



# The Blue Book

A summary of activities  
and support for older  
people and those living  
with dementia

Northumberland

May 2022



# Welcome

We're delighted to share with you the latest edition of this booklet and hope you find it useful and informative.

Passionate about supporting older people and those living with dementia, we launched this booklet in 2017 to provide a tangible summary of activities and support available in Northumberland. Its creation and production has always been a family project. Each year, it is updated and shared during Dementia Action Week in May.

It's our goal to support as many people as possible, so this year, we've expanded the booklet to cover the whole of Northumberland. Look out for our new website which will be launched shortly.

If you have any questions, feedback or would like to include an entry in the next edition, please get in touch. We'd love to hear from you.

With best wishes

Adele

Adele Kinsella  
adelekinsella@hotmail.co.uk

**100 +**  
organisations  
and activities  
included

**20,000 +**  
copies  
distributed  
to date

**4,000 +**  
copies  
distributed  
in 2021

*“Many of the information booklets have now been given out by staff from the West Northumberland Memory Service and the Older Adults Community Treatment Team, both of which are based in the Fairnington Centre at Hexham General Hospital.*

*These Teams offer assessment, diagnosis, and treatment for older adults living within the West of Tynedale who are experiencing concerns around their mental health, following referrals from their GPs or other clinical teams.*

*Nurses from the Teams have reported on how well they have been received, especially by carers, who can often struggle to find appropriate places to take their loved ones when seeking meaningful social interactions. They also provide a valuable resource to carers when looking for contacts across Tynedale, who might be able to offer support and advice on non-medical dementia related concerns, as well as more general support to older adults.”*

Fairnington Centre, Hexham



A snapshot of some organisations included in this edition

## **COVID-19**

Although some of the activity and support groups listed in this booklet may still not be able to meet face-to-face at the moment due to COVID-19, they are continuing to provide ongoing support either online, over the phone or through the post.

Please contact the individual organisations for up-to-date information on availability of services.



The Blue  
Book

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## Advice

## Further info

### **Adapt (North East)**

Provides a range of services including Transport, Advocacy, Getabout Car Scheme, Healthwatch Northumberland, Café @ Burn Lane, Room Hire, Hexham Enterprise Hub, Wheelchair Loan, Living Well Service Northumberland and a Changing Places accessible toilet.

01434 600 599

Adapt (North East), Burn Lane,  
Hexham, NE46 3HN

[generaloffice@adapt-tynedale.org.uk](mailto:generaloffice@adapt-tynedale.org.uk)

[www.adapt-ne.org.uk](http://www.adapt-ne.org.uk)

### **Age UK Northumberland**

Provides free and independent information, advice and advocacy support to over 50s, their carers and families living in Northumberland. Support includes advice on money matters, welfare benefits applications and appeals, housing, social care, friendship groups and one to one calls, practical and emotional bereavement support and exercise classes – everyone is welcome!

Age UK Northumberland, Ashington  
01670 784 800

[info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)

[www.ageuk.org.uk/northumberland](http://www.ageuk.org.uk/northumberland)

### **Alzheimer's Society Northumberland**

Provides information, support and advice for people affected by dementia and their families in Northumberland. A Dementia Adviser Service is also available.

01670 813 255

[northumberland@alzheimers.org.uk](mailto:northumberland@alzheimers.org.uk)

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### **Alzheimer's Society Dementia Connect Support Line**

Connects anyone with dementia to the support they need, including Dementia Talking Point.

0333 150 3456

Textphone

18001 0300 222 1122

### **British Red Cross**

Provides information, support and advice in times of crisis, including equipment hire and care at home after a stay in hospital.

0808 196 3651 (support line)

0344 871 1111 (general enquiries)

[contactus@redcross.org.uk](mailto:contactus@redcross.org.uk)

[www.redcross.org.uk](http://www.redcross.org.uk)

### **Carer's Northumberland**

Support, inform and advise carers, with groups in various locations.

01670 320 025

[info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)

[www.carersnorthumberland.org.uk](http://www.carersnorthumberland.org.uk)



## Advice

## Further info

### **Citizens Advice Northumberland**

Provides free, confidential and impartial information and advice, on a range of issues.

0808 278 7944 (General Enquiries)  
0800 144 8444 (Help to Claim - Universal Credit)  
01670 339 960 (Debt/Money Advice)  
01670 339 749 (Energy Advice)  
[www.citizensadvicenorthumberland.org.uk](http://www.citizensadvicenorthumberland.org.uk)

### **Dementia UK : Admiral Nurses**

Provides specialist support for families through our Admiral Nurse service.

0800 888 6678  
[info@dementiauk.org](mailto:info@dementiauk.org)  
[www.dementiauk.org](http://www.dementiauk.org)

### **Fairington Centre**

The West Northumberland Older Adult Team provides specialist assessment, treatment and care for older people with mental health problems.

01434 612 800  
Fairington Centre, Corbridge Road,  
Hexham, NE46 1QJ  
[www.cntw.nhs.uk](http://www.cntw.nhs.uk)

### **Haydon Bridge Pharmacy**

Provides a free Prescription Delivery Service covering Corbridge, Haltwhistle, Hexham, Newburn, Prudhoe, Stocksfield, Throckley and surrounding areas.

01434 435 004  
[info@hbpharmacy.co.uk](mailto:info@hbpharmacy.co.uk)  
[www.haydonbridgepharmacy.co.uk](http://www.haydonbridgepharmacy.co.uk)

### **Healthwatch Northumberland**

The independent champion for users of health and social care services. Listens to your experiences and works with those providing care, to make improvements for everyone. Also runs a signposting service.

03332 408 468  
[info@healthwatchnorthumberland.co.uk](mailto:info@healthwatchnorthumberland.co.uk)  
[www.healthwatchnorthumberland.co.uk](http://www.healthwatchnorthumberland.co.uk)

### **North Northumberland Adult Community Treatment Team**

Alnwick  
01665 608 000  
Berwick  
01289 301 301  
[northcmht@cntw.nhs.uk](mailto:northcmht@cntw.nhs.uk)  
[www.cntw.nhs.uk](http://www.cntw.nhs.uk)



## Advice

## Further info

### Northumberland Communities Together

If you or anyone you know needs a bit of extra support, please get in touch:

- Perhaps your financial circumstances have changed with reduced hours, redundancy, or benefit changes.
- Worried about bills or financial pressures.
- Feeling lonely or overwhelmed.
- Worried about someone experiencing domestic abuse or concerned about a neighbour.

01670 620 015

9am - 6pm, 7 days a week

[NCT@northumberland.gov.uk](mailto:NCT@northumberland.gov.uk)

[www.northumberland.gov.uk/communities](http://www.northumberland.gov.uk/communities)

Text relay: If you are deaf or can't speak on the phone, contact us using Relay UK. 18001 01670 620 015

Language translator: If English is not your preferred language, you can ask the advisor to use a translator while on the call

### Northumberland Frontline

A free community website which helps frontline workers and the public find details quickly on local health and wellbeing services. You can also refer directly into services where appropriate.

Call Northumberland Communities Together

01670 620 015

9am - 6pm, 7 days a week

[www.northumberlandfrontline.org.uk](http://www.northumberlandfrontline.org.uk)

### Onecall

Northumberland County Council provides Adult Social Care. For advice and support, contact Adult Social Care. All adult social care services can be contacted through our single phone number, Onecall.

If you are worried about an adult's welfare who lives in Northumberland, contact Onecall.

Onecall aims to help the most vulnerable people keep safe and well 24/7.

01670 536 400

Textphone

01670 536 844

[onecall@northumberland.gov.uk](mailto:onecall@northumberland.gov.uk)



## Advice

## Further info

### Parkinson's UK

The Parkinson's UK helpline is a free and confidential service for Parkinson's information and support.

Helpline  
0808 800 0303

hello@parkinsons.org.uk  
Text relay: 18001 0808 800 0303

Parkinson's UK  
020 7931 8080  
www.parkinsons.org.uk

### Patient Advice and Liaison Service (PALS)

Provides confidential information, advice for patients, their families and carers, about NHS services and can provide support if you have any concerns about aspects of NHS care.

0800 032 0202

Textphone  
07815 500 015

northoftynpals@northumbria.nhs.uk

### Samaritans

Provides emotional support for anyone who's struggling to cope, who needs someone to listen without judgment or pressure. They are there 24 hours a day, 365 days a year.

116 123

Free from any phone

### Social Prescribing Link Workers

Work out of GP practices and provide one to one support - connecting people with local activities and services that can help improve their health and wellbeing.

Please contact your local GP

[www.england.nhs.uk/personalisedcare/social-prescribing/](http://www.england.nhs.uk/personalisedcare/social-prescribing/)

### Tynedale Hospice at Home

A registered charity which provides professional needs-led end of life nursing care in the patient's home; discreet and friendly hospital transport service for those with a life-limiting diagnosis and high-quality pre and post bereavement services supporting children, adults and families.

01434 600 388

info@tynedalehospice.com

www.tynedalehospice.com

Activity	Who for	Time & venue	Further info
<p><b>Age UK Northumberland Advocacy Support</b></p> <p>Our advocacy team can help you to take action, secure your rights and help you to obtain the services that you need.</p>	<p>Anyone over 50</p>	<p>Monday - Friday 9am - 5pm</p>	<p>01670 784 800 <a href="mailto:info@ageuk-northumberland.org.uk">info@ageuk-northumberland.org.uk</a></p>
<p><b>Age UK Northumberland Exercise Classes</b></p> <p>We have classes for all abilities running across Northumberland.</p>	<p>Anyone over 50</p>	<p>Days vary according to location</p>	<p>01670 784 800 <a href="mailto:info@ageuk-northumberland.org.uk">info@ageuk-northumberland.org.uk</a> <a href="http://www.ageuk.org.uk/bp-assets/globalassets/northumberland/activities-and-events/_exercise-at-the-round-house.pdf">www.ageuk.org.uk/bp-assets/globalassets/northumberland/activities-and-events/_exercise-at-the-round-house.pdf</a></p>
<p><b>Age UK Northumberland Live Well with Dementia Groups</b></p> <p>A friendly weekly social group, which incorporates friendship, peer support, laughter and fun activities that follow cognitive stimulation therapy guidelines, to help improve memory, cognition and mood.</p>	<p>People living with mild to moderate dementia Carers and family welcome</p>	<p>Get in touch for more information about your nearest group</p>	<p>01670 784 800 <a href="mailto:info@ageuk-northumberland.org.uk">info@ageuk-northumberland.org.uk</a></p>
<p><b>Age UK Northumberland Lunch Clubs</b></p> <p>Lunch and the chance to catch up with friends old and new in a social environment. Subsidised transport is available.</p>	<p>Older people All welcome</p>	<p>Days and times vary according to location</p>	<p>01670 784 800 <a href="mailto:info@ageuk-northumberland.org.uk">info@ageuk-northumberland.org.uk</a></p>

Activity	Who for	Time & venue	Further info
<p><b>Age UK Northumberland Scams Awareness Advice</b></p> <p>We can all be taken in by scams at some point in our lives but knowing what to look out for and having the right reminders in place can help. Our scams team can provide a range of tools such as door stickers and call blockers to help reduce the risk of scams.</p>	<p>Anyone over 50, their family or carer</p>	<p>Monday - Friday 9am - 5pm</p>	<p>01670 784 800  scams@ageuk-northumberland.org.uk</p>
<p><b>Age UK Northumberland Social Groups</b></p> <p>We'd love to see you at our friendly social groups. Every week is different, so pop along and enjoy a cuppa and a chat with friends.</p>	<p>Anyone over 50</p>	<p>Weekly - days and times vary according to location</p> <p>Social Groups in: The Round House in Ashington, Cramlington Community Hub, Morpeth Library and Bedlington Library (with new additions coming soon)</p>	<p>01670 784 800  info@ageuk-northumberland.org.uk  <a href="http://www.ageuk.org.uk/northumberland/activities-and-events/social-groups/">www.ageuk.org.uk/northumberland/activities-and-events/social-groups/</a></p>
<p><b>Alpaca Encounters</b></p> <p>Come and experience being around or walking with Alpacas. They will steal your heart!</p>	<p>Anyone</p>	<p>Days and times vary</p> <p>Hillfield, Allendale Road, Hexham, NE46 2NJ</p> <p>Also home visits</p>	<p>Call Paul to find out more and to book 07984 458 869  info@alpacaencounters.co.uk  <a href="http://www.alpacaencounters.co.uk">www.alpacaencounters.co.uk</a></p>

Activity	Who for	Time & venue	Further info
<p><b>Alzheimer’s Society Dementia Adviser Service</b></p> <p>The Alzheimer’s Society Dementia Adviser service is available to provide one-to-one support to all people in Northumberland who have received a diagnosis of dementia or are worried about their memory. They also support those who care for them.</p>	<p>Anyone affected by dementia</p> <p>Available across Northumberland</p>	<p>Monday - Friday</p>	<p>01670 813 255</p> <p>northumberland@alzheimers.org.uk</p>
<p><b>Alzheimer’s Society Dementia Talking Point</b></p> <p>An online community where anyone who is affected by dementia can share experiences and receive valuable support.</p>	<p>Anyone affected by dementia</p>	<p>It’s free and open day or night, and can be accessed online</p>	<p>0333 150 3456</p> <p>Textphone 18001 0300 222 1122</p>
<p><b>Berwick &amp; District Friends of Dementia Alz Café</b></p> <p>Provide a safe and welcoming environment for people with mild to moderate dementia and their carers to come for peer support, social interaction and dementia friendly activities. Refreshments are provided.</p>	<p>People with mild to moderate dementia and their carers</p>	<p>Every Thursday 10.30am - 12.30pm</p> <p>St Cuthbert’s Parish Centre, Walkergate, Berwick, TD15 1DJ</p>	<p>01668 219 642</p> <p>badfod@yahoo.com</p>

Activity	Who for	Time & venue	Further info
<p><b>Café @ Burn Lane</b></p> <p>A community and internet café, and resource centre provided by Adapt (North East). Changing Places toilet available to everyone: you don't need to be a customer.</p>	<p>Fully accessible and provides a friendly, safe environment for everyone in the community</p>	<p>Monday - Friday 9am - 2.30pm (excluding bank holidays)</p> <p>Adapt Café, Burn Lane Hexham, NE46 3HN</p>	<p>01434 600 599</p> <p><a href="mailto:generaloffice@adapt-tyndale.org.uk">generaloffice@adapt-tyndale.org.uk</a></p>
<p><b>Chrysalis Club Tyndale</b></p> <p>We hold tutored activity sessions, walks and trips, providing stimulation and social opportunities, carer support, and information sessions. Counselling available together with informal 1:1 support. We also have a younger-onset dementia club. Sessions held in both Hexham and Prudhoe/Wylam.</p>	<p>People with dementia and their families, friends and carers from pre-diagnosis onwards</p>	<p>Days and times vary</p> <p>Unit 1 Dene Park, Corbridge Road, Hexham, NE46 1HN</p> <p>Parking and disabled access</p>	<p>01434 408 080</p> <p><a href="mailto:info@chrysalisclub.org.uk">info@chrysalisclub.org.uk</a></p> <p><a href="http://www.chrysalis-tyndale.org.uk">www.chrysalis-tyndale.org.uk</a></p>
<p><b>Community Buddies</b></p> <p>Provide companionship, respite, transport, cooking, walking and support services.</p>	<p>Offers support services to all age groups and abilities</p>	<p>7 days a week</p> <p>Across Tyndale, and including Crawcrook, Ryton, Greenside, and Ponteland</p>	<p>01661 844 456</p> <p><a href="mailto:info.communitybuddies@gmail.com">info.communitybuddies@gmail.com</a></p> <p><a href="http://www.communitybuddies.com">www.communitybuddies.com</a></p>
<p><b>Community Buddies Day Centre</b></p> <p>Offers a sociable and relaxing environment, and a full range of activities. Hot meal, snacks and refreshments provided. Please book in advance.</p>	<p>Vulnerable adults and those with dementia</p>	<p>Monday - Friday 10am - 3.30pm</p> <p>Mickley</p>	<p>01661 844 456</p> <p><a href="mailto:info.communitybuddies@gmail.com">info.communitybuddies@gmail.com</a></p> <p><a href="http://www.communitybuddies.com">www.communitybuddies.com</a></p>

Activity	Who for	Time & venue	Further info
<p><b>Coping with Cancer North East</b></p> <p>Offers help and support through a range of Counselling Services (which can be face-to-face or telephone) and Complementary Therapies.</p> <p>Face-to-face counselling and complementary therapies are offered from The Woodruff Centre, Annitsford, Cramlington, NE23 7BF.</p> <p>Face-to-face counselling can be offered from Adapt, Burn Lane, Hexham, NE46 3HN.</p>	<p>Anyone in the North East who is or has been affected by a cancer diagnosis, including family, friends, and carers</p> <p>Services are free to both NHS referrals and self-referrals (people can self-refer through our contact page)</p>	<p>Appointments available Monday - Friday</p> <p>A time can be arranged to suit service user and therapist / counsellor</p>	<p>0191 250 2026</p> <p><a href="mailto:info@copingwithcancer.org.uk">info@copingwithcancer.org.uk</a></p> <p><a href="http://www.copingwithcancer.org.uk">www.copingwithcancer.org.uk</a></p>
<p><b>Corbridge Memory Café</b></p> <p>Come along for a chat, a social and to pick up information. No need to book - just drop in!</p>	<p>People living with memory problems or dementia, and their family and friends</p>	<p>3<sup>rd</sup> Thursday of the month. 10.30am - 12.30pm</p> <p>The Parish Hall, St Helen's Street, Corbridge, NE45 5BE</p>	<p>Melvyn Stone 07803 955 148</p> <p><a href="mailto:m.stone113@btinternet.com">m.stone113@btinternet.com</a></p>
<p><b>Forum Cinema Dementia Friendly Screenings</b></p> <p>Film screenings at which the sound is turned down a notch, the lighting is kept on low, and seating is unallocated to encourage people to come and go as they want.</p>	<p>People with dementia and their carers but all are welcome</p>	<p>Dates and times vary</p> <p>Forum Cinema, Market Place, Hexham, NE46 1XF</p>	<p>01434 601 144</p> <p><a href="http://www.forumcinema.com">www.forumcinema.com</a></p>

Activity	Who for	Time & venue	Further info
<p><b>Get2gether</b></p> <p>We are a social and friendly group, who offer fun and companionship, and a range of activities and outings. £5 per person.</p> <p>Tea, coffee and toast provided, and homemade lunch too!</p>	<p>Older people and those with disabilities</p> <p>All welcome</p> <p>WATBus provide return transport - pick up from Ashington, Cramlington and Newbiggin - £5 per person</p>	<p>Every Monday 9.30am - 2.30pm</p> <p>North Seaton Colliery Community Centre, 27 Links View, Ashington, NE63 0XQ</p>	<p>Mary Heron 01670 715 183 07507 291 212</p> <p>Jean Morris 01670 826 563 07879 858 194</p>
<p><b>Glendale Connect</b></p> <p>Provides a much loved and valued service for the Glendale Community.</p> <p>As well as our annual Community Christmas Day lunch and entertainment, we have - bought Friendship benches for Wooler Market Place, near the fountain - organised the weekly over 50's Youth Club - laid on an afternoon Film showing twice a month... with cake!</p>	<p>Everyone welcome</p>	<p>Over 50's Youth Club Every Tuesday, 6pm - 8pm</p> <p>The Anchor Inn, Cheviot Street, Wooler, NE71 6LN</p> <p>Film afternoon Wednesday – every two weeks</p> <p>Wooler Warm Hub, United Reform Church, Cheviot Street, Wooler, NE71 6LP</p>	<p>Geoff Dade 07455 108 788</p> <p>glendaleconnect@gmail.com</p>
<p><b>Grow Hexham</b></p> <p>A new, free Hexham Town Council initiative. Matching idle gardens with gardeners wishing to grow fruit and veg. The aim is to grow food locally and share resources. DBS checks will be in place.</p>	<p>Open to all</p>	<p>Hexham</p>	<p>Project Officer Amy Hemmings 01434 609 575</p> <p>growhexham@hexhamtowncouncil.gov.uk</p>

Activity	Who for	Time & venue	Further info
<p><b>Golf in Society</b></p> <p>Helps people living with chronic health issues enjoy the health and wellbeing benefits of playing golf. They run weekly golf sessions where carers can be confident to leave their loved ones to play golf with others in similar circumstances.</p> <p>No previous experience of playing golf is required and the first taster session is free.</p>	<p>If you're living with a chronic illness such as dementia or Parkinson's, a carer seeking a break from the challenges of unpaid care, or someone who is trying to get their life back on track after a stroke</p>	<p>Monday - Friday 10am - 12pm 1pm - 3pm</p> <p>Matfen Hall Golf Course, Matfen Hall, Matfen, NE20 0RH</p> <p>Morpeth Family Golf Centre, Ponteland Road, Morpeth, NE61 3FR</p>	<p>Anthony Etchells 07984 374 441</p> <p>anthonye.golfinsociety@gmail.com</p> <p>www.golfinsociety.com</p>
<p><b>GP Referral Scheme</b></p> <p>Offers group supervised exercise classes: water and studio-based, and gym workouts. Also a weight management programme. Support and encouragement over 24 weeks. To be referred, you must first make an appointment with your GP.</p>	<p>Those with a medical condition, physical or mental, who want to become more active and enhance their health and wellbeing</p>	<p>Exercise programme varies according to location</p> <p>Centres located in: Alnwick, Ashington, Bedlington, Berwick, Blyth, Cramlington, Hexham, Morpeth, Newbiggin, Ponteland, and Prudhoe</p> <p>See full details below. www.activenorthumberland.org.uk/Centres.aspx</p>	<p>01670 620 200</p> <p>enquiries@activenorthumberland.org.uk</p> <p>www.activenorthumberland.org.uk</p>
<p><b>Health And Wellbeing Classes</b></p> <p>Offer a combination of sitting and standing exercises, and a friendly and supportive place to get fit whatever your ability or age.</p>	<p>Over 50's. All welcome</p> <p>Those with memory problems or dementia accompanied</p>	<p>For dates, times and venues, contact Anne Robinson</p>	<p>Anne Robinson 01670 784 800 anne.robinson@ageuk-northumberland.org.uk</p>

Activity	Who for	Time & venue	Further info
<p><b>Hexham Abbey Silver Screen</b> Classic films with refreshments.</p>	All welcome	<p>Every last Thursday Meet 1.30pm, start 2pm</p> <p>North Transept, Hexham Abbey, Hexham, NE46 3NB</p>	<p>Hexham Abbey Office 01434 602 031</p> <p>admin@hexhamabbey.org.uk</p>
<p><b>Hexham Space for Nature</b> Volunteer-led community projects improving biodiversity in Hexham including wildflower gardening on the Sele, guided nature walks, Hexham Town of Trees etc. Subscribe to the newsletter and get regular updates.</p>	All welcome	Hexham	<p>hexhamnature@gmail.com</p> <p><a href="https://blog.transitiontynedale.org/hexham-space-for-nature/">https://blog.transitiontynedale.org/hexham-space-for-nature/</a></p>
<p><b>Hextol Foundation</b> Provides working/volunteering opportunities for people in early-stage dementia. Opportunities offered in Hextol Tans Café; gardening; catering; warehouse; and pack and post.</p>	Anyone in early-stage dementia, who wants to continue in a working environment	<p>Days vary according to service</p> <p>In and around Hexham</p>	<p>Bruce, Jo or Claire 01434 605 523</p> <p>contact@hextol.org.uk</p> <p>www.hextol.org.uk</p>
<p><b>Hextol Tans Café</b> Run by the Hextol Foundation, a dementia friendly charity which provides working opportunities to people with learning disabilities and mental health needs.</p>	All welcome	<p>Open Monday - Saturday 10am - 3.30pm</p> <p>Hextol Tans Café, 11-13 St Mary's Chare, Hexham, NE46 1NQ</p>	<p>Bruce, Jo or Claire 01434 605 523</p> <p>contact@hextol.org.uk</p>
<p><b>Home Instead Tyne Valley</b> Offer companionship, home help, personal care services and dementia care. We pride ourselves on a person-centred approach.</p>	Older people	<p>7 days a week Night and day</p> <p>Across the Tyne Valley</p>	<p>01434 693 700</p> <p>h.hughes@homeinstead.co.uk</p> <p>www.homeinstead.co.uk/tyne-valley</p>

## Activity

## Who for

## Time & venue

## Further info

### Inspired Pots

A contemporary paint-your-own ceramic studio, providing a friendly relaxed environment.

Ceramic items from £4 + studio fee

£3.75 per artist - covers materials, glazing and firing, and assistance.

Open to anyone, including those with dementia, brain illness or injury (accompanied), and their family and friends

All welcome

Term time opening hours  
Thursday - Saturday  
10am - 5pm  
Closed for all bank holidays

Northumberland school holidays  
Tuesday - Saturday  
10am - 5pm

We are currently running sessions  
10am - 12pm,  
12.30pm - 2.30pm,  
3pm - 5pm each day

Inspired Pots, 6 Eastgate,  
Hexham, NE46 1BH

Niky  
01434 605 649  
enquiries@inspiredpots.co.uk  
www.inspiredpots.co.uk

### Let's Get Growing

Fresh air, friendship and fun; gentle walks and gardening; nature-based arts and crafts; and cooking and preserving produce.

A mixed-age, mixed-needs group who enjoy the outdoors

Minibus provision from Hexham, Corbridge, Riding Mill and Stocksfield

Tuesday and Thursday  
10.30am - 4.30pm

The Peace Garden,  
Minsteracres Retreat  
Centre, Consett, DH8 9RT

Ross Menzies  
07762 244 381  
Katrina Padmore  
07748 600 498  
www.letsgetgrowing.co.uk

Activity	Who for	Time & venue	Further info
<p><b>Let's Sing</b></p> <p>Come and have fun singing favourites from the 1930-1980s. Learn some new songs, sing local choruses &amp; material from the musicals.</p> <p>£3.50 per person. Hot drinks available: 50p</p>	<p>All welcome</p>	<p>Every Tuesday 10.15am - 11.45am</p> <p>Acomb Village Hall, Millersfield, Acomb, NE46 4RQ Ample parking</p>	<p>01434 607 490</p> <p>musicalmemories17@gmail.com</p> <p>Anyone coming for the first time, please ring or email beforehand to check it's on that morning</p>
<p><b>Luncheon Club in Hexham</b></p> <p>A lovely lunch is the least we provide - also companionship and a few laughs.</p> <p>A two-course hot dinner and coffee - £3 per person.</p>	<p>Over 50's</p> <p>All welcome</p> <p>Please book in advance</p> <p>Transport available</p>	<p>Every Wednesday 12pm - 1.30pm</p> <p>Hexham Community Centre, Gilesgate, Hexham, NE46 3NP</p>	<p>Hexham Community Centre Office 01434 602 707</p> <p>info@hexhamcommunitycentre.org</p> <p>www.hexhamcommunitycentre.org</p>
<p><b>Mind and Sole Health and Wellbeing Hub</b></p> <p>Mind and Sole is a Health and Wellbeing Community Hub based in Alnwick. We offer various sessions including Walking and Talking Sessions in different places, Cold Water Therapy, and also Health and Wellbeing Classes in The Hub.</p>	<p>Open to everybody</p>	<p>Contact The Hub for details of what is on and when</p> <p>454 Wagonway Road, Alnwick, NE66 1QQ</p>	<p>Christine Smith 01665 603 040</p> <p>mindandsole1@gmail.com</p> <p>lynn.mindandsole@gmail.com</p>
<p><b>Morpeth Community Lunches</b></p> <p>Come along for soup and sandwiches, cake and tea/coffee.</p>	<p>All welcome</p>	<p>Every Tuesday 12pm - 1.30pm</p> <p>Morpeth Methodist Church, Howard Terrace, Morpeth, NE61 1HU</p>	<p>Janet and David Brough 01670 510 881</p>

Activity	Who for	Time & venue	Further info
<p><b>Morpeth Memory Café</b></p> <p>Come along for a chat, to pick up information or to enjoy some social time with others in a similar situation.</p>	<p>People with memory problems or dementia, their family and friends</p>	<p>1<sup>st</sup> and 3<sup>rd</sup> Thursday 10.30am - 12pm</p> <p>Morpeth Methodist Church, Howard Terrace, Morpeth, NE61 1HU</p>	<p>Janet and David Brough 01670 510 881</p>
<p><b>Movement For Your Mind</b></p> <p>A seated to standing, movement to music dance-based class.</p> <p>£5 per person. Carer/Partner free.</p>	<p>Open to anyone, including those with a range of neurological conditions, those whom are post-operation or those who are looking for an adaptable way to get moving</p>	<p>Every Thursday 11.15am - 12.15pm School term time only</p> <p>Hexham Torch Centre, Corbridge Road, Hexham, NE46 1QS</p>	<p>Molly Freelance Dance 07943 804 161 mollyfreelancedance@yahoo.com</p> <p>Drop in - no booking required</p> <p>For up to date info on dates for the next term or for any queries, contact Molly Grey on the above details</p>
<p><b>Northumberland Cancer Support Group</b></p> <p>Offers friendship, support, advice, talks, events and outings.</p>	<p>Welcomes anyone who has been affected by cancer</p>	<p>1<sup>st</sup> Tuesday of the month 6.30pm</p> <p>Education Centre, 2<sup>nd</sup> Floor, Hexham General Hospital, Hexham, NE46 1QJ</p> <p>3<sup>rd</sup> Tuesday of the month 1pm</p> <p>Community Room, Hexham Trinity Methodist Church, Hexham, NE46 3LS</p>	<p>07598 620 599 info@northumberlandcancersupportgroup.co.uk www.northumberlandcancersupportgroup.co.uk</p>

Activity	Who for	Time & venue	Further info
<p><b>Northumberland Libraries</b></p> <p>Network of 30 libraries throughout Northumberland providing information and resources.</p> <p>Online services include e-books, magazines and newspapers. Free Digital helpline run by library staff. Virtual Events Programme. Facebook Family History Group.</p> <p>In person events and activities including Knit and Natter and Reading Groups resuming soon. Reading Friends: Telephone Friends. See entry.</p>	<p>Bringing together the older and younger generations</p>	<p>Opening hours of all our libraries and full details available on <a href="http://www.mylibrary.co.uk">www.mylibrary.co.uk</a></p> <p>Online services available 24/7</p> <p>Volunteers deliver our Home Library Service direct to those who can no longer visit the library themselves</p>	<p>Berwick 01670 626 097  Blyth 01670 620 201  Cramlington 01670 620 394  Hexham 01670 620 450  Morpeth 01670 620 391</p> <p>Digital Helpline 0345 600 6400</p> <p><a href="mailto:mylibrary@northumberland.gov.uk">mylibrary@northumberland.gov.uk</a></p>
<p><b>Opens Arms</b></p> <p>Bringing together the older and younger generations. Come along for chats, games, companionship and cake!</p>	<p>All welcome</p>	<p>Tuesday  3.30pm - 5pm</p> <p>Hexham Community Centre, Gilesgate, Hexham, NE46 3NP</p>	<p>Hexham Community Centre Office  01434 602 707</p> <p><a href="mailto:info@hexhamcommunitycentre.org">info@hexhamcommunitycentre.org</a>  <a href="http://www.hexhamcommunitycentre.org">www.hexhamcommunitycentre.org</a></p>
<p><b>Parkinson's UK Hexham Drop-in Café</b></p> <p>A friendly meeting place offering people with Parkinson's and their families, friendship, support and information.</p> <p>Join us for a cuppa and a chat - new people are always welcome!</p>	<p>Those affected by Parkinson's</p>	<p>Monthly on the first Friday  10.30am - 12pm</p> <p>Errington Coffee House, Stagshaw Bank, Corbridge, NE45 5QB</p>	<p>Linn Rubra  0344 225 3604  <a href="mailto:lrubra@parkinsons.org.uk">lrubra@parkinsons.org.uk</a></p> <p>Please check our website for the latest information, as sometimes things can change: <a href="http://www.parkinsons.org.uk">www.parkinsons.org.uk</a></p>

Activity	Who for	Time & venue	Further info
<p><b>Parkinson's UK Morpeth Drop-in Café</b></p> <p>Join us at our informal drop in where you can meet others affected by Parkinson's, gain friendship and understanding, and learn more about what's on offer to the Parkinson's community locally. There is no need to book, come along, get yourself some refreshments and join us. We are ready to welcome you!</p>	<p>Those affected by Parkinson's</p>	<p>Monthly on the last Wednesday 2pm - 4pm</p> <p>The Sun Inn, High Church, Morpeth, NE61 2QT</p>	<p>Linny Rubra 0344 225 3604 lrubra@parkinsons.org.uk</p> <p>Please check our website for the latest information, as sometimes things can change: <a href="http://www.parkinsons.org.uk">www.parkinsons.org.uk</a></p>
<p><b>Riding Mill Drop-in</b></p> <p>Call into our easy access, Millennium Hall for a relaxing Tuesday afternoon of cuppa and cake in good company. Looking for activities or just company, you can enjoy board games, dominoes, cards or Scrabble, bring a hobby or choose something more leisurely. It's always your choice.</p>	<p>All are welcome</p>	<p>Any Tuesday 2pm - 4pm</p> <p>The Millennium Hall, Church Lane, Riding Mill, NE44 6DR</p>	<p>Jan Walmsley 07955 630 802 jwalmsley.bb@gmail.com</p>
<p><b>Royal Voluntary Service Living Well with Dementia Groups</b></p> <p>Service users and their carers will be able to participate in a range of stimulating and purposeful activities that promote good physical health and mental wellbeing, such as crafts, cookery, nature-based activities, games, puzzles and gentle exercise sessions whilst maintaining their socialising skills. Cognitive Stimulation Therapy – a discussion based group designed to be good fun whilst also stimulating and challenging the brain for people with dementia.</p>	<p>Designed for people with mild to moderate dementia or cognitive impairment</p> <p>Carers participate in the morning sessions</p>	<p>Weekly sessions 10am - 2pm</p> <p>Groups in Alnwick, Berwick and Cramlington</p>	<p>Margaret Facey 07500 033 349</p> <p><a href="http://www.royalvoluntaryservice.org.uk">www.royalvoluntaryservice.org.uk</a></p>

Activity	Who for	Time & venue	Further info
<p><b>Royal Voluntary Service Volunteer-run Social Clubs</b></p> <p>Provide a range of activities from dancing, gentle exercises to specialist interests, as well as the opportunity to catch up with friends and maybe make new ones.</p>	<p>Over 60's</p>	<p>Days and times vary according to location</p> <p>Clubs in Ashington, Haltwhistle, Rothbury and Wooler</p>	<p>01668 260 248</p> <p>northumberlandhub@royalvoluntaryservice.org.uk</p>
<p><b>ShineCare</b></p> <p>Provide companionship and care unique to you in your own home.</p>	<p>A nurse-led service for older people and those living with dementia</p>	<p>2 hours to 24 hours 7 days a week</p> <p>Across the north of England including Northumberland</p>	<p>Claire Wakefield 0191 653 1977</p> <p>info@shinecareathome.co.uk www.shinecareathome.co.uk</p>
<p><b>Stocksfield Friendly Fridays Chat</b></p> <p>Coffees, teas, homemade food, lunches and a warm welcome awaits.</p>	<p>Everyone welcome</p>	<p>Every Friday 10.30am - 12pm</p> <p>Stocksfield Cricket Club Café 7nn, Main Road, Stocksfield, NE43 7NN</p>	<p>Edna Leeson 01661 843 081 e.leeson@talktalk.net</p> <p>Melna 01661 844 040</p>
<p><b>Stocksfield Tuesday Club</b></p> <p>Offers a sociable, relaxing environment and a range of activities, and a pre-booked midday meal for £5.</p>	<p>Fully accessible, friendly and safe environment for anyone in the community</p>	<p>Tuesdays (except August) 10am - 2pm</p> <p>Stocksfield Community Centre, Mount View Terrace, Stocksfield, NE43 7HL</p>	<p>Christine Hooks 01661 844 863</p> <p>Melna 01661 844 040</p>

Activity	Who for	Time & venue	Further info
<p><b>Sycamore Counselling Service</b></p> <p>Provide a general counselling service, available to all adults. No set fees, donations welcome.</p>	<p>Individuals over the age of 18</p>	<p>Appointments available on Wednesdays 9am - 6pm</p> <p>Based in central Hexham</p>	<p>Jenny Tabori 07939 493 030</p> <p>sycamorecounsellingservice@gmail.com www.sycamorecounselling.com</p>
<p><b>The Alnwick Garden Elderberries Programme</b></p> <p>The Elderberries Programme is co-ordinated by The Alnwick Garden Trust with the aim of making Northumberland a great place to grow old, be active, take positive steps to mental wellness, keep learning, and stay connected.</p>	<p>The Elderberries Programme has the aim of combatting the impact of loneliness and isolation for people over 55 living in Northumberland</p>	<p>All sessions based at The Alnwick Garden - day and time depends on session - see information below</p> <p>The Alnwick Garden The Gardeners Cottage Greenwell Road, Alnwick NE66 1HB</p>	<p>01665 511 356</p> <p>elderberries@alnwickgarden.com</p>
<p><b>The Elderberries Blooming Well</b></p> <p>The aim is to improve the quality of life for people with early stage dementia, as well as provide support for their carers. A mixture of craft sessions, informative talks, hand-eye co-ordination games, and music are delivered with the aim of reducing isolation, improving wellbeing and promoting positive mental health. Outdoor sessions take place wherever possible during spring and summer. Donations for refreshments welcome.</p>	<p>Age 55+ with early stage dementia and their carer</p> <p>Please contact Elderberries before attending these sessions</p>	<p>Monday and Wednesday 1.30pm - 3.30pm</p> <p>The Elderberries Room at The Alnwick Garden. See full address above</p>	<p>01665 511 356</p> <p>elderberries@alnwickgarden.com</p>

Activity	Who for	Time & venue	Further info
<p><b>The Elderberries Foot Care</b></p> <p>£12 for half an hour session includes: toenail clipping, rough skin removal and hot foot massage.</p> <p>Booking is essential.</p>	<p>Age 55+</p>	<p>Monday 10am - 12.30pm</p> <p>The Elderberries Room at The Alnwick Garden. See full address on page 24</p>	<p>01665 511 356</p> <p>elderberries@alnwickgarden.com</p>
<p><b>The Elderberries Gentlemen's Garden</b></p> <p>This session encourages gentlemen to socialise, share traditional skills, and learn new ones, while working on their own allotment plots under the guidance of a senior gardener. During the winter months the Gents come indoors to participate in woodcrafts, quizzes, and winter projects. £3 per session.</p>	<p>Age 55+</p> <p>Assessment needed before attending</p>	<p>Thursday 10am - 12pm</p> <p>Roots and Shoots or Community Room at The Alnwick Garden. See full address on page 24</p>	<p>01665 511 356</p> <p>elderberries@alnwickgarden.com</p>
<p><b>The Elderberries Pilates and Yoga</b></p> <p>These sessions are suitable for all abilities, please bring your own mat, drink and wear comfortable clothing. £4 per session.</p>	<p>Age 55+</p>	<p>Pilates with Samantha Kelly Monday 9.15am -10.15am Monday 10.30am - 11.30am</p> <p>Pilates with Sophie Hastings Wednesday 9.15am - 10.15am</p> <p>Yoga with Sally Brown Wednesday 10.30am - 11.30am</p> <p>The Pavilion Room at The Alnwick Garden. See full address on page 24</p>	<p>01665 511 356</p> <p>elderberries@alnwickgarden.com</p>

Activity	Who for	Time & venue	Further info
<p><b>The Elderberries Tea 'n' Tech</b></p> <p>Do you need help using your phone, sending emails, taking/finding photos with your mobile device? If so, come along to a friendly volunteer led session on basic IT technology skills.</p> <p>Call in for a cuppa, relax, learn and gain knowledge about using different IT gadgets, bring your phone, ipad or other device, we will also have ipads in the room. Suggested £2 donation to cover refreshments.</p>	<p>Age 55+</p>	<p>Wednesday 10am - 12pm</p> <p>The Elderberries Room at The Alnwick Garden. See full address on page 24</p>	<p>01665 511 356</p> <p>elderberries@alnwickgarden.com</p>
<p><b>The Elderberries Ukulele for Fun</b></p> <p>This is a volunteer led session which is for keen beginners to give it a try over a 12 week period and have some fun. The Elderberries Program has a limited number of ukuleles to loan out. Donations for refreshments welcome.</p> <p>Limited spaces so please book your place in advance.</p>	<p>Age 55+</p>	<p>Tuesday 10am - 11.30am</p> <p>The Elderberries Room at The Alnwick Garden. See full address on page 24</p>	<p>01665 511 356</p> <p>elderberries@alnwickgarden.com</p> <p>Please contact us to find out when the next group starts</p>
<p><b>The Elderberries Walking Group</b></p> <p>This is a walking session and suitable for mixed walking abilities. It runs regardless of the weather, so please dress appropriately. Donations for refreshments welcome.</p>	<p>Age 55+</p>	<p>Friday 10am - 12pm</p> <p>Meet outside The Elderberries Room See full address on page 24</p>	<p>01665 511 356</p> <p>elderberries@alnwickgarden.com</p>

Activity	Who for	Time & venue	Further info
<p><b>Tynedale Hospice at Home</b></p> <p>Provides professional needs-led end of life nursing care in the patient's home; discreet and friendly hospital transport service for those with a life-limiting diagnosis and high-quality pre and post bereavement services supporting patients and their families.</p>	<p>As a local charity, care is provided free of charge to those living in Tynedale, Ponteland and West Northumberland</p> <p>For full criteria, please see website</p>	<p>7 days a week Night and Day End of life nursing care in the patient's home</p> <p>For information on accessing Tynedale Hospice at Home's care services, please get in touch</p>	<p>Chris Orife, Head of Care 01434 600 388</p> <p><a href="mailto:info@tynedalehospice.com">info@tynedalehospice.com</a></p> <p><a href="http://www.tynedalehospice.com">www.tynedalehospice.com</a></p>
<p><b>Tynedale Hospice at Home Bereavement Café</b></p> <p>Join us in our safe, welcoming space to talk (or just listen) with others who have experienced the death of a loved one.</p> <p>Share stories and build friendships over a cup of tea or coffee.</p>	<p>Suitable for adults who have experienced the death of a loved one</p> <p>All welcome</p>	<p>1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month 10.30am - 12.30pm Hexham Community Centre, Gilesgate, Hexham, NE46 3NP</p> <p>2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month 10.30am - 12.30pm Spetchells Centre Prudhoe, NE42 5AA</p>	<p>For more information on bereavement services, please call 01434 600 388</p> <p><a href="http://www.tynedalehospice.com">www.tynedalehospice.com</a></p>

Activity	Who for	Time & venue	Further info
<p><b>Tynedale Mental Health Friends And Family Drop-in</b></p> <p>We are a small and friendly group, who will welcome you along for a chat; help with information and resources; and of course tea, coffee and biscuits.</p>	<p>Friends and family of anyone with mental health or dementia issues</p>	<p>3<sup>rd</sup> Tuesday of the month Drop-in anytime between 1.30pm - 3.30pm</p> <p>Adapt Building, Burn Lane, Hexham, NE46 3HN</p>	<p>tdmhdropin@gmail.com</p>
<p><b>Wellbeing Walks</b></p> <p>A great way to exercise and meet others.</p> <p>Free.</p> <p>Walks are graded.</p>	<p>All welcome</p> <p>Those with memory problems or dementia accompanied</p>	<p>Days vary according to location</p> <p>Walks from: Allendale, Alnwick, Ashington, Bellingham, Berwick, Blyth, Corbridge, Cramlington, Hexham, Morpeth, Newbiggin, Pegswood, Ponteland, Prudhoe, Rothbury, Stocksfield, Wark and Wooler</p>	<p>Lorraine Oliver loliver@activenorthumberland.org.uk</p> <p>www.activenorthumberland.org.uk</p>
<p><b>Wentworth Leisure Centre Hexham</b></p> <p>Adult Independent Rehabilitation – quiet Swimming Aqua Therapy – to improve strength and balance Walking Football Walking Netball</p>	<p>All welcome</p>	<p>Availability, dates and times may vary</p>	<p>01670 620 200</p> <p>enquiries@activenorthumberland.org.uk</p> <p>www.activenorthumberland.org.uk</p>



## Equipment hire and changing places

## Further info

### Beach Access North East (BANE)

Provides free loan of specialised beach access equipment at beaches across our region.

