

# North Northumberland Network Newsletter Autumn 2018 - Seahouses

## Community Development

### Community Cancer Awareness Co-ordinator

Based at County Hall, this post is funded by Northern Cancer Alliance in a fixed term of 12 months until March 2019.

Purpose of the role is to reach into communities and deliver key messages around cancer awareness, including main symptoms, advice on reducing risk, cancer screening programmes, etc. Working with community and voluntary organisations to reach into communities, using existing community facilities. Can leave information posters, leaflets, displays – and chat informally to groups of people

**Contact:** Suzanne Doney – [suzanne.doney@nhs.net](mailto:suzanne.doney@nhs.net)

### Elderberries Community programme, the Alnwick Garden

A range of activities for people over 55 with the aim of increasing a sense of identity and belonging and giving them the opportunity for purposeful learning and improving physical and mental health. Most sessions are free with refreshments included:

- Blooming Well – twice weekly - focuses on guests with early onset dementia
- Health and Self events – Pilates, yoga, walking group and health talks
- Gentleman's garden group – men attending weekly on their own allotment plots
- Drop-in centre – 3 days a week
- Seasonal parties and tea dances

**Contact:** Tracy Jones – [tracy.jones@alnwockgarden.com](mailto:tracy.jones@alnwockgarden.com) and 01665 511356

### Berwick Town Council

Council continues to attract increased external funding into Berwick. Continue to seek to identify voluntary bodies in Berwick working for the improvement of the town. Council is in the process of developing a new equalities policy across all aspects of the Council's work. Committed to working with and fostering strong links with LGBT community.

**Contact:** Gareth Davies, Town Clerk – [Town.Clerk@Berwick-TC.gov.uk](mailto:Town.Clerk@Berwick-TC.gov.uk); 01289 302391 and 07903 434 683

### **Borderlinks, Berwick**

Working from Amble to Scotland, Borderlinks provides 18 day care sessions weekly for people with learning difficulties, together with social events such as a regular disco, drop-in, Costa Coffee evening etc.

A new group is Meet and Move – easy exercise blocks of sessions for each group and this both for members and for others within the community.

**Contact:** [borderlinks@btconnect.com](mailto:borderlinks@btconnect.com)

### **The Gallery, Alnwick**

This service for young people now has BIG Lottery funding and so is building up its service – accounting for reductions in statutory provision. Planning a housing service, reviewing how youth work is growing and changing in Alnwick, support in employability skills, splinter, etc.

Provision of a new cycle track in Alnwick is proving useful for a wide range of young people.

**Contact:** [susan.patience@galleryyouth.project.org](mailto:susan.patience@galleryyouth.project.org) & [ian.mcrae@galleryyouth.project.org](mailto:ian.mcrae@galleryyouth.project.org)

## **Education**

### **Northumberland County Council IT – Sylvia Pringle**

- Attended warm hub fish 'n chips lunch in Seahouses in April – arranged with adult learning to deliver basic digital skills training in July. Looking for more people to train throughout Northumberland.
- Organising a digital marketing training event at Alnwick Gardens on 28<sup>th</sup> September run by Lloyds and Google for SMEs and charities. Over 100 people already registered – a record for Lloyds in England!
- Working in conjunction with Lloyds to run “techy tea parties” where people can bring along their devices if they have questions. Run in Alnwick Garden (Elderberries) and Karbon Homes (Willowburn Court)

**Contacts:** 01670 624732/07827 825357 and [sylvia.pringle@northumberland.gov.uk](mailto:sylvia.pringle@northumberland.gov.uk)

### **Northumberland County Library Service – Diane Wright, Senior Librarian**

- Silence in the Library – an Arts Council funded project will be touring a specially designed “listening” pod. Adult and 2/3 children or two adults will be able to listen to an audio story in an immersive atmosphere. Project tour launches in Berwick on 8<sup>th</sup> October. Groups or individuals can book pod. It is a Wi-Fi enabled pod with tablet offering a choice of stories for children and adults. E-books can be accessed through libraries or people can bring their own stories on memory sticks.
- Libraries week – 8 – 13 October – theme – health and wellbeing. Range of activities around County. See [www.mylibrary.co.uk](http://www.mylibrary.co.uk). In Alnwick there will be a performance of Poppy Denby Investigates – booking on-line at [nlandlibs.eventbrite.com](http://nlandlibs.eventbrite.com)
- “Promoting a love of reading” – a joint initiative with Northumberland Early Years engaging with early years settings who are part of the book start gifting programme. Settings share best practice in encouraging hard to reach families in sharing stories, rhymes, through Pad Lit. Prizes will be awarded for settings with the best practice with certificates for all.

**Contact:** [Diane.Wright@northumberland.gov.uk](mailto:Diane.Wright@northumberland.gov.uk)

### **Careers Guidance Team, Northumberland**

Support for young people NEETS and especially at this time of year when exam results have been unexpected. Advice and support into work and training

Contact: Susan Kent – 01670 623926/0778 619 1000 and  
[susan.kent@northumberland.gov.uk](mailto:susan.kent@northumberland.gov.uk)

### **Schools Equality Co-ordinator, Gill Finch**

Working in partnership with Trinity Youth, NDAS, grace, Cygnus and other partners to develop Northumberland Trans Wellbeing Partnership. Supporting the children's workforce with all aspects of education and development.

Contact: [gill.finch@northumberland.gov.uk](mailto:gill.finch@northumberland.gov.uk); 01670 622720 and 07814 079136

## **Health**

### **Headway Group, Northumberland**

Groups in Northumberland have been amalgamated with the Duchess of Northumberland as Patron. Aiming to start a group in Alnwick and surrounding area. First drop-in was 3<sup>rd</sup> September in Alnwick Garden and will be monthly on the first Monday from 10 – 12. Publicising this via posters.

**Contact:** Lesley Stephenson – [lesley219stephenson@btinternet.com](mailto:lesley219stephenson@btinternet.com)

### **Healthwatch Northumberland AGM is on Tuesday 16 October at 10.00am, at Newbiggin Sports & Community Centre.**

We will be organising a **FREE mini bus from Berwick** for the event. If you would like a place on the mini bus, please contact Lesley Tweddell at Healthwatch Northumberland by Friday 28<sup>th</sup> September. Places are limited to 12, so will be allocated on a first come, first serve basis.

We will also be providing lunch, so if you have any dietary requirements, please let us know.

Below is a brief outline of the day, for information.

The theme will be 'self-care'. This is a chance to hear about the work of Healthwatch Northumberland over the past year, what people have told us and how we have made a difference in the community. Our guest speaker is Stephen Blackman, Chief Officer of North of Tyne Local Pharmaceutical Committee. Information stands from local health and support groups and organisations will be at the event for you to chat to and find out more about their services. Lunch and refreshments will be provided for all guests.

Event details:

**10.00am:** Tea, coffee and information stands

**10.30am:** Message from our Chair, David Thompson

**10.40am:** Overview of the year, Derry Nugent, Project Coordinator

**11.00am:** Comfort break and information stands

**11.15am:** Guest Speaker, Stephen Blackman, Chief Officer, North of Tyne Local Pharmaceutical Committee

Followed by a prize draw, lunch and another chance to visit the information stands. Please email in advance any questions you may like to ask on the day, to: [info@healthwatchnorthumberland.co.uk](mailto:info@healthwatchnorthumberland.co.uk). Please also let us know in advance if you have any special dietary requirements.

AGM – Tuesday 16<sup>th</sup> October 10 a.m. at Newbiggin Sports Centre

- Healthwatch Northumberland report on children, young people and mental health – report available on line from 1st October.
- Berwick Hospital update on website
- Attending various events across county - Winter Warmers, SEND and Living with and beyond Cancer event

**Contact:** Lesley Tweddle – [lesleyt@healthwatchnorthumberland.co.uk](mailto:lesleyt@healthwatchnorthumberland.co.uk); [www.healthwatchnorthumberland.co.uk](http://www.healthwatchnorthumberland.co.uk); 03332 406468 and 07803 427464

### **Motor Neurone Disease**

Fundraising over the summer at Wooler, Alnmouth, Ashington, Morpeth and Holy Island. Also in Great North Run. Funding available to help people with house adaptations.

Lobbying MPs in their own constituencies about the application of special rules applying to terminally ill people and benefits. Currently life expectancy of 6 months triggers the rules – arguing for longer in cases of MND and similar conditions. Second reading of bill coming up.

Well Close Square surgery gathering information on people having to travel long distances for very short treatments and seeking to establish need for a virtual clinic.

### **Mental health forum**

The first in a series of mental health forums will be held in the 27th September, following on from a workshop held in Wooler in the spring. Come along, hear about what can be provided, and share your views – speakers:

- Paul Nicol – Patient and carer Involvement at St George's
- Angela Hara – Development Counsellor from Cygnus
- Stephanie Golder - from MIND

At the Cheviot Centre, 27th September 2018, 5.30 to 7 p.m.

**Contact:** Jane Pannell 01289 388321 and [jane.pannell51@btinternet.com](mailto:jane.pannell51@btinternet.com)

## Social Inclusion and any other issues

### **Blind Veterans (formerly St Dunstan's) – Carol Johnston – formerly a primary teacher (30 years) and New Zealand resident (21 years)**

- Rehabilitation and training for veterans with a visual impairment
- Community based IT training with voice activated software
- Carol responsible for area from Borders down to Hull and across to Leeds
- Offering support and advice to those already trained in IT
- Basic training for beginners on a 1: 1 basis
- Future looking towards group IT Training, social and activity groups around lunch clubs and volunteer support
- Blind Veterans based in member centres in Brighton, Llandudno and London (HQ) with Sheffield for IT support

**Contacts:** 0771 5616 397 and [carol.johnston@blindveterans.org.uk](mailto:carol.johnston@blindveterans.org.uk)

### **Beach cleaning in Berwick**

Groups at Pier Road and Spittal with equipment available from Town Council and volunteers undertaking the work. Leaders of both groups have been voted volunteer of the year by Coastal Care.

**Contact:** Lesley Stephenson – [lesley219stephenson@btinternet.com](mailto:lesley219stephenson@btinternet.com)

**Community and Volunteer Groups Fayre** in Berwick – in Guildhall – 3<sup>rd</sup> November – leaflets may be left or a stall booked – but be quick! Deliver leaflets to Berwick Town Council office at Berwick Workspace.

**Contact:** Lesley Stephenson – [lesley219stephenson@btinternet.com](mailto:lesley219stephenson@btinternet.com)

### **North Northumberland District Scouts**

The Great Big Pop-up Shop took place on 22<sup>nd</sup> September 2018 – North Northumberland District Coffee morning at Berwick Town Hall. For information, about scouting and becoming a volunteer please contact:

**Contact:** [northnorthumberlanddistrictscouts.co.uk](http://northnorthumberlanddistrictscouts.co.uk)

### **North Northumberland Voluntary Forum – AGM – Wednesday 3 October 2018**

North Northumberland Voluntary Forum will be hosting their Annual General Meeting on Wednesday 3 October at the Berwick Voluntary Centre at 5pm. Tea/coffee available from 430pm. If you would like to find out about the work of the NNVF or would like to become a trustee then please come along to the meeting. For further information please contact Fiona Calder, Administration Officer tel: 01289 304141 or email [bvforum@hotmail.co.uk](mailto:bvforum@hotmail.co.uk)

## **Northumberland CVA**

The Assembly has a new Executive committee of 12 members and with Norman Dunn representing north Northumberland. Contact details on the CVA website.

### **Assembly activities:**

- Reviewing statement of intent
- Meeting with Liaison Group quarterly
- Representing VCS in the devolution board
- Also on Health and Wellbeing Board – asset based locality co-ordinators being appointed imminently
- Princes Countryside report on recharging rural emphasising situation and transport now out and giving shape to future working
- working with CCG to ensure that the VCS is able to bid for contracts alongside other sectors
- Catch Project - complex care at home – connecting up across sectors – launching in the Berwick area in mid-September
- Future CVA contract not yet clear - awaiting Cabinet meeting in October

### **Funding/support etc.**

- Current focus on north of county with appointment sessions on funding at Shilbottle 19<sup>th</sup> a.m.; Seahouses 20<sup>th</sup> a.m.; Berwick 20<sup>th</sup> p.m.
- Volunteer Co-ordinators meeting in Wooler 3<sup>rd</sup> October – looking at issues arising from managing volunteers
- Funding Fair either 24<sup>th</sup> or 25<sup>th</sup> October at Berwick Rugby Club – appointments available with a wide range of funders including Community Foundation, NCC Community Chest, BIG Lottery, Sir James Knott, Joicey Trust, and Heritage Lottery etc. etc.
- Later a funding training session to be held in Berwick
- AGM 15<sup>th</sup> November – details to be announced

## **Community Foundation: GeNErosity – A Festival of Philanthropy and Giving**

First in the country and aimed at encouraging greater philanthropy and giving through portraying what funding can achieve – often relatively small amounts. Dates are from 7<sup>th</sup> to 27<sup>th</sup> November and on the 19<sup>th</sup>, 4.30 to 7 p.m. There is a Roadshow event at The Maltings. Book your place now at [www.generosityfestival.co.uk](http://www.generosityfestival.co.uk)

## **Berwick Hospital Proposals – Healthwatch Northumberland**

We have just heard that Northumbria Healthcare Trust will be doing a drop in session for people to ask questions about the Berwick Hospital Proposals.

<https://www.northumbria.nhs.uk/public-invited-to-drop-in-session-for-berwick-plans/>

Please could you circulate to your networks, so that local people get an opportunity to get their voices heard, regarding the proposals of an integrated Hospital and Leisure Centre site on the existing Swan Centre site. If anyone is **not able** to attend the event and would like to feedback to Healthwatch Northumberland. Please call, email or text. We will pass on information/questions to Northumbria Healthcare Trust.

Healthwatch Northumberland can also attend groups to listen and gather feedback/questions regarding the hospital proposals. If you would Healthwatch Northumberland to attend one of your groups, please do not hesitate to contact us.

### **Fiona Wardlaw and Bev Charlton – NHS Attendance Allowance**

Fiona and Bev, together with Michelle form a team promoting take up of Attendance Allowance across Northumberland. Funded by the NHS and managed through Debra Dodds' Team, they are located within County Council premises. They are available to talk to groups and individuals and will assist people in completing Attendance Allowance forms and claiming it.

Attendance Allowance is available to people 65 plus in any size of household. It is not a means tested benefit. For someone who is in receipt of PIPS and reaches the age of 65, they should remain on PIPS. Attendance Allowance is a stand-alone benefit and not connected to, for example, Carers Allowance. It can also be a passport to other benefits such pension credit, Council tax Benefit, blue badges and discounts of various descriptions.

The process involves a home visit during which the relevant forms will be filled in and a quite detailed interview carried out. It is preferable for a family member or carer to be present. Health conditions can include mobility, mental health conditions and dementia.

Although the team cannot assist with appeals, their evidence can and they work closely with agencies such as the CAB to refer people where necessary.

Northumberland is one of the lowest areas for claiming Attendance Allowance – and yet we are all aware of just how many older people there are in our communities. It has thought that our fierce independence prevents us from claiming our entitlement.

Contact: Fiona Wardlaw & Bev Charlton tel. 01670 629090.

### **North Northumberland Network**

If you would like further information about future North Northumberland Network meetings or you have news and information you would like to share throughout the NNN then please contact Fiona Calder, Administration Officer tel: 01289 304141 or email [bvforum@hotmail.co.uk](mailto:bvforum@hotmail.co.uk)