



# Summer!



## Hello Everyone...

Summer time is here! Woohoo! We've got lots of activities lined up including two family activities (Seaton Delaval Hall circus skills and Samba drumming).

We know the holidays can be stressful sometimes and you may need some extra support. Please get in contact if you need any additional support this summer.

## Anne-Marie & Karen

# Book it.

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

**How to book**

**Via our website:**

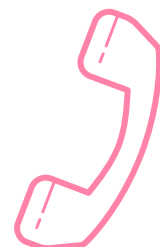
**[www.carersnorthumberland.org.uk/new-and-events](http://www.carersnorthumberland.org.uk/new-and-events)**

**Telephone: 01670 320025**

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



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





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

| Date                                | Time                                | Activity                            | Age group   | Book by |
|-------------------------------------|-------------------------------------|-------------------------------------|---|---------|
| Wednesday 6 <sup>th</sup> August    | 11am-3pm                            | Games Day                           | 8+  | 29/7/25 |
| Wednesday 13 <sup>th</sup> August   | 4pm-6pm                             | Junk Yard Golf                      | 12+   | 5/8/25  |
| Friday 15 <sup>th</sup> August      | 2pm-3pm                             | Cookie Dough Pots via Zoom          | all   | 6/8/25  |
| Sunday 17 <sup>th</sup> August      | TBC<br>(expected 12 hours in total) | Edinburgh Zoo                       | 8+  | 28/7/25 |
| Tuesday 26 <sup>th</sup> August     | 4:30pm-5pm                          | Meet the Team August                | all   | 19/8/25 |
| Wednesday 27 <sup>th</sup> August   | 11am-2pm                            | Cooking Class and Gardening         | 8+  | 11/8/25 |
| Friday 29 <sup>th</sup> August      | 12pm-3pm                            | Circus Skills & Seaton Delaval Hall | 8+  | 11/8/25 |
| Monday 1 <sup>st</sup> September    | 11am-2pm                            | Lilidorei (Hexham transport)        | 8+  | 20/8/25 |
| Saturday 13 <sup>th</sup> September | TBC                                 | Vue cinema                          | 8+  | 2/9/25  |
| Sunday 14 <sup>th</sup> September   | 12pm-4pm                            | Quayside Market and Ouseburn        | 12+   | 3/9/25  |
| Thursday 25 <sup>th</sup> September | 4:30pm-5:30pm                       | Pizza Making via Zoom               | all   | 9/9/25  |
| Saturday 27 <sup>th</sup> September | 11am-1pm                            | Samba Drumming                      | Any age if attending with family event or 8+ if attending alone | 9/9/25  |
| Monday 29 <sup>th</sup> September   | 4:30pm-5:pm                         | Meet the Team                       | all   | 19/8/25 |

## 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.



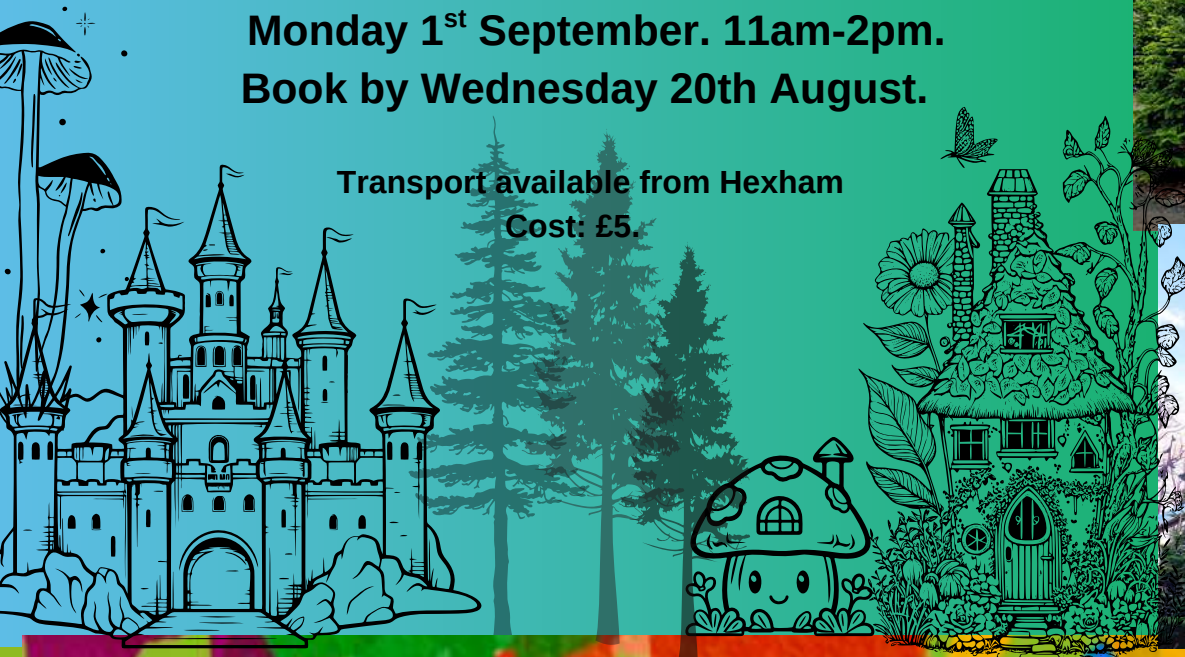


If you love the magical playground that is Lilidorei or if you've never been and fancy coming along, this activity is for you. Only 8 spaces available, however we do have the free passes you and your family can use should you wish to go with family instead on another day.

Children attending need to bring a packed lunch and a drink

**Monday 1<sup>st</sup> September. 11am-2pm.  
Book by Wednesday 20th August.**

Transport available from Hexham  
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.

**When: Tuesday 26th August or Monday 29th September. 4:30pm-5pm.**

Book by 19<sup>th</sup> August for either. Contact us if you'd prefer a different day and time.





# CIRCUS SKILLS

## & SUMMER ACTIVITIES AT SEATON DELAVAL HALL

**Family fun day out!**

Come along to Seaton Delaval Hall for idyllic walks through the gardens, view the grand hall and Discover Summer of Play including, daily outdoor fun, games, and pop-up performances inspired by the extravagant Georgian Delaval family.

Option 1: you can come with your family for a fun family day out.  
Option 2 come with young carer staff and the other young carers.



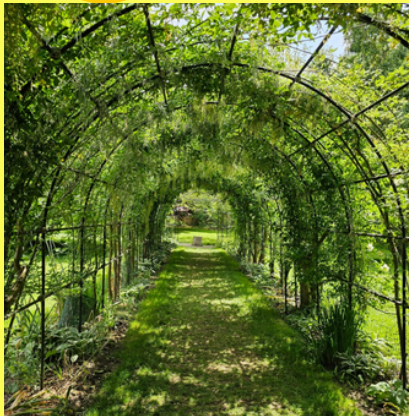
**Friday 29<sup>th</sup> August 12pm-3pm.**

**Book by Monday 11<sup>th</sup> August.**

Payment is required to secure places.

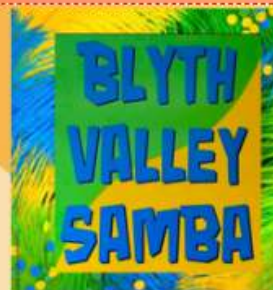
Cost - Children: £5pp adults: £10pp.

Transport available from Berwick, Alnwick, Amble, Bedlington and Blyth.



# \* SAMBA

## FAMILY EVENT



Bring your parents and siblings to the event to learn how to play the samba drums or feel free to come alone and try out a new skill. We'll be treated to a short performance followed by playing the drums.

Open to all ages if accompanied by an adult - 8 plus for young carers attending alone.

**Saturday 27<sup>th</sup> September 11am-1pm.**

**Book by Tuesday 9<sup>th</sup> September. Blyth.**

Transport available for young carers that are not attending with a family member.  
Pickups from Bedlington and Cramlington. No cost.





# COOKING CLASS AND GARDENING

8+

Join us at Full Circle Food in Ashington for a spot of gardening and an outdoor cooking workshop. Lunch is included and refreshments will be available throughout the day.

**Wednesday 27<sup>th</sup> August 11-2pm.**  
**Book by Monday 11<sup>th</sup> August.**

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



# Quayside Market & Ouseburn

12+

Visit to Newcastle's Quayside and walk to Ouseburn.

We'll browse the Quayside market and stop off for some street food before heading to Ouseburn.

**Sunday 14<sup>th</sup> September. 12pm-4pm. Book by Wednesday 3<sup>rd</sup> September.**

Train transport cost included

A member of staff will travel to Ashington, Blyth and Seaton Delaval stations. We can cover the train fare for young carers wishing to use other lines and they can meet staff at Newcastle Train Station

No cost.







# Edinburgh Zoo



Come along to Edinburgh Zoo with us to meet some of the worlds most amazing animals. Transport is included with a range of pickups. Before booking please note it will be a very long day and you must be happy to walk around the large zoo grounds and travel well on a bus. (Not recommended for those who get travel sick)

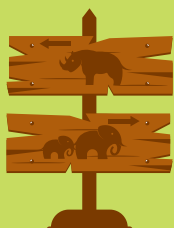
**Sunday 17<sup>th</sup> August. Book by Monday 28<sup>th</sup> July.**

**12 spaces available. Cost £20pp.**

**Times TBC (approximately 12 hour day with travel and Zoo).**

Transport pickup points; Ashington, Bedlington, Blyth, Cramlington, Guidepost, Morpeth, Pegswood and Stakeford.

\*If cost is an issue please contact us as we may be able to help.



## Cookie Dough Pots



Join us via Zoom to make this delicious recipe. Crispy bake on top warm cookie dough in the middle in a convenient pot. Parental guidance required when using the oven.

**Friday 15<sup>th</sup> August 2pm-3pm via Zoom.  
Book by 6<sup>th</sup> August.**

No cost. No transport.







**JUNK  
YARD  
GOLF  
CLUB**



Welcome to the weird and wacky world of Junk Yard Golf.  
play on either the circus theme, neon scrap yard or  
polluted paradise putting areas. Brush up on your putting  
skills and join us in Newcastle.

**Wednesday 13<sup>th</sup> August. 4pm-6pm.**

**Book by Tuesday 5<sup>th</sup> August.**

£5 cost. A member of staff will travel to  
Ashington, Blyth and Seaton Delaval stations.

We can cover the train fare for young carers  
wishing to use other lines and they can meet  
staff at Newcastle Train Station

**VIBE**

*Chill*



**vue**

**CINEMA**



There's nothing better than sitting back and relaxing with  
friends watching a good film with popcorn. A chance for  
escapism in a good movie. Come along to Vue cinema to  
relax, unwind and switch off.

**Saturday 13th September.**

**Book by Tuesday 2<sup>nd</sup> September.**

Cramlington. Film and times TBC when released. No cost. No  
transport.





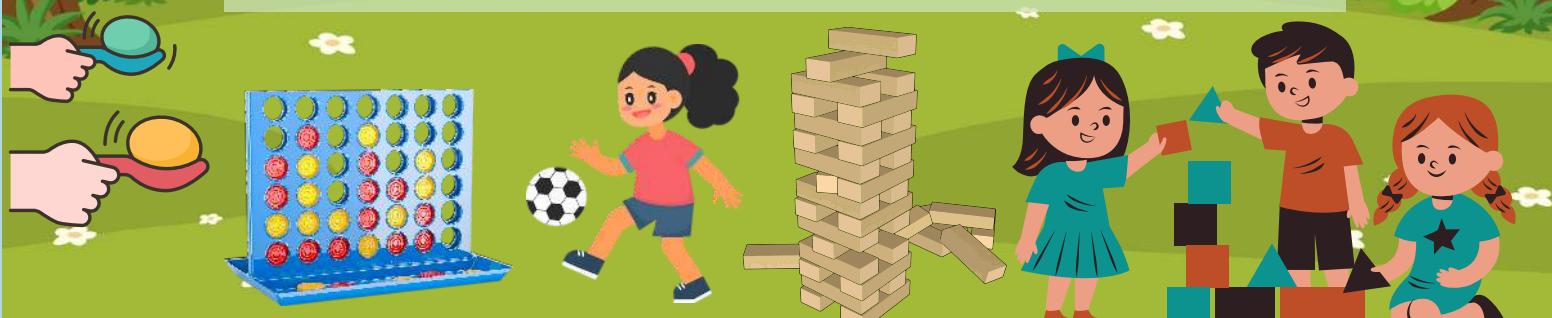
# GAMES DAY



Come along to our fun games day and take part in a range of games including crafts, creative fashion and dodge ball against the staff. You will meet other young carers from around the North East and compete as a team for prizes.

**Wednesday 6<sup>th</sup> August 11am-3pm.  
Book by Tuesday 29<sup>th</sup> July.**

Dudley. Transport provided from Blyth and Bedlington. No cost.



## Borrow our Alnwick Garden & Lilidorei Passes



We have a limited number of passes that allow free access to Alnwick Garden / Lilidorei.

Bookings can be made to access the Garden only or Garden and Lilidorei for registered carers and additional guests.


Passes include free car parking and 10% off food, beverages and gifts.

Further eligibility and booking criteria applies, contact us on 01670 320025 or [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk) for more information and to check availability.





# Pizza Making



Make delicious pizza in the comfort of your home via Zoom. A supermarket gift card will be emailed out to you to purchase ingredients.

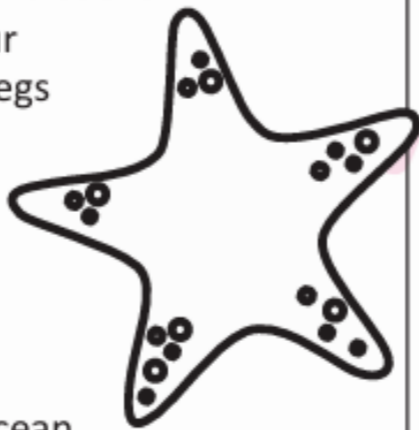
**Thursday 25<sup>th</sup> September 4:30pm-5:30pm.**  
**Book by Tuesday 9<sup>th</sup> September.**

No cost.

**The holidays can be stressful, here are some great calming techniques from Partnership for Children to try out!**

## Sleepy Starfish

Lie down on your back with your legs and arms apart. Stay very still and imagine you are a sleepy starfish resting at the bottom of the ocean. Breathe in, and as you breathe out, relax your arms, your legs and your head. See how still and silent you can be!



## Elastic Band

Lie down, close your eyes, be very still and imagine your body is a piece of elastic, floppy and relaxed. Imagine someone is very gently tugging your head and someone else is pulling your feet. The elastic is becoming tighter. Your muscles are becoming tighter. You are getting longer and longer... Then ... ping! Let your whole body relax as the elastic band is released.

**There's many more ways to help with feelings, visit**  
**<https://www.partnershipforchildren.org.uk/what-we-do/wellbeing-activities/>**



