



Caring Matters



June/July 2026 - The newsletter of Carers Northumberland



Welcome to the June/July edition of Caring Matters...



Summer is here!

In this issue you'll find

- Details of our annual Beamish trip
- How to borrow our Alnwick Garden, Lillidorei passes.
- Help to take a break
- Our plans for Carers Week
- Workshops, meals, trips and more!

What a busy couple of months we have planned, with lots of fun activities for you to try, make sure to book your space early so you don't miss out!

We still have some spaces left for our Carers Week trips and meals that are happening in June.

Tickets for our 4th annual Beamish trip are also available, this years trip is happening with the support of Hays Travel, who raised vital funds for us, so we can continue to offer this trip to carers at a huge discount.

Our Beamish trip is available to all carers registered with us, and they can bring friends and family along for a fun day out. Last year was very popular, so make sure to book your spaces!

We would also like to say a huge thank you to everyone who took part in our Active April activities, we were blessed with some fine weather while we walked our extra mile for carers.

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

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.



Borrow our Woodhorn Museum Passes

Located in Ashington, once the largest pit village in the world, the former colliery is now home to a popular visitor attraction. Woodhorn brings to life Northumberland's proud mining heritage, making it a fun and cultural day out for all the family.

We have a number of passes for carers to borrow that allow free access to the museum. Get in touch on 01670 320025 or info@carersnorthumberland.org.uk for more details or to book your passes.



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 25th June - 6pm

Thursday 30th July - 6pm



You can book online here:

www.carersnorthumberland.org.uk

Carefree - Breaks for Carers

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 Carefree's Breaks Hub with a direct referral from Carers Northumberland. There is a £38 admin fee per break to be paid by the carer. The break is for the carer only - carers are welcome to take a companion but not the person they care for.

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

If you would like to be referred to Carefree to apply for a break get in touch with our Info Team on 01670 320025 or info@carersnorthumberland.org.uk

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CARER SUPPORT FUND

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

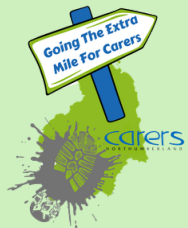
The Carers Support Fund is available to adult carers of adults, who are registered with Carers Northumberland, and offers small grants to enable carers to take short breaks from their caring responsibilities.

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*



Going The Extra Mile For Carers



A huge well done to everyone who took part in our Active April events, we had a great time.





Beamish Trip

Join us on our 4th annual trip to Beamish open air museum, telling the story of life in North East England during the 1820s, 1900s, 1940s and 1950s.

Friday 28th August

Tickets £10 per adult, £5 per child

Everyone
Welcome

Transport from:

Alnwick - Morpeth - Ashington - Blyth - Cramlington - Hexham - Prudhoe

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

Carers can reserve 4 tickets per carer/household. Under 16's must be supervised at all times. Tickets are subject to availability. Spaces must be paid for to be reserved. If price would be an issue, please contact us.

BOOKING IS SUBJECT TO AVAILABILITY AND ESSENTIAL.

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

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

This years trip has been made possible with support from Hays Travel and their generous donation to support unpaid carers.

Carers
Only

Lasting Power of Attorney Workshop

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

Join us for our 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.



Via Zoom
Monday 15th June at 2pm



Visit:

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

Carers
Only

Acrylic Painting Workshop **Newbiggin By The Sea**

It's official art is good for you, don't just take our word for it!

Come and join artist Sue Andrew from Newbiggin Arts Centre in this painting session exclusively for Northumberland Carers Using acrylic paint, Sue will guide you to create your own picture

Monday 22nd June, 2pm-4pm

At 74B Front Street, Newbiggin-by-the-Sea.
NE64 6QD

Absolute beginners welcome

Tea and cake provided

To book:

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

Everyone
Welcome

Fish and Chip Walk

**Tuesday 23rd June at
12.30pm**

Take a walk with us from Seaton Sluice along to The Waterford Arms for fish and chips.

We will be meeting and starting our walk at Seaton Sluice car park.

Menu - www.waterford-arms.co.uk/

Attendees are responsible for paying for their own meals.

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

Carers
Only

POTTERY PAINTING IN BEDLINGTON

Join us for a morning of creative pottery painting on

Tuesday 30th June 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.

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LUNCH AT THE RUNNING FOX KIRKHARLE COURTYARDS



We will be enjoying lunch the Running Fox and a browse around Kirkharle Courtyards boutiques.

