

Caring Matters

April/May 2025- The newsletter of Carers Northumberland



Welcome to the April/May edition of Caring Matters...



In this issue you'll find

- Our annual survey
- Active April Walks and fundraising details
- What to do when you've registered an LPA
- Our plans for Carers Week 2025
- Workshops, meals and much more!



Welcome to our latest newsletter. We have a bumper issue to share with you this month, from our plans for Active April to what we have coming up for Carers Week!

We are trying to walk the length of Britain during Active April and raise vital funds for Carers Northumberland. If you want to take part, either by joining one of our walks or signing up to be sponsored for your own - check out page 3 in this edition of Caring Matters.

After lots of questions from confused carers we have included an article on what to do when you've registered a Lasting Power of Attorney. We also have details of how to complete our annual carers survey which helps us to plan our future services.

For Carers Week this year we have a packed calendar of events planned - including day trips, meals and even a samba drumming workshop. Make sure to book in early to make sure you don't miss out!



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



PLEASE TAKE PART IN OUR SURVEY

You can fill in the survey online, by post or on the phone. Contact us on 01670 320025 to complete via phone or request a paper survey and freepost envelope.

CARERS ANNUAL SURVEY



**CLICK
THE
LINK**



<https://forms.office.com/e/DMXN4XUg30>

PRIZE DRAW!

Complete the survey for a chance to win a shopping voucher

SCAN THE QR CODE

Use your mobile phone or tablet to scan the QR code to access the survey online



THANK YOU FOR SUPPORTING US AND HELPING US TO PLAN FUTURE SERVICES TO SUPPORT CARERS IN NORTHUMBERLAND

ACTIVE APRIL

Going the Extra Mile for Carers

Our goal is to walk the length of Britain during Active April and raise vital funds for Carers Northumberland. This huge goal of 601 miles can only be reached with your help!

What's involved?

Commit to walking at least 1 mile and record your activity

Get sponsored by friends and family

How does it work?

You will receive a sponsorship pack with a walking diary to complete

You can join in with our planned walks below or do your own thing to fit in with your lifestyle.

Send in your completed diary and any photos of your walks before the end of April.

If you would like to fundraise get in touch for more information!

GROUP WALKS

Northumberlandia – 1 mile

Tuesday 1st April – 11.30am

Option to stay for lunch after the walk at The Snowy Owl. Route is accessible for wheelchairs.

Holy Island – 5 miles

Monday 7th – 2.30pm

Route is not suitable for wheelchairs and appropriate footwear is encouraged.

Seaton Sluice to Blyth and back – 3 miles

Tuesday 29th April – 11am

We will be stopping for fish and chips at Blyth Coastline halfway. Route is accessible for wheelchairs.

Join in with our sponsored group walks, all welcome including friendly dogs on leads. Fundraising is optional but booking is essential! Call 01670 320025 or book online here: www.carersnorthumberland.org.uk/news-and-events



What to do once you've registered your Lasting Power of Attorney



Once your LPAs are registered you need to show them to relevant people and organisations to make sure everything is in place in case your attorneys need to step in. We recommend showing your LPAs to your bank/building society, GP/health professionals, social worker/care manager and anyone else who may need to see it.

Certifying Copies

You can show these people your original LPA form or a certified copy in person. We advise against posting your original form as it may get lost.

You can confirm that a copy of your LPA is genuine by 'certifying' it if you're still able to make your own decisions. To do this write the following text on the bottom of every page of the copy: "I certify this is a true and complete copy of the corresponding page of the original lasting power of attorney." On the final page of the copy, you must also write: "I certify this is a true and complete copy of the lasting power of attorney."

You need to sign and date every page.

Access Codes

Alternatively, an access code can be given to any company that needs to see the LPA. You can create these here: <https://www.gov.uk/use-lasting-power-of-attorney>. The letter you received when your registered the LPA has information on how to set up an account.

