

Caring Matters

October/November 2025 - The newsletter of Carers Northumberland



Welcome to the October/November edition of Caring Matters...



In this issue you'll find

- Information on Emergency Care Planning
- Photos from our Beamish trip
- Carers Rights Day
- Dates for your diary with workshops, meals, Christmas trips and more!

The leaves are turning and the dark nights are drawing in and at Carers Northumberland we are already planning for Christmas! We have booked trips to Edinburgh and York Christmas Markets and a wreath making workshop, make sure to book your tickets!

We have lots of opportunities to meet up with other carers in the coming months, including workshops, a mindful craft session and meals out.

Carers Rights Day is just around the corner and we will be hosting an information event in Berwick to help you learn more about your rights and meet local organisations who can support you. We also have our Annual General Meeting coming up, join us to look back at our achievements from 2025/25 and look forward to 2025/26.

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



Carers Rights Day - Information Event Thursday 20th November



Join Carers Northumberland and a host of other organisations on:



Thursday 20th November from 1.30pm-4pm

Berwick Sports & Leisure Centre

Northumberland Road, Tweedmouth, Berwick-upon-Tweed, TD15 2AS

Find out more about your rights as a carer and get information from local organisations who can support you or the person you care for. We will have representatives from lots of local services including:



Notice of Annual General Meeting



Carers Northumberland will be holding their AGM on **Thursday 16 October 2025** at **East Bedlington Community Centre**, 16 & 17 Station Road, Bedlington Station, NE22 7JN.

Join us to look back at our achievements for the year 2024-25 and look forward to 2025-26.

Light Refreshments available from 10.30 am with the meeting to start promptly at 11 am then followed by a chance to chat to the staff and members of the Trustee Board.

Booking is essential. Please book your place by Friday 10 October 2025 by telephone 01670 320025, email info@carersnorthumberland.org.uk or via our website www.carersnorthumberland.org.uk



Emergency Care Plans

Carers often worry about what would happen to the person they care for if they were unable to provide care due to an accident or emergency, especially if that person struggles to communicate. Making an Emergency Care Plan allows you to have all of the important information in one easily accessible place. Carers Northumberland can help you to complete an Emergency Care Plan form that includes emergency contact and key holder information, medication lists, allergies and details of the person's care needs.

We upload a copy of the Emergency Care Plan to your record on our secure database and send several copies back to you. These should be kept somewhere safe, you might also want to provide copies to your emergency contacts, key holders, GP, social worker, care manager or other friends and family. The form can be updated when anything changes and we will provide new copies for you to distribute.

Other things to consider

ICE (In case of emergency) phone numbers:

Most smartphones have an option to have emergency contacts and medical information accessible even when the phone is locked. This will allow someone to make calls from the phone to the listed emergency contacts and find out more about medical conditions if needed.

iPhone – In the Apple Health app, complete the information ensuring that the “Show when locked” is switched on

Android – Open settings, user account, emergency information and complete the information you wish to display when the lock screen is on.

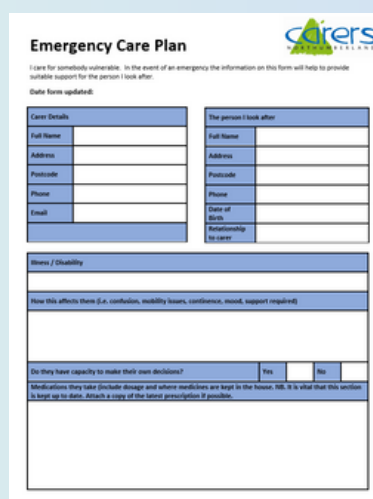
Lasting Power of Attorney

Carers Northumberland can support carers and the people they look after to create Lasting Power of Attorneys, Advance Decisions (living wills) and Advance Statements. Our trained advisors will support you to understand all aspects of making and registering an LPA, help with all form filling, explains fees and the processes involved to make advance plans for the future

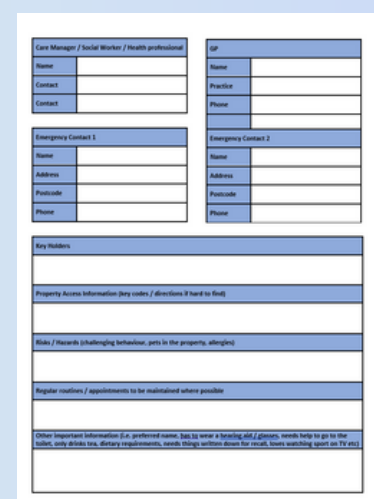
Assessments

Having a care needs and carers assessment can help to put additional plans in place to support the person you care for. This can also be helpful to plan “back up” care when you need it, arrange for respite and ensure that the person you care for is known to social services in the case of an emergency. These assessments are carried out by Northumberland Social Care, please contact us for more details.

**If you would like to make an
Emergency Care Plan or would like
any more information get in touch
with our Info Team on
01670 320025 or
info@carersnorthumberland.org.uk**



The form is titled "Emergency Care Plan" and includes the Carers Northumberland logo. It contains sections for "Carer Details", "The person I look after", "Wishes / Disability", "How this affects them", "Do they have capacity", "Medications they take", and "Other important information".



This is the right-hand page of the "Emergency Care Plan" form. It includes sections for "Emergency Contact 1", "Emergency Contact 2", "Key Holders", "Property Access Information", "Blinds / Windows", "Regular visitors / appointments", and "Other important information".

If you are looking for support with employment or education, we're here to help

The Working for Carers project recently supported Debbie, a carer who had to leave her job due to work-related stress. The project helped Debbie write a CV, build her confidence and find a new job that allowed her to balance caring and work. Read about Debbie's story and how we support her on our website.

The Working for Carers project can help you to:

- Find employment, training, education and volunteering opportunities
- Understand your rights as a working carer
- Build your confidence and skills
- Write CVs, applications and support with interviews

Our friendly advisors offer one-to-one, free, non-judgemental and specialist advice to best help you. Visit our website, or get in touch with us to find out more about the Working for Carers project.

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



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 by direct referral from Carers Northumberland. There is a £33 admin fee 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 a break once per year with Carefree.

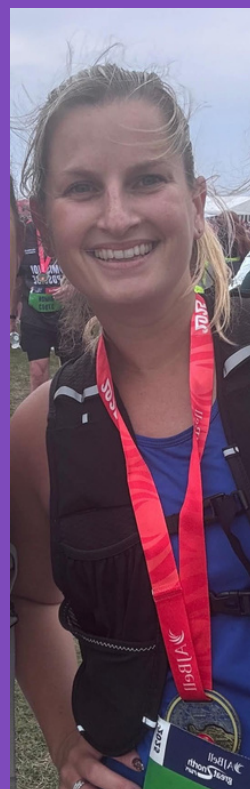
If you would like to be referred to Carefree to apply for a break get in touch with our Info Team on 01670 320025 or info@carersnorthumberland.org.uk

Thanks Laurie!!

Thank you so much to Laurie, the newest member of our Info Team, who ran the Great North Run for Carers Northumberland!

So far Laurie has raised over £600 in donations, which will go towards funding our upcoming carer activities. As a small charity these donations make a huge difference to the work we can do.

Thanks Laurie, you smashed it!





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 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. 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 30th October - 6pm
Thursday 27th November - 6pm

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

Carers
Only

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.



Everyone
Welcome

Christmas Market Trips

Join us on a day trip to a magical Christmas market! Get into the Christmas spirit and visit an array of stalls selling food, drinks and gifts. Explore the historic city centre, take in the sights and do some Christmas shopping.

Tuesday 25th November - York Christmas Market

Coach pick ups at:

Morpeth - Ashington - Blyth - Cramlington

Pick ups start at 8am and coach will leave York at 4pm

Wednesday 3rd December - Edinburgh Christmas Market

Coach pick ups at:

Blyth - Cramlington - Morpeth - Alnwick - Berwick

Pick ups start at 7.30am and coach will leave Edinburgh at 4pm

Tickets are £10 per person - Maximum 4 tickets per registered carer/household

Spaces are limited and places will only be reserved when we have received payment

BOOKING IS ESSENTIAL.

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

Wreath Making Workshop

Nothing says it Christmas like a fresh hung wreath on the front door. How would you like to learn how to make your own? Join us for a festive afternoon of wreath making on:

Monday 24th November - 1pm at Blyth Buffalo Centre

The cost for the workshop and everything you'll need to make your beautiful wreath is £10.

Refreshments and festive treats will be provided.

Spaces are limited and spaces are only confirmed once full payment has been taken.

The workshop will be delivered by Bloom and Beyond Floral Events.

We are very excited to be able to offer Carers the opportunity to create their own unique elegant Christmas wreaths this year.

Please call 01670 320025 or visit www.carersnorthumberland.org.uk/news-and-events to reserve your space

Carers
Only

Please note image is property of Bloom and Beyond Floral Events.



Fratelli, Ponteland Meal

Join us for an early dinner at Fratelli, Ponteland. 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 23rd October - 4.30pm

Bell Villas, Ponteland, Newcastle upon Tyne
NE20 9BE

Menu can be found here:
<https://fratelliponteland.co.uk/menus>

Everyone
Welcome

Widdrington Inn Meal

Join us for lunch at the Widdrington Inn. Take a break, enjoy a meal and meet other carers in a relaxed setting. Carers will be responsible for paying for their own meals.

