



Caring Matters

October/November 2022 - The newsletter of Carers Northumberland



Welcome to the October/November edition of Caring Matters...



In this issue you'll find

- Dates for our next walks and catch ups
- Details about Carers Rights Day
- Our plans for Christmas

Now we are into autumn, the chillier nights are beginning to creep in and you may be worried about the cost of keeping warm this winter. The Government's Energy Price Guarantee may go a little way to help, but you may be able to make small changes in the home to cut costs too, take a look at page 4 for tips on Saving Energy and Money this Autumn.

With November fast approaching we can't wait to share our plans for Carers Rights Day with you, this year we will be in Alnwick!

Dare we say the C word! But you know we like to plan ahead. Take a look inside to see what exciting plans we have for Christmas.

Please note due to the addition of our Carers Rights Day and Christmas activities there may be a change to our usual program of carer groups in your area, this is only temporary and all groups will resume as normal following these events, please check the diary pages to see if your usual group is effected by these changes.

Carers into Work Project

The project is funded by the North of Tyne Combined Authority and delivered by Carers Northumberland, Newcastle Carers and North Tyneside Carers Centre. The project aims to support carers into employment, education or training as needed and is open to carers aged 16+.

We provide a carer led service that meets the needs of individual carers taking into account their caring role, financial needs and the impact employment can have on these. We work with carers to find the best fit for them and ensure that they can manage work and caring without adding additional stress.



To be eligible for the project you need to be either:

- Carers (18+) who are unemployed or economically inactive
- Young Adult Carers aged 16-17 who are NEET / facing NEET
- Carers who are facing possible redundancy
- Carers who are on sick leave and would like to find alternative employment
- Carers who would like to change their employment to better fit their caring role

Want to know more?

Contact 01670 320025
or visit

www.carersnorthumberland.org.uk/education-and-employment



CARERS RIGHTS DAY THURSDAY 24TH NOVEMBER



Did you know as a carer you have rights that are protected by law?



Join Carers Northumberland and a host of other organisations on
Thursday 24th November from 10.30am - 1pm
St James Church Centre, Pottergate, Alnwick NE66 1JW

Find out more about your rights as a carer and to access other services that can support you in your caring role.



To find out more please contact our Info Team on
01670 320025



Carers Rights Workshops

Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it.

We will be hosting a workshop to help empower carers and support them in understanding what rights they have.

Our face to face session will be held on

Thursday 24th November from 2pm - 3.30pm

at the St James Church Centre, Pottergate, Alnwick NE66 1JW

Online session will be held on Tuesday 29th November at 10am via Zoom

To reserve your space visit:

www.carersnorthumberland.org.uk/news-and-events

Saving Energy and Money this Autumn



ENERGY PRICE GUARANTEE

From 1st October, a new 'Energy Price Guarantee' will mean a typical UK household will now pay up to an average £2,500 a year on their energy bill for the next two years. This is automatic and applies to all households.

This will save the average household at least £1,000 a year based on current energy prices from October and is in addition to the £400 energy bills discount for all households. This applies to all households in Great Britain.

SENSIBLE SAVES

- ✓ You can save around £55 a year just by remembering to turn your appliances off standby mode.
- ✓ Turn your lights off when you're not using them or when you leave a room. This can save you around £20 a year on your annual energy bills. Replacing all the lights in your home with LED bulbs could help you save even more.
- ✓ Washing on a 30-degree machine wash can save up to £28 a year.

- ✓ Avoid using a tumble dryer for your clothes: dry clothes on racks inside where possible or outside in warmer weather to save £60 a year
- ✓ Some of us might enjoy a long soak in the bath, but swapping just one bath a week with a 4-minute shower could save you £12 a year on your energy bills.
- ✓ Keeping your shower time to just 4 minutes could save a typical household £70 a year on their energy bills.
- ✓ Kettles are one of the most used appliances in the kitchen. But many of us will admit that we at least occasionally boil the kettle with more water than we're going to use. Avoid overfilling the kettle and save yourself £11 a year on your electricity bill.

- ✓ Only run your dishwasher when it is full to reduce the amount of water you use. Reducing your dishwasher use by one run per week for a year could save you £14.
- ✓ Try a slow cooker, they cost about 4p per hour to run, while a conventional electric oven costs between 86 - 94p per hour to run. Check out our events page for a chance to learn more about slow cooking.