An access code is 13 characters long and begins with the letter V. It can be used by the company to view and verify the LPA. Before giving the access code to the company, check that it is the correct LPA for what you intend to do (Health & Welfare or Property & Finance). When you have given them the access code, the company will use the "View an LPA" website to check information such as:

- The donor's details on the LPA match the details they hold e.g. their name, address and date of birth.
- You are an attorney on the LPA. They may also want to see your identification.
- How decisions can be made using the LPA (if there is more than one attorney).
- Whether the LPA is still valid and registered

If they are satisfied with this information they will allow attorneys to make decisions for the donor, for example giving them access to their accounts.

This information is for people who have already made and registered a Lasting Power of Attorney, if you want information or support on how to make a Lasting Power of Attorney contact us on 01670 320025

Did you know you may be able to get help with your travel costs for your hospital appointments?

You may be able to claim back travel costs if:

- You/your partner receive certain benefits or are eligible for the NHS Low Income Scheme
 - You have a referral for an appointment that a doctor or dentist has referred you to
- You can claim on the day at the following sites:

-Alnwick - Berwick -Blyth -Hexham -North Tyneside -Wansbeck

If your appointment is at the Northumbria hospital in Cramlington, or you would prefer to claim after your appointment, there is a form to fill out.

To order a paper copy of the form, call 0300 123 0849

Visit www.northumbria.nhs.uk/travel-costs or call 0191 203 1535.

NHS
Northumbria Healthcare
NHS Foundation Trust



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 24th April 6-7pm
Thursday 29th May 6-7pm

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



Forget Me Not Club

The Forget Me Not Club brings together people living with dementia and their carers. The group is small and welcoming. It's an opportunity to make friends, find support, have fun, chat and relax. Activities include games, art, music, singing and dancing. This is a free event - a donation is appreciated to cover tea, coffee and cake.

Every Monday 2pm-4pm
High Forest Community Centre
Sinderhope (near Allendale) on the B6295

Contact Gill Germain on 07816823358 or gillgermain@gmail.com for further information

Change to Carer Group

Our Ashington Carer Group will be ending this March due to low attendance. We will be starting a new group in Newbiggin, the first session being 15th April.

Newbiggin Carer Group
11am-12pm on the 3rd Tuesday of every month

Coquet Suite, Newbiggin Sports & Community Hub, Woodhorn Rd, Newbiggin-by-the-Sea
NE64 6HG

To book a space at the group call 01670 320025 or book here:
<https://carersnorthumberland.org.uk/news-and-events>



Cramlington Group - Guest Speaker - Northern Cancer Voices

Northern Cancer Voices will be attending our upcoming Cramlington Carer Group to chat about their services.

This service offers support for carers and patients with a cancer diagnosis, the session will include; carbon monoxide safety advice, help with the priority services register, and health advice and signs of different cancers (in partnership with Healthworks).

April 24th -2pm
Welcome Chapel, Cramlington

To book a space at the group call 01670 320025 or book here:
<https://carersnorthumberland.org.uk/news-and-events>



Carer Catch Up Meals

Take a break, enjoy a meal and meet other carers in a relaxed setting. Carers will be responsible for paying for their own meals. Booking is essential.

Masala Tandoori- Ashington

Join us for a curry and a catch up at Masala Tandoori.

Thursdy 1st May - 6pm

Masala Tandoori

13 Laburnum Terrace, Ashington, NE63 0XX

Menu can be found here:

<https://www.masala-tandoori.co.uk/menu>

Sambuca - Blyth

Join us for an Italian meal at Sambuca, Blyth.

Monday 12th May - 4pm

Cafe Blyth Sambuca

62 Waterloo Rd, Blyth NE24 1DG

£8.95 lunch deal available

Menu can be found here:

<https://cafesambucablyth.co.uk/>

Everyone
Welcome

Tea on the Train - Bellingham

Join us for lunch or just a cuppa and a slice of cake at Tea on the Train.

Friday 23rd May - 1pm

Tea on the Train

Station Yard, Woodburn Road, Bellingham,
NE48 2DG

Menu can be found here:

<https://teaonthetrain.com/menu.html>

Amble Harbour Walk - Fish & Chips

We will be having a lesiurely stroll around Amble harbour then stopping at Quayside Fish & Chips for lunch

Thursday 29th May - 1pm

Please book to get the meeting point

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>

Caring For Someone With Dementia Workshops

Join Carers Northumberland and nurses from the Post Diagnostic Team for more information and advice on caring for someone with dementia. We will be looking at:

- What to expect in the future
- Managing common behaviours and communicating effectively
- Attendance Allowance, power of attorney, blue badges and council tax discount



Booking is essential. Dates for 2025:

Ponteland - Thursday 24th April - 9.30am-12pm

Ponteland Methodist Church, 5 Main St, Ponteland, NE20 9NJ

Zoom - Thursday 1st May – 2pm-4.30pm

Hexham - Tuesday 17th June – 1.30pm-4pm

Room 4, Education Centre, Hexham General Hospital, NE46 1QJ

Alnwick - Tuesday 29th July - 1.30pm - 4pm

Lindisfarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU

Newbiggin - Thursday 9th October – Venue and Time TBC

Zoom - Thursday 6th November– 2pm-4.30pm

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



Paying for Social Care Workshops



In these workshops we will be looking at the rules around paying for care - whether that be residential care, in your home or respite. If you would like to learn more or have any questions please come along.

Booking is essential.

Hexham Workshop

Wednesday 30th April - 2pm-3.30pm

Newcastle Building Society
1-2 Beaumont Street, Hexham, NE46 3LZ

Zoom Workshop

Monday 12th May 11am - 12.30pm
via Zoom

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



9-15 June 2025

Carers Week, taking place from 9-15 June 2025, is a UK-wide campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.



This year the theme is 'Caring About Equality' highlighting the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, poor mental and physical health. Far too often, carers of all ages miss out on opportunities in their education, careers, or personal lives, just because of their caring role.

In recognition of Carers Week 2025, we have a full week of events planned and we hope to see you all there. Read on to find out all the details of what we have planned for Carers Week 2025!



Harrogate Trip

Join us for a day trip to Harrogate - a beautiful Victorian spa town. Known for its stunning historic buildings, lush gardens and natural springs, Harrogate is the perfect place to spend the day.

The coach will drop off and collect from Harrogate centre with an optional drop off at RHS Garden Harlow Carr - a beautiful 60 acre garden. Please note that those opting to visit the gardens will need to pay their own entrance fee - details can be found here:
<https://www.rhs.org.uk/gardens/harlow-carr/plan-your-visit>

Carers, cared for, friends and family are all welcome. Maximum 4 tickets per carer/household. Under 16's must be supervised at all times. If minimum booking numbers are not met the trip will be cancelled.

Friday 20th June

Tickets £10

Transport from:

Blyth - Cramlington - Ponteland



BOOKING IS ESSENTIAL.

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



Royal Botanic Garden Edinburgh Trip

Join us for a trip to the Royal Botanic Garden - Edinburgh. Set in over 70 acres of beautiful landscape, the Garden offers superb panoramic views of the city skyline featuring Edinburgh Castle.

Carers, cared for, friends and family are all welcome. Maximum 2 tickets per carer/household. Under 16's must be supervised at all times. If minimum booking numbers are not met the trip will be cancelled.

Thursday 26th June

Tickets £10

Transport from:

Alnwick - Wooler - Berwick



BOOKING IS ESSENTIAL.

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



Seaton Delaval Hall

Join us on a trip to Seaton Delaval Hall, stroll through the beautiful gardens and explore the historic spaces and peaceful surroundings. Places are free, friends and family are welcome but spaces must be booked in advance.

Friday 13th June - 1.30pm

Seaton Delaval Hall, The Avenue,
Seaton Sluice, Northumberland, NE26 4QR

No transport available for this trip, meet at the venue



BOOKING IS ESSENTIAL.

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

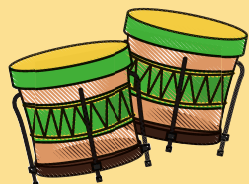
Everyone
Welcome

SAMBA DRUMMING WORKSHOP - BLYTH

Get in the groove this Carers Week, and join us for an evening of Samba Drumming. Blyth Valley Samba will be providing the drums and tuition but we need you to bring the rhythm! No experience needed. Refreshments will be provided.

Tuesday 10th June - 7pm-8.30pm

Headway Art Centre, The Old Church,
Waterloo Road, Blyth, NE24 1BY



BOOKING IS ESSENTIAL.

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

Everyone
Welcome

NORTH EAST LAND, SEA AND AIR MUSEUM TRIP

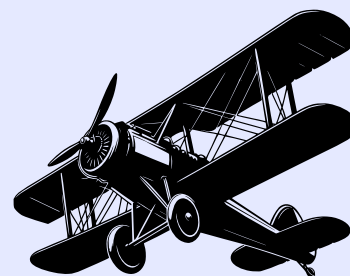
Join us for a half day trip to The North East Land Sea & Air Museum, which sits on the former RAF Usworth site in Sunderland. Visit the aircraft hangar, military vehicle displays and WWII street scene. Carers, cared for, friends and family are all welcome. Maximum 2 tickets per carer/household.

Tuesday 10th June

Tickets £5

Transport from:

Ashington - Cramlington - Morpeth



BOOKING IS ESSENTIAL.

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

Everyone
Welcome

ONLINE PRIZE BINGO

Join us for an online session of prize bingo. If you know your "two little ducks" from your "legs eleven" you could win one of our prizes!

Thursday 12th June - 5pm

via Zoom



BOOKING IS ESSENTIAL.

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

CARERS WEEK MEALS

Everyone
Welcome

MORPETH

Monday 9th June - 3.30pm

Carlisle Park, Morpeth & Sambuca, 7 New Market, Morpeth NE61 1PS

Join us for a leisurely stroll around Carlisle Park followed by a meal at Sambuca.

Menu available here: <https://sambucarestaurants.co.uk/restaurants/morpeth/>

BERWICK

Wednesday 11th June - 1.30pm

Magdalene Fields Golf Club, Berwick-upon-Tweed, TD15 1NE

Join us for lunch at Greens Family Restaurant, at Magdalene Fields Golf Club. Menu

available here: <https://www.facebook.com/Thefairway.2/>

CRAMLINGTON

Wednesday 11th June - 4pm

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

Join us for dinner at Sambuca, Cramlington. Menu available here:

<https://sambucarestaurants.co.uk/restaurants/cramlington/>

PRUDHOE

Thursday 12th June - 10.30am

The Manors, Adderlane Road, NE42 5ET

Join us for brunch and a catch up in cafe located in The Manors.

HEXHAM

Thursday 12th June - 1pm

Hextol Tans, 11 St Mary's Chare, Hexham, NE46 1NQ

Join us for lunch in the centre of hexham. Menu can be found here:

<https://hextol.org.uk/media/g5dd1r3u/tans-menu-web-version.pdf>

Carers will be responsible for paying for their own meals. 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>

Caring Matters - April/May 2025

APRIL

= Carers only

= All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 1st	Alnwick Carer Group Lindisafarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	10am - 11am	
Tuesday 1st	Northumberlandia Walk *please book place for meeting point details*	11.30am	
Thursday 3rd	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Monday 7th	Holy Island Walk *please book place for meeting point details*	2pm	
Tuesday 8th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Thursday 10th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Tuesday 15th	*NEW GROUP* Newbiggin Carer Group Coquet Suite, Newbiggin Sports & Community Hub, Woodhorn Rd, Newbiggin-by-the-Sea NE64 6HG	11am-12pm	
Thursday 17th	Wooler Carer Group Cheviot Centre, 12 Padgepool Pl, Wooler, England, NE71 6BL	10am-11am	
CANCELLED	Morpeth Carer Group *CANCELLED DUE TO BANK HOLIDAY*	CANCELLED	
Thursday 24th	Workshop - Caring for Someone with Dementia Ponteland Methodist Church, 5 Main St, Ponteland, NE20 9NJ	9.30am-12pm	
Thursday 24th	Cramlington Carer Group Welcome Methodist Church, Station Road, Cramlington, NE23 1EN *Guest speaker from Northern Cancer Voices*	2pm-3pm	
Thursday 24th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 25th	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	
Tuesday 29th	Seaton Sluice to Blyth Fish & Chips Walk *please book place for meeting point details*	11am	
Wednesday 30th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Wednesday 30th	Workshop - Paying for Social Care Newcastle Building Society, 1-2 Beaumont St, Hexham, NE46 3LZ	2pm - 3.30pm	

To book your space call 01670 320025 or book online here:

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All events are subject to minimum participation levels and may be cancelled if there is not enough interest

Caring Matters - April/May 2025

MAY

 = Carers only
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Thursday 1st	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Thursday 1st	Workshop - Caring for Someone with Dementia Online via Zoom	2pm - 4.30pm	
Thursday 1st	Carer Meal - Masala Tandoori, Ashington 13 Laburnum Terrace, Ashington, NE63 0XX	6pm	
Tuesday 6th	Alnwick Carer Group Lindisafrne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	10am - 11am	
Thursday 8th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Monday 12th	Workshop - Paying for Social Care Online via Zoom	11am-12.30pm	
Monday 12th	Carer Meal - Sambuca Blyth 62 Waterloo Rd, Blyth, NE24 1DG	4pm	
Tuesday 13th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Thursday 15th	Wooler Carer Group Cheviot Centre, 12 Padgepool Pl, Wooler, England, NE71 6BL	10am-11am	
Friday 16th	Morpeth Carer Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm - 3pm	
Tuesday 20th	*NEW GROUP* Newbiggin Carer Group Coquet Suite, Newbiggin Sports & Community Hub, Woodhorn Rd, Newbiggin-by-the-Sea NE64 6HG	11am-12pm	
Friday 23rd	Carer Meal - Tea on the Train, Bellingham Station Yard, Woodburn Road, Bellingham, NE48 2DG	1pm	
Wednesday 28th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 29th	Amble Fish & Chips Walk *please book place for meeting point details*	12pm	
Thursday 29th	Cramlington Carer Group Welcome Methodist Church, Station Road, Cramlington, NE23 1EN *Guest speaker from Northern Cancer Voices*	2pm-3pm	
Thursday 29th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 30th	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	

To book your space call 01670 320025 or book online here:

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CARERS WEEK

9th-15th June 2025

☐ = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Monday 9th	Carlisle Park Walk & Meal at Sambuca, Morpeth *please book place for meeting point details*	3.30pm	<input type="checkbox"/>
Tuesday 10th	North East Land, Sea and Air Museum Trip	Half day trip - Please book for details	<input type="checkbox"/>
Tuesday 10th	Blyth Valley Samba Drumming Workshop Headway Art Centre, The Old Church, Waterloo Road, Blyth, NE24 1BY	7pm-8.30pm	<input type="checkbox"/>
Wednesday 11th	Carer Meal - Greens Family Restaurant, Berwick Magdalene Fields Golf Club, Berwick-upon-Tweed, TD15 1NE	1.30pm	<input type="checkbox"/>
Wednesday 11th	Carer Meal - Sambuca Cramlington Sambuca, Glasshouse, Manor Walks Shopping Centre, Cramlington, NE23 6UT	4pm	<input type="checkbox"/>
Thursday 12th	Carer Meal - The Manors, Prudhoe The Manors, Adderlane Road, NE42 5ET	1030am	<input type="checkbox"/>
Thursday 12th	Carer Meal - Hextol Tans, Hexham Hextol Tans, 11 St Mary's Chare, Hexham, NE46 1NQ	1pm	<input type="checkbox"/>
Thursday 12th	Prize Bingo - Online via Zoom	5pm	<input type="checkbox"/>
Friday 13th	Seaton Delaval Hall The Avenue, Seaton Sluice, Northumberland, NE26 4QR	1.30pm	<input type="checkbox"/>
Friday 20th	Harrogate Trip	All day - Please book for details	<input type="checkbox"/>
Thursday 26th	Royal Botanic Garden Edinburgh Trip	All day - Please book for details	<input type="checkbox"/>

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