

Caring Matters

June/July 2025 - The newsletter of Carers Northumberland



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



In this issue you'll find

- Details of our annual Beamish trip
- How to borrow our Alnwick Garden & Lillidorei passes
- Our plans for Carers Week
- Workshops, meals, trips and more!

Summer is on the way and here at Carers Northumberland we've got our fingers crossed that the good weather continues!

We've got a jam packed 2 months of events and activities, make sure to book your space so you don't miss out! We still have some spaces left for our Carers Week trips and meals in June and we have a coach trip to Alston, Penrith & Lake Ullswater coming up in July.

Tickets for our 3rd annual Beamish trip are also available, it's a great chance to bring friends and family for a fun day out. Last year was very popular, with 125 carers and guests attending, so make sure to book your spaces!

Thank you to everyone who took part in our Active April challenge or attended one of our sponsored walks. We smashed our goal of 601 miles and are busy collecting your generous donations and sponsorship money - we couldn't have done it without you!

Registered Charity Number: 1122972 Company Number: 6266972
Carers Northumberland, 107 & 109 Station Road, Ashington, NE63 8RS



Borrow our Alnwick Garden & Lilidorei Passes

We have a limited number of passes that allow free access to Alnwick Garden / Lilidorei. Carers can book the use of the passes up to September 2025.

Bookings can be made to access the Garden only or Garden and Lilidorei for registered carers and additional guests.

Passes include free car parking and 10% off food, beverages and gifts.

Further eligibility and booking criteria applies, contact us on 01670 320025 or info@carersnorthumberland.org.uk for more information and to check availability.



Welcome Meeting

We would like to invite carers who are new to our service to an online welcome meeting. Here we will 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 you may have about Carers Northumberland.

The sessions will run via Zoom. Our session will be held on:

Thursday 26th June - 6pm

Thursday 31st July - 6pm



Carers
Only

You can book online here:

www.carersnorthumberland.org.uk



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



Support with employment and education

Are you looking for support to find or maintain a job, training, or educational opportunity?

The Working for Carers project is here to support you to get back into work, balance your caring role with your job, or find a training course to develop your skills. We can also help to build your skill set, confidence, practice interviews, write a CV, and much more.

Our friendly advisors offer one-to-one, free, non-judgemental and specialist advice to best help you.

Visit our website (<https://carersnorthumberland.org.uk/education-and-employment>), or get in touch with us to find out more about the Working for Carers project. Call us on 01670 320025 or info@carersnorthumberland.org.uk



The Working for Carers project is a partnership between Newcastle Carers, North Tyneside Carers' Centre, and Carers Northumberland.

It is funded by the UK government through the UK Shared Prosperity Fund, with the North East Combined Authority as the lead authority.



Funded by
UK Government

NE North East
Combined
Authority



Going The Extra Mile For Carers

This April we asked you to "Go the Extra Mile" and help us walk the length of Britain to raise vital funds for Carers Northumberland. We had a goal of 601 miles and so far you have helped us to walk over 1000 miles! We have collected over £750 in donations so far and we've still got sponsorship forms coming in! If you would like to donate you can use the QR code below or call us on 01670 320025.

DONATE ❤️

with



Thank you!

A huge thanks to everyone who joined us on our walks or has donated so far. A special thanks to some of our amazing fundraisers - Shirley, Kathleen, Lindsay and to our young carers who also helped out!





Beamish Trip

Join us on our 3rd annual trip to Beamish open air museum, telling the story of life in North East England during the 1820s, 1900s, 1940s and 1950s.

Friday 15th August

Tickets £10 per adult, £5 per child

**Everyone
Welcome**

Transport from:

Alnwick - Morpeth - Ashington - Blyth - Cramlington - Hexham - Prudhoe

Carers, cared for, friends and family are all welcome.

Carers can reserve multiple tickets. Under 16's must be supervised at all times. Tickets are subject to availability. Spaces must be paid for to be reserved. If price would be an issue, please contact us.

