



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

Registered 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 please call our Information Line on **01670 320025** or email info@carersnorthumberland.org.uk

June 2019	Groups / Activity	Time
6th	Ponteland Support Group, Merton Hall	10.30am-12noon
6th	Amble Support Group, The Dry Water Arts Centre, Amble	10.30am-12noon
12th	Caring Crafters - Berwick, William Elder Building *Booking Essential Activity; Decoupage	10.00am-12noon
12th	Morpeth Support Group, Northumberland County Blind Association	10.30am-12noon
13th	Carers Week Celebration Event - Port of Blyth Training	10.00am-3.00pm
18th	Ashington Support Group, Age UK, The Roundhouse	10.30am-12noon
19th	Bedlington Support Group, Salvation Army	1.00pm-2.30pm
20th	Blyth Support Group, Buffalo Community Centre	10.00am-11.30am
24th	Alnwick Support Group, St Pauls Court, Alnwick	1.30pm-3.00pm
26th	Hexham Support Group, Adapt Building	1.30pm-3.00pm
26th	Berwick Support Group, William Elder Building	11.00am-12.30pm
27th	Cramlington Support Group, Community Room, Concordia Leisure Centre	1.00pm-2.30pm

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

Join us for Carers Week 2019



Monday 10 - Sunday 16 June

Carers Week Celebration Event

Thursday 13th June 2019 10.00am-3.00pm

**Venue: Port of Blyth Training, Quay Rd, Blyth
NE24 3PA**

If you do not have your own transport and live in the North or West of the county we have arranged some transport, collecting from:

Wooler/Berwick/Alnwick/Amble and Haltwhistle/Hexham/
Ponteland *Numbers are limited*



Activities including;



- **Doing Digital** - bring along your device and get support to de-mystify the techy basics.
- **Chair yoga** - a low impact fitness and well-being techniques for you to do in the comfort of your own home.
- **Balloon modelling** - try out a new skill and impress the grandchildren
- **Health and well-being advice** from Ageing well
- **Attendance Allowance advice**
- **Relaxation sessions** - an opportunity to have a go at relaxation techniques.
- **Therapies** - We have two therapists offering appointments for massages.

Lunch and refreshment are included...

Limited Places available book to secure yours 01670 320025

Caring Matters - June 2019

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	18th June 1.30pm-3.30pm
New Beginnings Group , ring for details	01670 320 025
Wooler Carers Group , Glendale Surgery, Wooler	19th June 10.00am-12noon
Bellingham Carers Group , Bellingham Practice	Please contact the surgery for times and dates - 01434 220203
Mental Health Forum , Wooler	Contact Jane Pannell on 01289 388321 or email jane.pannell51@btinternet.com

For more updates... follow us on Facebook and Twitter. We post regular updates and share information useful to carers.

Just search 'Carers Northumberland' on

www.facebook.com or www.twitter.com



Notice of Carers Northumberland General Meeting

At a recent review of the Carers Northumberland Memorandum of Articles, the Trustees of Carers Northumberland felt that the description of membership was confusing. A general meeting will be held on Monday 10 June 2019 at 3.15 pm, at Carers Northumberland, 107 & 109 Station Road, Ashington, NE63 8RS to vote on the following proposal:

1. the Trustees propose a special resolution to amend the description of the classes of membership.

The update does not change the membership intention of the current Memorandum; it describes the classes of membership more clearly. It has no impact on the registration of carers or services provided, and there are no changes to the relationship between carers and the organisation.

There will be no other business conducted at this meeting.

If you wish to attend the meeting, please telephone 01670 320025 or email info@carersnorthumberland.org.uk to confirm attendance.