



In November we will be launching a series of monthly Wellbeing Walks in collaboration with North Tyneside Council.

Take time for yourself to enjoy the fresh air and improve your health. The Wellbeing Walks provide an opportunity for you to connect with other carers too.

The walks will be led by qualified and friendly walk leaders and will be supported by a member of the team here at North Tyneside Carers' Centre. All routes will be circular and located near public transport and car parks.

The first walk is scheduled for 13.00 (for an hour) on Thursday 13 November and the location is Briar Dene. Please meet us at 12.45 at [Waves Leisure Centre](#) reception. The 308 and 309 buses stop right outside and there is free car parking.

Treat yourself to warm cuppa after the walk.

SPOTLIGHT ON



This year, Carers Rights Day is on **Thursday 20 November** and the theme is **'Know your rights, use your rights.'** As a carer, you spend your days looking after someone else but your rights matter too. This Carers Rights Day, take time to find out what support you're entitled to, from financial help to wellbeing advice. Visit our [website](#) or contact us on 0191 249 6480 to learn more.

Here are some events we are holding on 20 November:

- Employment support for carers drop-in - 10am to 2pm Working Well hub, Wallsend Community Hub and Library. No need to book just drop in.
- Arranging and paying for your care - 1.15pm - 2.30pm A Q&A session on financial assessments, direct payments and paying for care. Held at the Oxford Centre. To book on this session [click here](#).
- 60 Minute Essentials: Carers Rights - 6pm to 7pm online A practical and empowering session on the support and protections available to carers. Book your place [here](#).



GOODBYE

Steve Casburn, Training and Development Coordinator, left North Tyneside Carers' Centre in October for pastures new. As many of you will have met and attended one of Steve's sessions over the years he wanted to share the following message with you all.



"As I come to the end of my time at North Tyneside Carers' Centre, I want to take a moment to say thank you. Over the past six years, it's been a real privilege to get to know and work alongside so many of you. I've often been amazed by the strength, dedication, and resilience you've shown in the face of enormous challenges. From the pandemic and lockdowns to the ongoing pressures caused by cuts to essential services, these have been some of the most difficult years I've known for carers - and yet, so many of you have kept going. I always believe it can and will get better and my hope is it will for you and all carers in North Tyneside."

EMPLOYMENT AND EDUCATION



If you are looking for support with employment or education, we're here to help.

The Working for Carers project recently supported Debbie, a carer who had to leave her job due to work-related stress. The project helped Debbie write a CV, build her confidence and find a new job that allowed her to balance caring and work.

Read about Debbie's story and how we support her on our [website](#).

The Working for Carers project can help you to:

- Find employment, training, education and volunteering opportunities
- Understand your rights as a working carer
- Build your confidence and skills
- Write CVs, applications and support with interviews

Our friendly advisors offer one-to-one, free, non-judgemental and specialist advice to best help you. Visit our [website](#), or get in touch with us to find out more about the Working for Carers project.

This project is a partnership between Newcastle Carers, North Tyneside Carers' Centre, and Carers Northumberland. It is funded by the UK government through the UK Shared Prosperity Fund, with the North East Combined Authority as the lead authority.



BENEFITS AND FINANCIAL WELLBEING

Here are 4 ways carers can get extra help this winter.

If you or the person you care for is over State Pension age, you might be entitled to Pension Credit. Even if you have some savings or a small pension, it's worth checking — it could give you extra income each week. Most people over State Pension age also get the Winter Fuel Payment automatically, up to £600 towards heating costs. If you don't get it automatically, it's really easy to apply. You could also get £150 off your electricity bill through the Warm Home Discount. Your energy supplier can tell you if you're eligible, don't wait to ask!

And if the person you care for needs help with day-to-day tasks, they may be able to claim Attendance Allowance. It's not means-tested it's simply extra help for those who need care.

At North Tyneside Carers' Centre, we can help you check what you're entitled to and guide you through the process. Let's make sure you get the support you deserve this winter.

It's not too late to get support this winter. If you're unsure what you can claim, our team is here to help.

Contact Bernadette or Aaron on 0191 249 6480 or email enquiries@ntcarers.co.uk

4 WAYS TO STAY WARM AND WELL THIS WINTER

1 Check your benefits and allowances



Apply for the Warm Home Discount

2

3 Claim your Winter Fuel Payment



Speak to our Carer Money Matters team

4

TRAINING AND INFORMATION SESSIONS

Safe Handling & Falls Prevention – with Hadrian Safety Training

Tuesday 11 November (1.00pm – 2.30pm)

Room 1, The Oxford Centre, West Farm Avenue, Longbenton, NE12 8LT

60-Minute Essentials: Carer Rights

Thursday 20 November (6.00pm – 7.00pm)

Online Event: Microsoft Team

Caring Without Guilt: Managing Negative Emotions

Wednesday 26 November (1.00pm – 3.00pm)

High Main, John Willie Sams Centre, Market Street, Dudley, Cramlington, NE23 7HS

Practical Power of Attorney – with Co-op Legal

Wednesday 3 December (6.00pm – 7.30pm)

Tynemouth Scouts HQ, 31-35 Norfolk Street, North Shields, NE30 1NQ

60 Minute Essentials: Heart and Mind

Thursday 4 December (6.00pm – 7.00pm)

Online Event: Microsoft Teams

Supporting Adults with Autism

Wednesday 10 December (Time to be confirmed)

Online Event: Microsoft Teams



To book a place, visit:

www.tickettailor.com/events/ntcc

SUPPORT GROUPS

Evening All Carers Group

2 December

5.30pm to 7pm

Whitley Bay Big Local

In this session there will be Christmas games and quizzes.

Dementia Carers Support Group

5 December

10am to 12pm

The White Swan Centre, Killingworth NE12 6SS

In December we will run an arts and crafts session to make memory boxes.

All Carers Support Group

11 November

1.30pm to 3.30pm

Ark Royal Room, Wallsend Library, NE28 8JR

In this session we will be making Christmas wreaths.

Mental Health Carers Support Group

27 November

2.00pm to 4.00pm

The group will be back doing the beach walk and talk. Meet outside the Gibraltar Rock in Tynemouth NE30 4EB

To attend a group for the first time and to check venues, as they are subject to change, please contact us on 0191 249 6480 or enquiries@ntcarers.co.uk

