

Newsletter

July 2021 - Carers Northumberland

Hi everyone,

Happy Summer Holidays! I think everyone has worked so hard since going back to school after lockdown, you all deserve a break.

In this edition you will see some of the amazing entries into our 'getting creative' competition. Thank you to those that entered, I loved seeing them, you're all so talented! We also have some activities planned, which I hope some of you will be able to attend, it will be great to meet you eventually!

I am available throughout the summer if you need to talk, please get in touch.

Take care *Anne-Marie*



DID YOU KNOW?

Fun fact of the month...
Did you know... Bees

are so smart that they communicate with each other by wiggling their bum in a dance . I wonder how many wiggles mean the good flowers are over there! 😂😂😂

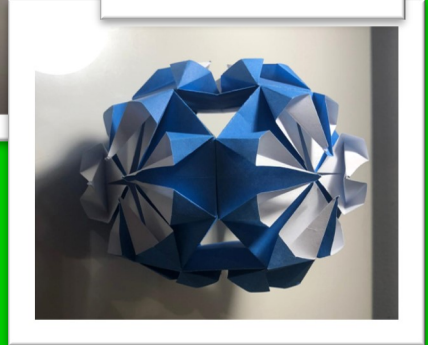
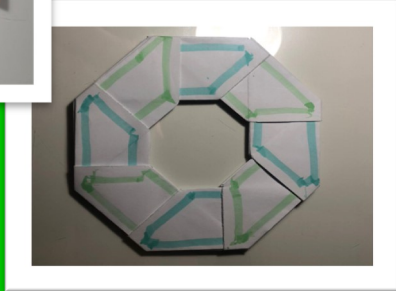
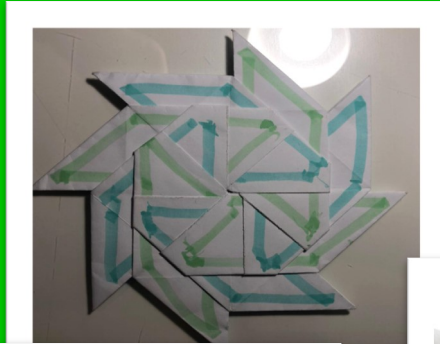
Our friends at Northumberland County Council have put together a guide to all of the fun packed Summer Activities in Northumberland. Activities are ran by lots of different organisations and are being held at venues across Northumberland, there's something for everyone.

Information on the activities are usually available on their social media, or if you can't download it get in touch and I can pop the details in the post for you.



Thank you so much for all of your fantastic entries into the getting creative competition. I wish you could all win! Our winner this month was Henry with his brilliant origami creations. Well done Henry , a £20.00 Amazon voucher is on its way to you.

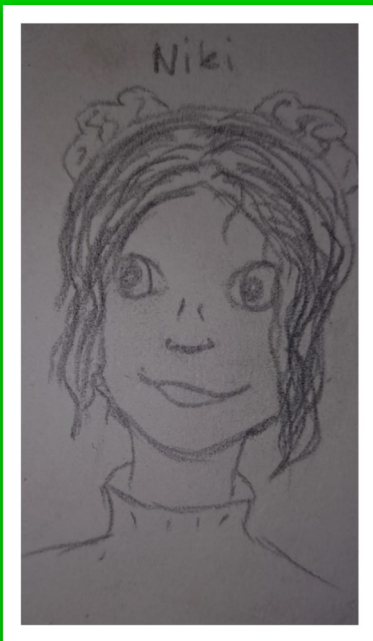
Artwork by Henry - age 14



Artwork by Hannah - age 15

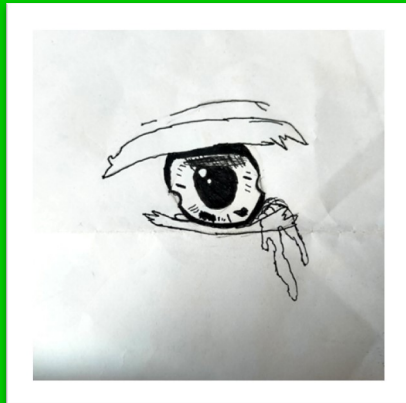
Artwork by Paige - age 8

Artwork by Tara - age 14



Artwork by Takira - age 12

Artwork by Hallie - aged 12



Look out for our next competition. I loved seeing all of your entries . You are all so talented!



