

# Caring Matters



December 24/January 25 - The newsletter of Carers Northumberland



Welcome to the December/January edition  
of Caring Matters...



In this issue you'll  
find

- Our Christmas Quiz details
- Working for Carers funding to support you in employment
- Facts about Carers Allowance
- Borrow our
- Alnwick Garden & Lilidorei Passes

and dates for your diary

Well, we are coming to the end of 2024!

The Carers Northumberland team are looking forward to see what 2025 holds!

2024 was a very busy year for us, maybe our busiest yet. We would like to thank all those carers who joined us for our carer meals and days out, we hope you enjoyed them as much as we did. We have already started planning our events for 2025 and hope you can all join us.

We would also like to tell you all a little bit our Alnwick Gardens and Lilidorei passes carers can access until summer next year, nothing gets you more excited about the future than making plans to enjoy it.

We would like to take this opportunity to also thank our team of lovely volunteers who host our support groups and events, we appreciate everything you do to help those carers registered with us.





# CARERS RIGHTS DAY

## THURSDAY 21ST NOVEMBER

Thank you to everyone who attended our Carers Rights Day event!

We had a great day and hope you all know a little more about your rights and services that can support you in Northumberland.

### Working for Carers

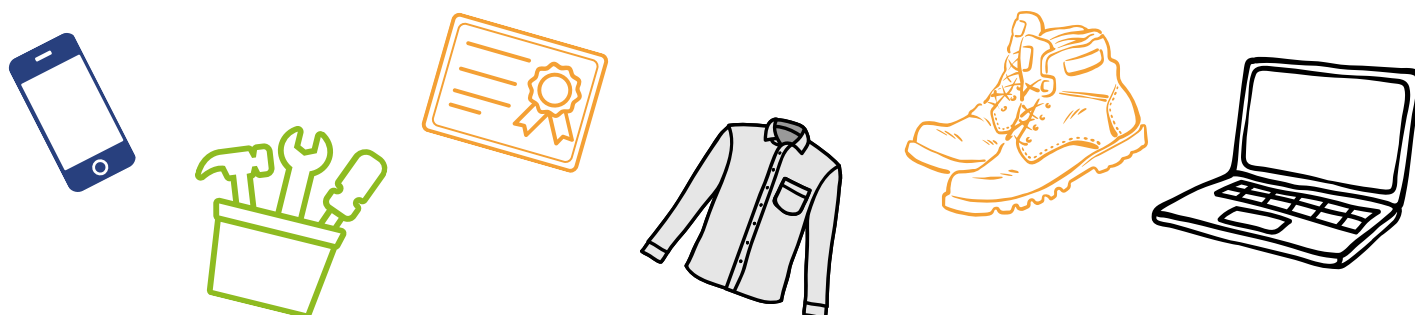
#### Could you benefit from a small grant to support your employment or education?

If you look after someone who lives in Northumberland, Newcastle, or North Tyneside, the Working for Carers project may be able to help you fund items to support your employment or educational journey.

The Working for Carers project is a partnership between Carers Northumberland, Newcastle Carers, and North Tyneside Carers' Centre. The project is funded by the UK government through the UK Shared Prosperity Fund, with the North East Combined Authority as the lead authority (<https://www.northeast-ca.gov.uk/>).

The fund could help you to buy a laptop, mobile phone, interview or work clothes, training courses, items specific to your role (for example, DBS checks or chef knives), and much more.

The Working for Carers project also provided specialist support to unpaid carers aged 16 and above, who are currently in work, or looking for employment, education, volunteering or training opportunities.



**If you would like to find out more about how you get friendly, one-to-one support from the Working for Carers project, and see if you are eligible for a small grant to benefit your employment or education, please get in touch with us on 01670 320025**



## WHAT IS ....

## CARERS ALLOWANCE



**Carer's Allowance (CA) is a non-means tested benefit paid to people who are caring for a disabled person for at least 35 hours a week.**



**The Carer's Allowance rate for 2024/25 is £81.90 a week.**

**CA can usually only be backdated for 3 months, so it is important to claim as soon as you think you might be entitled.**



**You can only claim CA to care for one disabled person, even if you care for more than one person. They also must be in receipt of a 'qualifying benefit' which includes:**

- Attendance Allowance
- Disability Living Allowance care component (middle or high rate)
- Personal Independence Payment daily living component
- Armed Forces Independence Payment
- Constant Attendance Allowance (of £88.70 a week or more paid with Industrial Injuries Disablement Benefit or a War Pension).



**If you work, you cannot get CA if you earn more than £151 net a week (after deducting allowable expenses, such as tax, National Insurance contributions and some pension contributions). This will increase to £196 per week from April 2025.**



**You must be at least 16 years old to claim. There is no upper age limit for claiming, although if you receive a State Pension or certain other benefits, you may not receive any, or all, of the Carer's Allowance. Instead, you may be awarded an 'underlying entitlement'**

**If you are in full-time education, you cannot receive CA. If the course is described as full-time by the educational institution providing it, then it counts as full-time education.**

**In some situations, the person you care for can have their benefit payments reduced if you are paid CA or the UC carer element. Please contact our team to chat about this if you have any concerns**

**You can claim CA online at [www.gov.uk/carers-allowance/how-to-claim](https://www.gov.uk/carers-allowance/how-to-claim) or use a paper claim form which you can get from the Carer's Allowance Unit. If you would like Carers Northumberland to make a claim on your behalf please contact us.**



## Caring Matters - December/January

**Northumbria Healthcare NHS Foundation Trust is working in partnership with DrDoctor to provide an interactive communication service.**

**It is designed to make it easier for you to manage your appointments with Northumbria Healthcare.**

Patients who have provided the trust with a mobile phone number and email will receive information about their appointments via e-mail and/or text messages from 07860 039 092.

Patients will receive appointment reminders and digital letters direct to their mobile phone or email.

Patients we do not have a mobile phone number for will still receive a paper letter.

If you are not able to or have difficulties accessing the service, you can give consent to a family member or carer to do this for you.

For further information, please visit our Northumbria Healthcare website.

[www.northumbria.nhs.uk/patients-and-visitors/patient-information/new-text-reminder-service](http://www.northumbria.nhs.uk/patients-and-visitors/patient-information/new-text-reminder-service)

### View and download your letters online

If we have your mobile number we'll send you a text message with a link to your new digital letter.  
If you don't view your letter online we'll send you a paper letter as usual.

Powered by DrDoctor



**Can you  
help  
Cameron?**



**SPEAK YOUR  
OPINIONS**

He is recruiting participants for a study.



**'EXPLORING THE INFLUENCE OF DAY CARE SUPPORT SERVICES ON OCCUPATIONAL BALANCE AMONG INFORMAL CAREGIVERS OF PEOPLE WITH DEMENTIA'**

Have your say in a short and informal interview with Cameron, an MSC occupational Therapy Student at Northumberland University.



If you are interested in being involved then please get in touch with Cameron.

[cameron.dalgleish@northumbria.ac.uk](mailto:cameron.dalgleish@northumbria.ac.uk)

(INTERVIEWS WILL TAKE A MAXIMUM OF 1 HOUR AND CAN BE DONE IN PERSON OR ONLINE)





## Borrow our Alnwick Garden & Lilidorei Passes



We have a limited number of passes that allow free access to Alnwick Garden / Lilidorei. Carers can book the use of the passes up to September 2025.

Bookings can be made to access the Garden only or Garden and Lilidorei for registered carers and additional guests.

Passes include free car parking and 10% off food, beverages and gifts.

Further eligibility and booking criteria applies, contact us on 01670 320025 or [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk) for more information and to check availability.



### Christmas Market Trip

Join us on a day trip to a magical Christmas market. Get into the Christmas spirit and visit an array of stalls selling food, drinks and gifts.

#### Sunday 15th December - Edinburgh Christmas Market

Pick ups in Wooler at 9am and Berwick from 9.30am and coach will leave Edinburgh at 4pm

Tickets are £10 per person - Maximum 2 tickets per registered carer/household

Spaces are very limited and places will only be reserved when we have received payment

Booking is essential - To book your space call 01670 320025 or visit:

<https://carersnorthumberland.org.uk/news-and-events>



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](http://www.ryehillcommunityventures.org.uk)

YOU ARE INVITED TO OUR

# Christmas

ONLINE QUIZ

Everyone  
Welcome

TUESDAY 10TH  
DECEMBER  
2 PM

TO RESERVE YOUR SPACE VISIT:  
[HTTPS://CARERSNORTHUMBERLAND.ORG.UK/NEWS-AND-EVENTS](https://carersnorthumberland.org.uk/news-and-events)  
OR CALL 01670 320025

Can you find the 7 hidden images?