For more information on energy and how to save it visit: www.energysavingtrust.org.uk

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



Group Walks

Hauxley Nature Reserve

Near Low Hauxley village, Low Hauxley, Northumberland, NE65 0JR

Thursday 20th October at 11am

Meeting in the main carpark, a small parking charge applies for all visitors - visit www.nwt.org.uk/parking for more info. Toilet and café facilities are available.

This is a 1km accessible circular walk, with access to 2 hides which give you a great opportunity to quietly observe a host of birds.

Unfortunately due to ground nesting birds, dogs are not permitted on this walk.

Walltown Country Park

Walltown Quarry, Greenhead, Brampton, CA8 7HF

Thursday 17th November at 1pm

Meeting in the main carpark, this is pay and display parking. You can get the Hadrian Wall bus to the site. Toilet facilities are available. This is a 2-3 mile circular walk, not suitable for wheelchairs.

Catch Up Meals

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.

Amble - Tuesday 25th October at 5pm

Rossinis Restaurant, 47-49 High St, Amble, Morpeth NE65 0LE

For menu and pricing please visit:

<https://www.facebook.com/people/Rossini-Restaurant-Amble/100063746792862/>

Blyth - Tuesday 1st November at 4pm

Blyth Sambuca, 62 Waterloo Road, NE24 1DG

3 Course Lunch Special (£7.95) available. For menu and prices please see:

<http://sambucarestaurants.co.uk/restaurants/blyth/>

The cared for, friends and family are also welcome to attend. Booking is essential for our group walks and catch up meals, you can book online here:

www.carersnorthumberland.org.uk/news-and-events or contact us on 01670 320 025.

Anyone attending under the age of 16 must be accompanied by an adult.

Slow Cooker Demonstration

We have been offered an opportunity to host a slow cooker demonstration with The Slow Cooking Communities Project on:

Tuesday 25th October
10.30am - 11.30am

at Newcastle Building Society, 10 Station Road, Ashington, Northumberland, NE63 9UJ

They look at

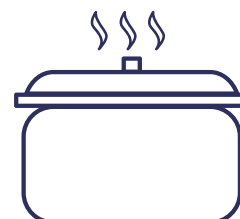
Energy efficiency • Reducing energy bills • Reducing carbon footprints • Promoting healthy eating • Exploring the diversity of slow cooking.

The session will look at a wide range of things that can be made in a slow cooker including soups, stews, casseroles, curries, jacket potatoes, pizza, fries, wedges, roast potatoes and bread.

Following the session The Slow Cooking Communities Project will hand out slow cookers to the participants for them to take home.

DID YOU KNOW?

A slow cooker costs 4 pence per hour to run, while a conventional electric oven costs between 86 pence and 94 pence per hour to run



Reserve your space and book online here:
www.carersnorthumberland.org.uk/news-and-events or
call our team on 01670 320025

New

Amble Support Group

Do you care for someone?
Join us at our new carer group in Amble!
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.

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

To book please call 01670 320025 or
www.carersnorthumberland.org.uk/news-and-events



They're Back...

CN ELVES

Carers Northumberland have put together some gift boxes. The box will contain a variety of treats perfect for keeping carers entertained this Christmas. The CN Elves will be out delivering these in the run up to Christmas.

If you would like to receive a gift box 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 Monday 28th November.

We have a limited number of boxes available and if we are over subscribed we will pull names from Santa's hat.

Festive - a - Teas

We would love to invite you all to join us for a festive afternoon tea this Christmas.

Carers, friends and family are all welcome.

We will be hosting teas in the following locations, booking is essential.

We are asking for a small donation of £5.

Monday 28th November

1.30 - 3.30pm

Bedlington Community Centre, 60 West
End Front St, Bedlington, NE22 5UB

Tuesday 29th November

2.30-4.30pm

Hexham Community Centre, Gilesgate,
Hexham, NE46 3NP

Thursday 1st December

1.30-3.30pm

William Elder Building, 56-58
Castlegate, Berwick-upon-Tweed,
TD15 1JT

To reserve your space please call 01670 320025 or visit
www.carersnorthumberland.org.uk/news-and-events

Booking closes on Monday 14th November

Please inform us of any food allergies or intolerances you
may have.

WORKSHOPS



Planning Ahead

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.

