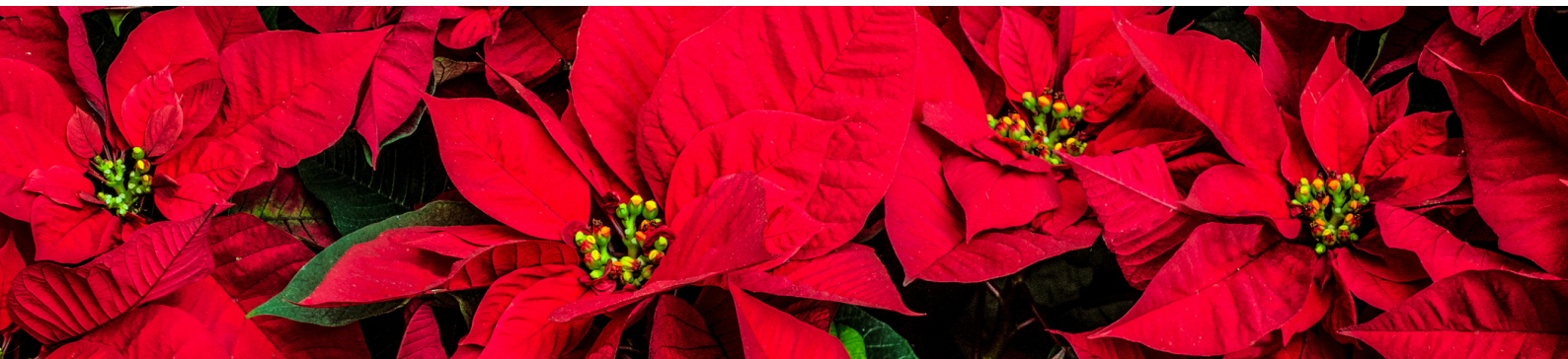


# Caring Matters

December/January 25/26 - The newsletter of Carers Northumberland



Welcome to the December/January edition  
of Caring Matters...



*poinsettia (Euphorbia pulcherrima)*

In this issue you'll  
find

- How to borrow our Alnwick Garden & Lilidorei passes
- Christmas activities.
- How you can have your say about adult social care services.
- Workshops, meals, walks and more!

"It's Christmas!"

*Noddy Holder - Slade 1973*

Wow, can you believe we are coming to the end of 2025!

But we're still not finished, in this issue you will see that we are still squeezing in as many festive activities as we can before the new year.

We are so excited for what 2026 has to bring!

We would like to wish you all a very Merry Christmas and a happy New Year, and would like to take this opportunity to thank you all for your support this past year.

A special thank you also goes to our team of lovely volunteers and our board of Trustees, we appreciate everything you do to help those carers registered with us.

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

# Caring Matters - December/January 2026

## Daily Planner Christmas Edition

today's ~~schedule~~ : **Hopes**

1 - Don't overschedule: Be realistic about what you can do.

2 - Focus on what matters: Decide what is most important for you and your family, and focus your energy on that.

3 - Don't try to do everything yourself. Ask for help, you're only human.

4 - Remember family often value time with you more than elaborate arrangements. Keep it simple.

### priority :

Go for a walk or get outside, this can help to boost your mood.

Plan a break or a rest - even if it's just 10 minutes.

Don't forget to breathe, if you feel overwhelmed. Stop and take a few deep breaths.

Focus on the quality time you are able to spend with family and friends. This could simply be enjoying a meal together, a festive movie or a good laugh over a bad cracker joke.

## FESTIVE FOLDING

Make gift boxes out of wrapping paper, no sellotape required!

**Carers  
Only**

on Tuesday 16<sup>th</sup> December  
at 11am  
Carers Northumberland Office  
CVA, 107 & 109 Station Road  
Ashington  
NE63 8RS

During the session you will have the opportunity to make gift boxes using origami, all while enjoying some festive treats and socialising with friends.

All materials will be provided, however you can bring along your own wrapping paper to use if you have a colour scheme in mind.

Call 01670 320025 or visit  
[www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events)



## Friendly Festive Get Together

Christmas for so many people brings so much excitement and joy, but for some it can feel very lonely.

Marine Medical Group Social Prescribers will be hosting a Friendly Festive Get Together which is supported by Briardale House.

If you are home alone on Christmas Day and you live or work in Blyth please drop in. There is no need to pre book and a light buffet and entertainment will be provided.

December 25<sup>th</sup> December 10-2pm

at Briardale House, Briardale Road, Blyth, NE63 5AN





## CARERS RIGHTS DAY 2025



**THANK YOU TO EVERYONE WHO CAME AND SUPPORTED OUR CARERS RIGHTS DAY INFORMATION EVENT IN BERWICK.**

**WE ARE SO GRATEFUL TO ALL THOSE WHO GAVE UP THEIR TIME, IT WAS LOVELY TO SEE YOU ALL.**

**WE HOPE YOU ALL TOOK SOMETHING WORTHWHILE AWAY FROM THE EVENT.**

# Join the Adult Social Care People's Panel

Healthwatch for volunteers for their Adult Social Care People's Panel. The Panel is made up of people who use adult social care services or have an interest and want to make a difference.

