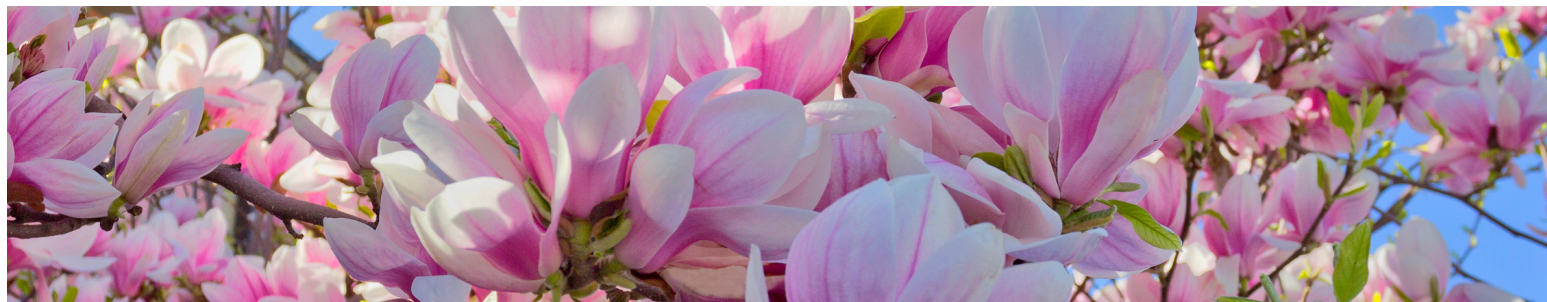


Caring Matters

June/July 2021 - The newsletter of Carers Northumberland



Welcome to our
Caring Matters Newsletter
June/July Edition



In this issue
you'll find

- Planning for a return to carer groups
- An update on our Carers into Work Program
- The importance of Cancer Screenings
- Dates for your diary
- Details about our plans for Carers Week and much more

As the country begins to follow the government road map out of lockdown we are excited to begin planning to get back to face to face groups, in this issue we have asked for your feedback on how you would like to see our groups return. We would really appreciate your input as it will help us to plan for the safe return of our carer support groups. We are also happy to announce a new carers group for those carers who care for someone under the age of 18.

You will also notice as you look through this edition that we have a very busy June planned, what along with our exciting Carers Week events we are also running several workshops including creative writing and book folding for those carers with a flare for the arts or those who would like to try something new.



7th-13th June 2021
Making Caring Visible
and Valued

Spotlight on...

Carers into Work Project

The project is funded by the North of Tyne Combined Authority and delivered by Carers Northumberland, Newcastle Carers and North Tyneside Carers Centre. The project aims to support carers into employment, education or training as needed and is open to carers aged 16+.

We provide a carer led service that meets the needs of individual carers taking into account their caring role, financial needs and the impact employment can have on these. We work with carers to find the best fit for them and ensure that they can manage work and caring without adding additional stress.



To be eligible for the project you need to be either:

- Carers (18+) who are unemployed or economically inactive
- Young Adult Carers aged 16-17 who are NEET / facing NEET
- Carers who are on furlough and facing possible redundancy
- Carers who are on sick leave and would like to find alternative employment
- Carers who would like to change their employment to better fit their caring role

Want to know more?

Contact 01670 320025
or visit

www.carersnorthumberland.org.uk/education-and-employment

CANCER SCREENING

Screening tests can detect a problem early on before you have any symptoms. Finding out at the earliest stage means that treatment is more effective. Did you know there three NHS cancer screening programmes in the UK?

BREAST CANCER SCREENING

Between the ages of 50 and 70, women are invited every three years for a mammogram. This is an x-ray of the breast that can spot cancers when they are too small to see or feel.

Women 71 or over can self-refer every three years.

It's important to stay breast aware between mammograms. This means knowing what is normal for you so that you notice any changes that may occur.

For more information on the signs and symptoms of breast cancer visit: <https://breastcancernow.org/>

BOWEL CANCER SCREENING

Everyone aged 60 to 74 who is registered with a GP and lives in England is automatically sent a bowel cancer screening kit every two years.

