



Caring Matters



October/November 2021 - The newsletter of Carers Northumberland



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



Remember, remember, the fifth of November, Gunpowder treason and plot, We see no reason, Why Gunpowder treason, Should ever be forgot.

In this issue you will find...

- 3 Steps to staying safe, well and warm this autumn
- Our plan for Carers Rights Day
- Details about our carers into work program
- Dates for your diary and much more

Now we're getting into autumn and those chillier nights are creeping in, we thought now would be the perfect opportunity to make sure you and the person you care for will be safe, well and warm this winter. Could you be eligible for a warm home grant? Read on to find out more!

With November fast approaching we would also like to share our plans for Carers Rights Day with you. We are excited to be able to get back out into the community and hope to see you all on the 25th November. We will have more details about the event in the coming weeks, but for now mark the date in your diary.

Talking about dates for your diary! You will notice on our calendars we have added some more locations for our face to face carer groups, these include Alnwick, Ashington and Bedlington. If you would like to attend any of these groups you MUST pre book. We hope to see you all very soon.

3 checks to stay Safe, Warm and Well

Check 1: Are you on the Priority Services Register?

The Priority Services Register gives you extra help from your energy supplier, or support to keep you safe if there was a powercut or interruption to your gas supply. You are eligible if your household includes a child under 5 or someone who is a pensioner, disabled, has a health condition, is dependent on electricity for medical reasons, or has a hearing or visual impairment. Speak to your energy supplier or call us 01670 320025 and we can sign you up.

Check 2: Are you eligible for £140 towards your winter energy bills?

The Warm Home Discount is a government scheme whereby energy companies give eligible customers a one-off grant of £140 towards their energy costs during the winter. You may be eligible for this if your household income is under £16,190 and you have children, a pensioner or someone with a disability in your household. You need to check the criteria and apply to your energy supplier.



Check 3: Are you aware of the risks of carbon monoxide?

- What is carbon monoxide?

Carbon monoxide (CO) is a poisonous gas. It is known as the Silent Killer as you can't see it, taste it or smell it. Around 50 people die every year from carbon monoxide poisoning and 4000 people end up in A&E.

- What are the symptoms of carbon monoxide?

At low levels, symptoms include headaches, nausea and dizziness. At higher levels, CO can lead to breathlessness, collapse or unconsciousness.

- How is carbon monoxide produced?

Appliances that burn gas, oil, LPG, wood or coal could all potentially produce carbon monoxide if the fuel does not burn properly. This may happen if there is inadequate ventilation or if an appliance has not been fitted properly or is poorly maintained.

- How can you keep yourself safe?

Get a carbon monoxide alarm certified to BS50291. Test your alarm regularly and check the expiry date. Get your boiler and other appliances serviced annually. Don't block vents. Call the National Gas Emergency Service if you suspect CO poisoning – 0800 111 999.

WOULD YOU LIKE SOME SUPPORT WITH EMPLOYMENT, EDUCATION OR TRAINING?

At Carers Northumberland, our Return to Work Programme has been designed to support carers aged 16 and over to return to work, training or further education. The programme has been designed to offer in-depth, one-to-one support to help you achieve your goals at your own pace.

Our Carers into Work Adviser can provide support in the following areas:

CV & Job Application Support

- Providing one to one support on how to write a CV
- Provide feedback on current CV
- How to put across transferable skills gained from being a carer
- Support with completing job applications and tailoring your CV to different roles

Job Searching

- Helping you overcome any barriers you may have to get into work
- Providing you with relevant job search websites and researching into possible jobs
- Providing information on what jobs are available in your area

Interview Support

- If you have an interview coming up, we can go through possible interview questions and scenarios
- Building your confidence and developing interview techniques
- Go through the job specification and possible questions that may be asked and how to answer them

Training Opportunities

- If there is a career you are interested in, researching into the different qualifications that are required
- Helping to find training providers for face to face courses or distance learning
- Helping you find any funding available based on your current situation

"I would like to thank you for the time you have put into me figuring out my future and what role I would like to do and also helping me physically with the forms as I am dyslexic, and I really struggle with them. You have helped me to believe in myself and know my worth and I have gotten an amazing job, worth more than I had expected I would be doing at 17." (Anonymous, young carer)

If you would like support to figure out your career contact our Carers into Work Adviser today and get help from our Return to Work Carers Project
Please contact 01670 320025 or info@carersnorthumberland.org.uk

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CARING FOR A FAMILY MEMBER WITH DEMENTIA: PARTICIPANTS NEEDED

Do you care for a family member with dementia? Do you ever feel uncertain when providing this support (e.g., having lots of questions without answers or a general sense of “not knowing”)? Can this uncertainty be unsettling for you or make the job of caring more difficult?

Research shows stress is a common experience for caregivers and uncertainty is common in the experience of caring for a loved one with dementia. We want to find out if a new intervention focusing on ‘uncertainty distress’ is helpful in reducing stress or strain in people who support/care for a family member with dementia.