The Panel meets at County Hall in Morpeth every few months or there is an option to join online. The meetings are lively, challenging and produce real improvements in services and experience.

To be part of the panel you can either complete the application form online (<https://www.smartsurvey.co.uk/s/7E5TCO/>) or for an informal chat please contact Derry Nugent at [derryn@healthwatchnorthumberland.co.uk](mailto:derryn@healthwatchnorthumberland.co.uk) or call 03332 408 468.

We'd appreciate your help sharing this opportunity with carers and families. If you need more information, please get in touch.







## 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 Garden 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. 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:

**No December Meeting**  
**Thursday 29<sup>th</sup> January at 6pm**

You can book online here:

[www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events)  
or call 01670 320025



## Carer Groups

Our groups are changing.

We have been hosting carer support groups for many years, and some of our most successful groups have been around since the very beginning of Carers Northumberland.

We have noticed that over the past few years the number of carers attending our groups have reduced.

In the New Year we will be looking at our group attendances.

This may result in us cancelling some groups or moving group locations, we will of course keep you all informed of any changes we plan to make in the new year.





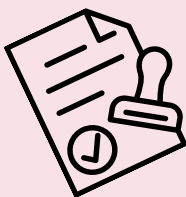
## **Lasting Power of Attorney** **Workshop**

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.

This workshop will be held online via zoom on:

Monday 15<sup>th</sup> December  
at  
11am



call 01670 320025 or visit:

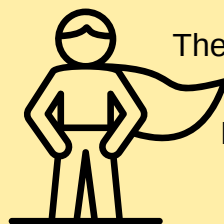
[www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events) to book.



## **CARING WITH CONFIDENCE**

Whether you are new to caring or you would like to know what services and support are available to you.

Our Caring with confidence workshop will provide you with the knowledge to navigate your caring role.



The session will be held on:

Monday 26<sup>th</sup> January

1.30 - 3.30pm

Newcastle Building Society - 14 Market Place,  
Morpeth, NE61 1HG

call 01670 320025 or visit:

[www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events) to book.

**Carers  
Only**

## **Cuppa and Create**

Join us for a fun painting workshop and create your own masterpiece!

This session is perfect for painters of all levels.

The session will be delivered by a professional and all materials will be provided, along with copious amounts of tea and coffee to keep you hydrated.

The workshop will take place on Wednesday 14<sup>th</sup> January at  
Vision Northumberland, Staithes Lane, Morpeth NE61 1TD

2-4pm

Booking is essential as spaces are limited.

*Priority will be given to carers with an active caring role.*

**Carers  
Only**

## **BOOKING IS ESSENTIAL.**

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



## Winter Walk

Join us as we welcome in the start of the New Year with our first walk of 2026!

Lets blow away those winter blues with a bracing walk along Newbiggin Prom with a pit stop at the Maritime Centre for a warming drink and a sweet treat.

Wednesday 7<sup>th</sup> January

Meeting at Newbiggin Maritime Centre at 11am

Please wrap up warm and dress prepared for the North East coasts refreshing breeze

Everyone Welcome



## Woodhorn Museum

### Visit

Join us for a trip  
"doon the pit"



Everyone Welcome

We will be exploring Woodhorn Museum in Ashington, once the largest pit village in the world. The museum is the proud home to the Ashington Group Collection of artworks – commonly known as the 'Pitmen Painters'.

Wednesday 28th January at 11am.  
Woodhorn Museum, Queen Elizabeth II Country Park, Ashington, NE63 9YF

This is a free trip for carers who can also enjoy a cuppa on us at the cafe.  
No transport is provided and carers are responsible for getting themselves to the museum.  
Maximum 2 bookings per carer



## Pie and Pea Supper

We will be hosting a fundraising evening on Thursday 22<sup>nd</sup> January

Everyone Welcome

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

The evening will be held at Blyth Town Football Club, South Newsham Playing Fields, Sandringham Drive, Blyth NE24 3PS  
at 6 pm.

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>



## SUPPORT WITH EMPLOYMENT AND EDUCATION



As a carer, you can access our specialist employment project for free support with work, education, training and volunteering.

The Working for Carers project can help with:

- Finding work or education and balancing this with your caring role
- Understanding your rights at work
- Writing applications, CVs and preparing for interviews
- Building your confidence and skills
- 

Even if you are not currently in work/education, our advisors are here to support you.

Visit our website, or get in touch with us to find out more about the Working for Carers project - [www.carersnorthumberland.org.uk](http://www.carersnorthumberland.org.uk) - 01670 320025

This project is a partnership between North Tyneside Carers' Centre, Carers Northumberland and Newcastle Carers. It is funded by the UK government through the UK Shared Prosperity Fund, with the North East Combined Authority as the lead authority.



