



Caring Matters

April / May 2026 - The newsletter of Carers Northumberland



Welcome to the April / May edition of Caring Matters...



In this issue you'll find

- Help to get active this April
- Our exciting plans for Carers Week
- A spotlight on Carers Assessments
- Dates for your diary and much more.

Spring has Sprung.

Spring is our most exciting time of the year.

Active April is here again, and after the success of last year and everyone's hard work in "walking the length of the UK" and going the *extra mile for carers*. We would like to invite you again to either walk, run, cycle or swim an extra mile in April.

We have planned some events throughout April to help you keep active and try a new hobby.

Our information team have also been working very hard on putting together some exciting plans for Carers Week, these include some exciting new trips and activities.



Registered Charity Number: 1122972 Company Number: 6266972
Carers Northumberland, 107 & 109 Station Road, Ashington, NE63 8RS

Carers Assessments

Q What is a Carer's Assessment

A A Carer's Assessment provides an opportunity for carers to have a conversation with a social care worker about the impact that caring has on their life and discuss what support or services that they may need.

It's a chance to step back and understand the difference that caring is making in all areas of a carer's life and to think about what support carers have, and what might be needed in the future.

Q Who undertakes Carer's Assessments in Northumberland

A In Northumberland, Carer's Assessments are undertaken by Northumberland County Council Social Workers, Social Work Support Assistants and Occupational Therapists.

Q What can I expect to happen during a Carer's Assessment in Northumberland?

A A Carer's Assessment can only take place if the carer has given their consent. A Carer's Assessment usually takes place face-to-face, unless the carer would prefer a telephone conversation. The assessment will usually be in the carer's home, but it can take place elsewhere if the carer would prefer.

Carers can decide to have the conversation with the worker without the person that they care for being present so that they can talk freely about the impact of caring.

Alternatively, carers can choose to have the carer's assessment with the person who they care for being present. If this is the case, sometimes the worker will undertake an assessment of need for care and support for the cared for person and the carer at the same time. This is called a Joint Assessment.

If they agree that you need publicly funded support, they will tell you what they estimate it will cost and whether you will have to contribute.

A carer should receive a written record of their Carer's Assessment, unless they say that they do not want a copy.

Q How to ask for a Carer's Assessment

A If you are currently open to a Northumberland Social Worker, Social Work Support Assistant or Occupational Therapist you can contact that worker and ask for a Carer's Assessment.

If not, you can call Northumberland County Council Onecall on 01670 536400

If you are worried about having a Carer's Assessment, Carers Northumberland can talk to you about Carer's Assessments and how an assessment may help you.



ACTIVE APRIL IS BACK

We are excited to share our plans for this years Active April,.

The month-long campaign aims to raise awareness of the importance of physical activity for carers and highlight the benefits of moving more. Carers often face a challenging time, and see their own health and wellbeing impacted by their caring responsibilities.

Wednesday 15th April 2026 is Carers UKs national day of celebration for carers and the power of movement, we have planned several walks on this day so join us to run, walk or cycle a mile.



LETS KEEP MOVING - APRIL WALKS



Wednesday 15th April - 10 am

Join us for a 1.5 mile circular walk around the QE2 Country Park in Ashington, and start the day well. The route is flat with some areas of rough terrain.

We will be starting and finishing at Woodhorn Museum, and enjoying a visit to the cafe as a reward for our efforts Woodhorn Museum Queen Elizabeth II Country Park, Ashington, Northumberland NE63 9YF

Wednesday 15th April - 11am

We will be enjoying a gentle circular 1.5 mile walk around the beautiful Northumberlandia, ending up at the cafe for a well deserved treat. A wheelchair friendly flat terrain.

Well behaved dogs are welcome.

Northumberlandia, Blagdon Lane, Cramlington, Northumberland, NE23 8AU



Wednesday 15th April - 2pm

Get your walking boots on and join us to explore the woods. The walk will be around 1.5 miles and take around an hour.

Please wear sensible footwear. Well behaved dogs are welcome. Not suitable for wheelchairs.

Parking Charges apply

Plessy Woods Country Park, Shields Road, Hartford Bridge, Bedlington, Northumberland, NE22 6AN

To book your space call 01670 320025 or book online here:

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

All events are subject to minimum participation levels and may be cancelled if there is not enough interest.