You would be expected to attend approximately 12 weekly appointments (in person or remotely) to develop and try out new strategies to help manage uncertainty within your care giving experiences. You will also be asked to complete brief daily diaries over a number of weeks to help us to monitor any changes.


Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust



 Newcastle
University



If you are possibly interested in taking part and would like to find out more, please get in touch with the research team by emailing c.cadger2@newcastle.ac.uk, phoning 07711 966578 or scanning the QR code

 KING'S
College
LONDON

Are
you a
carer

Resilience is adapting to difficulty. We want to learn more about the different ways of thinking behind resilience, to find new ways to support carer wellbeing.

You will be asked to complete questionnaires and a card-sorting task, at home and a time that suits you. It should take no longer than 40-60 minutes in total.

The Kings Collage are looking for people who provide care or support to family, friends or neighbours to take part in an online study of carer wellbeing and resilience.

TO TAKE PART OR FIND OUT MORE:
SCAN the QR code
EMAIL
bethany.nicholson@kcl.ac.uk
VISIT bit.ly/carerstudy



ENTER A PRIZE DRAW OF GIFT
VOUCHERS WORTH UP TO £50



CARERS RIGHTS DAY



Did you know as a carer you have rights that are protected by law?

Join Carers Northumberland and a host of other organisations from 10.30am on

Thursday 25th November

at the Community Hub, Forum Way, Cramlington, NE23 6YB



to find out more about your rights as a carer and access other services that can support you in your caring role.

To find out more please contact our info team on 01670 320025



The NHS Engagement Team would like to speak to local communities face to face to ask three questions about health and care.



Your answers will help them pick up on any themes about services to inform the service delivery.

They would like to know

What impacts most on your health?

What would most improve your experience of healthcare?

As the NHS recovers from Covid-19, what should be its top priority?

If you could send your answers to our info team at Info@carersnorthumberland.org.uk and we will forward these on to the engagement team. You can also complete the online survey here:

<https://www.surveymonkey.co.uk/r/V3C2MSC>

All answers are confidential and you do not need to provide your details if you do not wish to.

Carer Trips

We are running a series of trips in October, places are free to registered carers so booking is essential. It would be great if you can make your own way there, but we will have a transport pickup in one location for each trip (limited places). If you would like to book on more than one trip you need to tell us your order of preference as, depending on availability, you may not get a place for every trip you book on to.



Paxton House and Gardens Scottish Borders

Tues 5th October 2021

Transport available from Wooler (limited availability)
Meet at the entrance from 10.30am



Forest School - Prudhoe Thur 14th October 2021

Learn how make fires, shelters and wood crafts.
Starts at 11am - No transport available, but taxi costs
from central Prudhoe may be refunded.



Seaton Delaval Hall Fri 22nd October 2021

Transport available from Morpeth (limited availability)
Meet at the entrance from 10.30am



Cragston - Rothbury Fri 29th October 2021

Transport available from Alnwick (limited availability)
Meet at the entrance from 10.30am

MAKING GUILT MANAGEABLE

GUILT IS DRAINING!

- Find out how to:
- Recognise guilty feelings
- Know your own guilt triggers
- Manage your own guilt
- Keep guilt in check

JOIN OUR ZOOM WORKSHOP ON WEDNESDAY
20TH OCTOBER 11AM-12PM
RESERVE YOUR SPACE HERE
[HTTPS://CARERSNORTHUMBERLAND.ORG.UK/NEWS-AND-EVENTS/OLA/SERVICES/MAKING-GUILT-MORE-MANAGEABLE-WORKSHOP](https://carersnorthumberland.org.uk/news-and-events/ola/services/making-guilt-more-manageable-workshop)
OR CALL OUR INFO TEAM ON 01670 320025



Carers Know Your Rights



Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it.

We will be hosting a workshop to help empower carers and support them in understanding what rights they have.

As part of our Carers Rights Day activities we are running this workshop via Zoom and face to face.

Join us on our Zoom workshop on Thursday 18th November 1-2pm
Reserve your space here: <https://carersnorthumberland.org.uk/news-and-events/ola/services/know-your-rights-workshop>
or call our info team on 01670 320025

Our face to face session will be held on Thursday 25th November from 10.30am
at the Community Hub, Forum Way, Cramlington, NE23 6YB



Face to Face Groups

Our face to face groups started again in September, after such a long break it was great to see everyone again. Along with our Ponteland, Berwick, Blyth and Cramlington groups we have three more groups that are starting in October!

