

Caring Matters

October November 2026 - The newsletter of Carers Northumberland



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



Crocus sativus, commonly known as saffron crocus or autumn crocus

In this issue you'll find

- Free SIMs for carers.
- Information about our Emergency Care Planning.
- Our spooky plans for Halloween
- An invite to our AGM
- Information about our Christmas activities
- Workshops, meals, trips and more!

Every leaf speaks bliss to me, fluttering from the autumn tree
Emily Brontë

Can you believe we are already in autumn, but we're not ready to hibernate just yet.

We have a lovely walk planned at Bolam Lake and some hearty meals organised to help ease us into the dark colder nights.

Or if relaxing is not for you, why not join us on a ghost hunt this Halloween at The Haunted Headquarters. Details can be found inside.

In this issue you will find all of our exciting plans for the coming months, now we know it's too still early to think about Christmas, but we can't help ourselves!

Following last years popularity we will be hosting TWO Christmas wreath making workshops, and the Christmas market trips are back!

We would like to remind you that booking for some trips and workshops will not open until Monday 5th October.

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



Beamish Trip

Thank you so much to everyone who attended our 4th annual Beamish trip. Over 150 of you came along this year!

Thankfully the rain held off, for us to enjoy our visit.

Thank you so much to everyone who sent in their photos from the trip, our photo prize winner has been contacted, congratulations!



CURRY NIGHT FUNDRAISER

Thank you to everyone who attended and supported our fundraiser hosted by Lal Qila Indian Restaurant in Cramlington.

We raised a huge £700.

We hope you had as much fun as we did.

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 £38 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 two 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



NOTICE OF ANNUAL GENERAL MEETING

Carers Northumberland will be holding their AGM on Thursday 15 October 2026 at Morpeth Town Hall, Market Place, Morpeth, NE61 1LZ

Join us to look back at our achievements for the year 2025-26 and look forward to 2026-27.

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 9 October 2026 by telephone 01670 320025, email info@carersnorthumberland.org.uk or via our website www.carersnorthumberland.org.uk/news-and-events



Emergency Care Plan

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.

Emergency Care Plan

Carers for seriously vulnerable. In the event of an emergency the information on this form will help to provide suitable support for the person I look after.

Date form updated:

Carer Details	The person I look after
Full Name	Full Name
Address	Address
Postcode	Postcode
Phone	Phone
Email	Date of Birth
	Relationship to carer

Emergency Contact 1

Name	Address	Postcode	Phone

Emergency Contact 2

Name	Address	Postcode	Phone

Key Holders

Name	Address	Postcode	Phone

Property Access Information (key codes / directions if hard to find)

Risks / Hazards (challenging behaviour, pets in the property, allergies)

Regular routines / appointments to be maintained where possible

Other important information (e.g. preferred name, help to enter a building, help to get to the toilet, only drinks etc, dietary requirements, needs things written down for recall, needs something kept on the wall)

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

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FREE VODAFONE SIMS

We have a limited number of free SIM cards available.

Registered carers can apply for a 6 month pre-paid SIM card.

These SIM cards have 40gb data and unlimited calls and texts each month for the full 6 month period.



Eligibility criteria applies, for more information and to apply please call 01670 320025 or visit <https://forms.office.com/e/10SfJEUPNX>



Due to the popularity of some of our trips and activities, we have taken the decision to have an opening date for some bookings.

This is to ensure everyone has a fair and equal chance to book on to our most popular trips.

Please see individual adverts for booking dates.

Priority for bookings will be given to carers with a current, active caring role and former carers will be added to a waiting list for all trips and any activities labelled with;



Former carers will be contacted closer to the event date if spaces are available.



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 29th October- 6pm
Thursday 26th November - 6pm

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

**Carers
Only**



Meaningful Volunteering Group

Do you have an interest in volunteering to give back to the community at the same time as having a friendly chat and cuppa?

Everyone is welcome including carers, cared for and their friends and family. This session is open to all ages and abilities. The volunteering activities are craft based and fully accessible.

**Join us on the 3rd Monday of every month from 10.30-11.30am at Morpeth Methodist Church
NE61 1HU**



Caring Matters - October/November 2026

Everyone
Welcome

Autumn Walk Bolam Lake



Join us for a gentle stroll around Bolam Lake on Friday 9th October at 11am.

Bolam Lake Country Park, Newcastle upon Tyne, NE20 0HE

This is a gentle circular walk, some terrain may not be suitable for wheelchairs



Everyone
Welcome

Porkys Meal

We will be enjoying lunch at Porkys on Tuesday 20th October 2026 at 12.30pm.

All attendees will be responsible for paying for their own meals.

Menu can be found here:

<https://porkysbbqexperience.co.uk/menu-beaside/>
Porkys, Front Street, Beaside, Blyth, NE24 4HW



Ghost Hunt

Everyone
Welcome

Step inside The Haunted Headquarters for a paranormal investigation through the historic 1897 Police Station and 1926 Courthouse in Ashington.

