

Caring Matters

February/March 2024 - The newsletter of Carers Northumberland



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



In this issue you'll find

- Details on the Household Support Fund
- How the Info team can support you
- Dates for your diary with meals, workshops, walks and much more!

Welcome to our first newsletter of 2024! We hope you had a great Christmas and New Year and are looking forward to the year ahead.

This month we have updates on how our Info Team can support you and information about the Household Support Fund - a grant to help carers struggling with the essentials.

Whether you are looking to get organised in 2024 or just learn to take some time for yourself we have some great workshops coming up. Our Emergency Care Planning workshop will help you with practical future planning and our Carer Wellbeing workshop will feature a mindfulness and meditation session.

The nights are getting lighter and we've got lots of events and activities planned, including cinema club, catch up meals and walks. Make sure you book your place early to avoid disappointment!

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

Carers Northumberland are here to support you in your caring role, provide you with information and advice, help you access services, know your rights and help you take a break if you need one.

Information Line - 01670 320025

Our Information Line offers a single point of contact for any enquiry linked to your caring responsibilities. Our team can answer your questions, provide information on local services, financial matters, accessing social care and carer rights.

Benefit Checks & Grants

Our team can complete a benefit calculation to check that you are claiming all the benefits you are eligible for. This can be done over the phone and only takes around 20 minutes. We can also support you to access grants where appropriate.

Form Filling

Our team can support with filling in forms including Attendance Allowance, Carers Allowance, blue badges and council tax reduction forms. We are not currently able to support with PIP or DLA forms.

Emergency Care Planning

Our team can support you to make an Emergency Care Plan to document important information about the person you care for. Planning in advance for emergencies can give you peace of mind that the person you care for will be looked after and that all of their important information is in one easily accessible document.

Advance Planning

We are able to support carers and the people they look after to create Lasting Power of Attorneys (LPAs), Advance Decisions and Advance Statements. Our trained advisors will support you to understand all aspects of making and registering an LPA, help with all form filling, explain fees and the processes involved to make advance plans for the future.

Our service is available by telephone, email, video chat or in person in your area. Contact our Information Team to let us know how we can help.

INFORMATION & ADVICE SERVICE

CONTACT OUR INFORMATION & ADVICE TEAM

TELEPHONE: 01670 320025

EMAIL: INFO@CARERSNORTHUMBERLAND.ORG.UK

FACEBOOK: CARERS NORTHUMBERLAND

Household Support Fund

We are working with Northumberland County Council to provide support to carers who are struggling with the cost of living. The grant is funded by the UK Government via the DWP. The grant is for support with costs of energy (heating, lighting, and cooking), food, water and other essential living needs (white goods etc.) The grant can cover only essential needs and cannot fund items that have already been purchased.

In order to access the fund the carer must have a benefit check to show they are claiming all benefits they are entitled to, must not have over £4000 in savings and must be classed as a low income household.



**For more information please call 01670 320025
or email: info@carersnorthumberland.org.uk**



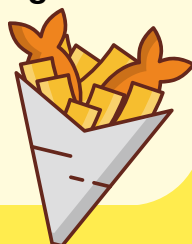
Blyth Walk with Fish & Chips

Wednesday 20th March - 12pm

Meet at Coastline, Links Road, Blyth, NE24 3PL. Free parking available. Walk is less than a mile, flat and suitable for wheelchairs. We will have a short walk followed by lunch at Coastline. Attendees will be responsible for paying for their own food/drinks.

Booking is essential

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



Ashington Coffee & Walk

Thursday 8th February - 2pm

Meet at Riverside Pantry, Wellhead Dene, Ashington, NE63 8TX, Free parking onsite. We will meet for a coffee and a cake then a short walk along the river, weather permitting. Cafe accessible, car park may be tricky for wheelchair users. Attendees will be responsible for paying for their own food/drinks.

Booking is essential

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



Emergency Care Planning Workshop

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 us to put together an emergency care plan

RESCHEDULED

**Friday 16th February at 11am
Journey Enterprises, Acomb**

Acomb Industrial Estate, Hexham, NE46 4SA

OR

**Monday 11th March at 2pm
via Zoom**

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

Wellbeing Workshop - Mindfulness & Meditation Hexham

Join us for a session where we will talk about ways you can improve your wellbeing as a carer. The workshop will include a mindfulness and meditation session.

Thursday 7th March from 2pm - 4pm

Hexham Community Centre

Gilesgate, Hexham, NE46 3NP

**Carers
Only**

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

CINEMA CLUB - VUE CRAMLINGTON

Our next cinema visit will be happening on
Thursday 21st March
Film and time to be confirmed.

Everyone
Welcome

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

You will be responsible for paying for your own ticket and snacks/drink

Catch Up Meals

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.

Cramlington - Sambuca Monday 12th February - 4pm

Everyone
Welcome

Sambuca, Glasshouse, Manor Walks, Cramlington, NE23 6UT
3 course lunch special available (£8.95)
Details of menu here: https://www.facebook.com/SambucaCramlington/?locale=en_GB

Berwick - Limoncello Tuesday 12th March - 4.30pm

Limoncello, Hide Hill, Berwick-upon-Tweed, TD15 1EQ
3 course lunch special available (£7.95)
Details of menu here:
<https://www.limoncellorestaurantberwick.com/>

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

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 next sessions will be held on:**

Thursday 29th February - 6pm

Thursday 21st March - 6pm

New carers will be sent details in their welcome pack but they can also book online here:

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

Ponteland Group - Guest Speaker

Carers
Only

Healthwatch will be in attendance at our next carer support group in Ponteland on Thursday 1st February at 10.30am where they will be talking about the work they do.

Healthwatch Northumberland is your local health and social care champion. If you use GP services, hospitals, dentists, pharmacies, care homes, mental health or other support services in your area, they want to hear about your experiences.

As an independent statutory body, they have the power to make sure NHS leaders and other decision makers listen to local feedback and improve standards of care. They can also help you to find reliable and trustworthy information and advice. Last year, Healthwatch helped nearly a million people to have their say and get the support they need.

If you would like to attend this session please follow the link below

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

or call 01670 320025



healthwatch
Northumberland

Newsletter Update

Carers Northumberland are a small charity and the costs of printing our newsletter have unfortunately become very high. In order to ensure our funds go towards supporting carers across Northumberland we will stop sending posted newsletters to carers who have not engaged with us for 3 years or more.

If you have not received the next newsletter by the 15th April and would like to resubscribe please contact us on 01670 320025 or info@carersnorthumberland.org.uk



Alternatively, if you could receive your newsletter via email please let us know!

Getting your newsletter via email is better for the environment and saves valuable charity funds



Carer Group Updates

Cramlington Group

The Cramlington group is now at the new time of 2pm! We will still be meeting at the Community Hub, Cramlington on the last Thursday of the month but the group will now run from 2pm - 3pm.

Amble Group

Our Amble group has a new time and location! We will be meeting at 2pm on the first Friday of each month at Fourways 2, 6 Dilston Terrace, Amble, NE65 0DT.



Morpeth Group

Our Morpeth venue is not available in March so we will be meeting at The Electrical Wizard - JD Wetherspoons, 11 New Market, Morpeth, NE61 1PS at 2pm on Friday 15th March. All other Morpeth groups will be in the usual venue.

**Carers
Only**

Caring Matters - February/March 2024

February



 = Carers only
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Thursday 1st February	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Friday 2nd February	*NEW TIME AND LOCATION* Amble Carer Group Fourways 2, 6 Dilston Terrace, Amble, NE65 0DT	2-3pm	
Tuesday 6th February	Alnwick Carer Group Mind and Sole, Alnwick, NE66 1QQ	10-11am	
Thursday 8th February	Prudhoe Carer Group The Manors, Adderlane Road, Prudhoe, NE42 5ET	10.30-11.30am	
Thursday 8th February	Ashington Coffee & Walk Riverside Pantry, Wellhead Dene, Ashington, NE63 8TX	2pm	
Monday 12th February	Catch Up Meal - Sambuca Cramlington Glasshouse, Manor Walks, Cramlington, NE23 6UT	4pm	
Tuesday 13th February	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Friday 16th February	*RESCHEDULED* Emergency Care Planning Workshop Journey Enterpises, Network House, Acomb, Hexham, NE46 4SA	11am-12pm	
Friday 16th February	Morpeth Carer Group Vision Northumberland, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Tuesday 20th February	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Friday 23rd February	Hexham/Acomb Carer Group Journey Enterpises, Network House, Acomb, Hexham, NE46 4SA	11am-12pm	
Wednesday 28th February	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Thursday 29th February	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	*NEW TIME* 2-3pm	
Thursday 29th February	Carer Welcome Meeting via Zoom	6pm	

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 - February/March 2024

March

 = Carers only
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Friday 1st March	*NEW TIME AND LOCATION* Amble Carer Group Fourways2 6, Dilston Terrace, Amble NE65 0DT	2-3pm	
Tuesday 5th March	Alnwick Carer Group Mind and Sole, Alnwick, NE66 1QQ	10-11am	
Thursday 7th March	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Thursday 7th March	Wellbeing Workshop - Mindfulness & Meditation Hexham Community Centre, Gilesgate, Hexham, NE46 3NP	2-4pm	
Monday 11th March	Emergency Care Planning Workshop via Zoom	2pm	
Tuesday 12th March	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Tuesday 12th March	Catch Up Meal - Berwick Limoncello, Hide Hill, Berwick-upon-Tweed, TD15 1EQ	4.30pm	
Thursday 14th March	Prudhoe Carer Group The Manors, Adderlane Road, Prudhoe, NE42 5ET	10.30-11.30am	
Friday 15th March	*DIFFERENT LOCATION* Morpeth Carer Group The Electrical Wizard, 11 New Market, Morpeth, NE61 1PS	2-3pm	
Tuesday 19th March	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Wednesday 20th March	Blyth Walk with Fish & Chips Coastline, Links Road, Blyth, NE24 3PL	12pm	
Thursday 21st March	Cinema Club Cramlington Vue Cinema, Manor Walks, Cramlington, NE23 6UT	Time to be confirmed	
Thursday 21st March	Carer Welcome Meeting via Zoom	6pm	
Wednesday 27th March	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Thursday 28th March	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	*NEW TIME* 2-3pm	
Friday 29th March (Good Friday)	Hexham/Acomb Carer Group *CANCELLED DUE TO BANK HOLIDAY*	CANCELLED	

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

CARERS INTO WORK PROJECT

Lisa our Carers into Work Advisor, can provide a variety of support, including building confidence, volunteering, CVs, information around Carers Rights or interview preparation and job search. Our Carers in Work Advisors are all approachable, friendly and helpful. These are some of the comments our carers have recently given us:



Thank you for listening and understanding

Lisa, you are an absolute gem, thank you so much!

We will support you at your own pace and in a way that works for you. If you aren't sure about your next steps or what we can offer why not call 01670 320025 and ask for an informal chat.

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.

Thanks to a generous donation from Vodafone, carers who have accessed the scheme in the past are now eligible to apply again.

Wooler Carer Group

Grinders Cafe, 29 High Street, Wooler

**Meetings run from
10.15 - 11.30am
on the 3rd Thursday of every month**

Supported by:

