

# Caring Matters

August/September 2025 - The newsletter of Carers Northumberland



Welcome to the August/September edition  
of Caring Matters...



## In this issue you'll find

- Details of our upcoming day trips
- How to borrow our Alnwick Garden & Lilidorei passes
- Information on grants and respite opportunities
- Workshops, meals, walks and more!

Light nights and long evenings are here, along with the warm weather for summer.

Our August / September newsletter is full of great opportunities to join us on trips, events and activities where you can meet new people, take a break and enjoy trying new things.

We also have some great workshops coming up to improve your knowledge and understanding of things like dementia, lasting power of attorney and paying for social care.

As always our information and advice team are here to support you in your caring role, answering your enquiries, helping you to apply for grants and benefits, signposting to other useful services and organising our regular carer groups. Give them a call!

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

## Carer grants, support and respite

**Caring can be tough - emotionally and financially. Carers Northumberland have grants and support available to take the pressure off - either to allow you to take a break or to help out if you're struggling with the cost of living.**

### 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.

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.

### Carer Support Fund

The Carer Support Fund is available to help you take a break from your caring role. The fund is available to adult carers of adults (over 18s), who have been registered with Carers Northumberland for two months or longer. The fund must be spent on the carer, but can be used in whatever way offers the best break. Ideas for use of the fund include: gym memberships, spa days, hobby equipment etc.

### Carefree

Carefree offers hotel breaks for carers by partnering with hotels across the Country to make use of unsold rooms.

Full-time (30+ hours per week) unpaid carers (18+) can gain access to our Breaks Hub by direct referral from Carers Northumberland. There is a £33 admin fee to be paid by the carer. The break is for the carer only. Carers are welcome to take a companion but not the person(s) they care for.

Breaks typically consist of 1-2 nights plus breakfast for two. You can book a break once per year with Carefree.

### Exercise on Referral

Carers can access exercise on referral at Places for Leisure gyms in Northumberland.

Individual referral sessions are £4 or £2.50 if you claim benefits. If you choose to sign up to a direct debit membership it costs just £26 per month! The direct debit membership provides access to any Places for Leisure gym in the county for gym, swim and classes.

## Do you or someone you know use a telecare alarm?

Landline phones are switching to digital, which could stop telecare alarms working. This means that all landline providers need to know which of their customers use telecare, so they can keep them safe. The switchover is already happening, so you need to act now.

**If you or someone you know uses a telecare alarm:**

- **call the landline provider now for support**
- **visit [digitalphoneswitchover.com](https://digitalphoneswitchover.com) to find out more**



## Support with employment and education

Carers can access free and specialist employment and educational support to help you balance work with your caring role. We have partnered with Newcastle Carers and North Tyneside Carers' Centre to deliver the Working for Carers project. The project can help you to:

- Find employment, training, education and volunteering opportunities
- Understand your rights as a working carer
- Build your confidence and skills
- Write CVs, applications and support with interviews

Our friendly advisors offer one-to-one, free, non-judgemental and specialist advice to best help you. Get in touch with us to find out more about the Working for Carers project, call us on 01670 320025 or email [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)

This project is funded by the UK government through the UK Shared Prosperity Fund, with the North East Combined Authority as the lead authority.



### LIVE WELL WITH DEMENTIA

in Cramlington and Alnwick

**Fun and engaging activities for people living with mild to moderate dementia, with access to support for carers.**

**Pop along and give them a try!**

#### Cramlington

Cramlington Town Council Office, Manor Walks  
Mondays, 2pm - 4pm

#### Alnwick

St James's Church, Pottergate  
Wednesdays, 10am - 12pm

**FOR MORE INFORMATION**



Call: 01670 784 800  
Email: [info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)



## COMMUNITY DROP IN

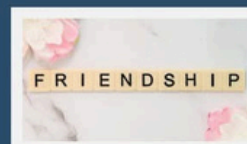
**Every Thursday  
10am to 3pm**

at Highcliffe - Spittal  
Berwick-upon-Tweed - TD15 2JL

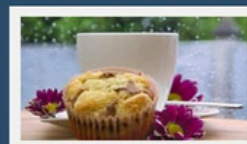
**Join us for a coffee  
and a chat!**



Bring your latest hobby!



