

# Caring Matters

April / May 2023 - The newsletter of Carers Northumberland



Welcome to our April / May edition  
of Caring Matters Newsletter



In this issue you'll  
find

- Our Carers Active April activities
- Details about AGE UK's new social groups
- Dates for your diary
- Our plans for Carers Week and much more



The team are really excited about the next few months! We have introduced some wellness sessions to our program for carers to attend as part of Carers Active April, we hope to raise the awareness of the importance of carers keeping active to help improve their overall health and wellbeing.

We also have some scenic walks planned in anticipation for the glorious Northumbrian summer sunshine over April/May, we hope you can join us. Our walks have become a welcomed addition to our regular programme, helping to improve carers health as well as being a great opportunity to socialise.

We would also like to introduce you to Aleshia who joins us on an apprenticeship working towards achieving her Level 3 in Business Administration. Aleshia enjoys socializing with friends and eating out, she has already become an asset to the team. Aleshia is also a young carer so understands a lot already about carers in Northumberland. You may see Aleshia out and about at one of our events.





Join in with lots of fun activities to improve your memory and mood.

We have bingo, music and memory activities, and great chats.

Enjoy social interaction, laughter, and have fun!

For More information:

Email: david.bonham@ageuk-northumberland.org.uk Call: 07977 071471

**LIVE WELL WITH DEMENTIA  
HEXHAM GROUP**  
THURSDAYS 10AM TO 12PM

Adapt (North East)  
Burn Lane Hexham  
Northumberland  
NE46 3HN



## DROP IN FOR A WARM WELCOME!

Join us between 11am and 1pm every Monday to Friday for a free hearty lunch, a chat, and a welcoming space to relax, keep safe and keep warm!

We've also got books, games and activities so come and get warm, and enjoy delicious food and great company!

Age UK Northumberland, The Round House,  
Lintonville Parkway. Ashington,  
NE63 9JZ

For more information  
call: 01670 784 800

Supported by



## Do you need help applying for Universal Credit?

Help to Claim is a dedicated service from Citizens Advice. It's free, independent and confidential.

We are living in unprecedented times with the cost of living crisis and energy crisis. At no other time have families scrutinised their household income and expenditure to try and make ends meet.

Carers play a vital role in looking after those with care needs. This is often carried out alongside other commitments such as paid employment or family commitments. As a carer, have you checked to see if you are receiving your correct benefit entitlement? If you haven't checked recently then you may be surprised.



As a carer, you may receive carers allowance, but did you know you may be entitled to claim Universal Credit in addition to this? Even if you are unable to claim carers allowance, if for example you are working, you may still be entitled to claim Universal Credit to top up your wages.

### How Universal Credit works:

You'll usually get one monthly payment to cover your living costs.

The payment is made up of a basic 'standard allowance' and extra payments that might apply to you.

You might be able to get extra payments if you:

- look after one or more children
  - work and pay for childcare
  - need help with housing costs
- are disabled or have a health condition
- are a carer for a disabled person or you have a disabled child

Citizens Advice advisers will

- Find out if you're eligible for Universal Credit. Even if you receive legacy benefits, you may be better off claiming Universal Credit in some circumstances.
- Provide support with completing an online or telephone claim
  - Prepare for your first JobCentre appointment
  - Check your first payment is correct

Help To Claim helpline.

You can telephone one of our trained advisers free on 0800 144 8 444 Monday to Friday 8am-6pm.

We also have a webchat service which can be accessed at

<https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/helptocclaim/>





## Hubs Mobility Advice Service

ACCESSIBLE TRAVEL SUPPORT

North East and Cumbria Hubs Mobility Advice Service offers a FREE personalised service to help not only people who no longer drive, but anyone close to them who may have been affected by this.

You may have stopped driving for many reasons - a medical condition, advised by a professional not to drive, or you may have decided to just stop driving. It can be a hard transition from driving or being a passenger in a car, to using public transport.

This is where Hubs Mobility Advice Service can help. They look at where you live, where you want to go and try to find solutions on how you can get there, whether it's public transport, taxis, community transport or volunteer drivers.

The service recognises that when people stop driving, they can become isolated and lonely. Hubs Mobility Advice Service service can help people to still get out and about, doing the things they love and seeing those they enjoy spending time with!

