

# Caring Matters

October/November 2023 - The newsletter of Carers Northumberland



Welcome to the October/November edition of Caring Matters...



In this issue you'll find

- Dates for our walks and catch up meals
- Details about Carers Rights Day
- Our plans for Christmas
- Our new Cinema Club

As we head into the Autumn and with the cooler nights just around the corner, you may have concerns about energy and where to turn for support. Better Housing Better Health (page 3) can offer free energy advice.

November brings us to Carers Rights Day (page 2), and this year we will be hosting pop up info events in Prudhoe and Haltwhistle and we would love to see you there!

Without getting ahead ourselves, we also have our Christmas plans for you to look forward to! Take a look at page 4 for all the information on where we will be going and how to book your space.

As always, we have some more of our ever popular carer catch up meals along with the new addition of our Cinema Club as well as a trip to Northumberland Zoo planned. So there is something for everyone. Read on to find out more and book up early to avoid disappointment!



# CARERS RIGHTS DAY

## THURSDAY 23RD NOVEMBER



Did you know as a carer you have rights that are protected by law?

Join Carers Northumberland for a coffee and a catch up to find out more about your rights as a carer:

**Thursday 23rd November - 10am - 12pm**  
**The Manors, Adderlane Road, Prudhoe, NE42 5ET**



**Thursday 23rd November - 2pm - 4pm**  
**Haltwhistle Library, Mechanics Institute, Westgate Haltwhistle, NE49 0AX**

To find out more please contact our Info Team on  
01670 320025



## Carers Rights Workshop

Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it.

We will be hosting a workshop to help empower carers and support them in understanding what rights they have.

Our online session will be held on

**Wednesday 22nd November**

**11am via Zoom**

To reserve your space visit:  
[www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events)



## Virtual Wards: what you need to know as an unpaid carer

Virtual wards are a service that helps patients to manage their care and health at home over the short term, with close monitoring by their care teams, rather than in hospital.

For some carers, supporting someone at home on a virtual ward may be helpful because it could prevent the person going into hospital or help them leave hospital more quickly.

Carers UK now have a virtual wards checklist to help answer any questions, worries or concerns about virtual wards. It can also help you feel more empowered to speak to the healthcare team setting up the virtual ward.

Download the checklist here: <https://www.carersuk.org/help-and-advice/practical-support/virtual-wards/> or contact us for your printed copy

# Better Housing Better Health

The Warmth & Wellbeing Service



## HOME ENERGY ADVICE

If you're worried about paying your energy bills, want to know how to make your home warmer or need advice on accessing financial support, Better Housing Better Health are here to help. We're a charity working locally to improve residents' domestic warmth and wellbeing and improve the energy efficiency of your property.

### BETTER HOUSING BETTER HEALTH CAN HELP WITH:

ENERGY BILL  
SUPPORT



HOME  
ENERGY  
VISITS



FINANCIAL  
ASSISTANCE

PRIORITY  
SERVICES  
REGISTER



GET IN TOUCH 0800 107 0044 [www.bhbh.org.uk](http://www.bhbh.org.uk)



# Carers Northumberland Christmas 2023



Everyone  
Welcome

Join us for a trip to Durham Christmas Festival

With 3 markets and entertainment throughout the city, it will be a great way to start the Christmas season 2023!

## Friday 1st December 2023

Entry for visiting the Craft & Producers' Marquee will be £4 on the door. If you are visiting the marquee with the person you care for, then their entry is free.  
(Carers are responsible for paying for their own entry to the marquee)

Transport will be available for £10pp with pick ups from: Berwick, Alnwick, Hexham, Prudhoe, Ashington, Cramlington and Blyth (All pick up points are subject to minimum number of bookings)

To reserve your space please call 01670 320025 or visit  
[www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events)

**BOOKING IS ESSENTIAL AND CLOSING ON FRIDAY 17th NOVEMBER**



## Northumberland Zoo

Eshottheugh Farm, Felton,  
Northumberland, NE65 9QH

Everyone  
Welcome

Join us for a fun filled day at the Northumberland Zoo. Home to over 80 species from Harvest Mice to Snow Leopards!

Transport will be available, with pick ups in Berwick, Wooler and Alnwick at a cost of £10pp, and this includes your entry to the zoo. This must be paid in advance.

