



# Hello Everyone...

It's spring and Easter is on the way. Woohoo! Lets get active this April and join us raising money by walking the length of Britain. You can do this independently or by joining us on our Park to Park walk. Contact us to get a sponsorship pack and badge.

Happy booking.



## Anne-Marie & Karen

# Book it.

**ALL ACTIVITIES AND EVENTS MUST BE PRE-BOOKED**



**How to book**

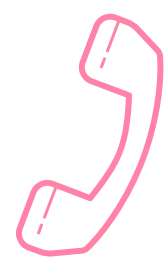
**Via our website:**

**[www.carersnorthumberland.org.uk/new-and-events](http://www.carersnorthumberland.org.uk/new-and-events)**

**Telephone: 01670 320025**

**Email: [youngcarers@carersnorthumberland.org.uk](mailto:youngcarers@carersnorthumberland.org.uk)**

**PLEASE TAKE NOTE OF OUR NEW BOOKING SYSTEM**



## Activities

Please take note of the age symbol next to our activities:

- 8 plus means for young carers aged over 8
- 12 plus is for those over 12
- If an activity has no symbol it is open to any age



## How to book onto activities



Book onto an activity on our website in the young carers section or by emailing [youngcarers@carersnorthumberland.org.uk](mailto:youngcarers@carersnorthumberland.org.uk).

Automated confirmation email from website (if booked through website).

Confirmation emails sent out after the booking deadline to confirm your child's place or place on the waiting list. Further details provided in this email including payment instructions.

You will receive a reminder text message a few days before the activity.

Activity 😊

Activity evaluation completed by young carers and photographs of the activity posted to our Young Carers Facebook page.

Please do not come to an activity without booking. If you have not had a booking confirmation email confirming your child's place and with further details contact us prior to the activity. Please cancel activities ASAP if you cannot make it.

# What's on

Please note: Activities may be cancelled if we do not meet minimum numbers.



Date	Time	Activity	Age group	Book by
Saturday 12th April	11am-12pm	Boxing	8+	6/4/25
Tuesday 15th April (Date may change due to film release)	TBC	Cineworld 4DX	12+	8/4/25
Wednesday 16th April	2pm-3pm	Easter Wreath Making via Zoom	all	6/4/25
Thursday 24th April	10am-1pm	Lilidorei	8+	15/4/25
Friday 25th April	1pm-3pm	Park to Park-Sponsored walk	8+	14/4/25
Monday 28th April	4:30pm-5pm	Meet the Team	all	23/4/25
Wednesday 21st May	4:30pm-5:30pm	Cake Jars via Zoom	all	12/5/25
Tuesday 27th May	4:30pm-5pm	Meet the Team	all	23/5/25
Wednesday 28th May	10am-1:30pm	Whickham Thorns	12+	15/5/25
Thursday 29th May	1pm-2:30pm	Sambuca Meal (Morpeth)	8+	18/5/25
Saturday 31st May	11am-12:30pm	Samba	8+	19/5/25



If you love the magical playground that is Lilidorei or if you've never been and fancy coming along, this activity is for you. Only 8 spaces available, however we do have the free passes you and your family can use should you wish to go with family instead on another day.

Children attending need to bring a packed lunch and a drink

Thursday 24th April 10am-1pm.  
Book by Tuesday 15th April.

Transport available from Blyth.  
Cost: £5.



## MEET THE TEAM

Newly registered with us as a young carer?

Or just want to find out more information about us?

Join us on zoom to find out more about how we can support you, the services available and ask us questions. Only 30 minutes long. Please let us know if you can attend.

When: Monday 28th April and Tuesday 27th May. 4:30pm-5pm. Book by 23rd April for both.



# EASTER COMPETITION



**Decorate or create one from the list below:**

- Hard boiled egg
- Easter wreath
- Easter bonnet/hat

Win a  
£10  
voucher

**Deadline for entries: Tuesday 22nd April**  
Email your entries to: [youngcarers@carersnorthumberland.org.uk](mailto:youngcarers@carersnorthumberland.org.uk)



# WHICKHAM THORNS

12+

Join us for an adventure day at Whickham Thorns. An action packed day mountain biking, snow tubing and high ropes/leap of faith.