BOOKING IS SUBJECT TO AVAILABILITY AND ESSENTIAL.

To book your space call 01670 320025 or book online here:

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

Alston, Penrith & Lake Ullswater Trip

Join us for a day trip to Alston and Penrith, enjoy a scenic drive back with views of Lake Ullswater. The coach will stop in Penrith's historic town centre which is home to many independent shops, cafes, pubs and restaurants. It will then stop in Alston, England's highest market town, which is well worth exploring for its steeply cobbled streets, hidden courtyards and quaint shops. The drive home will take us via Lake Ullswater to enjoy beautiful views from the coach.

Friday 25th July - Tickets £10

Pick ups starting from 7.15am - departing for home at 5pm



Pick up points include:
**Ashington, Bedlington, Blyth,
Cramlington, Morpeth, Pegswood**

Please contact us for further details.
Maximum 2 tickets per carer/household.
All spaces must be paid for to be reserved.



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

CNTW Carer's Connect Support Group



Carer's Connect group is an informal meet up of carers and family members of people who access CNTW services.

They have created an informal space, where families can meet and have a chat, share concerns and learn from others who might be going through something similar.

Call in for a cuppa and a chat. You will also be able to speak to their carer support team and learn more about what they can do to support your loved one.

Peer supporters who have their own lived experience in a caring role are also available to support, offer advice and simply be a listening ear to any issues you may have.

The group meets on the last Thursday of every month, drop in between 17:00-18:00 in the Kiff Kaff at St Georges Park, Morpeth. Staff at reception can direct you. Please email: gemma.miles@cntw.nhs.uk for further information.



Caring, Sharing, Refreshing



The Haven provides low cost breaks away in rural Northumberland. A self contained, self catering holiday accommodation on 2 floors. It comprises a fully equipped kitchen, comfortable sitting room, shower room and 2 bedrooms upstairs.

The Haven is available to everyone who would benefit from time away from daily life. A beautiful and peaceful place to go for a retreat or a holiday.

To find out more visit:

www.ryehillcommunityventures.org.uk

Rothbury Meal - La Mensa

Join us for lunch at La Mensa, Rothbury. Take a break, enjoy a meal and meet other carers in a relaxed setting. Carers will be responsible for paying for their own meals.

Tuesday 1st July - 1pm

La Mensa

Town Foot, Rothbury, Morpeth NE65 7SL

£8.45 lunch menu available. Menu can be found here:

[https://www.facebook.com/townfoot/?
locale=en_GB](https://www.facebook.com/townfoot/?locale=en_GB)

Everyone
Welcome

Seahouses Walk

Join us for a 2 mile walk around Seahouses with the option to stay for fish and chips after the walk. Walk is not wheelchair accessible as some sections may be on sand/rocks. Appropriate footwear advised, well behaved dogs welcome.

Thursday 3rd July - 11.30am

Please book for details of meeting point.



Bolam Lake Walk

Join us for an easy 1 mile walk around Bolam Lake. Walk is flat and wheelchair accessible. Option to stay for a cuppa at the cafe after the walk. Well behaved dogs welcome.

Monday 23rd June - 11am

Please book for details of meeting point.



Bedlington Meal - La Torre

Join us for dinner at La Torre, Bedlington. Take a break, enjoy a meal and meet other carers in a relaxed setting. Carers will be responsible for paying for their own meals.

Tuesday 24th June - 4.30pm

La Torre

E End Front St, Bedlington, NE22 5EN

Menu here:

[https://www.latorrerestaurant.com/_files/ugd/db06ec_6ed06fd36d87428a940a40ba7812f844.p
df](https://www.latorrerestaurant.com/_files/ugd/db06ec_6ed06fd36d87428a940a40ba7812f844.pdf)



Booking is essential and events may be cancelled if minimum booking numbers are not met. To book your space call 01670 320025 or book online: <https://carersnorthumberland.org.uk/news-and-events>

Carers Week

We still have a few spaces left for some of our Carer's Week activities, sign up now to avoid disappointment!