Pilates and Wellness Workshop

Thursday 23rd April

10.30 - 11.30am

at

Dave Stephens Centre, Links Rd, Blyth NE24 3PL



The session will be delivered by a fully qualified Pilates instructor Emma. She has an extensive experience supporting both adults and children with complex needs. As a carer herself, she understands the physical and emotional demands that caring for others can bring. Her sessions are designed to provide a calm, supportive space where you can focus on your own wellbeing - improving strength, posture, mobility, and breathing while gently releasing tension and stress.

You can expect to leave feeling more relaxed, balanced and re-energised, with movements tailored to suit all abilities and energy levels.

Please wear comfortable gym or loose clothing that allows you to move freely.

The session is free but booking is required and spaces are limited.



Seaton Delaval Hall Walk

Join us on a trip to Seaton Delaval Hall as part of our Active April fundraising activities. We have a planned walk starting and ending at the Hall.

Following the activity you are welcome to enjoy the gardens and the hall. Places are free, friends and family are welcome but spaces must be booked in advance.

Tuesday 28th April- 1 pm registration

Seaton Delaval Hall, The Avenue,
Seaton Sluice, Northumberland, NE26 4QR

No transport available for this trip, meet at the venue



BOOKING IS ESSENTIAL.

To book your space call 01670 320025 or book online: <https://carersnorthumberland.org.uk/news-and-events>

ACTIVE APRIL Going the Extra Mile for Carers

We smashed our goal last year, we walked the length of Britain (601 miles) and raised a huge £1000 for Carers Northumberland. This year we would love to do the same again, but we have added a twist. You can now walk, run, cycle or swim your extra mile.



What's involved?

Commit to completing at least 1 mile of exercise and record your activity.

Get sponsored by friends and family

How does it work?

Request your sponsorship pack, it will contain your activity diary to complete and sponsorship form. You can join in with our planned activities or do your own thing to fit in with your lifestyle. Send in your completed diary and any photos of you exercising before the end of April.

If you would like to fundraise get in touch for more information and to request your pack.

Fundraising is optional but booking is essential! Call 01670 320025 or book online here: www.carersnorthumberland.org.uk/news-and-events



Pie and Pea Supper



We will be hosting a grand finale to our Active April fundraising
on
Thursday 30th April
6pm

Prize bingo and raffle tickets will be available to purchase on the night, helping us to raise funds to continue supporting carers.

The evening will be held at Blyth Town Football Club, South Newsham Playing Fields, Sandringham Drive, Blyth NE24 3PS

Tickets for the event cost £5pp and include a pie, mash and pea supper. Vegetarian option available

Tickets are limited to 6 per household. Children are welcome but must be supervised at all times



BOOKING IS ESSENTIAL.

To book your space call 01670 320025 or book online: <https://carersnorthumberland.org.uk/news-and-events>

Everyone
Welcome

Meaningful Volunteering Group

Do you have an interest in volunteering to give back to the community at the same time as having a friendly chat and cuppa?

Everyone is welcome, this session is open to all ages and abilities, the volunteering activities are craft based and fully accessible.

Join us on Monday 18th May 10.30-
11.30am at Morpeth Methodist
Church
NE61 1HU



Welcome Meeting

We would like to invite carers who are new to our service to an online welcome meeting. Here we will let you know more about our services and how to access them. We will show you how to get the best out of our website and how to book onto our events and workshops. The welcome meeting is also an opportunity for you to ask us any questions you may have about Carers Northumberland.

The sessions will run via Zoom. Our session will be held on:

Thursday 23rd April - 6pm

Thursday 28th May - 6pm

You can book online here:

www.carersnorthumberland.org.uk

Carers
Only

Bedlington Meal

We will be enjoying a carer catch up at La Cucina Fresca in Bedlington Station, 14 Station Road, Bedlington, NE22 5AB

on

Tuesday 21st April

at

12.30pm



Menu can be found here:

<https://lacucinafresca.co.uk/menu/>

Booking is essential please call 01670 320025 or visit

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

Attendees will be responsible for paying for their own meals



Twice Brewed Inn Pub Lunch



Thursday 7th May at 12.30

We will be visiting the Twice Brewed Inn, Bardon Mill

Hexham, Northumberland, NE47 7AN
for a lovely carers lunch.

Menu can be found here:

<https://twicebrewedinn.co.uk/eating-at-twice-brewed-inn/>

Carers are responsible for paying for their own meal

If you would like to join us please call 01670 320025 or visit:

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

Everyone Welcome



FANCY A CHEEKY NANDO'S?



Join us for a evening at Nando's, Manor Walks Shopping Centre, Cramlington NE23 6UT

on



**Tuesday 26th May
at
5.30pm**



Attendees will be responsible for paying for their own meals

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

Menu can be found here:

<https://www.nandos.co.uk/restaurants/cramlington>

Wallington Hall Trip

Wallington Hall is a National Trust historic country house. The estate also features a walled garden, woodland, parkland, and farmland, offering a variety of outdoor activities and scenic walks.

Wednesday 27th May

Tickets £10



Transport from:

Blyth - Cramlington - Bedlington and Morpeth

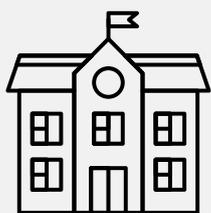
Pick ups start at 9.30am - departing for home at 3pm

Carers, cared for, friends and family are all welcome. Maximum 4 tickets per carer/household. Under 16's must be supervised at all times. If minimum booking numbers are not met the trip will be cancelled.

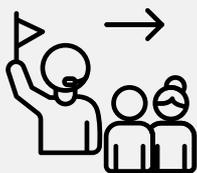
BOOKING IS ESSENTIAL.

To book your space call 01670 320025 or book online: <https://carersnorthumberland.org.uk/news-and-events>

Berwick Town Hall Tour and



walk



We will be visiting Berwick Town Hall, 16 Marygate, Berwick-upon-Tweed TD15 1BN

on

Monday 18th May

Everyone Welcome

for a tour to learn about its hidden history.

The tour takes place at 2pm.

Carers need to make their own way to the venue.

To reserve your space please call 01670 320025 or book online:

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

Paying for Social Care Workshop - Morpeth

In this workshop we will be looking at the rules around paying for care - whether that be residential care, in your home or respite. If you would like to learn more or have any questions please come along.



Wednesday 20th May
2pm - 3pm

Carers Only

Vision Northumberland

Staithes Lane

Morpeth

NE61 1TD

To reserve your space please call 01670 320025 or book online:
<https://carersnorthumberland.org.uk/news-and-events>

DEMENTIA[®] DISCO



OUR SEAHOUSES DISCO!

A free disco for people living with dementia, their carers, family and friends, children are welcome
A free meal, tea and coffee provided

When: The 1st Saturday of every month 5-7pm
Starting on Saturday 7th March 2026

Where: Seahouses Social Club,
126 Main St, Seahouses NE68 7TR

Details: To book your free tickets visit our website:
www.dementiadisco.org/events



For more information visit our website: www.dementiadisco.org
Call: 0300 102 7042
Email: hello@dementiadisco.org



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ATTENTION

CHANGES TO ALNWICK

CHAT

This session time has changed, we will now be meeting at 11am at the Lindisfarne Centre. This change is permanent.



Caring Matters - April / May 2026

April

■ = Carers only
■ = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Thursday 2nd	Ponteland CHAT Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Tuesday 7th	Alnwick CHAT - NEW TIME Lindisfarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	11am - 12pm	
Thursday 9th	Prudhoe CHAT The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Tuesday 14th	Blyth CHAT Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Wednesday 15th	Active April Walk - QE2 Ashington Woodhorn Museum Carpark, Ashington, NE63 9YF	10am	
Wednesday 15th	Active April Walk - Northumberlandia Blagdon Lane, Cramlington, NE23 8AU	11am	
Wednesday 15th	Active April Walk - Plessey Woods Country Park Shields Road, Hartford Bridge NE22 6AN	2pm	
Friday 17th	Morpeth CHAT Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Tuesday 21st	Carer Meal - Bedlington Station La Cucina Fresca, 14 Station Road, Bedlington NE22 5AB	12.30pm	
Thursday 23rd	Pilates and Wellness Workshop Dave Stephens Centre, Links Road Blyth NE24 3PL	10.30am	
Thursday 23rd	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 24th	Hexham (Acomb) CHAT Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	
Tuesday 28 th April	Active April Walk - Seaton Delaval Hall The Avenue, Seaton Sluice. NE26 4QR	1pm	
Wednesday 29th	Berwick CHAT William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 30th	Cramlington CHAT Welcome Methodist Church, Station Road, NE23 1EN	2pm-3pm	
Thursday 30th	Pie and Mash Fundraiser Blyth Town Football Club, Blyth, NE24 3PS	6pm	

