

# Caring Matters

April / May 2022 - The newsletter of Carers Northumberland



Welcome to the April/May edition of Caring Matters...



In this issue you'll find

- A goodbye to Kate
- Carers Active April
- Dates for our carer walks and catch ups
- Advice on Fire Safety
- Dates for your diary and much more!

Welcome to our spring newsletter. With the days getting longer and the weather warming up, we have planned some exciting walks and events to help you get out and meet other carers. But with all the new beginnings we are also saying goodbye to Kate, who is retiring this year.

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The time has come to say goodbye! After almost 18 years of working with unpaid carers Kate Whitehead has decided that it is time to retire from Carers Northumberland. As she keeps telling us, this is not a decision that she has taken lightly and, in some respects, it is also not a decision that she is convinced is the right one! However, there is a time and a place for everything and how much better to retire when there is a lot of life out there still to enjoy, challenges to be faced and different experiences to be taken advantage of. Kate started out working with carers in 2004 when she had nominally retired from a previous life. Until that point, she will honestly say that she had never seriously considered who might be an unpaid carer and what sort of support they might need. When the opportunity arose to lead the development of a brand-new carer support project for north Northumberland it was a really exciting challenge.

\*continued on page 2

# Goodbye Kate!

2 years became almost 5 years and the project expanded to include not just telephone contact but the setting up of various face to face groups, pair contacts and other activities in different places in the north. The project was not just carer initiated but carer led so that everything that happened was determined by and for carers. There was also another carer support organisation that was operating in the south and east of the county and the 2 small projects were constantly competing for funding to keep themselves afloat.

There was still no carer support organisation in the west of the county which seemed unfair – the last thing carers needed was a postcode lottery. Led by Michele O'Brien who was, at the time, the Carers Lead for Northumberland County Council, the 2 carer projects were brought together, and agreement was reached that there should be one carers organisation which would cover the whole county so that inequalities of provision could be resolved. This resulted in the first of several successful Lottery funded bids and Carers Northumberland was born. The single organisation was able to expand not just the services on offer and where but also the numbers of staff needed to manage and deliver those services effectively. The launch event held in Alnwick Gardens in 2008 was quite a momentous occasion! Carers Northumberland has gone from strength to strength and continues to evolve and adapt to meet the needs of unpaid carers alongside the pressures created by external and environmental circumstances.

Kate has been proud to have been part of the carer's support journey from the outset. She has held various different roles within Carers Northumberland and been privileged to work alongside a host of interesting and committed individuals from whom she has learned an incredible amount. But it is the carers themselves that have taught Kate most and whom she will miss – people whose lives have been turned upside down by their caring role and who demonstrate amazing qualities of care, compassion and honesty alongside resilience and phenomenal strength of personality and determination. If Kate could tell you half of her stories you would probably still be listening at Christmas! Ask her which of her roles she has enjoyed the most over the years and she will tell you that they have all been exciting and challenging in their own ways and each has brought its own rewards. Of course, there have been difficult times and some shared sad moments but there has also been lots of laughter and mutual respect and affection. Retiring from Carers Northumberland is going to leave a big gap in Kate's life let alone her favourite hobby of talking with and listening to other people. If you see her out and about in Northumberland after April please stop and say hello – she is always willing to chat!

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Kate has been a constant throughout my time at Carers Northumberland from starting as an Administration Officer back in 2008 and it will be really strange working without her as part of the delivery team. Kate has been an inspiration to so many staff, volunteers and trustees and has always been the first to volunteer to help out in any way through our various restructures and times when the team has not been at full strength. Kate's knowledge of community resources, the local area and her empathy with carers has made her input over the years invaluable and something we can never even hope to replicate – nor would we want to. Kate is unique and she will be greatly missed by everyone associated with Carers Northumberland. We thank her for all her hard work and dedication over the past 14 years of Carers Northumberland and those years supporting carers with Carer Link prior, the staff, trustees and volunteers wish Kate a long and happy retirement. - **Debra Blakey, Chief Executive, Carers Northumberland.**



# Carers Active

**April**

### The first ever 'Carers Active April' is coming soon!

The month will support unpaid carers who want to get more physically active or find out how they might be able to in a way that is fun, affordable, accessible, and achievable.

Carers Active April will build on many local events towards a UK-wide Carers Active Healthathon on Saturday 30 April – a day of enjoyable, inclusive online sessions that carers and those they care for can also sign up to attend. Carers will also receive an exclusive free Carers Active April Starter Pack.