Children attending must wear suitable clothing, they will get muddy! Bring a drink and a packed lunch

**Wednesday 28th May 10am-1:30pm**  
**Book by Thursday 15th May**

Cost: £7pp. Transport available from Blyth.

**NHS**  
Cumbria, Northumberland,  
Tyne and Wear  
NHS Foundation Trust

# Youth Involvement Bank

- Have you received support from mental health or specialist services in CNTW, or cared for someone who has?
- Are you 14-17 years old?
- Do you want to use your lived experience to help develop our services?
- Recognition payment available
- Certificate of participation

To find out more, complete an expression of interest form using the QR code, or contact:

01670 501 816  
Involvement@cntw.nhs.uk

## ACTIVE APRIL

### Going the Extra Mile for Carers

Can you help us reach 601 miles?

For Active April at Carers Northumberland, our goal is to walk the equivalent of the length of Britain and raise vital funds for Carers Northumberland, as well as raising awareness of the incredible role unpaid carers play in our community.

This huge goal of 601 miles can only be reached with **your** help!

**How does it work?**  
Contact us on the details below and you will receive a sponsorship pack with a walking diary to complete.

Send in your completed diary and any photos of your walks before the end of April.

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Contact us to request your walking diary and sponsorship pack:  
Call: 01670 320025  
Email: [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)

Experience extreme sensory cinema with 4DX, a Cineworld exclusive in Newcastle. With stimulating effects like water, wind, scent and strobe lighting, that thrill you in your moving seat. 4DX is Cineworld's most exhilarating way to watch a film.

**Tuesday 15th April. Time and film tbc. (Date may change due to film release).**

Book by Tuesday 8th April. No cost. Train transport from Ashington and Blyth.



# Easter Wreath Making

Join in our online Zoom session to get creative and make your very own Easter wreath. A pack will be posted out to you but you may wish to add extra to your wreath that you already have.

**Wednesday 16th April 2pm-3pm.**

**Book by Sunday 6th April.  
No cost.**



# SAMBA



Pop along to our samba session with Blyth Valley Samba group. You're in for a treat. Try something new! Drumming, sounds, music and good energy.

Saturday 31st May. 11am-12:30pm

Book by Monday 19th May. No cost. No transport.

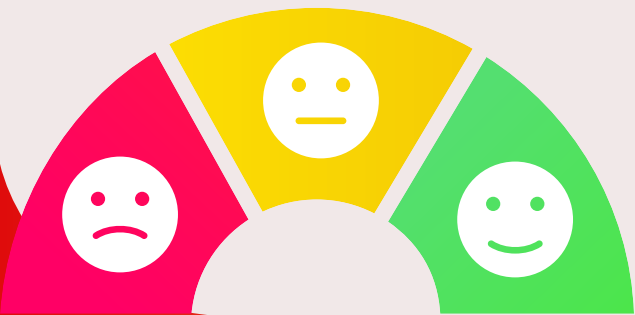
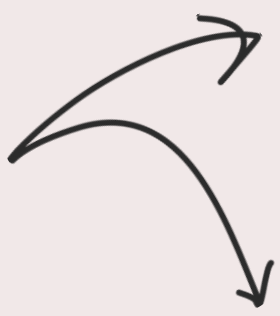


## Feedback

**We want your feedback!**

It helps us to understand what you enjoy and what we could do differently to help you.

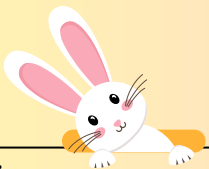
**Scan the QR code**







**HOW  
MANY**  
EASTER  
**BUNNIES**  
DO YOU SEE?



## Easter Quiz

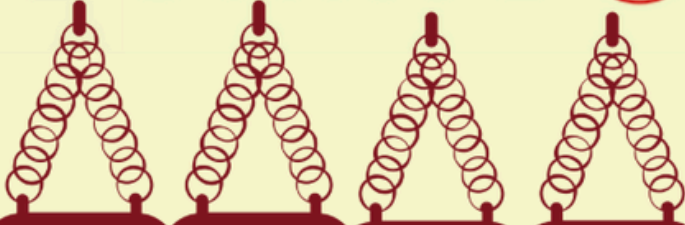


**HAPPY  
EASTER**

Question	A	B	C
1. What is the significance of Easter?	Resurrection of Jesus	First day of spring	Harvest festival
2. What do people typically decorate for Easter?	Easter eggs	Christmas trees	Halloween pumpkins
3. What is the traditional Easter meal in many cultures?	Turkey	Lamb	Ham
4. What day of the week does Easter usually fall on?	Friday	Saturday	Sunday
5. What is the Easter Bunny said to deliver?	Chocolate eggs	Candy canes	Pumpkin pies
6. What event does Good Friday commemorate?	Jesus' resurrection	Jesus' crucifixion	Jesus' birth
7. What is often hidden for children to find on Easter?	Gifts	Easter baskets	Easter eggs
8. Which food is traditionally associated with Easter brunch?	Pancakes	Hot cross buns	Pizza
9. What is the week leading up to Easter called?	Holy Week	Passion Week	Lent
10. Which animal is a symbol of fertility and rebirth associated with Easter?	Lamb	Rabbit	Chicken
11. What do the eggs symbolize in Easter traditions?	New life	Wealth	Wisdom
12. What is the name of the period leading up to Easter?	Advent	Lent	Epiphany



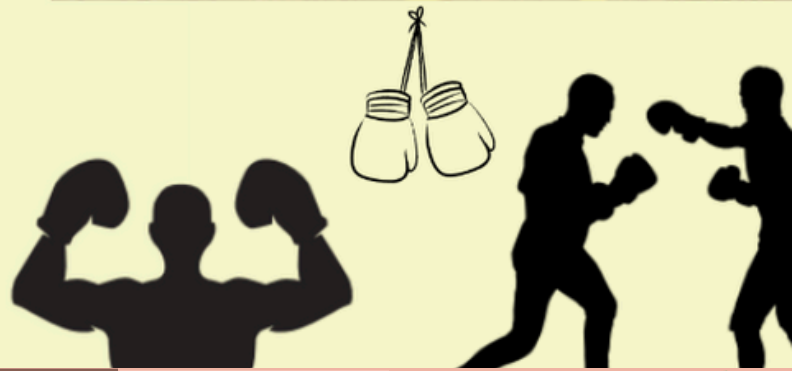
# BOXING 8+



Come along to our boxing session at Empire School of Boxing and try a new skill or simply have fun completing a fun work out to set you up for the weekend.

**Saturday 12th April 11am-12pm**

Book by Sunday 6th April.  
No cost. No transport.



# Cake Jars

Jammy dodger, chocolate flake or biscoff? What's your preference for a cake jar? Join our Zoom session to create delicious cake jars that you can take with you on the go. Vouchers and an ingredients list will be posted out to you.

**Wednesday 21st May 4:30pm-5:30pm.**  
**Book by Monday 12th May.**

No cost.



# Sambuca

8+

Are you a pizza or pasta kind of person? Pop along to Sambucas in Morpeth for an Italian lunch on us.

Thursday 29th May 1pm-2:30pm

Book by Sunday 18th May.  
No cost. No transport.



# PARK TO PARK

8+

Did you know we are a charity? Join us to celebrate Active April by walking and helping us to raise money for Carers Northumberland.

We will be walking from Ridley Park in Blyth to Blyth Beach park, stopping off for an ice-cream and then heading back to Ridley Park. Are you up for the challenge?

Friday 25th April 1pm-3pm.

Book by Monday 14th April  
No cost. No transport.

**Active April**  
Going the Extra Mile for Carers



# Young Carers Forum



Our next Young Carers Forum will be:

**When:** Wednesday 23rd April 2025

**Time:** 1pm-2pm

**Where:** 107-109 Station Road, Ashington, NE63 8RS

Cakes & travel will be provided. Reps will be rewarded with an end of year trip if they attend 3 or more meetings, certificate and lanyard.

Your Young Carer Ambassadors are:

Zakk Bell

Jenson Rowlandson

Abigail Kairton

Jessica Turnbull

Halie Ward

Jamie Anderton

Faith Murray

\*If you have any feedback or comments about what we do e.g what you like, don't like and any suggestions, pass on your comments to the reps to pass on to us.

If you would like to join the forum please contact us.



Follow us on Facebook search  
Carers Northumberland  
or join our private group  
search young carers northumberland