



# Caring Matters



August/September 2021 - The newsletter of Carers Northumberland



Welcome to the August/September edition of Caring Matters...



*A sunflower field is like a sky with a thousand suns*

### In this issue you will find...

- Information on how to support men's health
- Details of how you can help to improve home care services
- Exciting news about our face to face groups
- Dates for your diary and much more

As we write this the sun is shining and it looks like we will have a glorious summer.

We have so many exciting things planned for the coming months and you'll find out more as you read through this newsletter.

We would like to take this opportunity to thank all the carers who took part in Carers Week, and for all the positive feedback we have received. We really enjoyed getting back out into the community and seeing you all on our walks, so we have planned some more!

We have also begun a slow return to some of our face to face groups. We cannot wait to get back together, but doing this safely is paramount, which is why we have made the decision that any carer wishing to attend a group MUST book in advance to reserve their space. You will find details of the groups that are running face to face on our calendar - please note some venues and dates have changed.

# CAREER SURVEY

**CAN YOU HELP US BY COMPLETING OUR VERY SHORT SURVEY?**

**IT REALLY DOES ONLY TAKE A COUPLE OF MINUTES!**



**CARERS NORTHUMBERLAND IS ABLE TO SUPPORT CARERS AGED 16+ WITH OUR RETURN TO WORK PROGRAMME. WE CAN HELP YOU TO FIND WORK, VOLUNTEERING, EDUCATION AND TRAINING OPPORTUNITIES, PROVIDE CAREERS ADVICE, HELP YOU TO COMMUNICATE WITH YOUR EMPLOYER, PROVIDE ADVICE AROUND LEAVING OR CHANGING WORK TO HELP YOU TO MAINTAIN YOUR CARING ROLE AND MORE.**

**WE WOULD LIKE TO FIND OUT ABOUT YOUR CIRCUMSTANCES AND OFFER SUPPORT TO YOU THROUGH:**



- **One to one coaching**
- **Identifying and addressing any barriers**
- **Supporting with employability skills e.g. CV writing**
- **Matching you with potential employers or training providers**
- **Helping you understand your rights at work and know what support is available to help you maintain employment**

**BY COMPLETING OUR VERY SHORT SURVEY YOU WILL HELP US TO GET A PICTURE OF WHAT WORK AND CARING LOOKS LIKE ACROSS NORTHUMBERLAND.**

PLEASE VISIT: [HTTPS://TINYURL.COM/EENFJ5NN](https://tinyurl.com/EENFJ5NN)

**If you are unable to complete the form online we are happy to take your answers over the telephone.**



## MEN'S HEALTH

According to the NHS, statistically, men visit their GP half as often as women do and men are also less likely to attend routine screening checks. As a result, a staggering 100,000 British men die prematurely every year as a result of neglecting their health.

Not only this, NHS statistics reveal that men are also far more likely than women to:

- smoke more cigarettes per day and smoke hand-rolled tobacco
- eat too much salt
- eat too much red and processed meat
- eat too little fruit and too few vegetables; and
- drink alcohol and drink at hazardous levels – men are twice as likely to have liver disease.

Cancer deaths in men are higher each year than women's, and women's survival rates are higher than men's. This has been linked to the fact that women are more likely to seek help sooner and attend regular health screening appointments.

During the pandemic there has been steep decline in men attending their GP, with men 24% less likely to acknowledge illness or seek help when they're sick compared to women, and that's just physical health.

It is a fact that men are less likely to ask for help relating to a mental illness, upsettingly over 3 out of 4 suicides (76%) are by men.

A major barrier to men seeking help has been linked to fear of judgement of failing adhere to traditional masculine values, this results in men not getting the help they need. Men need to be kinder to themselves, rather than being harsh, critical and judgmental. Looking after your mental health is just as important as taking care of any other part of your body, failing to take care of it can have a detrimental effect on your health elsewhere in your body.

