

Caring Matters

October/November 2024 - The newsletter of Carers Northumberland



Welcome to the October/November edition
of Caring Matters...



In this issue you'll find

- Information on Pension Credit and grants
- Details on bookable respite in Northumberland
- Carers Rights Day
- Dates for your diary with workshops, meals, Christmas trips and more!

Now we are into autumn, the nights are getting colder and you may be worried about the cost of keeping warm this winter. This month's newsletter has information about changes to the Winter Fuel Payment, advice on Pension Credit and details of grants that could help carers cope this winter.

We have lots of workshops coming up including a new partnership with CNTW's Memory Service to learn more about caring for someone with dementia, a session that explains the rules around paying for care and a session on carer's rights.

Carers Rights Day is just around the corner and we will be hosting an information event in Morpeth to help you learn more about your rights and meet local organisations who can support you. We have lots of events planned, even a few Christmas trips! Make sure you book early so you don't miss out!

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



Winter Fuel Payment & Pension Credit



Until now, the Winter Fuel Payment had been available to everyone over state pension age in the UK, but the Government has announced changes to the Winter Fuel Payment scheme starting from winter 2024/25.

To qualify for the payment in 2024/25, you must have reached State Pension age and be receiving a qualifying means-tested benefit during the week of 16-22 September 2024.

Qualifying benefits include:

- Pension Credit
- Income Support, income-based Jobseeker's Allowance, or income-related Employment & Support Allowance
- If you/your partner get Universal Credit (you may need to make a claim for Winter Fuel Payment if you're a new claimant.)

Those who are eligible should receive a letter in October/November 2024. Most payments are between £200 to £300 and will be made automatically in November/December 2024. If you don't get a letter or if you haven't had payment by January 2025, you should contact the Winter Fuel Payment Centre on 0800 731 0160.

If you don't currently receive Pension Credit, the last date that you can apply and get a backdated payment for Pension Credit and receive the Winter Fuel Payment is 21 December 2024. You must also have been eligible for Pension Credit during the qualifying week of 16 to 22 September 2024.

What is Pension Credit?

Pension Credit is a benefit for people over state pension age to top-up their income to a minimum guaranteed level. For 2024/25 this level is £218.15 per week if you are single and £332.95 per week if you're in a couple. Figures show that around 2.2 million households are eligible for Pension Credit, but over 800,000 don't claim it!

Pensions Credit Eligibility:

- You must live in the UK
- Have reached state pension age (if you're a couple, you will BOTH need to have reached state pension age)
- Have a weekly income of below £218.15 if you are single, or £332.95 if you are in a couple (these income thresholds can change if you are receiving certain disability benefits or have caring responsibilities, please call us on 01670 320 025 if you are unsure of your eligibility)

You can start your application for Pension Credit up to 4 months before you reach state pension age or any time after, but your claim can only be backdated by 3 months. To check your eligibility for Pension Credit and to see how much you might be entitled to, you can use the Governments Pension Credit calculator which can be found at www.gov.uk/pension-credit-calculator

Pension Credit can be complicated, that's why Carers Northumberland offer free benefit checks to all registered carers and our trained advisors can help you apply for Pension Credit (as well as other benefits).

If you would like to discuss Pension Credit, Winter Fuel Payments, or for help applying, you can call our Information and Advice Line on 01670 320 025 or email us at info@carersnorthumberland.org.uk

Grants

Caring can be tough - emotionally and financially. Carers Northumberland have grants available to take the pressure off - either to allow you to take a break or to help out if you're struggling with the cost of living.

Household Support Fund

We are working with Northumberland County Council to provide support to carers who are struggling with the cost of living. The grant is funded by the UK Government via the DWP.

The grant is for support with costs of energy (heating, lighting, and cooking), food, water and other essential living needs (white goods etc.) The grant can cover only essential needs and cannot fund items that have already been purchased.

To access the fund the carer must have a benefit check to show they are claiming all benefits they are entitled to, must not have over £4000 in savings and must be classed as a low income household.

Carer Support Fund

The Carer Support Fund is available to help you take a break from your caring role. The fund is available to adult carers of adults (over 18s), who have been registered with Carers Northumberland for two months or longer. The fund must be spent on the carer, but can be used in whatever way offers the best break. Ideas for use of the fund include:

- Gym and sports club membership
- Hobby equipment
- Visiting friends
- Nights out or trips away
- Creating a quiet space at home

Parent Carer Support Fund

The Parent Carer Support Fund is available to help you take a break from your caring role.

The fund is available to carers registered with Carers Northumberland who care for a child with additional needs whom they have parental responsibility for. It must be spent on yourself and examples of what the fund can be used for include:

- night away / short break
- gym membership
- spa day / spa treatments
- hobby or craft equipment

Additional eligibility criteria applies, please contact us for more information and an application. We can only accept a limited number of applications per month, so please consider carefully whether you need to access the fund so we can help as many carers in need as possible.

**For more information please call 01670 320025
or email: info@carersnorthumberland.org.uk**

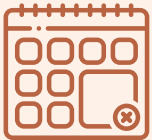
Respite in Northumberland

Do you look after someone with dementia, are you considering a holiday or need to have some pre-booked time off?

