks like we will have a glorious summer.

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 good weather we have planned walks, trips and carer catch ups across Northumberland. We also have a new schedule of workshops, which will now be held both face to face and via Zoom.

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.

RETURN TO WORK CARERS PROJECT



Are you looking for employment, education or volunteering opportunities?

Our Carers into Work Adviser at Carers Northumberland can offer you in depth support to find what is available within your local area and trying to meet your requirements. It is a voluntary project, and we aim to support you the best we can in your next steps.

- We will offer options on the support that can be provided and tailor the information to you
- Dedicated support, at a time that is convenient to you and working together at your pace
 - Application and CV support.
 - Interview advice and mock interviews.
- Understanding what transferable skills you have, and how to put it across in a new role
- Searching for relevant and approved courses at providers and through distance learning

If you would like dedicated support today, you can call us on call us on 01670 320025 or email rearahman@carersnorthumberland.org.uk

State of Caring

SURVEY 2022



The State of Caring survey 2022 is now live! This is the most comprehensive research into the experience of carers in the UK. It creates a powerful body of evidence that highlights what caring looks like in the UK today and what needs to be done to ensure carers are supported. Last year, over 8,000 carers shared their experiences in the survey. This helped us to secure new rights for carers in the Health and Social Care Act 2022 in England, provide evidence of the need for a right to Carer's Leave and campaign for cost of living support for carers across the UK.

We want to hear what challenges you're facing and what support you need. Have your say:
<https://www.surveymonkey.co.uk/r/YR9Y9W6>

The survey takes around 20-30 minutes to complete – we really appreciate every carer who takes the time to share their experiences

Welcome our new Info Team members!



Hayley - Carer Information & Advice Worker - Mental Health

Hi, my name is Hayley, I have recently joined the Carers Northumberland team as an Information and Advice Worker – Mental Health. In my role I will be providing support and assistance to carers with a focus on mental health and wellbeing and/or learning difficulties/learning disabilities.

Throughout my career I have worked with vulnerable children and young people and in more recent years have focused on a mental health pathway. I have worked within a multidisciplinary team to provide a holistic approach to care. I have supported young people in group settings to provide therapeutic interventions as well as working one to one to provide support.

I was interested in this job role at Carers Northumberland as I have lived experience of being a carer for family members and understand the impact this can have on a person's life and would like the opportunity to support carers in their role. During the pandemic I rescued a lurcher puppy and now spend a lot of my time walking him on the beach.

Dan - Carer Information & Advice Worker

Hello, I'm Dan and I recently joined Carers Northumberland as a Carers Information and Advice Worker. My background is in pharmacy, having worked across various roles in community pharmacy since 2009. For the majority of my career I worked in patient facing roles, providing medications as well as advice and signposting to patients all over Northumberland. More recently I was involved in pharmacy regulation which, being a non-patient facing role, made me realise that I really missed the personal interaction and the relationships built up over the years with patients. I joined Carers



Northumberland as I wanted to get back into a role where helping people is the number one objective. There is definitely a lot to learn but everyone at Carers Northumberland is so friendly and knowledgeable that they are always on hand to answer any questions I have. I have already been privileged enough to attend some of the carers support groups we run around the region and have managed to meet some of you face to face and I'm really looking forward to helping and working with you all in the future.

I have lived in Northumberland my whole life and I don't see myself ever moving away. We are so lucky to live in a such beautiful part of the country and my spare time is usually spent exploring Northumberland on my motorbike or going for walks with friends or reading in my garden. I'm also part way through renovating my house, which I bought just before the start of lockdown so that keeps me really busy!

Help Us Make a Difference



Group Host Volunteer

As we start our face to face groups around the county we are looking for volunteer group hosts. Regular groups around Northumberland are valued amongst our carers. They enjoy being able to talk freely without judgement while sharing experiences; as well as the social aspect of meeting friends, having time out for themselves and having fun.

Carer Ambassador

Would you like to volunteer, but simply don't have the time? We have the perfect volunteer role for you!

Getting the word out is a really important part of what we do, many carers don't even know they are carer or that they have rights.

By helping us share information and promote carer awareness you can help make a real difference

For more information please visit:
www.carersnorthumberland.org.uk

[/vacancies](#)

or call our Information Team on
01670 320025





CARERS WEEK 2022

Carers Week is over for another year, we had an amazing time and we hope you did too! With afternoon teas, walks, cookery sessions and trips to Alnwick Garden and local fire stations we had a busy week and saw carers all over Northumberland. We wanted to share some photos of the week, thank you so much to everyone who got involved.

