

Caring Matters

April / May 2024 - The newsletter of Carers Northumberland



Welcome to our April / May edition
of Caring Matters Newsletter



In this issue you'll
find

- Carers Active April activities
- Dates for your diary
- Carer Catch Up meals
- Photography Competition
- Our plans for Carers Week and much more



Welcome to our latest newsletter. We have a bumper issue to share with you this month, from our plans for Active April to what we have coming up for Carers Week.

We have plenty of scenic walks planned in anticipation of the glorious Northumbrian sunshine we will (hopefully) be blessed with over April and May, and we really hope you can join us.

We have our wellbeing workshop lined up to help you de-stress and recharge your batteries, as well as Citizens Advice coming along to provide budgeting and financial advice to any carers who need it.

For Carers Week this year we have a packed calendar of events planned, so get booked in early to make sure you don't miss out!

We are also very lucky to have a competition sponsored by the Inn Collection Group, who are offering a £150 voucher for an overnight stay at one of their hotels (See page 12 for more information).



CARERS ACTIVE APRIL



Carers Active April is a campaign month supporting unpaid carers to be physically active, and raising awareness of the benefits of physical activity for carers and the barriers they may face.

The month will raise awareness about the importance of physical activity and provide lots of opportunities for carers to be active. You can take part by coming along to one of our carer walks or by completing simple exercises around your home and garden.



48% of carers are inactive, compared to 26% of all adults, and nearly 75% of carers don't feel able to access local sport and leisure facilities. But activity has huge benefits for their physical and mental health, with 73% of carers saying physical activity makes them feel good about themselves.

Carers play such an important role in society, helping to care for those that need it. Even when juggling these responsibilities, it's important for carers to take time to look after themselves too.

For Active April we have several walks planned throughout Northumberland and we would love for you to come along and join us in getting active as we step in to spring!

Full details are over the page

ACTIVE APRIL

Carer Walks



Northumberlandia

Blagdon Ln, Cramlington, NE23 8AU

Tuesday 9th April - 11am

Join us for a walk around the beautiful Northumberlandia. Meet at visitors centre/cafe. Parking is free. Walk will be approximately 1.5 miles. 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. Well behaved dogs on leads are welcome.. Cafe onsite for those who want to stay for coffee afterwards. Well behaved dogs on leads are welcome.

Hauxley Nature Reserve

Near Low Hauxley Village, Low Hauxley, NE65 0JR

Tuesday 16th April - 1pm

Meeting at the car park, join us for a walk around one of the best wildlife-watching spots in the North East, renowned for its bird life. Right next to the beach, it offers fantastic views across the length of Druridge Bay. The walk is a circular walk taking in all the hides in the nature reserve. There is also an accessible 0.6 mile route for those with poor mobility. There is no entry fee but a small parking charge applies to all visitors. Unfortunately, no dogs other than guide and assistance dogs are permitted at the Wildlife Discovery centre or on Hauxley nature reserve.

Berwick Town Walls

Berwick-upon-Tweed, Northumberland, TD15 1BN

Tuesday 23rd April - 2pm

Join us for a walk around the historic town walls of Berwick, we will be meeting at the Parade car park. The walk takes about 45 minutes and is a great way to discover Berwick's turbulent history. You can also take in stunning views over the town and look out towards the wide sandy beaches of the North Sea and the Tweed estuary with its colony of mute swans. The walk is not suitable for those with mobility issues due to several inclines along the route.

Wylam and Ovingham Circular Walk

Fox and Hounds Pub, Main Rd, Wylam, NE41 8DL

Tuesday 30th April - 10am

The Wylam and Ovingham Circular Walk is a lovely adventure in Northumberland. While out walking the trail, you will make your way along the banks of the River Tyne, passing through peaceful parks and crossing over the Ovingham Bridge, before making the return along the opposite bank of the river. Meeting at the Fox and Hounds Pub in Wylam. You should wear comfortable walking shoes and must have a reasonable level of fitness as this walk is 5.3 miles and being circular, would be unable to be cut short. Well behaved dogs on leads welcome.

Booking is essential

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

Carers
Only

Wellbeing & Drumming



Join us for a wellbeing session with a difference.

On **Wednesday 15th May at 10am** we will be hosting a wellbeing session followed by a therapeutic drumming session. The benefits of drumming include:

- Release of feel-good endorphins
- A boost to your immune system
- A more balanced body and mind
- Pain relief
- An increased sense of connectivity

The session will be held at the **Buffalo Community Centre, 55 Regent Street, Blyth NE24 1LL**

BOOKING IS ESSENTIAL

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

Everyone
Welcome

Budgeting Workshop



Would you like help with budgeting?

