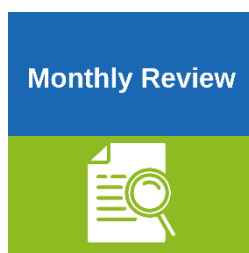


## April 2023



### April Review

This month we registered **83** new adult carers.

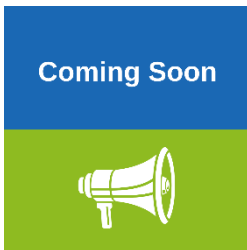
Enquiries continue to be focused mainly around benefits and grants, support with respite and accessing social care.

In total this year benefit checks and applications have resulted in £24,278.20 additional annual income for carers. £250 has been awarded in one off grants.\*

\*Figures start from April and follow the financial year

In April the adult carers went for a catch up meal at Limoncello in Berwick, we attended the Stepping Into Spring event in Blyth and held carer resources training. Young carers played golf, toured Newcastle United Stadium, cooked onion bhajis and made Easter crafts.

You can see pictures of all of the things we get up to on our [Facebook](#) page.



## Coming soon

**Carer Workshop - Making Guilt Manageable - Caring for someone can be very rewarding, but it can also be challenging and sometimes upsetting. It's common for carers to feel guilty. This workshop will look at recognising and managing this guilt.**

11am Wednesday 10th May 2023 - Online

**Carer Workshop - Wellbeing Matters Workshop & Tai Chi Session - Join us for a wellbeing session where we will talk about ways you can help to improve your wellbeing as a carer, the workshop will include some gentle Tai Chi that is suitable for all abilities.**

2pm Friday 19th May - Cramlington

**Carer Walk** - Bolam Lake - Join us for a leisurely stroll around the lake, discover the wildlife which makes Bolam Lake so special, including red squirrel, roe deer, great spotted woodpecker, and nuthatch.

Meet at visitors centre/cafe. Parking - first hour - free · Up to two hours - £2 · Over two hours - £4. Walk will be approximately a 1 mile circular walk. It may not be suitable for wheelchairs. Sturdy footwear recommended. Cafe onsite for those who want to stay for coffee afterwards. Dogs on leads are welcome.

11am Wednesday 17th May 2023

**Catch up Meal** - Vercelli, Hexham - 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. The cared for, friends and family are also welcome to attend.

4.30pm Wednesday 24th May

You can view our full list of groups, events and workshops on our website [here](#)

## Service Spotlight



## Service Spotlight

### Carers Week 2023

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

The theme for Carers Week 2023 is **'Recognising and supporting carers in the community'**.

We have organised a week of events and activities to show carers just how much we appreciate you! both carers, their friends and supporters can attend.

Booking is essential for all events as spaces may be limited, carers can book a ticket for themselves and one other person (max two tickets per carer)

\*Booking closes on Monday 22nd May.

You can reserve your space by calling 01670 320025 or you can book online here:

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

Monday 5th June 3pm

**Newbiggin Promenade Walk**

Meeting at Newbiggin Maritime Centre, Church point, Newbiggin-by-the-Sea NE64 6DB

Join us for a seaside stroll along Newbiggin prom.  
Parking is free.



Monday 5th June 11 - 12pm

**Eshott Airfield Tour \***

*Eshott Airfield, Morpeth NE65 9QJ*

Join us for a tour of this former Royal Air Force (RAF) World War II airfield and learn about the history of the airfield as well as getting up close and personal with the aircraft.

Following the tour, we will be stopping for lunch at the café/viewing area, where you will be able to watch the various aircraft take off and land all while enjoy a bite to eat and a cuppa.

Booking is essential as spaces are limited.

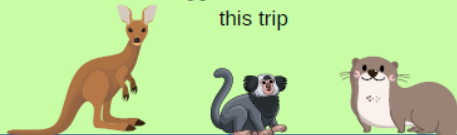


Tuesday 6th June 10.30am - 2.30pm

**Northumberland Zoo Trip \***

*2 Eshottheugh Farm, Felton, Morpeth NE65 9QH*

Join us for a fun filled day at the zoo, transport available with pick ups from Alnwick, Amble, Blyth and Cramlington - locations will be confirmed at booking. There is a suggested donation of £10 for this trip



Wednesday 7th June 3.30 - 5pm

**Puffin Boat Cruise \***

*Harbour Rd, Amble, Morpeth NE65 0AP*

Join us as we set sail around the Amble coast where we will take in the sights and the wildlife.

The cost of this trip is £20 - Space only confirmed when payment is taken

This trip is not suitable for those with poor mobility as access to the boat is very narrow.

We will be meeting at Amble Harbour car park



<p style="text-align: center;"><u>Thursday 8th June 10am</u></p> <p style="text-align: center;"><b>Prudhoe Carers Breakfast *</b>  <i>The Manors, Adderlane Rd, Prudhoe, NE42 5ET</i></p> <p style="text-align: center;">We are hosting a breakfast at the Manors in Prudhoe, all are welcome.</p> <p style="text-align: center;">Booking is essential and please inform our team of any special dietary requirements.</p> <div style="display: flex; justify-content: space-around;">   </div>	<p style="text-align: center;"><u>Thursday 8th June 12 - 4pm</u></p> <p style="text-align: center;"><b>Vindolanda Trip *</b>  <i>Chesterholm Museum, Bardon Mill, Hexham NE47 7JN</i></p> <p style="text-align: center;">Join us for a trip to the Roman Vindolanda Fort &amp; Museum.</p> <p style="text-align: center;">Transport is available from Prudhoe and Hexham locations will be confirmed at booking.</p> <p style="text-align: center;">Booking is essential .</p> <p style="text-align: center;">There is a suggested donation of £10 for this trip</p>
<p style="text-align: center;"><u>Friday 9th June 9 - 3pm</u></p> <p style="text-align: center;"><b>Holy Island Day Trip *</b>  <i>Holy Island, TD15 2SE</i></p> <p style="text-align: center;">Join us for a day trip to the historic Island of Lindisfarne.</p> <p style="text-align: center;">Transport is available from Wooler, Berwick, Ponteland and Morpeth - Locations will be confirmed on booking</p> <p style="text-align: center;">Booking is essential .</p> <p style="text-align: center;">There is a suggested donation of £10 for this trip</p>	<p style="text-align: center;">Cafes and food retailers will be available to access on all of our day trips, however you may wish to bring along a picnic.</p> <p style="text-align: center;">Please dress appropriately for the Northumberland weather.</p> <p style="text-align: center;">Due to the nature of some of our visits access may be an issue if you have difficulties with your mobility, please contact our team for more information.</p> <p style="text-align: center;">If you have booked an event but are unable to attend please contact our team so we can offer the space to another carer</p>



## Young Carers Updates

Carers Northumberland have developed an offer for education settings in Northumberland. The offer and accompanying toolkit help schools to embed good practice in supporting young carers in their education settings. The offer is fully funded by Northumberland County Council.

Carers Northumberland are able to offer:

- Young Carers awareness/identification training for staff
- School assemblies
- Support to set up a young carers group
- Template young carers policies and charter

- Continued support from the young carers team at Carers Northumberland

If you would like support for your education setting or would like to know more about the young carers service, our work in schools or to register with Carers Northumberland, contact us on 01670 320025 or by emailing [youngcarers@carersnorthumberland.org.uk](mailto:youngcarers@carersnorthumberland.org.uk) or visiting our website at [www.carersnorthumberland.org.uk/youngcarers](http://www.carersnorthumberland.org.uk/youngcarers)



## Staying in Touch



## Staying in Touch

Our top referrer for March was **Railway Medical Group!!!**

We have also received a high number of referrals from Adult Social Care and internal referrals for parents of registered young carers.

Working alongside the Memory Service at CNTW we now have a dedicated pathway for carers to be automatically referred to our service, so we will not include that team in our top referrer numbers.

The easiest way to refer a carer to us is via our professional referral form [here](#) We can also take referrals over the telephone, call us on 01670 320025.

You can order leaflets and posters by emailing us at [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)

### Carer Support You Provide

Would you like to share information on a carer support service that you offer? Our professional update list is growing and we are happy to share news about the work you do to support carers. If you have a good news story, a new offer of support, a carer group or anything else that you would like to share please email: [lisamordue@carersnorthumberland.org.uk](mailto:lisamordue@carersnorthumberland.org.uk)

### Carer Awareness Training

We are able to provide carer awareness training and young carer awareness training to professionals, this can be done remotely using Teams or in person. Get in touch to enquire.

We are also happy to attend team meetings to provide an update on our services.

Online Carer Awareness and Young Carer Awareness is also available to book via Learning Together.

Upcoming dates:

**Adult Carers - 10th May - 9.30am**

**Young Carers - 6th June - 1pm**

### Share your news

If you would like to share something with carers we are happy to include articles in our newsletter, share posts on social media or add to our blog on the website, get in touch to find out more.

### Information Stalls and Visits

We are happy to host an information stall at GP practices, pharmacies, hospitals and community venues.

If you would like us to visit you, please get in touch by emailing:

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