SAMBA DRUMMING WORKSHOP - BLYTH

Join us for an evening of Samba Drumming. Blyth Valley Samba will be providing the drums and tuition but we need you to bring the rhythm! No experience needed. Refreshments will be provided.

Tuesday 10th June - 7pm-8.30pm

Headway Art Centre, The Old Church, Waterloo Road, Blyth, NE24 1BY

ONLINE PRIZE BINGO

Join us for an online session of prize bingo. If you know your "two little ducks" from your "legs eleven" you could win one of our prizes!

Thursday 12th June - 5pm via Zoom

NORTH EAST LAND, SEA AND AIR MUSEUM TRIP

Join us for a half day trip to The North East Land Sea & Air Museum in Sunderland. Visit the aircraft hangar, military vehicle displays and WWII street scene. Maximum 2 tickets per carer/household.

Tuesday 10th June - Tickets £5

Transport from: Ashington - Cramlington - Morpeth

HARROGATE TRIP

Join us for a day trip to Harrogate - a beautiful Victorian spa town. The coach will drop off and collect from Harrogate centre with an optional drop off at RHS Garden Harlow Carr.

Friday 20th June - Tickets £10

Transport from: Blyth - Cramlington - Ponteland

Very
Limited
Spaces!

ROYAL BOTANIC GARDEN EDINBURGH TRIP

Join us for a trip to the Royal Botanic Garden - Edinburgh. Set in over 70 acres of beautiful landscape, the Garden offers superb panoramic views of the city skyline featuring Edinburgh Castle.

Thursday 26th June - Tickets £10

Transport from: Alnwick - Wooler - Berwick

Very
Limited
Spaces!

SEATON DELAVAL HALL

Join us on a trip to Seaton Delaval Hall, stroll through the beautiful gardens and explore the historic spaces. Places are free, friends and family are welcome but spaces must be booked in advance.

Friday 13th June - 1.30pm

Very
Limited
Spaces!

CARER MEALS

We still have spaces available on some of our Carer's Week meals! Friends and family are welcome, booking is essential.

Monday 9th June - 3.30pm - Carlisle Park Stroll & Sambuca, Morpeth

Wednesday 11th June - 1.30pm - Magdalene Fields Golf Club, Berwick-upon-Tweed

Wednesday 11th June - 4pm - Sambuca, Cramlington

Caring For Someone With Dementia Workshops

Join Carers Northumberland and nurses from the Post Diagnostic Team for more information and advice on caring for someone with dementia. We will be looking at:

- What to expect in the future
- Managing common behaviours and communicating effectively
- Attendance Allowance, power of attorney, blue badges and council tax discount

Booking is essential. Dates for 2025:

Hexham - Tuesday 17th June – 1.30pm-4pm

Room 4, Education Centre, Hexham General Hospital, NE46 1QJ

Alnwick - Tuesday 29th July - 1.30pm - 4pm

Lindisfarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU

Newbiggin - Thursday 9th October – 1.30pm - 4pm

Newbiggin Sports & Community Hub, Woodhorn Road, Newbiggin-by-the-sea, NE64 6HG

Zoom - Thursday 6th November– 2pm-4.30pm

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



Making Guilt Manageable Workshop

Caring can be challenging and it can bring up difficult feelings. Join us to talk about what makes you feel guilty, how to recognise inappropriate guilt and how to deal with these feelings.

Alnwick Workshop

Tuesday 24th June - 2pm-3.30pm

Lindisfarne Centre, 30 Lindisfarne Road
Alnwick, NE66 1AU

Zoom Workshop

Thursday 10th July - 11am
via Zoom



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



Caring Matters - June/July 2025

June

■ = Carers only

■ = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 3rd	Alnwick Carer Group Lindisafrne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	10am - 11am	
Thursday 5th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Monday 9th	Carlisle Park Walk & Meal at Sambuca, Morpeth	3.30pm	
Tuesday 10th	North East Land, Sea and Air Museum Trip	Half day trip	
Tuesday 10th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Tuesday 10th	Blyth Valley Samba Drumming Workshop Headway Art Centre, Waterloo Road, Blyth, NE24 1BY	7pm-8.30pm	
Wednesday 11th	Carer Meal - Greens Family Restaurant, Magdalene Fields Golf Club, Berwick	1.30pm	
Wednesday 11th	Carer Meal - Sambuca Cramlington	4pm	
Thursday 12th	Prudhoe Carer Brunch *REPLACING CARER GROUP* The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am	
Thursday 12th	Carer Meal - Hextol Tans, Hexham Hextol Tans, 11 St Mary's Chare, Hexham, NE46 1NQ	1pm	
Thursday 12th	Prize Bingo - via Zoom	5pm	
Friday 13th	Seaton Delaval Hall	1.30pm	
Tuesday 17th	Newbiggin Carer Group *Northern Cancer Voices attending* Coquet Suite, Newbiggin Sports & Community Hub, Woodhorn Rd, Newbiggin-by-the-Sea, NE64 6HG	11am-12pm	
Tuesday 17th	Workshop - Caring for Someone with Dementia Room 4, Education Centre, Hexham General Hospital, NE46 1QJ	1.30pm-4pm	
Thursday 19th	Wooler Carer Group Cheviot Centre, 12 Padgepool Pl, Wooler, England, NE71 6BL	10am-11am	
Friday 20th	Harrogate Trip	Full day trip	
Friday 20th	Morpeth Carer Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Monday 23rd	Bolam Lake Walk	11am	
Tuesday 24th	Making Guilt Manageable Workshop - Lindisafrne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	2pm-3.30pm	
Tuesday 24th	Carer Meal - La Torre, Bedlington	4.30pm	
Wednesday 25th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 26th	Royal Botanic Garden Edinburgh trip	Full day trip	
Thursday 26th	Cramlington Carer Group Welcome Methodist Church, Station Road, Cramlington, NE23 1EN	2pm-3pm	
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	

Caring Matters - June/July 2025

July

■ = Carers only
■ = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 1st	Alnwick Carer Group Lindisfarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	10am - 11am	
Tuesday 1st	Carer Meal - La Mensa, Rothbury Town Foot, Rothbury, Morpeth NE65 7SL	1pm	
Thursday 3rd	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Thursday 3rd	Seahouses Walk Please book for details of meeting point	11.30am	
Tuesday 8th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Thursday 10th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Thursday 10th	Making Guilt Manageable Workshop - online via Zoom	11am-12pm	
Tuesday 15th	Newbiggin Carer Group Coquet Suite, Newbiggin Sports & Community Hub, Woodhorn Rd, Newbiggin-by-the-Sea NE64 6HG	11am-12pm	
Thursday 17th	Wooler Carer Group Cheviot Centre, 12 Padgepool Pl, Wooler, England, NE71 6BL	10am-11am	
Friday 18th	Morpeth Carer Group Vision Northumberland, Staithes Ln, Morpeth, NE61 1TD	2pm-3pm	
Friday 25th	Alston, Penrith & Lake Ullswater Trip	All day	
Friday 25th	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	
Tuesday 29th	Workshop - Caring for Someone with Dementia- Alnwick Lindisfarne Centre, 30 Lindisfarne Rd, Alnwick, NE66 1AU	1.30pm-4pm	
Wednesday 30th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 31st	Cramlington Carer Group Welcome Methodist Church, Station Road, Cramlington, NE23 1EN	2pm-3pm	
Thursday 31st	Carer Welcome Meeting Online via Zoom	6pm - 7pm	

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

All events are subject to minimum participation levels and may be cancelled if there is not enough interest