



North Tyneside
Carers' Centre

AUTUMN 2026 NEWSLETTER

Welcome to our Autumn newsletter for unpaid carers in North Tyneside

SPOTLIGHT ON THE ADULT CARERS WELLBEING TEAM

Behind every conversation, support group, benefits appointment and wellbeing activity is a dedicated team committed to helping carers feel supported, informed and valued. This edition, we're introducing three members of our Adult Carers Wellbeing team and the difference they make every day.

Meet Ros

**Mental Health Carers
Wellbeing Worker**

Ros has been part of North Tyneside Carers' Centre for eight years and brings a wealth of experience from previous roles supporting people affected by homelessness, drug and alcohol use, and mental health challenges.

Ros is passionate about supporting carers to improve their wellbeing and helping them recognise the positive changes they can make in their own lives. One of the most rewarding parts of her role is seeing carers grow in confidence and resilience throughout their support journey.

Alongside her "sidekick", Annie the dog, Ros facilitates the monthly Mental Health Peer Support Group, creating a welcoming and supportive space where carers can connect with others who understand their experiences, share challenges and support one another.

Meet Anne

**Carers Wellbeing
Worker**

Anne has worked for North Tyneside Carers' Centre for ten years. Having started in the Young Carers team, she now supports adult carers to access opportunities that improve wellbeing, confidence and social connections.

Anne is passionate about helping carers discover their strengths and encouraging them to take part in groups, activities and opportunities that help them flourish. She particularly enjoys supporting carers to develop their own peer networks and build lasting relationships with others who understand their situation.

For Anne, the most important part of her role is making genuine human connections and empowering carers to recognise their own abilities and potential.

Meet Gurpreet

**Senior Adult Carers
Worker**

Gurpreet joined the organisation just over two years ago and has worked across both the Young Carers and Adult Carers teams.

Drawing on her background in adult social care and safeguarding, Gurpreet supports carers to understand their rights, access information and navigate services with confidence.

She is particularly passionate about helping carers find their voice and advocate effectively for themselves and the people they care for. Seeing carers become more confident, informed and empowered is what she finds most rewarding about her role.

We're Here for You

Whether you need emotional support, practical advice, information about your rights, help connecting with others, or simply someone to listen, our Adult Carers team is here to help.

To find out more about the support available, contact us on 0191 249 6480 or email enquiries@ntcarers.co.uk

YOUR EXPERIENCES OF HOSPITAL DISCHARGE



Healthwatch England wants to hear from people who have been discharged from hospital after a stay of one or more nights. They really want to hear from people who had a difficult discharge experience for the following reasons:

- You were ready to leave but your discharge was delayed
- You didn't feel well enough to be discharged
- You were sent home before all the care and support you needed was in place.

This is a national research project which the Healthwatch North Tyneside team is supporting. Please **complete the online survey** before Friday 9 October 2026. If you have any questions or need help to complete the survey, please contact Healthwatch North Tyneside on 0191 263 5321 or email info@hwnt.co.uk

CAN'T SING CHOIR



A huge thank you to the Can't Sing Choir in North Tyneside for raising £800 for our carers in their summer concert and raffle.

Your generosity and kindness will make a real difference to those who dedicate their time to caring for others. This is the power of music and community. Thank you for helping us support our carers - they truly deserve it. To find out more about them, visit www.linskillcommunitychoir.com/can-t-sing-choir

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



FREE NHS PRESCRIPTIONS AND DENTAL TREATMENT

Many carers may be entitled to help with NHS health costs but don't realise they qualify.

You can check your entitlement in just a few minutes using the NHS online checker:

Check your entitlement - [Help with health costs](#)

You may qualify if you receive:

- Universal Credit
- No earnings, or
- Earnings below £435 during your last Universal Credit assessment period

Or

- You receive a child element
- You or your partner have Limited Capability for Work (LCW) or Limited Capability for Work Related Activity (LCWRA)
- Your earnings are £935 or less during your last assessment period

You may also qualify if you receive:

- Income-related Employment and Support Allowance (ESA)
- Pension Credit Guarantee Credit
- Pension Credit Guarantee Credit with Savings Credit

If you and your partner receive qualifying benefits, dependent children aged 20 or under may also be entitled to free NHS dental treatment.

Important

If the dental or prescription form does not include a Universal Credit tick box, you can select the Income-based Jobseeker's Allowance option instead.

People receiving contribution-based benefits only, such as:

- New Style ESA
- New Style Jobseeker's Allowance

are not normally entitled to free NHS prescriptions or dental treatment.

FURTHER INFORMATION

[Who can get free NHS dental treatment](#)

[Help with NHS prescription costs](#)

READ AND RELAX FOR CARERS

Join us for a relaxed monthly reading group delivered in partnership with North Tyneside Council Libraries, Reading for Wellbeing and North Tyneside Carers' Centre. Enjoy some quiet reading time, a cuppa and the chance to connect with other carers in a welcoming and supportive environment. No need to book and you don't need to be a library member to attend.

When?

- **Wednesday 16 September, 1.30pm to 3.00pm**
- **Wednesday 14 October, 1.30pm to 3.00pm**

Where?

- **Whitley Bay Community Hub & Library**

Take Some Time for You

Whether you're a regular reader or haven't picked up a book in years, why not come along and give it a try? Bring your current book, discover something new, or simply enjoy a quiet hour with a cuppa and good company. It's a chance to step away from the demands of caring, focus on your own wellbeing and meet other carers who understand. We would love to welcome you. For more information, contact us on **0191 249 6480**.



STEP BACK IN TIME AT THE VICTORIA TUNNEL



Join us for a fascinating journey beneath the streets of Newcastle as we explore the historic Victoria Tunnel next month.

This unique experience offers carers the chance to discover a hidden part of the city's history while walking beneath some of Newcastle's most iconic landmarks. Originally built in the 19th century to transport coal and later used as an air raid shelter during World War II, the tunnel has many stories to tell.

The tour will take place on Wednesday 23 September, and we will meet at 11.30am.

Places are limited and booking is essential. If you would like to join us, please book through our [website](#) or contact the team using the details below.

Whether you're interested in local history, looking to try something different, or simply want to enjoy a day out with fellow carers, we'd love to see you there. Don't miss the opportunity to uncover one of Newcastle's best-kept secrets!

SUPPORT GROUPS

Evening All Carers Group

Thurs 3 September - 18.30 to 20.00

Sound bath at the Fisherman's Mission Church in Cullercoats

Tues 6 October - 17.30 to 19.30

Halloween Crafts at Whitley Bay Big Local

Dementia Carers Support Group

10.00 to 12.00

Fri 4 September and Fri 2 October

The White Swan Centre, Killingworth NE12 6SS

All Carers Support Group

13.30 to 15.30

Tues 8 September – South Tyneside Museum

meet at North Shields Ferry promptly at 13.15 to depart at 13.30

13 October – Great North Museum: Hancock

Mental Health Carers Support Group

14:00-16:00

Thurs 24 September

Beach Walk meet outside The Gibraltar Rock

Thurs 22 October

Halloween crafts at The Meadows with Kath.

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

A FINAL NOTE

Whatever your caring role, you don't have to face it alone. Whether you're looking for practical advice, emotional support, help with your wellbeing, or simply someone who understands, our team is here for you. Caring can be rewarding, but it can also be challenging, and reaching out for support is a positive step. If you'd like a chat about how we can help, contact North Tyneside Carers' Centre on **0191 249 6480** or email enquiries@ntcarers.co.uk

We'd love to hear from you. This newsletter is for carers, and your feedback helps us make it as useful and relevant as possible. Are there topics you'd like us to cover, services you'd like to know more about, or stories you'd like to share? Let us know what you think by emailing enquiries@ntcarers.co.uk or speaking to a member of the team. Your ideas help shape future editions and ensure we continue providing information that matters to carers.