

Caring Matters



June/July 2022 - The newsletter of Carers Northumberland



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



In this issue you'll find

- Say hello to Jo
- Carers week 2022
- Changes to Carers Allowance
- Carers into Work Program
- Dates for your diary and much more!

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

We have welcomed Jo, our new Information Worker to the team, with her skills and knowledge in counselling she will be an asset to the team and beneficial to so many of the carers who are registered with us. Find out more about Jo in this edition.

To make the most of the good weather we have selected some lovely locations for our next carer catch up and walks, we would love to see you there.

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 2022, and from the interest we have had from you all it seems the feeling is mutual!

HELLO

JOANNE



OUR NEW INFORMATION TEAM MEMBER

Hi, my name is Joanne (I also answer to Jo). I've just started a new role at Carers Northumberland as an Information and Advice Worker – Mental Health. As part of the Information and Advice team, I will be providing guidance and support to carers, however I'll also have a particular focus on mental health; I'll work with those carers who are supporting someone with a mental health condition or learning disability and can also support carers with their own mental health.

Prior to joining Carers Northumberland, I've worked as a registered counsellor since 2010, providing one to one counselling support in various settings including a mental health charity, employee assistance programmes and private practice. I've also worked in the charity sector as a mental health worker since 2006, facilitating support groups, delivering mental health courses and providing advice and guidance. One day I could be supporting a group with stress and anxiety and the next could involve providing information about relevant services and support from external agencies including legal matters, financial matters or health issues. I was attracted to this role at Carers Northumberland because I have supported carers with their mental health and become aware of the practical and emotional difficulties that caring responsibilities may bring. Carers have needed support and advice to help them to feel more confident to care for someone who has a mental health condition and to find ways to ensure that they also take care of their own mental health.

I'm passionate about providing people with emotional support and guidance to build resilience and find ways to enjoy life and I'm really looking forward to meeting carers and using my knowledge and skills to support carers wherever I can.



Make Caring Visible, Valued and Supported

6 - 12th June 2022

What is Carers Week

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.



The COVID-19 pandemic had a monumental impact on unpaid carers' lives – not only because of the increased amount of care that many provided, but because of the far-reaching effect that providing this level of care has had on unpaid carers. Many people also took on new caring responsibilities for their relatives and friends who are disabled, ill or older and who need support

How are we supporting Carers Week

We look forward to Carers Week every year, this year we are really excited as we are hosting our first face to face indoor Carers Week events since 2019!

You may have booked tickets to attend one of our afternoons teas we are holding across Northumberland, or will you joining us on one of our scenic walks, maybe you have arranged to attend one of the Carers events that Alnwick Gardens and Northumberland Fire and Rescue Services have kindly arranged.

We hope our events will spread the Carers Week message and help unpaid carers to be visible in their communities, make them feel valued and appreciated and help them access support when they need it.

How can you help

- Spread the carers week message
- If you care for someone, identify yourself as a carer or help identify others as carers
- Register with Carers Northumberland; caring without the right support can be hard, your local carers centre can help.





CHANGES TO CARERS ALLOWANCE - COULD YOU BE EFFECTED?

There are some important changes to be aware of if you claim Carers Allowance and earn an income.

The Government announced that benefit rates would increase from 11th April 2022. This included the new earnings limit for Carer's Allowance.

The earnings limit for Carers Allowance is now £132 per week, a rise of 3.1% (up from £128 last year) but due to the rise in national minimum wage (up 9%) this means you can work fewer hours than before to stay under the limit.

Previously you could work 14 hours at minimum wage and be under the limit, but now this drops to 13 hours.

If your wages have increased you must inform the DWP or risk an overpayment of Carers Allowance.

If you need advice about this please call us on **01670 320025**.

WORRIED ABOUT MONEY?

Caring can be hugely rewarding but it can also have an impact on all aspects of your life including your finances. It's important you make sure you claim any benefits and credits that you, and the person you care for, are entitled to.

Carers Northumberland can help you complete a benefit check over the phone (supplied by Turn2us), The check can take a little as 20 minutes and can let you know if you're eligible for any benefits or discounts.

If you would like to complete a benefit check or would like to know more about the benefits and discounts available to carers and those they care for, please contact our Info Team on **01670 320025** or email info@carersnorthumberland.org.uk



CARERS INTO WORK PROGRAMME



WHAT IS THE PROGRAMME ABOUT?

A tailored programme with the aim to help Carers access training, education and pathways into employment

WHO IS THE PROGRAMME FOR?

The programme is open to all Carers aged 16 and over. Whether you have lots of experience and are ready to jump straight in or need some support to build your confidence and gain skills.

WHAT DOES THE PROGRAMME INCLUDE?

Our Carers into Work Advisor will support you in:

- Creating and developing your CV
- Job Searches
- Application Forms
- Cover Letters
- Workshops to develop interview techniques
- Confidence building
- Access to training and education
- Returnship placements

WHAT DO CARERS HAVE TO SAY ABOUT THE PROGRAM

"The support you have offered was honestly amazing, I could have not asked for anything more. You helped me to look at my options about what I could do next. Once I decided what I wanted to do you supported me in all aspects right up until my interview which I ended up passing...Thank you."

