



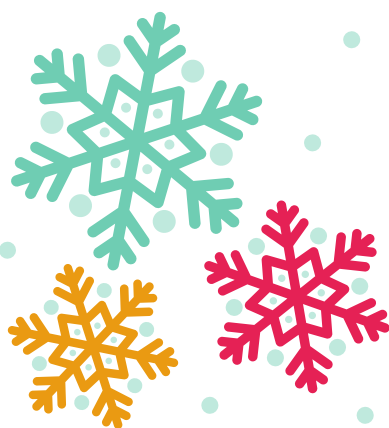
Caring Matters



December/January 2022 - The newsletter of Carers Northumberland



Welcome to the December/January edition of Caring Matters...



Welcome to our final Caring Matters for 2021. We started the year with high hopes that the worst of the pandemic was over, but it soon became clear that things were not going to return to normal any time soon. With that in mind we carried on with our remote groups and workshops. Our Information and Advice Service registered a record 858 carers in the first four months of the year in response to the vaccination programme and the priority grouping for carers. We're always keen to ensure carers identify and register with us but we didn't expect it to take a global pandemic to be the catalyst for such high numbers! We've utilised our online presence more than ever this year, and launched a new, modern, interactive website and made more use of our social media outlets to try and get as much information out to carers as possible. We've seen some changes of staff too, Tony and Leanne left earlier this year, but we've been joined by Hannah, Rea, Karen and Ethan. The staff and volunteers were excited to get back to some face to face activities once the restrictions lifted and we're pleased that most of our peer support groups are now back up and running in the real world rather than the virtual one. We've also had some trips and we're looking forward to continuing to get out and about across the county in 2022. A big thank you to everyone who has completed the multitude of surveys and requests for help over the year, it really is appreciated.

As this is the final newsletter for 2021, I would like to wish everyone a safe and peaceful Christmas and New Year on behalf of the Carers Northumberland staff, trustees and volunteers.

In this issue you will find...

- Details about our Information Service
- Festive competitions and events
- Updates from our October Trips
- Dates for your diary and much more

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.

CHRISTMAS QUIZ

Can you name Santa's reindeer?

Do you know how many partridges were in the pear tree?

Join us for our Christmas Quiz!

4pm Tuesday 14th December via Zoom

[Sign up here:](#)

carersnorthumberland.org.uk/news-and-events



INFORMATION & ADVICE SERVICE

Carers Northumberland are here to support you in your caring role, provide you with information and advice, help you access services, know your rights and help you take a break if you need one.

Information Line - 01670 320025

Our Information Line offers a single point of contact for any enquiry linked to your caring responsibilities. Our team can answer your questions, provide information on local services, financial matters, accessing social care, legal issues and carer rights.

Telephone Support

Even if you don't have a specific enquiry, but would like to chat, please feel free to contact us. We are always happy to talk to carers about what is going on for them and how they are feeling.

Benefit Checks

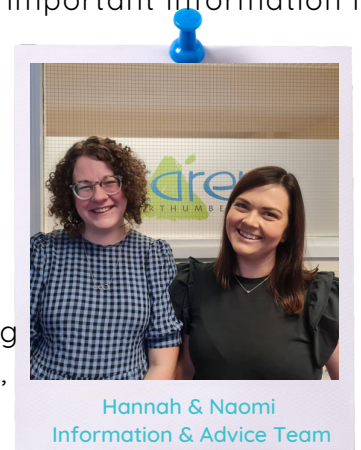
Our team can complete a benefit calculation to check that you are claiming all the benefits you are eligible for. This can be done over the phone and only takes around 30 minutes.

Emergency Care Planning

Our team can support you to make an Emergency Care Plan to document important information about the person you care for. Planning in advance for emergencies can give you peace of mind that the person you care for will be looked after and that all of their important information is in one easily accessible document.

Advance Planning

We are able to support carers and the people they look after to create Lasting Power of Attorneys (LPAs), Advance Decisions and Advance Statements. Our trained advisors will support you to understand all aspects of making and registering an LPA, help with all form filling, explain fees and the processes involved to make advance plans for the future.



CONTACT OUR INFORMATION & ADVICE TEAM

TELEPHONE: 01670 320025

EMAIL: INFO@CARERSNORTHUMBERLAND.ORG.UK

FACEBOOK: CARERS NORTHUMBERLAND

Would you like some support with employment, education or training?

Return to Work project is for carers who are aged 16 and over who would like support with finding employment, education, training, volunteering or even support with career planning. Our advisor, Rea, will have a discussion with you to find out your current situation and together you can narrow down what support that would be best for you.



Rea can support you with:

- CV Writing
- Interviews
- Job Searching
- Searching for Volunteering
- Training Opportunities
- Career Planning

Please contact 01670 320025 or info@carersnorthumberland.org.uk for support

Return to Work Project

The project is voluntary, and an adviser will work alongside the carer at a pace that is suitable to them. To be eligible to be on the project, you would need to be registered with Carers Northumberland, be aged 16+, currently be a carer or been a carer in the last 12 months. We will also support carers who are already currently in employment and would like support with helping you understand your rights at work or even looking for other opportunities.

“After having our first initial chat you brought out a good spark, and I started to think about realistic goals and how I was going to work towards them and achieve them based on the experience I already have. I believe no experience is wasted experience and being a carer has put me in a position on ensuring to manage my time more effectively and making careful choices on how to invest time in myself. Speaking to you from your active listening and your advice I have grown more in confidence, and you have helped me to think about what my next step is whilst still thinking and continuing with my writing.” - Anonymous Carer

Festive Treats

We want to help you take some of the effort out of Christmas this year, so you can spend more time enjoying yourself.

Join Naomi on Tuesday 7th December at 11am where she will be showing you how to create a quick and easy Festive Yule Log.

This is a live demonstration via Facebook:

<https://fb.me/e/4e13XrvAX>

If you would like to cook along you can find a list of what you will need below:

Cake board or decorative plate

Cake decorations

Shop bought jumbo chocolate swiss roll

120g Butter

240g Icing Sugar plus extra for dusting

50g Cocoa Powder

1tbsp Milk

CN Elves

Would you like a visit from our Carers Northumberland Elves?

Carers Northumberland have put together some gift bags containing a variety of treats perfect for keeping cosy this Christmas. The CN Elves will be out delivering these in the run up to Christmas.

If you would like to receive a Gift Bag or you would like to nominate another carer who is registered with Carers Northumberland for one, you can contact our Information Team on 01670 320025 to make a request.

The deadline for making a request is 1st December.



FESTIVE CREATIONS COMPETITION

WIN A FAMILY TICKET TO ALNWICK GARDEN!

Send us a picture of your festive creation:

**Art or crafts - Photography - Festive baking -
Fancy Dress - Creative writing or poetry**

The winning entry will receive an Alnwick Garden Family Pass (2 adults & up to 4 children) and a round of Mini Golf. Send us a picture of your creation by 15th January 2022:

Email: info@carersnorthumberland.org.uk

Facebook Messenger: Carers Northumberland

Post: Carers Northumberland, 107-109 Station Road, Ashington, NE63 8RS



Elderberries Christmas Party - Alnwick Garden

**Alnwick Garden are hosting their annual
Christmas Party for over 55s**

Wednesday 15th December

The Alnwick Garden, Pavilion Room

1.00-4.00pm

Live entertainment and afternoon tea

£4.50 per person

To book and pay call 01665 511350 option 1 then
option 2

October Trips

Did you join us on one of our trips?

Forest School

We had an amazing day learning to make fires and shelters at the Forest School in Prudhoe



Paxton House, Craggside & Seaton Delaval Hall

We didn't let a bit of rain dampen our spirits! Thank you to everyone who braved the bad weather to join us at these beautiful National Trust properties.



December

You must reserve your space for our groups. Please contact 01670 320025 or visit <https://carersnorthumberland.org.uk/news-and-events>

Date	Group / Activity	Time
Thursday 02/12/2021	Ponteland Carer Group Memorial Hall, Darras Road, Ponteland, NE20 9NX <i>*chargable parking applies (online only, no cash), Carers Northumberland can cover costs if you contact us with your car details ahead of the meeting</i>	10.30am - 11.30am
Monday 06/12/2021	Alnwick Carer Group Alnwick Garden <i>*possible change to location, booking is essential for this meeting</i>	2pm - 3pm
Tuesday 07/12/2021	Weekly Carers Group (Online) Via zoom	2pm - 3pm
Tuesday 14/12/2021	Blyth Carer Group Buffalo Centre, 55 Regent Street, NE24 1LL	10.30am - 11.30am
Tuesday 14/12/2021	Christmas Quiz (Online) Replacing usual Tuesday group	4pm - 5pm
Thursday 16/12/2021	Parent Carer Group (Online) Via zoom	11am -12pm
Tuesday 21/12/2021	Weekly Carers Group (Online) Via zoom	2pm - 3pm

Carers Northumberland will be closing for the Christmas period from Friday 24th December and re-opening on Tuesday 4th January.