You can now pre-book residential respite care in Northumberland.

This service is available to book for 3, 4, 7 or 14 nights in a residential care home in Alnwick via Northumberland Adult Social Care. Currently available up to the end of March 2025 (further dates to be released). This new service provides carers with confirmed, prebooked respite which could previously only be arranged a few weeks ahead of time, allowing them to book holidays, arrange activities and schedule appointments without worrying about last minute availability.

This is not a free service, but subject to standard social care charging rules. If you would like to find out more about how to book, availability and potential costs please contact Carers Northumberland on 01670 320025 or email info@carersnorthumberland.org.uk



NOTICE OF ANNUAL GENERAL MEETING

Carers Northumberland will be holding their AGM at **10.30am on Wednesday 23 October 2024 at Cramlington Hub**, Forum Way, Cramlington, NE23 6YB (next to Concordia).

Join us to look back at our achievements for the year 2023-24 and look forward to 2024-25.

Tea and coffee available from 10.30am with the meeting to start promptly at 11am then followed by a light lunch and a chance to chat to the staff and members of the Trustee Board.

Booking is essential - please book your place by Friday 4 October 2024
To book your space call 01670 320025 or book online here:
<https://carersnorthumberland.org.uk/news-and-events>



Carers Rights Day - Information Event Thursday 21st November



Join Carers Northumberland and a host of other organisations on:

Thursday 21st November from 2pm - 4.30pm

Morpeth Town Hall

Market Place, Morpeth, NE61 1LZ



Find out more about your rights as a carer and get information from local organisations who can support you or the person you care for. We will have representatives from lots of local services including:



Do you look after someone? Come along to our free PIP Information Session.

The Working for Carers project supports unpaid carers who are in work, or looking for employment, education, training and volunteering opportunities.

Book your place at the Working for Carers PIP clinic, hosted by our Benefits & Legal Advisor, Aaron:

- Understand what Personal Independence Payment (PIP) is
- Support understanding eligibility checks
- Top tips for the application process
- How the Working for Carers project can help you
- Q & A session

Briardale House, Briardale Road, Blyth, NE24 5AN

Tuesday 29 October 2024

1pm - 3pm.
Including a break with free hot drinks.

To book your place, or if you have any questions, please contact us and leave a message with Aaron or Christiane:



0191 249 64820



enquires@ntcarers.co.uk

Newcastle Carers, North Tyneside Carers' Centre, and Carers Northumberland have partnered to deliver the Working for Carers project. This project is funded by the UK Government through the UK Shared Prosperity Fund, with the North East Combined Authority as the lead authority.



**Funded by
UK Government**

**NE North East
Combined
Authority**



Caring Matters - October/November 2024

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.



Funded by
UK Government

NE North East
Combined
Authority



Change to group locations

Two of our carer groups will be moving to new venues from October

Alnwick

Mind and Sole in the Hub
8 Bondgate Within,
Alnwick, NE661TD

Cramlington

Welcome Methodist Church
Station Road,
Cramlington, NE23 1EN

You can find further details
on our diary pages

**Carers
Only**

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 31st October 6-7pm
Thursday 28th November 6-7pm

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

Caring For Someone With Dementia Workshop

Carers
Only

Join Carers Northumberland and CNTW's Memory Service for information and advice around caring for someone with dementia. We will be looking at:

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

Hexham - Friday 25th October – 1.30pm-3.30pm

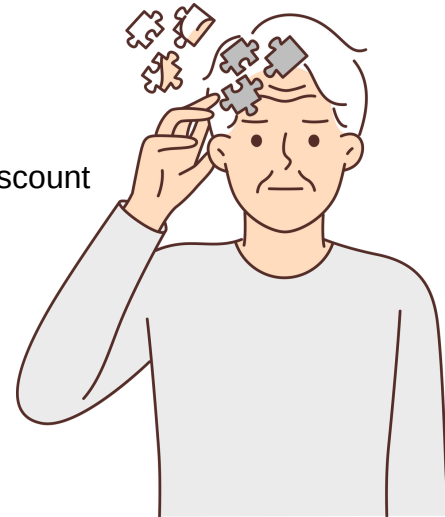
Newcastle Building Society, 1-2 Beaumont Street, Hexham, NE46 3LZ

Blyth - Monday 18th November- 1.30pm-3.30pm

Buffalo Centre, 55 Regent Street, Blyth, NE24 1LL

Belford - Tuesday 19th November – 1.30pm-3.30pm

Bell View, 33 West Street, Belford, NE70 7QB



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



Paying for Social Care Workshop



In this workshop 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.

Our online session will be held on:

**Tuesday 29th October - 1.30pm
via Zoom**

Call 01670 320025 or book online here:

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



Carers Rights Workshop



Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it. We will be hosting a workshop to help empower carers and support them in understanding what rights they have.

