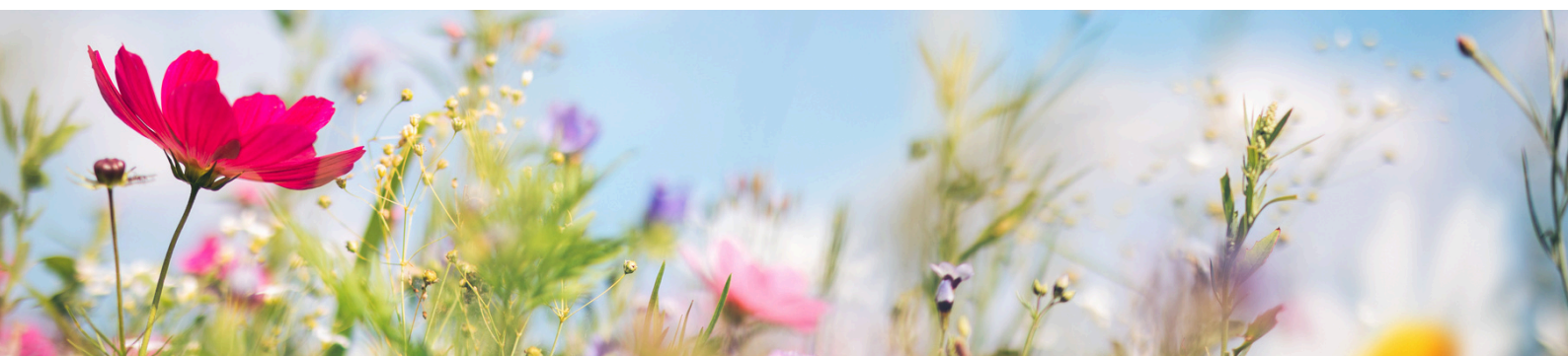


Caring Matters

February/March 2025 - The newsletter of Carers Northumberland



Welcome to the February/March edition of Caring Matters...



In this issue you'll
find

- Wellbeing workshop with hypnotherapy
- Support with employment and education
- Dates for your diary with our meals and workshops
- Active April info

Welcome to our first newsletter of 2025! We hope you all had a great Christmas and New Year and are looking forward to spring arriving!

We are hoping for some warmer weather in the coming weeks as we prepare for Active April. You can find out more about this and how you can get involved further on in this newsletter.

We also have plenty for you to look forward to over the next couple of months including meals out, helpful workshops and guest speakers attending some of our Carer Support Groups.

So grab a cuppa, have a read through and make sure you book your place early to ensure you don't miss out!

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

Pre-Booking Your Place

As we are just a small team here at Carers Northumberland, pre-booking your place on our groups and events really helps us out. It allows us to plan ahead to make sure you get the most of the session/event and our events can only go ahead if we have a minimum number of carers booked to attend.

As our newsletter goes out 2 months in advance, pre-booking also allows us to keep you up to date with any potential changes to times or venues and it means we can send you any relevant information you may need prior to the event.

We understand that as carers, you may not be able to commit to a certain time or place so far in advance due to your caring responsibilities from one day to the next, so if you have pre-booked a place and are unable to attend for whatever reason, you can let us know at any time and we will be happy to cancel your booking.

You can book onto our sessions by going online to www.carersnorthumberland.org.uk/news-and-events or you can call us on 01670 320025. We look forward to seeing you all soon!



LIVE WELL WITH DEMENTIA

Engaging, fun and stimulating activities to improve memory, mood and movement for people living with mild to moderate dementia.



Helping over 50s in Northumberland live their best life

Live Well with Dementia are weekly groups run by Age UK Northumberland for people who are living with mild to moderate dementia across Northumberland.

About the Groups

The groups offer fun and engaging activities designed to improve memory, mood and movement in a safe, supportive and relaxing environment.

Groups are small and meet to socialise, chat, enjoy games, activities, and a nice cuppa.

Sessions are free of charge.

Locations

We run groups in Ashington, Alnwick, Cramlington, Morpeth and Ponteland

For more information contact:

☎ 01670 784 800 ✉ info@ageuk-northumberland.org.uk

Registered Charity Number: 1072394

SUPPORT WITH EMPLOYMENT AND EDUCATION

The Working for Carers project offers carers aged 16+ specialist support throughout their employment and educational journey.

This includes support to find and maintain employment, education, volunteering and training opportunities, improving employability skills, support with CVs and job applications, understanding your rights as a carer in the workplace, and much more...

The project also has a fund to reduce any employment barriers you may face - including grants for a laptop, work clothes, training courses, and more.

Come along to our two upcoming clinics to get information and advice from our friendly and specialist advisors:

PIP Clinic – Tuesday 28 January 2025, 1pm – 3pm, Briardale House, Briardale Road, Blyth, NE24 5AN. Come along to understand what Personal Independence Payment (PIP) is, get support to understand eligibility checks, top tips for the application process and how we can support you.

Interview Skills Clinic – Wednesday 5 February 2025, 12noon – 2pm, Buffalo Community Centre, 55 Regent Street, Blyth, NE24 1LL. Come along to learn how to navigate a job interview, what to expect, and how to succeed, in a friendly and non-judgemental environment.

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



TO FIND OUT MORE ABOUT THE PROJECT, OR TO LET US KNOW YOU'RE COMING PLEASE CONTACT NORTH TYNESIDE CARERS' CENTRE ON 0191 249 6480 OR EMAIL [INFO@NTCARERS.CO.UK](mailto:info@ntcarers.co.uk)

Carers Northumberland 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 next sessions will be held on:

Thursday 27th February - 6pm
Thursday 27th March - 6pm

Carers
Only



Ponteland & Hexham Groups Guest Speakers

Carers
Only

Dementia Advisers from the Alzheimer's Society will be in attendance on **Thursday 6th March** at our carer support group in **Ponteland** and on **Friday 28th March** at our carer support group in **Hexham**.

Dementia Advisers aim to help people living with dementia to enjoy more fulfilled lives.

They are there to help if you are worried about your memory, have dementia yourself or care for someone with dementia. They can give advice and practical guidance for the next steps for people living with dementia and help them navigate this challenging time in their lives.

If you would like to attend this session
please follow the link below
[https://carersnorthumberland.org.uk/news-
and-events](https://carersnorthumberland.org.uk/news-and-events)
or call 01670 320025



Berwick Group Guest Speaker

**Carers
Only**

Northumberland Fire and Rescue Service Safe and Wellbeing team will be coming along to our carer support group in **Berwick** on **Wednesday 26th March**.

They will be able to tell you how to stay safe in your own home and identify risks, not just relating to fire, but also other factors that might affect your health and wellbeing.

If you would like to attend this session please follow the link below

<https://carersnorthumberland.org.uk/news-and-events>
or call 01670 320025



Northumberland Fire and Rescue Service



Wellbeing Workshop and Hypnotherapy Taster Session

Join us for a session where we will talk about ways you can improve your wellbeing as a carer. This will be followed by an introductory hypnosis session for stress and relaxation where you gain some tips and tricks to help soothe your neurological systems.

Wednesday 19th February

1pm - Blyth

The Buffalo Centre

55 Regent St, Blyth NE24 1LL

**Carers
Only**

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

Workshop - Emergency Care Planning

Planning in advance for emergencies can give you the peace of mind that the person you care for is looked after if you are unavailable. Join us to put together an emergency care plan.

Booking is essential.

Thursday 20th February
(register your interest by Friday 14th Feb)

1pm - Online via Zoom

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



Workshop - Paying for Social Care

**Carers
Only**

In this workshop we will be looking at the rules around paying for care - whether that be residential care, in your home or respite. If you would like to learn more or have any questions please come along. Booking is essential.

Tuesday 25th March

2pm- 3.30pm - Morpeth

Newcastle Building Society
14 Market Place, Morpeth, NE61 1HG



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

Carer 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.

Ponteland- Fratelli 5pm - Monday 10th February

Everyone
Welcome

Join us for a meal at Fratelli, a vibrant Italian restaurant offering traditional Italian cuisine as well as contemporary dishes.

Menu can be found here:
www.fratelliponteland.co.uk

Bell Villas, Ponteland, Newcastle upon
Tyne NE20 9BE

BOOKING IS ESSENTIAL

Wooler - Milan 5pm - Tuesday 25th February

Join us for a meal at Milan, an Italian restaurant serving everything from pizza and pasta dishes to seafood and steak.

Everyone
Welcome

Menu can be found here:
www.facebook.com/milanwooler

Milan Restaurant, 2 High St, Wooler
NE71 6BY

BOOKING IS ESSENTIAL

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



Morpeth - Sambuca

1pm - Thursday 13th March



Join us for a meal at Sambuca in Morpeth, famous for its budget-friendly hearty Italian food.

Menu can be found here:
www.sambucarestaurants.co.uk/restaurants/morpeth/

Sambuca, 7 New Market, Morpeth NE61 1PS

BOOKING IS ESSENTIAL



Haltwhistle - Mile Castle Inn

1pm - Friday 28th March



Join us for a meal at the Mile Castle Inn, a family run restaurant and bar where history has been blended with the best of modern cuisine.

Menu can be found here:
www.milecastle-inn.co.uk

Milecastle Inn, North Road, Hadrians Wall,
Haltwhistle NE49 9NN

BOOKING IS ESSENTIAL



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

ACTIVE APRIL

Going the Extra Mile for Carers

Our goal is to walk the length of Britain during Active April and raise vital funds for Carers Northumberland. This huge goal of 601 miles can only be reached with your help!

What's involved?

Commit to walking at least 1 mile and record your activity
Get sponsored by friends and family

How does it work?

You will receive a sponsorship pack with a walking diary to complete
You can join in with our planned walks below or do your own thing to fit in with your lifestyle.

Send in your completed diary and any photos of your walks before the end of April.

If you would like to fundraise get in touch for more information!

Group Walks

Join in with our sponsored group walks, all welcome including friendly dogs on leads.

Short Walk - 1 mile - Northumberlandia

Tuesday 1st April - 11.30am

Option to stay for lunch after the walk at The Snowy Owl. Route is accessible for wheelchairs.

Long Walk - 5 miles - Holy Island

Monday 7th - 2.30pm

Route is not suitable for wheelchairs and appropriate footwear is encouraged.

Medium Walk - 3 miles - Seaton Sluice to Blyth and back

Tuesday 29th April - 11am

We will be stopping for fish and chips at Blyth Coastline halfway. Route is accessible for wheelchairs.

Fundraising is optional but booking is essential! Call 01670 320025 or book online here:
www.carersnorthumberland.org.uk/news-and-events



Sing and Be Happy with Tracy

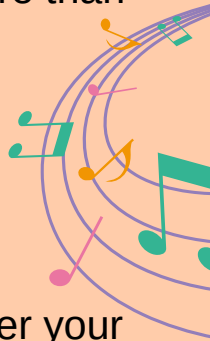


Come along for a free, fun and friendly sing-a-long session.

We are a local community group for people living with Dementia and their family members and carers. We would love to see you there. Non-singers more than welcome.



Every Tuesday at 2pm at The Phoenix Theatre, Blyth.



Please contact Tracy on 07486444118 or email the Phoenix on box.office@thephoenixtheatre.org.uk for further information or to register your interest.

Tea and coffee will be available.

Sibs

For brothers and sisters
of disabled children and adults

Supported by **The Boshier Grant Scheme**

Support group for adult siblings of autistic people

*Scan
here!*



**Join our online peer support group sessions
(7pm-8.30pm), run by a trained Sibbs volunteer:**

- 13th Feb: Being a sibling vs being a carer
- 9th Apr: Money (mis)management
- 10th Jun: What if your brother/sister doesn't want support?
- 4th Aug: Reciprocity
- 7th Oct: Supporting romantic relationships
- 3rd Dec: Setting boundaries

**Find out more at
sibs.org.uk/autismgroup**

Sibs is the UK charity for brothers and sisters of disabled children and adults.
Registered charity number 1145200. Limited company number 7834303.

February



 = Carers only
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
Tuesday 4th	Alnwick Carer Group - *VENUE TO BE CONFIRMED - PLEASE CONTACT OFFICE FOR DETAILS*	10am - 11am	
Thursday 6th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX	10.30am - 11.30am	
Monday 10th	Catch up meal- Fratelli, Ponteland Bell Villas, Ponteland, Newcastle upon Tyne, NE20 9BE	5pm	
Tuesday 11th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Thursday 13th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Tuesday 18th	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am - 12pm	
Wednesday 19th	Wellbeing Workshop with Hypnotherapy session The Buffalo Centre, 55 Regent St, Blyth, NE24 1LL	1pm - 3pm	
Thursday 20th	Wooler Carer Group Cheviot Centre, 12 Padgepool Pl, Wooler, England, NE71 6BL	10am-11am	
Thursday 20th	Emergency Care Planning Workshop - Zoom	1pm - 2pm	
Friday 21st	Morpeth Carer Group CBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2pm - 3pm	
Tuesday 25th	Catch up meal - Milan, Wooler Milan Restaurant, 2 High St, Wooler, NE71 6BY	5pm	
Wednesday 26th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT	11am - 12pm	
Thursday 27th	Cramlington Carer Group Welcome Methodist Church, Station Road, Cramlington, NE23 1EN	2pm-3pm	
Thursday 27th	Carer Welcome Meeting Online via Zoom	6pm - 7pm	
Friday 28th	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA	11am - 12pm	

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

Caring Matters - February/March 2025

March

 = Carers only
 = All welcome

DATE	GROUP/ACTIVITY	TIME	HAVE YOU BOOKED?
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Thursday 6th	Ponteland Carer Group Merton Hall, Merton Way, Ponteland, NE20 9PX *Guest speaker from Alzheimer's Society*	10.30am - 11.30am	
Tuesday 11th	Blyth Carer Group Buffalo Community Centre, 55 Regent St, Blyth NE24 1LL	10.30am - 11.30am	
Thursday 13th	Prudhoe Carer Group The Manors, Adderlane Rd, Prudhoe, NE42 5ET	10.30am - 11.30am	
Thursday 13th	Catch up meal - Sambuca, Morpeth Sambuca, 7 New Market, Morpeth, NE61 1PS	1pm	
Tuesday 18th	Ashington Carer Group Newcastle Building Society, 10 Station Rd, Ashington, NE63 9UJ	11am - 12pm	
Thursday 20th	Wooler Carer Group Cheviot Centre, 12 Padgepool Pl, Wooler, England, NE71 6BL	10am-11am	
Friday 21st	Morpeth Carer Group CBA, Reiver House, Staithes Lane, Morpeth, NE61 1TD	2pm - 3pm	
Tuesday 25th	Workshop - Paying for Social Care Newcastle Building Society, 14 Market Place, Morpeth, NE61 1HG	2pm - 3.30pm	
Wednesday 26th	Berwick Carer Group William Elder Building, 56-58 Castlegate, Berwick, TD15 1JT *Guest speaker from Northumberland Fire and Rescue*	11am - 12pm	
Thursday 27th	Cramlington Carer Group Welcome Methodist Church, Station Road, Cramlington, NE23 1EN	2pm-3pm	
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Friday 28th	Hexham (Acomb) Carer Group Journey Enterprises Ltd, Acomb, Hexham NE46 4SA *Guest speaker from Alzheimer's Society*	11am - 12pm	
Friday 28th	Catch up meal - Mile Castle Inn, Haltwhistle Milecastle Inn, North Road, Hadrians Wall, Haltwhistle NE49 9NN	1pm	

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