HOW DO I FIND OUT MORE?

Call us on 01670 320019

or

E-mail

info@carersnorthumberland.org.uk



Caring Matters - June/July



NOTICE OF ANNUAL GENERAL MEETING



We will be holding our AGM on Thursday 14 July 2022 at Newbiggin Maritime Centre, Church Point, Newbiggin by the Sea, NE64 6DB from 10.30 – 11.00 am.

Tea and Coffee will be available on arrival from 10am.

As the business of the AGM is relatively short, we have chosen the Maritime Centre as there will be the opportunity for attendees to have a look around the centre, go for a walk on the beach or stay and have lunch in the café. *

The AGM is to formally approve the annual accounts for the period 1 April 2021 – 31 March 2022.

Please let us know if you intend to come along as numbers are limited.

Call 01670 320025 or email us on info@carersnorthumberland.org.uk or visit:

www.carersnorthumberland.org.uk/news-and-events

*please note that this is not an organised activity and no Carers Northumberland staff will be present.

Less Stress Workshop

Caring can be tough, and its really important that you take care of yourself. This workshop will help provide you with the tools to help manage your feelings of stress and understand how valued you are.



Join Hannah on our Less Stress Workshop

Monday 18th July at 1pm
Via Zoom



You can book your space online here: www.carersnorthumberland.org.uk/news-and-events or call our Info Team on 01670 320025 to reserve your space.

- 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 location:

Bellingham Carer Catch Up - Friday 8th July 11am

Fountain Cottage Café

Fountain Cottage Bellingham, Hexham NE48 2DE

For café menu and prices please visit: www.fountain-cottage.com/dine/

If you would like more information or to suggest a carer catch up location please call 01670 320025

Carer Walk

Warkworth River Walk - Thursday 21st July at 11am

Warkworth Dunes Picnic Site, Warkworth

NE65 0SW

Join us for a nice easy circular stroll along the River Coquet in the popular village of Warkworth.

This walk is around 3 miles, the majority the of the walk is on footpaths however some deviations may be made to explore historical ruins

Parking is free for 2 hours at the picnic site.

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

Caring Matters - June/July

June

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Every Tuesday *group on 7th June cancelled due to Carers Week*	Online Carers Group held via Zoom	2pm	
Monday 6th June	Craster Walk - Meet at Craster Quarry Car Park, NE66 3TW	12pm	
Tuesday 7th June	Whitley Bay Walk - Ocean View Car Park, A193, Whitley Bay, NE26 4NF	11.30am	
Tuesday 7th June	Alnwick Carer Group - Community Room off Greenwell Road, NE66 1SF	2-3pm	
Wednesday 8th June	Newbiggin Walk - Newbiggin Maritime Centre, Church point, Newbiggin-by-the-Sea, NE64 6DB	1pm	
Thursday 9th June	Bolam Lake Walk - Boathouse Wood Car Park, Bolam Lake, NE20 0HG	10am	
Thursday 9th June	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30- 11.30am	
Friday 10th June	Carlisle Park, Morpeth Walk - Morpeth Riverside Leisure Centre, New Market, Morpeth NE61 1PR	10am	
Tuesday 14th June	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30- 11.30am	
Wednesday 15th June	Bedlington Carer Group Salvation Army, Hartford Rd West, Bedlington, NE22 6HU	1.30-2.30pm	
Friday 17th June	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Tuesday 21st June	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Wednesday 29th June	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Thursday 30th June	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1-2pm	

Caring Matters - June/July

JULY

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Every Tuesday	Online Carers Group held via Zoom	2pm	
Tuesday 5th July	Alnwick Carer Group - Community Room off Greenwell Road, NE66 1SF	2-3pm	
Thursday 7th July	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30-11.30am	
Friday 8th July	Bellingham Carer Catch Up Fountain Cottage Café Fountain Cottage Bellingham, Hexham NE48 2DE	11am	
Tuesday 12th July	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30-11.30am	
Thursday 14th July	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30-11.30am	
Friday 15th July	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2-3pm	
Monday 18th July	Less Stress Online Workshop Via Zoom	1pm	
Tuesday 19th July	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am-12pm	
Wednesday 20th July	Bedlington Carer Group Salvation Army, Hartford Rd West, Bedlington, NE22 6HU	1.30-2.30pm	
Thursday 21st July	Carer Walk Warkworth River Warkworth Dunes Picnic Site, Warkworth NE65 0SW	11am	
Wednesday 27th July	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am-12pm	
Thursday 28th July	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>

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



Tynedale Mental Health Family and Friends group

This group has a new home!

They now meet at:
Adapt

Burn Lane, Hexham NE46 3HN.

The group meets every 3rd Tuesday of the month
from 1.30pm. Carers for people of all ages are
welcome.

For more information please call 01670 320025

Carers Northumberland Partner Group

Wooler Carer Group

Grinders Cafe, 29 High St, Wooler

Next Meeting:
10.15 - 11.30am

Wednesday 15th June
Wednesday 20th July

Everyone welcome



Carers Northumberland
Partner Group