- Mrs. Claus
- A grumpy Santa
- A snowman
- A bell
- A polar bear
- An elf
- An apple

Image credit Gergely Dudás/Dudolf



# Carer catchups and meals

Everyone  
Welcome

Join us for food or drinks and meet other carers in a relaxed setting. Everyone will be responsible for paying for their own meals.

### **CRAMLINGTON MEAL MONDAY 9TH DECEMBER 1-3PM**

Wetherspoons,  
John The Clerk Of Cramlington  
Low Main Pl, Cramlington NE23 1DN

### **PRUDHOE MEAL THURSDAY 12TH DECEMBER 12-2PM**

The Falcon Inn, Eastwood Terrace, Prudhoe NE42 5DN

### **CORBRIDGE MEAL MONDAY 16TH DECEMBER 12.30-2.30PM**

Errington Coffee House,  
Corbridge NE45 5QB

### **AMBLE CATCH UP MONDAY 13TH JANUARY 1-2PM**

Amble Inn  
Sandpiper Way, Amble, Morpeth NE65 0FF

### **ALNWICK MEAL WEDNESDAY 22ND JANUARY 1-3PM**

The Dirty Bottles  
The Olde Cross, 32 Narrowgate, Alnwick NE66 1JG

Booking is essential

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



## Free SIM Cards For Carers

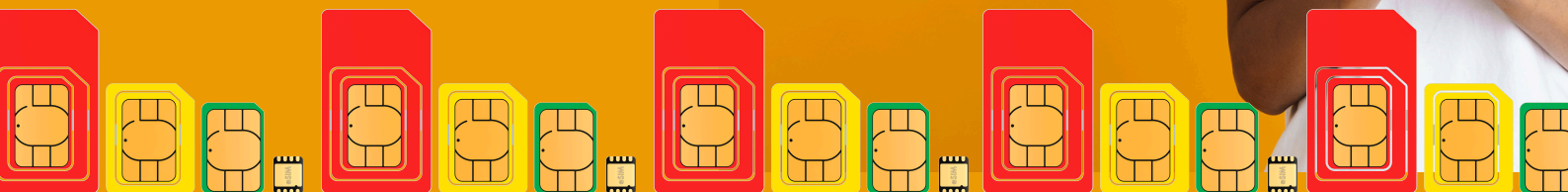
We have been supported by Vodafone's Charities Connected programme to provide free SIM cards to registered carers. This will be ending in January 2025.

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 carer can apply for one SIM card for their personal use.

Thanks to a generous donation from Vodafone, carers who have accessed the scheme in the past are now eligible to apply again.

If you would benefit from a free SIM card to use for 6 months, please complete the application form  
<https://forms.office.com/r/ssHLLG303K>  
or call our Info Team on 01670 320025.



## Reindeer Cheesecake

Join Naomi on Thursday 19th December at 11am where she will be showing you how to make a tasty reindeer cheesecake

This is a live demonstration via Facebook:

[www.facebook.com/CarersNland/](http://www.facebook.com/CarersNland/)

Everyone  
Welcome

If you would like to cook along you can find a list of what you will need below:

- 20cm springform cake tin
- 250g chocolate digestive biscuits
- 125g unsalted butter at room temperature
- 600g full fat cream cheese
- 60g Caster Sugar
- 2 tsp vanilla extract
- 200ml double cream
- 16 chocolate pretzels
- 16 edible eyes/chocolate drops
- 8 smarties



**Carers  
Only**

## Stress Bucket Workshop

Caring can be tough, and it's really important that you take care of yourself. This workshop will help provide you with the tools to help manage your feelings of stress and understand how valued you are.