Do you feel you are struggling month to month to manage your money?

With the support of Citizens Advice, we will be hosting a budgeting workshop where you can pick up tips and advice on how to make your money go further.

All those who attend will also receive a **FREE** budgeting pack to help keep track of what you are spending.

This is a face-to-face session and will run from

10am-1pm on Thursday 2nd May at Newcastle Building Society, 10 Station Rd, Ashington NE63 9UJ

BOOKING IS ESSENTIAL

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

Reasonable Adjustment Flag

Reasonable adjustments are small changes that can help people with a disability or health condition to be treated equally.

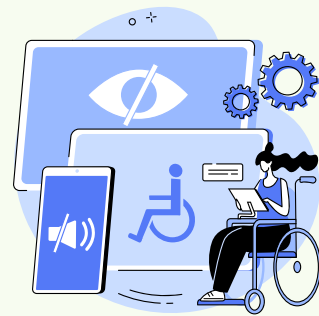
The law says that reasonable adjustments should be put in place. These are simple changes made by healthcare staff. It is your right to ask for reasonable adjustments.

Everyone is entitled to this flag on their NHS record which details what reasonable adjustments care staff they encounter can make to improve equity for the patient accessing healthcare. This can be anything, from knowing the patient uses a hearing aid, to having longer appointments, having a carer with you at an appointment, to completely custom reasonable adjustments.

To request this flag to be added to your / the person you care for's record you should contact your GP practice who will provide you with more information.

You can also read about reasonable adjustments online here:

<https://www.england.nhs.uk/learning-disabilities/improving-health/reasonable-adjustments/>



COULD YOU BE A TRUSTEE?

Carers Northumberland are looking for new Trustees to join our board. Would you like to help the unpaid carers of Northumberland, give something back to your community or share your experience and skills?

- Being a trustee is also a great way to gain new skills, meet new people and help to shape the future work of our charity.
- We work with all carers in Northumberland, including parent carers and young carers.
- Applications are welcome from anyone aged 18 or over who can help us grow and develop services for carers of all ages.
- Carers Northumberland values diversity and inclusion and welcome applications from candidates with diverse backgrounds. We also particularly like to hear from anyone who has experience in marketing, charity law, or financial management.

DO YOU CARE -
TO MAKE
A DIFFERENCE?



CALL US ON
01670 320025
TO LEARN MORE
OR VISIT OUR WEBSITE

WWW.CARERSNORTHUMBERLAND.ORG.UK

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 online via Zoom on the following dates:

Thursday 25th April 6pm-7pm

Thursday 30th May 6pm-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>

Rare
Dementia
Support

Advice Community Learning

Rare Dementia Support Online Session and Q&A

Carers
Only

Rare Dementia Support offers specialist social, emotional and practical support services for individuals living with, or affected by, a rare dementia diagnosis (Frontotemporal Dementia, Lewy Body Dementia, Young onset Alzheimer's, Familial Alzheimer's, Primary Progressive Aphasia, Posterior Cortical Atrophy).

Join us for an online talk followed by a Q&A session where you will have the opportunity to ask any questions you may have.

The session will be held **online on Thursday 9th May at 2pm**

Booking is essential

To book call 01670 320025 or book online here:

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

LASTING POWER OF ATTORNEY WORKSHOP

Carers
Only

Making a lasting power of attorney (LPA) can seem like a daunting task.

Join us for our online 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.



Online via Zoom
Wednesday 17th April at 3pm

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



Health Wealth Session

Carers
Only

Would you like to know about health services in Northumberland and find out more about how to look after your own health?

We have invited a health trainer to attend our Berwick support group on Wednesday 24th April and they will be offering advice and mini health MOTs to those who would like one.

Berwick Carer Support Group, The William Elder Building
56-58 Castlegate, Berwick-upon-Tweed TD15 1JT
Wednesday 24th April
11am-12pm



BOOKING IS ESSENTIAL

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

Carer Catch Up - Corbridge

Join us for lunch or a slice of cake at the Errington Coffee House in Corbridge. Come along and meet other carers in a relaxed setting. Everyone will be responsible for paying for their own food/drink



Errington Coffee House

Corbridge NE45 5QB

Monday 8th April 12:30pm

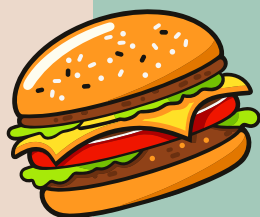
Booking is essential

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

Everyone
Welcome

Carer Catch Up - 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.