Our online session will be held on:

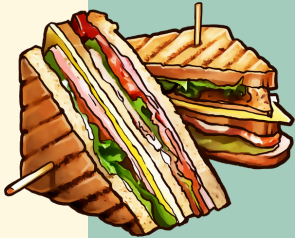
**Thursday 28th November - 11am
via Zoom**

Call 01670 320025 or book online here:

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

Carer Catch Up - Corbridge

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



Errington Coffee House
Corbridge NE45 5QB
Thursday 17th October - 1pm



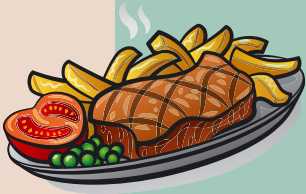
Booking is essential

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

Everyone
Welcome

Carer Catch Up - Berwick

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



Magdalene Fields Golf Club
Berwick-upon-Tweed, TD15 1NE
Tuesday 29th October - 12.30pm



Booking is essential

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

Everyone
Welcome

Carer Catch Up - Blyth

Take a break, enjoy a meal and meet other carers in a relaxed setting. Everyone will be responsible for paying for their own food/drink



Sambuca
62 Waterloo Road, Blyth NE24 1DG
Tuesday 12th November - 4.30pm



Booking is essential

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

Everyone
Welcome

Pantomime Trip

Everyone
Welcome

Join us at Whitley Bay Playhouse for the Christmas production of The New Adventures of Peter Pan. Get into the festive spirit with our family trip to the theatre!

Friday 6th December 6pm - 9:30pm

Transport available from Ashington, Blyth and Cramlington.

Tickets £10 per person

Tickets are limited and will not be reserved until payment has been made.

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

Everyone
Welcome

Christmas Market Trips

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. We have booked spaces on coach trips to York and Edinburgh Christmas markets.

Sunday 24th November - York Christmas Market

Various pick up points between Morpeth/Ashington/Cramlington/Blyth

Pick ups start at 7.15am and coach will leave York at 5pm

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



Seaton Delaval Hall Trip



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.



Wednesday 16th October - 11am

Seaton Delaval Hall

The Avenue, Seaton Sluice,
Northumberland, NE26 4QR

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

Wooler Carer Group

Grinders Cafe, 29 High Street, Wooler

**Meetings run from
10.15 - 11.30am
on the
3rd Thursday of every Month**

Supported by:




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

Caring Matters - October/November 2024

OCTOBER

 = Carers only
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 1st	Alnwick Carer Group *NEW VENUE* Mind and Sole, 8 Bondgate Within, Alnwick, NE66 1TD	10am - 11am	
Thursday 3rd	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
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	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am - 12pm	
Wednesday 16th	Seaton Delaval Hall Trip The Avenue, Seaton Sluice, Northumberland, NE26 4QR	11am	
Thursday 17th	Carer Catch Up - Corbridge Errington Coffee House, Corbridge, NE45 5QB	1pm	
Friday 18th	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2pm - 3pm	
Wednesday 23rd	Carers Northumberland Annual General Meeting Community Hub, Forum Way, Cramlington, NE23 6YB	10.30am	
Friday 25th	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	
Friday 25th	Caring for Someone with Dementia Workshop Newcastle Building Society, 1-2 Beaumont Street, Hexham, NE46 3LZ	1.30pm - 3.30pm	
Tuesday 29th	Carer Catch Up- Berwick upon Tweed Magdalene Fields Golf Club, Berwick-upon-Tweed, TD15 1NE	12.30pm	
Tuesday 29th	Paying for Social Care Workshop -Online via Zoom	1.30pm	
Wednesday 30th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 31st	Cramlington Carer Group *NEW VENUE* Welcome Methodist Church, Station Road, Cramlington, NE23 1EN	2pm-3pm	
Thursday 31st	Carer Welcome Meeting Online via Zoom	6pm - 7pm	

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 - October/November 2024

NOVEMBER

= Carers only

= All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 5th	Alnwick Carer Group *NEW VENUE* Mind and Sole, 8 Bondgate Within, Alnwick, NE66 1TD	10am - 11am	
Thursday 7th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Tuesday 12th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Tuesday 12th	Carer Catch Up - Blyth Sambuca, 62 Waterloo Road, Blyth, NE24 1DG	4.30pm	
Thursday 14th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Friday 15th	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2pm - 3pm	
Monday 18th	Caring for Someone with Dementia Workshop - Blyth Buffalo Centre, 55 Regent Street, Blyth, NE24 1LL	1.30pm - 3.30pm	
Tuesday 19th	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am - 12pm	
Tuesday 19th	Caring for Someone with Dementia Workshop - Belford Bell View, 33 West Street, Belford, NE70 7QB	1.30pm - 3.30pm	
Thursday 21st	Carers Rights Day Info Event Morpeth Town Hall, Market Place, Morpeth, NE61 1LZ	2pm - 4.30pm	
Sunday 24th	York Christmas Market Trip	All day	
Wednesday 27th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 28th	Carers Right Workshop Online via Zoom	11am	
Thursday 28th	Cramlington Carer Group *NEW VENUE* Welcome Methodist Church, Station Road, Cramlington, NE23 1EN	2pm-3pm	
Thursday 28th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 29th	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