

What's on : January 2019

Listed below are all of our groups and activities for January 2019.

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

Jan 2019	Groups / Activity	Time
3rd	Ponteland Support Group, Merton Hall	10.30am—12noon
3rd	Felton Support Group, Felton Village Hall	1.30pm—3.00pm
9th	Caring Crafters - Berwick, William Elder Building *Booking Essential* Activity – Jewellery making £2.00 pp	10.00am—12noon
9th	Morpeth Support Group, Northumberland County Blind Association	10.30am—12noon
17th	Blyth Support Group, Buffalo Community Centre	10.00am—11.30am
16th	Bedlington Support Group, Salvation Army	1.00pm—2.30pm
23rd	Hexham Support Group, Adapt Building	1.30pm—3.00pm
28th	Alnwick Support Group, St Pauls Court	1.30pm-3pm
30th	Berwick Support Group, William Elder Building	11.00am—12.30pm
31st	Cramlington Support Group, Community Room, Concordia Leisure Centre	1.00pm—2.30pm

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

Carers Support Groups run by our partners:

Groups / Activity	Details
Berwick Mental Health Carers Support Group, Northern Spirit	01289 305 002
Hexham Mental Health Carers Support Group, Scout Hut (behind Marks & Spencer's), Hexham	15th Jan 1.30pm—3.30pm
New Beginnings Group, ring for details	01670 320 025
Wooler Carers Group, Terrace Café, Wooler	16th Jan 10am –12 noon
Bellingham Carers Group, Bellingham Practice	23rd Jan 1.30pm—3pm
Mental Health Forum, Wooler	Contact Jane Pannell on 01289 388321 or email jane.pannell51@btinternet.com

Caring Matters - January 2019

Carer Workshop Sessions

A welcome to all carers reading this and a wish that 2019 will prove to be a year of opportunities for you. We have been busy looking ahead to see what we currently offer carers and also to find out what carers might want that we could provide.

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Don't forget the next carer workshop in **Cramlington**

Cramlington: Beaconhill Community Centre

- **Good Life Good Death WED JANUARY 9th 2019 10.30—12.30**

All the practical information you might need to plan for the inevitable future event. YOU know what you want but how do you communicate this to others?

This workshop should leave you feeling more confident and more comfortable that you know how to take control of your own decisions.

To join this session please contact our office on 01670 320025 or email info@carersnorthumberland.org.uk. Encourage a friend to join you and spread the word.

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Following the success of partnership working with other organisations last year, there will be a further 6 sessions running at **Benmar House** in Morpeth for carers looking after **someone with MS**. The sessions, called 'Caring & Sharing—Let's talk about...', begin monthly between 1-2.30pm starting in February & each one will have a different focus :

The February session is entitled ' Good Day, Bad Day, talking about ups & downs'.

Contact either Deborah at Benmar House or our info line to find out more.

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Do you live in the Bellingham / Otterburn area and would like to meet other carers ? Carers Northumberland is running a taster workshop session at the meeting on Thursday January 24 between 1-2.30pm which is held at the Bellingham GP practice.

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Do you go to any regular group that is aimed at patients and carers with a particular disability? Would you like to arrange a Carers Northumberland taster workshop? Please contact us on 01670 320025 for more information.