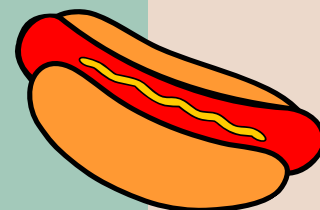
Porky's

Front St, Bebside, Blyth NE24 4HW

Tuesday 14th May 4:30pm

Booking is essential

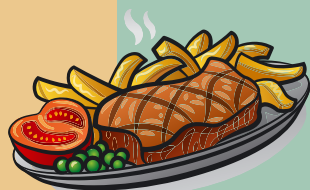
To book your space call 01670 320025 or book online here:
<https://carersnorthumberland.org.uk/news-and-events>



Everyone
Welcome

Carer Catch Up - Alnwick

Take a break, enjoy a meal and meet other carers in a relaxed setting. Everyone will be responsible for paying for their own food/drink



The Hog's Head Inn

Hawfinch Drive, Alnwick, NE66 2BF

Wednesday 29th May 4:30pm

Booking is essential

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



Everyone
Welcome



10-16 June 2024

Millions of people across the UK care, unpaid, for a friend or family member who due to illness, disability, a mental health condition or addiction cannot cope without their support.

It is estimated that they save the economy £162 billion a year – the equivalent of a second NHS. Yet, many carers feel their role is forgotten and invisible.

Carers Week, taking place from 10–16 June 2024, is a UK-wide awareness campaign seeking to increase visibility for carers with decision makers, services, employers, communities, and businesses

In recognition of Carers Week 2024, we have a full week of events planned and we hope to see you all there. Read on to find out all the details of what we have planned for Carers Week 2024!



BELSAY HALL, CASTLE AND GARDENS

For Carers Week this year we have lots of exciting trips and events planned. The first is a trip to Belsay Hall, Castle and Garden.

Explore the medieval splendour of Belsay Castle, admire the Greek Revival architecture of Belsay Hall, and stroll through the enchanting gardens.

Monday 10th June - 10.30am - 3pm

**Everyone
Welcome**

Tickets are £10 per person.

(Return transport and entry into the venue are both included in the ticket price)

Transport available from: Blyth, Cramlington and Ashington

Booking is essential as spaces are limited

<https://carersnorthumberland.org.uk/news-and-events> or by calling 01670 320025

Carers Week™

10-16 June 2024

WALKS / DAY TRIPS

Everyone
Welcome

Monday 10th June 10am

Union Chain Bridge & Riverside Walk

*Berwick-upon-Tweed, Northumberland, TD15
1XQ*

*Parking is available on the approach to the bridge
from the English side and we will meet at the car
park.*

The Union Chain Bridge spans the River Tweed between Horncliffe, Northumberland, England and Fishwick, Borders, Scotland.

Join us for a 3 mile walk along the riverbank to the bridge. At more than 200-years-old, it is the oldest suspension bridge anywhere in the world that is still carrying traffic.

Wednesday 12th June 11am

Eshott Airfield Tour

Eshott Airfield, Morpeth NE65 9QJ

**Transport will be provided from
Cramlington, Ponteland and
Morpeth at a cost of £10 per person.**

Join us for a tour of this former RAF World War II airfield and learn about the history of the airfield as well as getting up close and personal with the aircraft.

Following the tour, we will be stopping for lunch at the café/viewing area, where you will be able to watch the various aircraft take off and land all while enjoy a bite to eat and a cuppa.

Friday 14th June 10am

Hay Heavy Horse Farm

*Hay Farm Steading, Ford & Etal Estate,
TD12 4TR*

**Transport will be provided from Alnwick
and Berwick at a cost of £10 per person
and includes entry to the farm.**

Hay Farm centre is a working farm with a full breeding programme for all the species of animals, including the now rare breed Clydesdale. Visitors can view the large collection of horse-drawn machinery, learn of their history and peruse other artefacts and memorabilia from the era of the heavy horses.

Friday 14th June 10am

St Mary's Lighthouse

Whitley Bay NE26 4RS

Meeting at Briar Dene Car Park NE26 4NG

Join us for a 2 mile walk to St Mary's Lighthouse where we will be enjoying the view to the lighthouse as well as enjoying the surrounding Nature Reserve which contains an area of rockpools, clifftop grassland, a beach and newly created wetland habitats.

Carers Week™

10-16 June 2024

Afternoon Teas



We would love you to join us at one of our afternoon teas to celebrate Carers Week. Tickets are £5. Booking closes 31st May, or when all tickets are sold. Please inform us of dietary requirements when booking. We will also be hosting a short quiz at each of these afternoon teas with a prize for the winner!