Cost of Living Support Guide

Earlier this year the government announced financial support to help households cope with the increased cost of electricity and gas. The main feature was to give all households in Council Tax Bands A-D a non-repayable payment of £150, most of which have been paid in April or May. The continued rising costs of energy, and other goods have contributed to rising inflation and further support measures have been announced. This guide lists upcoming support measures from the government.

Name of payment	How much? (all are grants)	Who is eligible?	When and how?
Energy Bills Support Scheme	£400 per household	Households with a domestic electricity meter(all households).	Via energy suppliers over 6 months from October 2022. Direct debit and credit customers- money credited to their account. Pre-payment meter customers- money applied to their meter or paid via a voucher.
+ Pensioner Cost of Living Payment	£300 per household	Must be over State Pension age (aged 66 or above) between 19 – 25/9/2022 and be receiving the Winter Fuel Payment. (8 million pensioners)	Automatically as a top-up to their annual Winter Fuel Payment in November/ December 2022. For most pensioner households, this will be paid by direct debit.
+ Cost of Living Payment	£650 per household (paid in 2 instalments of £325)	Households on certain means tested benefits as at 25/5/2022 for the first instalment, (another entitlement date for the second instalment will be announced)- Universal Credit or 5 Legacy Benefits(JSA(IB), ESA(IR)/ IS/ WTC/ CTC) or Pension Credit (8 million households)	Automatically paid by the DWP in 2 instalments , the first in July 2022 and the second in Autumn 2022. HMRC will pay a little after this to avoid duplicate pavements.
+ Disability Cost of Living Payment	£150 per claimant	Claimants on DLA/ PIP/ AA/ Scottish Disability Benefits/ Armed Forces Independence Payment/ Constant Attendance Allowance/ War Pension Mobility Supplement at 25/5/2022 (6 million claimants)	Automatically in September 2022.

If you need support or advice with benefits or finances contact our Information Team on 01670 320025 or info@carersnorthumberland.org.uk

Carer Walks

Berwick Town Walls

Friday 12th August - 10.30am

This walk is approximately 1.5 miles. Walk is very flat and should be suitable for wheelchairs. Meeting at B&M car park.

Ponteland Park

Thursday 18th August - 2pm

This walk is approximately 1.5 miles. Due to uneven ground this walk may not be suitable for wheelchairs. Meeting at Main Entrance to Ponteland Park opposite Merton Hall.

Cambois - Fish & Chips

Tuesday 27th September - 12pm

This walk is approximately 1.5 miles. Walk is very flat and should be suitable for wheelchairs. We will be stopping for fish and chips at The Shack at the Beach (you will be responsible for paying for your own meal). Meeting at the car park opposite the bus stops at Debdon House, NE24 1RQ (please contact Info Team for directions to car park if required)

Booking is essential for each walk, you can book online here: www.carersnorthumberland.org.uk/news-and-events or contact us on 01670 320 025. The cared for, friends and family are also welcome on these walks. Anyone attending under the age of 16 must be accompanied by an adult.

Carer Catch Up

Bamburgh Castle Inn

Friday 9th September - 2pm

Have a break, treat yourself to a drink and meet other carers in an informal setting. Carers will be responsible for paying for their own drinks. Parking is available.

Bamburgh Castle Inn, Seahouses, NE68 7SQ

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

ALNWICK GARDEN TRIP

THURSDAY 15TH SEPTEMBER

Join us on a trip to the beautiful Alnwick Garden. Due to limited tickets this trip is for carers only. Transport is available, if we do not have enough interest the buses may be cancelled. Booking is essential.

Tickets £10

(If ticket price is prohibitive please speak to the Info Team)

Transport available from:

- Berwick upon Tweed
- Wooler
- Cramlington
- Morpeth

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

Carer Catch Up Meal - Sambuca Cramlington

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

Monday 15th August - 4pm - Sambuca Cramlington

Glasshouse, Manor Walks Shopping Centre
Cramlington, NE23 6UT

3 Course Lunch Special (£7.95) available. For menu and prices please see: <https://www.facebook.com/SambucaCramlington/>

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

Less Stress Workshop

Caring can be tough, and it's 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.

