

AUGUST / SEPTEMBER  
2024

# YOUNG Carers NORTHUMBERLAND

# NEWSLETTER

## Hello Everyone..

Happy summer holidays everyone! No more school for 6 weeks! yay! School is closed for the summer however, we are not. We are still here to support you. If you feel like you need support over the summer holidays don't hesitate to contact us.

Take a look inside at some of our activities. Come along, meet other young carers, make friends and have fun!

Call, text or WhatsApp Anne-Marie: 07500 886 319  
or Karen: 07500 886 321

## 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**

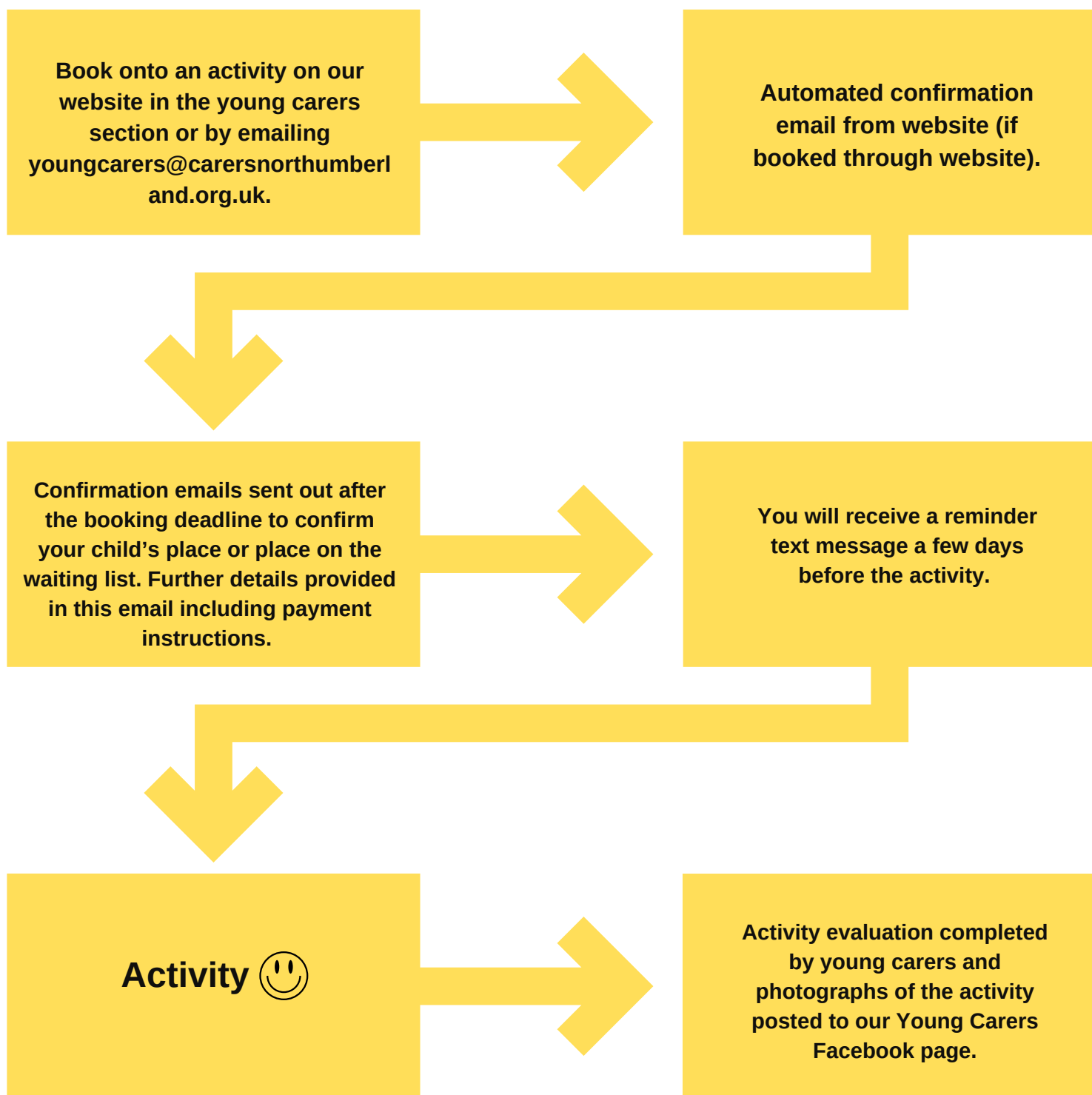
## Activities

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



**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.**



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

Date	Time	Activity	Age group	Book by
Wednesday 14th August	11am-12:30pm	Family nature walk	all	7/8/24
Thursday 15th August	11am-12pm	Paddle boarding	12+	5/8/24
Thursday 22nd August	11am-12pm	Beach walk	8+	14/8/24
Tuesday 27th August	4:30pm-5pm	Meet the team online	all	22/8/24
Wednesday 28th August	2pm-3pm	Online quiz	all	20/8/24
Friday 30th August	10:am-11:30am	Newcastle United Foundation sports day	8+	18/8/24
Sunday 15th September	TBC	Cinema	12+	6/9/24
Saturday 21st September	11am-12:30pm	Woodhorn Museum	8+	12/9/24
Thursday 26th September	4:30pm-5:30pm	Pizza making via Zoom	all	15/9/24
Sunday 29th September	11am-12pm	Airbox Bounce	8+	20/9/24
Monday 30th September	4:30pm-5pm	Meet the team	all	22/8/24

# Paddle boarding

12+

If you're an adventure seeker and love watersports then you'll love our group paddle boarding session at Druridge Bay Country Park. Wetsuits, life jackets and helmets included. You **MUST** be able to swim to join in this activity.

Thursday 15th August 11am-12pm. (10:30am-12-15pm to get changed in/out of wetsuits etc.)

Book by Monday 5th August.  
No transport. No cost. Limited spaces.



# WOODHORN MUSEUM

8+

Visit Woodhorn Museum with us and take a step back in time by exploring one of the most popular coal mines in the UK and the life of a coal miner. We'll visit the coal town exhibition, the unusual park, gift shop and of course stop by the café for snacks and refreshments.

Saturday 21st September 11am-12:30pm.

Book by Thursday 12th September.  
No transport. No cost.



# Beach Walk and Ice-Cream



Come along to Blyth beach for a leisurely stroll along the beach in the sunshine, a paddle in the sea and fun beach games. And of course we'll leave room for delicious ice-cream from Ciccarelli's ice-cream parlour.  
What flavour will you get?



Thursday 22nd August 11am-12pm.

Book by Wednesday 14th August.  
No transport. No cost.



Love trampolining? Come along to Airbox Bounce and bounce until your heart is content.

Sunday 29th September 11am-12pm.

Book by Wednesday 19th September.  
Transport is available from Alwick, Blyth and Morpeth. Cost: £5.  
Grip socks to be purchased by YC on the day or brought with you.



# 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.

Tuesday 27th August & Monday 30th September.  
4:30pm-5pm. Book by Thursday 22nd August for both.



Cinema 12+



Join us at Vue Cinema Cramlington to relax into a good film. Popcorn and hotdogs at the ready!

Sunday 15th September.

Book by Friday 6th September. No transport.

No cost.

Times & film TBC.

12 spaces.

# COMPETITION TIME!

Complete the colouring sheet and email your entries to [youngcarers@carersnorthumberland.org.uk](mailto:youngcarers@carersnorthumberland.org.uk) for a chance to win a voucher.



# SPORTS DAY



Join us at Ashington Welfare for our sports day hosted by Newcastle United Foundation. It's not about being good at sports it's about working well in a team which will achieve you a medal! Activities include; rounders, football and dodgeball.

Friday 30th August 10am-11:30am.  
Book by Sunday 18th August.

Transport available from Blyth, Bedlington and Morpeth.  
Cost: £5.



## PLEASE TELL US IF YOU...



have moved house

have changed schools from when you first registered

care for a different person now or don't care at all

have changed your telephone number/email address

are struggling with care and would like some support

think there's anything else we should know

Update your details by emailing [youngcarers@carersnorthumberland.org.uk](mailto:youngcarers@carersnorthumberland.org.uk) or texting Karen: 07500 886 321 or Anne-Marie: 07500 886 319





# QUIZ TIME!!!



Rescheduled activity

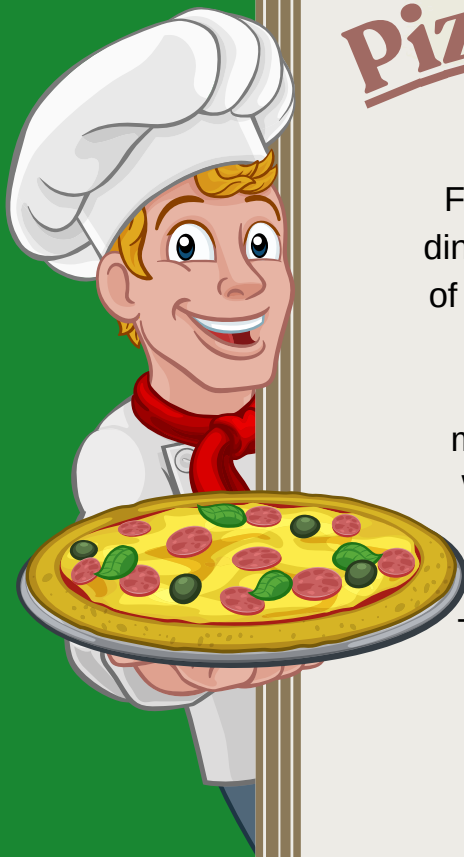
Are you the best quiz master? Do you know a lot about Disney, music and food?

Join our online quiz on  
**Wednesday 28th August**

**2pm-3pm**

There is a prize available for the winner.

Book by 20th August.



## Pizza making

Fancy a pepperoni pizza for dinner? Or maybe you're more of a margarita person? Join in our pizza making Zoom session and learn how to make your favourite pizza. We'll be making the pizza bases too.

Thursday 26th September  
4:30pm-5:30pm.

Book by Sunday 15th  
September.

# Young carers: Who are they? What do they do?

## Who are young carers?

A young carer is someone **under 18** who regularly helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

## How many young carers are there?

- There are about **700,000** young carers in the UK. (BBC 2010)\*
- That's about **1 in 12** secondary aged pupils.
- There are likely to be young carers in every school and college.

\*The Census identified over 200,000 young carers, but many remain hidden.



## Which one is the young carer?



Young carers are just young people – with caring responsibilities! They look the same as everyone else but they can lead very different lives!

## Who do young carers care for?

Young carers care for someone:

- With an illness or disability.
- With a mental health condition.
- Who misuses drugs or alcohol.

Being a young carer can have a big impact on the things that are important to growing up

- It can affect a young person's health, social life and self-confidence.
- Many young carers struggle to juggle their education and caring which can cause pressure and stress.
- In a survey, 39% said that nobody in their school was aware of their caring role.
- 26% have been bullied at school because of their caring role.
- 1 in 20 miss school because of their caring role.



But young people can learn lots of useful skills by being a young carer.

The average age of a young carer

= **12**

## What might a young carer do?

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give someone their medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

“Don't stereotype us, we are all individuals.”  
**Young carer**

**1 in 3** young carers spend between 11–20 hours each week caring.



## Young carers should have:

- The time to be a young person.
- The same opportunities as their friends.
- Good support for the person they help look after.

## Information and support

[www.youngcarers.net](http://www.youngcarers.net) (18 and under)  
[www.youngercarersmatter.org](http://www.youngercarersmatter.org) (16-25)  
[www.makewav.es/YCiF](http://www.makewav.es/YCiF)



# Family Nature Walk Blyth

Everyone  
Welcome

Join us for a fun walk with all the family around Ridley Park. We will be spotting minibeasts and playing nature bingo! Why not make a day of it and pack a picnic then head to the park or splash pool.

**Wednesday 14th August at 11am  
Ridley Park**

Wensleydale Terrace, Blyth, NE24 3HF  
Under 16's must be accompanied by an adult

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

## Household Support Fund

We are working with Northumberland County Council to provide support to carers who are struggling with the cost of living. The grant is funded by the UK Government via the DWP. The grant is for support with costs of energy (heating, lighting, and cooking), food, water and other essential living needs (white goods etc.) The grant can cover only essential needs and cannot fund items that have already been purchased.

In order to access the fund the carer must have a benefit check to show they are claiming all benefits they are entitled to, must not have over £4000 in savings and must be classed as a low income household.

**For more information please call 01670 320025  
or email: [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)**



## *Young Carers reps...we need you!*

We are looking for young carer representatives to join our young carer forums and attend meetings. You will be responsible for sharing your ideas and providing feedback about our services and other things like school support to Carers Northumberland. We then pass this onto County Council

For attending the meetings you will be rewarded with a lanyard and an end of year extra trip provided exclusively for our reps.

To apply please you must;

- Live in Northumberland
- Be willing to attend around 4 meetings throughout the year
- Be happy to provide feedback to us

Email: [youngcarers@carersnorthumberland.org.uk](mailto:youngcarers@carersnorthumberland.org.uk) with your name to nominate yourself

The next young carers will be meeting in October half term.



Follow Carers Northumberland on Instagram and you can see all of our latest updates and photos from our Young Carers Project



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