

Caring Matters



December/January 2022 - The newsletter of Carers Northumberland



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



In this issue you'll find

- Tips on how to cope at Christmas
- A look back at what we've done this year
- Dates for your diary and much more

Welcome to the final Caring Matters of 2022, what a year we've had! After 2 years of social distancing, we've loved getting out and about, meeting carers across Northumberland. Alongside our regular carer groups, our team has met up with carers for workshops, walks, afternoon teas, meals out and day trips, to name a few! We have also continued to reach carers at home, keeping some of our groups and workshops online and posting out gifts for Carers Week and Christmas. We hope you've managed to join us this year and we look forward to meeting more of you in 2023. This year our Information team has been in touch with more carers than ever. It's been a tough year for many of you and we have provided advice around coping with the rising cost of living, benefits and grants alongside our usual support.

We would like to thank everyone who has supported us this year; volunteers, trustees and everyone completing surveys and answering requests for help, it's very much appreciated!

We would like to wish you a safe and peaceful Christmas and New Year from everyone at Carers Northumberland.

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

Coping at Christmas

Many people enjoy putting their feet up and relaxing over Christmas. But for carers the challenges of looking after someone combined with the extra pressures of Christmas can mean they don't get the chance to have a break. Christmas is a time for family, festivities and fun, but when you're a carer it can be a difficult time for many reasons. We've put together some tips to help you cope.

Try to plan ahead

Doing things at the last minute can add stress. Spreading out your Christmas shopping can be less stressful and ease some of the financial strain. If you're cooking Christmas dinner, try cooking in stages and freezing things.

Don't be afraid to ask for help

As a carer it's important you try to get a rest over Christmas too. If you've got friends and family who could help, even for a couple of hours, don't be afraid to ask them. Many people don't realise the impact caring can have but may be able to offer support if you explain.

Check Christmas opening times

GPs, pharmacies and other services have reduced opening times over the Christmas period. Check the opening times of services you rely on and make sure you have enough medication to last through this time.

Talk to someone

Talking about how you feel can relieve some pressure. If you find this time of year stressful chat with friends or family about how you feel. You could also join us at one of our carer groups or events to meet carers who may be in a similar situation. Alternatively, you can speak to our Info Team for advice or support on 01670 320025.

Carers Northumberland will be closing for the Christmas period from Friday 23rd December to Tuesday 3rd January

Useful numbers for support over Christmas

Medical support or advice: contact your GP, call 111 for advice or 999 in an emergency

Social care: contact Onecall on 01670 536 400 (includes out of hours)

Emotional support: Samaritans 116 123 (free) or 0330 094 5717 (local charges apply)

READLEY

Asbestos and Mesothelioma Support

We are READLEY, a support group helping patients in our region with asbestos related diseases, especially the cancer mesothelioma. Samantha Cox founded the group with Sharon Beaumont, 7 years ago after losing her father to mesothelioma and Joanne Murray now works alongside Sam and Sharon, after also losing her own dad to the disease.

Our support group covers the North East region from the North Yorkshire border to Northumberland and West to the Cumbrian border. We have the support of Mesothelioma UK, a national charity looking after patients with mesothelioma. At our weekly support groups we have a Mesothelioma UK clinical nurse specialist, a benefits and welfare advisor and a panel of legal experts; working collaboratively we hope to offer patient support and help in any way we can. We work closely with respiratory and cancer clinical nurse specialists and consultants in our regional hospitals and they signpost their new and current patients to ourselves for support.

For more information visit: <https://readley.co.uk/>

Dementia Adviser Service



The Alzheimer's Society Dementia Adviser service covers the whole of Northumberland. Our team of experienced and compassionate Dementia Advisers can provide practical and emotional support to meet individual needs.

The service provides one to one support for people who are worried about their memory, have a diagnosis of dementia, their carers and family members. This can be by telephone or face to face.

Dementia Advisers can be contacted directly by anyone needing support or through a referral from any health or social care professional. They will:

- listen to your needs, providing tailored information and advice so you can consider your future options
 - help you and your family understand your diagnosis and what it means for you
- link you with local professionals and services, from social groups to help managing your money
 - provide support for you to access other services

Contact the Northumberland Dementia Adviser Team on 01670 813255 (answer machine out of hours) or at northumberland@alzheimers.org.uk

More information and advice can be found at www.Alzheimers.org.uk or by contacting Dementia Connect Helpline: 0333 150 3456.

Caring Matters - December/January

Looking back at 2022!

With the start of 2022 came the relaxation of social distancing rules and learning to live with the pandemic. This meant we were finally able to get back out and spend time with all of you again. Below is a selection of photos from 2022 with Carers Northumberland and we hope to see you all again in 2023!



Carer Walk

Everyone
Welcome

Plessey Woods

Shields Rd, Plessey, Bedlington NE22 6AN

Join us for a walk around the beautiful Plessey Woods. Meet at visitors centre/cafe. Parking £2 for 2 hours. Walk will be approximately 2 miles through the woods. Not suitable for wheelchairs or those with poor mobility due to uneven ground and steps. Sturdy footwear recommended. Cafe onsite for those who want to stay for coffee afterwards.