Monday 8th August - 11am - Ashington

Newcastle Building Society (Community Room)

10 Station Road, Ashington, NE63 9UJ

*upstairs - no lift available



Planning For The Future Workshop

It's normal to have concerns about the future, putting plans in place can help you feel more relaxed. This workshop will look at Emergency Care Planning, Lasting Power of Attorney and more.

Monday 15th August - 11am - via Zoom

Monday 5th September - 2.30pm - Morpeth

Newcastle Building Society (Community Room)

14A Market Place, Morpeth, NE61 1HG

*upstairs - no lift available



Making Guilt Manageable Workshop

Caring for someone can be very rewarding, but it can also be challenging and sometimes upsetting. It's common for carers to feel guilty. This workshop will look at recognising and managing this guilt.

Monday 26th September - 3pm - via Zoom



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

Caring Matters - August/September

- August -

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Every Tuesday	Online Carers Group held via Zoom	2pm	
Tuesday 2nd August	Alnwick Carer Group - Community Room off Greenwell Road, NE66 1SF	2-3pm	
Thursday 4th August	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Monday 8th August	Less Stress Workshop Newcastle Building Society, 10 Station Road, Ashington, Northumberland, NE63 9UJ	11am-12pm	
Tuesday 9th August	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Thursday 11th August	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Friday 12th August	Carer Walk - Berwick Town Walls	10.30 - 12pm	
Monday 15th August	Planning for the Future Workshop via Zoom	11am-12pm	
Monday 15th August	Carer Catch Up Meal Sambucas, Glasshouse, 4&5 South Mall, Manor Walks Shopping Centre, Cramlington NE23 6UT	4pm	
Tuesday 16th August	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Thursday 18th August	Carer Walk - Ponteland Park Main Street, Ponteland, Newcastle upon Tyne, NE20 9PX	2-3.30pm	
Friday 19th August	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Thursday 25th August	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm	
Wednesday 31st August	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	

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

Caring Matters - August/September

- September -

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Every Tuesday	Online Carers Group held via Zoom	2pm	
Thursday 1st September	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Monday 5th September	Carer Workshop - Planning for the Future Newcastle Building Society, 14 Market Place, Morpeth, Northumberland, NE61 1HG	2.30-3.30pm	
Tuesday 6th September	Alnwick Carer Group - Community Room off Greenwell Road, NE66 1SF	2-3pm	
Thursday 8th September	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Friday 9th September	Carer Catch Up - Bamburgh Castle Inn, Seahouses, NE68 7SQ	2-3pm	
Tuesday 13th September	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Thursday 15th September	Alnwick Garden Day Trip Greenwell Road, Alnwick, Northumberland, NE66 1YU	9.30am-3.30pm	
Friday 16th September	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Tuesday 20th September	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Monday 26th September	Carer Workshop - Managing Guilt via Zoom	3-4pm	
Tuesday 27th September	Carer Walk/Fish & Chips - Cambois Beach Car park opposite Debdon House - Cambois, Blyth NE24 1RQ	12-1.30pm	
Wednesday 28th September	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Thursday 29th August	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm	

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

Support Line

Are you worried about your mental health and want to talk to someone?

Part of Tyneside and Northumberland Mind's ACT service is a support line offering easy access to mental health and wellbeing information. For everyone aged 16 and over living in Newcastle, Gateshead and Northumberland. We are here to talk, to listen and to support you when you need it.

Call us when you need us. 7 days a week 8am - 10pm

0191 477 4545 or 0330 174 3174

(Calls are charged at local rate)



A Walk Down Memory Lane

For those affected by dementia – those with dementia and other memory loss, those who care for them, and for their families – Cramlington Parish would like to invite you to an afternoon of friendship, song, story-telling and reminiscence. This takes place on the last Tuesday of every month, in the Parish Centre next to St Nicholas' Church in the Village, from 2.00 pm to 3.30 pm.

Refreshments are provided, and there is no charge.

If you would like to find out more, just contact:

Rev David Gray – 07540 620632 or revdavegray@aol.com

Tish and Mike – 01670 737691 or tishandmike@aol.com

**Next sessions: Tuesday 30th August
Tuesday 27th September**



Wooler Carer Group

Grinders Cafe, 29 High St, Wooler

**Next Meeting:
10.15 - 11.30am**

**Wednesday 17th August
Wednesday 21st September
Everyone welcome**

Supported by:

