

# Caring Matters

December 23/January 24 - The newsletter of Carers Northumberland



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



Well, we are coming to the end of 2023!

In this issue you'll find

- Louisa, our new information worker
- Our Christmas Quiz details
- Christmas Crafts
- Our Annual Survey and dates for your diary

Thank you to all the carers who have made this year so enjoyable, we have loved meeting you all at our groups and events, and we have more exciting events planned for 2024!

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.

Our board of Trustees, thank you for all your support and guidance.

The Carers Northumberland team are looking forward to 2024 and all it holds.





# CARERS RIGHTS DAY THURSDAY 23RD NOVEMBER

Thank you to everyone who attended our Carers Rights Day events, we had a great time and hopefully all those who attended now have a better understanding of their rights.



## Introducing Louisa



Hello I'm Louisa and I've recently joined Carers Northumberland as a Carer Information and Advice worker.

My background has been working in the caring profession for the last 36 years and I have varied experience as both a care worker and also an unpaid carer whilst caring for my parents.

I worked as a care manager in my previous role for 15 years, mainly overseeing people who lived in 24 hour care and so I have a vast experience which I feel will help me in my new role.

In my spare time I enjoy going out for long walks, spending time with my family and friends and going out for a coffee or a nice meal and socialising .

My family are the most important people in my life and I have always been someone who is happy to help people in any way I can.

I have a good sense of humour and a caring nature and I'm looking forward to meeting you all and getting to know you and helping in any way I can.



## Getting to Know Lisa

### What's your role in a nutshell?

I am a Carers into Work Advisor. I support carers to achieve their own personal goals. This might include supporting them to volunteer, build confidence, access funding or checking they are receiving all the benefits they are entitled to. For some carers who want to move into work, I might update their CV, help them to apply for jobs or prepare for interviews.

### What is the best part of the job?

I enjoy meeting the carers and seeing the progress they make to achieve their goals whether that be increasing confidence or accessing training.

### Have you been a carer before?

My parents moved in with my family in 2000, when my daughter was born. They helped me looking after my two children whilst I worked full time. My husband, children, and I always helped behind the scenes but in 2017 our caring role intensified and it was our turn to take care of them.

### How would you describe yourself?

Prepared, organised, and I work hard to be kind and thoughtful to everyone I meet.

### How would your colleagues describe you?

A wonderful communicator, networker, and advocate for all. Lisa is always empathetic and supportive, going above and beyond to ensure that everyone - carers, staff, peers - has the help they need as soon as she can.

### What do you like doing in your spare time?

Tynemouth Market is one of my favourite places to visit. If I get any time on my own, I enjoy reading in the sunshine.

### What advice do you have for people considering joining the Carers into Work programme?

You will find all our staff friendly and helpful so why not ask for an informal chat? Our goal is to support and encourage you to achieve what ever you want to achieve.

### What's your greatest achievement?

My family, they have brought highs and lows but I am forever proud.

For more information about the Carers into Work Programme or to ask for a referral.

Please contact our info team on 01670 320025  
or [info@caresnorthumberland.org.uk](mailto:info@caresnorthumberland.org.uk)

# 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?

## THE GREAT CHRISTMAS QUIZ

THURSDAY 12TH DECEMBER  
3-4PM

Everyone  
Welcome

Join us for our annual online festive quiz.

This years Noel-it-all will win a little festive treat.  
Join here: <https://carersnorthumberland.org.uk/news-and-events>

Quiz teams welcome



# Northumberland Sensory Services

delivered by  B·I·D SERVICES

Our specialist service provides information, guidance and support for adults and their families living in Northumberland with sight and/or hearing loss.

**Getting in Touch**

**Tel 01670 293150**

**Mobile (Text, WhatsApp, Video) 07872 403788**

**Email [northumberland@bid.org.uk](mailto:northumberland@bid.org.uk)**

**Website [www.bid.org.uk](http://www.bid.org.uk)**



## *Christmas Craft*

Join us on Thursday 21st December at 2pm for an online Christmas craft workshop.

We will be making some decorative festive gift bags.

If you would like to take part please book your space below, you will then be send your craft materials. Please book by Monday 11th December.

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

To take part in the session you will need to supply your own:

Ruler - Pencil - Scissors - Glue



# Carer Walk

**Newbiggin Prom**

**Church Point, Newbiggin-by-the-Sea NE64 6DB**

**Friday 12th January 1-2pm**

Join us for our first walk of the new year!

Meet at Maritime Centre.

Parking is free. Walk will be approximately 1 miles. The walk is flat, so suitable for all but wrap up warm. Café onsite for those who want to stay for coffee afterwards.



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



**Well behaved dogs  
welcome**



## **CINEMA CLUB - VUE CRAMLINGTON**

Our next cinema visit will be happening on Friday 19th January - Film and time to be confirmed.

Register your interest by Thursday 4th January.

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

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

Tickets will be £5pp which will be taken at booking, or £6pp if you wish to pay on the day, you will be responsible for buying/bringing your own drinks/snacks



**Everyone  
Welcome**

## Catch Up Meals

Everyone  
Welcome

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.

### Corbridge - Monday 22nd January at 2pm

Errington Coffee House,  
Corbridge, Northumberland, NE45 5QB

Details of the food available can be found here:

[https://www.facebook.com/erringtoncoffeehouse/?locale=en\\_GB](https://www.facebook.com/erringtoncoffeehouse/?locale=en_GB)

### Bedlington - Wednesday 24rd January at 4pm

Sambuca

14 Station Road

Bedlington, NE22 5HB

3 Course Meal available for £7.95

Booking is essential. To book your space call 01670 320025 or book online here:

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

## Festive Treats

Everyone  
Welcome

Join Naomi on Friday 15th December at 3pm where she will be showing you how to make some festive hot chocolate stirrers

This is a live demonstration via Facebook:

<https://fb.me/e/1rBAvlfcx>

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

300g dark, milk or white chocolate

A selection of chocolate buttons, hundreds and thousands,

Mini fudge pieces or chopped peppermint candy canes

6 wooden sticks

Large ice cube tray or 6 small fromage frais pots



# CARERS ANNUAL SURVEY



## PLEASE TAKE PART IN OUR SURVEY

You can fill in the survey online or by post. Please return your completed forms to:

**FREEPOST RTRU-  
UKLY-CSAR**  
Carers  
Northumberland  
107-109 Station  
Road  
Ashington  
NE63 8RS

**CLICK  
THE  
LINK**



<https://forms.office.com/e/hVWd6xmQNp>

## 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 NORTHUMBRLAND



Carers  
Only

# Less Stress Workshop

Caring can be tough, and its 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 8th January- 11am**  
**Online via Zoom**

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

Carers  
Only

## EMERGENCY CARE PLANNING

Planning in advance for emergencies can give you the peace of mind that the person you care for is looked after if you are unavailable.

Join Hannah to put together an emergency care plan on  
Tuesday 16th January from 11am  
at

Journey Enterprises, Acomb Industrial Estate, Network  
House, Acomb, Hexham NE46 4SA

Booking is essential - to book call 01670 320025 or book  
online here: [https://carersnorthumberland.org.uk/news-  
and-events](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 25th 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>



## Wooler Carer Group

Grinders Cafe, 29 High Street, Wooler



**NEW**

**UPDATE**

**Meetings run from**

**10.15 - 11.30am**

**on the 3rd Wednesday of  
every month.**

**From January 2024 the group  
will run on the 3rd Thursday  
of every month.**

Supported by:





# Caring Matters - December/January

## December

= Carers only  
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Friday 1st	Durham Christmas Market Trip Booking Closed	9am - 4pm	
Friday 1st	Amble Carers Group Amble Parish Hall, 1 Dovecote Street, Amble, NE65 0DX	3-4pm	
Tuesday 5th	Alnwick Carer Group - Mind and Sole, Wagon Way Rd, Alnwick NE66 1QQ	10am - 11am	
Thursday 7th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Tuesday 12th	Blyth Carer Group J D Wetherspoons, The Wallow, 14 Union St, Blyth NE24 2DX (venue only for December session)	10.30am - 11.30am	
Tuesday 12th	Great Christmas Quiz Online via zoom	3-4pm	
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	2-3pm	
Friday 15th	Cook - a - long Live Festive Chocolate Stirrers Online via zoom	3-4pm	
Tuesday 19th	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11-12pm	
Wednesday 20th (new date only for December)	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	2pm - 3pm	
Thursday 21st	Online Festive Craft session Via zoom	2pm	


**Carers Northumberland will be closing for the Christmas period from Friday 22nd December to Tuesday 2nd January**


### Useful numbers for support over Christmas

Medical support or advice: contact your GP, call 111 for advice or 999 in an emergency

Social care: contact OneCall on 01670 536 400 (includes out of hours)

Emotional support: Samaritans 116 123 (free) or 0330 094 5717 (local charges apply)

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?
Tuesday 2nd	Alnwick Carer Group - Mind and Sole, Wagon Way Rd, Alnwick NE66 1QQ	10am - 11am	
Thursday 4th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Friday 5th	Amble Carers Group Amble Parish Hall, 1 Dovecote Street, Amble, NE65 0DX	3pm - 4pm	
Monday 8th	Less Stress Workshop Via zoom	11-12pm	
Tuesday 9th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Thursday 11th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Friday 12th	Carer Walk - Newbiggin Prom Church point, Newbiggin-by-the-Sea NE64 6DB	1-2pm	
Tuesday 16th	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am - 12pm	
Tuesday 16th	Emergency Planning Workshop Journey Enterprises, Acomb Industrial Estate, Network House, Acomb, Hexham NE46 4SA	11-12pm	
Friday 19th	Cinema Club - Vue Cramlington	TBC	
Friday 19th	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2pm - 3pm	
Monday 22nd	Carer Meal- Errington Coffee House, Corbridge, Northumberland, NE45 5QB	2pm	
Wednesday 24rd	Carer Meal - Sambuca Bedlington 14 Station Road Bedlington, NE22 5HB	4pm	
Thursday 25th	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1pm - 2pm	
Thursday 25th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 26th	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	
Wednesday 31st	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	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