You can sign up to take part in Carers Active April here: <https://tinyurl.com/2p8rf6rf>

## Carer Walks

Get active and join us one of our carer walks! Everyone is welcome, please feel free to bring your cared for and family. Anyone attending under the age of 16 must be accompanied by an adult.

### 26th April - Queen Elizabeth II Country Park

Ashington NE63 9AT

Meet in car park, free parking. Walk approx 1.5 miles around the lake. May not be suitable for wheelchairs due to uneven ground. Cafe onsite for those who want to stay for a coffee afterwards.

### 6th May - Plessey Woods

Shields Rd, Plessey, Bedlington NE22 6AN

Meet at visitors centre/cafe, parking charges may apply. Walk approx 1.5 miles through the woods. Not suitable for wheelchairs due to uneven ground. Cafe onsite for those who want to stay for coffee afterwards.

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

## Northumberland Fire and Rescue Service

### Fire safety begins at home...

A fire in the home can be devastating, once a fire starts it can spread rapidly putting you and your loved ones at risk.

There is a lot you can do to protect yourself and those you care for to reduce the chances of an accidental fire.

Here are our top tips:

1. Don't leave pans unattended in the kitchen
2. Don't run appliances such as your tumble dryer or washing machine, or charge mobile phones overnight
3. Smoker? Never smoke in bed and ensure cigarettes are extinguished safely
4. Keep clutter in every room to a minimum
5. Test your smoke alarms every month

For more fire safety advice, visit our website:

[www.northumberlandfireandrescue.gov.uk/homesafety](http://www.northumberlandfireandrescue.gov.uk/homesafety)



Cut me out and stick me somewhere visible

### YOUR HANDY NIGHT-TIME CHECKLIST

- Close all internal doors at night as this will stop a fire from spreading as quickly.
- Make sure exits are clear from obstacles and keys for windows and doors are kept where everyone can find them.
- Turn off and unplug appliances unless they are designed to be left on.
- Check your cooker is turned off.
- Do not leave washing machines, dishwashers, or tumble dryers on.
- Turn off heaters.
- Make sure cigarettes and candles are extinguished properly.

Northumberland Fire and Rescue Service

## Got 5 minutes?

### Become a member of Northumbria Healthcare and share your views.

## Become the heartbeat of your local NHS

If you're passionate about the NHS, then joining Northumbria Healthcare as a member will give you the opportunity to share your thoughts and ideas about the way the trust deliver care to over half a million people across Northumberland and North Tyneside. Northumbria Healthcare are a very forward thinking organisation, twice rated outstanding by the CQC and at the forefront of pioneering changes in the NHS, so it's a great time to join us.

Membership is open to anybody aged 12 and over and you can be involved as much or as little as you like. As a member you will be informed about trust work, vote for and be able to stand as a governor as well as benefit from NHS discounts in shops and online at [www.healthservicediscounts.com](http://www.healthservicediscounts.com). It is free to become a member and you can opt out at any time. If you would like to join you can sign up online at <https://www.northumbria.nhs.uk/get-involved/join-our-our-foundation-trust/become-a-member/> or scan the QR code below.



**Northumbria Healthcare**  
NHS Foundation Trust



# - Carer Catch Ups -

Carers Northumberland would like to invite you to join us; drop in and treat yourself to a coffee, cake or even lunch. We will be meeting once a month, at different locations across Northumberland. This is an opportunity for you to catch up with local carers and our Information Team.

We will be meeting at the following locations:

## **Belford Catch Up - Wednesday 13th April 11am**

Well House Coffee Shop  
33 High Street, Belford, NE70 7NG

## **Rothbury Catch Up - Thursday 19th May 10am**

Bewick's Kitchen and Coffee House  
Church Street, Rothbury, NE65 7UP

## New Carer Groups

Do you care for someone? Join us at one of our new carer groups! Its a great opportunity to meet new people, have a chat, share tips and advice, meet Carers Northumberland staff and have some time for yourself.

### **Prudhoe Carer Group**

Second Thursday of each month at 10.30am at  
The Manors, Adderlane Road, Prudhoe, NE42 5ET

### **Morpeth Carer Group**

Third Friday of each month at 2pm at  
Reiver House, Staithes Lane, Morpeth, NE61 1TD  
\*starts May 2022

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



**Northumberland Parent Carer Forum** is the Department for Education's recognised parent carer forum in Northumberland. We work in partnership with the Local Authority, Health and Social Care services to improve outcomes for children and young people with Special Educational Needs (SEND) and their families.

**We listen to experiences** of families. Working in co production we ensure your views are heard at every stage of planning and decision making. We need to hear about your experiences to ensure we can bring the parent carer voice to the local authority, to ensure you are fully represented and are able to develop the quality, range and accessibility of SEND provision.