Tuesday 27th October at 4pm
104 Station Rd., Ashington NE63 8RN



Explore the atmospheric basement, former custody suite, original police cells and courthouse, investigating areas once used for policing, detention and justice.

Every guest will be equipped with their own EMF detector for the investigation, alongside access to a selection of The Haunted Headquarters' paranormal equipment.

Whether you're an experienced investigator or trying ghost hunting for the very first time, this is your chance to explore the building for yourself, use real investigation equipment and discover who and what is still be lurking within its walls.

Tickets are £5 per person, Max 2 tickets per carer / household.

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>

CARER HEALTHCHECKS

Northumberland Health Trainer Service understand that carers often have significant responsibilities and may not always have the time to prioritise their own health and wellbeing. They have kindly offered to drop in at some of our Carer CHATs to support carers in having blood pressure checks, weight management advice, and brief healthy lifestyle interventions. They will be dropping in at the following times and the groups below.

Prudhoe CHAT

Thursday 8th October
at 11 am

SCAM AWARENESS SESSIONS

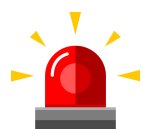


We have invited Trading Standards to attend some of our Carer CHATs to talk about Scams, how to protect yourself from falling victim to scammers.

They will be attending for the last half hour of the following CHATs

Morpeth CHAT
Friday 16th October
2.30pm

Ponteland CHAT
Thursday 5th November
11am



Carers
Only

Carer Resources Workshop

Becoming a carer does not come with any formal training.

This workshop will help provide you with an understanding of what resources are available to you as a carer. We will be looking at things such as benefit entitlement, accessing social care, grants and more.

Thursday 22nd October
2pm via Zoom



IEMT TASTER SESSION

Integral Eye Movement Therapy (IEMT) is a structured therapeutic technique, that uses guided eye movements and specific questioning to help people change learned emotional responses and identity patterns.

If you would like to find out more or you feel you would benefit from IEMT, we will be running a taster session with Sam, a qualified IEMT practitioner on

Wednesday 4th November
11-12pm
Buffalo Community Centre, 55 Regent St,
Blyth NE24 1LL

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>

Rest & Restore Gentle Yoga Workshop

Friday 6th November

11.30-12.30

at

Briardale House, Briardale Road, Blyth
NE24 5AN

**Carers
Only**

We have invited Jasmin Yoga to deliver a 60 minute gentle yoga session. The class will include very gentle movements to ease areas of tension particularly in the shoulders, back and hips

You can choose to sit on a chair or on a mat and you're encouraged to bring a blanket and a cushion to get comfortable.

Breathwork and Mindfulness strategies will also be delivered to help you to relax and have a little break from the demands of life.



The session is free to carers registered with Carers Northumberland.
No experience is needed



CRAMLINGTON MEAL **SAMBUCA**

We are squeezing in one last visit to Cramlington Sambuca this year.

Join us on
Tuesday 3rd November
at 1pm
for some delicious Italian cuisine and a catch up.

Attendees are responsible for paying for their own meals.

Glasshouse, Manor Walks Shopping
Centre, Cramlington, NE23 6UT

**Everyone
Welcome**

Introduction to Crochet

Newbiggin Art Centre will be hosting this session
just for carers

on

Monday 16th November

2-4pm

at their Gibson Street Studio,
27 Gibson Street NE64 6UY



Crochet acts as an active meditation that lowers stress hormones and slows your heart rate through rhythmic, repetitive hand movements.

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

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



CARERS RIGHTS DAY THURSDAY 19TH NOVEMBER



Carers Rights Day is about raising awareness of the rights the UK's 5.8 million unpaid carers are entitled to, and to help them get the support they need and the recognition they deserve.



Join Carers Northumberland and a host of other organisations on:
Thursday 19th November from 1.30pm-4pm
Blyth Sports Centre, Blyth NE24 5BT



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:



To find out more please contact our Info Team on
01670 320025



SEND A CARD AND SUPPORT CARERS NORTHUMBERLAND

You can now purchase your charity Christmas cards from us.

We have a selection of festive prints available.

The cards are priced at £2 a pack and 100% of the proceeds come to Carers Northumberland.

Cards can be collected from our office, CHAT groups or they can be posted (postal charges are £2)

Call 01670 320025 if you would like to purchase a pack



Wallington's Crafted Christmas

Wallington Hall are hosting drop-in crafter-noon sessions where you'll be able to help with making or assembling decorations that will be used to decorate rooms at Wallington Hall this Christmas.



The sessions include:

Wednesday 7th October 1-4pm

Pompom strings, wiring leaves, paper chains

Tuesday 13th October 1-4pm

Paper chains & crafts

Wednesday 21st October 10am-1pm

Paper chains

We have been gifted free passes for carers to attend these sessions.

