

Carham 1018

*Living History
Weekend*

*Battle
Re-enactment*

*7th - 8th July
2018*

The Battle of Carham 1018

1000th Anniversary Re-enactment on 7th
and 8th July 2018
on the South Bank of the River Tweed at
Carham

Plots for craft, catering, charity and
commercial stalls are available.

For details please contact:
Clive Hallam-Baker: t: 01890 820501
e: clive@hallam-baker.com

Further details available on:
www.carham1018.org.uk

Did you know...



- HospiceCare is not just about Cancer; we offer care and support to adults living with life-limiting illnesses such as Heart Failure, Lung Disease, Multiple Sclerosis, Motor Neurone Disease, Parkinson's Disease and Heart Disease.
- We are the only Palliative care charity offering this service in North Northumberland and serve a population of 63,000 .
- We do not have beds, but deliver our care and support in the home with our **Hospice at Home Services**.
- Our **Hospice at Home** is available 365 days a year, day or night, planned or in a crises situation. We can enable a rapid discharge from hospital.
- **You do not need a GP referral—you can refer yourself**
- People can access our services at any stage of their illness, not just end of life care.
- We offer a **Bereavement Support** Listening service to adults and care and support, **Carer Respite**, to Carers.



CONTACT US

If you would like to talk to one of our nurses please call

Telephone:

01665 606515,

Email:

enquiries@hospicecare-nn.org.uk

Website: www.hospicecare-nn.org.uk



THE GOLDEN GUIDE

The 2018 Golden Guide for Over 50s is out now in Northumberland. This popular FREE guide is well known for listing local activities, clubs, social and networks, and carries a wealth of contacts for finding expert help with Health, Care, Community and Money problems.

Find new things to do e.g. walking, wildlife and gardening groups, take up woodwork, singing, sport or make extra cash by starting a business—as many over 50s now do. There is info on befriending schemes, dementia and mental health support, plus help tracing lost money, or claiming your pension or other entitlements.

Look out for the **How to Retire in Northumberland** feature. If you're about to retire or already have, find helpful hints about enjoying it, from planning your finances to making the most of your time.

Ask for a copy from...

Libraries; Northumbria Healthcare Care teams; Age UK; Women's Institute branches; Carers' Northumberland; Healthwatch; Royal Voluntary Service; Alzheimer's Society; British Red Cross; Citizens Advice; Golden Age Forum; Practice Nurses and Care Navigators in GP surgeries; selected Boots Pharmacies.

Postal copy

If you can't get out, or can't find a copy - ring **Age UK Northumberland** on **01670 784821** and they will post one out to you free.

Online

The full edition is online at www.goldenguide.org.uk

For all enquiries please contact either: **Heather Alabaster, 0191-386 5918**, or email heather@goldenguide.org.uk