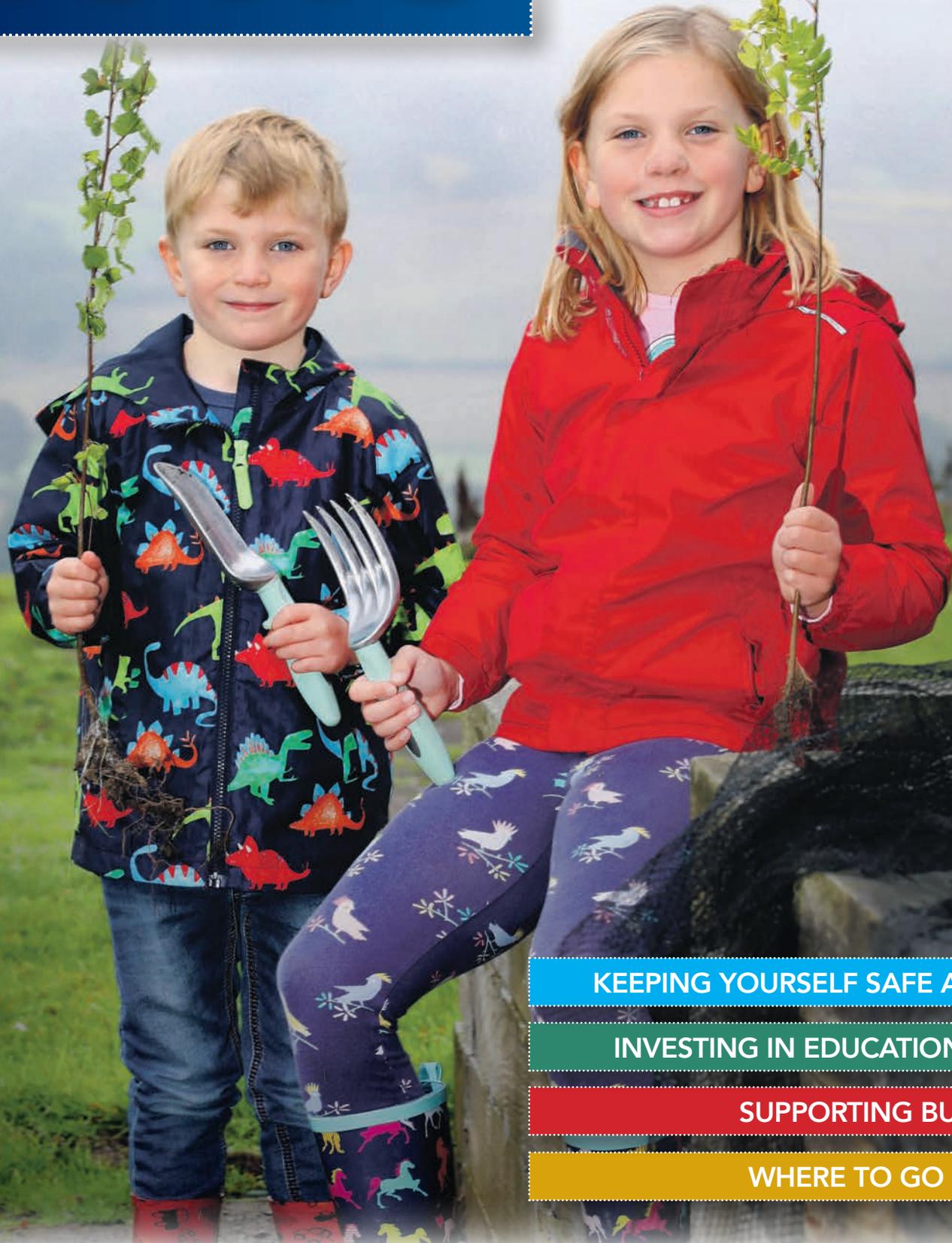


SEPTEMBER 2020 

Northumberland news



KEEPING YOURSELF SAFE AND WELL

INVESTING IN EDUCATION FOR ALL

SUPPORTING BUSINESSES

WHERE TO GO FOR HELP



Northumberland
County Council

www.northumberland.gov.uk

Protect yourself Protect others Protect Northumberland

Thank you for helping us prevent
the spread of COVID-19 by...



Washing your hands



Keeping your
distance



Wearing a
face covering



Getting tested if
you feel unwell



#DoYourBit

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KEEP IN TOUCH...

To keep up to date with the latest information on coronavirus, and stay informed on all our service developments, please follow us on our social media channels.

The County Council website www.northumberland.gov.uk is being updated each day to reflect the changing situation and is also a really good source of helpful information.



facebook.com/northumberlandCC



twitter.com/N_LandCouncil



instagram.com/NLandCC



youtube.com/NorthumberlandTV



FOREWORD BY KELLY ANGUS

A MESSAGE FROM THE ACTING CHIEF EXECUTIVE OF NORTHUMBERLAND COUNTY COUNCIL

Eight months ago no-one could have imagined the events that were to engulf the county, the country and the whole world in 2020.

The coronavirus pandemic continues to be a global issue, affecting people's lives and livelihoods and creating an unprecedented impact on the economy.

And when events have such huge implications it can be difficult to step back and focus on what's happening on our own doorstep.

But since March we have has focused not just on the wellbeing of all our residents but also on the recovery of our county.

While it remains a very difficult and worrying time for all of us, the spirit, help and can-do

attitude of everyone I've come across continues to amaze me.

This is not just evident in all our communities but also within the Council where staff have continued to prioritise key services such as children's and adult social care, and keep essential facilities running.

The restrictions we've all faced have led us to develop some new and innovative ways of working. Our committees and council meetings are currently all virtual, meaning we're getting business done without the need for travel, while also giving people the opportunity to see democracy in action from the comfort of their home as well as contributing towards climate change - something we will continue to embrace in our new ways of working.

Staff have been pushing ahead with a huge range of work,

from investments in roads, schools, housing and leisure and our town regeneration programmes.

Our economy, which before the crisis was in a good place with real strengths in tourism, manufacturing, pharmaceuticals, and energy, has taken a hit but we've provided a raft of financial and bespoke support to businesses both big and small and continue to support all sectors on their road to recovery.

Please be assured there is hope for the future. Earlier this year we set out our plans for recovery, to reboot our economy and get our communities moving again. We remain committed to that and I'm confident we will come out of this stronger - stronger together.



STAYING SAFE OUTSIDE YOUR HOME

Social distancing and keeping safe

There are simple steps you can take to minimise the risk of catching coronavirus by washing your hands regularly for 20 seconds, complying with social distancing, being alert to symptoms and then self isolating and getting a test if symptomatic - and responding to NHS Test and Trace if positive or if contact traced.

We all need to do our bit in the battle against COVID-19. Protect yourself, protect others, and protect Northumberland.

The main symptoms of COVID-19 are a high temperature, a new, continuous cough and a loss or change to your sense of smell or taste.

Stay safe when travelling

Restrictions are in place in other parts of the country where there are particularly high numbers of cases of COVID-19 and we should think carefully before visiting those areas.

As lockdown has eased, many of us have started to travel outside of the county to enjoy a break, as well as travelling abroad. This includes areas where there are much higher numbers of COVID-19 cases than Northumberland.

Checking what restrictions are in place before travelling and paying extra care to follow guidance is essential in preventing an increase in COVID-19 cases and outbreaks in Northumberland.

When to get tested

It's important to know when to get tested. You should request a test if you are experiencing symptoms, no matter how mild, as this can help to prevent the virus spreading. But please don't request a test if you're just worried and don't have symptoms.



Quarantine

We are seeing increasing numbers of people who have come back from holiday and tested positive for COVID-19. If you have visited a country that does require you and your family to quarantine on return to the UK, please do not leave your home to go back to work or allow children back into education - stay at home, keep visitors away and ask someone else to do your shopping. You may be tempted to get a test to shorten the quarantine period. Please don't. Having a negative test if you don't have symptoms during your 14 day quarantine does not mean you can stop self-isolating.

The government is frequently updating the list of countries that this applies to.

For the latest advice on travel corridors www.gov.uk/guidance/coronavirus-covid-19-travel-corridors

Wearing a face covering

New legislation came into effect on Friday 24 July, making wearing a face covering compulsory in shops and supermarkets. Children under the age of 11, as well as people with certain disabilities and medical conditions may be exempt.

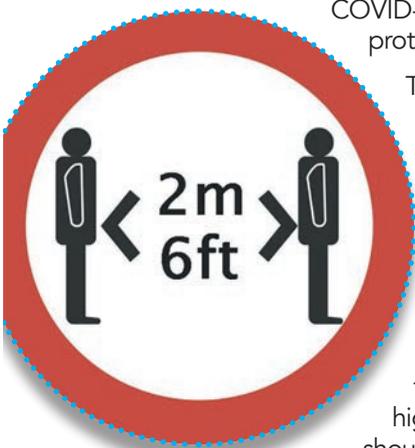
A face covering is something which safely covers your nose and mouth. You can buy reusable or single-use face coverings, or you can use a scarf, bandana, or hand-made cloth covering, which securely fits round the side of your face.

Test and trace to stop spread of virus

The easing of lockdown measures is being supported by NHS Test and Trace.

The NHS Test and Trace service ensures that anyone who develops symptoms of COVID-19 can quickly be tested to find out if they have the virus.

The service helps to trace close recent contacts of anyone who tests positive for the coronavirus and, if





necessary, notifies them that they must self-isolate at home to help stop the spread of the virus.

To assist with the Test and Trace system, organisations such as pubs and restaurants should collect and keep customer details for 21 days. By maintaining records of staff, customers and visitors, and sharing these with NHS Test and Trace where requested, businesses can help to identify people who may have been exposed to the virus. This means any potential outbreaks can be stopped early.

If you're identified as a close contact of a case, you'll be asked to self-isolate for 14 days. This is because it may take up to 14 days for symptoms to develop. Please don't be tempted to have a test before the 14 days is up if you don't have symptoms; if it comes back negative, you'll still have to continue your 14 day self-isolation period because the test is only valid on the day it was taken and you may develop symptoms after that.



Northumberland's outbreak and control plan

At the start of July we published our Local Outbreak Prevention and Control Plan outlining actions that will be taken where confirmed or suspected cases of COVID-19 are identified within priority settings in the county.

Developed to support the national NHS Test and Trace programme, our plan sets out how possible outbreaks in settings such as schools, care homes or businesses will be identified, allowing us to quickly take action, preventing the spread of any infection and ultimately saving lives.

Five priority areas have been identified as part of the Northumberland plan:

- Care homes and residential settings;
- Educational settings;
- Complex individuals and communities such as homeless, drug and alcohol service users;
- Complex settings such as hostels, refuges, HMP Northumberland, and secure units;
- Workplaces and businesses.

We are working closely with partners and our plan ensures we are ready to take action where required, to contain the situation in specific settings, locations or communities and to enable national lockdown easing, helping us return to a new normal.



BETTER HEALTH

Why not seize the moment and reset your health?

In support of the new PHE 'Better Health - Let's do this' campaign, we are highlighting the importance of staying fit and healthy. It is important we all do everything we can to help our fitness and taking control of our weight is a key part of this.

The new national PHE campaign encourages people who are overweight to get their health back on track with the introduction of a new 12-week weight loss plan app which includes a healthy weight calculator, weekly plan and progress diary.

