

# What's on : March 2019

Listed below are all of our groups and activities for March 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](mailto:info@carersnorthumberland.org.uk)

March 2019	Groups / Activity	Time
7th	<b>Ponteland Support Group</b> , Merton Hall <b>Activity: Attendance Allowance Talk</b>	10.30am-12noon
7th	<b>Felton Support Group</b> , Felton Village Hall	1.30pm-3.00pm
7th	<b>Amble Support Group</b> , Dry Water Arts Centre <b>Activity: Healthwatch Northumberland attending</b>	10.30am-12noon
13th	<b>Caring Crafters - Berwick</b> , William Elder Building <b>*Booking Essential*</b> <b>Activity – Cross Stitch - Cost £2</b>	10.00am-12noon
13th	<b>Morpeth Support Group</b> , Northumberland County Blind Association <b>Activity: Healthwatch Northumberland attending</b>	10.30am-12noon
21st	<b>Blyth Support Group</b> , Buffalo Community Centre	10.00am-11.30am
19th	<b>Ashington Support Group</b> , Age UK, The Roundhouse	10.30am-12noon
20th	<b>Bedlington Support Group</b> , Salvation Army <b>Activity: Attendance Allowance Talk</b>	1.00pm-2.30pm
25th	<b>Alnwick Support Group</b> , St Pauls Court	1.30pm-3.00pm
27th	<b>Hexham Support Group</b> , Adapt Building	1.30pm-3.00pm
27th	<b>Berwick Support Group</b> , William Elder Building <b>Activity: Attendance Allowance Talk</b>	11.00am-12.30pm
28th	<b>Cramlington Support Group</b> , Community Room, Concordia Leisure Centre	1.00pm-2.30pm

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



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useful to carers. Just search 'Carers Northumberland' on

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## AMBLE SUPPORT GROUP

We would like to thank the carers that attended Amble Support Group which has started up again in a new venue. It was lovely to see such a good turn out and thanks also go to our fantastic support group facilitator, Susan, who made everyone welcome and ensured those who wanted to speak had an opportunity to do so.

The Amble group meet on the **first Thursday of the month from 10.30 to 12 noon**. The venue is Dry Water Arts Centre at Wellwood Street, Amble, NE65 0FG. Dry Water Arts Centre is situated in a shared courtyard off Wellwood Street in Amble. Access to the yard is between St.Marks Church and No.23 Wellwood Street, alternatively you can access the centre from The Bede Club Car Park.

If you are feeling isolated, would like some time out for you, or would benefit from meeting others who understand the issues around caring, Susan would love to see you there. You can also come along and not talk about your caring responsibilities, just enjoy a cuppa with others.



Susan, the Amble Support Group Facilitator

## Carers Support Groups run by our partners:

Groups / Activity	Details
<b>Berwick Mental Health Carers Support Group</b> , Northern Spirit	01289 305 002
<b>Hexham Mental Health Carers Support Group</b> , Scout Hut (behind Marks & Spencer's), Hexham	19th March, 1.30pm-3.30pm
<b>New Beginnings Group</b> , ring for details	01670 320 025
<b>Wooler Carers Group</b> , Glendale Surgery, Wooler	20th March - 10.00am-12noon
<b>Bellingham Carers Group</b> , Bellingham Practice	28th March - 1.30pm-3.00pm
<b>Mental Health Forum</b> , Wooler	Contact Jane Pannell on 01289 388321 or email <a href="mailto:jane.pannell51@btinternet.com">jane.pannell51@btinternet.com</a>

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

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