

# Caring Matters

February/March 2023 - The newsletter of Carers Northumberland



Welcome to the February/March edition of Caring Matters...



In this issue you'll find

- Details about Emergency care planning
- Dates for your diary
- Walks, meals, groups and much more!

Welcome to our first newsletter of 2023. We hope you all had a great Christmas and New Year!

*We hope you are as excited for the year ahead as we are!*

In our first newsletter of 2023 you can find out about our newest Carer Group in Amble, learn about our Emergency Care Plan service, plus all the usual info on our meals, walks and events that we have planned for the coming months.

We hope to see you all there!

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



## Are you worried about your mental health or looking to improve your mental wellbeing?

Tyneside and Northumberland Mind is an independent local charity. We operate as part of the Local Mind Network and deliver mental health services across the whole of Tyneside and Northumberland.

Our Support Line hours are 7 days per week operating between 08.00am and 10.00pm and available to anyone aged 16 or over living in Newcastle, Gateshead or Northumberland and in need of a listening ear.

We are here, to talk, to listen, to support you. Our support line offers easy access to mental health and wellbeing information for anyone in need.



Call 7 days a week 8am to 10pm  
**0191 477 4545 or 0330 174 3174**  
(Calls are charged at a local rate)



 **mind** Tyneside and Northumberland

[www.tynesidemind.org.uk](http://www.tynesidemind.org.uk)



## THE HAVEN

is ready to welcome you

Providing low cost breaks away in rural Northumberland.  
A self contained, self catering holiday accommodation on 2 floors. It comprises a fully equipped kitchen, comfortable sitting room, shower room and 2 bedrooms upstairs.  
Short breaks start from £100



The Haven is available to everyone, irrespective of personal belief, who would benefit from time away from daily life.

A beautiful and peaceful place to go for a retreat or a holiday.

To find out more visit: [www.ryehillcommunityventures.org.uk](http://www.ryehillcommunityventures.org.uk)

Do you live in Amble? Why not come along to our newest Carer Group on the first Friday of every month.



## Amble Carer Group

First Friday of every month

3pm - 4pm

Amble Parish Hall, 1 Dovecote Street

NE65 0DX

Your health and  
social care champion

**healthwatch**  
Northumberland

# What are your experiences of NHS and social care services?

If you or your family use GP services, hospitals, dentists, care homes, mental health services, pharmacies or any other NHS or social care service, we'd like to hear from you.

Tell us, in confidence, what went well and what could have been better and help us improve services for everyone in our communities.

**Tell us your story**  
[healthwatchnorthumberland.co.uk](https://healthwatchnorthumberland.co.uk)  
tel 03332 408468





## Spotlight on... Emergency Care Planning

### Why Make an Emergency Care Plan?

By planning in advance for emergencies you can have peace of mind that the person you care for is looked after.

You can ensure a speedy response if you're taken ill, you can have people on standby so they are not left alone and know that all of their important information is in one easily accessible document.

### What is an Emergency Care Plan?

An Emergency Care Plan (ECP) is a really useful document where you put all the information about your caring role in one place. So should you become unwell yourself, or be unable to care for whatever reason, it's clear exactly what needs to be done if somebody else needs to take over.

You can create your own ECP or Carers Northumberland can support you to complete a template (see opposite) that has all the important information regarding your caring role and the person you care for.

Once you have created your ECP you can then have as many copies as you need to give out or to carry yourself to give you peace of mind should something happen.

For more information or to express your interest in completing an ECP please call us on  
**01670 320025** or email  
**info@carersnorthumberland.org.uk**

### Emergency Care Plan

I care for somebody vulnerable. In the event of an emergency the information on this form will help to provide suitable support for the person I look after.

Date form updated:

Carer Details		The person I look after	
Full Name		Full Name	
Address		Address	
Postcode		Postcode	
Phone		Phone	
Email		Date of Birth	
		Relationship to carer	

**Illness / Disability**

How this affects them (i.e. confusion, mobility issues, continence, mood, support required)

Do they have capacity to make their own decisions? Yes  No

Medications they take (include dosage and where medicines are kept in the house. NB. It is vital that this section is kept up to date. Attach a copy of the latest prescription if possible.)

Care Manager / Social Worker / Health professional		GP	
Name		Name	
Contact		Practice	
Contact		Phone	

Emergency Contact 1		Emergency Contact 2	
Name		Name	
Address		Address	
Postcode		Postcode	
Phone		Phone	

**Key Holders**

Property Access Information (key codes / directions if hard to find)

Risks / Hazards (challenging behaviour, pets in the property, allergies)

Regular routines / appointments to be maintained where possible

Other important information (i.e. preferred name, has to wear a hearing aid / glasses, needs help to go to the toilet, only drinks tea, dietary requirements, needs things written down for recall, loves watching sport on TV etc)

Everyone  
Welcome

## Carer Walk - Fish & Chips

**Amble Pier and Harbour - Wednesday 22nd February 12pm**

**Leazes St, Amble, NE65 0AA**

This walk is approximately 1 mile. Walk is mostly flat and should be suitable for wheelchairs. We will be stopping for fish and chips at The Quayside Chippy (you will be responsible for paying for your own meal). Meeting at the car park outside The Quayside Chippy at 12pm. (Please note, car park is pay and display, please contact Info Team for directions to car park if required)

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

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

## Carer Catch Up Meal - Ponteland

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.

**Tuesday 14th March - 4:30pm**

**Rialto Ristorante Italiano**

1 Main Street, Ponteland  
NE20 9NH

**Booking is essential.**

**Booking closes Tuesday 7th March 2023.**

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

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

## 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.

**11:00am Monday 20th February**  
**Online - Via Zoom**

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



## Planning For The Future Workshop

It's normal to have concerns about the future, putting plans in place can help you feel more relaxed. This workshop will look at Emergency Care Planning, Lasting Power of Attorney and more.

**11:00am - Thursday 23rd March - Morpeth**  
**Newcastle Building Society**

14A Market Place, Morpeth, NE61 1HG

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



## RESPITE SURVEY



Can you help us by completing our survey? It will only take a minute!

We would love to hear your experiences with respite in Northumberland – by respite we mean the person you look after goes into residential care for a short time to give you a break.



You can access the survey via the link below or by scanning the QR code with your phone. To answer the survey over the phone or if you have any questions about respite you can contact our Info Team on 01670 320025.

<https://forms.office.com/e/JvTAXvdcY8>

# Carer Groups

Are you new to caring, new to the area or would like to meet other people in a similar situation?

Join us at one of our carer groups across Northumberland!

It's a great opportunity to meet new people, have a chat, share tips and advice, meet Carers Northumberland staff and have some time for yourself. Our carer groups are spread across the county and held in private spaces so carers can share their thoughts and feelings without being judged.

You can find details of all our upcoming carer groups on the diary pages of the newsletter or on our website:

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

**Carers  
Only**

Amble - Alnwick - Ashington - Berwick- Blyth  
Cramlington - Morpeth - Ponteland - Prudhoe

## Carer Walk

**Plessey Woods - Thursday 9th March 1pm**

**Shields Rd, Plessey, Bedlington NE22 6AN**


**Everyone  
Welcome**

Join us for a walk around the beautiful Plessey Woods. Meet at visitors centre/cafe. Parking £2 for 2 hours. Walk will be approximately 2 miles through the woods. 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.

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

## February

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Thursday 2nd February	Ponteland Carer Group, Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Friday 3rd February	Amble Carer Group, Amble Parish Hall, Dovecote Street, NE65 0DX	3-4pm	
Tuesday 7th February	Alnwick Carer Group, Mind and Sole, Alnwick, NE66 1QQ	10-11am	
Thursday 9th February	Prudhoe Carer Group, The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Tuesday 14th February	Blyth Carer Group, Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Friday 17th February	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Monday 20th February	Zoom Workshop - Less Stress	11am	
Tuesday 21st February	Ashington Carer Group, Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Wednesday 22nd February	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Wednesday 22nd February	Carer Walk - Amble Pier & Fish and Chips, Amble, NE65 0AA	12pm	
Thursday 23rd February	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm	
Tuesday 28th February	Online Carers Group held via Zoom *Please note Online Group is now held monthly*	2pm	

 = Carers Only

 = All Welcome



## March

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Thursday 2nd March	Ponteland Carer Group, Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Friday 3rd March	Amble Carer Group, Amble Parish Hall, Dovecote Street, NE65 0DX	3-4pm	
Tuesday 7th March	Alnwick Carer Group, Mind and Sole, Alnwick, NE66 1QQ	10-11am	
Tuesday 7th March*	Blyth Carer Group, Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Thursday 9th March	Prudhoe Carer Group, The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Thursday 9th March	Carer Walk - Plessey Woods, Bedlington, NE22 6AN	1pm	
Tuesday 14th March	Carer Catch Up Meal - Rialto Ristorante Italiano, 1 Main Street, Ponteland, NE20 9NH	4:30pm	
Friday 17th March	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Tuesday 21st March	Ashington Carer Group, Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Thursday 23rd March	Workshop - Planning for the Future - Newcastle Building Society, Morpeth, NE61 1HG	11am	
Tuesday 28th March	Monthly Online Carers Group held via Zoom	2pm	
Wednesday 29th March	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Thursday 30th March	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm	

**\*Please note: Change of date for March Blyth group. This change is just for the month of March and we apologise for any inconvenience caused.**

 = Carers Only

 = All Welcome

## Sim Cards For Carers

Carers Northumberland have been supported by Vodafone's Charities Connected programme to provide free SIM cards to registered carers. The SIM cards have 20GB data, unlimited calls and texts per month, for 6 months. The SIM cards can only be used in Vodafone or unlocked handsets.

Every registered carer can apply for one SIM card for their personal use. If you would benefit from a free SIM card to use for 6 months, please complete the application form <https://forms.office.com/r/ssHLLG303K> or call our Info Team on 01670 320025.

**Carers can only apply once - please do not reapply if you have already received a sim card**

## Could you get our newsletter by email?

Did you know that you can receive all your correspondence via email?  
Getting your newsletter this way has some perks!



- It's better for the environment
- Saves valuable charity funds that could be used to improve services
- You can book activities directly from the email

To change your preferences please contact our Info Team on 01670 320025 or [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)



## Wooler Carer Group

Grinders Cafe, 29 High St, Wooler

**Meetings run from  
10:15am - 11:30am  
on the 3rd Wednesday of  
every Month.**

Supported by:

