

# Caring Matters

August 2018 - The newsletter of Carers Northumberland

## Meet the Team..

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## Foreword from the Chief Executive...

At the time of writing, the sun is still shining, and the weather looks to be set fair for a few weeks yet. I hope we all have a wonderful August, with a little overnight rain to save our gardens and patio pot!. Please note in this issue some changes to our crafters' groups. I was sorry to learn we didn't have enough take up for two of our trips, but I know it is sometimes hard to get out and about.

The Carers Health and Wellbeing Guide is a really useful publication, especially for those new to caring, so it would be really great if you know of someone who doesn't receive our information, you point them towards to guide, so they can get hints and tips and learn how to access support for their caring role.



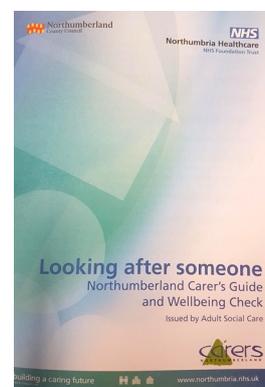
*Sharon Spurling*

Chief Executive

## Looking after someone - Northumberland Carer's Guide and wellbeing check

The aim of the guide is to help carers identify the right kind of information and support they need to help them to care safely and effectively. It will also help carers to think about their own health and wellbeing and identify areas where they may need help.

To order your FREE copy of the guide  
please contact us on 01670 320025 or  
email  
[info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)



Improving the lives of Carers in Northumberland...

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

# What's on : August 2018

Listed below are all of our groups and activities for August 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)

August 2018	Groups / Activity	Time
2nd	Ponteland Support Group, Merton Hall	10.30am—12noon
2nd	Felton Support Group, Felton Village Hall	1.30pm—3.00pm
7th	Carers Drop In, Ashington Offices	11.00am —12noon
8th	Caring Crafters—Berwick, William Elder Building <b>*Booking Essential*</b> <b>Activity—Bird Feeders</b>	10.00am—12noon
8th	Morpeth Support Group, Northumberland County Blind Association	10.30am—12noon
14th	Caring Crafters—Hexham, Adapt Building <b>*Booking Essential*</b> <b>Activity—Bird Feeders</b>	10.00am—12noon
15th	Bedlington Support Group, Salvation Army	1.00pm—2.30pm
16th	Blyth Support Group, Buffalo Community Centre	10.00am—11.30am
20th	Cornhill Support Group, Collingwood Arms	1.30pm—3.00pm
22nd	Hexham Support Group, Adapt Building	1.30pm—3.00pm
20th	Caring Crafters—Ashington <b>*Booking Essential*</b> <b>Activity—Chalk Painting This activity will cost £3.00 per person</b>	10.00am—12noon
<b>NO GROUP</b>	<b>NO ALNWICK GROUP DUE TO BANK HOLIDAY</b>	<b>NO GROUP</b>
29th	Berwick Support Group, William Elder Building	11.00am—12.30pm
30th	Cramlington Support Group, Community Room, Concordia Lesuire Centre	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 August 1.30pm—3.30pm
New Beginnings Group, ring for details	01670 320025

**Please note activities and talks may be subject to change without notice.**

*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*

## Important Group Changes

Please be aware of the following changes to some of our groups, changes are valid from August 2018 onwards:

**Ashington Caring Crafters**— Now meeting on third Monday of each month beginning 20th August, see details on the what's on page.

**Hexham Caring Crafters**—Now meeting on second Tuesday of each month beginning 14th August, see details on the what's on page.

**Morpeth Support Group**—Now meeting on second Wednesday of each month beginning 8th August, see details on the what's on page.

## Trip Updates

Please be aware that the following trips have been cancelled due to lack of interest:

Roman History Museum and Tynemouth Aquarium

Our trip to the **Grace Darling Museum** will still go ahead on 6th September 2018. Those who have expressed interest will be automatically added. Transport is available with pick up points now confirmed for Wooler and Berwick.

To book call 01670 320025

**If you no longer wish to receive this newsletter  
please contact 01670 320025**

Would you like to continue learning but find attending courses difficult? Then a 'Future Learn' online course might be the answer.

Future Learn have a range of free courses covering a variety of different subjects that could help you further understand and support people with specific conditions or promote your own self care.

Caring for people with psychosis and schizophrenia

Good practice in Autism education

Recognise and help with depression and low mood in young people.

Understanding anxiety, depression and CBT

Maintaining a mindful life

Check out these and other courses at [www.futurelearn.com](http://www.futurelearn.com)

### How to join our online forum:

- Visit our website [www.carersnorthumberland.org.uk](http://www.carersnorthumberland.org.uk)
- Select the Carers Forum Button at the top of the page
- Then you will find the register button at the top of the page.
- Complete the registration process as prompted.
- Don't forget to read the **forum guidelines and conditions**.
- Once registered you can post and view other discussions.
- Enjoy!



# Caring Matters - August 2018

## Think Big – North East Social Enterprise Incubator Programme

Carers Northumberland have been chosen to take part in the Think Big – North East Social Enterprise Incubator Programme which will see us join eight other North East based charities and social enterprises who are aiming to grow or introduce a new product or service whilst increasing their social impact. The programme is being launched by Key Fund Investments in partnership with The Virgin Money Foundation, The Big Lottery Fund and GLT Partners and will combine individual business development plans with masterclasses, mentoring and access to specific expertise to help the charity secure the right investment at the right time. Carers Northumberland is hoping to develop a robust business model to take to potential funders for an initiative which will generate income to support the core services of the charity. This is a very exciting opportunity and we are looking forward to working with the programme partners over the next six months. Debra Blakey, our Business Development Manager, will be the main participant for Carers Northumberland and joined the rest of the attendees and facilitators at the launch day on 3<sup>rd</sup> July 2018.



## Specialist Day Retreats

U Retreat Riding Mill Northumberland offer specialist day retreats for carers and people who have been bereaved. This is a place where you can recharge, have time for yourself and destress. Activities on offer include: holistic therapies, woodcarving, painting, ceramics yoga and Nordic walking

Retreats are fully funded for carers and those who have been bereaved for more information or to book your place call **07541 637706** or email **uretreat1@gmail.com**

