

# *Carers Northumberland Spring Fair*

*Tuesday 12th June*

*Tynedale Farmers Suites*

*(Hexham Mart)*

*Hexham*

*10.15am -4.00pm*

*Refreshments & Lunch provided*

Guest speaker, Debra Dodds, Carer Lead from Northumbria Healthcare to open our day and an introduction to gentle movement from Soul Medicine.

**Therapies**

**Info stalls**

**Quiz**

**Raffle**

**Training**

**Tasters**

**Crafts**

**Willow  
Weaving**

*Booking is essential.*

*Please reserve your place*

*on 01670 320025*

If you are unable to make your own way to the event transport may be available with pick up points in Berwick, Alnwick, Morpeth and Ponteland

## Carers Support Fund

An award from the Carer Support Fund is an ideal way to try a new interest or explore a new activity. Several carers have benefited from the fund and used their award to pay for a short course which not only provides a break from caring responsibilities but also enables them to do something for themselves. Courses and workshops are available in a variety of forms, from short online courses (ideal if you want to study at home at your own pace) to short taster classes and workshops often held via the local authority or community groups.



'I really enjoy crafts and find using my creative skills and learning new ones to be very relaxing and enjoyable. Attending workshops takes me out of my normal environment and away from interruptions and allows me to meet new people and have 'grown up' conversations. For me it is a complete break from both my caring and work responsibilities. Receiving the award did a lot for my self-esteem. To me it means that my caring role is seen as valuable and worthy of support. Most of the time I feel that my needs always go to the back of the queue, but the award has encouraged me to take time for myself. I am really looking forward to planning how to spend the rest of the award. It is wonderful to have treats to look forward to.'

The Carer Support Fund is available to adults who are caring for adults to enable them to take a break from their caring role. The average amount awarded per person is around £100; however, the amount depends on your caring circumstances with the maximum award of £150. There are many ways in which the Carer Support Fund can help you take a break from caring, if you are not sure what you want to spend it or would like more information contact the Information Team on [01670 320025](tel:01670320025) or email [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk).

## Young Carers Support Fund..

There is a similar fund for young carers who are aged 18 and under. The Young Carer Support Fund is also available once in a 12-month period and provides money for a break from caring responsibilities whether you care for an adult or another child in your family. To access the Young Carer Support Fund, you must have an Early Help Assessment completed by a professional, you can get more information about this from the Information Team on [01670 320025](tel:01670320025) or [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk).

## GDPR Update reminder

We recently sent you a form to update your details, please make sure you return this to us. The government has brought in new rules so we need you to complete the form. If we do not receive this, it means you can't stay registered with us, attend events/groups or access services like the Carers Emergency Card and Support Fund. If you have not received your form please give us a call on 01670 320025.

# What's on : June 2018

Listed below are all of our groups and activities for June 2018.

Carers are welcome to attend **any** activity in **any** area. If you haven't been to a group before why not come along to one and see for yourself how welcoming and supportive they are? For more information or to book an event please call our Information Line on **01670 320025** or email

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

June 2018	Groups / Activity	Time
5th	Ashington Drop In, Carers Northumberland Ashington Office	11.00am—12 noon
7th	Ponteland Support Group, Merton Hall	10.30am—12noon
7th	Felton Support Group, Felton Village Hall	1.30pm—3.30pm
NO GROUP	Morpeth Support Group, <b>NO GROUP</b>	NO GROUP
13th	Caring Crafters—Berwick, William Elder Building <b>Activity—Galaxy Mugs * BOOKING ESSENTIAL</b>	10.00am—12noon
18th	Cornhill Support Group, The Collingwood Arms	1.30pm—3.00pm
19th	Caring Crafter—Hexham, Adapt Building <b>Activity - Galaxy Mugs * BOOKING ESSENTIAL</b>	10.00am—12noon
20th	Bedlington Support Group, Salvation Army	1.00pm—2.30pm
21st	Blyth Support Group, Buffalo Community Centre	10.00am—11.30am
25th	Alnwick Support Group, St Pauls Court	1.30pm—3.00pm
27th	Caring Crafters—Ashington, Carers Northumberland Office <b>Activity— letter canvas *BOOKING ESSENTIAL</b>	10.00am—12noon
27th	Berwick Support Group, William Elder Building	11.00am—12.30pm
27th	Hexham Support Group, Adapt Building	1.30pm—3.00pm
28th	Cramlington Support Group, Community Room Concordia Leisure	1.00pm—2.30pm

## Carers Support Groups run by our partners:

Groups / Activity	Details
Berwick Mental Health Carers Support Group, Northern Spirit	01289 305002
Hexham Mental Health Carers Support Group, Scout Hut (behind Marks & Spencer's), Hexham	21st June 1.30pm—3.30pm
New Beginnings Group, ring for details	01670 320025

**Please note activities and talks may be subject to change.**

*Disclaimer - Carers Northumberland has tried to ensure that the information in this newsletter is accurate. However, Carers Northumberland will not accept liability for any loss, damage or inconvenience arising as a consequence of any use of or the inability to use any information in this circulation. Charity number 1122972. Company number 6266972*

# Caring Matters - June 2018

## Carers Workshop Sessions

**Carer Workshop sessions for end of May, June & July 2018 are shown below.** If you would like to make an enquiry or book a place on any of these sessions please ring the information service on **01670 320025**

### May 2018 ( still time to book!)

**Caring with Confidence ( 5 sessions, see below)**—Beaconhill Community Centre , Cramlington

This begins on Wed May 30th between 10.30am—12.30am. See details below. Please book on even if you know you cannot attend all sessions. We can fill in the missing information for you at a later date. Free course with light refreshments & easy parking. A few places left!

### June 2018

**Caring with Confidence ( 5 sessions, see below)** - Beaconhill Community Centre, Cramlington on June 6th, 13th, 20th & 27th. Each session is 10.30am—12.30pm.

**How to Say No**—William Elder Building, Berwick      10.30—12.30      Tuesday June 19th

### July 2018

**Good Life Good Death** - William Elder Building, Berwick 10.30—12.30      Tuesday July 31st

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## Caring with Confidence

This is a **FREE** 5 week course for carers to be offered in Cramlington for the first time. The aim of the course is to give carers information and support to manage difficult situations that may arise from caring & to benefit from meeting up with other carers.

Week 1 : **Caring Day to Day** - the practicalities of daily management

Week 2 : **Caring and Coping**—dealing with stress & its impact on health & well-being

Week 3: **Caring and Communicating**—getting the best from dealing with other people

Week 4: **Caring and Life**—juggling caring demands now & in the future

Week 5 : **Caring and Resources**— everything you need to know about what's available.

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New workshop dates for Berwick as above - How to Say No and Good Life, Good Death. There will be a Good Life, Good Death session arranged for Alnwick in the near future— Look out for a date

Which workshops would you like in YOUR area?