Wednesday 8th July at 1pm



Kirkharle Courtyard, Kirkharle
Newcastle Upon Tyne NE19 2P



Menu - www.runningfoxbakery.co.uk/kirkharle-courtyard/

Attendees are responsible for paying for their own meals.

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

Everyone
Welcome



Bus Trip to Knaresborough Market and Harrogate

Wednesday 22nd July from 9am

This trip will take us to see two of the prettiest spa towns in the UK to enjoy a little shopping or just enjoy the scenery.

We will be picking up from Ashington, Blyth and Cramlington.

Tickets are £10 per person and limited to 2 tickets per household.

WARKWORTH WALK



We will be enjoying a gentle, scenic walk around the peaceful village of Warkworth on

Wednesday 15th July at 11am

We will be meeting at Warkworth Dunes Picnic Site, Warkworth
NE65 0SW



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

Pub Lunch - Amble Inn



Thursday 23rd July at 12.30pm

We will be enjoying some traditional pub grub at the Amble Inn, Sandpiper Way, Amble, Northumberland, NE65 0FF

Menu -

www.inncollectiongroup.com/amble-inn/
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>

Hauxley Reserve Walk

Join us for a walk around one of the best wildlife-watching spots in the North East, renowned for its bird life.

on
Friday 24th July
at 11am

We will be meeting at the main car park at the reserve at
Low Hauxley
Northumberland
NE65 0JR



Visit:

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

Tai Chi and Mindfulness' Workshop



Wednesday 29th July at 10.30am

Welcome Chapple, Station Road, Cramlington, NE23 1EN

(Workshop will run for approximately 1 ½ hours)

Join us for a morning of mindfulness, including a Tai Chi class delivered by Amanda from Tau Tong School of Tai Chi, who has been practicing the ancient Chinese art of Tai Chi Chuan for 32 years.

Tai Chi is a low-impact, mind-body practice that combines slow, deliberate movements, deep breathing, and meditation. It offers scientifically backed benefits, most notably improving balance, preventing falls, relieving joint pain, and reducing stress.

Please wear loose comfortable clothing.
Refreshments will be provided.



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

NEW

Dementia Carers Group

"I always take something away from this group"



"It's great for knowledge, information and support"



A friendly catch up for carers who are caring for someone with dementia at home.

Carers Northumberland in collaboration with CNTW memory services are offering a group to give you time to talk and share some of the issues of caring for someone with dementia.

First Thursday of Every Month at 2.15pm

Vision Northumberland

Staithes Lane, Morpeth NE61 1TD

Booking is essential



Carers Week

We still have a few spaces left for some of our Carer's Week activities, sign up now to avoid disappointment!

AFTERNOON TEA AT THE SILL

Join us for a delightful afternoon at The Sill, Hexham on
Monday 8th June at 12pm
National Landscape Discovery Centre, Bardon Mill, Hexham, NE47 7AN
FULLY BOOKED - waiting list in operation

AFTERNOON TEA AND A MATINEE MOVIE

We will be enjoying an afternoon tea at the Market Pavillion in Blyth, NE24 1BW, which will be followed by a private screening of a movie on Tuesday 9th June at 1pm
£10 pp Booking is essential

AN EVENING OF GLASS PAINTING

We will be enjoying an evening meal at Alno Lounge followed by some glass painting.
20 Bondgate, Alnwick NE66 1TF on
Tuesday 9th June at 4.30pm

WEDNESDAY WALKS

The route is short. There are no steps so it is accessible however there are some steep ramps.
Whitley Bay Prom - Meeting at The Briardene Carpark, The Links, Whitley Bay NE26 4NG on Wednesday 10th June at 11am
Ponteland Park - Meeting at the main entrance to the park on West Road, Ponteland, Newcastle upon Tyne, NE20 9TQ on Wednesday 10th June at 3pm
Well behaved dogs are welcome

DAY TRIP TO GREтна GREEN

Transport is included from Blyth Cramlington, Prudhoe and Hexham
We will be stopping off at the Blacksmith Museum before getting back on the bus and visiting the nearby retail park.
Thursday 11th June from 9am
Tickets are 10pp and only 4 bookings per carer/household

BOAT FISHING EXPERIENCE

We have chartered a boat to take a group of carers from Amble Harbour on
Friday 12th June
This trip is FULLY BOOKED but a waiting list is in operation.

