



**Carer Support Activities
West Northumberland
January, February, March 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 we look forward to seeing you in the coming months.

If you want to speak to someone about your caring role, or our activities in your area, you can ring the Information Line on 01670 320025 or Pauline on 01434 608033 and we'll be happy to help.

The Carer Support Team



Carer Support Groups

Bellingham (4th Thursday of the month)
Meets in the Community Room
Bellingham Fire Station
Bellingham
NE48 2JS
22nd January 1.00-3.00pm
26th February 1.00-3.00pm
26th March 1.00-3.00pm

Ponteland (1st Thursday of the month)
Meets in Merton Hall
Merton Way
Ponteland
NE20 9PX
8th January 10.30 am - 12.30 pm
5th February 10.30 am - 12.30 pm
5th March 10.30am- 12.30pm

Haltwhistle (3rd Thursday of the month)
Meets in Haltwhistle Surgery,
Greencroft Avenue
Haltwhistle
NE49 0AX
15th January 10.30 am - 12.30 pm
19th February 10.30 am-12.30pm
19th March 10.30am-12.30pm

Prudhoe (3rd Wednesday of the month)
Meets at The Manors
Adderlane Road
West Wylam
Prudhoe
NE42 5ET
21st January 10.30 am - 12.30 pm
18th February 10.30 am - 12.30 pm
18th March 10.30am- 12.30pm

Hexham (4th Wednesday of the month)
Meets in Trinity Methodist Church Hall
Beaumont Street
Hexham
NE46 3LS
28th January 1.00 - 3.00 pm
25th February 1.00 - 3.00 pm
25th March 1.00- 3.00 pm

New Beginnings Group
Offers peer support to those whose caring role has ended due to bereavement.
20th January @ Brockbushes
24th February @ Dobbies Garden Centre
31st March @ Vallum Farm
2.30pm- 4.30pm.

Transitions Group
Specially for supporting carers who are caring for someone who has moved into residential care.
At Carers Northumberland, Adapt Building
Burn Lane, Hexham, NE46 3HN
20th January 10.30 am - 12.30 pm
24th February 10.30am- 12.30pm
31st March 10.30am-12.30pm

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 on the Information line: or 01670 320025 or 01434 608033



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Over the next Quarter we have invited guest speakers to some of our groups; these include a talk from a local fire brigade, the stroke society and a representative from Northumberland's Tyne and Wear (NTW) mental health services. We will also be offering 'holistic' treatments at some of the groups. If you are interested in attending these talks please let me know so I can inform you of the venue and time.

Attention Male Carers!

Although around 42% of carers in the UK are male, at Carers Northumberland only 24% of our registered carers are men. Of those, only a very few attend our Carers Support Groups. For this reason we have planned some activities to give male carers the opportunity to get together, socialise and share support:

Tues 3rd February, 10.30am Blyth RNLI

A tour of the Blyth RNLI Lifeboat Station and talk from the station's Education Officer.

Weds 4th March, 1.30pm BBC Newcastle

A behind the scenes tour of BBC Newcastle with an opportunity to see the Look North and BBC Radio Newcastle studios.

If you'd like to come along to either activity please let us know by calling our Information Line before **Weds 28th January**. Obviously we don't want to exclude anyone from these activities so, if there are any female carers who would particularly like to come along, please do get in touch.

Carer Emergency Card

This vital service is provided free of charge from the British Red Cross. It provides peace of mind to carers in the unlikely event they are delayed. You will be issued with a unique reference number that when quoted displays your individual plan. If you are interested in registering for this service please ask for a registration form, or call Carers Northumberland on **01670 320025**.

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