

Caring Matters

June/July 2023 - The newsletter of Carers Northumberland



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



In this issue you'll find

- State Pension Info
- Details of our upcoming AGM
- Our big summer Beamish trip
- Boxing and Yoga events
- Workshops, meals, walks and much more!

British summer time is in full swing and we have been enjoying some glorious summer days of sunshine.

To make the most of the good weather we have selected some lovely locations across the county for our walks and we would love to see you there. We also have lots of amazing events planned, including non-contact boxing, yoga, meals out and our big summer trip - Beamish!

June is a really busy time here at Carers Northumberland, the team are so excited about all the events we have planned for Carers Week 2023, we can't wait to see you there!



Registered Charity Number: 1122972 Company Number: 6266972
Carers Northumberland, 107 & 109 Station Road, Ashington, NE63 8RS

State Pension

The State Pension is a regular payment made to you by the Government once you reach State Pension age. It's based on your previous National Insurance contributions.

What types of State Pensions are there?

The new State Pension came into effect in 2016, replacing the old State Pension which existed before it. Which pension applies to you will depend on whether you reached State Pension age before the new State Pension came into force (see the table below).

Gender	Date of birth	Pension
Female	Before 6 April 1953	Old State Pension
Female	After 5 April 1953	New State Pension
Male	Before 6 April 1951	Old State Pension
Male	After 5 April 1951	New State Pension

Why are there two State Pensions?

The New State Pension was introduced in 2016 to replace the old State Pension (sometimes referred to as 'the basic State Pension'). Those already qualified for the old State Pension continue to receive it, and only new claimants receive the new State Pension. Eventually, the old State Pension will be phased out completely.

When will I reach State Pension age?

State Pension age is currently 66 years old for both men and women. You can check when you'll receive your State Pension using the GOV.UK checker: <https://www.gov.uk/state-pension-age>

You won't get your State Pension automatically – you have to claim it.

You should get an invitation letter from the Pension Service around 4 months before you reach State Pension age. You'll have the choice to claim it then or to defer it and receive higher payments in the future instead.

If you have any questions about State Pension or any other benefits you can contact our Info Team for support. Call us on 01670 320025 or email info@carersnorthumberland.org.uk

Spring Events

We've had a great few months with information events, meals out, walks and our Wellbeing Workshop and Tai Chi session.

Join us for more fun in the summer!



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.

Catch Up Meal - Porky's Blyth

Take a break, enjoy a meal and meet other carers in a relaxed setting.

Everyone will be responsible for paying for their own meals.

Deal available - main, side and drink - £9

Tuesday 20th June at 5pm

Porky's

Front Street, Bebside

Blyth, NE24 4HW

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.facebook.com/porkysblyth/>

Everyone
Welcome

Catch Up Meal - Primo Piano Morpeth

Take a break, enjoy a meal and meet other carers in a relaxed setting.

Everyone will be responsible for paying for their own meals.

3 course lunch special available - £8.95

Tuesday 4th July at 4pm

Primo Piano

7 New Market

Morpeth NE61 1PS

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.facebook.com/PrimoPianoMorpeth/?
locale=en_GB](https://www.facebook.com/PrimoPianoMorpeth/?locale=en_GB)

Everyone
Welcome

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 22nd June 6-7pm
Thursday 20th July 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

NOTICE OF ANNUAL GENERAL MEETING

Carers Northumberland will be holding their AGM on Thursday 20 July 2023 at Cramlington Hub, Forum Way, Cramlington, NE23 6YB (next to Concordia).

Join us to look back at our achievements for the year 2022-23 and look forward to 2023-24.

Tea and coffee available from 2pm with the meeting to start promptly at 2.30 pm – 3.00 pm followed by a light afternoon tea and a chance to chat to the staff and members of the Trustee Board.

Booking is essential. Please book your place by Friday 7th July 2023 by telephone 01670 320025, email info@carersnorthumberland.org.uk or via our website www.carersnorthumberland.org.uk

Carer Workshops

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.

Tuesday 13th June - 2pm via Zoom

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

**Carers
Only**

Wellbeing Workshop - Learning to Journal Alnwick

Join us for a session where we will talk about ways you can improve your wellbeing as a carer. We will also be learning to journal for self care.

Tuesday 18th July - 2pm

Mind & Sole
Wagon Way Road
Alnwick, NE66 1QQ

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

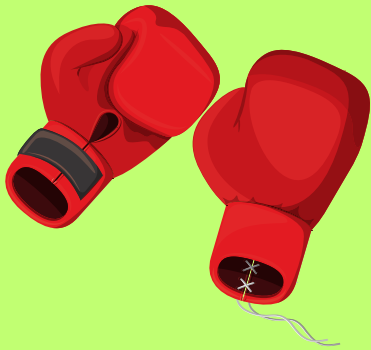
**Carers
Only**

Non-Contact Boxing Blyth



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 22nd June 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 Morpeth



We will be running a session of Restorative yoga, this is a style of yoga that encourages physical, mental and emotional relaxation. The session will be relaxed and accessible to all abilities.



Saturday 24th June at 11.30am

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>

Walks

Everyone
Welcome

Newbiggin Promenade

Monday 5th June - 3pm

Meeting at Newbiggin Maritime Centre, Church Point, Newbiggin-by-the-Sea, NE64 6DB. Walk is approximately 1 mile and is suitable for wheelchairs. Parking is free.

Whitley Bay, St Mary's Lighthouse

Thursday 15th June - 2pm

Meet at Ocean View Car Park, A193, Whitley Bay, NE26 4NF. Walk is approximately 2 miles. Due to uneven ground this walk may not be suitable for wheelchairs. Ocean View Car Park is free to park. Toilets available at St Mary's Lighthouse - depending on the tide times.

