

JANUARY
2022



YOUNG Carers NORTHUMBERLAND

NEWSLETTER

Hello Everyone...

Happy new year! Welcome to our first newsletter of 2022. We were really sad to cancel our last event of the year, which was our Ice Skating trip. We will reschedule this for later in the year. Due to Covid restrictions, unfortunately we've taken the decision to move our January activities online. We hope you can join us.

Anne-Marie



HAPPY
NEW
YEAR!



Young Carers Grants...

Do you have a hobby like football or dance, and sometimes struggle to pay for boots, or equipment? 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.

How to get in touch

Text or WhatsApp to
07500 886 319

Telephone at 01670 320025

Facebook: young carers - Northumberland

Instagram - Carers Northumberland



Activities Funded by:



**Book by Thursday
13th January**

**Sunday 16th January
1.00 – 2.30 pm**

YOGA AND MEDITATION

Join us via Zoom for a relaxing Yoga and Meditation session.
Wear comfortable active wear and have a bottle of water, blanket
and cushion close by.

**BOOK NOW BY EMAIL INFO@CARERSNORTHUMBERLANBD.ORG.UK
TEXT 07500 886 319**

JOIN US FOR A

Cake Jar Master Class

**SUNDAY 30TH JANUARY
ONLINE VIA ZOOM 11AM-12PM
E-GIFT CARDS TO BE EMAILED OUT
WITH THE INGREDIENTS LIST**

**Book by Monday
24th January**





Craft Club

Creative calendar making

Tuesday 25th January

5.00-6.00pm

Where: Online via zoom

Craft supplies to be sent out via post

Book by Monday 17th January

Book it.

ALL ACTIVITIES AND EVENTS MUST BE PRE-BOOKED

How to book



Text or WhatsApp to 07500 886 319

Telephone at 01670 320025

Email: info@carersnorthumberland.org.uk





December activities



CHOICES TOGETHER

MARCH – JULY 2022

FIND OUT
WHAT IT'S
REALLY LIKE



TO GO TO UNI!



WHAT IS IT?

Choices Together is the perfect opportunity to discover all about being a university student and what Higher Education could offer you in the future. It doesn't matter if you haven't thought about college or university – everyone is welcome! You can join the programme at any point from Year 7 up to Year 13 and can work with us throughout your educational journey.

Our current university students will be with you every step of the way to help you out, answer questions, and help you to have the best Choices Together experience!

You will have the opportunity to take part in a series of on-campus sessions at our five North East universities and online sessions via our website.

WHO IS IT FOR?

To take part in Choices Together you must be aged between 11 and 18, and be a Young Carer or a Care Experienced Young Person.

How do I apply?

Visit www.nerap.ac.uk/choices

WHEN IS IT?

Sessions will begin in March 2022 and run until July 2022. You will be given a personalised timetable with exact dates once you have signed up to the programme.





Many young carers tell us that they miss out on doing things kids their age get to do. At Carers Northumberland we want to make sure that no young carer misses out anymore. We are launching our Taking Part Project which will help fund the activities that are important to you, and that help you get a well-deserved break from caring. The Taking Part project aims to improve the lives of young carers by enabling them to access activities just like other kids their age do!

WHAT CAN THE PROJECT HELP WITH?

The project will help with funding towards accessing activities that are organised by other providers. This could be:

An Active Northumberland pass –

- Unlimited swimming for you and a friend (+ gym and classes for over 14s)
- 1 Clip 'n' Climb session per month - At Concordia Leisure Centre
- 1 Family bowling session per month - At Concordia Leisure Centre or Wentworth Leisure Centre

Support towards costs to attend things like:

- Football /rugby club subscriptions or other organised sports club membership
- Dance lessons
- Art lessons
- Singing lessons

If you want to take part in something but you are unable to fund it yourself, please get in touch on 01670 320025, info@carersnorthumberland.org.uk or 07500886319 and we will send you a short form to complete.

Please note: If you currently have an Active Northumberland pass you cannot apply until this has expired.

Sim Cards For Young Carers

Carers Northumberland have been supported by Vodafone's Charities Connected programme to provide free SIM cards to registered carers. The SIM cards have 20GB data, unlimited calls and texts per month, for 6 months. The SIM cards can only be used in Vodafone or unlocked handsets.

Every registered young carer can apply for one SIM card for their personal use. If you would benefit from a free SIM card to use for 6 months, please complete the short application form <https://forms.office.com/r/ssHLLG303K> or call contact me on 07500886319

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or join our private group
search young carers
northumberland



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.



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