



## Hello Everyone...

Welcome to the Carers Northumberland young carers service, in this newsletter you will find information on how to contact us and about all of our services, if you have any questions or would like this information in a different format, please get in touch.

Anne-Marie

## HOW TO CONTACT US

**YOU CAN CONTACT US:**

Via our website:

[www.carersnorthumberland.org.uk](http://www.carersnorthumberland.org.uk)

Text or WhatsApp to:

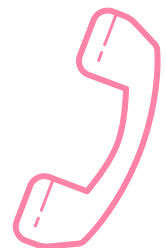
Anne-Marie - 07500 886 319

Karen - 07500 886 321

Telephone: 01670 320025

Email: [annemariejohnstone@carersnorthumberland.org.uk](mailto:annemariejohnstone@carersnorthumberland.org.uk)

[karenlightley@carersnorthumberland.org.uk](mailto:karenlightley@carersnorthumberland.org.uk)



# MEET THE TEAM



Hi my name is Anne-Marie Johnstone and I am the Service Coordinator for the Young Carers Project. I often visit young carers in school, to give them someone to talk to, and I even get to come along to the fun activities sometimes! I have 2 children and a dog named Charlie who is a great big fluffy Golden retriever. My favorite hobby is reading and I love Harry Potter 😊

Hi, my name is Karen. I'm an activity worker for young carers and Carers Northumberland. I'm the person who is lucky enough to plan all the fun activities for you all. The best part of my job is meeting you all on the activities.

I'm an ex teacher so I am used to working with young people. I have a dwarf house rabbit named Cinder who is the most mischievous rabbit of all time.

In my spare time I love running, yoga, cinema and musical theatre as well as attending art galleries. Hope to see you all on some of our fun activities.



Hi, my name is Rea. I am the Carers into Work Adviser for Carers Northumberland. My role is to support carers age 16 and above to think about possible employment, education and volunteering opportunities. I often speak to young carers to look at different career options available and routes on how to get there, by tailoring the information to you. My favourite hobby is cooking and seeing close family and friends making memories.

You can apply for a 12 month Active Northumberland pass. Please note you can either apply for a pass or access the young carers grant, not both.

An Active Northumberland pass –

- Unlimited swimming for you and a friend (+ gym and classes for over 14s)
- 1 Clip 'n' Climb session per month - At Concordia Leisure Centre
- 1 Family bowling session per month - At Concordia Leisure Centre or Wentworth Leisure Centre



8-13yrs

## Unlimited Swim & Monthly Passes

- **Unlimited Swimming** for you and a friend at any Active Northumberland facility
- **1 Clip n Climb session per month** at Concordia Leisure Centre, Cramlington
- **1 family bowling session per month** at Concordia or Wentworth Leisure Centre, Hexham

## Unlimited Gym, Swim and Classes

- Choose one site from any Active Northumberland facility and collect your Active card
- Access for you and 1 guest who attends with you
- Download the Active Northumberland app for opening times, classes and timetables



14yrs+

If you would like to apply, please get in touch on  
**01670 320025, [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)**