The home test kit is used to collect a small sample of poo. This is posted to a lab and checked for tiny amounts of blood.

Make sure your GP has your correct address, so the kit is posted to the right place.

If you're 75 or over, you can ask for a kit every two years by phoning the free bowel cancer screening helpline on 0800 707 60 60.

If you would like more information on bowel cancer, including signs and symptoms, screening and risks, visit: <https://www.bowelcanceruk.org.uk/>

CERVICAL SCREENING

Cervical screening (a smear test) helps prevent cervical cancer by checking for a virus called high-risk Human Papilloma Virus (HPV) and cervical cell changes.

In the UK, you are automatically invited for cervical screening if you are between the ages of 25 and 64 and registered as a female at your GP practice.

Your GP practice wants to keep you protected from coronavirus, so they will be following government guidance on social distancing and using appropriate personal protective equipment (PPE).

For more information on cervical cancer symptoms, screening and HPV, visit: <https://www.jostrust.org.uk/>

If you are caring for someone with additional needs, screening services are responsible for making reasonable adjustments. Carers should contact the local screening service if they think the person they care for would benefit from things like a longer appointment or someone to accompany them. Screening information is also available in alternative formats, including easy reads, large print, other languages, audio and video.

CANCER SCREENING INFORMATION SESSION

If you would like more information on cancer screening, join our Zoom session with Suzanne Doney, Health Promotion Officer at NHS Northumberland CCG.

DATE: **15th June 2021, 11am-12noon**

To register or contact our info team or visit <https://tinyurl.com/9z2rhus9>

If you are unable to attend but have questions, contact our info team on **01670 320025** and we can put these to Suzanne on your behalf.

EMERGENCY PLAN

SERVICE UPDATE

The Carers Emergency Card Scheme is no longer in use

The British Red Cross have supported Northumberland residents with the Carers Emergency Card scheme for many years and they have recently undergone a re-evaluation of this service. As a result, the British Red Cross have made the strategic decision to withdraw the scheme.

If you are an Emergency Card Holder, you should destroy your card as the number is no longer in service.

Carers Northumberland understands the peace of mind this service brought to carers and we want to reassure you that you can still access emergency support by calling us on the Information Line 01670 320025, Monday to Friday between 9am and 5pm. Out of hours, the number to call for emergency social care support for adults is 01670 536400.

In order to help carers to feel more prepared in case of an emergency affecting their caring role, Carers Northumberland can assist carers to complete an Emergency Care Plan which can be duplicated and given to other family members and friends.

Please get in touch if you would like to complete an Emergency Care Plan either by phone 01670 320025 or email info@carersnorthumberland.org.uk.



NOTICE OF ANNUAL GENERAL MEETING



Carers Northumberland will be holding their AGM on:
Thursday 24 June 2021

at Pegswood Community Hub, Longhirst Road, Pegswood, Morpeth, NE61 6XF
from 10.30 – 11.00 am.

The AGM is to formally approve the annual accounts for the period
1 April 2020 – 31 March 2021.

Please let us know if you intend to attend in person as numbers are limited.
If you would like to attend remotely, please let us know and you will be able to join via Zoom.
Call 01670 320025 or email us on info@carersnorthumberland.org.uk



Alzheimer's UK are hosting a Singing Group



Join other people with dementia at a Singing for the Brain® session

Our Singing for the Brain® sessions use singing to bring people with dementia together in a friendly and stimulating activity using Zoom to connect us all.



Come along to our virtual singing group.

Join Alzheimer's UK at one of their fun stimulating Singing for the Brain® sessions, for people in the early to moderate stages of dementia and their carers.

Anyone from across Northumberland to join the sessions.

Singing for the Brain is based around the principles of music therapy and singing. We sing a variety of familiar songs from musicals, the hit parades of our youth and classic local tunes too! In between songs we chat and reminisce about the songs and what they meant to us. The sessions are run by experienced leaders and volunteers along with the support of a member of staff.

All sessions take place on-line via Zoom, on the first and third Wednesday of every month from 2.00pm to 3.00pm



2021 dates for your diary:

6th January, 20th January, 3rd February, 17th February, 3rd March, 17th March, 7th April, 21st April, 5th May, 19th May, 2nd June, 16th June, 7th July, 21st July

Depending on circumstances other dates will be available for the rest of the year.

