

# NEWSLETTER

**Young Carers - Winter 2025** 

# Meet the Team!



Kate Young Carers Team Lead Young Carers in School



Cara Lead (Mat Leave)



Kiersten Young Carers in School Lead



Claire **Breaks & Activities** Worker



Helen Family Support Worker



Michelle Family Support Worker



Angela Young Adult Carers Worker



Amy Sessional Worker

# Young Adult Carers

Young Adult Carers are invited to join us for relaxed social time and supportive guidance.

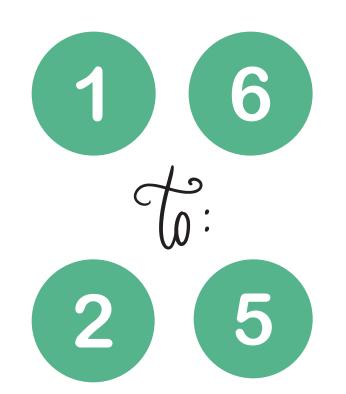
Angela and Kiersten offer a welcoming, safe space where carers can meet new people, build friendships, and chat openly.

Next meeting: Tuesday 20th January 5pm-6:30pm Shiremoor Resource Centre

Get in touch for more information or to register as a carer with us.











# Young Carers' Forum

Young Carers Forum have been meeting monthly to voice their thoughts, ideas and advocate for carers.

All forum minutes can be found here: <a href="https://www.northtynesidecarers.org.uk/young-carer-forum/">https://www.northtynesidecarers.org.uk/young-carer-forum/</a>



Some recent discussions have been:
Website Improvements
Young Carers Paperwork
Breaks and Activities
Communication
Carers Week
Staffing
Creating Social Media Content

Thank you to the members who continue to dedicate their time to supporting our service.

If you would like to be involved, let us know!

# Halloween 2025















### Christmas Activities













Thank you to everyone who has supported the groups through donations—they are truly appreciated.

### Updates and News

January will be a busy month for North Tyneside Carers' Centre. We will be working to reduce our waiting list for support, ensuring carers receive help as quickly as possible when it is needed.

We understand that being on a waiting list can be frustrating. We do not like having a waiting list and are continually looking for ways to provide support more quickly. We sincerely apologise to any families we have not been able to support during 2025.

Our service works closely with professionals across North Tyneside, including schools, social care, and the voluntary sector. We aim to strengthen these relationships and continue to provide training, information, and advice, and to advocate for carers by sharing their voices.

We are seeing a decline in young carers' attendance and want to work alongside families and schools to support carers in accessing full-time education.

Whilst we understand that attending school can be difficult for some young people, we want to ensure families feel supported during these challenging times and know who to reach out to for help.

If you're a young carer or a family member who needs support, you can contact our team.

**\** 0191 249 6480

enquiries@ntcarers.co.uk

You can also contact Education North Tyneside for advice and support around schooling and educational needs:

www.northtyneside.gov.uk/schools-education-and-childcare

# Christmas Support Guide

#### **5** Financial Support

#### North Tyneside Council - Crisis Support

- Welfare Assistance team provides local welfare provision during times of crisis
- **Q** 0191 643 2777 (office hours)
- \$\square\$ 0330 3337475 (evenings & weekends)

#### Cost of Living Directory

#### Citizens Advice

- Advice line: \$\scale=08082787822\$ (Mon-Fri, 9am-5pm)
- National Debt Advice Hub: \$\scrip\$ 0800 240 4420
   (Mon-Fri, 9am-8pm; Sat, 9:30am-1pm)
- Webchat available for debt issues

#### ·Citizens Advice - North Tyneside

#### Food Support

#### The Bread-and-Butter Thing

- Weekly groceries worth ~£35 for £7.50
- Sign up: text 07507237311 with name, postcode, and hub
- Hubs: Howdon Family Gateway, Longbenton Community Association, Fordley Primary School, Saint Aiden's Church (North Shields), Shiremoor Adventure Playground, Whitley Bay Young Peoples Centre

#### St Paul's Community Partnership

 Pop-up pantry: Thursdays, 10 am-12 pm Membership: £1

#### <u>St Paul's Community Partnership</u>

Surplus Store - Whitley Bay Big Local

- Affordable surplus food and goods
- Open Mon-Fri, 10 am-4 pm Membership required

#### Surplus Store at Whitley Bay Big Local Burradon Village Pantry

- Mondays 10:30 am–12 pm, Fridays 1:30 pm–3 pm
- Membership: £1/year (two shops per week)
- † Festival Cottages, Burradon, NE125UU
- Jay-b@talktalk.net

Cedarwood Trust
NOURISH Food Store
Discount supermarket/food bank hybrid
Offers donated food and non-food products
NOURISH Food Store

North Tyneside Meal Delivery Service Homemade frozen meals for all ages Designed for those unable to cook or busy families North Tyneside Meal Delivery Service

Warm Welcome Venues
Libraries, Community Hubs, and voluntary
organisations
Free activities and hot drinks available
Open to all residents (not means-tested)

Health Support

NHS 111

Available 24/7 throughout Christmas

111 or go online

#### Local Pharmacies

Whitley Road, Benton, NE129SJ 10.00 - 16.00 10.00 - 16.00

Boots
Silverlink Retail Park
10.00 – 16.00

Burradon Pharmacy 33-34 Front Sheet, Camperdown, NE12 10.00-13.00

Fairmans Pharmacy
295 Whitley Road, Whitley Bay NE26 2SN
14.00 – 17.00
14.00 – 17.00

Coast Road Pharmacy
11 Coast Road, Wallsend, NE28 9HP
14.00 - 17.00
14.00 - 17.00

Welcome Health Pharmacy 235-237 Whitley Road, Whitley Bay, NE26 2SY 14.00 – 17.00

#### Mental Health Support NHS Urgent Help

- NHS Mental Health Services Listening Services
  - Samaritans: <a href="mailto:line">116123</a> <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
- Shout Crisis Text Line: text "SHOUT" to 85258 (or "YM" if under 19)
- Childline: **4** 0800 1111 (for under 19s)

#### MIND Tyneside & Northumberland

- tynesidemind.org.uk
- Support Line: \ 01914774545 / \ 0330174
- Hours: Weekdays 2pm–10pm, Weekends 12pm– 8pm

#### Housing Support North Tyneside Council

- Homelessness helpline: \$\scrip\$ 0800 011 6511 Shelter
  - Emergency helpline: \$\scrip\$ 0808 800 4444 (Mon-Fri, 8am-6pm)
  - Online advice and webchat available

#### Harbour

SUPPORT

GUIDANCE

- Safety support: \$\square\$ 01912513305 my.harbour.org.uk
- Concerned about others: \$\scrick\$ 0300 140 0061
   wefindaway.org.uk
- Respect phoneline (for behaviour concerns): **Q** 0808 802 4040 <u>respect phoneline.org.uk</u>

### Fun Zone

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care caring emotions friendly generous happy helpful impact kind kindness mental health respect thoughtful warm-hearted wellbeing

### What am I?

I have four legs.
I can fly.
I have a red nose.

### Rudolph



### What am I?

I have a white beard.

I wear a red suit.

I bring presents.

#### Santa



### What am I?

I am cold.

I am white.

I can be used to make a snowman.

#### Christmas tree



#### snow



### What am I?

I am green.
I have baubles.
I am covered with tinsel.