

NEWSLETTER

April 2026 - July 2026

Meet the Team!



Kate
Young Carers Team Lead



Claire
Breaks & Activities
Co-Ordinator



Helen
Family Support Worker



Michelle
Family Support Worker

Service Update

We want to be open and transparent with families that our team capacity has significantly reduced due to changes in funding and contracts.

Despite this, we remain fully committed to delivering a consistent and meaningful service. We are continuing to provide as many opportunities as possible for young carers, ensuring they can still access support, take breaks from their caring role, and connect with others.

We are working hard to rebuild our team and strengthen our offer, and we are hopeful that over the coming months we will be able to fill the gaps that have been created.

We appreciate your understanding, patience, and continued support during this time.



Team Update

We would like to say a big thank you to Amy for her support with our group sessions. Amy has now moved on to full-time employment, and we wish her all the very best for the future.

We're pleased that Gail and Angela continue to be involved in our service, supporting with group sessions and contributing to the ongoing delivery of our activities.

Support Us

Did you know you can support our work at no extra cost to you?

By signing up to easyfundraising, you can raise free donations for us every time you shop online with thousands of retailers.

It's quick and easy to get started—just sign up using the link below:

👉 <https://www.easyfundraising.org.uk/causes/north-tyneside-carers-centre>

Your support helps us continue providing vital services for young carers—thank you!



Young Adult Carers

Are you 18+ and wondering what's next?

If you are 18 or over and have a caring role, you may be entitled to an Adult Carer's Assessment. This can help explore your situation and identify what support is available to you.

You can speak to a member of our team or complete our online referral form here:

👉 <https://www.northtynesidecarers.org.uk/adult-carers-self-referrals/>

Participation Opportunity

Freya Gray, a young adult carer from the University of Oxford, is completing a Geography dissertation focusing on students who continue caring for someone at home while living away at university.

This is an under-researched area, and your experiences could make a real difference.

If you would like to take part, please contact:

✉️ freya.gray@worc.ox.ac.uk

This research will also contribute to a presentation at the upcoming International Young Carers Conference.

Young Adult Carers Group (YAC)

Our next YAC group session is coming up:

📅 Wednesday 17th June

📍 Shiremoor Family Hub

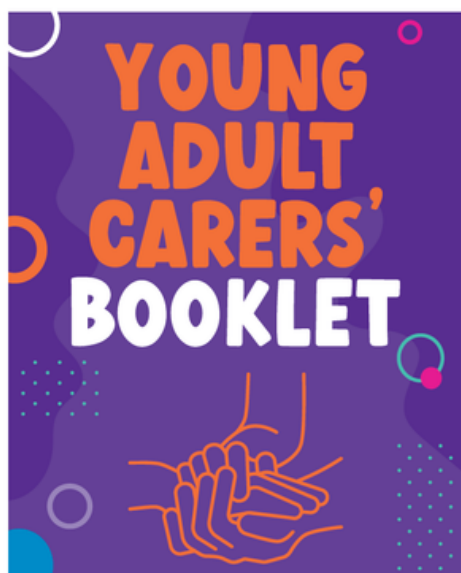
🕒 5:00pm – 6:30pm

Young Adult Carers

We have created a guide for Young Adult Carers.

We hope carers find the information useful and helpful.

<https://www.northtynesidecarers.org.uk/young-carers/young-adult-carers-group/>



YOUNG CARERS TRANSITION ASSESSMENT (16-18 YEARS OLD)

Transition Assessments follow on from a Young Carers Needs Assessment, which you may have completed in school or with a professional before the age of 16. This is an official assessment under North Tyneside Council.

This assessment was created by young people who have caring responsibilities. It is designed to be easy to understand and to reflect what might be happening in a young person's life between the ages of 16 and 18. You should be offered help to complete the assessment from someone you trust.

We'll help you:

- Get ready for work, college, or further training
- Plan for living more independently
- Look after your wellbeing, health, and social life
- Make sure you still get the right support

Contact us for more information or speak to a trusted adult who can help you to make contact.

Young Carers Transition Assessment

Thank you to the group of Young Carers for all their hard work in developing these documents.

www.northtyneside.gov.uk

ADULT CARER ASSESSMENTS (18+ YEARS)

What it is

A carer's assessment (often called a Carers' Wellbeing Assessment) is a statutory assessment under the Care Act 2014.

It's designed to look at how caring affects your life, including health, education, work, relationships, well-being, and future aspirations.

You are entitled to this assessment, no matter how much care you provide. A carer's assessment looks at your needs as a carer, not the person you care for.

What happens

You'll be asked about your caring role, how it affects your daily life, and what support might help.

The assessment will consider:

- How caring for someone affects you
- Whether your role impacts your health or well-being
- Impacts on work, study or training
- Your ability to maintain social and family life

If eligible needs are identified, options include information/advice, community resources, respite care or a personal budget for support.

How to get one

Use 'My Care North Tyneside' online to self-refer or request an assessment.

If you can't use the online form, you can call North Tyneside Council - Adult Social Care (Gateway) at 0191 643 2777

North Tyneside Carers' Centre can also support. Get in touch for more information.



GENERAL PRACTICE (GP)

HOW TO REGISTER & CONTACT A DOCTOR

What a GP is

A GP surgery is your local doctor's office - they help with things like illness, vaccinations, referrals to specialists, prescriptions, and general health questions.

How to Register

You need to be registered with a GP to book most appointments. Use the NHS website to find a local GP surgery: Search by your postcode to see surgeries in North Tyneside and check which ones are accepting new patients.

1. Register online: Many GP surgeries let you register online through the NHS website or via the NHS App. You don't need ID, proof of address, or an NHS number.

2. Once registered:

- You can book appointments by phone, in person, or sometimes online/through the NHS App.
- Some practices also offer evening and weekend appointment options or online consultations through apps like Livi (check with your practice).

NHS App

This makes it easy to book GP appointments and view your records.

Important Contact Numbers

- **NHS 111:** Call 111 (free) for health advice and help when it's not an emergency.
- **999:** Only for life-threatening emergencies (e.g., severe bleeding, chest pain, unconsciousness).

TIPS FOR YOUNG PEOPLE

If it's your first time registering, try applying online through NHS Services — it's often the fastest way! If a surgery won't take new patients, try another one or use the NHS Service Finder to locate alternatives.

Ask a trusted adult or contact us if you require support.

Young Carers' Forum

Our Young Carers Forum meets monthly, giving young carers the opportunity to share their thoughts, ideas, and advocate for positive change.

You can read all forum minutes here:

👉 <https://www.northtynesidecarers.org.uk/young-carers/young-carer-forum/>

Recent discussion topics include:

- Website improvements
- Young carers paperwork
- Breaks and activities
- Communication
- Carers Week
- Staffing
- Creating social media content



We are always looking to welcome new members, so if you'd like to have your voice heard, please come along!



Next Session



Monday 22nd June



Shiremoor Family Hub



4:30pm – 6:00pm



Family Support




Referrals Update

Referrals to our service are now open, and we are currently receiving an average of 18 new referrals each month.

Michelle and Helen, our Family Support Workers, play a central role in reducing the impact of caring on every young carer referred to our service. Through assessment, information-gathering, and close collaboration with professionals and partner services, they ensure each family receives support tailored to their individual circumstances. This includes developing a personalised action plan with clear, targeted interventions to meet the needs of both the young carer and their family. Much of their work is delivered directly within schools and community settings across North Tyneside, providing accessible, responsive support where it is needed most.

Alongside this, they contribute to the ongoing development of our services by listening to families, gathering feedback, and sharing valuable insights. This helps shape continuous improvements and strengthens the support pathway available to all young carers.

We remain committed to providing a high-quality, responsive service and will continue to review our capacity to ensure young carers and their families receive meaningful and timely support.



Recharge Wellbeing Sessions



Our Recharge sessions offer young carers the opportunity to take a break, focus on their wellbeing, and spend time in a safe and supportive group environment.

These sessions are designed to help young people relax, recharge, and build resilience, while taking part in a range of fun and meaningful activities.

Recharge sessions focus on:

Emotional wellbeing and understanding feelings

Building confidence and self-esteem

Learning coping strategies and relaxation techniques

Connecting with others and building friendships



Through a mix of creative activities, group discussions, and calming exercises, young carers are supported to take time for themselves and develop skills that help them manage everyday challenges.

These sessions provide a valuable opportunity for young carers to feel heard, supported, and empowered.

25 young carers have already taken part and feedback has been brilliant! We have more planned across summer.

Breaks & Activities

Our Breaks & Activities sessions provide young carers with the opportunity to take a break from their caring role, connect with others, and enjoy positive experiences in a safe and supportive environment.

Claire delivers three sessions per week during term time, alongside larger daytime trips and holiday activities, giving young carers something to look forward to and spaces to relax and have fun.

These sessions focus on:

- Reducing isolation
- Building friendships
- Accessing peer support

We also have a community WhatsApp group where families can stay up to date with activities and information.

If you would like to join or find out more, please contact:

✉ young.carers@ntcarers.org.uk



Breaks & Activities



Recently, we have welcomed many new members to our Breaks and Activities service.

We know how important it is for young carers to have time away from their caring responsibilities, meet others in similar situations, and build confidence and new skills.

Our staff work hard each week to create a warm, friendly environment and to offer the best experiences we can.

Breaks & Activities



Carers Week 2026

Carers Week 2026 is a national awareness campaign celebrating the incredible contribution of unpaid carers, while highlighting the challenges they face and the support available.

We are proud to recognise and celebrate the amazing carers across North Tyneside — the vital role they play within their families and the strength they show every day.

Throughout the week, we will be:

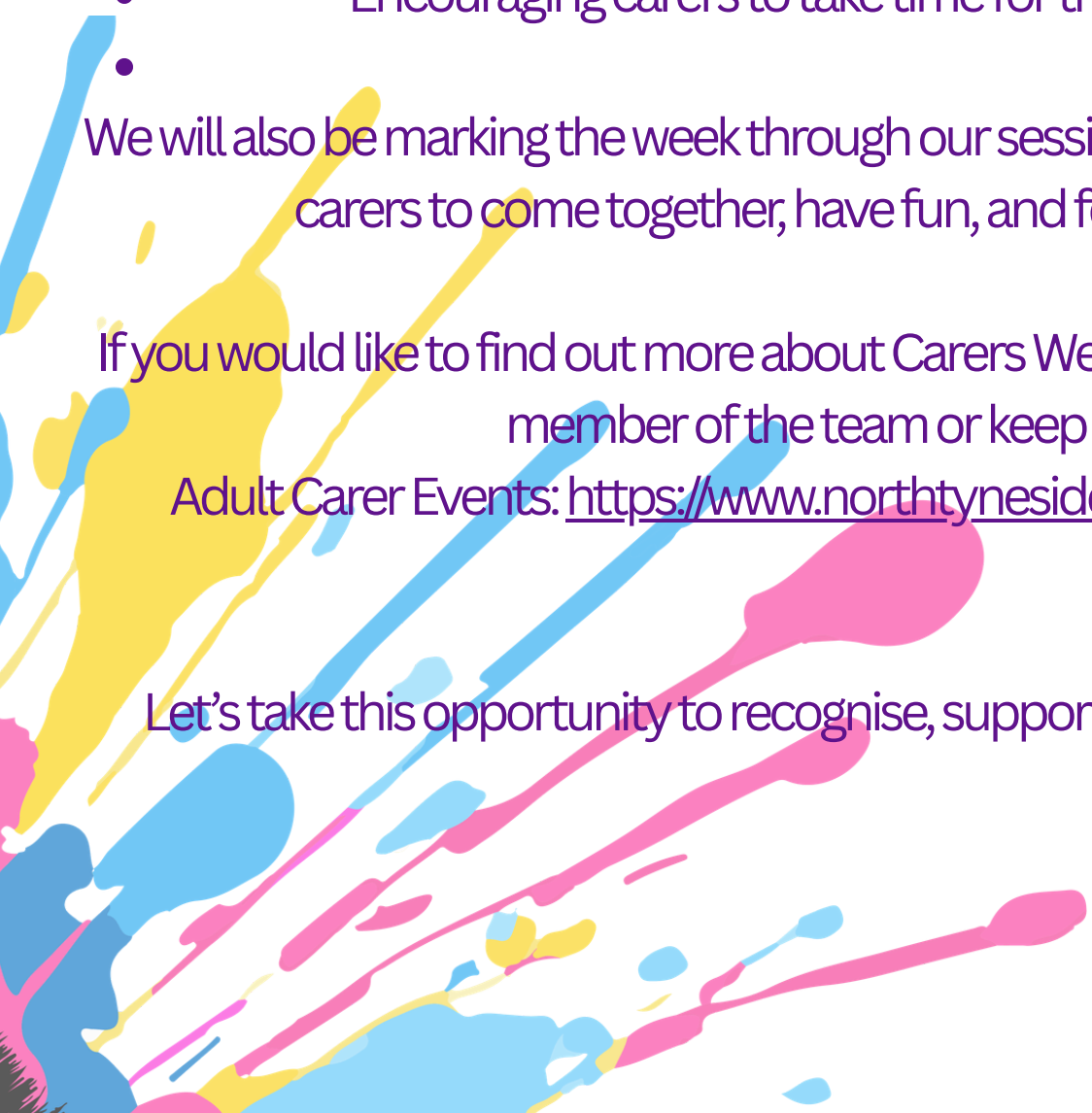
- Raising awareness of carers and their experiences
- Sharing information about support available locally
- Celebrating the achievements and resilience of carers
- Encouraging carers to take time for themselves and connect with others
-

We will also be marking the week through our sessions and activities, creating opportunities for carers to come together, have fun, and feel recognised for all that they do.

If you would like to find out more about Carers Week or how to get involved, please speak to a member of the team or keep an eye on our updates.

Adult Carer Events: <https://www.northtynesidecarers.org.uk/news-2/events-bookings/>

Let's take this opportunity to recognise, support, and celebrate carers in our community.



Support for Young Carers

EASE Into, HAF & Family Hubs

There are a range of local services available to support young carers and their families across North Tyneside: The easeINTO programme, nationally known as the Holiday Activities and Food (HAF) programme, is a government funded initiative designed to support children from low-income families. Young Carers are eligible to access this provision. Email easeinto@northtyneside.gov.uk to register your child. Please note, they must be registered as a young carer and have a Young Carer Needs Assessment in place. Speak to us or your child's school for more information on assessment.

The HAF programme offers free holiday activities and meals for eligible children and young people during school holidays.

This is a great opportunity for young carers to:

Take a break from their caring role

- Try new activities
- Build confidence and friendships
- Access healthy meals during the holidays

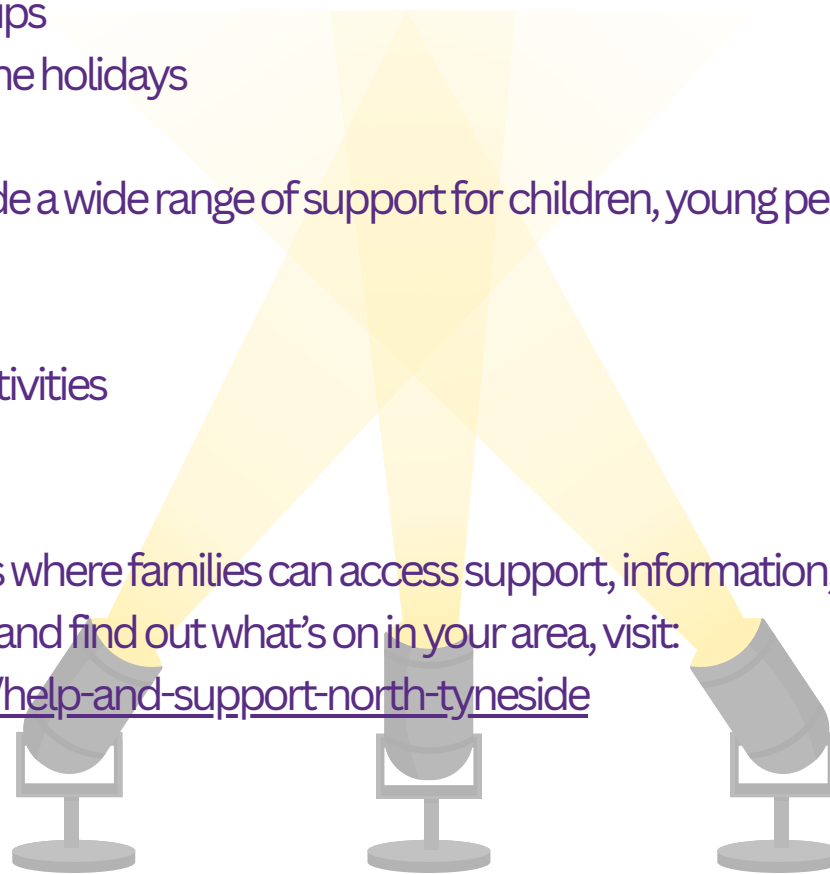
North Tyneside Family Hubs provide a wide range of support for children, young people, and families, including:

- Parenting support
- Emotional wellbeing services
- Stay-and-play sessions and activities
- Advice and guidance

Family Hubs are welcoming spaces where families can access support, information, and local services all in one place.

👉 To explore all available support and find out what's on in your area, visit:

<https://www.northtyneside.gov.uk/help-and-support-north-tyneside>



North Tyneside Parent Carer Forum (NTPCF)



The North Tyneside Parent Carer Forum (NTPCF) is a parent-led organisation supporting families of children and young people aged 0–25 with special educational needs or disabilities (SEND).

The forum provides a space for parent carers to:

- Access information, advice and support
- Connect with other families through peer support
- Share their experiences and have their voices heard
- Help shape and improve local services by working alongside the Local Authority, health, and social care

NTPCF also offers:

- Workshops, drop-in sessions and events
- Support to understand what services are available locally
- Opportunities to get involved in influencing and improving services

If you are a parent/carer of a child or young person with additional needs, you can get involved or find out more here:

 www.ntpcf.co.uk

 Email: info@ntpcf.co.uk

Fun Zone



WORD SEARCH

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