



## Hello Everyone...

Spring is here, Easter is on the way. Join in Active April by getting fit and healthy and clocking up some miles raising money for us. We have some lovely walks planned to get you started! We also have a residential trip to the Lake District. For ages 10+. There are limited spaces for this.

Anne-Marie & Karen

# Book it.

**ALL ACTIVITIES AND EVENTS MUST BE PRE-BOOKED**

How to book  
Via our website:

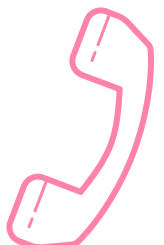
[www.carersnorthumberland.org.uk/new-and-events](http://www.carersnorthumberland.org.uk/new-and-events)

Telephone: 01670 320025

Email: [youngcarers@carersnorthumberland.org.uk](mailto:youngcarers@carersnorthumberland.org.uk)



**PLEASE TAKE NOTE OF OUR  
NEW BOOKING SYSTEM**





**Please note: Activities may be cancelled if we do not meet minimum numbers.**

<b>Date</b>	<b>Time</b>	<b>Activity</b>	<b>Age group</b>	<b>Book by</b>
Thursday 16 <sup>th</sup> April	12pm-4pm	Jesmond Dene	8+	5/4/26
Friday 10 <sup>th</sup> April	1pm-3pm	4DX Cinema	12+	5/4/26
Wednesday 15 <sup>th</sup> April	10am-12pm	Lake Walk	8+	9/4/26
Saturday 25 <sup>th</sup> April	11am-12pm	Art Workshop	8+	12/4/26
Sunday 26 <sup>th</sup> April	11am-12:30pm	Tyne Green Walk	8+	19/4/26
Monday 27 <sup>th</sup> April	4:30pm-5pm	Welcome Meeting	all	22/4/26
Wednesday 29 <sup>th</sup> April	4:30pm-5:30pm	Crystal Coasters	all	19/4/26
Wednesday 4 <sup>th</sup> May	3:45pm-5:15pm	Youth Club	8+	20/4/26
Sunday 10 <sup>th</sup> May	11am-12pm	Clip and Climb	8+	29/4/26
Thursday 14 <sup>th</sup> May	4:30pm-5:30pm	Flower Art	all	3/5/26
Saturday 16 <sup>th</sup> May	12pm-1:30pm	Escape Room	12+	4/5/26
Monday 27 <sup>th</sup> April	4:30pm-5pm	Welcome Meeting	all	22/4/26
Saturday 13 <sup>th</sup> June	10am-3:30pm	Family Gibside Trip	all	22/5/26

## Activities

Please take note of the age symbol next to our activities:

- 8 plus means for young carers aged over 8
- 12 plus is for those over 12
- If an activity has no symbol it is open to any age



## How to book onto activities

Book onto an activity on our website in the young carers section or by emailing [youngcarers@carersnorthumberland.org.uk](mailto:youngcarers@carersnorthumberland.org.uk).

Automated confirmation email from website (if booked through website).

Confirmation emails sent out after the booking deadline to confirm your child's place or place on the waiting list. Further details provided in this email including payment instructions.

You will receive a reminder text message a few days before the activity.

Activity 😊

Activity evaluation completed by young carers and photographs of the activity posted to our Young Carers Facebook page.

Please do not come to an activity without booking. If you have not had a booking confirmation email confirming your child's place and with further details contact us prior to the activity. Please cancel activities ASAP if you cannot make it.



# Brathay 10+ RESIDENTIAL TRIP

**What:** 3 day 2 night residential trip

**Where:** Brathay, Ambleside, Lake Windermere

**When:** Wednesday 27<sup>th</sup> May - Friday 29<sup>th</sup> May

**How much:** £20 (fully refundable if you attend)

**What age:** age 10+

**What's included:** transport, accommodation, activities, bedding and food.

**Book by:** Sunday 26<sup>th</sup> April



Transport from Alnwick, Ashington, Blyth, Bedlington and Hexham. Limited spaces. Spaces will be allocated at random. Further details will follow via email.



Brathay is an activity centre situated in Ambleside in the picturesque Lake District that specialises in outdoor adventure trips for young people. Young people will have an action packed 3 days of adventure and activities gaining confidence, making friends and teamwork skills.

There are 14 spaces which will be split in two for young and older age groups.

# Crystal Coasters

Join in our crystal art session via Zoom to create your very own crystal coaster. We will send the packs out to you in the post.

**Wednesday 29<sup>th</sup> April. Book by  
Sunday 19<sup>th</sup> April.**

No cost.



Experience extreme sensory cinema with 4DX, a Cineworld exclusive in Newcastle. With stimulating effects like water, wind, scent and strobe lighting, that thrill you in your moving seat. 4DX is Cineworld's most exhilarating way to watch a film.

**Friday 10th April 1pm-3pm.**

**Book by Sunday 5th April.**

(Film: The Super Mario Galaxy Movie)

£5 cost. Train transport available from Ashington, Blyth, Seaton Delaval or meet us at Central Station or there.





# Spring Flower Art

Step into spring by creating flower artwork with a range of beautiful dried flowers. A range of dried flowers will be posted to you. Join via Zoom.

Thursday 14th May 4:30-5:30pm.  
Book by Sunday 3<sup>rd</sup> May.

No cost.



## Clip and Climb

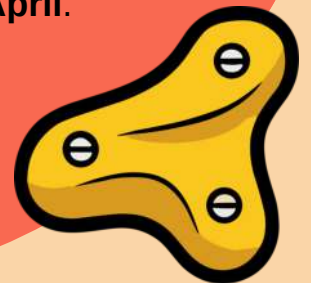
8+



Join us at Concordia Clip and Climb working your way through the range of climbing walls

Sunday 10<sup>th</sup> May 11am-12pm.  
Book by Wednesday 29<sup>th</sup> April.

No cost. No transport.



# Art Workshop

8+

Come along the Repuposeful art shop in Ashington where local artist Justine Fox will host the session. You will make a wall hanging and suncatcher to take home.

**Saturday 25<sup>th</sup> April 11am-12pm.**  
**Book by Sunday 12<sup>th</sup> April.**

£5 cost. Transport from Blyth and Bedlington.  
Spaces are limited.



## GET FIT AND RAISE MONEY FOR OUR TRIPS

A SMALL DONATION  
MAKES A  
DIFFERENCE



### ACTIVE APRIL Going the Extra Mile for Carers

We smashed our goal last year, we walked the length of Britain (601 miles) and raised a huge £1000 for Carers Northumberland. This year we would love to do the same again, but this year we have added a twist. You can walk, run, cycle or swim your extra mile.



#### What's involved?

Commit to completing at least 1 mile of exercise and record your activity.

Get sponsored by friends and family

#### How does it work?

Request your sponsorship pack, it will contain your activity diary to complete and sponsorship form. You can join in with our planned activities or do your own thing to fit in with your lifestyle. Send in your completed diary and any photos of you exercising before the end of April.

If you would like to fundraise get in touch for more information and to request your pack.

Fundraising is optional but booking is essential! Call 01670 320025 or book online here:

[www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events)



**NEW**

**YOUNG CARERS**

# **YOUTH CLUB**

**8+**

**FREE ENTRY**

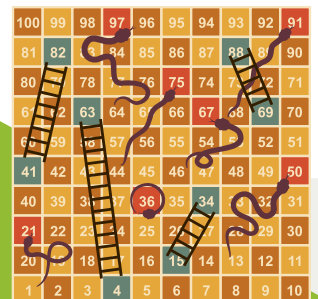
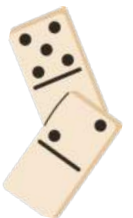


**WEDNESDAY 4<sup>TH</sup> MAY 3:45PM-5:15PM**

**FREE FOOD, GAMES & FUN.**

Brirdale Centre, Blyth. No transport, no cost.

**BOOK BY 20<sup>TH</sup> APRIL**



Join us on our walk to help raise money for Active April and Carers Northumberland trips. No minimum amount for donations. Anything you can spare is greatly appreciated. Enquire about a sponsorship form and receive your Active April badge.

## Lake Walk

Lets get our steps in by having a lovely walk around the QE2 lake in Ashington followed by refreshments at Woodhorn Museum. Why not borrow our Woodhorn Museum passes so you and you family explore the museum afterwards.

**Wednesday 15<sup>th</sup> April 10am-12pm.  
Book by Thursday 9<sup>th</sup> April.**

No cost but a donation for Active April welcome.  
No transport.

## Tyne Green Park Walk

Join us for a stroll around Tyne Green Park in Hexham. Join in with some fun team games and we'll also stop off for refreshments.

**Sunday 26<sup>th</sup> April 11am-12:30pm.  
Book by Sunday 19<sup>th</sup> April.**

No cost but a donation for Active April welcome.  
No transport.



Come along to Jesmond Dene in Newcastle and join in our Easter egg hunt. We will go on a nature walk through the dene to see the waterfall and stop by the petting zoo to see the animals. We will meet up with other young carers from centres for a game of rounders.

**Thursday 16<sup>th</sup> April 12pm - 4pm.**  
**Book by Sunday 5<sup>th</sup> April.**

£5 cost. Transport from Amble, Ashington, Blyth and Bedlington.



# Escape Room 12+

Love puzzles, clues and teamwork? Join us at Morpeth Escape Room to escape from The Matter of the Hatter, The Stole Magic or Murder on the Morpeth Express. Can you escape in time?

**Saturday 16<sup>th</sup> May 12pm-1:30pm.**  
**Book by Monday 4<sup>th</sup> May.**

No cost. No transport.



# YOUNG CARERS: OUR VOICES, OUR LIVES

Young Carers  
Survey 2026  
The results are in!!

**1 in 4**  
How many hours do  
you care for?

Who took part?  
**82%**  
were girls

ARE PROVIDING 20+ HOURS PER WEEK



A LOT OF YOU SAID YOU  
WORRIED ABOUT MONEY

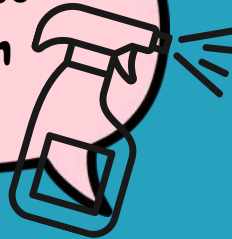
Who do you look  
after?

Many young carers said they  
support multiple people!



**1**  
**2**  
Nearly half of you  
said you are caring  
more this year!

78% of you  
help with  
cleaning

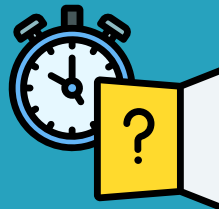


**50%**

50% say caring  
makes school  
harder

What did you  
ask for more of?

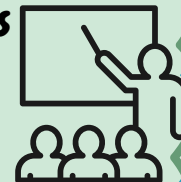
- MORE GRANTS / FINANCIAL SUPPORT
- HELP GETTING A JOB (ESPECIALLY 16+)
- MONEY MANAGEMENT EDUCATION
- MORE ACCESSIBLE ACTIVITIES



1 in 5 of you have limited time for fun

## Key School Challenges

- Tiredness
- Worry about family
- Homework pressure
- Lack of teacher understanding
- Attendance issues



83% are  
feeling tired!





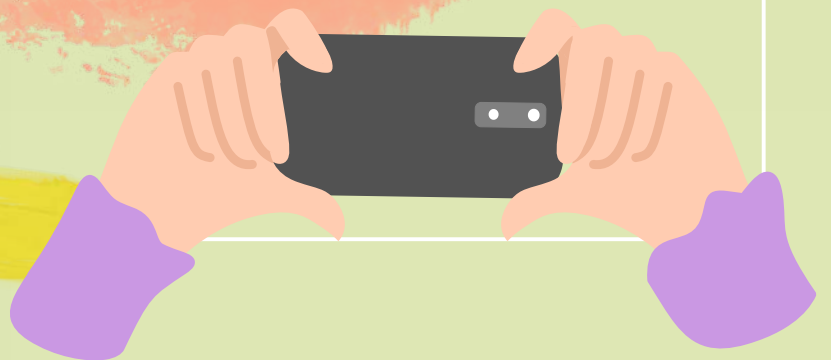
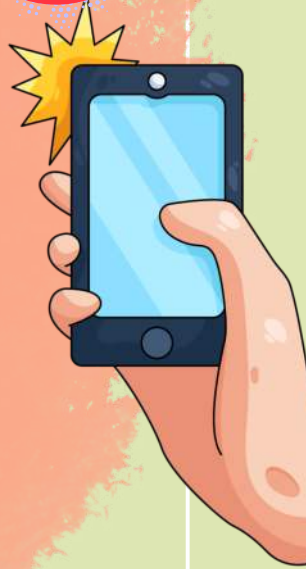
**SPRING**

**Win! Photography competition Win!**

Send us your most favourite photograph of spring for a chance to win a prize!

**Deadline Monday 26<sup>th</sup> April.**

Email entries to:  
[youngcarers@carersnorthumberland.org.uk](mailto:youngcarers@carersnorthumberland.org.uk)  
with your name and age.



**NEW**

# Welcome Meeting

Are you a newly registered young carer and want to know more about us and what support we can offer? Join our online Zoom welcome meeting for a chat. Parents are welcome to join too.

Monday 27<sup>th</sup> April and Tuesday 26<sup>th</sup> May.  
4:30pm-5pm.  
Book by 22<sup>nd</sup> April for either.

Contact us if you'd prefer a different day/time.  
Email: [young\\_carers@carersnorthumberland.org.uk](mailto:young_carers@carersnorthumberland.org.uk)



# FAMILY TRIP



## FAMILY DAY TRIP TO GIBSIDE

To celebrate Carers Week we have a family trip to Gibside near Rowlands Gill, the ultimate outdoor playground for families. Discover nature and historic ruins while you explore peaceful walking trails. Children can explore the Red Kite adventure playground and den building areas.

**Saturday 13<sup>th</sup> June from 10am - 3:30pm**  
**Book by Friday 22<sup>nd</sup> May.**

Transport is included from Morpeth, Cramlington, Ponteland, Prudhoe.

Tickets are £10 per adult and £5 a child which includes transport and entry. Maximum 4 bookings per carer / household. Under 16's must be supervised by an adult at all times.

Places are limited so booking is essential. Email [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk).



# Young Carers Forum




Our next Young Carers Forum will be:

**When:** Wednesday 15<sup>th</sup> April 2026

**Time:** 1pm - 2pm

**Where:** 107-109 Station Road, Ashington, NE63 8RS

Cakes & travel will be provided. Reps will be rewarded with an end of year trip if they attend 3 or more meetings, certificate and lanyard.



## Your young carer ambassadors are:

- Ivy Wyatt
- Ella Peverley
- JessicaTurnbull
- Halie Ward
- Zakk Mitchell
- Kaitlyn Batchelor Bowman



Follow us on Facebook –  
young carers Northumberland  
We share updates on activities  
and photos from events in this  
group!



Follow Carers  
Northumberland on  
Instagram and you can see all  
of our latest updates and  
photos from our Young Carers  
Project