For more information on the 'Better Health - Let's do this' campaign go to: www.nhs.uk/better-health

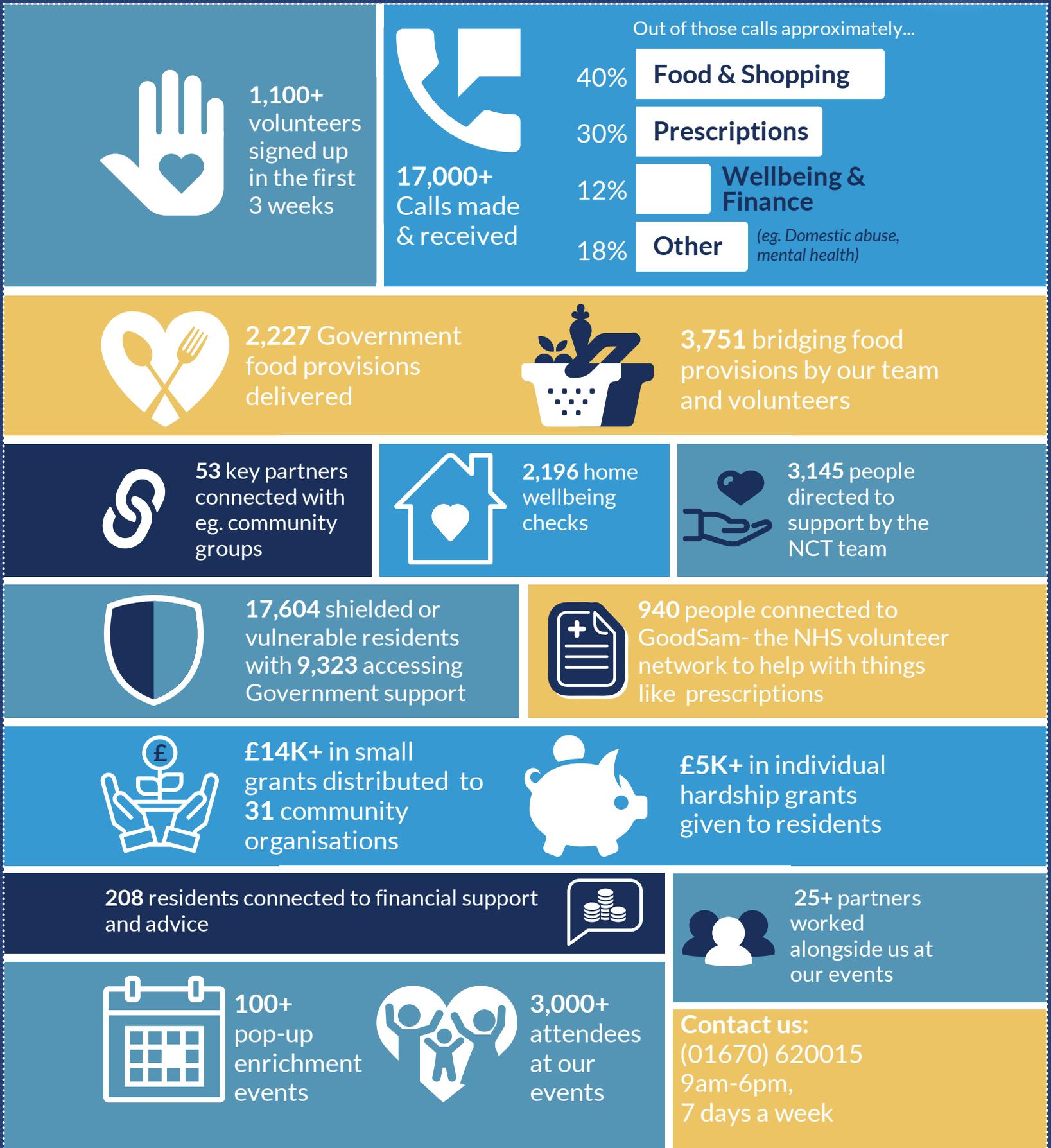


New moves. New foods. New habits. We've got ideas to get you started today. Get help and support at nhs.uk/BetterHealth

Better Health LET'S DO THIS

SUPPORTING OUR COMMUNITY

Northumberland Communities Together (NCT) has been working alongside fantastic volunteers, community groups and other partners across Northumberland. Here is, how together, we've supported communities through this crisis.





Northumberland Communities Together was launched in response to the Covid-19 pandemic to ensure our residents were kept safe and well through the crisis.

Working alongside volunteers, community groups and partners, the initiative helped co-ordinate and connect residents with the support they needed.

Northumberland Communities Together will continue into the future connecting residents to amazing local organisations, volunteers, charities and council services to improve health and wellbeing and build strong resilient communities.

If you need support, you're not alone, please pick up the phone, we'll listen.

Perhaps your financial circumstances have changed with reduced hours, redundancy or benefit changes; you may have concerns around shopping, getting out and about again, or making sure prescriptions are delivered on time. Or, you may be really worried about someone experiencing domestic abuse or concerned about a neighbour. You may simply want to call and ask us a question about how we are connecting to communities and our residents.



You can call Northumberland Communities Together on **01670 620 015** between 9am to 6pm, seven days a week, and we'll be here to listen, here to connect.

W: northumberland.gov.uk/communitiestogether

E: communitiestogether@northumberland.gov.uk

@nlandtogether

@NlandTogether

Language translator: If English is not your preferred language you can ask the advisor to use a translator while on the call.

Type talk: **01800 10845 600 6400**

If you are deaf or can't speak on the phone, contact us using Relay UK. Download the Relay UK app or using your existing text phone prefix our dedicated text Relay number:

018001 01670 623 515

British Sign Language users can now contact the Northumberland Communities Together Response Hub using SignVideo Web Access, an online sign language interpreting service. To contact us using this service use:

northumberlandcc-covid.signvideo.net

www.northumberland.gov.uk

STAY SAFE AND ENSURE YOU'RE ON THE ELECTORAL LIST

Safeguard everyone's health and your vote by sparing just a few minutes to make sure your name is on the electoral register.

In July, all householders in Northumberland were sent an annual canvass letter or canvass form, listing everyone who is currently registered to vote at that property.

Households who have not yet responded to the initial canvass form will this month get a reminder form or an email.

If you receive a form, please use the available automated response options if you can. If you can't, please return the form in the envelope provided.

If you get an email, please follow the instructions in it. Alternatively, if you have your original form, please use the automated responses.

Please respond to the reminder before the deadline on 29 September.



If there is someone who is not on your canvass form who needs to register, they can do this at www.gov.uk/register tovote. However, we still require a response to the canvass form.

Please remember the canvass is taking place during a global pandemic where social distancing is a priority. If we don't get a response, we are legally obliged to send a canvasser to call at your home to collect your details, so for everyone's health and safety please reply as soon as possible.

DID YOU KNOW: Being on the register could also improve your credit score ratings which companies look at when you apply for a mobile phone contract, a mortgage or a loan.

Please ring Northumberland County Council's Elections Office on **01670 624 811** if you have a query around your electoral registration

PHASED REOPENING OF LIBRARIES

Libraries across Northumberland have started a phased reopening programme by offering a **Select and Collect** service.

Members are able to contact their library and

request books to be collected at a specified date and time from the entrance. Books can also be returned, without an appointment, to a returns box located at the entrance of each library.

Those books will then be quarantined for 72 hours.

Some libraries are now offering time limited browsing. Customers will be offered appointments to make their selections. At our smaller libraries, where space is restricted, members are advised to contact their local library prior to their appointment if they have concerns.

Family groups will be admitted as one unit but please bear in mind the size of your local library and to avoid disappointment, ring ahead to discuss your visit with staff. Children must be accompanied by an adult.



To check if your library is open and how it is operating please go to mylibrary.co.uk or contact your local branch.



BE SOMEONE SPECIAL... BECOME AN ON CALL FIREFIGHTER

What does it involve?

On call firefighters combine their day jobs or duties while being 'on call' for the fire service, ready to respond to emergencies when they are needed.

They provide the same level of emergency service as their full time colleagues, but on a part-time basis.

They attend fires, road traffic collisions, rescues and a range of other emergencies. They also play an important role in community engagement activities.

Why should I join?

You will:

- Work shift patterns with the flexibility to maintain your primary employment.
- Develop new skills such as first aid, LGV driving and fire safety awareness.
- Develop confidence and skills in team working, management and leadership.
- Get paid.
- Get trained.
- Performing an essential service for your community.

Pay

On call firefighters receive an annual retaining fee as well as additional payments for any training, incidents or community safety events they attend.

Who can apply?

Anyone over the age of 18, living or working within eight minutes of their nearest fire station.

Where is my local on call fire station?

Fire stations are located at: Allendale, Alnwick, Amble,

Belford, Bellingham, Berwick, Haltwhistle, Hexham, Pegswood, Ponteland, Prudhoe, Rothbury, Seahouses and Wooler.

What next?

If you are interested then you will need to complete an entry form, which you can find online at www.northumberland.gov.uk/Fire/Recruitment

Tel: 01670 621123 for an informal chat

Email: fire.recruitment@northumberland.gov.uk

BE SCAM AWARE... KEEP HOLD OF YOUR CASH!

Unfortunately, over recent months we've seen an increase in the frequency and sophistication of scams being run by criminals who are taking advantage of the coronavirus situation to try and separate residents from their money.

Some of these scams are very convincing so please be vigilant and remember the following advice to keep one step ahead of the criminals.

- Remember criminals come in all shapes and sizes and can contact you at your door, by phone, post or online.
- Don't assume everyone is genuine.
- Don't be rushed into making any quick decisions. If it sounds too good to be true, it probably is. Only criminals will try and rush or panic you into making a decision.
- Never ever provide bank details by email or over the phone unless you are absolutely certain who you are giving them to.
- Never click on a link from an unknown email source as this can give the crooks access

to your computer and personal details.

Look out for vulnerable family members, friends and neighbours who may become a target for fraudsters.



If you think you have been scammed

- Contact your bank first
- Report it to Action Fraud on **0300 123 2040**
- If you need advice, call the Citizens Advice Consumer Helpline on **0808 223 1133**
- If you are in immediate danger, contact the Police on **999**



Northumberland
County Council

Leaving school?

Looking for a part-time course?

Your future starts here

WHETHER YOU'RE LEAVING SCHOOL AND LOOKING FOR A FULL-TIME COURSE, OR AGED 19+ AND LOOKING TO EMBARK ON A PART-TIME COURSE - ENROL NOW WITH NORTHUMBERLAND LEARNING & SKILLS.



Where learning works for you

#LiveAndLearnLocal

WHY GO ANYWHERE ELSE WHEN YOU CAN
#LIVEANDLEARNLOCAL



ENROL NOW WWW.NORTHUMBERLAND.GOV.UK/LEARN
OR CALL OUR CAMPUS ENROLMENT TEAM



Cath McEvoy-Carr

Executive Director of Adult Social Care and Children's Services

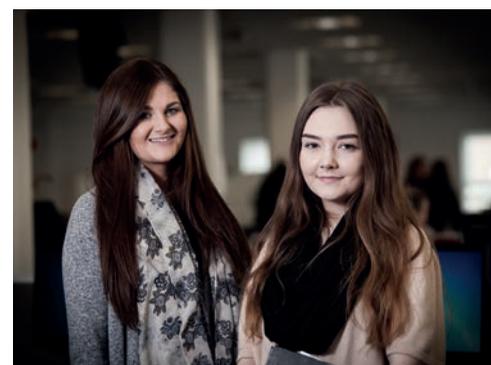
Welcome to a new academic year. Last year we saw thousands of learners come through our doors and we look forward to meeting many more of you from across the county in 2020-21.

We're in a different world now, which will mean there won't be as many face-to-face classes and you'll see a new blended learning approach using digital technologies to connect and inspire throughout your learning journey.

Our ambition, however, remains stronger than ever – we want every resident of Northumberland to have the opportunity to develop skills that can help you kick start or advance your career, re-train, find employment or try out something new.

Our team has worked hard to create an exciting range of courses bringing you the flexibility of learning online, where possible. We have also ensured that when you do visit our campuses, measures are in place to make you feel completely safe.

With a clear focus on your personal and professional growth, make Northumberland the place that works for you.



Live and learn local

There are lots of reasons why staying local has its advantages.

- We have 10 campuses across the county
- Lower transport costs and lots of parking at many of our campuses
- Free wireless WiFi networks in our classrooms and social areas
- Managed class sizes to ensure safe learning environments
- Support when you need it, either in person or online
- Curriculum experts to help you every step of the way
- A blend of hands-on learning and digital competencies to help you succeed
- 24/7 online access to a wide range of learning resources including full access to the Northumberland Library Service offering:
 - Pressreader: over 600 free online magazines subjects from french language, to fashion, to horticulture
 - Thousands of online audiobooks and e-books
 - Access to the Northern Poetry Library: one of only 4 poetry libraries in England, where you can view first editions, rare book and signed copies
 - Family genealogy: online resources including the libraries edition of Ancestry.com
 - Online driving theory test



Why go anywhere else when you can
#LiveAndLearnLocal

Your learning journey starts here

Whether you're a school leaver or a life-long learner our Learning and Skills Service has some great opportunities for you.