**Seeking support early and attending routine screenings/consultations saves lives.**

**If you need help with a specific health concern contact your GP.**

More information can be found here:

[www.menshealthforum.org.uk/](http://www.menshealthforum.org.uk/)  
[www.time-to-change.org.uk/asktwice](http://www.time-to-change.org.uk/asktwice)

[www.nhs.uk/](http://www.nhs.uk/)  
[www.manhealth.org.uk/](http://www.manhealth.org.uk/)

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Person-centred therapy groups in a nature setting, for men suffering with complex and enduring poor mental health based in Hexham

Are you suffering with poor mental health?

Would you benefit from talking and listening to other men?

If you'd like to come along to a Connecting Session, or register for the Men's Group, please call Chip Ponsford on 07940 853123 to discuss this further.

or visit

[www.heartwoodcharity.org/mens-group](http://www.heartwoodcharity.org/mens-group)

UK



**MEN'S SHEDS  
ASSOCIATION**

## REDUCING ISOLATION AND LONELINESS

**MEN'S SHEDS ARE COMMUNITY SPACES FOR MEN TO CONNECT, CONVERSE AND CREATE. THE ACTIVITIES ARE OFTEN SIMILAR TO THOSE OF GARDEN SHEDS, BUT FOR GROUPS OF MEN TO ENJOY TOGETHER.**

**FIND YOUR NEAREST SHED:**

[WWW.MENSSHEDS.ORG.UK/FIND-A-SHED/](http://WWW.MENSSHEDS.ORG.UK/FIND-A-SHED/)



## AGED 40 - 74? HAVE YOU HAD YOUR NHS HEALTH CHECK?

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia. A health check can help you reduce these risks and make sure that you stay healthy.

If you're in the 40 to 74 age group without a pre-existing condition, you should receive a letter from your GP surgery or local council inviting you for a free NHS Health Check every 5 years. If it has been over 5 years since your last health check or you have never received an invite for a health check please contact your GP.

Find out more here: [www.nhs.uk/conditions/nhs-health-check/](http://www.nhs.uk/conditions/nhs-health-check/)

## Basic First Aid Awareness

Hannah, who has previously worked as a nurse will be running a First Aid Awareness for carers session on Thursday 23rd September at 2pm

This session will be run on Zoom, the session will cover basic first aid skills. This will not be certified training but will provide carers with the knowledge to provide basic first aid should it be needed.

If you would like to take part in the session please contact our info team on 01670 320025 or book online here: <https://carersnorthumberland.org.uk/news-and-events/ola/services/basic-carer-first-aid-awareness>

## SUPPORTING PEOPLE LIVING WITH DEMENTIA

We want your support in developing a new way of providing of care and support for people living with dementia and their carers in Northumberland.

This new way of providing care and support will start with the development of bungalows in one area of Northumberland. The Alzheimer's Society helped develop these with input from some of the people they support to meet the needs of people with dementia.

The main aim of the development is to help people with dementia live as well as possible in their own homes in the community for as long as possible.

We want anyone living with dementia to continue to be cared for and supported by their family and friends, but there will be a care provider on site that will provide support, reassurance and respite for the carer when needed.

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### How you can help:

- We are asking people living with dementia and carers to help us understand how a service like this would be most helpful to them.
- Help us to decide what this might look like in practice.
- Share your ideas and suggestions about what is needed to live safely and comfortably in your own home.

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We will use this to build a picture of what the service could look like and share progress with you as the work develops to get your views and feedback.

Our vision is to have a service that can be replicated across Northumberland, and we want your input to help achieve that.

If you would like to get involved please contact us on 01670 320025 or email [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)

## Carers Week™ Making Caring Visible and Valued

### WHAT A WEEK WE HAD!

Firstly we would like to say a huge thank you to everyone who got involved with this years Carers Week which ran from 7th - 13th June.



We walked - The Carers Week Walks were a huge success, so much so we have decided to host some more over August. We have spread them out over the month and have added some new locations. Take a look at the calendar on page 7



We learnt to take care of ourselves - Kate ran another successful Less Stress workshop via zoom. Here she provided carers with the tools to help manage their feelings of stress. We had some lovely feedback from this session and will host another workshop like this again

We got creative - We ran a creative writing workshop via zoom. It was very humbling to hear some of the pieces that had been created. Don't worry if you missed out on this session as we have added a Blog post to our website for you to try at home.

We got crafty - This laid back book folding session not only gave carers the opportunity to get artistic they were also left with a lovely decorative piece to display in their home. Again don't worry if you were unable to take part we have added a Blog post to our website so you can try it yourself at home



Visit our Blog here:  
[www.carersnorthumberland.org.uk/blog](http://www.carersnorthumberland.org.uk/blog)

## AUGUST CARER WALKS

After receiving some positive feedback from carers and requests to arrange more walks around Northumberland, we have made plans to host the following walks.

### 4th CARLISLE PARK, MORPETH 2PM

New Market, Morpeth NE61 1PR  
*To meet outside Morpeth Leisure Centre.  
Disc Parking.  
This walk will have some inclines and will be about 1 mile so may not be suitable for wheelchairs.*

### 10th WANSBECK RIVERSIDE PARK, ASHINGTON - 11AM

Main Carpark, Wansbeck Riverside Park NE63 8TX  
*To meet on the green next to the children's park. This walk will have some inclines and will be about 1 mile so may not be suitable for wheelchairs.*

### 12th NORTHUMBERLANDIA, CRAMLINGTON - 10AM

Fisher Ln, Cramlington NE23 8AU  
*To meet at the benches outside of café.  
This walk will have some inclines and will be about 1 mile so may not be suitable for wheelchairs.*

### 13th BREAMISH VALLEY, INGRAM 2PM

Ingram Bridge Carpark, Ingram NE66 4LT  
*To meet in the main carpark.  
This walk will have some inclines and will be about 1 mile so may not be suitable for wheelchairs.*

### 16th RIDLEY PARK, BLYTH - 2PM

Wensleydale Terrace, Blyth NE24 3HF  
*To meet outside Mister Ridley Ice cream and coffee parlour.  
This walk is a very short and easy walk (approx. 0.5mile) suitable for wheelchairs.*

### 18th RIVER TWEED, BEWICK - 11AM

Bridge, Tweedmouth TD15 2HD  
*To meet on the Berwick side of the Old Bridge, opposite side to The Barrels pub.  
This walk is relatively flat and suitable for wheelchairs. It will be about 1 mile.*

### 23rd DRURIDGE BAY COUNTRY PARK, MORPETH - 10AM

Red Row, Morpeth NE61 5BX  
*To meet outside the visitors centre. Parking charges may apply.  
This walk is relatively flat and suitable for wheelchairs. It will be around 2 miles.*

### 31st TYNE GREEN PARK, HEXHAM 11AM

Tyne Green Road, Hexham NE46 3RY  
*To meet outside Café Enna. Parking is free  
This walk is relatively flat and suitable for wheelchairs. It will be around 1 miles.*

**Booking is essential for each walk, you can book online here:**

**[www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events) or contact our info team on  
01670 320 025**

**The cared for are also welcome on these walks. Anyone attending under the age of 16 must be accompanied by an adult. Toilet facilities are available at each walk.**

## WORKSHOP

### Caring Day to Day

All life has its ups and downs. For carers this can change from day to day or even hour by hour. It's good to know what strategies and support are available when needed.

Tuesday 21st September  
11am

This workshop talks about:

- Dealing with daily / regular routines including medication
- Managing the unexpected/ whatever gets in the way!
- Meeting your own health and well-being needs
- Allowing yourself to be human

To book your space on this workshop visit:

[www.carersnorthumberland.org.uk/news-and-events/ola/services/caring-day-to-day-workshop](http://www.carersnorthumberland.org.uk/news-and-events/ola/services/caring-day-to-day-workshop) or call 01670 320025



## A Return to Face to Face Groups



We are excited to report that from September we will be having a phased return to some face to face groups.

We would like to thank all our carers who completed our carer survey, from these results we have been able to make arrangements to return some of our most popular groups.

**Please note that some venues and days may have changed**

The groups that will be returning face to face in September include Berwick, Blyth, Cramlington and Ponteland. We do plan for more groups to return in the months to follow and we will inform carers in due course.

**To ensure these groups are safe and COVID secure you MUST pre-book onto each face to face group, failure to do this may result in anyone who does not book a place being turned away.**



# Caring Matters - August/September 2021

## August

DATE	GROUP/ACTIVITY	TIME
Every Tuesday	General Carers Group via Zoom	2-3pm
5/8/21	Ponteland Support Group via Zoom	10.30 - 11.30am
18/8/21	Morpeth/Bedlington/Blyth Support Group via Zoom	2-3pm
19/8/21	Parent Carer Support Group via Zoom	11-12 pm
19/8/21	Healthwatch Home Care Services Discussion via Zoom	2- 3pm
25/8/21	Berwick Support Group via Zoom	11-12 pm
26/8/21	Cramlington Support Group via Zoom	1 - 2pm

## SEPTEMBER

DATE	GROUP/ACTIVITY	TIME
Every Tuesday	General Carers Group via Zoom	2-3pm
2/9/21	Ponteland Support Group - Memorial Hall, Darras Road, Ponteland, NE20 9NX	10.30 - 11.30am
14/9/21	Blyth Support Group - Buffalo Centre, 55 Regent Street, NE24 1LL	10.30 - 11.30am
15/9/21	Morpeth/Bedlington Support Group via Zoom	2-3pm
16/9/21	Parent Carer Support Group via Zoom	11-12 pm
21/9/21	Caring Day to Day Workshop via Zoom	11 - 12pm
22/9/21	NCBA Carers Talk via Zoom	11-12pm
23/9/21	Basic Carer First Aid Awareness via Zoom	2-3pm
27/9/21	Alnwick/Amble Support Group via Zoom	1.30 - 2.30pm
29/9/21	Berwick Support Group - William Elder Building, 56 -58 Castlegate, TD15 1JT	11-12 am
30/9/21	Cramlington Support Group - Community Hub, Forum Way, Cramlington, NE23 6YB	1 - 2pm

To reserve your space please contact 01670 320025 or visit [www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events)

## Northumberland County Blind Association Zoom and Face to Face Talks



NCBA (Northumberland County Blind Association) is a registered charity based in Morpeth that covers the whole of Northumberland. We provide advice and support services to blind and visually impaired people to enable individuals to gain the knowledge, confidence and skills necessary to increase independence and fulfil life potential.

We would love to invite you to a general zoom talk to tell you a little more about the NCBA and how we can support you.

We will we  
talk about our...

- Client Connect Support, which is a volunteer support line
- Technology Support where we can help to make technology more user friendly for those with visual impairments.
- Low Vision Support Service
- Energy Project which helps people become more energy savvy
- Face to face group talks
- In-home one to one support

If you would like to join us for a fun interactive Zoom session on  
Wednesday 22 September 11am you can reserve your space here:

[www.carersnorthumberland.org.uk/news-and-events/ola/services/northumberland-county-blind-association-carer-talk](http://www.carersnorthumberland.org.uk/news-and-events/ola/services/northumberland-county-blind-association-carer-talk) or call 01670 320025

healthwatch  
Northumberland



### Do you use homecare services or are you a carer for someone who uses homecare services?

Would you be willing to share your experiences of using home care services?

Healthwatch Northumberland have commissioned Dr Alison Killen, a Health Psychologist to complete a report about people's experiences of using home care services in Northumberland both prior to and during the Covid-19 pandemic.

Healthwatch also want to find out whether people would like to see any changes in the services they receive. The final report will include recommendations for the future of home care services, and be shared with providers and commissioners.

If you would like to take part in this project or want to know more about it we will be hosting a zoom session on **Thursday 19th August at 2pm** to book your space please call 01670 320025 or book online [www.carersnorthumberland.org.uk/news-and-events/ola/services/healthwatch-home-care-services-discussion](http://www.carersnorthumberland.org.uk/news-and-events/ola/services/healthwatch-home-care-services-discussion)

If you are unable to make the zoom session you can contact Alison directly on [research@healthwatchnorthumberland.co.uk](mailto:research@healthwatchnorthumberland.co.uk) or telephone or text her on 07763 193551.