

# Newcastle Carers

Newsletter

January - April 2024

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A Network Partner of  
**CARERS TRUST**

**Newcastle Carers**  
*We're listening*

# Welcome to our January to April 2024 newsletter!

We hope you enjoy reading about the events, groups and updates included in this newsletter edition. You can read about our regular drop-ins and groups; and we are thrilled to introduce a range of new exciting activities - read on to find out more!

Our newly appointed Chief Executive Officer is now in post and is enjoying finding his feet in our organisation - meet Luke and learn more about him on [page 3](#).

At Newcastle Carers, we support carers of all ages who care for a friend or family member due to illness, disability, mental ill-health, or problems linked to drugs or alcohol. Our service is free, confidential, and non-judgemental, helping you find ways to make your caring situation easier to manage.

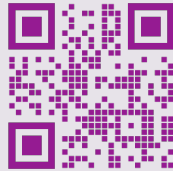
## Our Carers Information Line is now open from 9am to 5pm, Monday - Friday.

To talk to someone about your caring role, call our Carers Information Line on **0191 275 5060**. We're here to talk through any concerns and offer information, advice and support.

We also provide bookable appointments, including out of hours, where you can speak to someone face-to-face. To book an appointment, please get in touch with us.

## We're here to listen and support you.

Scan to visit our website!



## Meet our new CEO, Luke...



"It is a pleasure to introduce myself as the newly appointed CEO of Newcastle Carers. Since stepping into post, I have enjoyed getting to know the wonderful staff team, and the incredible unpaid carers who do so much for those that they care for.

As a new addition to the organisation, and the strategic lead, I hope to bring experience and passion to the role. Newcastle Carers is well-known for providing information and support services to carers across the city, and I am excited to build on this foundation.

My background is in participation, and I believe that your voice and experience as carers is essential to shaping our organisation. We are currently developing our five-year strategy, which will outline how we plan to achieve the goals of our charity.

In the coming months, you will have the opportunity to share your experiences as a carer to help shape our strategy.

I am a besotted and proud Dad to three wonderful children. I enjoy sports, food, and the sun; I love nothing more than a summers day eating lots of food while watching the latest sporting event!

I firmly believe in people and the value and power that each of us can contribute to a successful society. This will be the driving force behind how I want to lead Newcastle Carers as a charity.

I am incredibly excited about the journey ahead for Newcastle Carers, and to be part of this next chapter."



# Men's Social Group

Some of our male carers have expressed that they would benefit from an all-male group, and so we have created our new Men's Social Group!

The group will provide an opportunity to take time out of caring with other male carers who share similar experiences and would benefit from a break doing something different. We have three **FREE** exciting activities on offer, including:

## Game of Throwing

Thursday, 25 January  
Join us for one-hour of interactive axe throwing!

## Iles Tours

Friday, 23 February  
Discover the historical heart and stories of Newcastle during a one-hour tour.

## Lane 7 Bowling

Thursday, 28 March  
Enjoy one game of tenpin bowling at Lane7.



We hope you will contact us to put your name on the list to come along to our **FREE** activities.

Get in touch with us on **0191 275 5060**, or email **info@newcastlecarers.org.uk**.

## Carers' stories through animation

We are working with animator Lily Kroese to co-create short, animated videos with the asylum seekers and refugee community. These animations will help to raise awareness about identifying and supporting asylum seekers and refugees with caring responsibilities. The animations will be published soon, so stay tuned for more updates!

*This project has been made possible thanks to funding from the Carers Trust's Making Carers Count programme.*



# Carers' lunch

## Invitation to a culinary delight!

We extend a warm invitation to a three-course meal that promises to tantalise your taste buds and leave you craving more!

The Chefs' Academy and Bistro are one of the few colleges in the UK to hold an AA College rosette. Their on-campus restaurant offers hospitality students the opportunity to hone their skills in a professional real-working environment.

Join us at the Chefs' Academy and Bistro for a relaxed and welcoming three-course fine dining experience.

**A FREE three-course meal for carers on Thursday, 29 February from 12noon, at The Chefs' Academy and Bistro (Newcastle College), Scotswood Road, Newcastle, NE4 7SA**

To book your place (limited places available), contact us by **Friday, 9 February** on **0191 275 5060** or email **info@newcastlecarers.org.uk**. **When booking, please let us know if you have any dietary requirements or allergies.** Menu options will be provided at least one week before the event.



# Information, advice and support



Our groups for carers can give you the chance to step away from your caring role and to connect with other carers.

Connect with other carers over a friendly chat and a cuppa...

## Carers' Cafe

The **last Thursday** of the month, 10.30am – 12noon at Westerhope Community Association, Hillhead Road, NE5 1NE.

## Carers Connect

The **first Wednesday** of the month 10.30am - 12noon at Newcastle Carers Centre in Byker, NE6 1DN

## Dementia Information and Advice Group

Come along for information and discussion about what support is available, looking after yourself, and dealing with the difficult days.

The **second Tuesday** of the month, 10.30am – 12noon at Newcastle Carers Centre, 135-139 Shields Road, Byker, NE6 1DN.

## Group for Female Carers from Ethnically Marginalised Communities

This group provides tailored support to female carers' diverse and cultural needs. It provides an opportunity to connect, share experiences, and take a break from caring.

Sometimes the group has planned outings, so please contact us before attending so we can let you know what the group has planned.

Our group for female carers from marginalised communities is on the last Tuesday of every month from 12.30pm to 2.30pm at the Angelou Centre.

## We're here to listen and support you

If you need information or advice about caring for someone in Newcastle, come to one of our drop-in sessions. There is no need to make an appointment; simply show up during the drop-in hours.

We can help with things like:

- Looking after your health and well-being
- Your rights in work as a carer
- Accessing benefits and financial support
- Planning for the future.

If you need support outside of the drop-in hours listed on page 7, or if you would like to book a longer one-to-one appointment (out of hours appointments available), please call our Carers Information Line on **0191 275 5060**, or email [info@newcastlecarers.org.uk](mailto:info@newcastlecarers.org.uk).

## Drop in at...

📍 **Newcastle Carers**  
135-139 Shields Road, Byker, NE6 1DN  
Every **Tuesday** and **Friday** from 1pm to 3pm.

📍 **Gosforth Library**  
Regent Farm Road, Gosforth, NE3 3HD  
Every **Monday** from 10am to 12noon.

📍 **Westerhope Community Association ("The Tute")**  
Hillhead Road, Newcastle, NE5 1NE  
Every **Thursday** from 10am to 12noon.

📍 **Cruddas Park GP Surgery**  
178 Westmorland Road, Newcastle, NE4 7JT  
Every **Wednesday** from 1.30pm to 3.30pm.

# Young Carers Action Day



## Young Carers Action Day (YCAD) takes place on **Wednesday, 13 March 2024.**

This is an annual event, organised by Carers Trust, to raise awareness of children and young people with caring responsibilities and the incredible contribution they make to their families and communities across the UK.

Taking care of a family member shouldn't prevent you from attending school, working, or engaging in other activities. However, this is often the case for far too many young people who are caring for someone.

**The All-Party Parliamentary Group Inquiry revealed alarming evidence of 15,000 children, including 3,000 aged just five to nine, spend 50 hours or more a week looking after someone.**

Young carers can feel overwhelmed as they juggle caring with schoolwork and other activities. They are too often left on their own to handle difficult caring responsibilities.

This Young Carers Action Day, together with thousand of organisations and individuals across the UK, we will focus on the theme "Fair Futures for Young Carers".

Young Carers Action Day is about raising public awareness of young carers and young adult carers and seeking to bring about change for them and their families. We will be calling on professionals and decision-makers to show their support.

Stay up-to-date with Young Carers Action Day on our social media channels and website at [www.newcastlecarers.org.uk](http://www.newcastlecarers.org.uk).

# Carers into Work project

Supporting carers into work, volunteering or training opportunities



The Carers into Work Project continues to offer employment support for carers aged 16 and above in the North of Tyne area. This dedicated support can help carers access training, volunteering or employment opportunities.

The project can support you with practical advice. For example, how to write a CV or prepare for an interview. Carers into Work Advisors can also talk to you about aspirations and reaching your goals, whether you want to return to work after taking time out to care for someone or if you fancy a career change to fit in with a change of circumstances. We can provide flexible support to meet your individual needs.

You don't have to be actively seeking work to get involved. Why not have a chat with us to find out more about how this project could support you? Call us on **0191 275 5060** or email [info@newcastlecarers.org.uk](mailto:info@newcastlecarers.org.uk).

**Over 300 carers have been supported by the Carers into Work project.**

## Talk to a Citizens Advice Worker at Newcastle Carers Centre

We now offer appointments at our centre (*135-139 Shields Road, Byker*) to get help and support from a **Citizens Advice Worker**. Make an appointment to get support with:

- Welfare benefits advice
- Energy advice, including bill checking and fuel debt advice
- Food/fuel vouchers
- Registering with the Priority Serviced Register
- Charitable applications for white goods/flooring etc
- Specialist debt advice

To make an appointment to get support from a Citizens Advice Worker, call us on **0191 275 5060**, or email [info@newcastlecarers.org.uk](mailto:info@newcastlecarers.org.uk).

# Jak's story

Jak, aged 18, cares for his brother who has autism, and his mam who has mental ill-health.



Jak had significant caring responsibilities throughout primary and secondary school yet was never identified as a young carer. It wasn't until Jak started college – over a decade later – that a teacher finally recognised his caring responsibilities and identified him as a young adult carer. This identification enabled Jak to register with Newcastle Carers and access information and support.

Jak was relieved that Newcastle Carers Centre was close to his home, and he could attend Young Adult Carers groups. Since registering with Newcastle Carers and going to groups, Jak feels he has gained confidence and made new friends. He has received a grant to learn how to drive and even helped participate in the CEO recruitment process at Newcastle Carers.

Jak has shown that with the right support, young people with caring responsibilities can

move forward with their life. Jak even won the Student of the Year Award at college, showing how far he has grown in confidence.

We are working with schools in Newcastle to support young carers like Jak to ensure they get the information, advice and support they need. To find out more about how we support young carers in Newcastle, visit our website at [www.newcastlecarers.org.uk](http://www.newcastlecarers.org.uk).

## Jak says about caring...

"Children aren't going to know that they are a carer, especially if it's something they have grown up doing. Like me, if you have grown up doing it, you will think it's a normal thing. You are not going to think anything of it, so it is not something a kid really can do - noticing that they are a carer – because it is just normal for them."

# Highlighting good practice



Recognising and supporting unpaid carers is crucial, and we appreciate organisations committed to doing this. Newcastle College's bespoke support package for students with caring responsibilities is a fantastic effort that deserves recognition. Newcastle College says,:

"At Newcastle College we are dedicated and passionate about supporting young adult carers who study with us. Our aim is to support our students with caring responsibilities to have a positive learning journey and break down barriers so they can progress and achieve within education and into the wider world of work.

We offer a bespoke support package including an allocated learning mentor, the opportunity to complete an inclusion plan to support any reasonable adjustments and well-being support. We also invite young adult carers to monthly social groups and any events running internal and

external to the college. We are committed to providing inclusive support and believe it is important that all students have the opportunity to succeed with their social, personal and educational goals."

If you are a student with caring responsibilities and would like information about the support available, contact us on **0191 275 5060** or visit [www.newcastlecarers.org.uk](http://www.newcastlecarers.org.uk).

## Great North Run 2023

Thank you to our team of committed runners who dedicated their summer to training and fundraising for us in the Great North Run. They raised a fantastic **£3,400!**

All money donated is spent locally in Newcastle, enabling us to reach and support more carers.

# Flower Bouquet Workshop

Paper flowers are a fabulous way to add a touch of permanent brightness to your home. They are the ultimate multi-purpose addition for any occasion: beautifully displayed in vases, perfect table decorations, and fantastic gifts. You can even coordinate them with your home decor or colour scheme.

Join us for a FREE creative workshop where you will learn how to make a crepe paper rose and tulip using high-quality florist crepe paper (easy to mould and doesn't fade). You'll have the chance to craft several flowers to perfect your skills.



**Come and join us and bring a touch of sunshine into your home.**

No experience is necessary as you will be given step-by-step guidance. All tools and materials will be provided.

This workshop for carers will take place on  
**Thursday, 21 March,**  
**10.30am - 12.30pm,**  
at  
**St Martins Centre,**  
**Roman Avenue, Byker,**  
**NE6 2RJ**

Hot drinks and light refreshments will be available from 10.15am.

To book your free place on this introduction workshop to flower bouquet making, call us on **0191 275 5060** or email **info@newcastlecarers.org.uk** (limited places are available).

# Chocolate Making Workshop

**Enjoy a fun-filled beginners chocolate making workshop.**

Immerse yourself in this **FREE** beginner's chocolate-making workshop! You will make an assortment of chocolates in milk, white and dark chocolate - choose from various fillings to suit your taste.

While the chocolates are waiting to set, you'll learn how to make an origami box to hold your chocolates.

**Important information!**



Transport is provided: a minibus will leave at 9.45am from Newcastle Carers Centre (Byker) to Vineyard72. Meet for the minibus no later than 9.30am. The return journey is scheduled for approximately 12:45pm back to Newcastle Carers Centre.



This workshop for carers will take place on  
**Tuesday, 6 February,**  
**10.30am - 12.30pm**  
at  
**Vineyard72 in**  
**Whitley Bay**

Will you gift the chocolates to someone special or keep them for yourself?!

You will be guided through the whole process. So, indulge your senses and join us for this enjoyable session, learn new skills and meet other carers.

Spaces are limited, and you must **book** by Monday, 29 January. **If you have any dietary requirements or allergies, please let us know** by calling us on **0191 275 5060** or email **info@newcastlecarers.org.uk**.

# Free travel passes for 16-25 year olds



Are you aged 16-25 and looking after a family member or friend? Would you benefit from a FREE travel pass?

We are delighted to offer free Travel Passes to young people (16-25 years old) with caring responsibilities. The Travel Pass will provide eligible young people with a Pop smart card—an annual Network One season ticket—allowing free travel

on all local public transport in Tyne and Wear. The pass will remain valid until March 2026 or until the young person's 26th birthday, whichever comes first.

To learn more and to apply for a free Travel Pass, visit our website at [www.newcastlecarers.org.uk](http://www.newcastlecarers.org.uk). You can also call us on **0191 275 5060** or email [info@newcastlecarers.org.uk](mailto:info@newcastlecarers.org.uk).

## Give as You Live Online

We know not everyone can spare the cash to donate; however, there is a way you can raise funds for us without spending a penny!

**Give as you Live Online** is the free and easy way to raise money for us when you shop online with 6,000+ stores.

You can raise hundreds of pounds from your everyday shopping, **all at no extra cost to you.**

Simply sign up for an account and start shopping to help us to reach and support more carers in Newcastle. Sign up at [www.giveasyoulive.com/join/newcastle-carers](http://www.giveasyoulive.com/join/newcastle-carers).

# Counselling for carers

**“Step into a space where your journey is heard, your challenges are understood, and together, we’ll navigate towards a brighter, empowered you.”**

Our Counselling Service provides carers with a safe, confidential and non-judgmental space to help improve their current circumstances and better manage life or anxious thoughts and feelings. Counselling aims to help carers with the necessary skills to lead a more positive life and overcome obstacles in a positive way.

We have a team of Counsellors who cover five days a week at Newcastle Carers Centre in Byker. They offer 50-minute sessions to carers and meet with you once a week for a period agreed between you.

To learn more, visit our website at [www.newcastlecarers.org.uk](http://www.newcastlecarers.org.uk).



Anthony



Joe



Melanie



Gemma



James

## Visit Beamish Museum for FREE!

Get free admission to the world-famous, Beamish Museum! Step back in time and experience living in the 1820s, 1900s, 1940s and 1950s!

We have two corporate passes available for **carers registered with us** to use for daytime admission into Beamish

Museum\*. Each pass gives entry for up to five people. Carers can book to use our passes up to two times per year with the person they care for, family and friends. Contact us for more information or to book to use a pass on **0191 275 5060** or [info@newcastlecarers.org.uk](mailto:info@newcastlecarers.org.uk).

*\*There may be times when passes cannot be used, such as when there are special events or festivals.*



If you would like to make any comments about our newsletter, please get in touch with us using the contact details below.

## How to find us

We are located halfway along Shields Road in Byker.

**135 - 139 Shields Road, Byker, Newcastle upon Tyne, NE6 1DN**

**Byker Metro:** within 100 meters of Newcastle Carers Centre.

### Buses to/from Shields Road

**Go North East:** 1

**Stagecoach:** 12, 18, 22, 32,  
32A, 39, 40, 62

### Parking:

There is two-hour parking on minor roads at the back of the Centre.

**Disclaimer:** information correct at the time of printing, December 2023. Every effort has been made to provide accurate and complete information. We cannot accept liability for any errors or omissions.

**Keeping in touch:** we want to be sure that the information we send you is relevant and useful. Please let us know if you no longer want to receive our newsletters or would prefer to receive them via email. If there are any changes to your contact details or if your caring role comes to an end, please get in touch to let us know.

**Privacy Notice:** our Privacy Notice contains details about the data we collect, how we use it and how long we keep it.

It's available on our website at [www.newcastlecarers.org.uk](http://www.newcastlecarers.org.uk), or you can request a paper copy at any time.

### Newcastle Carers

135 -139 Shields Road  
Byker  
Newcastle upon Tyne  
NE6 1DN





**Text:** 0787 4100 043

**W:** [www.newcastlecarers.org.uk](http://www.newcastlecarers.org.uk)

**E:** [info@newcastlecarers.org.uk](mailto:info@newcastlecarers.org.uk)

### To talk to someone about your caring role,

call our Carers Information Line on **0191 275 5060**, Monday - Friday, 9am - 5pm (We are closed on Bank Holidays).

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