**Monday 6th January**

**11-12.30pm**

**Cramlington Hub**

**Manor Walks**

**Cramlington**

**NE23 6UT**

**Booking is essential - to book call 01670 320025 or  
book online here:**

**<https://carersnorthumberland.org.uk/news-and-events>**

**Carers  
Only**

## PLANNING FOR THE FUTURE

Join us for an online workshop where we will help you to better understand the following:

Emergency Care Plan  
Lasting Power of Attorney  
Deputyship  
Wills

**Wednesday 22nd January at 11am via Zoom**

**Booking is essential - to book call 01670 320025 or book  
online here: <https://carersnorthumberland.org.uk/news-and-events>**





## Carers Northumberland Welcome Meeting

As our numbers grow and more carers begin to identify themselves to our service we would like to make sure you are all aware of what we do and how we can support you in your caring role.

We are inviting carers who are new to our service to an online welcome meeting.

Here we will introduce you to our team, 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.

**The sessions will run via Zoom.**

**Our session will be held on:**

**Thursday 30th January 6-7pm**

**Carers  
Only**

New carers will be sent details in their welcome pack but they can also book online here:

<https://carersnorthumberland.org.uk/news-and-events>



**NEW**

### Wooler Carer Group

**Meetings run from 10-11am**

**on the 3rd Thursday of the month  
at  
The Cheviot Centre  
Wooler NE71 6BL**

**Find out more here:**

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



Watbus have recently bought a caravan in Amble and are offering registered carers the opportunity to book a low cost break. The caravan sleeps 6 and can be booked for up to 7 nights.

For more information please contact us on 01670 320025 or [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)



# Caring Matters - December/January

## December



= Carers only

= All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED ?
Tuesday 3rd	Alnwick Carer Group *NEW VENUE* Mind and Sole, 8 Bondgate Within, Alnwick, NE66 1TD	10-11am	
Thursday 5th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Monday 9th	Carer Meal - Wetherspoons Cramlington John The Clerk Of Cramlington Low Main Pl, Cramlington NE23 1DN	1-3pm	
Tuesday 10th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Tuesday 10th	Great Christmas Quiz Online via zoom	3-4pm	
Thursday 12th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Thursday 12th	Carer Meal - The Falcon Prudhoe The Falcon Inn, Eastwood Terrace, Prudhoe NE42 5DN	12-2pm	
Sunday 15th	Edinburgh Christmas Market Limited Spaces	Full Day	
Monday 16th	Carer Meal - Errington Arms Errington Coffee House, Corbridge NE45 5QB	12.30-2.30pm	
Tuesday 17th	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11-12pm	
Thursday 19th	Wooler Carer Group The Cheviot Centre Wooler NE71 6BL	10-11am	
Thursday 19th	Cook - a - long Live Reindeer Cheesecake Online via zoom	11-12pm	
Friday 20th	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	

**Carers Northumberland will be closing for the Christmas period from Tuesday 24th December to Thursday 2nd January**

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

Please note, all events are subject to minimum participation levels and may be cancelled if there is not enough interest

# Caring Matters - December/January

# JANUARY

 = Carers only  
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Thursday 2nd	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Monday 6th	Stress Bucket Workshop Cramlington Hub Manor Walks Cramlington NE23 6UT	11 - 12pm	
Tuesday 7th	Alnwick Carer Group *NEW VENUE* Mind and Sole, 8 Bondgate Within, Alnwick, NE66 1TD	10-11am	
Thursday 9th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Monday 13th	Carer Catch Up Amble Inn Sandpiper Way, Amble, Morpeth NE65 0FF	1-2pm	
Tuesday 14th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Thursday 16th	Wooler Carer Group The Cheviot Centre, Wooler, NE71 6BL	10-11am	
Friday 17th	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2pm - 3pm	
Tuesday 21st	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am - 12pm	
Wednesday 22nd	Preparing For The Future Via Zoom	11-12.30pm	
Wednesday 22nd	Carer Meal-The Dirty Bottles The Olde Cross, 32 Narrowgate, Alnwick NE66 1JG	1pm	
Wednesday 29th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 30th	Cramlington Carer Group *NEW VENUE* Welcome Methodist Church, Station Road, Cramlington, NE23 1EN	2-3pm	
Thursday 30th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 31st	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	

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

Please note, all events are subject to minimum participation levels and may be cancelled if there is not enough interest