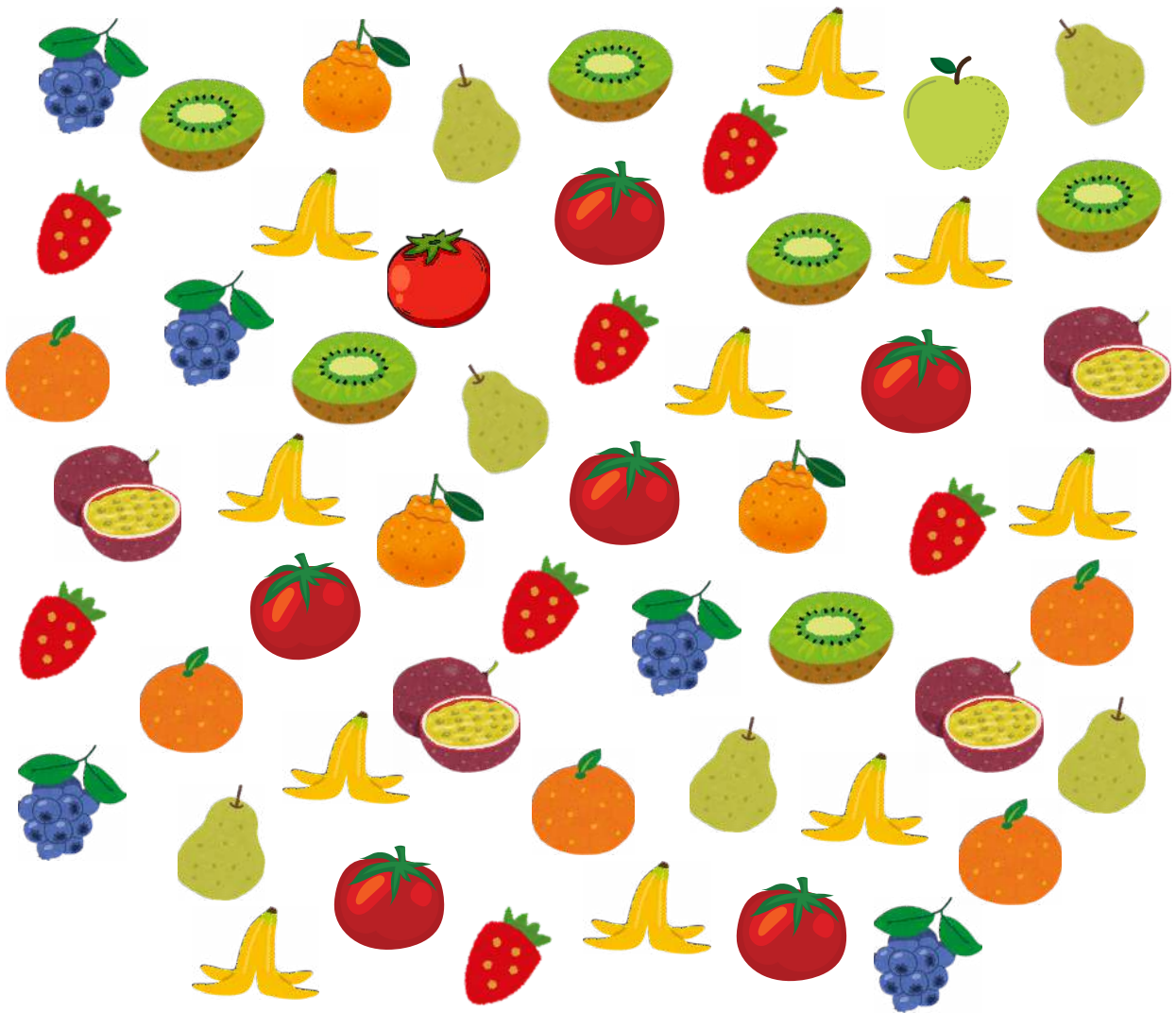


I spy with my little eye

# FRUITS



Count the pictures and write their numbers.



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# Young Carers Forum



Our next Young Carers Forum will be:

**When:** Wednesday 29<sup>th</sup> October 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.

We are looking for brand ambassadors! Please email [youngcarers@carersnorthumberland.org.uk](mailto:youngcarers@carersnorthumberland.org.uk) to register your interest in being a Forum member. You must be able to travel to our office for the meetings and happy to/able to analyse documents independently and offer critical analysis and good quality feedback. Young carers will be contacted if they are successful or not.

\*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 on **01670 320025** or [youngcarers@carersnorthumberland.org.uk](mailto:youngcarers@carersnorthumberland.org.uk)



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Northumberland  
We share updates on activities  
and photos from events in this  
group!

