



Caring Matters



December 20/January 21 - The newsletter of Carers Northumberland



In this issue you'll
find

- Details of new training packages available from the Carers into Work Project
- An exciting NEW service we are able to provide to our carers
- Dates for all our events and workshops.
- Information about the Warm Home Grants
- Access to our digital version of our Carers Annual Survey

Welcome to our final Caring Matters for the year, and what a year 2020 has been!

At the beginning of the year no one could have envisaged what was in store for us all, and even throughout the summer we hoped to be back to some kind of normality by now.

I hope that you have still found our newsletter to be useful and have been able to take advantage of our Information Service and our social media throughout the pandemic to keep on top of the ever-changing situation and the related guidance.

To help us make sure that we are focusing our work on what is important to carers we would be so grateful if you could complete the short survey that we have put together. You can complete the survey online or ask for a paper copy if you would prefer. Feedback from the survey will help us to shape our future services.

Our groups and workshops are still running remotely, but we are ever hopeful that we can get back out into the community in 2021 and we are looking forward to planning some exciting activities as soon as it's safe to do so.



As this is the final newsletter for 2020, I would like to wish everyone a safe and peaceful Christmas and New Year on behalf of the Carers Northumberland staff, trustees and volunteers.



CARERS INTO WORK EXCITING NEW TRAINING PACKAGE

LEANNE, OUR CARERS INTO WORK ADVISOR, HAS RECENTLY TEAMED UP WITH HER COUNTERPART ADVISORS FROM NEWCASTLE CARERS AND NORTH TYNESIDE CARERS CENTRE TO CREATE A TRAINING PACKAGE TO SUPPORT CARERS LOOKING TO DEVELOP THEIR EMPLOYABILITY SKILLS.

The Training Package will be available on our website and includes factsheets to guide you through:-

Creating a CV

**Covering
Letters**

**Supporting
Statements**

**Completing
Application
Forms**

**Developing
Interview
Techniques**

In addition to this, all three advisors will be running joint sessions online to coach you through the documents and create your own using templates provided.

Sessions are available throughout December – March



if you are interested in participating in the Carers into Work Project and/or the Training sessions please contact Leanne at info@carersnorthumberland.org.uk or through our info line on 01670 320025

Caring Matters - December/January

CARERS NORTHUMBERLAND'S CHRISTMAS CRAFTING

We would like to invite you to take part in our socially distanced Christmas Card Making.

Carers Northumberland will provide all craft material and instructions.

If you would like to take part in this event please contact us to arrange for postage of all materials to you.

The deadline for you to express an interest in this event and to request your craft pack is Monday 7th December.



IF YOU NEED ANY SUPPORT YOU CAN JOIN NAOMI FOR A LIVE TUTORIAL ON THURSDAY 17TH DECEMBER AT 3PM

Tony's Great Christmas Quiz

Can you name all of Santa's 9 Reindeer?
Do you know Slades 1973 Christmas hit?

Would you like to join Tony and the team for a very different kind of carers group on Tuesday 15th December?

After the success of our last carers quiz Tony has dusted off his quiz masters jacket and hosting his Great Christmas Quiz.

No pressure or prizes just some fun and laughs to see in the festive season.

We would love you to join us!

Our quiz will be held remotely via Zoom, for further details and to join contact our information team.

ADVANCE PLANNING SERVICE

CARERS NORTHUMBERLAND LASTING POWER OF ATTORNEY, ADVANCE DECISION AND ADVANCE STATEMENT FORM FILLING SERVICE

Do you need Lasting Power of Attorney?

We are able to support carers and the people they look after to create Lasting power of Attorneys, Advance Decisions (living wills) and Advance Statements.

Our trained advisors will support you to understand all aspects of making and registering an LPA, help with all form filling, explains fees and the processes involved to make advance plans for the future.

Call us on 01670 320025

This service is FREE* to registered carers but due to high demand there may be a waiting list. Appointments will be carried via telephone or video call.

*Does not include the cost of registering an LPA which is up to £82 per form.



Carers Northumberland's spotlight on...

CARERS ALLOWANCE

Could you be eligible to make a claim?

Carer's Allowance is paid at a standard rate of £67.25 to the person providing the care.

Are you aged 16 or over?



Do you spend at least 35 hours a week caring for a sick or disabled person?



Do you earn £128 a week or less – after deductions?



Does the person you care for receive a qualifying disability benefit?



You're not in full time education



To find out more about Carers Allowance you can

visit https://www.carersuk.org/images/Factsheets/2020-21_factsheets/Carers Allowance 2020-21_April.pdf

Or call Carers Northumberland on 01670 320025

Caring for yourself this Christmas

This festive season will be unlike any other for so many of us, with restrictions in place on where you can go and who you can see, this Christmas will be far from conventional.

Christmas cause quite a bit of stress and during these uncertain times these feelings can be multiplied. With that in mind we have put together our guide to caring for yourself this Christmas.

• **Keep Connected**

Nobody really knows whether we will be able to meet up with other households this Christmas so it feels even more important now than it ever did to let them know you are thinking of them by sending a card.

If you have the time, get creative and make one. Crafting is proven to improve mental health.

Alternatively if you would like to save some pennies and the planet why not send an E-Card. Many sites offer FREE Ecards, below are just a handful of them.

https://www.ecards.co.uk/category/51/Christmas_ecards.html

https://www.123greetings.com/tags/united_kingdom.html

• **Avoid The Rush**

It can be quite easy to get sucked into the urge to rush to the shops to stock up on gifts and food. We all know the risks of meeting in crowds and the anxiety this can cause carers who are caring for somebody who is vulnerable. Why not book an online delivery? Many shops have increased their delivery slots during the pandemic and also in the run up to Christmas. Don't put yourself and your loved ones at risk if you don't have to.

• **Manage Your Money**

After the year we have all had it can be tempting to go overboard on gift buying as a reward for the struggles we have all had to overcome. But this could leave you feeling the pinch in the New Year. This pandemic has impacted on so many financially and the thought of spending extra over the Christmas can fill you with un-needed stress. If this is you, have the discussion with loved ones about gifting small token gifts this year to reduce costs. You never know they may have been feeling the same but didn't know how to approach the conversation.

You could even look at offering something handmade or you could give out IOU for gifts or experiences in the New Year when hopefully the futures a little brighter.

<https://www.countryliving.com/diy-crafts/tips/g645/crafty-christmas-presents-ideas/>

• **Be Kind To Yourself**

Remind yourself that this Christmas will not be like the any before it. If it is not going how you planned or envisaged do not take it personally, you have tried your best. We will all remember this Christmas and hopefully share fond memories of how we all got through Christmas 2020 healthy.



WINTER WELLNESS SESSION



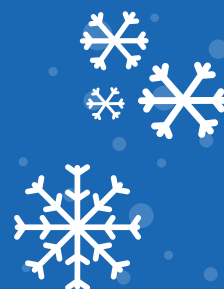
Short days, long nights.....so how do we keep ourselves fit and well?

We have some ideas to offer you and we're sure you will have some of your own to share. We all need a bit of cheer so join our zoom session on:

Wednesday December 9th
1 - 2pm

Sherry, mince pies and elf hat optional!

Contact us on 01670 320025 to get the Zoom link



BEAT THE BLUES

Where do we go from here? How can we go forward?

It can be hard to stay positive in the gloomiest time of the year. Cold, perhaps wet, and where have the smiles gone?

We hope to make that a bit easier by exploring ideas of what might help us get through together. Let's share our thoughts, ideas and beat those blues with our smiles!

Thursday January 21st 2021
11am – 12noon

Call or email for the Zoom link



CORONAVIRUS UPDATE



- Successful trials of Covid-19 vaccines by Moderna and a partnership between Pfizer and BioNtech have been announced. The Oxford coronavirus vaccine has shown an "encouraging" immune response in adults in their 60s and 70s. Others vaccines are in development, while a third major trial - from Belgian company Janssen - is under way in the UK.

<https://www.bbc.co.uk/news/health-51665497>

- New guidance has been released to support safe care home visits during lockdown, Care homes are to be encouraged and supported to provide safe visiting opportunities.

<https://www.gov.uk/government/news/new-guidance-to-support-safe-care-home-visits-during-lockdown>

If you would like further details or you would like copies of this guidance please contact our info team

#CARE

Let yourself be seen



At the start of the pandemic Carers Northumberland sent all our registered carers a Carers Card so they could identify themselves as a carer for a sick or vulnerable person. So many of you have found this card very useful.

Recently NHS England have developed a letter to support unpaid carers, including young carers who may need to provide care to people in their own home, or across multiple homes. Its purpose is to provide an explanation of why someone may need to be out more frequently or visit different homes should more stringent lockdown restrictions be re- introduced.

If you would like a copy of this letter to us Carers Northumberland can provide you with one. Please contact our information team to request yours.



Are you caring for elderly parents?

The Carents Room is building an active support network that shares their valuable information and relevant experiences to help you with your own carenting needs. They are able to provide you with the information and connections you need to ensure your parents get the best possible care.