**Sign up on our website:** <https://npcf.co.uk/sign-up>

The steering group is made up of a voluntary group of Northumberland parents and carers of children and young people (0-25) who have special educational needs and/or disabilities. Please visit our website to find out how you can be a part of our community.

[www.npcf.co.uk](http://www.npcf.co.uk)

**Tel: 0191 284 0480**

**Email: [enquiries@npcf.co.uk](mailto:enquiries@npcf.co.uk)**

# Last Friday of every month, 1pm - 2pm Online Carer Support

Support group for those affected by MND - Carers, family members or anyone else affected. Hear from other carers, updates from the Association and a chance to switch off and have (virtual) cuppa.

Last Friday of every month, 1pm - 2pm

Join us via Zoom: <https://us02web.zoom.us/j/82935440167>

Contact David Whalley, Area Support Co-ordinator on 01604 800 613 or [david.whalley@mndassociation.org](mailto:david.whalley@mndassociation.org)

[www.mndassociation.org](http://www.mndassociation.org)

**MND Association** Francis Crick House, 6 Summerhouse Road, Northampton, NN3 6BJ | Registered charity no. 294354 | Created in RightMarket - 31/1/2022 - 10:19:30



# HOW TO SAY NO WORKSHOP

You have a legal right to say 'NO'  
Do you feel confident to do this?  
Find out how!



Join our Zoom session on  
Thursday 21st April at 1pm

We will talk about:

- Standing up for yourself as a carer
- Different ways of saying no
- When no is the right word to use

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

## Carer Resources Workshop

This fast paced workshop will give you an overview of benefits, grants, entitlements, social care, legal issues, aids and adaptations and more. Being a carer doesn't come with instructions, let us help you work it all out!

Join our Zoom session on Monday 9th May at 1pm



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

# RETURN TO WORK CARERS PROJECT



Are you looking for employment, education or volunteering opportunities?

Our Carers into Work Adviser at Carers Northumberland can offer you in depth support to find what is available within your local area and trying to meet your requirements. It is a voluntary project, and we aim to support you the best we can in your next steps.

- We will offer options on the support that can be provided and tailor the information to you
- Dedicated support, at a time that is convenient to you and working together at your pace
  - Application and CV support.
  - Interview advice and mock interviews.
- Understanding what transferable skills you have, and how to put it across in a new role
- Searching for relevant and approved courses at providers and through distant learning

If you would like dedicated support today, you can call us on call us on 01670 320025 or email [rearahman@carersnorthumberland.org.uk](mailto:rearahman@carersnorthumberland.org.uk)

**BERWICK**  HospiceCare  
NORTH NORTHUMBERLAND  
Caring for Life

**SWAN LEISURE CENTRE**  NEWCASTLE UNITED  
FOUNDATION  
Building a United Future



REGISTER TODAY!

Charity No. 1103635

**DEMENTIA WALKING FOOTBALL**

Sessions will be held weekly in partnership with the Newcastle United Foundation followed by cake and a cuppa.  
To reserve your place please call our nursing team at HospiceCare on T. 01289 309997 Info [www.hospicecare-nn.org.uk](http://www.hospicecare-nn.org.uk)

**ALNWICK**  HospiceCare  
NORTH NORTHUMBERLAND  
Caring for Life

**WILLOWBURN LEISURE CENTRE**  NEWCASTLE UNITED  
FOUNDATION  
Building a United Future



Every Wednesday

Charity No. 1103635

**DEMENTIA WALKING FOOTBALL**

Held every Wednesday 1pm-2pm followed by cake and a cuppa.  
Sessions are run in partnership with the Newcastle United Foundation  
To reserve your place please call our nursing team at HospiceCare on T. 01665 606515 Info [www.hospicecare-nn.org.uk](http://www.hospicecare-nn.org.uk)



Get ready for  
**Carers Week!**

6 - 12 June 2022

Carers Week is an annual awareness campaign to bring caring out into the open – recognising the contribution carers make to families and communities throughout the UK. Carers Northumberland have lots of exciting things planned, including Afternoon Teas, Carer Walks and events in partnership with local charities and groups.



Keep an eye out for more information  
coming soon!



### Cooking Workshop



Carers Northumberland have partnered with Full Circle Food to offer up to eight registered carers the opportunity to learn to cook and manage a food budget.

As food prices rise, more of us are feeling the pinch, but it's never been more important to look after your health and getting the right nutrition is the basis for a healthy body.