During this period please contact your doctor for medical advice and Social Services on 01670 536400 for care advice. Out of hours, Social Services can still be contacted on 01670 536400 and you can contact the NHS on 111 for medical advice or 999 in the case of an emergency.

January

Date	Group / Activity	Time
Every Tuesday	Weekly Carers Group (Online) Via zoom	2pm - 3pm
Tuesday 06/01/2022	Ponteland Carer Group Merton Hall, Merton Road, Ponteland, NE20 9PX <i>*Please note venue change</i>	10.30am - 11.30am
Tuesday 11/01/2022	Blyth Carer Group Buffalo Centre, 55 Regent Street, NE24 1LL	10.30am - 11.30am
Tuesday 18/01/2022	Ashington Carer Group Masonic Hall, 2 John Street, Ashington, NE63 0SE	11am - 12pm
Wednesday 19/01/2022	Jump into January Workshop (Online) Via Zoom	11am - 12pm
Wednesday 19/01/2022	Bedlington Carer Group Salvation Army, Hartford Road West, Bedlington, NE22 6HU	1.30pm - 2.30pm
Thursday 20/01/2022	Parent Carer Group (Online) Via zoom	11am -12pm
Wednesday 26/01/2022	Berwick Carer Group William Elder Building, 56 - 58 Castlegate, Berwick, TD15 1JT	11am - 12pm
Thursday 27/01/2022	Cramlington Carer Group Cramlington Hub, Forum Way, Cramlington, NE23 6YB	1pm - 2pm

You must reserve your space for our groups. Please contact 01670 320025 or visit <https://carersnorthumberland.org.uk/news-and-events>



The Chrysalis Club provide Dementia friendly activities and support in Tynedale.

They organise a large range of activities where the carer can join in or they can support the cared for to enjoy the class while their carer has some time to themselves.

If you would like to find out more about the activities on offer you can visit their website:

www.chrysalis-tynedale.org.uk/activities

Facebook:

www.facebook.com/ChrysalisClubTynedale/

or call: 01434 408080



The Northumberland Parent Carer Forum is a voluntary group of Northumberland parents and carers of children and young people (0 – 25) who have special educational needs and/or disabilities.

They work in partnership with service commissioners and providers, sharing knowledge and experience, with the aim of supporting and enabling families within our community to access the services and give them a voice in developing the quality, range, and accessibility of this provision.

For more information about the support they can offer to parent carers please visit:

www.npcf.co.uk

www.facebook.com/northumberlandpcf/

or email: enquiries@npcf.co.uk

WORKSHOP

Jump into January!

January should be a time for taking stock and looking forward. Join our workshop to look at making plans for the coming year, focusing on your needs as well as your caring role. The workshop aims to give you a sense of positive energy and well-being.



**Wednesday 19th
January - 11am**

To book your space on our workshop

visit: carersnorthumberland.org.uk/news-and-events

or call our Info Team on 01670 320025

Carers have the right to:

- be identified as a carer
- discuss flexible working options
- protection from discrimination
- request a free flu jab
- receive a Carer's Assessment
- be consulted on hospital discharge

For more information on your rights as a carer you can call our Info Team on 01670 320025 or visit: <https://www.carersuk.org/news-and-campaigns/carers-rights-day/your-rights>



Carers Rights Day was 25th November and we want to make sure you know your rights

healthwatch Northumberland

Healthwatch Northumberland is your local health and social care champion. If you use social care services, home care or care homes; GPs and hospitals, dentists, pharmacies, or other support services in your area, they want to hear about your experiences.

As an independent statutory body, they have the power to make sure NHS leaders and other decision makers listen to local feedback and improve standards of care. They can also help you to find reliable and trustworthy information and advice.

Healthwatch want your feedback!

It's really important that you share your experiences – whether good or bad, happy or sad. If you've had a negative experience, it's easy to think there's no point in complaining, and that 'nothing ever changes'. Or, if you've had a great experience, that you 'wish you could say thank you'.



Write to:

Healthwatch Northumberland
Adapt (NE), Burn Lane, Hexham
Northumberland, NE46 3HN

Call: 03332 408 468

Email:

info@healthwatchnorthumberland.co.uk

Christmas Wordsearch

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christmas
december
elf
holly
northpole
presents

reindeer
santa
snow
stocking
tree