We have a variety of beach wheelchairs (manual and electric), carriages, hoists and turntables.

For anyone who, for whatever reason, has difficulty walking on the beach. This could be a permanent or temporary disability. The beach wheelchairs need someone to push them.

Available all year round. By appointment.

Bamburgh, Beadnell, Blythe, Newbiggin, South Shields, Tynemouth, and Whitley Bay.

To book, please call 0300 999 4444

[info@beachaccessnortheast.org](mailto:info@beachaccessnortheast.org)  
[info@jwdz.co.uk](mailto:info@jwdz.co.uk)

[www.beachaccessnortheast.org](http://www.beachaccessnortheast.org)

### British Red Cross Equipment Hire Service

Open Monday - Friday. 9.30am - 3.30pm.

Croft House, Western Avenue,  
Newcastle Upon Tyne, NE4 8SR

Commode £7.00

Wheelchair £17.50

Collect or Delivery & Collection £20.00

Available for anyone.

0191 273 7961

[www.redcross.org.uk](http://www.redcross.org.uk)

### Changing Places

Changing Places Toilets are larger accessible toilets which have more space and the right equipment, including:

- Curtains or a mobile privacy screen
- A height-adjustable-adult-sized changing bench
- A centrally-placed toilet
- An over-head hoist

Available for anyone who would benefit from more accessible toilets.

These toilets are located in the following areas:

- Ashington at Ashington Leisure Centre and Woodhorn Museum
- Belsay Hall near Ponteland
- Berwick-Upon-Tweed at Tesco Superstore
- Hadrian's Wall at Cawfields Quarry Picnic Site and The Sill
- Hexham at Café @ Burn Lane and Tesco Extra
- Newcastle Airport

For more information, please visit:  
[www.changing-places.org/find?toilet=1842](http://www.changing-places.org/find?toilet=1842)



## Getting out and about

## Further info

### **Adapt (North East) Transport Service**

Operates a Dial-a-Ride transport service to Hexham, Morpeth, Prudhoe and Ponteland including a Getabout Car Scheme.

Available for disabled people, elderly people, single women or women who live alone, children and young adults, people receiving certain benefits, and those who are geographically isolated.

Monday - Friday. Times vary according to location.  
Membership to use the scheme costs £5 a year.

01434 600 599

[transport@adapt-tyndale.org.uk](mailto:transport@adapt-tyndale.org.uk)

[www.adapt-ne.org.uk](http://www.adapt-ne.org.uk)

### **Concessionary Travel**

Free bus travel is available throughout England for people of an eligible age and for anyone with a disability.

03456 006 400

[www.northumberland.gov.uk/highways/public-transport/concessions.aspx?](http://www.northumberland.gov.uk/highways/public-transport/concessions.aspx?)

### **Disabled Parking and Blue Badge**

03456 006 400

[www.northumberland.gov.uk/parking/disabled-parking.aspx](http://www.northumberland.gov.uk/parking/disabled-parking.aspx)

### **NEED Community Transport**

Provides accessible affordable transport to those most vulnerable in the community. This includes older people, those who have a disability i.e. physical disability, mental health issues, those who are rurally and / or socially isolated, young people and those who are unable to afford appropriate public or private transport.

Monday - Friday.  
9.30am - 2.30pm during school term time.  
9am - 4pm during school holidays.

01665 605 780

South Road, Alnwick, NE66 2PA

[transport@needltd.co.uk](mailto:transport@needltd.co.uk)

[www.needltd.co.uk](http://www.needltd.co.uk)

### **Royal Voluntary Service Community Transport**

Supports and enables you to connect with family, friends and your local community. Volunteers using their own specially-adapted vehicles, take clients to and from social visits, shopping trips, activities and appointments. For people who are unable to drive or use public transport, due to limited mobility or health conditions, to get out and about.

7 days a week. 7am - 8pm.

Available volunteers matched to journey request.

01668 260 248

[northumberlandhub@royalvoluntaryservice.org.uk](mailto:northumberlandhub@royalvoluntaryservice.org.uk)

[www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)



## Music, radio, publications & TV

## Further info

### **BBC Music Memories and BBC Memory Radio**

[www.musicmemories.bbcrewind.co.uk](http://www.musicmemories.bbcrewind.co.uk)

#### **Music Memories**

A website that stimulates memory through music, designed especially for people living with dementia using the extensive BBC archives.

Includes links to Classical Music, Popular Music, Theme Tunes, UK Nations Music, International Music, Social Music and Memory Radio.

#### **Memory Radio**

Archive and music-based radio programmes, accompanied by printable activity sheets.

### **Corbridge Matters**

Corbridge Matters is the official local community magazine for Corbridge.

Published by the Parish Council six times a year and delivered free to every home and most businesses across Corbridge.

Published every two months.

Click on the link below to read a PDF copy:  
[www.visitcorbridge.co.uk/tag/parish-council/](http://www.visitcorbridge.co.uk/tag/parish-council/)

Clerk of the Council: Mrs Mandy Senior  
07950 297 634  
01661 852 277

Corbridge Parish Council,  
The Parish Hall, St Helen's Street,  
Corbridge, NE45 5BE

[corbridge@ukpc.net](mailto:corbridge@ukpc.net)

[www.corbridge.ukpc.net](http://www.corbridge.ukpc.net)

### **Golden Oldies Live**

[www.radio-uk.co.uk/golden-oldies](http://www.radio-uk.co.uk/golden-oldies)

### **Hex-press**

A newsletter for Hexham available to read online.

Updates for Hexham can be publicised on the Town Council website or in Hex-press, an electronic magazine edited by the Town Council and Hexham Community Partnership.

It is published quarterly.

Hexham Town Council  
01434 609 575  
St Andrew's Cemetery,  
West Road, Hexham, NE46 3RR  
[www.hexhamtowncouncil.gov.uk](http://www.hexhamtowncouncil.gov.uk)

Hexham Community Partnership  
01434 622 796  
Queens Hall Arts Centre,  
Beaumont Street, Hexham, NE46 3LS  
[www.hexhamcommunity.net](http://www.hexhamcommunity.net)



## Music, radio, publications & TV

## Further info

### Hexhamshire Community Magazine

[hexhamshiremagazine@gmail.com](mailto:hexhamshiremagazine@gmail.com)

### Koast Radio

Koast Radio 106.6 FM and is available online. Local Community radio for South East Northumberland.

For news, music from the 50s, 60s & 70s, local nostalgia, health and fitness, hobbies and interest, and phone-ins.

The sessions on Tuesday and Sunday are in partnership with Age UK.

[www.koastradio.co.uk](http://www.koastradio.co.uk)

Tuesday 6pm - 7pm  
Wednesday 10am - 11am  
Friday 9pm - 10pm  
Sunday 1pm - 3pm

### Music for Dementia Radio

A group of five themed radio stations available 24 hours a day, 365 days a year playing music that evokes memories.

Choose your era, listen and enjoy. Our musical memories are typically made from our early teen years to our late twenties. Choose your birth year to listen to the musical decade where your musical memories were made.

[www.m4dradio.com](http://www.m4dradio.com)

### My Life TV - Dementia Friendly TV

A video on demand streaming service for people living with dementia - it's like Netflix for people with dementia.

It is a fantastic resource to keep loved ones stimulated and connected to the world, improving their mental health and supporting their essential care.

My Life TV features a wide selection of programmes curated for the cognitive needs of the audience. My Life TV can be watched on a TV, tablet, computer, or smartphone whenever you want. It is available on iPhone, Android devices, Apple TV, Android TV, and Amazon Fire TV.

It is for people living with dementia and their carers but also suitable for older people.

£3.99 monthly subscription, one month free, cancel any time, no contract.

To sign up, go to [www.mylifefilms.org](http://www.mylifefilms.org) and download the app 'My Life TV - Dementia Friendly'

For further information, contact us via [info@mylifefilms.org](mailto:info@mylifefilms.org) or 0208 154 6220



## Music, radio, publications & TV

## Further info

### **Seahouses Community Hub Newsletter**

Newsletter delivered through your door or available to read online through the link below.

It is published every two months.

For those living in Seahouses, Bamburgh and Beadnell.

[www.seahouses.org/about/village-news/](http://www.seahouses.org/about/village-news/)

01665 721 868

[anne@seahouses.org](mailto:anne@seahouses.org)

Seahouses Development Trust, The Hub,  
Seahouses Sports and Community Centre,  
Stone Close, Seahouses, NE68 7YL

### **Tynedale Talking Newspaper**

Free recordings of the Hexham Courant weekly, and the Northumbrian Magazine and Tynedale Talking Magazine every month, delivered by post.

For anyone who cannot read print.

Register on:

07400 096 937

[www.ttnweb.uk](http://www.ttnweb.uk)

Facebook



## Quiet shopping

## Further info

### **Newcastle Building Society Slow Shopping**

All their branches offer Slow Shopping, helping to provide a safe, welcoming and calm environment for those who need a little extra time, space and support to conduct their financial affairs.

Slow Shopping allows us to cater for those living with visible, invisible or intellectual disabilities, with no additional noise such as music, dimmed lights where possible, and available staff always on hand to help.

Slow Shopping hours can be found here:  
[www.newcastle.co.uk/news/introducing-slow-shopping-into-our-branches](http://www.newcastle.co.uk/news/introducing-slow-shopping-into-our-branches)

or visit [www.newcastle.co.uk](http://www.newcastle.co.uk)

### **Tesco Quiet Hours**

Offers Quiet Hours in all of its large stores in order to improve accessibility for some of its customers.

Every Wednesday and Saturday between 9am and 10am Tesco will be dimming its lights and lowering checkouts noise.

Tesco Extra in Hexham and Tesco Superstore in Berwick-upon-Tweed provide Quiet Hours.

[www.tescopl.com/news/2021/we-re-launching-quiet-hour-permanently-in-stores-to-support-customers/](http://www.tescopl.com/news/2021/we-re-launching-quiet-hour-permanently-in-stores-to-support-customers/)



## Telephone friendship & befriending services

## Further info

### **Age UK Northumberland Friendship Line**

The Friendship Line is a free telephone friendship service run by Age UK Northumberland. We're always happy to chat!

A regular weekly chat with a friendly volunteer, at a time to suit you both.

For anyone over 50.

Age UK Northumberland, Ashington  
01670 784 800

[info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)

[www.ageuk.org.uk/northumberland/](http://www.ageuk.org.uk/northumberland/)

### **Karbon Homes Silver Talk**

A free telephone befriending service which matches people with friendly, fully trained volunteers for regular social telephone chats. Priority is given to those who are socially isolated and lonely. New volunteers welcome.

Weekdays. Calls made during flexible hours from varying locations.

For over 50's. Carers and family.

0191 223 8662

[silvertalk@karbonhomes.co.uk](mailto:silvertalk@karbonhomes.co.uk)

### **Reading Friends: Telephone Friends**

Reading Friends brings people together to read, share stories, meet new friends and have fun!

Arrange your day and time with your telephone friend. Weekly or fortnightly...what's best for you?

A short check-in or a longer catch-up chat... it's your call.

All welcome.

Contact your local library

[readingfriends@northumberland.gov.uk](mailto:readingfriends@northumberland.gov.uk)  
[mylibrary@northumberland.gov.uk](mailto:mylibrary@northumberland.gov.uk)



## Virtual events

## Further info

### **Age UK Northumberland Balance and Stability by Zoom**

Offers a range of free virtual events and groups, from chair-based exercise sessions to book chats and coffee mornings.

For anyone over 50 and living in Northumberland.

01670 784 800

[info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)

### **Alzheimer's Society Singing for the Brain**

Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love.

For people living with memory problems or early to moderate stages of dementia, and their family and friends.

Currently we run a virtual Singing for the Brain once a month. For more information, please contact us.

01670 813 255

[northumberland@alzheimers.org.uk](mailto:northumberland@alzheimers.org.uk)

### **Goldies Live**

You can enjoy Goldies singing sessions in your own home. These are recorded and go 'live' on YouTube, so you can watch them as many times as you like, free of charge. Song words are included on the screen.

Tuesday and Thursday at 11am. For older folk.

[info@goldieslive.com](mailto:info@goldieslive.com)

[www.goldieslive.com](http://www.goldieslive.com)

### **Northumberland Libraries Virtual Events**

Regular virtual events from author talks to quizzes, to access from your home or library.

For everyone.

Link to view our upcoming events:

[www.nlandlibs.eventbrite.com](http://www.nlandlibs.eventbrite.com)

Berwick 01670 626 097

Blyth 01670 620 201

Cramlington 01670 620 394

Hexham 01670 620 450

Morpeth 01670 620 391

Digital Helpline

0345 600 6400

[mylibrary@northumberland.gov.uk](mailto:mylibrary@northumberland.gov.uk)



## Virtual events

## Further info

### **Royal Voluntary Service Virtual Village Hall**

A programme of themed online activities designed to enjoy at home. Sessions are led by expert tutors, RVS activity coordinators, volunteers and some well-known faces, and require very little space or equipment.

For over 60's.

Days and times vary.

01668 260 248

[www.royalvoluntaryservice.org.uk/virtual-village-hall](http://www.royalvoluntaryservice.org.uk/virtual-village-hall)

### **Unforgettable Experiences**

Provide a variety of online therapeutic artistic sessions proven to increase memory, concentration and focus, and improve mental health. Sessions include: Arts and Crafts, Creative Writing, Dancing, History, Photography and Music. Make new friendships, stay connected and learn new skills. Days and times vary. Online sessions.

For anyone.

01325 238 007

[info@unforgettableexperiences.org.uk](mailto:info@unforgettableexperiences.org.uk)

[www.unforgettableexperiences.org.uk](http://www.unforgettableexperiences.org.uk)

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