Make new friends!



Refreshments available

How to contact us:

[office@tweedconnections.co.uk](mailto:office@tweedconnections.co.uk)  
Tel: 07563 716752

[www.facebook.com/TweedConnections](https://www.facebook.com/TweedConnections)



## 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 Graden 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.



## 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 28<sup>th</sup> August - 6pm**

**Thursday 25<sup>th</sup> September - 6pm**

You can book online here:

[www.carersnorthumberland.org.uk](http://www.carersnorthumberland.org.uk)

Carers  
Only



State of Caring survey 2025 is live!

This UK wide research survey of carers helps to promote change and raise awareness

**Make your voice heard**



Scan the QR code to take part



## State of Caring 2025

Make your voice heard:

<https://www.surveymonkey.com/r/QNBXYHJ>

## Scarborough Trip

Join us for a day trip to sunny Scarborough! With beautiful beaches, amusements and a historic castle, you'll find lots to do in this seaside town. Don't forget to stop for fish and chips and an ice cream!

Carers, cared for, friends and family are all welcome.  
Maximum 2 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.



**Sunday 28<sup>th</sup> September**

Tickets £10

Transport from various pick up points between

**Morpeth - Ashington - Cramlington - Blyth**

Pick ups start at 7.15am - departing for home at 5pm



**BOOKING IS ESSENTIAL.**

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

## Richmond & Barnard Castle Trip

Visit the vibrant market town of Richmond, explore the iconic castle, cobbled marketplace or stroll along the river. We will then make our way to Barnard Castle, full of charming shops, local produce, restaurants, cafes and pubs.

Carers, cared for, friends and family are all welcome.  
Maximum 2 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.



**Tuesday 9<sup>th</sup> September**

Tickets £10

Transport from:

**Chollerford - Haltwhistle - Haydon Bridge**

**Hexham - Corbridge**

Pick ups start at 7.45am - departing for home at 4.30pm



**BOOKING IS ESSENTIAL.**

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

Everyone  
Welcome

# Seaton Delaval Hall Trip



Come along and take part in the National Trust Summer of Play!  
Along with the beautiful hall and gardens, there are also great family activities, games and circus skills to take part in

**Friday 29<sup>th</sup> August**

Tickets £10 Adult - £5 Child

Transport from:

**Berwick - Alnwick - Amble - Bedlington and Blyth**

Pick ups start at 9.15am - 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>

# 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 8<sup>th</sup> October**

Tickets £10

Everyone  
Welcome

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>

## Caring For Someone With Dementia Workshops

Join Carers Northumberland and nurses from the Post Diagnostic Team for more information and advice on caring for someone with dementia. We will be looking at:

- What to expect in the future
- Managing common behaviours and communicating effectively
- Attendance Allowance, power of attorney, blue badges and council tax discount



**Booking is essential. Dates for 2025:**

**Newbiggin - Thursday 9th October – 1.30pm - 4pm**

Newbiggin Sports & Community Hub, Woodhorn Road, Newbiggin-by-the-sea, NE64 6HG

**Zoom - Thursday 6th November– 2pm-4.30pm**



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

## Lasting Power of Attorney Workshop

Making a lasting power of attorney (LPA) can seem like a daunting task.

Join us for a workshop where we will talk you through the process of making an LPA, break down the roles and responsibilities of those involved and talk about what you need to consider when making an LPA for either yourself or someone else.

**Monday 18<sup>th</sup> August**  
**3pm-4pm**  
**via Zoom**



## Paying for Social Care Workshop - Blyth

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.

**Monday 22nd September**  
**2pm-3.30pm**

**Buffalo Centre**

55 Regent Street, Blyth,  
NE24 1LL



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

## Ashington Meal - Giannis

Join us for an early dinner at Giannis Ashington. Take a break, enjoy a meal and meet other carers in a relaxed setting. Carers will be responsible for paying for their own meals.