For more information please visit their website
<https://thecarentsroom.com/>

Caring Matters - December/January

December

DATE	Groups / Activity	Time
Tuesday 1st, 8th & 22nd	Carers Group—Zoom video call carers group, all carers welcome	2pm—3pm
Thursday 3rd December	Ponteland Carers Group— Zoom Video carers group	10:30am—11:30am
Wednesday 9th December	Winter Wellness Session—Zoom Video Workshop	1pm—2pm
Tuesday 15th December	Carers Christmas Quiz—Zoom Video	2pm—3pm
Thursday 17th December	Carers Northumberland's Christmas Crafting—Zoom Video	2pm-3pm

JANUARY

DATE	Groups / Activity	Time
Every Tuesday	Carers Group—Zoom video call carers group, all carers welcome	2pm—3pm
Thursday 7th January	Ponteland Carers Group— Zoom Video carers group	10:30am—11:30am
Wednesday 20th January	Morpeth/Bedlington/Blyth Carers Group	2pm—3pm
Thursday 21st January	Beat the Blues—Zoom Video Workshop	11am—12pm
Monday 25th January	Amble Alnwick Support Group— Zoom Video carers group	1.30pm—2.30pm
Wednesday 27th January	Berwick Carers Groups—Zoom Video carers group	11am-12pm
Thursday 28th January	Cramlington Carers Group—Zoom Video carers group	1pm-2pm

Carers Northumberland will be closing for the Christmas period from Thursday 24th December and re-opening on Monday 4th January.

During this period please contact your doctor for medical advice and Social Services on 01670 536400 for care advice.

Out of hours, Social Services can still be contacted on 01670 536400 and you can contact the NHS on 111 for medical advice however, please call 999 in the case of an emergency

The whole of Carers Northumberland will be donning their pointy hats, tying some bells on their shoes and transforming into the

CN ELVES

this Christmas

This year has been so difficult for so many of our carers, and you all deserve a treat!

Carers Northumberland have put together some gift bags containing Carer Comforts. The bags will contain a variety of treats perfect for keeping cosy this Christmas. The CN Elves will be out delivering these in the run up to Christmas.

If you would like to receive a Gift Bag or you would like to nominate another carer who is registered with Carers Northumberland for one, you can contact our Information Team on 01670 320025 to make a request. The deadline for making a request is Wednesday 9th December.

We have a limited number of bags available and if we are over subscribed we will pull names from a hat.

Just for Fun

How's your Christmas knowledge? Test yourself with our festive quiz. All the answers will be printed in our next issue.

1. What did the other reindeer not let Rudolph do because of his shiny red nose?
2. The movie Miracle on 34th Street is based on a real-life department store. What is it?
3. What are the two other most popular names for Santa Claus?
4. In the movie It's A Wonderful Life, what happened every time a bell rang?
5. Which Hollywood actor played six different roles in The Polar Express?
6. In Charles Dickens' A Christmas Carol, what was the first name of Scrooge?
7. Which country did eggnog come from?
8. Which Christmas song contains the lyric "Everyone dancing merrily in the new old-fashioned way?"
9. Which country started the tradition of putting up a Christmas tree?
10. What was the highest-grossing Christmas movie of all time?



CARERS ANNUAL SURVEY

PLEASE TAKE PART IN OUR SURVEY

You can fill in the survey online, over the telephone or by post. If you require a postal copy or would like help to complete the form please call us on 01670 320025



**CLICK
THE
LINK**



[https://tinyurl.com/
y3nxmoxg](https://tinyurl.com/y3nxmoxg)

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

Could you get
£140 off your
electricity bill for
winter 2020 to
2021?



THE WARM HOME DISCOUNT SCHEME IS OPENING UP FOR 20/21

If you claim guarantee pension credit you are automatically entitled to Warm Home Discount and you should receive a letter telling you what to do next.

However if you are on a low income but don't claim guarantee pension credit you may still be able to access the warm home discount, you will need to apply to your energy provider. Most offer online and telephone methods of application.

Our information and advice team can advise whether you might be eligible and support you to apply for warm home discount. You can contact them on 01670 320025

<https://www.gov.uk/the-warm-home-discount-scheme>

Useful phone numbers

- **Northumbria Healthcare Patient Helpline:** 0191 293 4306
- **Maternity Helpline:** 07823 907484
- **Onecall:** 01670 536400
- **Northumberland Communities Together:** 01670 620015
- **Citizens Advice Northumberland:** 03444 111 444
- **Northumbria Police:** Call 101 to report a non-emergency incident. Call 999 in an emergency.
- **Northumberland Early Help:** 01670 620 461
- **AgeUK Northumberland:** 01670 784 800.
- **West Northumberland Foodbank:** 01434 700 068
- **Northumberland Domestic Abuse Services (NDAS):** 01434 608 030
- **Talking Matters Northumberland:** 0300 3030 700
- **Carers Northumberland:** 01670 320 025
- **Northumberland Recovery Partnership:** 01670 798 200





supporting



Play today and support our cause!

- Make a difference to the community and support our cause
- Sign-up for only £1 a week!
- You get the chance to win cash prizes up to £25,000 every week!
- We get 50p from every £1 ticket and a further 10p goes to other good causes
- Join your community in making where we live an even better place

To start supporting, visit:

www.NorthumberlandLottery.co.uk

and search for: Carers



Supporters must be 16 years of age or older