If you would like to attend, please get in touch with us and we will send you more details about how to access Zoom and the Zoom meeting link.



Call us on: 01670 813255
Email us: northumberland@alzheimers.org.uk





CARER GROUPS SURVEY



CLICK THE LINK



<https://tinyurl.com/mzdtzdnt>

PLEASE TAKE PART IN OUR SURVEY

You can fill in the survey online, over the telephone or by post. If you would like help to complete the form please call us on 01670 320025



SCAN THE QR CODE



Use your mobile phone or tablet to scan the QR code to access the survey online

THANK YOU FOR SUPPORTING US AND HELPING US TO PLAN FUTURE CARER GROUPS IN NORTHUMBERLAND

New Parent Carer Group

Carers Northumberland are pleased to announce a new carers support group is being established to support carers of children 0-18 years.

The group will run on the 3rd Thursday of each month, with the first one happening on Thursday 17th June at 11am.

This group will be held via zoom, and booking is essential to reserve your space.

To book please contact our info team on 01670 320025 or info@carersnorthumberland.org.uk

Alternatively you can book here:

<https://tinyurl.com/ypyaxhm3>



June

DATE	Groups / Activity	Time
Every Tuesday	Carers Group —held via Zoom	2pm-3pm
Thursday 3rd June	Ponteland Carers Group —held via Zoom	10.30am - 11.30am
All week 7th-11th	Carers Week Walks —see calendar	
Wednesday 9th June	Get Creative...Writing —workshop held via zoom	11am-12pm
Thursday 10th June	Less stress Zoom —workshop held via Zoom	11am-12pm
Friday 11th June	Carers Craft- Book Folding workshop held via Zoom	2pm - 3pm
Tuesday 15th June	Cancer Screening Information Session — held via Zoom	11am-12pm
Wednesday 16th June	Get Creative...Writing —workshop held via Zoom	11am-12pm
Wednesday 16th June	Morpeth/Blyth/Bedlington Carers Group — held via Zoom	2pm-3pm
Thursday 17th June	Parents Carers Group —held via Zoom	11am-12pm
Thursday 24th June	Cramlington Carers Group — held via Zoom	1pm-2pm
Monday 28th June	Alnwick/Amble Carers Group — held via Zoom	1.30pm-2.30pm
Wednesday 30th June	Berwick Carers Group — held via Zoom	11am-12pm

To book your place on any of our groups and workshops please call our info team on 01670 320025 or book online here: <https://carersnorthumberland.org.uk/news-and-events>

JULY

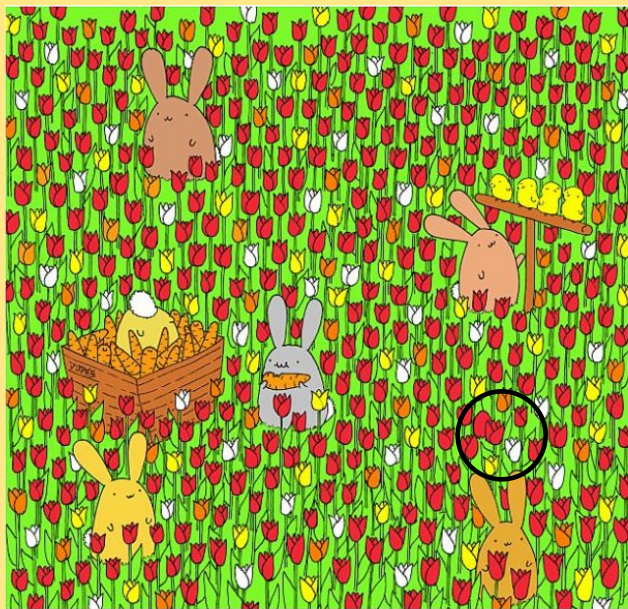
DATE	Groups / Activity	Time
Every Tuesday	Carers Group —held via Zoom	2pm-3pm
Thursday 1st July	Ponteland Carers Group —held via Zoom	10.30am - 11.30am
Thursday 16th July	Parents Carers Group —held via Zoom	11am-12pm
Wednesday 21st July	Morpeth/Blyth/Bedlington Carers Group — held via Zoom	2pm-3pm
Monday 26th July	Alnwick/Amble Carers Group — held via Zoom	1.30pm-2.30pm
Wednesday 28th July	Berwick Carers Group — held via Zoom	11am-12pm
Thursday 29th July	Cramlington Carers Group — held via Zoom	1pm-2pm

It is lovely to see everyone at our carers groups and we cannot wait to see you all face to face in the near future. To help us better plan for our face to face groups restarting could we please ask you to complete and return our carers group survey.

To book your place on any of our groups and workshops please call our info team on 01670 320025 or book online here: <https://carersnorthumberland.org.uk/news-and-events>

DID YOU CRACK OUR EASTER BRAIN TEASER?

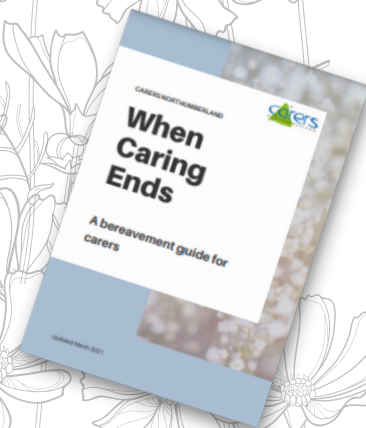
Well done if you managed to find it, if you didn't manage to find it please find the answer below.



WHEN CARING ENDS

None of us really wants to encounter the situation when someone close to us dies. However, we have to face the fact that it may happen and when it does, it can be quite overwhelming to have to deal with both emotionally and practically.

Our bereavement guide covers everything from talking about the nature of grief and how to deal with it, to how you might react both emotionally and physically. It also offers suggestions for where you might find further practical support.



If you would like a copy please contact our info team on 01670 320025 or you download one here: <https://carersnorthumberland.org.uk/downloads>



Carer Crafts - Book Folding



Its has been proven that crafts can really help you mental health and can be very mindful

Join Naomi for a mindful craft that can help calm the mind and is also good for the environment

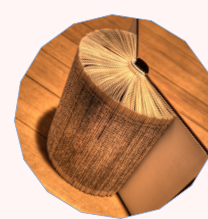
During Carers Week we will be hosting a book folding craft session, do you have an old book that you no longer use? Why not recycle it into a piece of art! Together we will work through the simple steps to turn your old book into something to treasure.

The session will run on Friday 11th June at 2pm

You can book online and find out what equipment you will need here:

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

or for further information please contact our Info Team on 01670 320025





7 - 13 June 2021

It's that time of the year again when we shine a light on all the incredible work that carers do.

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

This years campaign message is 'Making Caring Visible and Valued'

We would like to let you know what we have planned for this years campaign with the hope that you would all like to get involved.

As there may still be some restrictions on groups meeting together indoors much of our events will be held remotely, with one exception, as groups are able to meet outdoors we have planned some gentle walks where our carers can get together and enjoy some of the beautiful parks and green spaces we have in Northumberland.

Carers Week Walks

To help make carers visible we have planned some gentle walks in Northumberland.

We would like to invite all our carers to take a walk with us.

You can bring along the person you care if you like, we would love to see you all.

We have 5 walks planned over Carers Week please check the list below to find your nearest one.



7th **RIDLEY PARK - 2PM**
Wensleydale Terrace, Blyth NE24 3HF
To meet outside Mister Ridley Ice cream and coffee parlour.

8th **TYNE GREEN PARK - 11AM**
Tyne Green Road, Hexham NE46 3RY
To meet outside Café Enna

9th **NORTHUMBERLANDIA - 10AM**
Fisher Ln, Cramlington NE23 8AU
To meet in the main carpark at the main entrance.

10th **QUEEN ELIZABETH II JUBILEE COUNTRY PARK - 1PM**
Woodhorn, Ashington NE63 9AS
To meet outside the Woodhorn Grange Restaurant.

