

Caring Matters

August/September 2024 - The newsletter of Carers Northumberland



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



In this issue you'll find

- Details on the Parent Carer Support Fund
- Information on our Carer Groups
- Dates for your diary with meals, workshops, walks and much more!

Welcome to our summer edition of Caring Matters! So far summer has been a bit of a washout, but as we write this the sun is out and we've got our fingers crossed it's going to stay there!

We're hoping the sun stays out for some of our amazing summer events. We have a family nature walk and a wellbeing walk, alongside meals out, workshops and more! Make sure you book early to avoid missing out.

This newsletter has an introduction to our carer groups, which happen all over the county each month. These are a great way to meet other carers, make friends and take some time for yourself. If you feel isolated, want some advice about caring or just a chat, come along!

Thank you to everyone who took part in Carers Week 2024, we had an amazing time and we hope you did too.

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

Carer Groups

Carers
Only

Are you feeling isolated in your caring role? Would you like to meet like-minded people?

Come along to one of our friendly carer groups. Its a great opportunity to meet new people, have a chat, share tips and advice and have some time for yourself.

We run groups across Northumberland, please take a look at the back of your newsletter to see if there is one in your area you would like to attend. Our groups are a safe space just for carers and are hosted by trained volunteers or our Information Team who can support you with any queries you may have.

Many carers who attend our groups have done so for many years and have built up a great network of friends - some continue to attend even after their caring role has ended, passing their advice and support on to others.

“The thought of attending my first group was very scary, even as the host! As soon as I walked in I was greeted by room full of friendly faces. We have laughs together, support each other and share stories. If you’re thinking about attending but finding it daunting, just pop in to a local group, you will not regret it!” - Naomi - Info & Advice Worker



“It's good to know it's a safe space and confidential and that what we talk about won't leave the room” - Carer

Carer Notice

Our Carer Support Group in Morpeth will not be running on Friday 16th August. This is due to our annual Beamish trip taking place.

The group will resume in September as planned

Workshops and Wellbeing

Carers
Only

Lasting Power of Attorney Workshop



Making a lasting power of attorney (LPA) can seem like a daunting task. Join us for an online 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.



Tuesday 13th August 2pm-3.30pm
Online via Zoom

Carers
Only

Making Guilt Manageable Workshop Ashington

Guilt can be draining. Join us for an informal and interactive workshop to find out how to: recognise guilty feelings, know your own guilt triggers and keep guilt in check.

Monday 16th September at 11am - 12.30pm
Newcastle Building Society, Ashington
10 Station Road, Ashington, NE63 9UJ



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

Wellbeing Walk

Everyone
Welcome

Join us on a walk to help you take the first steps to better health. We will be taking a stroll around the lake, doing mindful activities and a short nature meditation. The walk is 1.5 miles and should be suitable for wheelchairs. Parking is £2.50 for 2 hours, toilets and café are available. Meeting at entrance to Visitors Centre.

Tuesday 3rd September 2pm
Druridge Bay Country Park
Red Row, Morpeth NE61 5BX

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



Carer Catch Up Meal - Berwick

Everyone
Welcome

Take a break, enjoy a meal and meet other carers in a relaxed setting. Carers will be responsible for paying for their own meals.

Thursday 29th August - 4pm

Leaping Salmon - Berwick

Golden Square, Berwick-upon-Tweed TD15 1BG

Booking is essential please call 01670 320025 or visit www.carersnorthumberland.org.uk

Menu can be viewed here: <https://www.greatukpubs.co.uk/leaping-salmon-berwick/food-and-drink>

Carer Catch Up Meal - Ponteland

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 10th September at 4pm

Ristorante Fratelli

Bell Villas, Ponteland, NE20 9BE

Everyone
Welcome

Booking is essential please call 01670 320025 or visit

www.carersnorthumberland.org.uk

Menu can be viewed here: www.fratelliponteland.co.uk/menus



Amble Carer Catch Up

Carers
Only

Are you a carer living in Amble?

Why not drop into the Amble Inn, Sandpiper Way, Amble, Morpeth NE65 0FF on Tuesday 24th September at 11am

We will be hosting a carer catch up where you can meet other carers and enjoy a cuppa on us.

Booking is essential - please call 01670 320025 or visit

www.carersnorthumberland.org.uk

Lunch & Walk - Ashington

Everyone
Welcome

Wednesday 18th September at 12pm

Queen Elizabeth II Country Park

Woodhorn, Ashington, NE63 9AT

Free parking available, meet at the pit wheel in the car park. Walk is about 1.5 miles, flat and suitable for wheelchairs. We will have a short walk followed by lunch at Woodhorn Grange - Cookhouse and Pub. Attendees will be responsible for paying for their food/drinks. Menu can be found here: <https://www.cookhouseandpub.co.uk/en-gb/locations/ashington>

Booking is essential

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



NOTICE OF ANNUAL GENERAL MEETING

Carers Northumberland will be holding their AGM on Wednesday 23 October 2024 at Cramlington Hub, Forum Way, Cramlington, NE23 6YB (next to Concordia).

Join us to look back at our achievements for the year 2023-24 and look forward to 2024-25.

Tea and coffee available from 10.30am with the meeting to start promptly at 11am then followed by a light lunch and a chance to chat to the staff and members of the Trustee Board.

Booking is essential - please book your place by Friday 4 October 2024

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

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

Everyone
Welcome

Do you look after someone? Are you worried about balancing your caring responsibilities with university?

You are not alone. We understand that trying to find a balance between looking after someone, studying, and enjoying university can be a real challenge.

You might be feeling overwhelmed and exhausted due to your caring responsibilities and university, or stressed about moving away from the person you look after. Some days you might not be able to enjoy university life, fail to meet a deadline, arrive late to lectures, worry about not being at home, or can't study because of your caring responsibilities.

If you are about to go back to university after the summer break, or are looking to apply for a course or work, Working for Carers are here to listen and help you. Our friendly and specialised advisors can help unpaid carers aged 16 and above navigate their university life with their caring responsibilities.

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

To find out more about Working for Carers please get in touch with us on 01670 320025 or info@carersnorthumberland.org.uk



Funded by
UK Government

NE North East
Combined
Authority



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 29th August 6pm - 7pm
Thursday 26th September 6pm - 7pm

New carers will be sent details in their welcome pack but they can also book online here:
www.carersnorthumberland.org.uk

Family Nature Walk Blyth



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>



Parent Carer Support Fund

A Network Partner of
**CARERS
TRUST**

The Parent Carer Support Fund is available to help you take a break from your caring role.

The fund is available to carers registered with Carers Northumberland who care for a child with additional needs whom they have parental responsibility for, it must be spent on yourself and can be used to fund the following:

- night away / short break
- spa day / spa treatments
- hobby or craft equipment
- gym membership
- theatre tickets

Additional eligibility criteria applies, please contact us for more information and an application. We can only accept a limited number of applications per month, so please consider carefully whether you need to access the fund so we can help as many carers in need as possible.

Free SIM Cards For Carers

We have been supported by Vodafone's Charities Connected programme to provide free SIM cards to registered carers. This will be ending in January 2025.

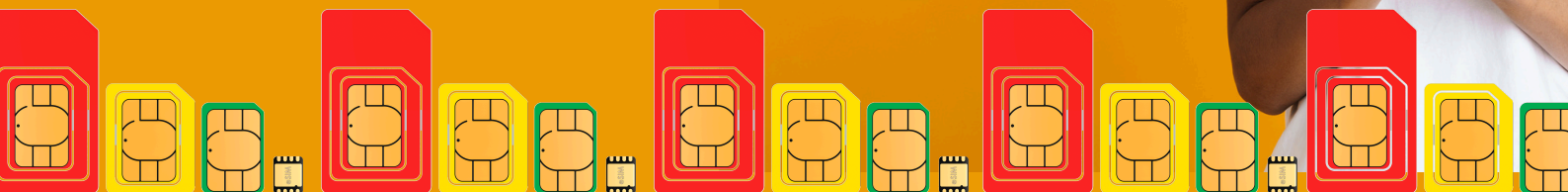
The SIM cards have 20GB data, unlimited calls and texts per month, for 6 months.

The SIM cards can only be used in Vodafone or unlocked handsets. Every registered carer can apply for one SIM card for their personal use.

Thanks to a generous donation from Vodafone, carers who have accessed the scheme in the past are now eligible to apply again.



If you would benefit from a free SIM card to use for 6 months, please complete the application form <https://forms.office.com/r/ssHLLG303K> or call our Info Team on 01670 320025.



Wooler Carer Group

Grinders Cafe, 29 High Street, Wooler

Meetings run from
10.15 - 11.30am
on the
3rd Thursday of every Month

Supported by:



Tailored Golf Sessions
Supporting Carers & People Living with:
Dementia | Parkinson's | Stroke
Loneliness | Depression



Bellingham Golf Club
Northumberland

- Weekly Group Sessions
- Caregivers, enjoy some much needed respite while we take care of your loved ones.
- No golf experience needed
- Tailored to individuals needs
- Age-friendly golf sessions

It's easy to book a TASTER SESSION!

Email : info@golphinsociety.com

or Simply visit our website : www.golphinsociety.com



These sessions are funded by



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August

= Carers only
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Thursday 1st	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX Age UK Scam awareness training	10.30am - 11.30am	
Tuesday 6th	Alnwick Carer Group - Mind and Sole, Wagon Way Rd, Alnwick NE66 1QQ	10am - 11am	
Thursday 8th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Tuesday 13th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Tuesday 13th	Lasting Power of Attorney Workshop Online via Zoom	2pm-3.30pm	
Wednesday 14th	Family Summer Walk Ridley Park, Wensleydale Terrace, Blyth NE24 3HF	11am	
Friday 16th	Beamish Trip FULLY BOOKED	All Day	
Tuesday 20th	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am - 12pm	
Wednesday 28th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 29th	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	2pm-3pm	
Thursday 29th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Thursday 29th	Carer Meal - Berwick Upon Tweed Leaping Salmon, Golden Square, Berwick-upon-Tweed TD15 1BG	4pm	
Friday 30th	Hexham (Acomb) Carer Group 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>

Please note, all events are subject to minimum participation levels and may be cancelled if there is not enough interest

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September

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DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 3rd	Alnwick Carer Group Mind and Sole, Wagon Way Rd, Alnwick NE66 1QQ	10am - 11am	
Tuesday 3rd	Wellbeing Walk - Druridge Bay Country Park Red Row, Morpeth, NE61 5BX	2pm	
Thursday 5th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Tuesday 10th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Tuesday 10th	Catch-Up Meal Ristorante Fratelli, Ponteland, NE20 9BE	4pm	
Thursday 12th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Monday 16th	WORKSHOP - Making Guilt More Manageable Newcastle Building Society, Station Road, Ashington, NE63 9UJ	11am-12.30pm	
Tuesday 17th	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am - 12pm	
Wednesday 18th	Lunch & Walk Queen Elizabeth II Country Park, Ashington, NE63 9AT	12pm	
Friday 20th	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2pm - 3pm	
Tuesday 24th	Carer Catch up Amble Amble Inn, Sandpiper Way, Amble, Morpeth NE65 0FF	11am - 12pm	
Wednesday 25th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 26th	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	2pm-3pm	
Thursday 26th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 27th	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	

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