To book your space call 01670 320025 or book online here: <https://carersnorthumberland.org.uk/news-and-events>
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Caring Matters - April / May 2026

May

■ = Carers only
 ■ = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 5th	Alnwick CHAT Lindisafrne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	11am - 12pm	
Thursday 7th	Ponteland CHAT Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Thursday 7th	Carer Meal - Hexham Twice Brewed Inn, Bardon Mill, NE47 7AN	12.30pm	
Tuesday 12th	Blyth CHAT Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Thursday 14th	Prudhoe CHAT The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Friday 15th	Morpeth CHAT Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Monday 18th	Meaningful Volunteering Group Morpeth Methodist Church, NE61 1HU	10.30 - 11.30am	
Monday 18th	Berwick Town Hall Tour and Walk 16 Marygate, Berwick - Upon-Tweed TD15 1BN	2pm	
Wednesday 20th	Paying for Social Care Workshop Vision Northumberland, Staiths Lane, Morpeth, NE61 1TD	2- 3pm	
Tuesday 26th	Carer Meal - Nandos Cramlington Forum Way, Manor Walks Shopping Centre, NE23 6UT	5.30pm	
Wednesday 27th	Wallington Hall Trip	From 9.30am	
Wednesday 27th	Berwick CHAT William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 28th	Cramlington CHAT Welcome Methodist Church, Station Road, NE23 1EN	2pm-3pm	
Thursday 28th	Carer Welcome Meeting - Online via Zoom	6pm - 7pm	
Friday 29th	Hexham (Acomb) CHAT Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	

To book your space call 01670 320025 or book online here: <https://carersnorthumberland.org.uk/news-and-events>
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Building Carer Friendly Communities



8 - 14th June 2026

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The UK's 5.8 million unpaid carers are the backbone of our communities. Every day, they provide support to friends, family members, and loved ones. But are often overlooked, undervalued, and unsupported. They can face challenges in every part of their lives – affecting their health and wellbeing, education, careers and livelihoods, relationships, daily life, hopes and aspirations.

For Carers Week 2026, we're highlighting the power of building carer friendly communities – and the difference they can make to carers' lives.

We hope you can join us at some of our planned activities.

We would like to remind you booking is essential and activities may be cancelled should we not meet the minimum numbers required to run the event.

DAY TRIP TO EDINBURGH BY TRAIN

We will be enjoying a trip to Edinburgh on



Monday 8th June.

We will be meeting at Berwick Train Station (time to be confirmed)

Once in Edinburgh we will be taking 'The Potter Trail' a guided tour of all the magical locations that inspired characters and scenes in the Harry Potter series and visit the places where JK Rowling wrote the books, and even learn a spell or two along the way...!

Tickets are £10 and include your return train ticket from Berwick and your guided tour.

Booking is essential



Afternoon tea at the Sill

Join us for a delightful afternoon at The Sill, Hexham on



Monday 8th June at 12pm

Carers and a guest are welcome to enjoy an afternoon tea overlooking the idyllic scenery.

Tickets are £5pp

Carers and their guest are responsible for getting themselves to The Sill.

National Landscape Discovery Centre
Bardon Mill
Hexham
Northumberland
NE47 7AN

Booking is essential and spaces are limited.

Carers Week™

Building Carer Friendly Communities

**8 - 14th June
2026**

Afternoon Tea and a Matinee Movie

We are very excited to invite you to our afternoon tea with a show.