ONLINE:

Monday 10th October from 3-4pm

FACE TO FACE:

Thursday 17th November from 10-11.30 am

at

Newcastle Building Society, 1-2 Beaumont St, Hexham NE46 3LZ (this is a ground floor venue, so is accessible to all)

Visit: www.carersnorthumberland.org.uk/news-and-events or call 01670 320025 to book.

MAKING GUILT MANAGEABLE



GUILT IS DRAINING!

Find out how to:
Recognise guilty feelings
Know your own guilt triggers
Manage your own guilt
Keep guilt in check

Monday 24th October 10.30am-12pm

Join us at Newcastle Building Society, 12 Hide Hill, Berwick, Northumberland, TD15 1AB (this is a ground floor venue, so is accessible to all)

Visit: www.carersnorthumberland.org.uk/news-and-events or call 01670 320025 to book.

Caring Matters - October/November

OCTOBER

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Every Tuesday	Online Carers Group held via Zoom	2pm	
Tuesday 4th	NEW LOCATION AND TIME Alnwick Carer Group - Mind and Sole, Wagon Way Rd, Alnwick NE66 1QQ	10-11am	
Thursday 6th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30- 11.30am	
Friday 7th	NEW GROUP Amble Carers Group Amble Parish Hall, 1 Dovecote Street Amble, NE65 0DX	3-4pm	
Monday 10th	ONLINE WORKSHOP Planning Ahead	3-4pm	
Tuesday 11th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30- 11.30am	
Thursday 13th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30- 11.30am	
Tuesday 18th	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Thursday 20th	Carer Walk Hauxley Nature Reaserve Carer walk Near Low Hauxley village, Low Hauxley Northumberland NE65 0JR	11am	
Friday 21st	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Monday 24th	WORKSHOP Making Guilt Manageable Newcastle Building Society, 12 Hide Hill, Berwick, Northumberland, TD15 1AB	10.30-12pm	
Tuesday 25th	WORKSHOP Slow Cooker Demonstration Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	10.30- 11.30am	
Tuesday 25th	Catch Up Meal Rossinis Restaurant, 47-49 High St, Amble, Morpeth NE65 0LE	5pm	
Wednesday 26th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Thursday 27th	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>

Caring Matters - October/November

NOVEMBER

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Every Tuesday	Online Carers Group held via Zoom	2pm	
Tuesday 1st	NEW LOCATION AND TIME Alnwick Carer Group - Mind and Sole, Wagon Way Rd, Alnwick NE66 1QQ	10-11am	
Tuesday 1st	Catch Up Meal Blyth Sambuca, 62 Waterloo Road, NE24 1DG	4pm	
Thursday 3rd	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Friday 4th	NEW GROUP Amble Carers Group Amble Parish Hall, 1 Dovecote Street Amble, NE65 0DX	3-4pm	
Tuesday 8th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Thursday 10th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Tuesday 15th	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Thursday 17th	WORKSHOP Planning Ahead Newcastle Building Society, 1-2 Beaumont St, Hexham NE46 3LZ	10-11.30am	
Thursday 17th	Carer Walk Walltown Country Park Walk - Brampton, CA8 7HF	1pm	
Friday 18th	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Thursday 24th	CARERS RIGHTS DAY St James Church Centre, Pottergate, Alnwick NE66 1JW	10.30 - 1pm	
Thursday 24th	WORKSHOP Carers Rights St James Church Centre, Pottergate, Alnwick NE66 1JW	2-3.30pm	
Monday 28th	Festive Afternoon Tea Bedlington Community Centre, 60 West End Front St, Bedlington, NE22 5UB	1.30-3.30pm	
Tuesday 29th	ONLINE WORKSHOP Carers Rights	10-11am	
Tuesday 29th	Festive Afternoon Tea Hexham Community Centre, Gilesgate, Hexham, NE46 3NP	2.30-4.30pm	
Thursday 1st December	Festive Afternoon Tea William Elder Building, 56-58 Castlegate, Berwick-upon-Tweed, TD15 1JT	1.30-3.30pm	

To book your space call 01670 320025 or 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.

Tynedale Mental Health Family and Friends group

This group has a new home!

They now meet at:
Adapt

Burn Lane, Hexham NE46 3HN.

The group meets every 3rd Tuesday of the month from 1.30pm. Carers for people of all ages are welcome.

For more information please call 01670 320025

Carers Northumberland Partner Group

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:

