

# Caring Matters

June/July 2024 - The newsletter of Carers Northumberland



Welcome to the June/July edition of Caring Matters...



In this issue you'll find

- Dates for our walks and catch up meals
- Details of our annual trip to Beamish
- Our new Parent Carer Support Fund
- Information about the Working for Carers service

## Here comes the summer sun!

We have made it to the summer, it felt like it was never going to arrive, fingers crossed the nice weather sticks around for all our exciting plans.

We have another busy two months ahead and hope you can join us!

August sees the return of our annual trip to Beamish Open Air Museum, we had such a great time last year and we cannot wait to do it all again. We expect this to be very popular so please do not hesitate to reserve your space.

You may notice we have some guest speakers visiting some of our carer support groups, all carers are welcome whether it is your local group or not.



# OpCOURAGE

## The Veterans Mental Health and Wellbeing Service

Mental health problems are common and can affect anyone, including veterans, serving personnel, reservists and their families.

It's important to get help and support if you or someone you know has mental health problems

OpCOURAGE is an NHS service supported by trained professionals who are from, or have experience of working with, the Armed Forces community.

Call: 0300 373 3332 Monday – Friday 9am – 5pm

Email: [OpCourageNORTH@cntw.nhs.uk](mailto:OpCourageNORTH@cntw.nhs.uk)

Website: <https://www.cntw.nhs.uk/services/veterans-services-hartside-st-nicholas-hospital/>

## Parent Carer Support Fund

A Network Partner of  
**CARERS TRUST**

The Parent Carer Support Fund is available to help you take a break from your caring role.

The fund is available to carers registered with Carers Northumberland who care for a child with additional needs whom they have parental responsibility for, it must be spent on yourself and can be used to fund the following:

- night away / short break
- spa day / spa treatments
- hobby or craft equipment
- gym membership
- theatre tickets

Applications for the fund can be requested by contacting Carers Northumberland.

We can only accept a limited number of applications per month, so please consider carefully whether you need to access the fund so we can help as many carers in need as possible.

Everyone  
Welcome

# Beamish Trip

Join us on our annual trip to Beamish open air museum, telling the story of life in North East England during the 1820s, 1900s, 1940s and 1950s.

**Friday 16th August**

Tickets £10 per adult, £5 per child

**Transport from:**

**Alnwick - Morpeth - Ashington - Blyth - Cramlington - Hexham - Prudhoe**

Carers, cared for, friends and family are all welcome.

You can tour Beamish yourself or if you would like to join a member of the Carers Northumberland team to explore the site, we have two groups you can join, we have our busier group, visiting as many attractions as they can on the day or our more laid back group for those visitors who would like to take their time or may have mobility issues. If you would like to join a group please let us know when booking.

Carers can reserve multiple tickets. Under 16's must be supervised at all times. Tickets are subject to availability. If price would be an issue, please contact us.

**BOOKING IS SUBJECT TO AVAILABILITY AND ESSENTIAL.**

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

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



## Scams Awareness



Our Scams Awareness talks and one-to-one support can help you:

- recognise a scam so you can protect yourself from fraudsters
- guide you through what to do if you think you've been targeted

Age UK provides confidential and practical support including free call blockers to reduce the number of nuisance calls.

Age UK will be attending the following carer groups and providing 30 minute scam awareness talks:



**Ponteland** - Thursday 6th June at 10.30am  
**Cramlington** - Thursday 27th June at 2pm  
**Hexham** - Friday 28th June at 11am

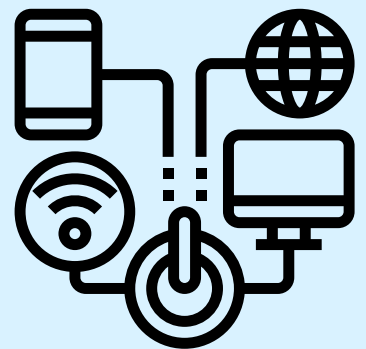
Please see your calendar page for more details

**01670 784 800**

[scams@ageuk-northumberland.org.uk](mailto:scams@ageuk-northumberland.org.uk)



## The Digital Switchover for Telecare Alarm Users



Landlines across the UK are currently being switched over to a new digital system which may affect telecare devices and personal alarms.

This process will be gradual and won't be complete until the end of 2025.

Your telephone service provider should contact you before the switch takes place.

But you may wish to contact the supplier of any telecare devices you use to check if the device will work with the new system or whether any equipment may need to be upgraded.

For more information please visit: [www.telecare24.co.uk/digital-switchover-for-careline-alarms/](http://www.telecare24.co.uk/digital-switchover-for-careline-alarms/)



# Lasting Power of Attorney Workshop

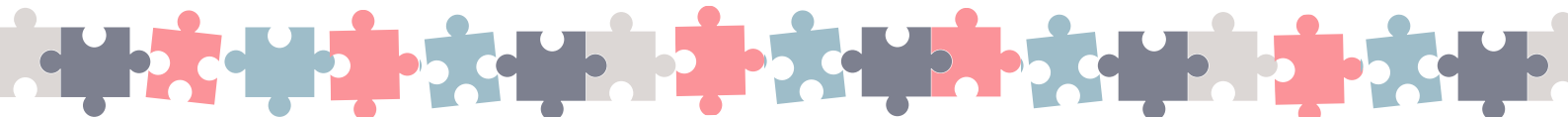


Making a lasting power of attorney (LPA) can seem like a daunting task. Join us for a workshop where we will talk you through the process of making an LPA, break down the roles and responsibilities of those involved and talk about what you need to consider when making an LPA for either yourself or someone else.



**William Elder Building**  
56-58 Castlegate, Berwick-upon-Tweed TD15 1JT  
**Tuesday 16th July 10.30 - 11.30am**

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



# Caring For Someone With Dementia Workshop



Join Carers Northumberland and Alzheimer's Society for information and advice around caring for someone with dementia. We will be looking at:

- What to expect in the future
- Maintaining hobbies/going on holiday
- Managing common behaviours and communicating effectively
- Attendance Allowance, power of attorney, blue badges and council tax discount
- Assistive technology

**Cramlington Hub**  
*Manor Walks Shopping Centre, Cramlington NE23 6YB*  
**Thursday 20th June from 2-3.30pm**

**Via Zoom**  
**Thursday 11th July at 2pm**

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



### Free SIM Cards For Carers

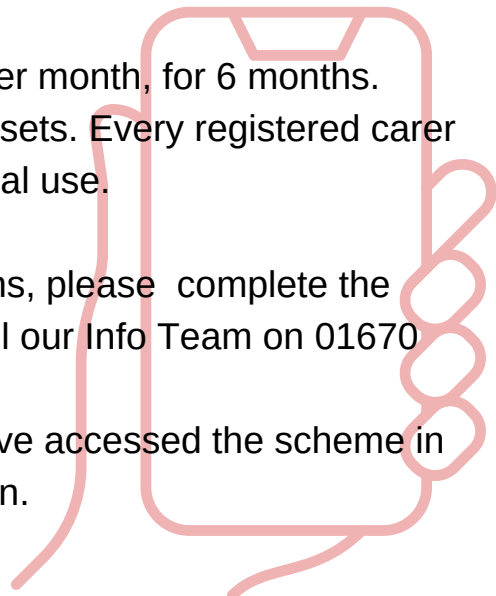


As you may know, Carers Northumberland has been supported by Vodafone's Charities Connected programme to provide free SIM cards to registered carers. **This scheme will be ending in January 2025.**

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.



Everyone  
Welcome

### Catch Up Meal

Wednesday 10th July at 4pm

Wetherspoons, Electrical Wizard ,1 New Market,  
Morpeth, NE61 1PS

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.

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



# Fish and Chips Walk

Everyone  
Welcome

**Wednesday 17th July at 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/news-and-events>**

## CINEMA CLUB

Join us at the Vue Cinema, Cramlington for an afternoon at the movies.

**Thursday 25th July in the afternoon**

Register your interest by 17th July

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

Tickets will be £6pp, you will be responsible for buying/bringing your own drinks/snacks

Everyone  
Welcome



## WORKING FOR CARERS Supporting carers in work



### DID YOU KNOW THAT 600 PEOPLE LEAVE WORK EVERY DAY TO CARE FOR SOMEONE?

If you are balancing caring with paid employment, you are not alone. Juggling work and caring for someone can be a real challenge. You might feel overwhelmed and stressed - and have extra needs.

We understand that carers face unique challenges accessing and maintaining paid employment while caring. We are pleased to introduce a new project called Working for Carers, which supports carers already employed to maintain and advance in their careers and supports those who wish to return to work.

We have partnered with Carers Northumberland to deliver this project. It is funded by the Government's UK Shared Prosperity Fund through the North of Tyne Combined Authority and is now administered by the North East Combined Authority.



Funded by  
UK Government

POWERED BY  
**LEVELLING  
UP**



Working for Carers supports carers aged 16 and above in Newcastle, North Tyneside, and Northumberland. The main aim is to help carers find employment and assist those already working to maintain their job and enable them to progress in their career. Our team of friendly advisors can provide a comprehensive employment journey to help carers search for work or support those already employed in improving their skills and confidence to progress. We also offer one-to-one support to carers in their workplace, removing barriers to seeking support.

The project also helps employers in the North of Tyne area by working together to identify opportunities to improve employment options for different carers.

To find out more about the Working for Carers project or to talk to someone about getting specialist support to help you maintain employment, find a job, access training or education, please get in touch with us 01670 320025 or [info@caresnorthumberland.org.uk](mailto:info@caresnorthumberland.org.uk)

# Infection Prevention Session for Carers

The Infection Prevention Control team from Northumbria Healthcare NHS Foundation Trust are excited to be offering Carers Northumberland a session highlighting the importance of good Infection Prevention and Control (IPC).

This is relevant for all those who provide care to others, and vital to protect themselves and the cared for against infections, following the pandemic this is something that we should not become complacent with.

The session will be delivered by a specialist IPC Professional will cover basic IPC measures such as hand hygiene, common infections, when to get help, and the benefits of keeping yourself and those you care for hydrated as well as preventing urinary tract infections.

The course aims to increase awareness of IPC and act as a learning resource for carers providing the opportunity to discuss any IPC issues they may encounter in their caring roles.

The session will run on the last half of the following Carer Support Groups:

- Tuesday 2nd July from 10.30 – Alnwick
- Thursday 4th July from 11am – Ponteland
- Tuesday 9th July from 11am – Blyth
- Wednesday 31st July from 11.30 – Berwick



## 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)



# 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 27th June at 6pm**  
**Thursday 25th July at 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>



## 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:





# Caring Matters -- June/July

## June

 = Carers only  
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 4th	Alnwick Carer Group - Mind and Sole, Wagon Way Rd, Alnwick NE66 1QQ	10am - 11am	
Thursday 6th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX Age UK Scam awareness training	10.30am - 11.30am	
Tuesday 11th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Thursday 13th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Tuesday 18th	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am - 12pm	
Thursday 20th	Dementia Workshops with Alzheimers Society Cramlington Hub, Forum Way, Cramlington, NE23 6YB	2pm-3.30pm	
Friday 21st	Morpeth Carer Group NCBA, Reiver House, Staithe Lane, Morpeth, NE61 1TD	2pm - 3pm	
Wednesday 26th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 27th	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB Age UK Scam awareness training	2pm-3pm	
Thursday 27th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 28th	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA Age UK Scam awareness training	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

# Caring Matters - June/July

## July

= Carers only  
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 2nd	Alnwick Carer Group & Infection Prevention Session Mind and Sole, Wagon Way Rd, Alnwick NE66 1QQ	10am - 11am	
Thursday 4th	Ponteland Carer Group & Infection Prevention Session Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Tuesday 9th	Blyth Carer Group & Infection Prevention Session Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Wednesday 10th	Catch-Up Meal Wetherspoons, Electrical Wizard, 11 New Market, Morpeth, NE61 1PS	4pm-6pm	
Thursday 11th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Tuesday 11th	WORKSHOP - Dementia Workshop with Alzheimers Online via Zoom	2pm - 3pm	
Tuesday 16th	Lasting Power of Attorney Workshop William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	10.30-11.30	
Tuesday 16th	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am - 12pm	
Wednesday 17th	Blyth walk with fish and chips Coastline , Links Road, Blyth , NE243PL	12pm -2pm	
Friday 19th	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2pm - 3pm	
Thursday 25th	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	2pm-3pm	
Thursday 25th	Cinema Club Vue Cinema, Manor Walks, Cramlington NE23 6UT	TBC	
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 & Infection Prevention Session William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	

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

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