

# Young Carer

# Newsletter

September 2021 The newsletter of Carers Northumberland

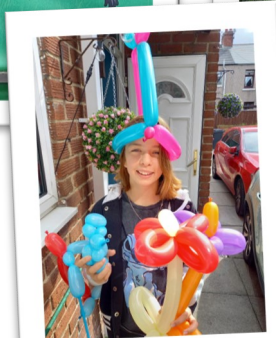
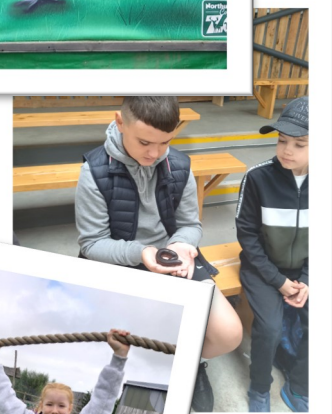
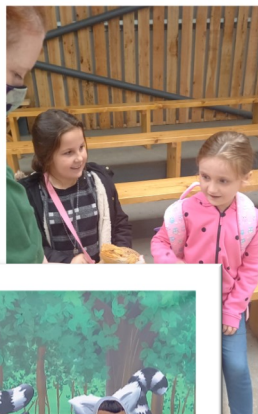
Hi everyone, I hope you had a wonderful summer! It was so amazing to eventually meet some of you at our trip to the zoo. I am excited to tell you that we now have an Activity Worker in place called Karen and she is in the middle of planning some really exciting activities, you can find some of them in our what's on guide. I hope to see you all really soon. Take care *Anne-Marie*

**Fun fact of the month...** Did you know... The "sixth sick sheik's sixth sheep's sick" is believed to be the toughest tongue twister in the English language. Have a go... Can you do it... Me either 😂😂😂

**Do you have a fun fact to share?  
Get in touch.**

**DID YOU KNOW?**

## Some of the Summer fun at our activities



# WHAT'S ON

## Golf taster sessions - OVER 8'S ONLY

*Transport can be provided if needed or just meet at venue*

Thanks to the support of a local carer, we are able to offer some golf taster sessions at **Ponteland Golf Club**. All equipment will be provided. The first taster session will be on:

**Sunday 26th September 2020**

Spaces will be limited so **please book by Monday 20th September**

To book contact Anne-Marie on Text or WhatsApp to - 07500 886 319

or Telephone: - 01670 320025



Don't worry about being a little bit scared to come along to the activities, none of the children that came to the Zoo trip had met before and they all had loads of fun and made new friends. I know it can be frightening when you don't know anyone, but everyone is in the same boat as all of our activities are really new!

**DON'T WORRY,  
BE HAPPY!**



# WHAT'S ON



## Sharpie Art T-shirt

Get creative by designing and creating your own unique quirky t-shirt (resources posted out to participants)

You will need: an empty jar, large elastic band, flat surface, scrap cardboard, computer and a creative design

When: Tuesday 28<sup>th</sup> September 6-7.30pm

Where: Online remotely via zoom



**Please book by  
22nd September**



### How to book

**Text or WhatsApp to 07500 886 319**

**Telephone at 01670 320025**

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

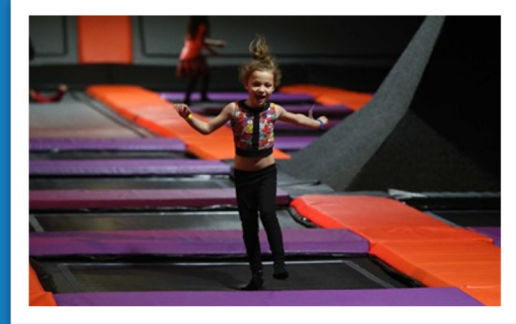
# WHAT'S ON

## Airbox trampolining - transport not available

**When:** Sunday 3<sup>rd</sup> October 11.15am-12.30pm

**Where:** Cramlington Nelson Industrial Estate,  
3 Atley Way, Cramlington NE23 1WA

Airbox provides the ultimate trampolining experience. The venue is full of interconnected trampolines, angled walls, roll-over platforms, slamdunk basketball nets, trick airbags, foam pits, battle-beams, cardio wall, Ninja area and Box Café serving hot and cold refreshments and food.



\*Please bring your own trampolining socks (with grips) or £2 to purchase your own.

**BOOKING IS ESSENTIAL - Please Book by Friday 24th September**  
**Over 8s can be dropped off by parent /carer but under 8s MUST be accompanied by an adult, the adult will not be participating in the event but must stay on site.**



## Tween Yoga and meditation Workshop (transport not available)

**Over 8s only**

**When:** 17<sup>th</sup> October 11am-12.30pm

**Where:** Yoga Den, Wellwood House, Morpeth NE61 1UR

Meet outside of Next at Morpeth at 10.45am

**Info:** A relaxing and restorative session to stretch, tone and meditate letting go of any worries and stresses and replacing with more energy and positivity

\*Please wear comfortable sports style clothing, and bring a pen/notebook and a drink with you.

**BOOKING ESSENTIAL - Please Book by Monday 4th October**

# WHAT'S ON



## Halloween Special Effects Make-up Workshop

When: 26th October 10am-11.30am

Where: Online via Zoom

You will be provided with a special effects makeup kit for you to create some gory make-up looks just in time for Halloween.

\*You will be provided with a brush however, access to own make-up brushes/ paint brushes is recommended Please Book by Monday 18th October



## How to book

Text or WhatsApp to 07500 886 319

Telephone at 01670 320025

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

## Cinema trip Harry Potter and the Philosopher's Stone 20th Anniversary

When: Tuesday 2nd November 7.30-10pm approx

Where: Vue Cinema, Manor Walks Shopping Centre, Cramlington NE23 6UT

Info: Meet at 7.15pm in entrance of cinema. Bring money for, or your own, refreshments



**BOOKING IS ESSENTIAL** \*First come first served, book by 3rd October. Over 8s only, please note this movie is PG-12 (General viewing, but some scenes may be unsuitable for young children. A PG film should not unsettle a child aged around eight or older. Unaccompanied children of any age may watch, but parents are advised to consider whether the content may upset younger, or more sensitive, children.)



## Young Carers Grants...

Do you have a hobby like football or dance, and sometimes struggle to pay for boots, equipment or classes? Or would you like to pay for a day out with your friends..

If yes, you can apply for one of our Young Carers Grants, the small grant is available to all young carers and you can apply every 12 months! The grant is for up to £150, the average grant is around £100. If you would like to apply, get in touch.



## Young Carer ID cards

During lockdown, many young people had to go into supermarkets and shops to make sure their family had supplies and were often stopped and asked why a child was in the store. We created Young Carer cards which you can hand out to people to identify yourself as a young carer as it can sometimes be hard to explain. You can use these anywhere, with teachers, social workers, in shops or even in your GP surgery. If you would like a supply of these cards, please contact me.



## Local Young Carer Groups

**There are some great local young carer groups running through other charities, you can contact them if you would like to attend.**

**Cramlington** - Cramlington Voluntary Youth Project - Tel 01670 739009

**Hexham** - Hexham Youth Initiative - contact Keda on 01434 607 350

**Berwick** - Berwick Community Trust - contact Becky on 01289 303366



## How to get in touch

**Text or WhatsApp to**

**07500 886 319**

**Telephone at 01670 320025**

**Facebook: young carers - Northumberland**

## Meet our new staff member - Karen Lightley - Activity Worker

My name's Karen. I'm the Activity Worker for Carers Northumberland. My job involves organising lots of amazing activities for all you lovely people to attend. I hope to meet you all at some point throughout the year ahead at some of our fun activities. I'm currently in the planning stages but so excited for the activities to commence. See you all soon!