11th **BREAMISH VALLEY - 2 PM**
Ingram Bridge Carpark, Ingram NE66 4LT
To meet in the main carpark

Booking is essential for each walk, you can book online here:
www.carersnorthumberland.org.uk/news-and-events or contact our
info team on 01670 320 025

Following booking you will be sent further details and directions if
needed.

If you are unable to attend one of our planned walks, but would still like
to get involved, why not plan your own walk with carers in your area.

We would love to help you to promote your walk to other carers and
provide you with our Carers Week posters.

Please call our info team for more information and help planning your
walk.

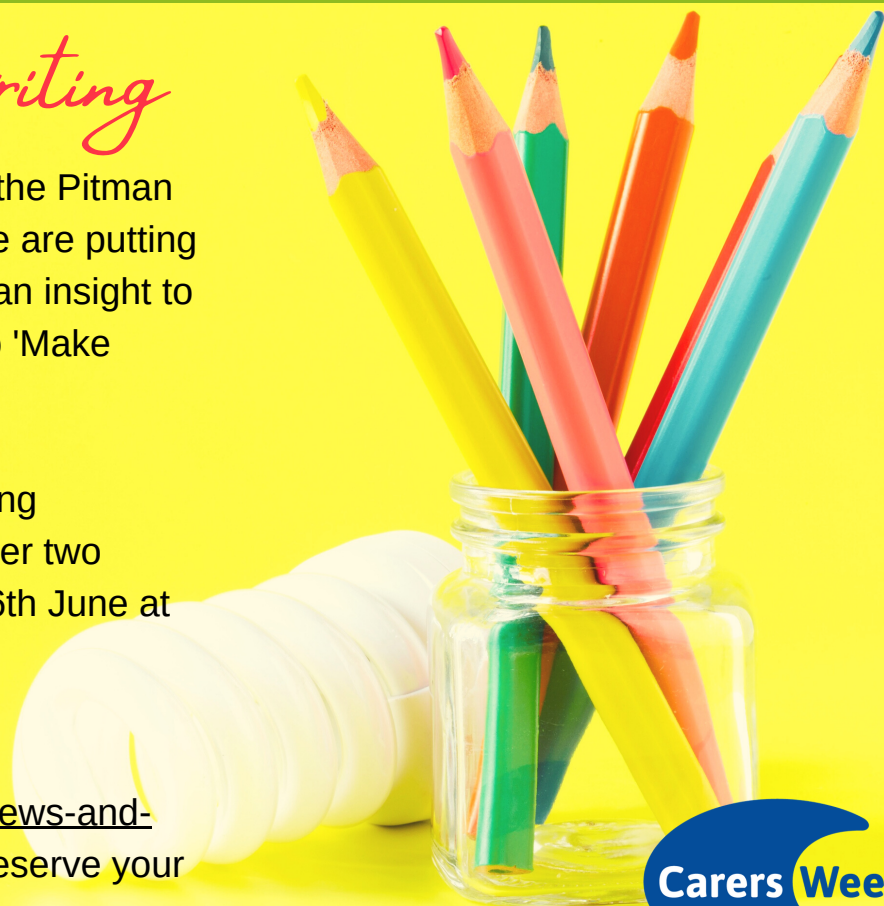
Get Creative... *writing*

Carers Northumberland's answer to the Pitman Painters but instead of paintbrush we are putting pen to paper, helping to give others an insight to the life and role of a carer, helping to 'Make Caring Visible'.

Join our online Carers Creative Writing Workshop, we will be running this over two sessions. On Wednesday 9th and 16th June at 11am. No experience is necessary.

Book online here:

www.carersnorthumberland.org.uk/news-and-events or call our Info Team to reserve your space.



Carers Week



Less Stress Workshop



Caring can be tough, and its really important that you take care of yourself. This workshop will help provide you with the tools to help manage your feelings of stress and understand how valued you are.



Join Kate on our Less Stress Workshop on
Thursday 10th June at 11am



This workshop will take place using Zoom video calling, you will also need a pen and pencil. You can book your space online here:
www.carersnorthumberland.org.uk/news-and-events or call our Info Team to reserve your space.