Tickets can be booked here: <https://carersnorthumberland.org.uk/news-and-events> or by calling 01670 320025.



Alnwick Castle Golf Club

Tuesday 11th June, 2pm

Rugley Road, Alnwick NE66 2AG



Hexham, Hextol Tans

Wednesday 12th June, 2:30pm

11 St Mary's Chare, Hexham NE46 1NQ



Blyth, Briardale House

Thursday 13th June, 1.30pm

Briardale Road, Blyth NE24 5AN

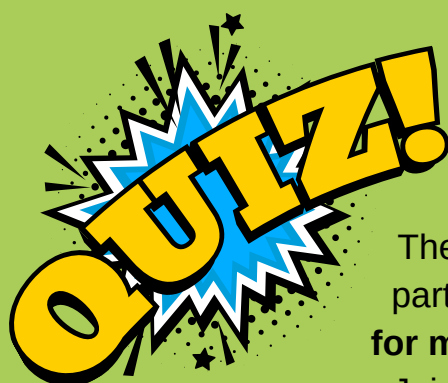


Tuesday 11th June - 8:30pm

Charity Quiz Night

Hosted by The Old Ash Dene, Ashington

Wansbeck Business Park, Ashington NE63 8QW



The Old Ash Dene are raising money for Carers Northumberland as part of their regular Tuesday quiz night. **Contact The Old Ash Dene for more information.** This event is not run by Carers Northumberland. Join as a team or come along solo and put your quizzing skills to the test with a night of friendly competition and have a chance to win some great prizes in our raffle.

Carers Week™

10-16 June 2024

**QUIZ
time!**

Thursday 13th June - 6pm

Carers Week

Online Quiz

via Zoom



**Everyone
Welcome**

Join us online and put your knowledge to the test. With questions linked to this years Carers Week theme of 'Putting Carers on the Map'.

The quiz will be online held via Zoom with a prize for the winner/winning team!

Booking is essential.

<https://carersnorthumberland.org.uk/news-and-events> or by calling 01670 320025



PHOTOGRAPHY COMPETITION



Following on from this years Carers Week theme - Putting Carers on the Map, take a selfie somewhere in Northumberland for the chance to win a prize! You must be in the photo (no landscape only shots please), you must be somewhere in Northumberland, you must be happy for the photograph to be shared on our website, our newsletter and on social media.

Send your photos to info@carersnorthumberland.org.uk or private message us on Facebook @CarersNland. You should include your name, address, contact information and the location of the photograph.

The best photo will win a £150 Inn Collection voucher for an overnight stay.

A huge thank you to the Inn Collection group for sponsoring this competition!



THE INN COLLECTION
GROUP



Carers Week™

10-16 June 2024



meals



Join us at one of our meals to celebrate Carers Week, come along and enjoy some great food with great company. Everyone will be responsible for paying for their own food/drink.

Book here: <https://carersnorthumberland.org.uk/news-and-events> or by calling 01670 320025.



The Falcon, Prudhoe

Tuesday 11th June, 4pm

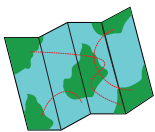
Eastwood Terrace, Prudhoe NE42 5DN



Sambuca, Cramlington

Friday 14th June, 4pm

*Glasshouse 4&5 South Mall, Manor Walks Shopping Centre,
Cramlington NE23 6UT*



ORIENTEERING



Join us for a morning of orienteering and put your map reading skills to the test!
The goal is to reach all of the checkpoints marked on a special orienteering map. This is ideal for beginners.

Go at your own pace and enjoy and experience a whole new world of adventure.

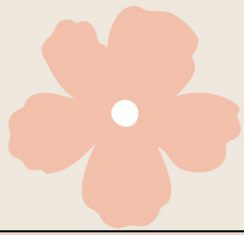
Everyone Welcome

Tuesday 11th June, 10am
Carlisle Park, Morpeth
Morpeth, NE61 1YD

Wednesday 12th June, 10am
Druridge Bay, Red Row
Red Row, Morpeth NE61 5BX

Thursday 13th June, 10am
Plessey Woods
*Shields Rd, Plessey, Bedlington
NE22 6AN*