Make your own kindness and worry jars - Activity from CBBC, Blue Peter

These super awesome and easy to make jars are here to help you be the best YOU possible! They can help you be a kinder and friendlier person, as well as helping you deal with any worries that you might have. All you need to get involved, is a jar, a pen and some paper.

How to make your jars:

- First, you will need to find yourself two empty jars and give them a proper good clean!
- Once they are sparkling and dry, attach a label to each one. You can call them what you like, but we went with: An Act of kindness Jar and Worry Jar.
- Now you can decorate them however you like! Get really creative, use stickers, crepe paper, buttons... anything!
- Finally, now you can grab a pen and paper, and start adding notes into your jar.

Here are some examples to help you think of your own:

Acts of kindness

- Remember to say 'Thank you' when someone helps me
- Smile at everyone I can
- I will hold the door open for someone today
- I will help with the washing up when I get home from school

Worry Jar

- I'm worried that I won't do well on my spelling test
- I'm worried about making friends in my new school
- I'm worried about my mam, she isn't well
- I'm worried about moving house

Remember! Having worries is completely normal and it's really great if you can write them down. Talking about your worries with your family or friends is a great way of overcoming them too!

**I would love to see your jars, send me a picture Text or WhatsApp to
07500 886 319 or email info@carersnorthumberland.org.uk**

PARENTS CORNER

Information and support
for parents / carers



New Parent Carer Group

Carers Northumberland are pleased to announce a new carers support group is being established to support carers of children 0-18 years.

The group will run on the 3rd Thursday of each month, with the next one happening on Thursday 19th August at 11am.

This group will be held via zoom, and booking is essential to reserve your space.

To book please contact our info team on 01670 320025 or info@carersnorthumberland.org.uk

Alternatively you can book here:
<https://tinyurl.com/ypyaxhm3>



Information and Advice

Carers Northumberland offer information and advice to parent/carers. They will:

- Listen to your needs
- Offer advice and support face to face in the community or over the telephone
- Signpost you to other organisations and services we feel could also help
- Help you connect with other carers
- Keep you updated on events, activities, training and other useful information with our monthly newsletter
- Provide useful information to support you in your caring role

If you need support please contact our information line on 01670 320025

To register as a parent/carer with Carers Northumberland please visit www.carersnorthumberland.org.uk/register
Or call 01670 320025.

Money Matters...

Our info team can help you with things like benefit checks, grant applications for things like white goods, moving home, flooring etc... We can also help if you need a Foodbank referral.



Would you like support to get back into employment, change jobs, access training or volunteering? Contact our Carers into Work Advisor: Rea Rahman on 01670 320019



Hi there, my name is Rea. I am the new Carers into Work Adviser for Carers Northumberland. Been working here for a few months now and loving the role. My background is related to customer focus roles along with providing advice, so I have many years of experience with talking to people and can tend to talk for the world if given the opportunity to do so.

My previous roles involved me helping people understand what their career goals may be and looking for any opportunities that may be available and suitable for the individual. Everybody situation is going to be different so the aim is to tailor the information and support to you as much as possible Things we can go over are:

- Career planning
- Searching for courses and apprenticeships
- Searching for jobs and volunteering opportunities
- CV and application support
- Interview support
- Identifying transferable skills

Feedback from a young carer who within a month of working with each other, had been fortunate to come across a suitable job that she was interested in and alongside it they are also going to offer training opportunities.

“I would like to thank you for the time you have put into helping me figure out my future and what role I would like to do and also helping me physically with the forms as I am dyslexic, and I really struggle with them. You have also helped me believe in myself and know my worth as I have gotten an amazing job worth that I had expected I would be doing at 17.”

In my spare time, my major thing that I like to do where possible is socialise and eating good food that being eating outside or cooking at home. I consider myself to be a creative individual so always thinking of new ideas and projects. I love chasing sunsets and sunrises and going out to see what the world has to offer though spontaneous activities are great I do prefer having things planned in advance. Saying that, I do love my downtime with a good movie and a lots of snacks around me.

Tips for Career Planning

- Think about things that you are interested in and makes you happy are there jobs out there in that area.
- Look at the options available relating to job opportunities and the routes into the field.
- Research all different routes for example college courses, apprenticeships, university.
- Make short goals to help reach long goals.

Websites that can help further:

Start Profile: <https://www.startprofile.com/>

Start Profile helps you to research into different career options, you can create an account or go through as guest. Answer some questions, there are many areas of this website that can be helpful. One being you can type in the job role you are considering doing, it will explain the qualifications and routes into the role, average salary and hours, top tips and even a “Is this for me?” section which is a section that you can rate to see if it is a suitable role.

Tips for searching for a Job

- Keep filtering the job search to what you want.
- Read through the job application and specifications thoroughly.
- Keep tailoring your CV to individual job advert every time.
- Use key words that they have included in their advert.
- Keep thinking “why do you want this role?” and how to put across to the employer why you think you will be a suitable fit.

Websites that can help you further:

National Careers Service: <https://nationalcareers.service.gov.uk/careers-advice#getting-a-job>

National Careers Service website has a lot of information regarding to “Getting a Job” the link above will lead to the page where you can look at articles on “How to find job vacancies, how to write a CV, how to write a cover letter” etc.



VOLUNTEER

Northumberland County Council (NCC) are looking for Holiday Activity volunteers

As part of the Holiday Activity Fund Program NCC are supporting partners across Northumberland in the search for looking for fun, energetic people with a passion for working with children and young people to join the holiday activity teams.

Clubs are run throughout school holidays across Northumberland. They are currently looking for people aged over 16 years to support activities in the following areas:

- Cramlington
- Shilbottle
- Ashington
- Amble

If you would like to know more about this of the role currently on offer, please contact Sarah Long the Volunteer Network Coordinator Volunteer@northumberland.gov.uk



Hi everyone,

My name is Emma Shields. I am a participation worker working with children and young people aged between 11-19 years of age. My main role within Northumbria Healthcare is to talk to children and young people about their experiences and time while working with professionals and receiving treatment.

With this in mind I am looking for young people who would have some time to come along to meet with me every 3-4 weeks either face to face or via Teams/Zoom to support exciting pieces of work from having your say about services 'how they treat and speak to you' to helping services become young person friendly

We are aware that not everyone has a good experience, but whether it has been positive or negative we would like to gain your thoughts and views on how we can improve things for the better for other children and young people using our services now and in the future.

If you would like to find out more and have a chat, please call or text on 07826 873374

Thanks

Emma

WHAT'S ON

Thanks to those of you who returned your activities questionnaires. We listened and we are so excited to tell you that we are starting our programme of activities! Below are some of the fun activities we have planned, which will take place over the summer. **PLEASE NOTE ACTIVITIES FOR YOUNG CARERS ONLY**



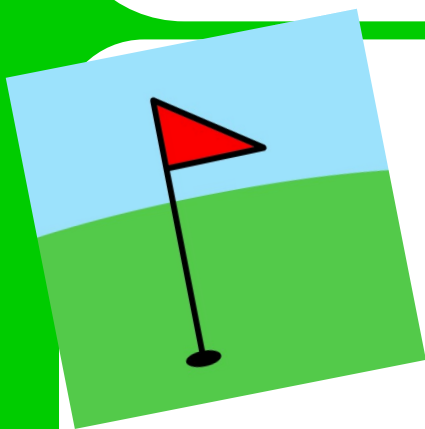
Who wants to craft! Our very first young carers craft group will start on Thursday 12th August 2021 at 2pm

The group will meet monthly via zoom, and we will send you all of the crafty material in the post with instructions on how to make it.



Our first group will be balloon modelling.

Spaces are limited, so book early to avoid disappointment. **Please book by Friday 30th July**. We will then send you a link to the group and your balloon modelling kit in the post! **To book contact Anne-Marie on Text or WhatsApp to - 07500 886 319 or Telephone: - 01670 320025**



Golf taster sessions - OVER 8'S ONLY

Transport can be provided if needed

Thanks to the support of a local carer, we are able to offer some golf taster sessions at **Ponteland and Bedlington Golf Clubs**. All equipment will be provided. Sessions will be held in August with dates to be confirmed.

Spaces will be limited so **please book by Friday 30th July**.

To book contact Anne-Marie on Text or WhatsApp to - 07500 886 319

or Telephone: - 01670 320025

WHAT'S ON



Northumberland Zoo Trip

Transport included

OVER 8S ONLY

Our trips are open to young carers only.

On **Friday 27th August**, we will be visiting

Northumberland Zoo. We have arranged a workshop, and there will be talks on the snow leopard's and otters. You will see loads of different animals from the Artic Fox to Giant African Land Snails. You can check out their website to see all of the different animals www.northumberlandzoo.co.uk

The Zoo also has an outdoor play area with lots of space to run around, peddle tractors, and a tractor museum where you can check out the giant tractors!

All Young Carers will also get a return pass for



free. You need to bring along a packed lunch, if you cannot supply your own, please let me know and we can organise one for you. We will be providing transport, and a member of our staff will be on the bus to support you.

If you have any question, please get in touch.

Please book by Friday 6th August

spaces are limited

**To book contact Anne-Marie on Text or WhatsApp to -
07500 886 319 or Telephone: - 01670 320025**

WHAT'S ON

All walks open to families and siblings, parents/ carers will be responsible for their own children.

After receiving some positive feedback from carers and requests to arrange more walks around Northumberland following the success of Carers Week we have made plans to host the following walks.

-
- 4th** **CARLISLE PARK, MORPETH - 2PM**
New Market, Morpeth NE61 1PR
*To meet outside Morpeth Leisure Centre. Disc Parking.
This walk will have some inclines and will be about 1 mile.
May not be suitable for wheelchairs*
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- 10th** **WANSBECK RIVERSIDE PARK, ASHINGTON - 11AM**
Main Carpark, Wansbeck Riverside Park NE63 8TX
*To meet on the green next to the children's park.
This walk will have some inclines and will be about 1 mile.
May not be suitable for wheelchairs*
-
- 12th** **NORTHUMBERLANDIA - 10AM**
Fisher Ln, Cramlington NE23 8AU
*To meet at the benches outside of café.
This walk will have some inclines and will be about 1 mile.
May not be suitable for wheelchairs*
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- 13th** **BREAMISH VALLEY - 2 PM**
Ingram Bridge Carpark, Ingram NE66 4LT
*To meet in the main carpark.
This walk will have some inclines and will be about 1 mile.
May not be suitable for wheelchairs*
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- 16th** **RIDLEY PARK - 2PM**
Wensleydale Terrace, Blyth NE24 3HF
*To meet outside Mister Ridley Ice cream and coffee parlour.
This walk is a very short and easy walk (approx. 0.5mile) suitable for wheelchairs.*
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- 18th** **RIVER TWEED, BEWICK - 11AM**
Bridge, Tweedmouth TD15 2HD
*To meet on the Berwick side of the Old Bridge, opposite side to The Barrels pub.
This walk is relatively flat and suitable for wheelchairs. It will be about 1 mile.*
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- 23rd** **DRURIDGE BAY COUNTRY PARK, MORPETH - 10AM**
Red Row, Morpeth NE61 5BX
*To meet outside the visitors Centre. Parking charges may apply.
This walk is relatively flat and suitable for wheelchairs. It will be around 2 miles.*
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- 31st** **TYNE GREEN PARK - 11AM**
Tyne Green Road, Hexham NE46 3RY
*To meet outside Café Enna. Parking is free
This walk is relatively flat and suitable for wheelchairs. It will be around 1 miles.*
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Booking is essential for each walk, you can book online here: www.carersnorthumberland.org.uk/news-and-events

or contact our info team on 01670 320 025

The cared for for are also welcome on these walks.
Anyone attending under the age of 16 must be accompanied by an adult.
Toilet facilities are available at each walk.

How to get in touch

Text or WhatsApp to - 07500 886 319

Telephone: - 01670 320025

Young Carers Grants...

Do you have a hobby like football or dance, and sometimes struggle to pay for boots, equipment or classes? Or would you like to pay for a day out with your friends..



If yes, you can apply for one of our Young Carers Grants, the small grant is available to all young carers and you can apply every 12 months! The grant is for up to £150, the average grant is around £100. If you would like to apply, get in touch.

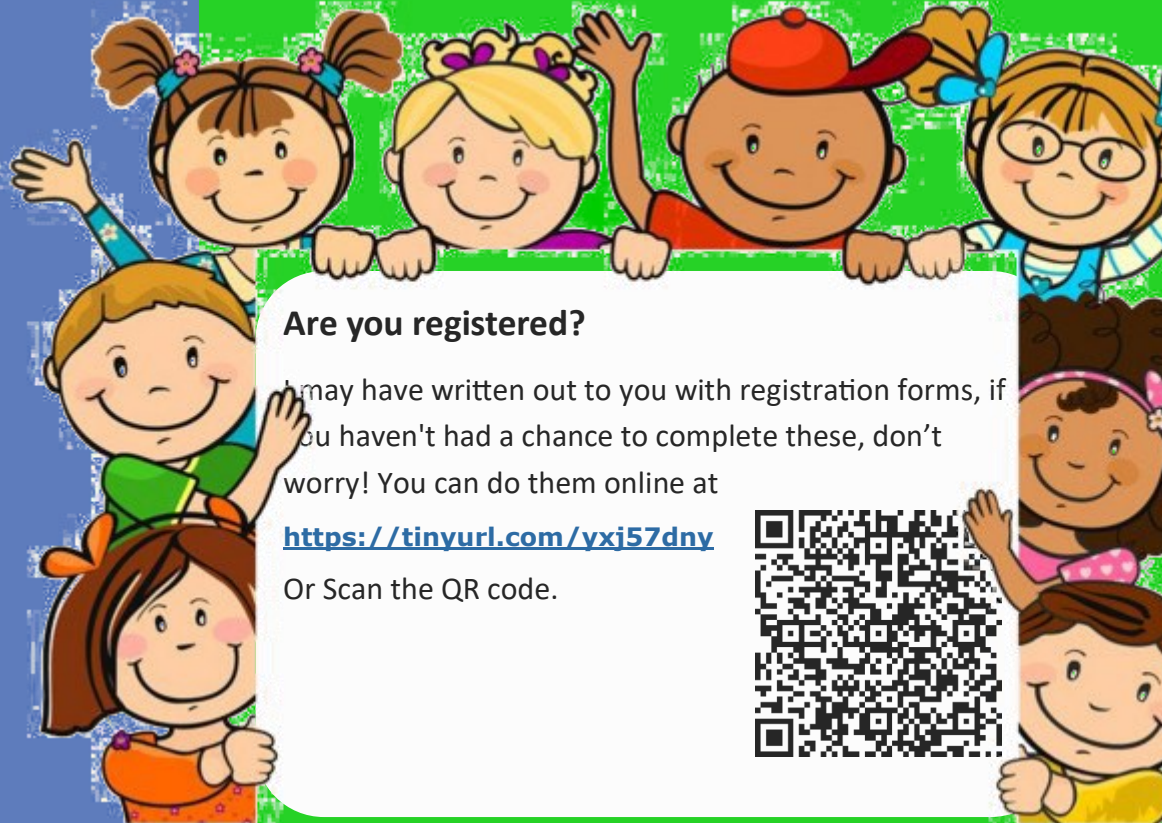
Text or WhatsApp to -
07500 886 319 or
Telephone: -
01670 320025



Don't forget you can join our Facebook group. It is closed group and only members can see what we post. On Facebook just search :Young Carers –

Northumberland

We would love to hear from you, if you are having trouble finding the page, please drop me a text and I can send you a link.



Are you registered?

I may have written out to you with registration forms, if you haven't had a chance to complete these, don't worry! You can do them online at

<https://tinyurl.com/yxj57dny>

Or Scan the QR code.



Would you prefer this newsletter to be emailed to you? If you would please let me know, and I can add you to my mailing list.