**Tuesday 31st October - Pick up times TBC**

**To book your space, go to [www.carersnorthumberland.org.uk/news-and-events](http://www.carersnorthumberland.org.uk/news-and-events)  
or call 01670 320 025**

Between the car park and the entrance to the zoo, there is some loose stone. This stone makes it difficult for some buggies & wheelchairs. The rest of the park pathways are made of a combination of concrete and tar planings. The loose tar planing's can make it difficult for some wheelchairs to manoeuvre. Please bear this in mind when booking.

## Catch Up Meals

Take a break, enjoy a meal and meet other carers in a relaxed setting. Carers will be responsible for paying for their own meals. Booking is essential.

Everyone  
Welcome

**Blyth - Thursday 19th October at 4.30pm**

Blyth Wetherspoons, 14 Union Street, Blyth, NE24 2DX

Curry Club available (alongside standard menu), includes a drink -  
£7.61 with soft drink or £9.08 with alcoholic drink

**Alnwick - Tuesday 28th November at 4pm**

Dirty Bottles, The Olde Cross, 32 Narrowgate, Alnwick NE66 1JG

Menu available at [www.https://www.thedirtybottles.co.uk/](https://www.thedirtybottles.co.uk/)

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



# Carer Walk

Everyone  
Welcome

## Plessey Woods

Shields Rd, Plessey, Bedlington NE22 6AN

Join us for a walk around the beautiful Plessey Woods. Meet at visitors centre/café. Parking is £2 for 2 hours. Walk will be approximately 2 miles through the woods. Not suitable for wheelchairs or those with poor mobility due to uneven ground and steps. Sturdy footwear recommended. Café onsite for those who want to stay for coffee afterwards.

**Tuesday 24th October - 11:30am**

**Booking is essential - to book call 01670 320025 or visit  
<https://carersnorthumberland.org.uk/news-and-events>**



**Well behaved dogs  
welcome**



## CINEMA CLUB

Join us at the Vue Cinema, Cramlington for an afternoon at the movies.

**Thursday November 16th - Film and time to be confirmed**

Register your interest by Thursday 2nd November.

**Booking is essential - to book call 01670 320025 or book online here:**

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

Tickets will be £5pp, you will be responsible for buying/bringing your own drinks/snacks

Everyone  
Welcome





## They're Back... CN ELVES



**Carers Northumberland have put together some gift boxes. The box will contain a variety of treats perfect for keeping carers entertained this Christmas. The CN Elves will be out delivering these in the run up to Christmas.**

**If you would like to receive a gift box or you would like to nominate another carer who is registered with Carers Northumberland for one, you can contact our Information Team on 01670 320025 or [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk) to make a request.**

**The deadline for making a request is Monday 27th November.**

**We have a limited number of boxes available and if we are over subscribed we will pull names from Santa's hat.**



## 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](mailto:info@carersnorthumberland.org.uk)







# Carer Resources Workshop



This workshop will help provide you with an understanding of what resources are available to you as a carer. We will be looking at things such as benefit entitlement, accessing social care, grants and more.

**Monday 30th October - 11am**

**Mind and Sole, Wagon Way Road, Alnwick NE66 1QQ**

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



## Making Guilt Manageable - Online Workshop

Guilt can be draining. Find out how to: recognise guilty feelings, know your own guilt triggers and keep guilt in check.



**Tuesday 21st November**

**14:00 - 15:00**

**Online via Zoom**

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



## Carers Northumberland Welcome Meeting

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 sessions will be held on:**

**Thursday 26th October 6-7pm**

**Thursday 30th November 6-7pm**

**Carers  
Only**

New carers will be sent details in their welcome pack but they can also book online here:

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

## Wooler Carer Group

Grinders Cafe, 29 High Street, Wooler

**Meetings run from  
10.15 - 11.30am  
on the 3rd Wednesday of  
every Month.**



Supported by:



# Caring Matters - October/November

## THE WEST NORTHUMBERLAND PRIMARY CARE NETWORK PATIENT GROUP MAKES A DIFFERENCE!

We need **VIRTUAL** members to help us, to help you!

Be as much or as little involved as you like.