If you would like to join us on Thursday 5th May 1-3pm at Full Circle Food Hirst Park Ashington

Please reserve your space by calling 01670 320025 or book online here:

[www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events)

SPACES ARE LIMITED



**Join us for our Online Quiz!**

**Tuesday 26th April**

**4pm**

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

## - April -

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Every Tuesday	Online Carers Group held via Zoom	2pm	
Tuesday 5th April	Alnwick Carer Group Community Room off Greenwell Road, Alnwick, NE66 1SF	2-3pm	
Thursday 7th April	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30- 11.30am	
Tuesday 12th April	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30- 11.30am	
Wednesday 13th April	Belford Carer Catch Up Well House Coffee Shop 33 High St, Belford, NE70 7NG	11am	
Thursday 14th April	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30- 11.30am	
Tuesday 19th April	Ashington Carer Group *NEW LOCATION* Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Wednesday 20th April	Bedlington Carer Group Salvation Army, Hartford Rd West, Bedlington, NE22 6HU	1.30-2.30pm	
Thursday 21st April	Online Parent Carer Group held via Zoom	11am-12pm	
Thursday 21st April	Saying No Workshop held via Zoom	1-2pm	
Tuesday 26th April	Carer Walk Queen Elizabeth II Country Park Ashington, NE63 9AT	10am	
Tuesday 26th April	Online Quiz held via Zoom REPLACING USUAL CARER ZOOM GROUP	4pm	
Wednesday 27th April	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Thursday 28th April	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm	

To reserve your space please contact 01670 320025 or visit  
<https://carersnorthumberland.org.uk/news-and-events>

# Caring Matters - April / May

## - May -

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Every Tuesday	Online Carers Group held via Zoom	2pm	
Tuesday 3rd May	Alnwick Carer Group Alnwick Garden <b>*CHANGE TO VENUE BOOKING IS ESSENTIAL*</b>	2-3pm	
Thursday 5th May	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Thursday 5th May	Cookery Workshop Full Circle Food, Hirst Park, Ashington, NE63 9BA	1-3pm	
Friday 6th May	Carer Walk Plessey Woods Bedlington, NE22 6AN	2pm	
Monday 9th May	Carer Resources Workshop held via Zoom	1-2pm	
Tuesday 10th May	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Thursday 12th May	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Tuesday 17th May	Ashington Carer Group <b>*NEW LOCATION*</b> Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Wednesday 18th May	Bedlington Carer Group Salvation Army, Hartford Rd West, Bedlington, NE22 6HU	1.30-2.30pm	
Thursday 19th May	Rothbury Carer Catch Up Bewick's Kitchen, Church Street, Rothbury, NE65 7UP	10am	
Friday 20th May	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Wednesday 25th May	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Thursday 26th May	Cramlington Carer Group # Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm	

To reserve your space please contact 01670 320025 or visit  
<https://carersnorthumberland.org.uk/news-and-events>



Escape have kindly offered discounted rates for carers to use their caravan in Berwick

## 8 Berth caravan to let at Haven Holiday Park, Berwick

We have an 8-berth caravan to let at the Haven Caravan Holiday Park in Berwick. Our caravan is located in an ideal location giving good access to all the on-site facilities and the beach.

### DISCOUNTED PRICES FOR CARERS:-

#### WEEKEND PRICES FRIDAY—MONDAY (3 nights)

LOW SEASON—£105 (INCLUDES PASSES)

MID SEASON— £125 (INCLUDES PASSES)

HIGH SEASON—£210 (INCLUDES PASSES)



#### WEEK PRICES FRIDAY—MONDAY to FRIDAY (4 nights)

LOW SEASON—£125 (INCLUDES PASSES)

MID SEASON— £145 (INCLUDES PASSES)

HIGH SEASON—£230 (INCLUDES PASSES)



#### 7 NIGHT WEEK PRICES MONDAY TO MONDAY

LOW SEASON—£175(INCLUDES PASSES)

MID SEASON— £210 (INCLUDES PASSES)

HIGH SEASON—£350 (INCLUDES PASSES)



Please note that the entertainment passes are included in the above prices.

Please contact us on 01670 544055 or email [sarah.tannock@escapefamilysupport.org.uk](mailto:sarah.tannock@escapefamilysupport.org.uk) to check availability and to obtain a booking form. Please note that a £50 damage/cleaning deposit is required upon booking which will be returned after your stay. Our caravan does not permit smoking or any pets.

# Wooler Carer Group

Grinders Cafe, 29 High St, Wooler

10.15 - 11.30am

Wednesday 20th April

Wednesday 18th May

Everyone welcome



Supported by:

