



Welcome to our March and April newsletter for unpaid carers in North Tyneside.

SPOTLIGHT ON ... KATE RISPIN, YOUNG CARERS TEAM LEAD



Kate Rispin gives us a glimpse into her busy role supporting young carers and the team around them. Her day begins at 8.30am with emails and urgent updates before the team arrives and heads out on visits or office-based work. One of her key priorities each morning is making sure staff feel supported and clear about their plans.

Her days vary—team meetings, online calls, school visits, and work with partners across the borough all feature regularly. A core part of Kate's role is reviewing new referrals, arranging Young Carers' Needs Assessments, updating systems, and making that important first contact with families.

Kate also provides regular supervision to her team, supports professional development, completes audits, and plans training to ensure high quality support.

The Young Carers team includes staff such as a Breaks and Activities Coordinator, a Young Adult Carer Worker, Family Support Workers, and a contractor offering therapeutic sessions.

Much of her work happens behind the scenes—planning events, exploring funding, reviewing costs, and measuring outcomes so services can continually improve. Kate also leads the monthly Young Carers Forum and attends meetings with education and health partners to advocate for young carers across North Tyneside.

Although her role is often centred on coordination, Kate loves joining activities with young carers and seeing the positive impact support has on them and their families.

EMPLOYMENT AND EDUCATION

We are really sorry to share that funding for the Working for Carers Project will come to an end on **31 March 2026**. Since April 2024, this project—funded by the UK Shared Prosperity Fund with the North East Combined Authority as the lead—has been delivered by North Tyneside Carers' Centre, Newcastle Carers and Carers Northumberland. Together, we've been proud to offer friendly, personalised one to one support to carers aged 16 and over, and to help employers across the North of Tyne create more carer friendly workplaces through tailored training, advice and guidance.

We know that many carers in our region still need support around employment, whether that's getting into work or staying in a job alongside their caring role. All three organisations are continuing to look for new funding so we can keep providing this help. In the meantime, our teams will continue to support you with every aspect of your caring role. If you feel you need more specialist employment advice, we'll work with you to find the right alternative support. You can also find some helpful factsheets on our websites [North Tyneside Carers' Centre](#)

Please don't hesitate to get in touch at enquiries@ntcarers.co.uk



BENEFITS AND FINANCIAL WELLBEING



From April, families receiving Universal Credit will no longer be affected by the *two child limit*. This means that if you have children born after April 2017, you'll be able to receive additional support for each child. This change is expected to help many families by increasing the financial support they receive.

There will also be some changes to the **health element of Universal Credit** for new claimants from April 2026. The amount paid will reduce from £97 a week to £50 a week and will stay at this level until at least 2029/30.

The Government has said that people with the most severe, long term health conditions—those who are not expected to be able to work—will have their income protected through an extra premium. If you already receive the health element, your amount will stay at £97 per week.

If you think you might be eligible, applying for LCWRA (Limited Capability for Work and Work Related Activity) or the health element **before April** may mean you continue to receive the higher amount.

You might find the following resources helpful if you're looking for ways to reduce your household costs or get more support:

Energy costs and benefits:

Carers Trust has a [really useful guide](#) covering money, benefits, and ways to save on housing and heating costs.

You can also explore practical tips on reducing energy use at home through the [Gov.uk website](#).

When looking for a new gas or electricity deal, it's important to check that the estimated usage is accurate. Some providers may increase your bill significantly if your actual usage is higher than the estimate, so it's always worth double-checking the details.

Other support you may find helpful:

- Council Tax Support: Information and guidance on [reducing your council tax](#) if you're eligible.
- Social Tariffs for Broadband: [Cheaper broadband and phone packages](#) for people on low incomes.
- Help with Prescription Costs: The [NHS Low Income Scheme](#) may be able to support you with the cost of prescriptions and other health-related expenses.

CARERS WEEK 2026

We are starting to plan for Carers Week 2026 which is 8-14 June 2026 and we would love to find out what activities, events, information sessions you would like to see on the programme.

Please could you spare a few minutes to complete our survey using the QR code below or [Carers Week 2026 Survey - Fill in form](#)

If you would like a paper copy please contact enquiries@ntcarers.co.uk or ring 0191 249 6480.



TRAINING AND INFORMATION SESSIONS

Dementia – coping with Caring

Thursday 12 March 2026

10.30 to 12.00

North Shields Library, Northumberland Square

Caring through change – menopause event for carers

Wednesday 25 March 2026

10.00 to 12.00

John Willie Sams Centre, Cramlington, NE23 7HS



To book a place, visit:

www.tickettailor.com/events/ntcc

SUPPORT GROUPS

Evening All Carers Group

Tuesday 3 March and Tuesday 7 April 2026,

17.30 to 19.00

Whitley Bay Big Local

Dementia Carers Support Group

Friday 6 March and Friday 10 April 2026,

10.00 to 12.00

The White Swan Centre, Killingworth NE12 6SS

All Carers Support Group

Tuesday 10 March and Tuesday 14 April 2026,

13.30 to 15.30

Illustrious Room, Wallsend Library

Mental Health Carers Support Group

Thursday 26 March and Thursday 23 April 2026

14.00 to 16.00

Meet at The Gibraltar Rock, 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

