



**Carer Support Activities  
South East Northumberland  
April, May, June 2015**

Welcome to our latest update about local activities planned for the coming months in your area. **Please keep it somewhere safe** as we are unable to send further reminders because of the cost involved. Activity sheets for other areas are available from the information service – you are welcome to come along to anything we have going on around the county. We hope you find something of interest and look forward to seeing you in the coming months.

*The Carer Support Team*



**Carer Support Groups - PLEASE KEEP THIS INFORMATION FOR FUTURE REFERENCE AS WE ARE UNABLE TO SEND OUT REMINDERS.**

**Ashington** (4<sup>th</sup> Tuesday of the month)

**!! Please note new venue and slight change of time!!**

Carers Northumberland, Wansbeck Centre for Voluntary Service, 107-109 Station Road, Ashington NE63 8RS

**28<sup>th</sup> April**, 1.30-3.00 pm **Talk from Liz**

**Sparshott, Legacare**

**26<sup>th</sup> May**, 1.30-3.00 pm **Care Act update**

**23<sup>rd</sup> June**, 1.30-3.00 pm

**Cramlington** (Last Thursday of the month)

Community Room, Cramlington Library, Forum Way, Cramlington, NE23 6YB

**30<sup>th</sup> April**, 1.30-3.00 pm **Care Act update**

**28<sup>th</sup> May**, 1.30-3.00 pm

**25<sup>th</sup> June**, 1.30-3.00 pm **Personal Independence Payment info session**

**Bedlington** (3<sup>rd</sup> Wednesday of the month)

Room 1, Salvation Army Hall, Hartford Road, Bedlington NE22 6HU

**15<sup>th</sup> April**, 1.00-2.30 pm **Talk from Liz**

**Sparshott, Legacare**

**20<sup>th</sup> May**, 1.00-2.30 pm **Care Act update**

**17<sup>th</sup> June**, 1.00-2.30 pm

**Morpeth** (2<sup>nd</sup> Tuesday of the month)

Northumberland County Blind Association, Reiver House, Staithes Lane, Morpeth NE61 1TD

**14<sup>th</sup> April**, 10.30 am-12 noon **Care Act update**

**12<sup>th</sup> May**, 10.30 am-12 noon **Personal**

**Independence Payment info session**

**9<sup>th</sup> June**, 10.30 am-12 noon

**Blyth** (3<sup>rd</sup> Thursday of the month)

The Buffalo Community Centre, 55 Regent Street, Blyth, NE24 1LL

**16<sup>th</sup> April**, 10.00-11.30 am **Talk from Liz**

**Sparshott, Legacare**

**21<sup>st</sup> May**, 10.00-11.30 am **Care Act update**

**18<sup>th</sup> June**, 10.00-11.30 am

**Newbiggin** (2<sup>nd</sup> Tuesday of the month)

Newbiggin Maritime Centre, Church Point, Newbiggin by the Sea NE64 6B

**14<sup>th</sup> April**, 1.30-3.00 pm **Care Act update**

**12<sup>th</sup> May**, 1.30-3.00 pm

**9<sup>th</sup> June**, 1.30-3.00 pm **Personal**

**Independence Payment info session**

**FIRST TIME AT A MEETING OR EVENT?** If you would like to meet your local support worker before going into the venue, give us a call – Information Line 01670 320025 or Clare McKay, Carer Support Worker 01670 320019

### Join us for something different!

All of these activities are open to carers from all areas so I do hope you're able to join us.

**Weds 22<sup>nd</sup> April 12.00 noon** - Meal at Sambuca, Morpeth

**Thurs 14<sup>th</sup> May 12.00 noon** – Meal at The Swan, Choppington

**Thurs 11<sup>th</sup> June, 10.30am** - Walk along Blyth Beach with one of the Health Trainers, then tea/coffee (or chips!) at the Coastline café.

**Weds 25<sup>th</sup> June, 11am – 2pm The Great North Museum, Newcastle upon Tyne** - Join us for a guided tour of Newcastle's Great North Museum (formerly the Hancock) and a 'Seasonal Stargazing' Planetarium show. There will be time after the tour for lunch in the café or a wander round the museum. Transport will be provided from local pick-up points.

**Please note:** Places must be booked in advance for all of the above by ringing 01670 320025. For the meals, Carers Northumberland will subsidise the cost of each carer's meal by £5.

### Support Group Information Sessions

These sessions are open to carers from all areas and we would really encourage you to come along to the session closest to you. For more information call Clare on 01670 320019.

**Liz Sparshott, Legacare** - Legacare is a charity offering support to those with life limiting conditions, and their carers, on a wide range of legal matters including wills and Power of Attorney. Liz will talk about Legacare's services and will also be available for brief one-to-one discussions. If you'd like a one-to-one slot, please book in advance.

**Care Act Update** - This will be a really useful information session covering the important changes which will occur after 1<sup>st</sup> April as a result of the Care Act 2014 & the Children and Families Act 2014. Find out how these reforms will impact on you as a carer.

**Personal Independence Payment info session** – A welfare rights officer will be coming along to the meeting to discuss the basics of Personal Independence Payment (PIP), a new disability benefit for working-age people which will eventually replace Disability Living Allowance for most adults. The discussion will not cover Attendance Allowance, as it is not being replaced by PIP.

### Join us for tea & cake at our new premises

As you'll see from the newsletter, we've recently moved to new premises in Ashington and we'd like to invite you along for a visit.



You'll have a chance to see our new drop-in space, meet other carers and have a chat over tea/coffee and cake.

No need to book a place, just pop in and see us at the address below from 1-3pm on Thursday 23<sup>rd</sup> April.

Carers Northumberland,  
Wansbeck Centre for Voluntary Service, 107 & 109 Station Road,  
Ashington NE63 8RS