We will be enjoying an afternoon tea at the Market Pavillion in Blyth, NE24 1BW, which will be followed by a private screening of a movie

on
Tuesday 9th June at 1pm

Carers and a guest can enjoy their visit for £10 pp
Booking is essential and places are limited

AN EVENING OF GLASS PAINTING

We will be enjoying an evening meal at
Alno Lounge
20 Bondgate
Alnwick NE66 1TF
on
Tuesday 9th June at 4.30pm

Following our delicious meal we will be trying some glass painting.

Why not join us? Booking is essential
Carer are responsible for paying for their own meals, but there is no charge for glass painting

Walking Wednesday

Our first Wednesday Walk will take place along

Whitley Bay Prom

The route is short, at around a 1.5 miles.
There are no steps so it is accessible however there are some steep ramps.

Well behaved dogs are welcome

Wednesday 10th June at 11am

Meeting at The Briardene Carpark, The Links,
Whitley Bay NE26 4NG

Walking Wednesday

Our second walk will take place at one of our favourite parks

Ponteland Park

The route is short and on flat paving so it is suitable for wheelchairs.

Well behaved dogs welcome

Wednesday 10th June at 3pm

Meeting at the main entrance to the park on
West Road, Ponteland, Newcastle upon Tyne,
NE20 9TQ

Carers Week

**Building
Carer Friendly
Communities**



**8 - 14th June
2026**



DAY TRIP TO GREYNA GREEN



Everyone
Welcome

Thursday 11th June from 9am

Transport is included from Blyth
Cramlington, Prudhoe and Hexham

We will be stopping off at the Blacksmith
Museum before getting back on the bus and
visiting the nearby retail park.

Tickets are 10pp and only 4 bookings per
carer/household

Booking is essential



Carer Catch up meal Cramlington Thursday 11th June at 12pm

Join us at one of our favorite Italians, Sambuca,
for a catch up over lunchtime.

Sambuca
Glasshouse 4&5 South Mall, Manor Walks
Shopping Centre, Cramlington NE23 6UT

Booking is essential and carers will be
responsible for paying for their own food.

Menu can be found here:

<https://sambucarestaurants.co.uk/restaurants/cramlington/>

Everyone
Welcome

BOAT FISHING EXPERIENCE

Everyone
Welcome



Do you enjoy fishing or would you like to learn a
new skill?

Well this is your opportunity to try some boat
fishing.

We have chartered a boat to take a group of
carers from Amble Harbour on

Friday 12th June from 10am

You will be given tuition on how to fish while
enjoying the beautiful scenery.

All equipment will be provided.

Carers will need to bring a packed lunch and
refreshments as the trip will take 3 hours. Carers
can bring a guest.

This will be a physical trip and you will need to
be firm on your feet.

The trip is £10 pp and spaces are limited



Pranzo?

Join us for lunch on
**Friday 12th June
at 12pm**



Everyone
Welcome

We will be catching up with carers
over lunch at Lollo Rosso
40 Bridge St, Morpeth, NE61 1NL

Menu can be found here:
www.lolorossoitalia.com/menus/

Carers are responsible for paying for
their own meals.
Booking is essential





Everyone
Welcome

FAMILY DAY TRIP TO GIBSIDE



We will be culminating our Carers Week celebrations with a grand trip to Gibside near Rowlands Gill, the ultimate outdoor playground for families. Discover nature and historic ruins while you explore peaceful walking trails. Young visitors can explore the Red Kite adventure playground and den building areas.

on

Saturday 13th June from 10am

Transport is included from Morpeth, Cramlington, Ponteland, Prudhoe.

Tickets are £10 per adult and £5 a child which includes transport and entry. Maximum 4 bookings per carer/household. Under 16's must be supervised at all times.

Places are limited so booking is essential



Important Booking Information

Booking deadline for all activities is Friday 22nd May.

Spaces are limited, should an activity reach capacity, we will operate a waiting list.

Bookings for trips and afternoon teas are not confirmed until full payment for the activity is received. Payments can be made in cash, via paypal or bank transfer (please contact our team for further information)

Priority for activities will go to those carers who have an active caring role.

Call 01670 320025 or visit <https://carersnorthumberland.org.uk/news-and-events>

All events are subject to minimum participation levels and may be cancelled if there is not enough interest