**Tuesday 12th August - 4.30pm**

29 South View, Ashington, NE63 0SF

£9.95 happy hour menu available. Menu can be found here: <https://giannisashington.co.uk/shop/>

Everyone  
Welcome



## Bardon Mill Meal - Bowes Hotel

Everyone  
Welcome

Join us for lunch at the Bowes Hotel in Bardon Mill. Take a break, enjoy a meal and meet other carers in a relaxed setting. Carers will be responsible for paying for their own meals.

**Monday 8<sup>th</sup> September - 1pm**

Bardon Mill, Hexham NE47 7HU

Menu can be found here:  
<https://www.theboweshotel.uk/en-GB/menu>



## Alnwick Meal - Hog's Head

Join us for an early dinner at the Hogs Head in Alnwick. Take a break, enjoy a meal and meet other carers in a relaxed setting. Carers will be responsible for paying for their own meals.

**Tuesday 26th August - 4pm**

Hawfinch Dr, Alnwick NE66 2BF

Menu can be found here:  
<https://www.inncollectiongroup.com/hogs-head-inn/>

Everyone  
Welcome



## Plessey Woods Walk

Join us for a walk around Plessey Woods County park (approx. 2 miles)  
There is a visitor centre and café for those who wish to stay for a drink afterwards.  
Please note this walk is not accessible due to steep banks and steps. Suitable footwear is required. Well behaved dogs welcome.

**Wednesday 17<sup>th</sup> September - 10.30am**

**Please book for details of meeting point.**

Everyone  
Welcome





## August

■ = Carers only  
■ = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 5th	Alnwick Carer Group Lindisafrne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	10am - 11am	
Thursday 7th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Tuesday 12th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Tuesday 12th	Meal - Gianni's Ashington 29 South View, Ashington, NE63 0SF	4.30pm - 6pm	
Thursday 14th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Friday 15th	Beamish Trip Very limited tickets remaining	All day	
Friday 15th	Morpeth Carer Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Monday 18th	Lasting Power of Attorney Workshop Online via Zoom	3pm - 4pm	
Tuesday 19th	Newbiggin Carer Group Woodhorn Rd, Newbiggin-by-the-Sea NE64 6HG	11am-12pm	
Thursday 21st	Wooler Carer Group Cheviot Centre, 12 Padgepool Pl, Wooler, England, NE71 6BL	10am-11am	
Tuesday 26th	Meal - Hog's Head Alnwick Hawfinch Dr, Alnwick NE66 2BF	4pm - 5.30pm	
Wednesday 27th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 28th	Cramlington Carer Group Welcome Methodist Church, Station Road, NE23 1EN	2pm-3pm	
Thursday 28th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 29th	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	
Friday 29th	Seaton Delaval Hall Trip	11am - 3pm	

## September

 = Carers only  
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 2nd	Alnwick Carer Group Lindisfarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	10am - 11am	
Thursday 4th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Monday 8th	Meal - Bowes Hotel Bardon Mill Bardon Mill, Hexham NE47 7HU	1pm - 2.30pm	
Tuesday 9th	Richmond and Barnard Castle Trip	All day	
Tuesday 9th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Thursday 11th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Tuesday 16th	Newbiggin Carer Group Woodhorn Rd, Newbiggin-by-the-Sea NE64 6HG	11am-12pm	
Wednesday 17th	Plessey Woods Walk	10.30am - 12pm	
Thursday 18th	Wooler Carer Group Cheviot Centre, 12 Padgepool Pl, Wooler, England, NE71 6BL	10am-11am	
Friday 19th	Morpeth Carer Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Monday 22nd	Paying for Social Care Workshop Blyth - Buffalo Centre	2pm - 3.30pm	
Wednesday 24th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 25th	Cramlington Carer Group Welcome Methodist Church, Station Road, NE23 1EN	2pm-3pm	
Thursday 25th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 26th	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	
Sunday 28th	Scarborough Trip	All day	