Funded by  
UK Government



# PLAY NOW

## TO BOOST OUR FUNDRAISING



- Help give our fundraising a boost
- Tickets cost just £1 a week
- Win up to £25,000

Supported by



### BUY TICKETS

Go to: [www.northumberlandlottery.co.uk](http://www.northumberlandlottery.co.uk)  
and search: Carers





## Cramlington Festive Catch up

Join us for lunch at the Wetherspoons John the Clerk in Cramlington. 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 11<sup>th</sup> December at 1pm**

**Wetherspoons  
John the Clerk, Cramlington,  
Northumberland, NE23 1DN**

Menu can be found here:

<https://www.jdwetherspoon.com/pub-menus/john-the-clerk-of-cramlington-cramlington/>

Booking is essential. Please call 01670 320025 or visit [www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events)

Carers  
Only

## Berwick Carers Lunch

We will be enjoying a lunch with carers  
on

Thursday 15<sup>th</sup> January at 12pm

at

Magdalene Fields Golf Club in Berwick-upon-Tweed,  
TD15 1NE

Carers are responsible for paying for their own lunch.

Please call 01670 320025 or visit  
[www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events)

Everyone  
Welcome



## Corbridge Catch up

Join us for a carer catch up over lunch.

We will be meeting at the Errington Coffee  
House, Corbridge NE45 5QB

on

Monday 12<sup>th</sup> January at 12pm

Carers are responsible for paying for their own  
lunch.

Booking is essential. Please call 01670 320025  
or visit [www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events)

Everyone  
Welcome



## BERWICK NETBALL TASTER SESSIONS

FREE

Beginner-friendly netball taster  
sessions, focussed on fun and  
wellbeing. Open to anyone who  
wants to play non-competitive,  
introductory level sports.

### WALKING NETBALL

Thurs 15th Jan, 2pm  
Mon 19th Jan, 5.30pm

### BACK TO NETBALL

Thurs 15th Jan, 7pm  
Mon 19th Jan, 6.30pm

To sign up, please contact:  
[Diana.Smith@RiseNorthEast.co.uk](mailto:Diana.Smith@RiseNorthEast.co.uk)



RISE.



Places  
Leisure

# Caring Matters - December/January 2026

## December

■ = Carers only  
 ■ = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 2nd	Alnwick Carer Group Lindisafrne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	10am - 11am	
Wednesday 3rd	Edinburgh Christmas Market Please contact for availability	All Day	
Thursday 4th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
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	
Thursday 11th	Meal Cramlington - Wetherspoons - John the Clerk Cramlington, NE23 1DN	1-2.30pm	
Monday 15th	Lasting Power of Attorney Workshop Online via Zoom	11am -12.30pm	
Tuesday 16th	Festive Folding Craft Session CVA, 107 & 109 Station Road, Ashington NE63 8RS	11am-12.30pm	
Tuesday 16th	Newbiggin Carer Group Woodhorn Rd, Newbiggin-by-the-Sea NE64 6HG	11am-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	

Carers Northumberland will be closed from Wednesday 24<sup>th</sup> December until Friday 2<sup>nd</sup> January.



### Useful numbers

Adult Social Care - 01670 536400

NHS - 111 (non emergency)

Emergency - 999

Samaritans - 116 123

Power Cut - 105



## JANUARY

= Carers only  
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 6th	Alnwick Carer Group Lindisfarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	10am - 11am	
Wednesday 7th	Winter Walk - Newbiggin Prom Maritime Centre, Newbiggin by the Sea, NE64 6DB	11am- 1pm	
Thursday 8th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Monday 12th	Corbridge Catch up Errington Coffee House, Corbridge NE45 5QB	12pm	
Tuesday 13th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Wednesday 14th	Cuppa and Create - Painting Workshop Vision Northumberland, Staithes Lane, Morpeth, NE61 1TD	2-4pm	
Thursday 15th	Berwick Lunch - Magdalene Fields Golf Club Berwick-upon-Tweed TD15 1NE	12-1.30pm	
Friday 16th	Morpeth Carer Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Thursday 22nd	Pie and Pea Supper- Blyth Town Football Club, South Newsham Playing Fields, Sandringham Drive, Blyth NE24 3PS	6 - 8.30pm	
Monday 26th	Caring with Confidence Workshop Newcastle Building Society - 14 Market Place, Morpeth, NE61 1HG	1.30-3.30pm	
Wednesday 28th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Wednesday 28th	Woodhorn Museum Visit Queen Elizabeth II Country Park , Ashington, NE63 9YF	11am - 1pm	
Thursday 29th	Cramlington Carer Group Welcome Methodist Church, Station Road, NE23 1EN	2pm-3pm	
Thursday 29th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
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:**  
<https://carersnorthumberland.org.uk/news-and-events>