CARERS WEEK MEALS

Berwick Golf Club - Magdalene Fields, Berwick upon Tweed TD15 1NE - Monday 8th June at 12.30pm
Cramlington Sambuca - Glasshouse, Manor Walks Shopping NE23 6UT - Thursday 11th June at 12pm
Lollo Rosso Morpeth - 40 Bridge St, NE61 1NL - Friday 12th June at 12pm

GIBSIDE TRIP

Saturday 13th June from 10am
Transport is included from Morpeth, Cramlington, Ponteland, Prudhoe.
Tickets are £10 per adult and £5 a child which includes transport and entry.

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>

Caring Matters - June/July 2026

June

☐ = Carers only

■ = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 2nd	Alnwick CHAT Lindisafarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	11am - 12pm	
Thursday 4th	Ponteland CHAT Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Thursday 4th	Dementia Carers Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2.15 - 4.15pm	
Monday 8th	Afternoon Tea at The Sill	12pm	
Monday 8th	Carer Meal - Greens Family Restaurant, Magdalene Fields Golf Club, Berwick	12.30pm	
Tuesday 9th	Blyth CHAT Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Tuesday 9th	Afternoon Tea and a Matinee Movie	1pm	
Tuesday 9th	An Evening of Glass Painting	4.30pm	
Wednesday 10th	Carers Walk - Whitley Bay Prom	11am	
Wednesday 10th	Carers Walk - Ponteland Park	3pm	
Thursday 11th	Day Trip To Gretna Green	All Day	
Thursday 11th	Prudhoe CHAT The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am	
Thursday 11th	Carer Meal - Cramlington Sambuca - Glasshouse,	12pm	
Friday 12th	Carer Meal - Lollo Rosso Morpeth	12pm	
Saturday 13th	Trip to Gibside	All Day	
Monday 15th	Meaningful Volunteering Group Morpeth Methodist Church, NE61 1HU	10.30- 11.30am	
Monday 15th	Workshop - Making a Lasting Power of Attoney Via Zoom	2-3pm	
Friday 19th	Morpeth CHAT Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Monday 22nd	Painting at Newbiggin Art Centre 74B Front Street, Newbiggin-by-the-Sea. NE64 6QD	2-4pm	
Tuesday 23rd	Seaton Sluice Walk, Fish and Chips at The Waterford Arms Meeting at Seaton Sluice Carpark	12.30pm	
Wednesday 24th	Berwick CHAT William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 25th	Cramlington CHAT Welcome Methodist Church, Station Road, Cramlington, NE23 1EN	2pm-3pm	
Thursday 25th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 26th	Hexham (Acomb) CHAT Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	
Tuesday 30th	Pottery Painting with the Creative Chicken 110 Front Street East, Bedlington, NE22 5AE	10.30am	

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July

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DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Thursday 2nd	Ponteland CHAT Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Thursday 2nd	Dementia Carers Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2.15-4.15pm	
Tuesday 7th	Alnwick CHAT Lindisafrne Centre, 30 Lindisafrne Rd, Alnwick, NE66 1AU	11am - 12pm	
Wednesday 8th	Running Fox Lunch Kirkharle Courtyard, Kirkharle, Newcastle Upon Tyne NE19 2PE	1pm	
Thursday 9th	Prudhoe CHAT The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Tuesday 14th	Blyth CHAT Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Wednesday 15th	Warkworth Walk Warkworth Dunes Picnic Site, Warkworth NE65 0SW	11am	
Friday 17th	Morpeth CHAT Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Monday 20th	Meaningful Volunteering Group Morpeth Methodist Church, NE61 1HU	10.30-11.30am	
Wednesday 22nd	Knaresborough Market and Harrogate Trip	All Day	
Thursday 23rd	Carer Meal - Amble Inn Sandpiper Way, Amble, Northumberland, NE65 0FF	12.30pm	
Friday 24th	Hauxley Reserve Walk Hauxley Ln, Morpeth NE65 0JR	11am	
Wednesday 29th	Workshop - Tai Chi and Mindfulness Welcome Methodist Church, Station Road, Cramlington, NE23 1EN	10.30am - 12pm	
Wednesday 29th	Berwick CHAT William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 30th	Cramlington CHAT Welcome Methodist Church, Station Road, Cramlington, NE23 1EN	2pm-3pm	
Thursday 30th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 31st	Hexham (Acomb) CHAT 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>

All events are subject to minimum participation levels and may be cancelled if there is not enough interest