Tuesday 4th November - 1pm

A1068, Widdrington, Morpeth, NE61 5DY

Menu can be found here:
<https://thewiddringtoninn.com/index.php/menus/>

Everyone
Welcome

Beamish Trip

Thank you so much to everyone who attended our 3rd annual Beamish trip.

The sun shone and we had an amazing day! Thank you so much to everyone who sent in their photos from the trip, our photo prize winner has been contacted, congratulations!



Caring For Someone With Dementia Workshops

Join Carers Northumberland and nurses from the Post Diagnostic Team for more information and advice on caring for someone with dementia. We will be looking at:

- What to expect in the future
- Managing common behaviours and communicating effectively
- Attendance Allowance, power of attorney, blue badges and council tax discount



Booking is essential. Dates for 2025:

Newbiggin - Thursday 9th October – 1.30pm - 4pm

Newbiggin Sports & Community Hub, Woodhorn Road, Newbiggin-by-the-sea, NE64 6HG

Zoom - Thursday 6th November – 2pm-4.30pm



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

Mindful Macrame Cramlington

Join us for a laidback wellbeing session where we will learn to make macrame plant hangers. Have a cup of tea, learn a new skill and chat to other carers in a relaxed environment.

Monday 3rd November
1.30pm - 2.30pm

Cramlington Hub - Zone One
Manor Walks Shopping
Centre Cramlington, NE23 6YH



**Carers
Only**

Paying for Social Care Workshop - Zoom

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.

Monday 17th November 2pm - 3.30pm



Online via Zoom

**Carers
Only**

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October



= Carers only
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Thursday 2nd	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Tuesday 7th	Alnwick Carer Group Lindisafrne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	10am - 11am	
Thursday 9th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Thursday 9th	Caring for Someone with Dementia Workshop Newbiggin Sports & Community Hub, Woodhorn Road, Newbiggin-by-the-sea, NE64 6HG	1.30pm -4pm	
Tuesday 14th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
CANCELLED Thursday 16th	*CANCELLED* Wooler Carer Group	*CANCELLED* 10am-11am	
Thursday 16th	Carers Northumberland Annual General Meeting East Bedlington Community Centre 16 & 17 Station Road, Bedlington Station, NE22 7JN	10.30am	
Friday 17th	Morpeth Carer Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Tuesday 21st	Newbiggin Carer Group Woodhorn Rd, Newbiggin-by-the-Sea NE64 6HG	11am-12pm	
Thursday 23rd	Meal - Fratelli, Ponteland Bell Villas, Ponteland, Newcastle upon Tyne, NE20 9BE	4.30pm	
Wednesday 29th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 30th	Cramlington Carer Group Welcome Methodist Church, Station Road, NE23 1EN	2pm-3pm	
Thursday 30th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 31st	Hexham (Acomb) Carer Group 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

Caring Matters - October/November 2025

November

 = Carers only
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DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Monday 3rd	Mindful Macrame Cramlington Hub, Cramlington, NE23 6YB	1.30pm-2.30pm	
Tuesday 4th	Alnwick Carer Group Lindisfarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	10am - 11am	
Tuesday 4th	Meal - Widdrington Inn A1068, Widdrington, Morpeth, NE61 5DY	1pm	
Thursday 6th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Thursday 6th	Caring for Someone with Dementia Workshop Online via Zoom	2pm-4.30pm	
Tuesday 11th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Thursday 13th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Monday 17th	Paying for Social Care Workshop - Online via Zoom	2pm-3.30pm	
Tuesday 18th	Newbiggin Carer Group Woodhorn Rd, Newbiggin-by-the-Sea NE64 6HG	11am-12pm	
Thursday 20th	Wooler Carer Group Cheviot Centre, 12 Padgepool Place, Wooler, NE71 6BL	10am-11am	
Thursday 20th	Carers Rights Day Information Event Berwick Sports & Leisure Centre, Northumberland Road, Tweedmouth, Berwick-upon-Tweed, TD15 2AS	1.30pm-4pm	
Friday 21st	Morpeth Carer Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Monday 24th	Wreath Making Workshop Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	1pm	
Tuesday 25th	York Christmas Market Trip	All Day	
Wednesday 26th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 27th	Cramlington Carer Group Welcome Methodist Church, Station Road, NE23 1EN	2pm-3pm	
Thursday 27th	Carer Welcome Meeting - Online via Zoom	6pm - 7pm	
Friday 28th	Hexham (Acomb) Carer Group 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>
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