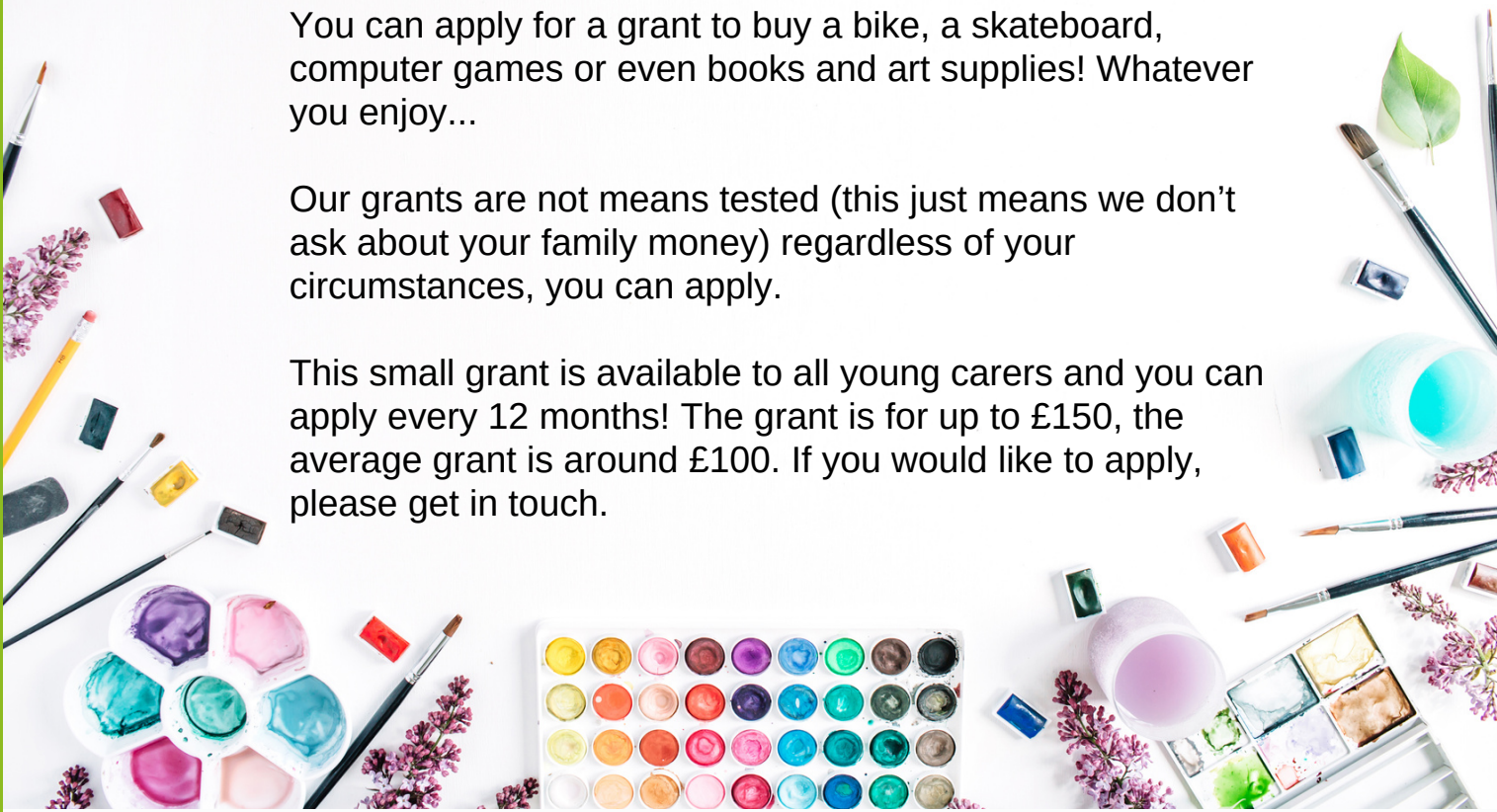
## Young Carers Grants...

We offer grants to Young Carers so they can take a break. Some of us find taking part in a hobby helps take our mind off everything, giving YOU a break!

You can apply for a grant to buy a bike, a skateboard, computer games or even books and art supplies! Whatever you enjoy...

Our grants are not means tested (this just means we don't ask about your family money) regardless of your circumstances, you can apply.

This small grant is available to all young carers and you can apply every 12 months! The grant is for up to £150, the average grant is around £100. If you would like to apply, please get in touch.

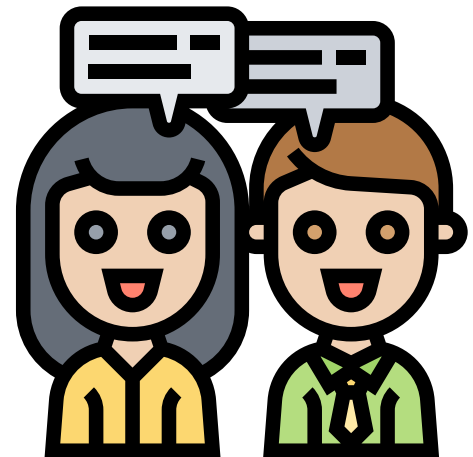


## Time to talk?

Do you ever just need someone to talk to?

Our young carers service offers 1-1 support, this means you can meet (usually in your school), talk over the telephone or text with someone who can help you talk through the things that are bothering you. We can talk about why you are feeling scared, frustrated, sad or angry and we can work on things to help you.

