




**6 - 12th June
2022**

Welcome to our special edition newsletter, with everything you need to know about Carers Week 2022!

Visible, valued and supported

The theme for Carers Week 2022 is 'Make caring visible, valued and supported'. We believe that unpaid carers and the challenges of caring should be recognised in all areas of life, caring should be valued and respected by everyone in our society, and carers should have access to the information and support they need, where and when they need it.



Carers Northumberland have organised a week of events and activities to show carers just how much we appreciate you! From afternoon teas and walks to cookery workshops, our staff are looking forward to meeting up with carers across Northumberland.

Please note, ALL our events MUST be booked in advance. We are a small team and events with no bookings will be cancelled.

JOIN US FOR

Afternoon Tea

We would love you to join us at one of our afternoon teas to celebrate Carers Week. Each of our teas has a different theme and activity, from crafts to wellbeing. Tickets are free to registered carers, there is a £5 suggested donation for other guests (payment can be made via our website or in cash on the day - no change will be available). Tickets must be booked by 25th May, please inform us of dietary requirements when booking. Tickets can be booked here: <https://carersnorthumberland.org.uk/news-and-events> or by calling 01670 320025.

6th June Cramlington - 2pm

Join us at the Cramlington Hub for a delicious afternoon tea and a chance to make macrame plant holders.

Cramlington Hub, Manor Walks, Forum Way, Cramlington, NE23 6YB

7th June Wooler - 2pm

Join us at the Cheviot Centre for a delicious afternoon tea and a chance to win big at trivia.

Cheviot Centre, 12 Padgepool Place, Wooler, Northumberland, NE71 6BL.

9th June Corbridge - 2pm

Join us at Corbridge Parish Hall for a delicious afternoon tea and a wellbeing session.

Corbridge Parish Hall, St Helen's Street, Corbridge, NE45 5BE

10th June Blyth - 2pm

Join us at Briardale House for a delicious afternoon tea and a chance to make paper roses.

Briardale House, Briardale Road, Blyth, NE24 5AN

Spaces are limited, all tickets MUST be booked by 25th May

Carers Week Walks

6th Craster & Dunstanburgh Castle - 12pm

Meet at Tourist Information, Craster Quarry Car Park, NE66 3TW

This walk is approximately 5 miles. Due to the uneven ground this walk is NOT suitable for wheelchairs and appropriate footwear is recommended. We will be stopping half way for a break so it may be good to bring a small picnic/snack. Craster Quarry Car Park is Pay and Display, toilets available at Tourist Information.

7th Whitley Bay - St Mary's Lighthouse - 11.30am

Meet at Ocean View Car Park, A193, Whitley Bay, NE26 4NF

Walk is approximately 2 miles. Due to uneven ground this walk is NOT suitable for wheelchairs. Ocean View Car Park is free to park. Toilets available at St Mary's Lighthouse - depending on the tide times.

8th Newbiggin Promenade - 1pm

Meet at Newbiggin Maritime Centre, Church point, Newbiggin-by-the-Sea, NE64 6DB

Walk is approximately 2 miles. Walk is very flat and suitable for wheelchairs. Church Point car park is free to park. Toilets are available.

9th Bolam Lake - 10am

Meet at Visitors Centre, Boathouse Wood Car Park, Bolam Lake, NE20 0HG

Walk is approximately 1 mile. Walk may be suitable for wheelchairs (some inclines). Boathouse Wood car park is free for the first hour. Toilets are available at the Visitors Centre

10th Carlisle Park, Morpeth - 10am

Meet at Morpeth Riverside Leisure Centre, New Market, Morpeth NE61 1PR

Walk approximately 1.5 miles. Walk may be suitable for wheelchairs (some inclines). Disc parking available at Morpeth Riverside Leisure Centre. Toilets are available.

Booking is essential for each walk, you can book online here:

www.carersnorthumberland.org.uk/news-and-events or contact us on 01670 320 025. The cared for, friends and family are also welcome on these walks. Anyone attending under the age of 16 must be accompanied by an adult.

Fire Station Tours



Join Northumberland Fire and Rescue for a glimpse into the daily routine of a firefighter within Northumberland. Each session will consist of a station tour, including first hand experience around the different equipment and resources staff use when attending incidents. On-top of this, be some of the first to take part in our new Virtual Reality offering, putting you in the midst of a live road traffic extrication. VR is for those age 15 or over, but this is only a small portion of the time.



8th June - West Hartford Station - 4pm

9th June - Alnwick Station - 3pm

10th June - Berwick Station - 3pm

Booking is essential, you can book here:

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

or by calling 01670 320025

Vegetable Curry Cookery Workshop

Thursday 10th June - 5pm - via
Zoom

Join our resident chef Rea and for a
cookalong session!

Rea will be showing us how to make a
delicious potato and pea curry in a Zoom
session. A gift card will be provided to cover
the cost of ingredients.



Booking is essential, you can book here:

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

or by calling 01670 320025

Alnwick Garden

Carers Day - 11th June

THE ALNWICK
GARDEN

In celebration of Carers Week, the Alnwick Garden are holding a special day for Carers and their families. On Saturday 11th June, carers and their families will get free entry to the Alnwick Garden.

You can reserve up to 4 tickets per registered carer, tickets MUST be booked by 20th May.

You can reserve your tickets here:

www.carersnorthumberland.org.uk/news-and-events
on 01670 320025 or info@carersnorthumberland.org.uk

Photo Competition

Submit a photo of your day out at Alnwick Garden, along with a caption about what you enjoyed the most, to win a prize! The winner will receive a voucher for Afternoon Tea for two at The Running Fox.

Please submit your photo and caption to
info@carersnorthumberland.org.uk

active
Northumberland

In celebration of Carers Week, Active Northumberland have provided a small number of free passes for carers.

The pass gives carers free access to gym, swimming and fitness classes for 10 days, at any Active Northumberland centre (to be used by 31/8/22). We only have a small amount of passes, names will be drawn at random on June 1st.

Carers will need to complete short application form, this can be found here:
<https://forms.office.com/r/83NsDfTET9> or call 01670 320025

Carers Week Calendar

DATE	GROUP/ACTIVITY	TIME
Monday 6th June	Craster Walk - Meet at Craster Quarry Car Park, NE66 3TW	12pm
Monday 6th June	Cramlington Afternoon Tea - Community Hub, Forum Way, Cramlington, NE23 6YB	2pm
Tuesday 7th June	Whitley Bay Walk - Ocean View Car Park, A193, Whitley Bay, NE26 4NF	11.30am
Tuesday 7th June	Wooler Afternoon Tea - Cheviot Centre, 12 Padgepool Place, Wooler, Northumberland, NE71 6BL	2pm
Wednesday 8th June	Newbiggin Walk - Newbiggin Maritime Centre, Church point, Newbiggin-by-the-Sea, NE64 6DB	1pm
Wednesday 8th June	West Hartford Fire Station Tour - W Hartford Business Park, Cramlington NE23 3JP	4pm
Thursday 9th June	Bolam Lake Walk - Boathouse Wood Car Park, Bolam Lake, NE20 0HG	10am
Thursday 9th June	Corbridge Afternoon Tea - Corbridge Parish Hall, St Helen's Street, Corbridge, NE45 5BE	2pm
Thursday 9th June	Alnwick Fire Station Tour - Blackthorn Cl, Alnwick NE66 2ER	3pm
Thursday 9th June	Cookery Session - Zoom	5pm
Friday 10th June	Carlisle Park, Morpeth Walk - Morpeth Riverside Leisure Centre, New Market, Morpeth NE61 1PR	10am
Friday 10th June	Afternoon Tea Blyth - Briardale House, Briardale Road, Blyth, NE24 5AN	2pm
Friday 10th June	Berwick Fire Station Tour - Ord Dr, Tweedmouth, Berwick-upon-Tweed TD15 2XU	3pm
Saturday 11th June	Alnwick Garden Carers Day - Denwick Lane, Alnwick NE66 1YU	9am - 5pm

Carer Gifts

In celebration of Carers Week we have a number of small Northumbrian made gifts for carers that we will be delivering in Carers Week.

If you would like to receive a gift, or would like to nominate another carer, please contact us on
01670 320025 or
info@carersnorthumberland.org.uk

Nominations close 25th May 2022