Tuesday 13th December - 1pm

**Booking is essential - to book call 01670 320025 or book online here:
<https://carersnorthumberland.org.uk/news-and-events>**

Everyone
Welcome

Catch Up Meal - Sambuca 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. Booking is essential.

Tuesday 24th January - 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>**



CHRISTMAS QUIZ!

Everyone
Welcome

Tuesday 20th December - 2pm - via Zoom

Join us for our online festive quiz. Meet other carers and maybe win a prize!

Book your space here:

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



Festive Treats

Join Naomi on Friday 16th December at 11.30am where she will be showing you how to create quick and easy Christmas Truffles.

This is a live demonstration via Facebook:

<https://fb.me/e/34fYoGsLO>

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

350g of chocolate chips

250g cream cheese

50g Icing sugar - extra for dusting

30g cocoa powder - extra for dusting

Desiccated coconut/sprinkles for dusting



Everyone
Welcome

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 12th December 2022 - 10:30am - Via Zoom

**Monday 9th January 2023 - 11:00am - Mind and Sole,
Wagon Way Road, Alnwick NE66 1QQ**

**Carers
Only**



Carer Resources Workshop

This workshop will help provide you with a basic understanding of what resources are available to you as a carer. We will look at things such as benefits entitlement, accessing social care, grants and more.

Monday 30th January 2023 - 10:30am - Via Zoom

**Carers
Only**



**Booking is essential - to book call 01670 320025 or book online here:
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Carer Groups

Are you new to caring, new to the area or would like to meet other people in a similar situation?

Join us at one of our carer groups across Northumberland!

It's a great opportunity to meet new people, have a chat, share tips and advice, meet Carers Northumberland staff and have some time for yourself. Our carer groups are spread across the county and held in private spaces so carers can share their thoughts and feelings without being judged. You can find details of all our upcoming carer groups on the diary pages of the newsletter or on our website:
www.carersnorthumberland.org.uk/news-and-events

**Carers
Only**

**Amble - Alnwick - Ashington - Berwick- Blyth
Cramlington - Morpeth - Ponteland - Prudhoe**



December

 = Carers Only
 = All Welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Every Tuesday	Online Carers Group held via Zoom	2pm	
Thursday 1st December	Ponteland Carer Group, Merton Hall, Merton Way, Ponteland, NE20 9PX	10:30-11:30am	
Friday 2nd December	Amble Carer Group, Amble Parish Hall, Dovecote Street, NE65 0DX	3-4pm	
Tuesday 6th December	Alnwick Carer Group, Mind and Sole, Alnwick, NE66 1QQ	10-11am	
Thursday 8th December	Prudhoe Carer Group, The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Monday 12th December	Less Stress Online Workshop held via Zoom	10:30-11.30am	
Tuesday 13th December	Blyth Carer Group, Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Tuesday 13th December	Carer Walk Plessey Woods, Bedlington, NE22 6AN	1pm	
Friday 16th December	Festive Truffles Demonstration, Facebook Live	11.30am	
Friday 16th December	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Tuesday 20th December	Ashington Carer Group, Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Tuesday 20th December	Online Festive Quiz held via Zoom (REPLACING USUAL CARER ZOOM GROUP)	2pm	

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Emotional support: Samaritans 116 123 (free) or 0330 094 5717 (local charges apply)

January

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Every Tuesday	Online Carers Group held via Zoom	2pm	
Tuesday 3rd January	Alnwick Carer Group, Mind and Sole, Alnwick, NE66 1QQ	10-11am	
Thursday 5th January	Ponteland Carer Group, Merton Hall, Merton Way, Ponteland, NE20 9PX	10:30-11:30am	
Friday 6th January	Amble Carer Group, Amble Parish Hall, Dovecote Street, NE65 0DX	3-4pm	
Monday 9th January	Less Stress Workshop, Mind and Sole, Alnwick, NE66 1QQ	11am	
Tuesday 10th January	Blyth Carer Group, Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Thursday 12th January	Prudhoe Carer Group, The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Tuesday 17th January	Ashington Carer Group, Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Friday 20th January	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Tuesday 24th January	Carer Catch Up Meal, Sambuca, Manor Walks, Cramlington, NE23 6UT	4pm	
Wednesday 25th January	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Thursday 26th January	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm	
Monday 30th January	Carer Resources Online Workshop held via Zoom	10:30am-11:30am	



= Carers Only



= All Welcome

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.

Carers can only apply once - please do not reapply if you have already received a sim card

Could you get our newsletter by email?



Did you know that you can receive all your correspondence via email?
Getting your newsletter this way has some perks!

- It's better for the environment
- Saves valuable charity funds that could be used to improve services
- You can book activities directly from the email

To change your preferences please contact our Info Team on 01670 320025 or info@carersnorthumberland.org.uk



Wooler Carer Group

Grinders Cafe, 29 High St, Wooler

**Meetings run from
10.15 - 11.30am
on the 3rd Wednesday of
every Month.**

Supported by:

