



North Tyneside
Carers' Centre

SUMMER 2026 NEWSLETTER

Welcome to our Summer newsletter for unpaid carers in North Tyneside.

CARER SPOTLIGHT

For months, this 58-year-old mum felt overwhelmed while supporting her son, who is in St George's Hospital under a long-term Section 3. She visited him several times a week, often facing challenging behaviour, and struggled to get clear updates from professionals. The pressure affected her whole family, and she felt exhausted, anxious and alone.

After reaching out to North Tyneside Carers' Centre, she began regular one-to-one support with our Mental Health Carers Wellbeing Worker. Together they explored coping strategies, boundaries and ways to manage stress. We helped improve communication with the ward, supported her with benefits advice, and encouraged her to join wellbeing sessions and the Mental Health Carers Support Group. She also created her own WRAP plan to help her stay well.

Now she feels more confident, informed and supported. She has regular updates from the ward, a toolkit of strategies she uses every day, and a growing network of carers who understand what she's going through. Most importantly, she no longer feels alone.

SUMMER WELLBEING: REST ISN'T A LUXURY — IT'S ESSENTIAL

Summer can bring extra pressures — school holidays, disrupted routines, hotter weather, and fewer breaks. Here are some gentle reminders for the weeks ahead:

Small moments count

Even a 3 minute pause can help reset your nervous system. Try:

- stepping outside for fresh air
- drinking a glass of water slowly
- placing your hand on your chest and taking one deep breath

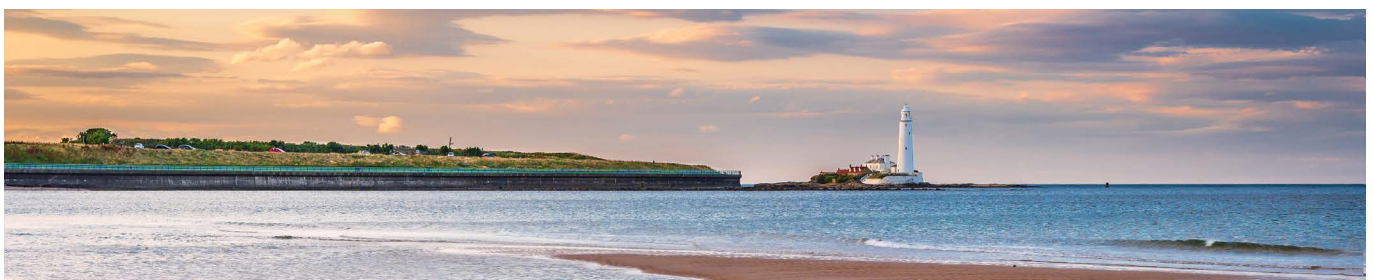
Stay cool and safe

If you or the person you care for are affected by heat:

- keep curtains closed during the hottest part of the day
- drink regularly, even if you don't feel thirsty
- check medications that may increase heat sensitivity

You don't have to do everything: If routines slip during the holidays, that's okay. Prioritise what matters most and let the rest wait.

We're here all summer: If things feel heavy, please get in touch. You don't need to wait for a crisis.

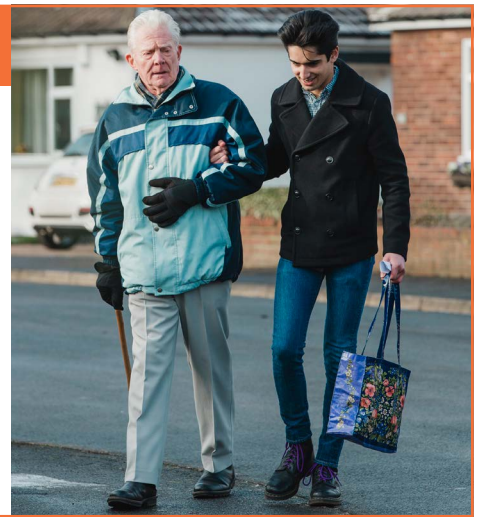


EMPLOYMENT AND EDUCATION

We continue to support carers with:

- balancing work and caring
- understanding your rights at work
- exploring training or volunteering
- building confidence
- signposting to specialist employment services

If you're thinking about returning to work in September, now is a great time to start planning. Our advisors can help you explore options at your own pace. E: enquiries@ntcarers.co.uk T: 0191 249 6480



BENEFITS & FINANCIAL WELLBEING



Summer can be expensive — higher energy use, school holidays, travel, and food costs.

Our Benefits & Welfare Advisors, Bernadette and Aaron, can help with:

- benefit checks
- support with PIP, Attendance Allowance, Disability Living Allowance and Carer's Allowance
- reviewing gas, electricity and broadband tariffs
- help with grant applications
- budgeting support
- energy debt advice

Summer Money Saving Tips

- Check if you're eligible for **Council Tax Support**
- Ask your provider about **social tariffs** for broadband
- Use the **NHS Low Income Scheme** for help with prescriptions
- Review direct debits — especially energy estimates

If you're unsure where to start, we can guide you.

SUMMER SOCIALS FOR CARERS - DATES FOR YOUR DIARY

Take a little time for yourself this summer and join us for our relaxed Summer Socials at The Exchange, where carers can meet, chat, and unwind together. Whether you prefer the comfort of being indoors or the fresh air outdoors, the venue offers both spaces so you can settle wherever feels best on the day. Sandwiches and light refreshments are provided, so all you need to do is come along and enjoy a friendly afternoon with others who understand the caring role.

Upcoming Dates

Wednesday 22 July

Thursday 6 August

Thursday 27 August

Time & Place

The Exchange

13.30 - 15.30



These sessions are a gentle opportunity to connect, share experiences, and take a well-earned breather. Whether you're new to our groups or a familiar face, you'll be warmly welcomed.

Come along, take a moment for yourself, and enjoy some summer company.

www.theexchange1856.com

SUPPORT GROUPS

Evening All Carers Group

Tue 4 August 17.30 to 19.00

Dementia Carers Support Group

Fri 7 Aug 10.00 to 12.00

The White Swan Centre, Killingworth NE12 6SS

All Carers Support Group

13.30 to 15.30

Tue 14 July - Trip the Stephenson Railway Museum

Tue 11 Aug - North Shields Art Trail

Mental Health Carers Support Group

14.00 to 16.00

23 July - trip to the Van Gogh experience

27 Aug

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

Helix Arts

Helix Arts have a Creative Health programme with lots of art sessions and creative opportunities running over the summer for adults (18+)

www.helixarts.com/work/creative-wellbeing-bc

A FINAL NOTE

Summer can be joyful, busy, overwhelming, or all three at once. However the next few weeks look for you, please remember:

You matter. Your wellbeing matters. And you don't have to do this alone.

We're here throughout July and August — whether you need advice, a listening ear, or simply a space to breathe.