Caring Matters - April / May 2024



April

= Carers Only
 = All Welcome


DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 2nd April	Alnwick Carer Group, Mind and Sole, Alnwick, NE66 1QQ	10-11am	
Thursday 4th April	Ponteland Carer Group, Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Monday 8th April	Carer Catch Up - Lunch - Errington Coffee House Corbridge NE45 5QB	12.30pm	
Tuesday 9th April	Blyth Carer Group, Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Tuesday 9th April	Active April Walk - Northumberlandia, Blagdon Ln, Cramlington, NE23 8AU	11am	
Thursday 11th April	Prudhoe Carer Group, The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Tuesday 16th April	Ashington Carer Group, Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Tuesday 16th April	Active April Walk - Hauxley Nature Reserve, Near Low Hauxley Village, Low Hauxley, NE65 0JR	1pm	
Wednesday 17th April	Lasting Power of Attorney Workshop - Online via Zoom	3pm	
Friday 19th April	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Tuesday 23rd April	Active April Walk - Berwick Town Walls, Berwick-upon-Tweed, Northumberland, TD15 1BN	2pm	
Wednesday 24th April	Berwick Carer Group - Guest Speaker - Health Trainer - William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Thursday 25th April	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	2pm-3pm	
Thursday 25th April	Carers Welcome Meeting - Online via Zoom	6pm	
Friday 26th April	Hexham Carer Group - Journey Enterprises, Network House, Acomb, Hexham, NE46 4SA	11am-12pm	
Tuesday 30th April	Active April Walk - Wylam and Ovingham Circular Walk, Fox and Hounds Pub, Main Rd, Wylam, NE41 8DL	10am	



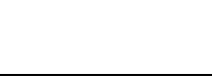

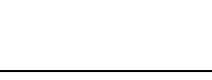


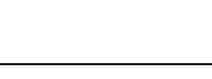
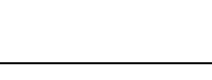
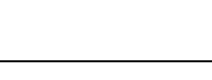


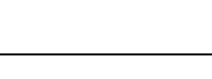
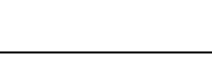

Important Notice: Amble Carer Group

Unfortunately, due to low attendance numbers we have had to cancel the Amble Carer Group. We will be replacing it with a regular Carer Catch Up starting in June. Keep an eye out in our next newsletter for more information. Apologies for any inconvenience caused.

Caring Matters - April / May 2024

May

 = Carers Only
 = All Welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Thursday 2nd May	Budgeting Workshop with Citizens Advice, Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	10am-1pm	
Thursday 2nd May	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Tuesday 7th May	Alnwick Carer Group, Mind and Sole, Alnwick, NE66 1QQ	10-11am	
Thursday 9th May	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Thursday 9th May	Rare Dementia Services Talk - Online via Zoom	2pm	
Tuesday 14th May	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Tuesday 14th May	Carer Catch Up Meal - Porky's, Front St, Bebside, Blyth NE24 4HW	4.30pm	
Wednesday 15th May	Wellbeing & Drumming Workshop - Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10am - 12pm	
Friday 17th May	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Tuesday 21st May	Ashington Carer Group - Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Wednesday 29th May	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Wednesday 29th May	Carer Catch Up Meal - The Hog's Head Inn, Alnwick Hawfinch Dr, Alnwick NE66 2BF	4.30pm	
Thursday 30th May	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	2pm-3pm	
Thursday 30th May	Carers Welcome Meeting - Online via Zoom	6pm	
Friday 31st May	Hexham/Acomb Carer Group - Journey Enterprises, Network House, Acomb, Hexham, NE46 4SA	11am-12pm	

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

Caring Matters - April / May 2024



10-16 June 2024

Everyone
Welcome

DATE	CARERS WEEK ACTIVITY	TIME	HAVE YOU BOOKED?
Monday 10th June	Belsay Hall, Castle and Gardens	10.30am	
Monday 10th June	Union Chain Bridge and Riverside Walk	10am	
Tuesday 11th June	Carlilse Park Orienteering	10am	
Tuesday 11th June	Alnwick Castle Golf Club Afternoon Tea	2pm	
Tuesday 11th June	Meal at The Falcon, Prudhoe	4pm	
Tuesday 11th June	Quiz Night at The Old Ash Dene	8.30pm	
Wednesday 12th June	Druridge Bay Orienteering	10am	
Wednesday 12th June	Eshott Airfield Tour	11am	
Wednesday 12th June	Hexham Afternoon Tea, Hextol Tans	2.30pm	
Thursday 13th June	Plessey Woods Orienteering	10am	
Thursday 13th June	Blyth, Briardale House Afternoon Tea	1.30pm	
Thursday 13th June	Online Quiz	6pm	
Friday 14th June	Hay Heavy Horse Farm Trip, Berwick Upon Tweed	10am	
Friday 14th June	St Mary's Lighthouse Walk	10am	
Friday 14th June	Sambuca, Carmlington Meal	4pm	

Booking is essential and closes 31st May 2024
To book call 01670 320025 or book online here:
<https://carersnorthumberland.org.uk/news-and-events>