

Caring Matters

Trips and Groups Update

September and October 2021



We are excited to announce the return of our face to face groups and trips for carers. This update provides details of all of our online sessions, face to face groups and trips we have planned over the next two months.

All of our trips and face to face groups must be pre-booked to avoid disappointment, places are only available to registered adult carers (aged 18+). Unfortunately the person you look after is unable to attend.

All of our groups, events and activities can be booked online here or you can call us on 01670 320025.

More face to face groups will be starting in the coming months, so keep an eye out for our updates to find out more!

Online Workshops

Basic First Aid Awareness

Hannah, who has previously worked as a nurse will be running a First Aid Awareness for carers session on Thursday 23rd September at 2pm

This session will be run on Zoom, the session will cover basic first aid skills. This will not be certified training but will provide carers with the knowledge to provide basic first aid should it be needed.



Caring Day to Day

All life has its ups and downs. For carers this can change from day to day or even hour by hour. It's good to know what strategies and support are available when needed.

Tuesday 21st September at 11am on Zoom.



Face to Face Groups

Ponteland

Ponteland Memorial Hall, Darras Road,
NE20 9NX

1st Thursday of the month
10.30am - 11.30am

*NEW VENUE - Parking charges apply
at the venue, find out more here:
pontelandmemorialhall.com/parking

Blyth

Buffalo Centre, 55 Regent Street,
NE24 1LL

2nd Tuesday of the month
10.30am - 11.30am

Berwick

William Elder Building, 56-58
Castlegate, TD15 1JT

Last Wednesday of the month
11am - 12pm

*Face coverings required in all
common areas of the building.

Cramlington

Community Hub, Forum Way,
Cramlington, NE23 6YB

Last Thursday of the month
1pm - 2pm

*NEW VENUE



Look out for more face
to face groups coming
soon!

Carer Trips

We are running a series of trips in October, places are free to registered carers so booking is essential. It would be great if you can make your own way there, but we will have a transport pickup in one location for each trip (limited places). If you would like to book on more than one trip you need to tell us your order of preference as, depending on availability, you may not get a place for every trip you book on to.



Paxton House and Gardens Scottish Borders

Tues 5th October 2021

Transport available from Wooler (limited availability)
Meet at the entrance from 10.30am



Forest School - Prudhoe Thur 14th October 2021

Learn how to make fires, shelters and wood crafts.
Starts at 11am - No transport available, but taxi costs from central Prudhoe may be refunded.



Seaton Delaval Hall Fri 22nd October 2021

Transport available from Morpeth (limited availability)
Meet at the entrance from 10.30am



Cragston - Rothbury Fri 29th October 2021

Transport available from Alnwick (limited availability)
Meet at the entrance from 10.30am

Caring Matters - September / October

We hope to introduce some more face to face groups in October, full details will be available in our next newsletter. Our groups and events are subject to change, the most up to date list can always be found on our website or by calling us on 01670 320025. You can book for any of our groups or activities online here.

September

Date	Group / Activity	Time
Every Tuesday	Online Carer Group - All Welcome	2pm - 3pm
2nd	Ponteland Group - Face to Face Ponteland Memorial Hall NE20 9NX	10.30am - 11.30am
14th	Blyth Group - Face to Face Buffalo Centre NE24 1LL	10.30am - 11.30am
15th	Morpeth / Bedlington Group - Online	2pm - 3pm
16th	Parent Carer Group - Online	11am - 12pm
21st	Caring day to day workshop - Online	11am - 12pm
22nd	NCBA Carers Talk - Online	11am - 12pm
23rd	Basic First Aid Awareness - Online	2pm - 3pm
27th	Alnwick / Amble Group - Online	1.30pm - 2.30pm
29th	Berwick Group - Face to Face William Elder Building TD15 1JT	11am - 12pm
30th	Cramlington Group - Face to Face Cramlington Hub NE23 6YB	1pm - 2pm

October

Date	Group / Activity	Time
Every Tuesday	Online Carer Group - All Welcome	2pm - 3pm
5th	Paxton House Trip	10.30am start
7th	Ponteland Group - Face to Face Ponteland Memorial Hall NE20 9NX	10.30am - 11.30am
12th	Blyth Group - Face to Face Buffalo Centre NE24 1LL	10.30am - 11.30am
14th	Forest School Trip	11am start
20th	Morpeth / Bedlington Group - Online	2pm - 3pm
21st	Parent Carer Group - Online	11am - 12pm
22nd	Seaton Delaval Hall Trip	10.30am start
25th	Alnwick / Amble Group - Online	1.30pm - 2.30pm
27th	Berwick Group - Face to Face William Elder Building TD15 1JT	11am - 12pm
28th	Cramlington Group - Face to Face Cramlington Hub NE23 6YB	1pm - 2pm
29th	Cragside Trip	10.30am start