

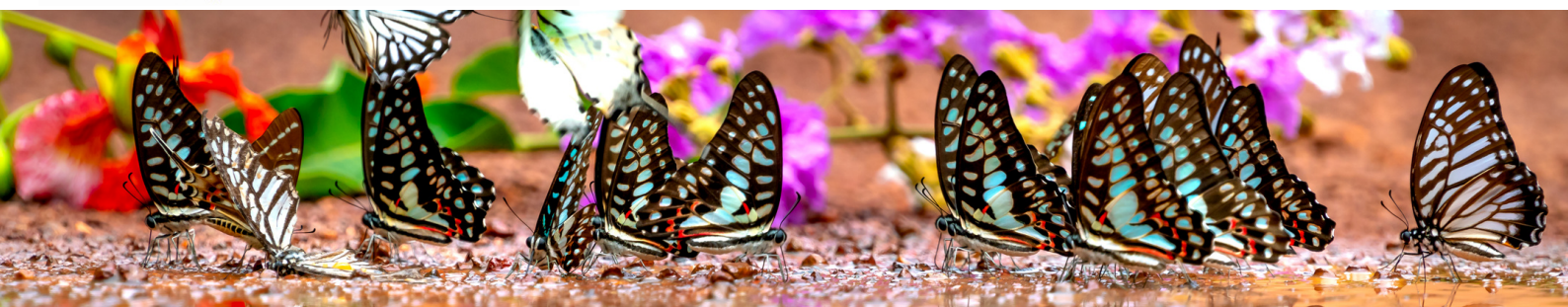


Caring Matters

August/September 2026 - The newsletter of Carers Northumberland



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



In this issue you'll find

- Free SIMs for carers.
- Information about CNTWs Dementia Q&A drop in sessions.
- Details about our bus trip to Whitby.
- An invite to our fundraising curry night.
- Workshops, meals, trips and more!

We hope you have all enjoyed the sunshine as much as us, over the past few weeks. It may have rained on us during our Carers Week activities but the good old British weather has redeemed itself just in time for our annual trip to Beamish.

We're feeling optimistic about the weather, so with that in mind, we have planned some lovely trips out where we can make the most of all the sunshine and vitamin D.

If you are new to Carers Northumberland, in this issue you will find our pull out benefits factsheet, it has information about the benefits that you or the person you care for may be entitled to. Caring without the right information and support can be hard. If you would like to know more about what financial support may be available to you, please get in touch with our team.

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

FREE VODAFONE SIMS

We have a limited number of free SIM cards available.

Registered carers can apply for a 6 month pre-paid SIM card.

These SIM cards have 40gb data and unlimited calls and texts each month for the full 6 month period.



Eligibility criteria applies, for more information and to apply please call 01670 320025 or visit <https://forms.office.com/e/10SfJEUPNX>



Due to the popularity of some of our trips and activities, we have taken the decision to have an opening date for some bookings.

This is to ensure everyone has a fair and equal chance to book on to our most popular trips.

Please see individual adverts for booking dates.

Priority for bookings will be given to carers with a current, active caring role and former carers will be added to a waiting list for all trips and any activities labelled with;



Former carers will be contacted closer to the event date if spaces are available.



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 27th August- 6pm
Thursday 24th September - 6pm

You can book online here:
www.carersnorthumberland.org.uk



Borrow our Alnwick Garden & Lilidorei Passes

We have a limited number of passes that allow free access to Alnwick Garden and Lilidorei. Carers can book the use of the passes up to September 2026.

Bookings can be made 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 for more information and to check availability.



BENEFITS FACTSHEET

Carers Allowance

Is a working age benefit for those earning under £204 per week.

To be eligible the person you care for must be claiming a disability benefit and you must look after them 35 hours or more each week.

The rate for 26/27 is £86.45 per week.

If you get your state pension you cannot claim Carers Allowance, but may be entitled to an underlying entitlement as part of a pension credit award*

*Means tested and will require a benefit check to check eligibility

Attendance Allowance

Retirement age benefit for those with a health condition or disability, not means tested. The rates for 26/27 are £76.70 or £114.60 a week depending on the level of need. The lower rate is for those who need help or support in the day only, the higher rate is for day and night.

Carers may also be entitled to AA if they have their own health conditions / disabilities. Always follow up a successful AA claim with a benefit check as this can increase eligibility for Pension Credit.

You can only claim one disability benefit*

DLA / PIP

There are working age disability benefits. Disability Living Allowance has been replaced by Personal Independence Payment for adults. Only under 16s can make new claims to DLA, those born before 1948 will not be asked to move to PIP.

You cannot claim more than one disability benefit so you can only claim one of either DLA, PIP or AA. It is possible to have your award increased if your circumstances have changed, this is called a supersession.*

*if you are not already on the highest rate.

Universal Credit

Has now replaced Job Seekers Allowance (JSA), Employment Support Allowance (ESA), Income Support (IS), Child Tax Credit, Housing Benefit and Working Tax Credit for working age people and you cannot put in a new claim for any of these benefits.

Pensions

Claiming state pension will exclude you from most benefits, but pension credit can boost income levels.

A benefit check is always advised to ensure you are getting everything you are entitled to.

Carers Allowance Unit

0800 731 0297

www.gov.uk/carers-allowance

Universal Credit

www.gov.uk/universal-credit/how-to-claim

Useful Contacts



Attendance Allowance helpline

0800 731 0122

www.gov.uk/attendance-allowance/

Pension Credit claim line

0800 99 1234

www.gov.uk/pension-credit

Pension Credit

Extra money to help with living costs for those over State Pension age and on a low income. Means tested with premiums added for carers, disabled people and those with childcare responsibilities.

Any award of pension credit is worth claiming, even if you are only entitled to £1 per week, as a pension credit award also entitles you to:

- Housing Benefit
- Council Tax Support
- Free TV licence (for over 75s)
- Help with NHS dental treatment, glasses and transport costs
- Help with heating costs and more

Council Tax Support

If you are living with a severe mental impairment* and claim a disability benefit you may be entitled to a council tax discount (25% if you live with others and 100% if you live alone)

There are also council tax discounts for carers who live with the person they look after (and this is not their spouse or a child under 18)

If your home has been adapted or has features that are needed because someone with a disability lives there, you could get a reduction on the Council Tax bill.

*this would sometimes include dementia

Benefit Checks

It is very easy to find out if you are entitled to additional benefits. A benefit check takes around 20 minutes and can be completed over the telephone. You should have a new benefit check every time your circumstances change, even if you think your income is fairly high.

Savings below £10,000 are disregarded if you are pension age and even if you have high savings you may be entitled to some benefits.

Benefit checks are also a good way to see how your income might differ if your circumstances change (new job, leaving work, additional benefits, moving house etc)

Other Financial Help

If you are in a situation where money is tight and you can't afford something or it would be a struggle to afford it, you may be able to access a grant to help. Grant funding is usually means tested and would require a benefit check first to look at your income.

Grant funding can pay for things like white goods (cookers / washing machines etc), respite breaks, moving home costs, funeral costs and much more.

There are also small grants available to carers to help them take a break from their caring role, these are not means tested.

For more advice about benefits, grants and to book a benefit check please contact our information team on **01670 320025** or email **info@carersnorthumberland.org.uk**

Other Support

Citizens Advice Northumberland

0800 144 8 444 – Help to Claim Universal Credit
01670 339960 – Debt Advice Line
01670 339749 – Energy Advice

OneCall (Adult Social Care)

01670 536400

Age UK Northumberland - 01670 784800

Welfare rights
Advocacy
Bereavement Support



CARER SUPPORT FUND



Research has shown that regular access to short breaks can help carers continue to provide care for longer by offering time to themselves and the opportunity to recharge their batteries.

The Carer Support Fund is available to adult carers of adults, who are registered with Carers Northumberland and offers small grants to enable carers to take short breaks from their caring responsibilities.

The amount received depends upon individual carer circumstances, and must be spent on the carer, but can be used in whatever way offers the best break.

The money can be spent on short breaks, visiting friends, hobbies, gym memberships, etc. (whatever gives you a break and chance to relax*)

Please contact our team if you would like to apply on 01670 320025 or email info@carersnorthumberland.org.uk

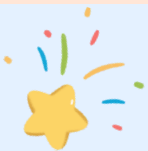


**you will be asked what you intend to spend the fund on and receipts must be returned*



THANK YOU!

Carers Week 2026 was one of our best yet!



Thank you to everyone who took part and attended our activities, take a look below at some of our highlights.



Everyone
Welcome

Do you have Questions about Dementia?

CNTW are running Q&A drop-in sessions in Morpeth and Hexham on the last Thursday of each month.

The last Thursday of each month

10.30am - 12pm

Vision Northumberland

Staithes Ln, Morpeth, NE61 1TD

Staff will be on hand from CNTW as well as other Northumberland based support services to answer your questions and provide information and advice.

NHS

Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

The last Thursday of each month

1.30pm - 3pm

Adapt (North East)

Burn Lane, Hexham NE46 3HN



**ATTENTION
PLEASE!**

CHANGES TO OUR BLYTH CHAT

Our Blyth CHAT will now meet at L of a Bake on the 3rd Thursday of every month at 10.30am.

Why not pop along for a coffee and a catch up.

L of a Bake
13 Bowes St,
Blyth
NE24 1BD



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 including carers, cared for and their friends and family. This session is open to all ages and abilities. The volunteering activities are craft based and fully accessible.

**Join us on the 3rd Monday of every
month from 10.30-11.30am at
Morpeth Methodist Church
NE61 1HU**

 **REPURPOSEFUL**

Caring Matters - August/September 2026

Everyone
Welcome

RHYTHMIC DRUMMING

Did you know drumming has many benefits, it can:

- Reduces stress
- Improve cognitive function
- Help alleviate symptoms of anxiety, depression and PTSD
- Boost immunity
- Improve motor skills and coordination
- Offer a gentle full body workout

Would you like to try it? No experience needed!
The session will be delivered by a trained professional.

We will be hosting a drumming workshop for both carers and their cared for (over 16s only) on

Wednesday 5th August
11am - 12pm

at
East Bedlington Community Centre
Platform 1
16 & 17 Station Street
Bedlington Station
NE22 7JN

Everyone
Welcome

Woodhorn Wander



Monday 10th August
11am

The weather's good there is nothing better than a walk around Ashington's QE2 County Park.

Join us for a gentle circular walk around the lake followed by a coffee at The Winding House Cafe in Woodhorn Museum (admission to the museum site is free for those attending on the walk)
Following the walk feel free to enjoy the museum.

We will be meeting at the car park at Woodhorn Museum, Queen Elizabeth II Country Park, Ashington, NE63 9AT



Morpeth Meal Lollo Rosso

Grazie

Wednesday 19th August
12pm

Everyone
Welcome

After our last visit we couldn't wait to return,

We will be enjoying good food and company at Lollo Rosso, 40 Bridge St, Morpeth NE61 1NL on

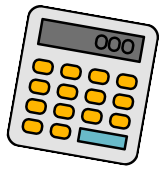


Menu can be found here:
<https://lollorossoitalia.com/menus/>



Attendees are responsible for paying for their own meals

Booking is essential and events may be cancelled if minimum booking numbers are not met.
To book your space call 01670 320025 or book online: <https://carersnorthumberland.org.uk/news-and-events>



PAYING FOR SOCIAL CARE



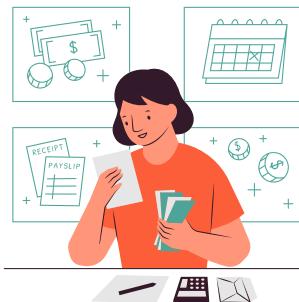
In this workshop we will be looking at the rules around paying for care - whether that be residential care, in your home or respite.

If you would like to learn more or have any questions please come along.



Due to the popularity of this workshop we will be running two sessions, one face to face and one online.

Tuesday 25th August
10am - 12pm
Merton Hall,
Merton Way,
Ponteland, NE20 9PX



Monday 21st September
2-4pm
Via Zoom



CARER HEALTHCHECKS



Northumberland Health Trainer Service understand that carers often have significant responsibilities and may not always have the time to prioritise their own health and wellbeing. They have kindly offered to drop in at some of our Carer CHATs to support carers in having blood pressure checks, weight management advice, and brief healthy lifestyle interventions. They will be dropping in at the following times and the groups below.

Berwick CHAT
Wednesday 26th August
at 11.30am

Ponteland CHAT
Thursday 3rd September
at 11am



SCAM AWARENESS SESSIONS



We have invited Trading Standards to attend some of our Carer CHATs to talk about Scams, how to protect yourself from falling victim to scammers.

They will be attending for the last half hour of our Cramlington CHAT.



Thursday 24th September
at
2.30pm



Sessions will be available in Morpeth and Ponteland - dates will be available in our next newsletter

Booking is essential and events may be cancelled if minimum booking numbers are not met.
To book your space call 01670 320025 or book online: <https://carersnorthumberland.org.uk/news-and-events>

Zentangle and Reiki session Newbiggin by the Sea

Newbiggin Art Centre will be hosting this session
just for carers

Carers
Only

on
Monday 14th September
2-4pm
at their Gibson Street Studio,
27 Gibson Street NE64 6UY



Zentangle is a relaxing, meditative art method that
creates abstract images using structured, repetitive
patterns called tangles.

The reiki being offered is non intrusive and no
touching is involved at all.



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

POTTERY PAINTING IN BEDLINGTON



Join us for a morning of creative pottery
painting on



Friday 18th September
at 10.30am



at
The Creative Chicken,
110 Front Street East
Bedlington
Northumberland
NE22 5AE



The cost of this activity is £10pp

Visit www.carersnorthumberland.org.uk/news-and-events or call 01670 320025 to book.

CURRY NIGHT *Fundraiser*

We will be hosting a curry night at
Lal Qila

Dudley Ln, Manor Walks Shopping Centre, Cramlington
NE23 6UW

on

Tuesday 15th September
6.30pm

You can enjoy a starter, main and rice for £20 pp

If you would like to make an additional donation, this would be gratefully recieved

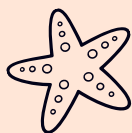
We will be running a quiz and a raffle and a charity scratch card on the night

If you would like to donate a raffle prize please call our team on 01670 320025

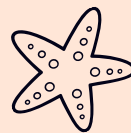
Everyone
Welcome

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BUS TRIP TO WHITBY



"Oh, we do like to be beside the seaside"

Join us for a trip to the beautiful seaside town of Whitby, explore its historic harbour and take a wander down its gothic cobbled streets.



Monday 7th September

From 8.30am

Tickets are £10pp
Max 2 tickets per carer/household

The bus will be picking up from Morpeth, Bedlington, Blyth and Cramlington.

Bookings
Open
3rd August

Everyone
Welcome

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



ALNWICK MEAL



We will be enjoying an evening meal at
Alno Lounge
20 Bondgate
Alnwick NE66 1TF
on

Tuesday 22nd September at 4.30pm

There will also be an opportunity to try
some glass painting.

Why not join us? Booking is essential
Carers are responsible for paying for their
own meals.

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

Everyone
Welcome

Northumberland Zoo Visit

We will be visiting Northumberland Zoo
on

Wednesday 30th September
at
10.30 am



No transport is available for this trip and carers
will be responsible for making their own way to
Northumberland Zoo
2, Eshottheugh Farm, Felton, Morpeth NE65
9QH



Tickets are £7.50
max 2 tickets per carer/household

Everyone
Welcome

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



Caring Matters - August/September 2026

August

■ = Carers only

■ = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 4th	Alnwick CHAT Lindisfarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	11am - 12pm	
Wednesday 5th	Rhythmic Drumming East Bedlington Community Centre 6-17 Station Rd, Bedlington, England, NE22 7JN	11am-12pm	
Thursday 6th	Ponteland CHAT Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Thursday 6th	Dementia Carers Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2.15 - 4.15pm	
Monday 10th	Woodhorn Wander Woodhorn Museum, Queen Elizabeth II Country Park, Ashington, NE63 9AT	11am	
Thursday 13th	Prudhoe CHAT The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am	
Monday 17th	Meaningful Volunteering Group Morpeth Methodist Church, NE61 1HU	10.30am-11.30am	
Wednesday 19th	Morpeth Meal - Lollo Rosso 40 Bridge St, Morpeth NE61 1NL	12pm	
Thursday 20th	Blyth CHAT L of a Bake13 Bowes St, Blyth NE24 1BD	10.30am - 11.30am	
Friday 21st	Morpeth CHAT Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Tuesday 25th	Workshop - Paying for Social Care Merton Hall, Merton Rd, Newcastle upon Tyne, England, NE20 9PX	10am-12pm	
Wednesday 26th	Berwick CHAT William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 27th	Cramlington CHAT Welcome Methodist Church, Station Road, Cramlington, NE23 1EN	2pm-3pm	
Thursday 27th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 28th	Hexham (Acomb) CHAT CANCELLED DUE TO BEAMISH TRIP	11am - 12pm	
Friday 28th	4th Annual Beamish Trip	All day	

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

Caring Matters - August/September 2026

September

■ = Carers only
■ = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 1st	Alnwick CHAT Lindisfarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	11am - 12pm	
Thursday 3rd	Ponteland CHAT Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Thursday 3rd	Dementia Carers Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2.15-4.15pm	
Monday 7th	Whitby Bus Trip	All Day	
Thursday 10th	Prudhoe CHAT The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Monday 14th	Zentangle and Reiki session Newbiggin Art Centre, Gibson Street Studio, 27 Gibson Street NE64 6UY	2-4pm	
Wednesday 15th	Curry Night Fundraiser LaI Qila, Dudley Ln, Manor Walks Shopping Centre, Cramlington NE23 6UW	6.30pm	
Thursday 17th	Blyth CHAT L of a Bake, 13 Bowes St, Blyth NE24 1BD	10.30 - 11.30am	
Friday 18th	Pottery Painting The Creative Chicken 110 Front Street East, Bedlington, NE22 5AE	10.30am	
Friday 18th	Morpeth CHAT Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Monday 21st	Meaningful Volunteering Group Morpeth Methodist Church, NE61 1HU	10.30-11.30am	
Monday 21st	Paying for Social Care Workshop Via ZOOM	2-3.30pm	
Tuesday 22nd	Carer Meal - Alno Lounge 20 Bondgate, Alnwick NE66 1TF	4.30pm	
Thursday 24th	Cramlington CHAT Welcome Methodist Church, Cramlington, NE23 1EN	2pm-3pm	
Thursday 24th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 25th	Hexham (Acomb) CHAT Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	
Wednesday 30th	Northumberland Zoo 2, Eshottheugh Farm, Felton, Morpeth NE65 9QH	10.30pm	
Wednesday 30th	Berwick CHAT William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	

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

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