Booking at face to face groups is essential so that we can meet the covid guidelines set by each venue. You will be required to book each month on the groups you would like to attend. All carers are welcome to attend any group (regardless of where you live)

Ashington

Masonic Hall, Ashington, 2 John Street, NE63 0SE

Third Tuesday of the month
11am - 12pm

Alnwick

Community Room off Greenwell Road, Alnwick NE66 1SF

First Tuesday of the month
2pm - 3pm
in partnership with Alnwick Garden

Bedlington

Salvation Army, Hartford Rd W, Bedlington NE22 6HU

Third Wednesday of the month
1.30pm - 2.30pm

Look out for more face to face groups coming soon!



October

DATE	GROUP/ACTIVITY	TIME
Every Tuesday of the week	General Carers Group Via Zoom	2pm
Tuesday 05/10/2021	Alnwick Carer Group Community Room off Greenwell Road, Alnwick NE66 1SF	2-3pm
Thursday 07/10/2021	Ponteland Carer Group Memorial Hall, Darras Road, Ponteland, NE20 9NX	10.30-11.30am
Tuesday 12/10/2021	Blyth Carer Group Buffalo Centre, 55 Regent Street, NE24 1LL	10.30-11.30
Tuesday 19/10/2021	Ashington Carer Group Masonic Hall, Ashington, 2 John Street, NE63 0SE	11-12pm
Wednesday 20/10/2021	Making Guilt Manageable Via Zoom	11-12pm
Wednesday 20/10/2021	Bedlington Carer Group Salvation Army, Hartford Rd W, Bedlington NE22 6HU	1.30-2.30pm
Thursday 21/10/21	Parent Carer Group Via Zoom	11-12pm
Wednesday 27/10/2021	Berwick Carer Group William Elder Building, 56-58 Castlegate, TD15 1JT	11-12pm
Thursday 28/10/2021	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm

To reserve your space please contact 01670 320025 or visit www.carersnorthumberland.org.uk/news-and-events

November

DATE	GROUP/ACTIVITY	TIME
Every Tuesday of the week	General Carers Group Via Zoom	2pm
Tuesday 02/11/2021	Alnwick Carer Group Community Room off Greenwell Road, Alnwick NE66 1SF	2-3pm
Thursday 04/11/2021	Ponteland Carer Group Memorial Hall, Darras Road, Ponteland, NE20 9NX	10.30-11.30am
Tuesday 09/11/2021	Blyth Carer Group Buffalo Centre, 55 Regent Street, NE24 1LL	10.30-11.30
Tuesday 16/11/2021	Ashington Carer Group Masonic Hall, Ashington, 2 John Street, NE63 0SE	11-12pm
Wednesday 17/11/2021	Bedlington Carer Group Salvation Army, Hartford Rd W, Bedlington NE22 6HU	1.30-2.30pm
Thursday 18/11/21	Parent Carer Group Via Zoom	11-12pm
Thursday 18/11/21	Know your Rights Workshop Via Zoom	1-2pm
Wednesday 24/11/2021	Berwick Carer Group William Elder Building, 56-58 Castlegate, TD15 1JT	11-12pm
Thursday 25/11/2021	Carers Rights Day - Know your Rights Workshop Community Hub, Forum Way, Cramlington, NE23 6YB	10.30-12.30pm

To reserve your space please contact 01670 320025 or visit www.carersnorthumberland.org.uk/news-and-events

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The whole of Carers Northumberland will be donning their pointy hats again, tying some bells on their shoes and transforming into the

CN ELVES

this Christmas

This year has been so difficult for so many of our carers, and you all deserve a treat!

Carers Northumberland have put together some gift bags containing Carer Comforts. The bags will contain a variety of treats perfect for keeping cosy this Christmas. The CN Elves will be out delivering these in the run up to Christmas.

If you would like to receive a Gift Bag or you would like to nominate another carer who is registered with Carers Northumberland for one, you can contact our Information Team on 01670 320025 to make a request. The deadline for making a request is Wednesday 8th December.

We have a limited number of bags available and if we are over subscribed we will pull names from a hat.



Recent guest said:

*Thankyou so much for all your hard work to make this a beautiful retreat. We have thoroughly enjoyed our stay and would love to come back again.
Thank you for making us feel so welcome and for the delicious cake"*



THE HAVEN

is ready to welcome you

Providing low cost breaks away in rural Northumberland.

A self contained, self catering holiday accommodation on 2 floors. It comprises a fully equipped kitchen, comfortable sitting room, shower room and 2 bedrooms upstairs.

Short breaks start from £100

The Haven is available to everyone, irrespective of personal belief, who would benefit from time away from daily life.

A beautiful and peaceful place to go for a retreat or a holiday.

To find out more visit: www.ryehillcommunityventures.org.uk



Light Trail

We have a limited number of free tickets for carers to the Alnwick Garden Light Trail on 30th November 2021. Time slot to be confirmed.

Please contact us on 01670 320025 or email info@carersnorthumberland.org.uk to reserve. First come first served. You need to be able to make your own way to the garden.

**Max 2 tickets per household*



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.

A digital copy is available here:

www.carersnorthumberland.org.uk/downloads or call us for a printed copy to be posted.