Craster - Dunstanburgh Castle

Tuesday 27th June - 2pm

Meet at Tourist Information, Craster Quarry Car Park, NE66 3TW. This walk is approximately 3 miles. Due to the uneven ground this walk is NOT suitable for wheelchairs and appropriate footwear is recommended. We will be stopping half way for a break so it may be good to bring a small picnic/snack. Craster Quarry Car Park is Pay and Display, toilets available at Tourist Information.

Ponteland Park

Thursday 6th July - 11.30am

Meeting at Main Entrance to Ponteland Park opposite Merton Hall, Merton Road, NE20 9PX. This walk is approximately 1.5 miles. Due to uneven ground this walk may not be suitable for wheelchairs.

Seaton Sluice - Blyth with Fish & Chips

Friday 7th July - 12pm

Meet at Seaton Sluice Car Park, Fountain Head, Links Road, NE26 4JY. The walk is approximately 3.5 miles and is wheelchair accessible. Stopping at Coastline Fish & Chips, Blyth for lunch. Parking at Seaton Sluice Car Park is free. All attendees will be responsible for paying for their own meals.

Hauxley Nature Reserve

Friday 28th July - 11am

Meeting in the main carpark. This is a 1km accessible circular walk, with access to 2 hides which give you a great opportunity to quietly observe a host of birds. A small parking charge applies for all visitors - visit www.nwt.org.uk/parking for more info. Toilet and café facilities are available. Unfortunately due to ground nesting birds, dogs are not permitted on this walk

BOOKING IS ESSENTIAL. To book your space call 01670 320025 or book online here:
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Everyone
Welcome

Beamish Trip

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

Friday 18th August

Tickets £10 per adult, £5 per child

Transport from:

Amble Ashington Blyth Cramlington

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

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June

= Carers Only

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DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Thursday 1st June	Ponteland Carer Group, Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Friday 2nd June	Amble Carer Group, Amble Parish Hall, 1 Dovecote Street, Amble, NE65 0DX	3-4pm	
Monday 5th June	Newbiggin Promenade Walk Newbiggin Maritime Centre, Church Point, Newbiggin-by-the-Sea, NE64 6DB	3pm	
Tuesday 6th June	Alnwick Carer Group, Mind and Sole, Alnwick, NE66 1QQ	10-11am	
Thursday 8th June	Prudhoe Carers Breakfast/Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10am	
Tuesday 13th June	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Tuesday 13th June	Planning for the Future Workshop via Zoom	2pm	
Thursday 15th June	St Mary's Lighthouse Walk Ocean View Car Park, A193, Whitley Bay, NE26 4NF	2pm	
Friday 16th June	Morpeth Carer Group NCBA Reiver House, Statithes Lane, Morpeth, NE61 1TD	2-3pm	
Tuesday 20th June	Ashington Carer Group, Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Tuesday 20th June	Catch Up Meal - Porky's, Front Street, Bebside, Blyth, NE24 4HW	5pm	
Thursday 22nd June	Boxing Well, Empire School of Boxing, 339 Cowpen Rd, Blyth NE24 5JW	11am-12pm	
Thursday 22nd June	Carer Welcome Meeting via Zoom	6pm	
Saturday 24th June	Restorative Yoga, Yoga Den, Wellwood House, Dark Ln, Morpeth NE61 1SU	11.30am-12.30pm	
Tuesday 27th June	Craster Walk, Craster Quarry Car Park, NE66 3TW	2pm	
Tuesday 27th June	Online Carer Group via Zoom	2pm	
Wednesday 28th June	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Thursday 29th June	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm	

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

Caring Matters - June/July 2023

July

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DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 4th July	Alnwick Carer Group, Mind and Sole, Alnwick, NE66 1QQ	10-11am	
Tuesday 4th July	Carer Catch Up Meal - Primo Piano, 7 New Market, Morpeth NE61 1PS	4pm	
Thursday 6th July	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Thursday 6th July	Ponteland Park Walk Main Entrance to Park opposite Merton Hall, Merton Road, NE20 9PX	11.30am	
Friday 7th July	Seaton Sluice Walk with Fish and Chips Seaton Sluice Car Park, Fountain Head, Links Road, NE26 4JY	12pm	
Friday 7th July	Amble Carer Group Amble Parish Hall, 1 Dovecote Street, Amble, NE65 0DX	3-4pm	
Tuesday 11th July	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Thursday 13th July	Prudhoe Carers Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Tuesday 18th July	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Tuesday 18th July	Wellbeing and Journalling Workshop Mind and Sole, Alnwick, NE66 1QQ	2pm	
Thursday 20th July	Carers Northumberland AGM Community Hub, Forum Way, Cramlington, NE23 6YB	2pm	
Thursday 20th July	Carer Welcome Meeting via Zoom	6pm	
Friday 21st July	Morpeth Carer Group NCBA, Reiver House, Statithes Lane, Morpeth, NE61 1TD	2-3pm	
Tuesday 25th July	Online Carer Group via Zoom	2pm	
Wednesday 26th July	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Thursday 27th July	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm	
Friday 28th July	Hauxley Nature Reserve Walk, Morpeth, NE65 0JR	11am	

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



Day Respite Care

Charlotte Straker House, Corbridge

We are the number one choice for those looking for additional daily care for individuals over 65 years. Our quality care home has a welcoming, friendly atmosphere with bespoke personal support, a stimulating activities programme and delicious home cooked meals.

Our package includes

- ✓ Respite care available between the hours of 10-4
- ✓ Bespoke personal care and support
- ✓ Activities programme and therapies
- ✓ Delicious meals and all refreshments

Call us now on
01434 633 999
for hourly costs
and availability

Contact Us 01434 633 999 | www.charlottestraker.org.uk | office@charlottestraker.org.uk