If you would like a pass to attend please call our team on 01670 320025 or email info@carersnorthumberland.org.uk



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.

Bookings
Open
5th October

WEDNESDAY 18TH NOVEMBER - YORK CHRISTMAS MARKET

Coach pick ups at:

Morpeth - Ashington - Blyth - Cramlington

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

Everyone
Welcome

THURSDAY 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 2 tickets per registered carer/household
Spaces are limited and places will only be reserved when we have received payment.

Cost only covers return transport.

Priority given to
carers with a
current, active
caring role



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>

Festive Wreath Making Workshop

Carers
Only

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



Morpeth

Monday 16th November 10.30-12.30pm

St James Community Centre, Well Way, Morpeth NE61 1BN

Blyth

Monday 23rd November - 10.30 -12.30pm

The Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL

Priority given to
carers with a
current, active
caring role

Bookings
Open
5th October

The cost for the workshop and everything you'll need to make your beautiful wreath is £20. 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.

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

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

Everyone
Welcome

THEY'RE BACK!
CARERS NORTHUMBERLAND'S

Festive-a-teas

Afternoon Tea and Festive Quiz

at
The Sill
National Landscape Discovery Centre,
Bardon Mill
Hexham, NE47 7AN

Bookings
Open
5th October

Wednesday 9th December

12pm

£10 per person

Max 2 tickets per carer/household

Priority given to
carers with a
current, active
caring role

Afternoon Tea and Festive Matinee Movie

at
Blyth Market Pavilion,
Market Street
Blyth, NE24 1BQ

Thursday 17th December

1pm

Tickets £10pp

Max 4 tickets per carer/household

Booking is essential

Please call 01670 320025 or visit:

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

Caring Matters - October/November 2026

OCTOBER

■ = Carers only

■ = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Thursday 1st	Ponteland CHAT Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Thursday 1st	Dementia Carers Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2.15 - 4.15pm	
Tuesday 6th	Alnwick CHAT Lindisfarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	11am - 12pm	
Thursday 8th	Prudhoe CHAT The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am	
Friday 9th	Bolam Lake Walk Bolam Lake Country Park, Newcastle upon Tyne, NE20 0HE	11am	
Thursday 15th	Blyth CHAT Cancelled due to AGM	10.30am - 11.30am	
Thursday 15th	Carers Northumberland AGM Morpeth Town Hall, Market Place, Morpeth, NE61 1LZ	10.30am	
Friday 16th	Morpeth CHAT Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Monday 19th	Meaningful Volunteering Group Morpeth Methodist Church, NE61 1HU	10.30am- 11.30am	
Tuesday 20th	Bebside Meal - Porkys Front Street, Bebside, Blyth, NE24 4HW	12.30pm	
Thursday 22nd	Workshop - Carer Resources Online via Zoom	2-3.30pm	
Tuesday 27th	Ghost Hunt - The Haunted Headquarters 104 Station Rd, Ashington NE63 8RN	All day	
Wednesday 28th	Berwick CHAT William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 29th	Cramlington CHAT Welcome Methodist Church, Station Road, Cramlington, NE23 1EN	2pm-3pm	
Thursday 29th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 30th	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

Caring Matters - October/November 2026

NOVEMBER

■ = Carers only

■ = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 3rd	Alnwick CHAT Lindisfarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	11am - 12pm	
Tuesday 3rd	Cramlington Meal - Sambuca Glasshous, Cramlington, NE23 6UT	1pm	
Wednesday 4th	IEMT Taster Session Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	11-12pm	
Thursday 5th	Ponteland CHAT Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Thursday 5th	Dementia Carers Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2.15-4.15pm	
Friday 6th	Rest and Restore Yoga Briardale House, Briardale Road, Blyth, NE24 5AN	11.30-12.20pm	
Thursday 12th	Prudhoe CHAT The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Monday 16th	Festive Wreath Making - Morpeth St James Community Centre, Well Way, Morpeth NE61 1BN	10.30-12.30pm	
Monday 16th	Introduction to Crochet Newbiggin Art Centre, 27 Gibson Street NE64 6UY	2-4pm	
Wednesday 18th	York Christmas Market	All Day	
Thursday 19th	Blyth CHAT L of a Bake, 13 Bowes St, Blyth NE24 1BD	10.30 - 11.30am	
Thursday 19th	Carers Rights Day Blyth Sports Centre, Blyth NE24 5BT	1.30-4pm	
Friday 20th	Morpeth CHAT Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Monday 23rd	Festive Wreath Making - Blyth The Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30 - 12.20pm	
Wednesday 25th	Berwick CHAT William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 26th	Cramlington CHAT Welcome Methodist Church, Cramlington, NE23 1EN	2pm-3pm	
Thursday 26th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 27th	Hexham (Acomb) CHAT Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	

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