Northumberland County Council's Learning and Skills Service is opening opportunities for both young people, with access to full-time courses at seven of their 10 campuses across the county, and adults (19+) with over 600 part time courses for those wanting to advance their career, re-train, find employment or explore new skills.



For 16-18 year olds there is a range of career-focused learning from construction to digital skills, as well as hairdressing and health and social care to name just a few; young people can gain skills for life and work, as well as the confidence to succeed.

Find out why OFSTED rated us GOOD with OUTSTANDING features

Take your pick



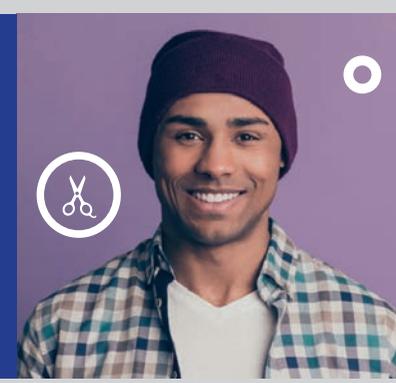
Our full-time study programmes allow school leavers to dive straight into a vocational area of choice. Gain the skills and confidence to stand out when looking for a job or progressing to further study with a full-time course starting from September 2020.

- Business & Digital Skills
- Childcare
- Construction
- Hair & Beauty
- Health & Social Care
- Professional Cookery
- Students with additional needs and/or disabilities (SEND)
- Supported Internships



Whether you want to try something new, re-visit a past passion or take your skills to the next level; we have a huge range of part-time courses for adults starting from September 2020.

- Business Studies & IT
- Catering
- Construction
- Creative & Wellbeing
- Education, Health & Social Care
- Employability
- English, maths, ESOL & BSL
- Hairdressing & Barbering
- Horticulture
- Languages



DOWNLOAD YOUR MINI GUIDE AT WWW.NORTHUMBERLAND.GOV.UK/LEARN

If you're aged 16-18 years, our courses are free. If you're a young adult aged 19+, speak to our team as courses may be free (eligibility criteria apply).



Northumberland County Council



**Enrol
Now!**
#LiveAndLearnLocal

Where learning works for you
Call your local campus – lines open Mon-Fri 9am to 5pm.

learn@northumberland.gov.uk
www.northumberland.gov.uk/learn

ALNWICK CAMPUS
Lindisfarne Road, Alnwick,
NE66 1AX.
Tel: 01670 623 691

BEDLINGTON CAMPUS
Jubilee Terrace,
Bedlington, NE22 5HB.
Tel: 01670 623 687
(Closed on Fridays)

BERWICK CAMPUS
Walkergate Building,
Walkergate
Berwick upon Tweed,
TD15 1DB.
Tel: 01670 626 107

BLYTH CAMPUS
Brunel Building,
Blyth, NE24 1LT,
Tel: 01670 622 099

CRAMLINGTON CAMPUS
Northumbria House,
Manor Walks, Cramlington,
NE23 6UR.
Tel: 01670 622 104

HAYDON BRIDGE CAMPUS
Haydon Bridge High School,
NE47 6LR.
Tel: 01670 622 258

WENTWORTH HEXHAM
Wentworth Leisure Centre,
Hexham, NE46 3PD.
Tel: 01670 623 701

MORPETH CAMPUS
Cottingwood Lane,
Morpeth,
NE61 1DN.
Tel: 01670 622 257

FUSE PRUDHOE
Moor Road,
Prudhoe, NE42 5LJ.
Tel: 01670 623 689 or
01670 623 688

WANSBECK WORKSPACE
Rotary Parkway,
Ashington, NE63 8QZ.
Tel: 01670 623 894

OTHER FORMATS

If you need this information in large print, Braille, Audio, or in another format or language please contact us: 01670 622 099.
If you are Deaf or can't speak on the phone, contact us using Relay UK. Download the Relay UK app or using your existing text phone prefix our dedicated text Relay number: 018001 01670 623 515. British Sign Language users can contact us using an online sign language interpreting service: northumberlandcc-cs.signvideo.net



@NorthumberlandCC



@nlandcc



@N_landCouncil

The photography used in this publication was taken pre-Covid-19. All learners will be required to follow health and safety procedures aligned to government guidelines, including appropriate use of PPE and social distancing.



COUNCIL SUPPORTING NATIONWIDE COMMUNITY CLEAN-UP



We've pledged our support for this year's **Great British September Clean**, run by environmental charity **Keep Britain Tidy**.

The campaign, which was postponed in early spring due to Covid-19, will run from 11-27 September. It will encourage the great British public to take part in small, socially distanced clean-ups to remove litter from streets, parks and beaches across the country.

The Great British Spring Clean brings together individuals, community organisations, businesses and councils to show they love where they live. We're once again backing the scheme, encouraging people to do their bit but making sure they stay safe.

Keep Britain Tidy Deputy Chief Executive, Richard McIlwain said: "We are delighted that Northumberland County Council is supporting this year's campaign."

To find out how you can get involved, whether that's in the course of your daily routine or with up to five friends or family, visit:

www.keepbritaintidy.org/GBSpringClean



LOCAL PLAN PROGRESS

There are a number of stages in developing a local plan, and Northumberland's is currently undergoing an 'examination' by an independent planning inspector appointed by the Government.

The inspector holds public hearings, and the first phase of these took place late in 2019 and earlier this year.

A consultation on new evidence behind the plan, which was presented during the first phase of hearings, has just closed after running from 13 July to 7 September.

The second phase of hearings is scheduled to start on Tuesday 20 October, subject to COVID-19 restrictions, and will cover any outstanding issues

arising from the first phase, including from the recent consultation, and examine other parts of the plan not considered in phase one.

A further consultation on all of the proposed main modifications to the plan will take place after the completion of phase two hearings, after which time the plan will

proceed towards full adoption and use in the county.

You can find full details at: www.northumberland.gov.uk/localplan

TACKLING CLIMATE CHANGE TOGETHER

We are facing a climate emergency and Northumberland County Council has pledged to play its part in helping to tackle climate change by:

- Cutting the Council's carbon emissions in half by 2025.
- Making Northumberland carbon neutral by 2030.
- Working on a number of projects to reduce carbon emissions, from investing in renewable energy to improving greener transport routes, but we need everyone to do their bit.



To reduce Northumberland's carbon footprint, we have introduced:

A Free Trees Scheme: We recently ran a scheme offering 15,000 free trees to residents, community groups and schools to plant this winter, which received a phenomenal uptake! The scheme has ended for 2020, but keep your eyes peeled for the Free Trees Scheme running next summer.

Electric vehicles: We're in the process of replacing our small van fleet with 100% electric vehicles, which will emit zero carbon once on the roads. It is estimated that each electric van saves around three tonnes of CO₂ per year, that's the equivalent of 136 mature trees!

Electric handheld equipment: We're introducing electric trimmers and hedge trimmers to our neighbourhood services teams. These battery-operated tools are quieter to run, safer for our staff and greener for the county.

Keep up to date with the latest climate change initiatives, news and information visit: www.northumberland.gov.uk/climatechange and subscribe to our e-newsletter.

Work continues on the **Northumberland Local Plan**, a detailed document which sets out how the county will develop in the future and will form the basis of how planning applications are decided.



• Hexham



• Ponteland

INVESTING IN EDUCATION FOR ALL

Multi-million pound investments in new schools and school improvements across Northumberland are part of the council's largest ever capital programme, improving education prospects for all.

IN THE NORTH:

Berwick: At least £15m has been allocated for a new school to replace the ageing Berwick Academy buildings. Many of the buildings date back to the 1950s and have been the subject of concern due to the progressing dilapidation of the site as well as the layout of the buildings, which are spread across a large area.

Amble: Investment is planned at James Calvert Spence College in Amble, where the council will be developing plans to improve the school facilities to meet the demand of a 21st century curriculum.

IN CENTRAL NORTHUMBERLAND:

Ponteland: Work is nearing completion on the landmark £46m state-of-the-art combined schools and leisure campus in Ponteland. The facilities are scheduled to open in November 2020.

Stannington: To support a growth in pupil numbers in the area a new modular classroom has been installed.



IN THE SOUTH EAST:

Seaton Sluice First School: A refurbishment and remodelling programme is underway to create extra space so the school can better meet the needs of pupils with special educational needs in a mainstream school setting.

Seaton Delaval: A modular specialist teaching provision has been installed at Astley High School to expand the special educational needs provision for pupils attending the school.

Blyth: The council has run a competitive process for bids for a trust to run a new free special school in Blyth. We are now working together with the Department for Education and the Prosper Learning Trust to develop designs for the new school, which is targeted to open in September 2022.

Bedlington: St Benet Biscop Academy has seen a £2.5m expansion with the installation of modular classrooms to create additional places and the extension of the school's main hall.

West End Primary School: To support the transition from a first school to primary, work has commenced to replace the existing dilapidated canteen and kitchen building with a state-of-the-art two storey block comprising classrooms, hall and kitchen facilities. The work is due for completion by November 2020.

Cramlington: new modular classrooms have been installed at Hillcrest Special School in Cramlington to create additional places for pupils starting at the school in September 2020.

IN WEST NORTHUMBERLAND:

Hexham: A £36.1m development will see a new high school and a new middle school built on the current Queen Elizabeth High School site. Work is on track to have the new buildings, together with the refurbishment of the Grade II listed Hydro building, completed in time for the start of the new academic year 2021.

Haydon Bridge: Haydon Bridge High School has just undergone a fantastic multi-million pound makeover. The council committed over £4m to the project which has seen vast improvements across the main buildings, its vocational centre, sports centre and the addition of a multi-use games area.

Haltwhistle: A new home for the primary school will be developed in a £2.65m refurbishment of the former middle school buildings. The work is due for completion by early 2021.

Improvements have been completed at primary schools in the Haydon Bridge Partnership including at **Otterburn, Greenhaugh and Wark.**





WELCOMING PUPILS BACK TO SCHOOL

Children have been welcomed back to schools over the last couple of weeks in what we know has been an anxious time for them and their families.

Schools have been taking every measure possible to ensure the safe return of children in line with government guidance.

It is important for children and young people to return to school, not only for a routine, but for their own health and wellbeing. It will be good for them to see friends, teachers and school staff, and to learn and play.

A small number of pupils will

still be unable to attend in line with public health advice. If your child is unable to attend for this reason, you should talk to your school or college about what support is in place in terms of remote education.

If you still have concerns about your child returning to school or college, because you consider they may have other risk factors, you should discuss with your school or college the measures they are putting in place to reduce risks in line with government guidance.

CONGRATULATIONS TO A LEVEL AND GCSE STUDENTS

Students across the county received their A Levels or GCSE results this summer in a year like no other.

Receiving exam results is worrying at the best of times but for those students, this year has been particularly difficult with much uncertainty around grades, but they have done themselves proud in what has been another good year for schools in Northumberland.

Whilst this year's experience has been very different to previous years the Council has applauded their commitment.

Many students have now begun their courses at university, or their studies in further education through schools or colleges and they should feel extremely proud of themselves after their hard work and dedication paid off.

For those who are still uncertain about what they want to do to further their education, or what their grades mean for them - there is still help and advice out there. Speak with your school, they will be able to best advise you. Alternatively, you can reach out to the Council's Careers Advice service on **01670 622 799** or via email careersteam@northumberland.gov.uk



Charlotte (right), James Calvert Spence College passing her A levels



Erin, Astley High School, with her great GCSE grades

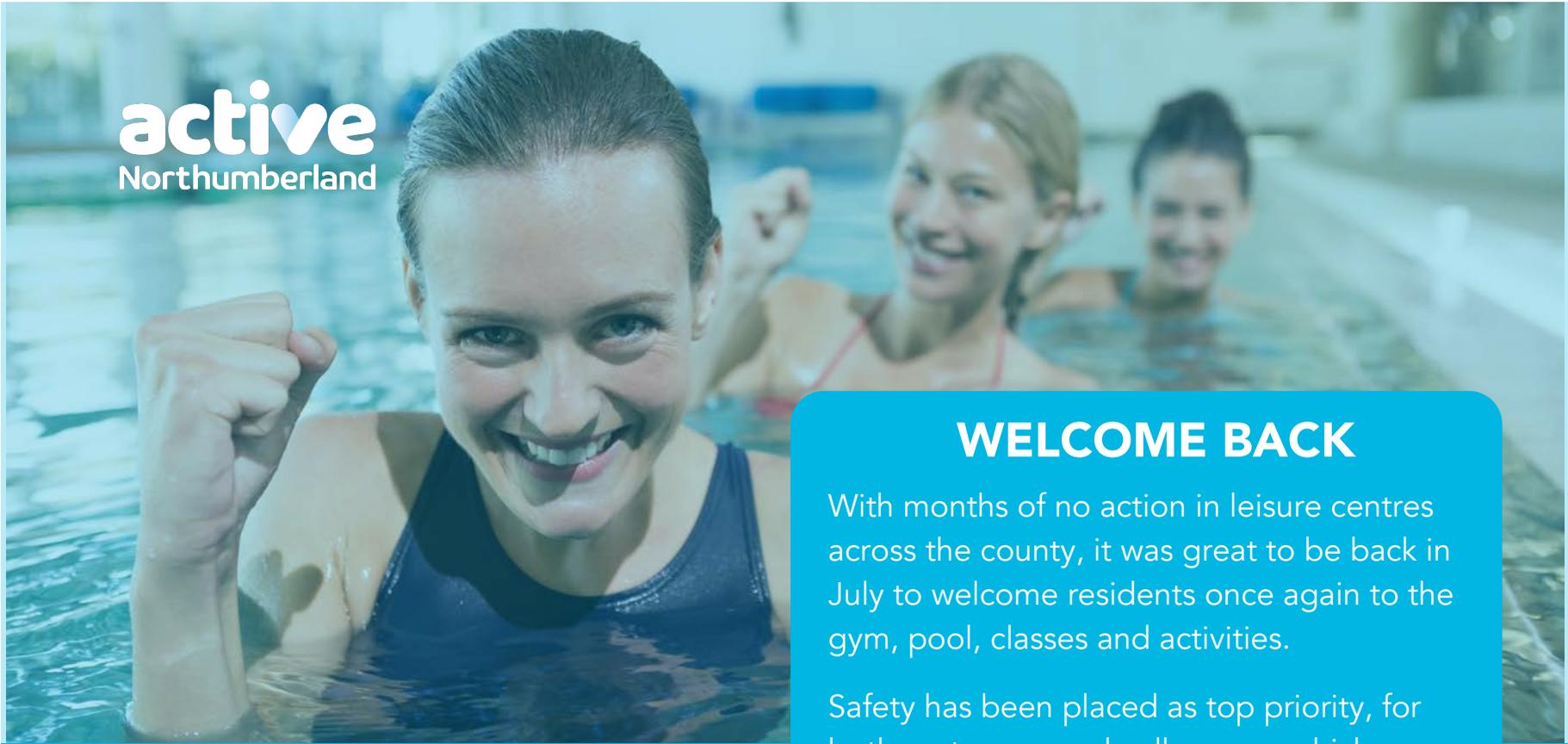


LIVE AND LEARN LOCALLY WITH NORTHUMBERLAND'S LEARNING AND SKILLS

Opportunities for young people and adults are still available through Northumberland's Learning and Skills offer.

You don't have to travel far to access full and part-time career-focused courses which are available at a number of campuses across the county.

You can find out more on pages 9-12, or download the latest course guides: www.northumberland.gov.uk/learn



WELCOME BACK

With months of no action in leisure centres across the county, it was great to be back in July to welcome residents once again to the gym, pool, classes and activities.

Safety has been placed as top priority, for both customers and colleagues, which includes a range of measures to ensure we can all exercise safely, including:

- Restricted numbers in facilities
- A new pre booking system
- Regular cleaning throughout facilities
- Installation of customer sanitiser stations

Find out more online at;
www.activenorthumberland.org.uk/Welcome-Back

EXERCISE AT HOME

You might not be able to come to us right now, but we can still help you get in those active minutes;

- Every movement counts, try some yourself at home
- Try our free online home workouts

Just search Active Northumberland



High Knees



Alternate lifting knees whilst pulling in tummy

Heel Curls



Alternate lifting heels back whilst pulling in tummy

5 of each

repeat **5** times

Sit to Stand Squat



Feet wider than hips, toes turned slightly outwards. When standing push through feet trying not to rock

Wall Press Ups



With your hands in front of your chest, slowly bend arms before returning to upright position.

Calf Raises



Use wall for balance, raise your heel(s) and squeeze calf muscles

FOUR PILLARS TO YOUR WELLNESS

"In our wellness there are four pillars to leading a healthy lifestyle. Each pillar is as important as the other"



Andrew
Advanced Fitness Instructor

MOVEMENT

There are many ways we move throughout our day, it all adds up enabling us to stay functional and have better mobility.

When it comes to exercise, do something you enjoy and feel the benefits from. That way you're more likely to keep to it!



NUTRITION

We need to give our body whatever it requires in order to function as best as possible through balanced, healthy eating.

It's not about taking on the next "fad" diet but instead building in healthy habits which you can stick to long term.



RECOVERY

Our muscles need to rebuild, our body and mind to rest, focus and reset.

This doesn't necessarily mean it's all about sleep! Sometimes it's just taking a break and reviewing your progress so that you can then continue on your wellness journey.



MINDSET

"Thoughts become things"

Let's apply this same mindset even with something small, such as exercise, we can evolve that thought into something even greater and make it happen. The body achieves what the mind believes!



Looking for extra support? Why not join our Momenta Weight Management programme which encourages building achievable behaviours into your lifestyle.

Find out more at www.activenorthumberland.org.uk/momenta



HELP IF YOU OR YOUR JOB IS AFFECTED BY COVID-19

If you've lost your job or are worried about it, you can talk to an employment coach for advice and guidance. This is tailored to your circumstances and they will discuss options and refer you to the right support for you.

Call **0808 196 3936** or email employmentandtraining@northumberland.gov.uk



MEET OUR EMPLOYMENT COACHES

- 1 Gillian Campbell
- 2 Claire Wickens
- 3 Hollie Furness



If worries about job security, going back to work or finances are affecting your mental health you can phone a free helpline to gain confidential advice, online self-help, one-to-one counselling, or other services. Simply call **0808 196 3933**

NORTH OF TYNE COMBINED AUTHORITY

Both of these services are funded by the North of Tyne Combined Authority COVID-19 Capacity Fund.



SUPPORT FOR BUSINESS IN NORTHUMBERLAND

The Northumberland Business Hub was established by the County Council to support businesses through COVID-19, and is at the heart of our plans for recovery.

Through the Hub, we work with partners at Advance Northumberland and other agencies, to provide advice, support and signposting to available funding for businesses from across the county.

- We have paid out over £89.415m to 7,858 local businesses through small business and retail, hospitality and leisure schemes, and a further £4.6m is currently being allocated through the discretionary grants fund.
- We secured £1.5m from the North of Tyne Combined Authority's COVID-19 Capacity Fund, and you

can see here more about the work that this is enabling to support businesses and individuals.

- We provide a wide range of information and guidance to businesses, with particular support for the tourism and hospitality sector - to help them to reopen safely as lockdown has eased - and to benefit from the influx of staycation visitors to Northumberland. The COVID-19 Capacity Fund is also allowing work with the tourism sector to help the industry recover and grow.

Please visit www.northumberland.gov.uk/businesshub for full details.

If you have a business enquiry which isn't answered on the website you can also email businesshub@northumberland.gov.uk



**NORTHUMBERLAND COVID-19
BUSINESS RESPONSE PROGRAMME**
Part of the Northumberland Business Hub

**NORTH
OF TYNE**

**COMBINED
AUTHORITY**

**Advance
Northumberland** **BUSINESS
NORTHUMBERLAND**

GROWING WITH STYLE, THANKS TO COVID RESPONSE PROGRAMME

Advance Northumberland is delivering a new **Northumberland Covid Business Response Programme (NCBRP)** on behalf of the council, Northumberland Business Hub and the North of Tyne Combined Authority.

One of the first businesses to benefit from the programme was Blyth-based start-up DW Styling, which has flourished despite being established at the beginning of a global pandemic!

Debbie Waddle established her business at the beginning of March 2020. When Covid-19 hit she was still determined to follow her dream but knew that she would need to adapt the way that her new business would run.

The business provides style consultancy, personal styling, wardrobe decluttering and outfit sourcing for special occasions, and Debbie knew that she was going to have to maximise her digital skills during these times.

A friend told her about Business Northumberland, and she registered for six free virtual digital workshops - giving her skills including in Excel, SEO, social media and Pinterest.



She was then introduced to NCBRP. It has two elements - Business Advantage and Digital Advantage - and Debbie signed up to the Business Advantage programme which provided her with 12 hours of one-to-one support with a dedicated coach.

She says: "The sessions focused on business planning and helping me to understand which direction DW Styling should take to ensure maximum engagement with potential customers, while adhering to social distancing rules.

I also created a business plan - something I can use to help to grow my business. The support has been really valuable, without it, I wouldn't be as far as I am now. I would recommend any business to apply to the Covid Response Programme," said Debbie.



“ The support has been really valuable, without it, I wouldn't be as far as I am now. I would recommend any business to apply to the Covid Response Programme. ”

For more information please email business@advancenorthumberland.co.uk

or visit www.businessnorthumberland.co.uk or www.northumberlandbusinessresponse.co.uk

USEFUL CONTACTS

It's really important you know where to go for the help and advice you need, to support you and your family.

ONECALL

If you are worried about a child or adult's immediate welfare please call:

01670 536 400

COMMUNITY RESPONSE HUB

For anyone struggling to access basic support needs, such as food, and who is unable to get help from family, friends or a local support group due to the coronavirus outbreak.

Email: northumberlandcommunitiestogether@northumberland.gov.uk
or call **01670 620 015** between 9am-6pm, seven days a week.

NORTHUMBERLAND COMMUNITIES TOGETHER

If you want to volunteer and offer support, register your interest at:

www.northumberland.gov.uk/communitiestogether

NORTHUMBERLAND BUSINESS HUB

If you have a business, employer, or are self employed in Northumberland visit:

www.northumberland.gov.uk/businesshub

CONTACTING THE COUNCIL

If you need to contact the council in relation to council tax, bin collections, housing queries, or report, apply, or pay for something. In the first instance, please use the council's website:

www.northumberland.gov.uk

CITIZENS ADVICE

For consumer service advice, freephone **03444 111 444**. Helplines are open Monday-Friday 9am-5pm.

DEBT

Don't ignore a debt problem - doing nothing could make things worse.
You can find lots of helpful advice at: www.northumberland.gov.uk/debt

BENEFITS

If your income has been reduced you may be entitled to additional income through the benefits system.
Information about what is available and your eligibility can be found at: gov.uk/browse/benefits

DOMESTIC ABUSE

Sadly, the Coronavirus crisis has led to some people living in fear - fear of abuse. If you feel at risk of domestic abuse, please remember, you are not alone and help is available for you.

If you are in danger but unable to talk on the phone, please call:
999 followed by 55 and you will receive police assistance without having to speak.

Advice and support is available by calling: **01670 820 199** or visiting:
www.placesforpeople.co.uk/supported-living/domestic-abuse

Freephone 24h National Domestic Abuse Helpline: **0808 247 2000**

Further support around domestic abuse and COVID-19 can be found at:
www.safelives.org.uk/news-views/domestic-abuse-and-covid-19

Women's Aid offers a confidential online chat service, available here:
www.chatwomensaid.org.uk



**AT HOME
SHOULDN'T
MEAN AT RISK**
#YOUARENOTALONE