Based in Walkergate Park Hospital in Newcastle and they cover the whole of the North East and Cumbria.

If you find getting out and about difficult due to a medical condition or general frailty, why not get in touch to see how they can help you?

Tel: 0191 2875090



## CARERS ACTIVE APRIL

A month supporting unpaid carers to be physically active, and raising awareness of the the benefits of physical activity for carers and the barriers they may face



# Non-Contact Boxing Blyth

Carers  
Only

We will be running a session of non contact boxing with Boxing Well. All abilities welcome and training can be delivered in a seated position too. Attendees will need to wear comfortable clothing, bring a water bottle and any medication they might need while doing the sport.



**Thursday 20th April at 11am**

The session will be held at  
**Empire School of Boxing**  
339 Cowpen Road  
Blyth, NE24 5JW



**BOOKING IS ESSENTIAL AND ALL EQUIPMENT WILL BE PROVIDED**

To book please call 01670 320025 or visit: <https://carersnorthumberland.org.uk/news-and-events>



## Restorative Yoga Session Morpeth



Carers  
Only

We will be running a session of Restorative yoga, this is a style of yoga that encourages physical, mental and emotional relaxation and is appropriate for all levels.

**Friday 21st April at 6.30pm**

The session will be held at  
**Yoga Den**  
Wellwood House  
Dark Lane  
Morpeth, NE61 1SU



**BOOKING IS ESSENTIAL AND ALL EQUIPMENT WILL BE PROVIDED**

To book please call 01670 320025 or visit: <https://carersnorthumberland.org.uk/news-and-events>

# Carers Northumberland Welcome Meeting

Carers  
Only

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.

From April 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 first sessions will be held on:**  
**Thursday 20th April 6-7pm**  
**Thursday 18th May 6-7pm**

New carers will be sent details in their welcome pack but they can also book online here:  
<https://carersnorthumberland.org.uk/news-and-events>

Everyone  
Welcome

## Catch Up Meal - Vercelli Hexham

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

**Wednesday 24th May at 4.30pm**

**Vercelli**  
**36-38 Priestpople**  
**Hexham, NE46 1PQ**

### **BOOKING IS ESSENTIAL**

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

For menu and pricing please visit:  
<https://www.vercelli.co.uk/menu>



# CARER RESOURCES WORKSHOP

Carers  
Only

This workshop will help provide you with a basic understanding of what resources are available to you as a carer. We will look at things such as benefits entitlement, accessing social care, grants and more.

**Wednesday 12th April at 11am**

This is a face to face session that will held at  
**Buffalo Community Centre**  
**55 Regent Street**  
**Blyth**  
**NE24 1LL**



Visit: [www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events)  
or call 01670 320025 to book.

Everyone  
Welcome

## Catch Up Meal - Limoncello Berwick Upon-Tweed

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

**Tuesday 18th April at 4pm**

**Limoncello**  
**55 Hide Hill**  
**Berwick Upon-Tweed, TD15 1EN**

### **BOOKING IS ESSENTIAL**

To book your space call 01670 320025 or book online here:

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

For menu and pricing please visit:

<https://www.limoncellorestaurantberwick.com/menus>





## Wellbeing Matters Workshop & Tai Chi Session

Carers  
Only

Join us for a wellbeing session where we will talk about ways you can help to improve your wellbeing as a carer, the workshop will include some gentle Tai Chi that is suitable for all abilities.



2pm on Friday 19th May

Cramlington Community Hub  
Manor Walks Shopping Centre  
Cramlington, NE23 6YB



**BOOKING IS ESSENTIAL AND ALL EQUIPMENT WILL BE PROVIDED**

To book please call 01670 320025 or visit: <https://carersnorthumberland.org.uk/news-and-events>

Carers  
Only

## MAKING GUILT MANAGEABLE

GUILT IS DRAINING!

Find out how to:

- Recognise guilty feelings
- Know your own guilt triggers
- Manage your own guilt
- Keep guilt in check

**Wednesday 10th May 11am**

This is an online session we will be running via Zoom

Visit: [www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events)  
or call 01670 320025 to book.