West Northumberland Primary Care Network include the following surgeries: Branch End Surgery, Bellingham Practice, Burn Brae, Corbridge Medical Group, Haltwhistle Medical Group, Humshaugh and Wark Medical Group, Prudhoe Medical Group, Scots Gap Medical Group, Sele Medical Group and White Medical Group.

Although not members of the PCN, Adderlane Surgery and Riversdale Surgery receive services from our PCN therefore patients registered with these surgeries, are very welcome to join the Patient Group.

[nencicb-nor.westnorthumberlandpcn@nhs.net](mailto:nencicb-nor.westnorthumberlandpcn@nhs.net)

Or contact your GP practice to register your interest, and we will contact you.



## Carers Into Work Programme

Since our last newsletter introducing Lisa, our Carers into Work Advisor, has been busy working with carers to build confidence and reduce social isolation. In Northumberland, our Carers into Work programme has continued to support our carers to consider employment, volunteering and training and has seen the confidence and self-esteem of those engaging increase.

We have been fortunate enough to be able to support 3 of our carers to secure funding for new laptops to support them to progress with training courses. 2 have secured funding for assistive technology to ease their minds when they are out of the house and 1 carer has secured funding to attend a First Aid Training course to support his long-term career goals and prepare him for any family emergencies.

We have supported our carers with CVs and cover letters and have also seen the number of carers attending interviews increase and with support and encouragement we are positive our carers will get the outcome they want.

For more information about the Carers into Work programme or to ask for a referral, please do not hesitate to contact us on 01670 320025





# Caring Matters - October/November

## OCTOBER

= Carers only

= All welcome



DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 3rd	Alnwick Carer Group - Mind and Sole, Wagon Way Rd, Alnwick NE66 1QQ	10am - 11am	
Thursday 5th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Friday 6th	Amble Carers Group Amble Parish Hall, 1 Dovecote Street, Amble, NE65 0DX	3pm - 4pm	
Tuesday 10th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	<b>CANCELLED</b>	
Thursday 12th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Tuesday 17th	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am - 12pm	
Thursday 19th	Catch-Up Meal Blyth Wetherspoons, 14 Union Street, Blyth, NE24 2DX	4.30pm	
Friday 20th	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2pm - 3pm	
Tuesday 24th	Plessey Woods Walk Plessey Woods, Shields Rd, Plessey, Bedlington NE22 6AN	11:30am	
Wednesday 25th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 26th	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1pm - 2pm	
Thursday 26th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 27th	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	
Monday 30th	WORKSHOP - Carer Resources Mind and Sole, Wagon Way Road, Alnwick NE66 1QQ	11am - 12pm	
Tuesday 31st	Northumberland Zoo Eshottheugh Farm, Felton, Northumberland, NE65 9QH	TBC	

To book your space call 01670 320025 or book online here:  
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Please note, all events are subject to minimum participation levels and may be cancelled if there is not enough interest

# Caring Matters - October/November

## NOVEMBER

 = Carers only  
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Thursday 2nd	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Friday 3rd	Amble Carers Group Amble Parish Hall, 1 Dovecote Street, Amble, NE65 0DX	3pm - 4pm	
Tuesday 7th	Alnwick Carer Group - Mind and Sole, Wagon Way Rd, Alnwick NE66 1QQ	10am - 11am	
Thursday 9th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Tuesday 14th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Thursday 16th	Cinema Club Vue Cinema, Manor Walks, Cramlington NE23 6UT	TBC	
Friday 17th	Morpeth Carer Group NCBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2pm - 3pm	
Tuesday 21st	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am - 12pm	
Tuesday 21st	WORKSHOP - Managing Guilt Online via Zoom	2pm - 3pm	
Wednesday 22nd	Carers Rights Day Workshop Online Via Zoom	11am - 12pm	
Thursday 23rd	Carers Rights Day The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10am - 12pm	
Thursday 23rd	Carers Rights Day Haltwhistle Library, Mechanics Institute, Westgate Haltwhistle, NE49 0AX	2pm - 4pm	
Friday 24th	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	
Tuesday 28th	Catch-Up Meal Dirty Bottles, The Olde Cross, 32 Narrowgate, Alnwick NE66 1JG	4pm	
Wednesday 29th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 30th	Cramlington Carer Group Community Hub, Forum Way, Cramlington, NE23 6YB	1pm - 2pm	
Thursday 30th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	

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