

Caring Matters

February/March 2022 - The newsletter of Carers Northumberland



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



In this issue you'll find

- Advice on how to develop your employability skills
- The offer of a free SIM card
- Information about our LPA service
- Dates for your diary and much more!

Welcome to our first newsletter of 2022, we hope you all had a lovely Christmas and New Year.

We are very excited about the year ahead!

As you read through our newsletter you will notice we have made plans for some carer catch ups around Northumberland, last year we saw a huge increase in the number of unpaid carers registering with us and we cannot wait to meet you all. These drop ins are an opportunity for carers to catch up with our Information Team and meet other local carers. Locations change each month, so keep a look out for us in your area.



We are happy to announce the winner of our festive creations competition was Wendy, we loved your Christmas inspired aqua bead characters.

MAKING 2022 ABOUT YOU

BE ACTIVE

Regular exercise can improve our mood and self-confidence, increase our energy and help us sleep better. You don't have to start prepping for a marathon, exercise could be something as simple as a walk around the block or some simple chair exercises.

BE SOCIAL

By connecting with other people we can improve our mood, share experiences, and support each other. You could try:

- organising something nice with your friends or family
- visiting a friend you haven't seen in a while
- meeting new people by joining a club, such as one of our carer groups.

GET CREATIVE

Arts and crafts can help you feel less stressed and learning something new really keeps your mind healthy. Why not try:

- drawing, painting, photography or creative writing
- singing or playing an instrument
- dance or drama
- making something out of old materials

EAT HEALTHY

Healthy eating and drinking can improve our mood, increase our energy and help us sleep better. You could try:

- eating a balanced diet
- keeping hydrated
- reducing added sugar and caffeine in your food and drink.

For more advice visit:

www.nhs.uk/live-well/eat-well/healthy-food-swaps/

GET A GOOD NIGHTS SLEEP

Getting good sleep, and enough of it, can help us have more energy, feel more positive, and feel less stressed. You could try:

- going to bed at a time that allows you enough sleep
- cutting down on screen time before bed
- using a blue light filter or night mode on your screen in the evening to help you feel sleepy
- reading a book before bed, or listening to relaxing music.

Cooks Corner

Leek and Potato Soup

You will need:

4 potatoes

2 leeks

1 onion

1 garlic clove

Double cream, about ¼ pint; 100 - 150ml

Salt and Pepper

Knob of butter

To make:

Peel and cut the potatoes into small cubes.

Finely slice the onions, leeks and garlic.

Melt the butter in a pan over a low heat.

Sauté the onions, leeks, potatoes and garlic in the butter for about 10 minutes.

Add the cubed potatoes and cover with water, chicken or vegetable stock. Your choice!

Cook until tender, 20 minutes or so. Check by spearing a piece of the potato.

Season with salt and pepper.

Add the cream and warm through.

Serve chunky or liquidise to make a smooth soup.

Do you have a recipes for a something delicious you would like to share?

Email it to

info@carersnorthumberland.org.uk

We would like to thank David for this recipe.

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.

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Carers into Work

The New Year is usually a time where you start to think about possible changes you would like to make and goals you would like to achieve. You may also be thinking about possible employment, education or training opportunities but unsure how to start.



Our Carers into Work Advisor can support you with thinking about what your next steps may be.

We will start off by having a friendly conversation about your current situation and then come up with a tailored plan to help you to move forward.



We will cover areas such as:

- CVs/Cover Letters/Applications forms
- Interviews techniques
- Searching for jobs and volunteering opportunities
- Searching for courses
- Your transferable skills



If you would like some further support, get in touch with our Carers into Work Adviser on 07825 952605 or email

ReaRahman@carersnorthumberland.org.uk.

Got 10 mins?

Share your views about accessing GP practices

If you are a patient in Northumberland, have your say about accessing healthcare at GP practices.

We would like to better understand your views to help inform any future changes to accessing GP services in the county.

Scan the QR code on your device to access the online survey to have your say on:

- Which healthcare professional you prefer to see
- How quickly you would prefer to be seen
- If weekend and evening appointments are useful
- How far you are willing to travel If you prefer a telephone or video consultation



The survey takes around 10 minutes to complete and is open until 25 February. Share your views and you can be entered into a prize draw to win a £100, £50 or £25 High Street voucher.

The survey is also available at: northumberlandccg.nhs.uk/share-your-views-about-accessing-gp-practices

Paper copies are also available by contacting 01670 335 157 or norccg.comms@nhs.ne



LASTING POWER OF ATTORNEY

It's not easy to think about a time when you're no longer able to make your own decisions. Having a power of attorney can make life that little bit easier should it ever happen. It is a way of giving someone you trust the legal authority to make decisions for you, if either you can't make them yourself or don't want to.

Many people believe that if the time ever came when they could not manage their affairs or lack the capacity to make decisions about their care, a spouse or family member could do this for them. This is simply not the case, they cannot automatically take control of your finances or your care, they need your authority.

The best time to make a lasting power of attorney is when you have the mental capacity to make your own decisions.

There are two types of Lasting Power of Attorney:

- Property and Finances

This LPA allows your attorney to make decisions on things like:

- selling your home
- paying the mortgage
- paying bills

You decide when you want this type of LPA to start. It could be while you still have mental capacity, or if you lose capacity.

- Health and Welfare

This LPA allows your attorney to make decisions on things like:

- where you should live
- your medical care

Unlike LPAs for financial decisions, your attorney can only use this LPA if you no longer have mental capacity.

If you lose mental capacity and don't have a LPA in place, any decisions about your healthcare will be made by doctors or healthcare professionals.

Making a LPA is very straight forward and you do not necessarily need to have it completed by a solicitor.

You can complete or download the LPA forms online here:

<https://www.gov.uk/power-of-attorney>

Carers Northumberland are now able to support carers in making a Lasting Power of Attorney, guiding you through the process.

Due to high demand there may be a waiting list. Appointments will be carried out via telephone or video call. This service is FREE to all registered carers but there is a cost of registering an LPA which is up to £82 per form.

For more information or to express your interest in making a LPA please call us on

01670 320025

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Create, Build & Connect

Men in Sheds is a new community-based workshop, which is about promoting social inclusion by preventing (usually) older people residing in Cramlington and its surrounding areas from becoming socially excluded.

At the Man Shed you can meet others and undertake creative, recreational or physical activities. We learn and pass on skills, gain confidence and support each other socially and mentally in a friendly and relaxed atmosphere. You can improve your wellbeing, contribute to the community and make new friends.

The activities on offer include:

Woodworking - Wood Turning - Soldering - Photography - Amateur Radio - Computers & Gadgets

This service is open to both men and women who would like to join. If you are interested in learning or have skills in any of the above activities or you just wish to get involved, then come down to the Man Shed, have a cuppa and see if you would like to become a member of the Cramlington Man Shed.

Cramlington Man Shed, Unit 24, Endeavour Park, Baker Road, Nelson Park West, Cramlington, NE23 1XA



Or for more information visit: www.cramlingtonmanshed.org/ or call: 07536392241



A local volunteer help group made up of stroke survivors and carers.

They offer help, support, information and guidance to Stroke survivors, their families and carers throughout South-East Northumberland.

They offer twice monthly meetings that include guest speakers, gentle exercise, outings, social meals and a monthly early afternoon get together at different venues around our area.

But most of all friendship and a bit of fun.

For more information visit:

www.blythstrokesupportgroup.bee-online.com/
or call 07791 628144

Magic Memories Friendship Café

A social group for carers of, and people with memory problems, early onset dementia or memory related conditions such as Parkinson's Disease.

The café runs fortnightly on Mondays (dates below) from 1pm to 3pm in the Church Hall at Blyth Central Methodist Church, Beaconsfield Street.

February 7th & 21st
March 7th & 21st

There is a charge a small fee of £1 per person which includes tea, coffee and biscuits.

For more information please contact:
Joanne on 07762 403292

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COVID 19 Update

From 11th January, most people with a positive lateral flow test do not need to take a confirmatory polymerase chain reaction (PCR) test to confirm they have COVID-19.

There are some exceptions to this new guidance, please visit <https://www.gov.uk/government/news/people-with-a-positive-lateral-flow-test-no-longer-required-to-take-confirmatory-pcr-test>

From Monday 17 January, people with COVID-19 in England can end their self-isolation after 5 full days, as long as they test negative on day 5 and day 6.

- People self-isolating with COVID-19 now have the option to reduce their isolation period after 5 full days if they test negative on both day 5 and day 6 and do not have a temperature.
- Individuals who are still positive on their rapid lateral flow tests must stay in isolation until they have had 2 consecutive negative tests taken on separate days

You can collect lateral flow tests from a pharmacy, community centre, such as a library, a Covid 19 testing site or they can be ordered here: www.gov.uk/order-coronavirus-rapid-lateral-flow-tests or by calling 119.

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



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

Join our zoom on Thursday 10th February 2022

12 - 1pm

Visit: www.carersnorthumberland.org.uk/news-and-events or call 01670 320025



STAYING STRONG, EMOTIONAL RESILIENCE

We shall be exploring the idea of what the word resilience means and why it is so important mentally and physically for carers, irrespective of who you are looking after. This workshop will run on Thursday 10th March at 12pm on Zoom.

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

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

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Carers catch ups

Carers Northumberland would like to invite you to join us; drop in and treat yourself to a coffee, cake or maybe even lunch.

We will be meeting twice a month at different locations across Northumberland, this is an opportunity for you to catch up with our Information Team and other local carers. We look forward to seeing you all.

We will be meeting at the following locations in March:

Cafe Enna Friday 11th March at 11 - 1pm
Golf Club, Tyne Green, Hexham, NE46 3HQ

Amble Inn - Thursday 24th March 3 - 5pm
Sandpiper Way, Amble, Morpeth, NE65 0FF



Carer Groups

Last year we welcomed back our face to face carer groups, this was a very exciting time for us and we have really enjoyed catching up with the carers who have attended our groups.

We would love to see more carers attend!

Alnwick - A small welcoming group.

Ashington - **our newest group** - This group is very small and welcoming, there is plenty room for more visitors, we would love to see you there.

Bedlington - A quiet group, where there is always room for more.

Berwick - One of our bigger groups, and very well attended. If you would like to attend this group we would suggest pre booking.

Blyth - This group is a little busier, but the more the merrier. Why not pop along to our next group.

Cramlington - A friendly busy group, pre booking for this group is always advised.

Ponteland - One of our popular groups and very welcoming.

The details for all our groups are listed on our calendar, if you would like to attend any of our groups we do ask carers to reserve their space by calling our Information Line or visiting our website.

February

DATE	GROUP / ACTIVITY	TIME	HAVE YOU BOOKED
Every Tuesday	Online Carers Group held via Zoom	2pm	
Tuesday 1st February	Alnwick Carer Group Community Room off Greenwell Road, Alnwick NE66 1SF	2—3pm	
Thursday 3rd February	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10:30—11:30 am	
Tuesday 8th February	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10:30—11:30 am	
Thursday 10th February	Zoom Workshop Making Guilt Manageable	12—1pm	
Tuesday 15th February	Ashington Carer Group Masonic Hall, John Street, Ashington NE63 OSE	11am—12 pm	
Wednesday 16th February	Bedlington Carer Group Salvation Army, Hartford Road, West, Bedlington, NE22 6HU	1:30—2:30 pm	
Thursday 17th February	Parent Carer Group held via Zoom	11am—12pm	
Wednesday 23rd February	Berwick Carer Group William Elder Building, 56-58 Castlegate, TD15 1JT	11am—12pm	
Thursday 24th February	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1—2pm	

To reserve your space please contact 01670 320025 or visit
www.carersnorthumberland.org.uk/news-and-events

March

DATE	GROUP / ACTIVITY	TIME	HAVE YOU BOOKED
Every Tuesday	Online Carers Group held via Zoom	2pm	
Tuesday 1st March	Alnwick Carer Group Community Room off Greenwell Road, Alnwick NE66 1SF	2—3pm	
Thursday 3rd March	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10:30—11:30 am	
Tuesday 8th March	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10:30—11:30 am	
Thursday 10th March	Zoom Workshop Staying Strong, Emotional Resilience	12—1pm	
Friday 11th March	Carer Catch Up Cafe Enna, Tyne Green, Hexham NE46 3HQ	11am—1pm	
Tuesday 15th March	Ashington Carer Group Masonic Hall, John Street, Ashington NE63 OSE	11am—12 pm	
Wednesday 16th March	Bedlington Carer Group Salvation Army, Hartford Road, West, Bedlington, NE22 6HU	1:30—2:30 pm	
Thursday 17th March	Parent Carer Group held via Zoom	11am—12pm	
Thursday 24th March	Carer Catch Up Amble Inn, Sandpiper Way, Amble, Morpeth, NE65 OFF	3—5pm	
Wednesday 30th March	Berwick Carer Group William Elder Building, 56-58 Castlegate, TD15 1JT	11am—12pm	
Thursday 31st March	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1—2pm	

**To reserve your space please contact 01670 320025 or visit
www.carersnorthumberland.org.uk/news-and-events**



Northumberland CVA Assisted Shopping Scheme

NORTHUMBERLAND CVA



Are you an older person living in the Ashington, Newbiggin or Bedlington areas?

Would you like to:

- Get out and about but find it difficult to use public transport?
- Maintain your independence and feel less isolated?

For a small charge*, our Assisted Shopping Scheme's weekly trips can:

- Help you to access shops and services
- Offer one to one support to help you while you're shopping

*The amount you pay goes towards covering the cost of accessible transport

Get involved:

To have a chat and find out more:

Call Rob Gillie on

01670 858 688

or email

rob.gillie@northumberlandcva.org.uk

Northumberland CVA, 107 & 109 Station Road, Ashington, Northumberland, NE63 8RS

Charity number: 1119404 * Registered Company number: 5980151 * Registered in England

Funded by:



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