# Carer Walks



## Northumberlandia

*Blagdon Ln, Cramlington NE23 8AU*

**Tuesday 11th April at 1pm**

Join us for a walk around the beautiful Northumberlandia. Meet at visitors centre/cafe. Parking is free. Walk will be approximately 2.4km. Not suitable for wheelchairs or those with poor mobility due to uneven ground and steps. Sturdy footwear recommended. Cafe onsite for those who want to stay for coffee afterwards. Dogs on leads are welcome.

## Bolam Lake

*Bolam, Northumberland, NE20 0HE*

**Wednesday 17th May 11am**

Join us for a leisurely stroll around the lake, discover the wildlife which makes Bolam Lake so special, including red squirrel, roe deer, great spotted woodpecker, and nuthatch. Meet at visitors centre/cafe. Parking - first hour - free · Up to two hours - £2 · Over two hours - £4. Walk will be approximately a 1 mile circular walk. It may not be suitable for wheelchairs. Sturdy footwear recommended. Cafe onsite for those who want to stay for coffee afterwards. Dogs on leads are welcome.

**Booking is essential**

**To book call 01670 320025 or book online here:**

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





Northumberland  
Fire & Rescue Service

### Making Northumberland Safer

**Do you have any concerns regarding the safety of a vulnerable resident regarding their risk of a fire?**

Do they have none or damaged smoke alarms?

Do they have issues cooking safely?

Are electrical items poorly maintained and/or plug sockets overloaded?

Do they use portable heaters or use candles?

Do they smoke?

Do they have issues with drugs or alcohol or take medication that makes them drowsy?

Do you have any other concerns about their risk of a fire?

**...YES, then make a referral or discuss with our Community Safety team via:**

01670 621149 or [SWV.nfrs@northumberland.gov.uk](mailto:SWV.nfrs@northumberland.gov.uk)

And tell us: The residents name, address, contact telephone number, reason for concern and any other information we may need to know in advance.

# PLAY NOW

TO BOOST OUR FUNDRAISING



- Help give our fundraising a boost
- Tickets cost just £1 a week
- Win up to £25,000

**BUY TICKETS**

Go to: [www.northumberlandlottery.co.uk](http://www.northumberlandlottery.co.uk)

And search for: **Carers**



Supported by



Supporters must be 16 years or over

We get 50p from every £1 ticket

**GOOD LUCK!**



## April

 = Carers Only  
 = All Welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 4th April	Alnwick Carer Group, Mind and Sole, Alnwick, NE66 1QQ	10-11am	
Thursday 6th April	Ponteland Carer Group, Merton Hall, Merton Way, Ponteland, NE20 9PX	10:30-11:30am	
Tuesday 11th April	Blyth Carer Group, Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Tuesday 11th April	Northumberlandia Carers Walk Blagdon Ln, Cramlington NE23 8AU	1-2.30pm	
Wednesday 12th April	Carer Resources Workshop Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	11 - 12pm	
Thursday 13th April	Prudhoe Carer Group, The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Tuesday 18th April	Ashington Carer Group, Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Tuesday 18th April	Berwick Carer Meal - Limoncello Limoncello, Hide Hill, Berwick-upon-Tweed TD15 1EQ	4pm	
Thursday 20th April	Boxing Well Session Empire School of Boxing, Cowpen Rd, Blyth NE24 5JW	11-12pm	
Thursday 20th April	Carers Northumberland Welcome Meeting Via Zoom	6-7pm	
Friday 21st April	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Friday 21st April	Restorative Yoga session Yoga Den, Wellwood House, Dark Ln, Morpeth, NE61 1SU	6.30 - 7.30pm	
Tuesday 25th April	Online Carers Group held via Zoom	2-3pm	
Wednesday 26th April	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11-12pm	
Thursday 27th April	Cramlington Carers Group Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm	

# Caring Matters - April / May 2023

May

= Carers Only  
 = All Welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 2nd May	Alnwick Carer Group, Mind and Sole, Alnwick, NE66 1QQ	10-11am	
Thursday 4th May	Ponteland Carer Group, Merton Hall, Merton Way, Ponteland, NE20 9PX	10:30-11:30am	
Friday 5th May	Amble Carer Group, Amble Parish Hall, Dovecote Street, NE65 0DX	3-4pm	
Tuesday 9th May	Blyth Carer Group, Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Wednesday 10th May	Making Guilt Manageable Workshop Via Zoom	11-12pm	
Thursday 11th May	Prudhoe Carer Group, The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Tuesday 16th May	Ashington Carer Group, Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Wednesday 17th May	Bolam Lake Carers Walk Bolam, Northumberland, NE20 0HE	11 - 12.30	
Thursday 18th May	Carers Northumberland Welcome Meeting Via Zoom	6-7pm	
Friday 19th May	Wellbeing Matters Workshop & Tai Chi Session Cramlington Community Hub, Manor Walks Shopping Centre, Cramlington, NE23 6YB	2pm	
Friday 19th May	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Wednesday 24th May	Catch Up Meal - Vercelli 36-38 Priestpopple, Hexham NE46 1PQ	4.30pm	
Tuesday 30th May	Online Carers Group held via Zoom	2-3pm	
Thursday 25th May	Cramlington Carers Group Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm	
Wednesday 31st May	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11-12pm	

You can reserve your space by calling 01670 320025 or you can book online here: <https://carersnorthumberland.org.uk/news-and-events>



5-11 June 2023

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

The theme for Carers Week 2023 is 'Recognising and supporting carers in the community'.

We have organised a week of events and activities to show carers just how much we appreciate you! both carers, their friends and supporters can attend.

## Monday 5th June 3pm

### **Newbiggin Promenade Walk**

Meeting at Newbiggin Maritime Centre, Church point, Newbiggin-by-the-Sea NE64 6DB

Join us for a seaside stroll along Newbiggin prom.

Parking is free.

Dudolf



## Monday 5th June 11 - 12pm

### **Eshott Airfield Tour \***

Eshott Airfield, Morpeth NE65 9QJ

Join us for a tour of this former Royal Air Force (RAF) World War II airfield and learn about the history of the airfield as well as getting up close and personal with the aircraft.

Following the tour, we will be stopping for lunch at the café/viewing area, where you will be able to watch the various aircraft take off and land all while enjoy a bite to eat and a cuppa.

Booking is essential as spaces are limited.



## Tuesday 6th June 10.30am - 2.30pm

### **Northumberland Zoo Trip \***

2 Eshottheugh Farm, Felton,  
Morpeth NE65 9QH

Join us for a fun filled day at the zoo, transport available with pick ups from Alnwick, Amble, Blyth and Cramlington - locations will be confirmed at booking. There is a suggested donation of £10 for this trip



## Wednesday 7th June 3.30 - 5pm

### **Puffin Boat Cruise \***

Harbour Rd, Amble, Morpeth NE65 0AP

Join us as we set sail around the Amble coast where we will take in the sights and the wildlife.

The cost of this trip is £20 - Space only confirmed when payment is taken  
This trip is not suitable for those with poor mobility as access to the boat is very narrow.

We will be meeting at  
Amble Harbour car park





### Thursday 8th June 10am

#### **Prudhoe Carers Breakfast \***

*The Manors, Adderlane Rd, Prudhoe, NE42 5ET*

We are hosting a breakfast at the Manors in Prudhoe, all are welcome.

Booking is essential and please inform our team of any special dietary requirements.



### Thursday 8th June 12 - 4pm

#### **Vindolanda Trip \***

*Chesterholm Museum, Bardon Mill, Hexham  
NE47 7JN*

Join us for a trip to the Roman Vindolanda Fort & Museum,

Transport is available from Prudhoe and Hexham locations will be confirmed at booking.

Booking is essential .

There is a suggested donation of £10 for this trip

### Friday 9th June 9 - 3pm

#### **Holy Island Day Trip \***

*Holy Island, TD15 2SE*

Join us for a day trip to the historic Island of Lindisfarne,

Transport is available from Wooler, Berwick, Ponteland and Morpeth - Locations will be confirmed on booking

Booking is essential .

There is a suggested donation of £10 for this trip

Cafes and food retailers will be available to access on all of our day trips, however you may wish to bring along a picnic.

Please dress appropriately for the Northumberland weather.

Due to the nature of some of our visits access may be an issue if you have difficulties with your mobility, please contact our team for more information.

If you have booked an event but are unable to attend please contact our team so we can offer the space to another carer

Booking is essential for all events as spaces may be limited, carers can book a ticket for themselves and one other person (max two tickets per carer)

\*Booking closes on Monday 22nd May.

You can reserve your space by calling 01670 320025 or you can book online here:

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