If you would like to have a chat please get in touch or ask your parent/carer to contact Anne-Marie



# SPECIALIST EMPLOYMENT SUPPORT

For Young Carers aged 16-17 years

**Are you confused about your future?**

**Would you like support to get into employment or further education?**

**We can help....**

Being a young carer can often mean putting your own hopes and aspirations to the back of your mind in order to continue supporting someone else. The past year has been particularly difficult for young carers, especially those aged 16 and over, with disruption to the normal school year and the added worry of keeping those who are vulnerable safe throughout the pandemic.

Carers Northumberland is working in partnership with Newcastle Carers and North Tyneside Carers Centre on a project funded by the North of Tyne Combined Authority which can support you to explore your options.

The project has a dedicated Carers into Work Advisor who can work with you on a one-to-one basis to:

- Find out what interests you
- Look at opportunities available to support you to stay in or return to education
- Look for suitable training courses or other ways to enhance your skills
- Support you to look for employment and volunteering opportunities

The Carers into Work Advisor will help to address the barriers to education, training and employment. They can support you with work experience, volunteering opportunities, sourcing an apprenticeship, preparing you for work (through CV writing, help with application forms, job searches, confidence building and interview training).

There are lots of ways Carers Northumberland can help you to plan your future and take advantage of the opportunities available, if you are a young carer aged 16 or 17 years old.

**Please get in touch with Rea or contact us on**  
**Telephone: 01670 320025**  
**Email: [rearahman@carersnorthumberland.org.uk](mailto:rearahman@carersnorthumberland.org.uk)**



# Activities

## YOUNG CARER EVENTS & ACTIVITIES

Every month we do several fun events or activities. These will be advertised in our monthly newsletter. The activities are mostly free, if there is a cost it will be included in the newsletter.

Most of our face to face activities are for those aged 8 plus, and we do have a behavior agreement that you need to sign before you can attend, this helps to keep everyone safe. Some events do include transport too.

Online (zoom) events can be attended by any age, but young children may need the support of an adult or older sibling.

In the past we have done:

- Ice skating
- Adventure days
- Cookery
- Farm visits

We also listen to you, so if you have any good ideas for activities we can do, get in touch!

**[KARENLIGHTLEY@CARERSNORTHUMBERLAND.ORG.UK](mailto:karenlightley@carersnorthumberland.org.uk)**

# PARENTS CORNER



Information and support  
for parents / carers

This page is for parent carers. Carers Northumberland also support adult carers.

## Information and Advice

Carers Northumberland offer information and advice to parent/carers. The information service will:

- Listen to your needs
- Offer advice and support face to face in the community or over the telephone
- Signpost you to other organisations and services we feel could also help
- Help you connect with other carers
- Keep you updated on events, activities, training and other useful information with our monthly newsletter
- Provide useful information to support you in your caring role

**If you need support please contact our  
Information Line on  
01670 320025**

### Money Matters...

Our info team can help you with things like benefit checks, grant applications for things like white goods, moving home, flooring etc...We can also help if you need a Foodbank referral.



Would you like support to get back into employment, change jobs, access training or volunteering?



**Contact our Carers into Work Advisor:  
Rea Rahman on 01670 320019**



## Support groups & Carer Catch ups

Carers Northumberland run monthly carer support groups and carer catch ups, right across Northumberland.

Details of these can will be advertised in our adult carers newsletter, and they can also be found on our website

[www.carersnorthumberland.org.uk](http://www.carersnorthumberland.org.uk)

## How to register...

To register as a parent carer with Carers Northumberland please visit

[www.carersnorthumberland.org.uk](http://www.carersnorthumberland.org.uk)  
/ register

Or

call 01670 320025.

email:

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





### **Young Carer ID cards**

We created Young Carer cards which you can hand out to people to identify yourself as a young carer, as it can sometimes be hard to explain. You can use these anywhere, with teachers, social workers, in shops or even in your GP surgery. If you would like a supply of these cards, please contact me.

**Follow us on Facebook search  
Carers Northumberland  
or join our private group.  
Search young carers  
northumberland**



## **Newsletters**

Each month we send out a newsletter, it looks a bit like this one, but has all of our latest news and activities in! We prefer to send these by email to save paper, if you have not already told me your email address please send it to me at [annemariejohnstone@carersnorthumberland.org.uk](mailto:annemariejohnstone@carersnorthumberland.org.uk)



**Follow Carers  
Northumberland on  
Instagram and you can see all  
of our latest updates and  
photos from our Young Carers  
Project**