



Hello Everyone...

Welcome to the Carers Northumberland young carers service. In this newsletter you will find information about our service/support and how to contact us to access support. If you have any questions or would like this information in a different format, please get in touch.

Anne-Marie & Karen

HOW TO CONTACT US

YOU CAN CONTACT US:

Via our website:

www.carersnorthumberland.org.uk

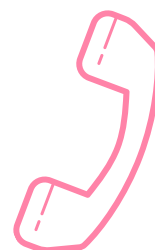
Text or WhatsApp to:

Anne-Marie - 07500 886 319

Karen - 07500 886 321

Telephone: 01670 320025

Email: youngcarers@carersnorthumberland.org.uk



MEET THE TEAM



Name: Anne-Marie Johnstone

Job role: Service Co-ordinator

I might see you in school if you need someone to talk to or at fun activities.

Interesting fact: I have 2 children and a dog named Charlie who is a great big fluffy Golden retriever. My favourite hobby is reading and I love Harry Potter.

Contact details: 07500 886 319

annemariejohnstone@carersnorthumberland.org.uk



Name: Karen Lightley

Job role: School Link Worker and Activities Co-ordinator

I might see you in school assemblies, at other school events or at our activities.

Interesting fact: I used work in TV as a makeup artist and i used to be a teacher. I have a cute dwarf house rabbit called Cinder. My favourite hobby is going to the theatre.

Contact details: 07500 886 321

karenlightley@carersnorthumberland.org.uk



DID YOU KNOW?

YOUNG CARERS IN SCHOOLS

YOUR SCHOOL CAN ACHIEVE AN AWARD
FOR SUPPORTING YOUNG CARERS IN
THEIR SCHOOL.

WE OFFER FREE TEACHER TRAINING AND
ASSEMBLIES ABOUT YOUNG CARERS SO
TEACHERS CAN HELP YOU AT SCHOOL. 😊

SUPPORT WE OFFER YOUNG CARERS

- Young Carer ID card
- Young carer grant
- Career support
- Fun activities
- 1:1 support
- Young carer monthly newsletter
- Free teacher training and young carer assemblies for your school

Young Carer ID cards

You can use your card to prove you are a young carer. you can show teachers, GP's and other professionals. You may also get discounts off entry prices into some places or even go free.





Young Carers Grant



We offer grants to Young Carers so they can take a break. Taking part in a hobby can help take our mind off things, giving YOU a break!

By an item

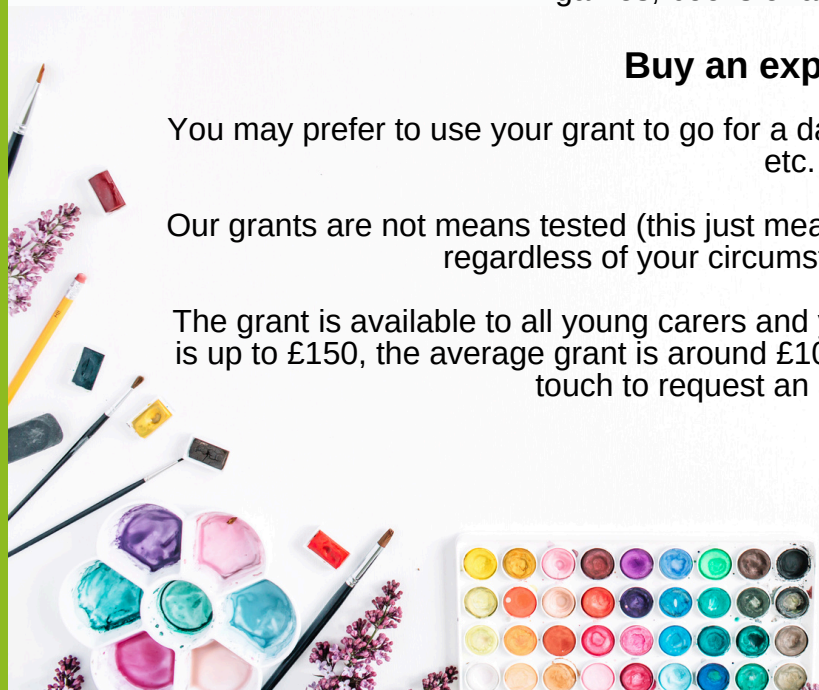
You can apply for a grant to buy an item for example a bike, skateboard, computer games, books or art supplies etc.

Buy an experience

You may prefer to use your grant to go for a day out like a theme park, cinema or theatre etc.

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

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



Places
Leisure



Places Leisure offer young carers a membership discount. The cost of an annual membership is £150pp per year. You can also take a friend or family member with you for **FREE**.

The pass includes:

Swim pass (8-11 years)
Gym & swim pass (11-17)
Free Clip n Climb sessions

You can use our young carers grant to put towards this!

*Please note those aged 11-14 can use junior gym sessions or must be accompanied by someone aged 16+



Activities

Fancy a fun day out? Want to meet new friends? Why not have a rest from caring?

Come along to our fun activities. We offer a range of activities each month. Some activities have transport and some are online via Zoom.

What types of things do we do?

Past activities have included; ice-skating, airbox bounce, paddle boarding, yoga, cookery, arts and crafts, snow tubing, laser tag and much more.

How do i find out about them?

Activities are advertised every 2 months in our young carers newsletter and on our Carers Northumberland website.

How do i book?

You can book via our website or by emailing:
youngcarers@carersnorthumberland.org.uk

If successful in securing a place information about the activity will be emailed to the email address provided. If not you will be added to the waiting list and contacted in the event of a cancellation.



WORKING FOR CARERS

Supporting you in your studies and career

Are you confused about your future and would like some help?

The working for carers project can help with....

- University applications
- CV writing
- Interview skills
- Finding an apprenticeship or placement
- Job searches
- Volunteering opportunities
- Managing your school work/studies with your caring role

You will work with an advisor to help support you. If you'd like to be referred into this project please contact us.



Please contact us on:

Telephone: 01670 320025

Email:

youngcarers@carersnorthumberland.org.uk

Time to talk?

Sad, anxious, scared, angry, frustrated and hopeless are some feelings some young carers may feel in their caring role.

We can help you!

Our young carers service offers 1:1 support. This means you can meet us (usually in your school) for a chat. We can then provide tasks and advice to help you.

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



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

How to register...

To register as a parent carer with Carers Northumberland please visit

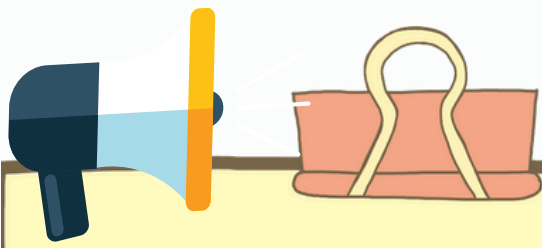
[www.carersnorthumberland.org.uk / register](http://www.carersnorthumberland.org.uk/register)

Or

call 01670 320025.

email:

info@carersnorthumberland.org.uk



Young carers Forum

We have a Young Carers Forum you can be part of. The ambassadors meet 4 times a year to help offer feedback on our service and being and young carer which helps us improve and shape our service.

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

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



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