



Durham County
carers support

Caring Matters

Your local charity
supporting carers

Charity No: 1069278
Company No: 3534933

Our **mission** is to "Improve Carers Lives"

Our **vision** is to "Create a community where Carers are recognised, valued and supported"

Shining a Light on Caring in County Durham

(see page 3)



Worried about your finances? (see page 10)



Contact us:

Head Office: Enterprise House, Enterprise City
Meadowfield Avenue, Spennymoor
Co Durham DL16 6JF

Telephone: 0300 005 1213 Text: 07860 017 632

Email: admin@dccarers.org Web: www.dccarers.org

www.facebook.co.uk/durhamcountycarerssupport

[@dccarers](https://twitter.com/dccarers)

Volunteer News

People volunteer for lots of different reasons - to give back, to gain experience for their CV, but almost all of our volunteers tell us regularly how rewarding they find volunteering and what a great sense of achievement they feel from being able to make a difference.

We recently celebrated national Volunteers Week with a get together and quiz...not the celebration we had planned but we are very much hoping we can get everyone back together next year and do something special! What we really wanted to do was recognise and celebrate the efforts and achievements of our team.

Several of our projects have been on hold this year due to the pandemic and we can't wait to welcome those Volunteers back. However, with those that were able to carry on we have achieved a huge 3034 hours - WOW, that's nearly 59 hours every week! I am so proud of this, our fantastic team, and the difference we have made. As we move forward, we will need more help as we have exciting new projects planned and will need to expand our already successful team.

If you think you could spare a few hours please take a look at the roles we have available and if you would like more information or an application form, then please contact me on 0191 500 6010 or email andrea.emerson@dccarers.org. All our roles come with an enhanced DBS check, training and ongoing supervision. The roles are currently online and, on the telephone, but we hope that in the near future

we will also be back to working face to face again.

Current Volunteer Vacancies

We are currently looking for volunteers in the following teams:

Connecting Carers Project

This is one of our newest projects and we are looking for people to help us deliver workshops and training to Carers around getting them online. It could be anything from guiding someone to order repeat prescriptions, ordering their shopping online or using social media to keep in touch with friends and family. IT knowledge would be an advantage to this role, but we can also offer additional training to the right person.

Parent Carer Project

We are still looking for more people to help Carers to complete DLA forms for children with additional needs. This would require about 2 hours per form.

Keeping In Touch Project

This project is also looking for more people to contact Carers who may not have been in touch with us for some time to see how they are doing, give information on the services we provide and, when needed, action our Carers Support Coordinators to provide support where people need it most.

Administration Team

We are looking for a friendly and approachable volunteer administrator(s) to contact Carers to gather feedback on how they have found our training, counselling, and support sessions. This information will help us look at how we shape future events and training to best help our Carers.

Call Out to Employers Across Co Durham

In January 2021 Durham County Carers Support (DCCS) launched our Carer Friendly Employer Award for County Durham businesses. The award process is funded by Durham County Council and enables businesses to access information and materials to support staff who have caring responsibilities. Like all Carers Centres across the country, DCCS saw a substantial increase in the number of Carers struggling to juggle work alongside their caring role during the pandemic; indeed, in March this year NICE issued guidelines recommending that all employers support the wellbeing of staff who have caring responsibilities.

New statistics suggest that as many as 1 in 4 employees has a caring role and as many as 80% have taken annual leave to attend to their caring responsibilities. Often Carers don't see themselves as Carers, or are reluctant to mention their difficulties to their line manager. The Carer Friendly Employer Award process simply raises awareness with employers of the difficulties faced by employees who also have caring responsibilities and highlights the business benefits of a supportive workplace. The aim is to prevent relatively small caring issues from becoming crises resulting in employees needing to leave their job. Engaging in the award process

is free, flexible and virtual and ultimately a win-win for employers and staff.

We are delighted to report that Northern Rights, Alzheimer's Society (County Durham), Dale Care and Contego Response have successfully achieved Carer Friendly Employer status, while another 13 businesses are in the process of working towards the award. The businesses are a mix of private, statutory and third sector businesses, as all are welcome to engage in the award process. Hannah Johnson from Alzheimer's Society has said "The benefits of being a Carer Friendly organisation are huge. Having Carer Friendly practices improves staff morale, reduces sickness absence and promotes an open and supportive working environment for teams. Being recognised for our Carer Friendly practices allows us to show our commitment to being Carer Friendly employers."

If you are an employer, or know of an employer, who might be interested in acquiring Carer Friendly Employer status, call Fiona on 07824 467440 or email fiona.kaley@dccarers.org



Shining a Light on Caring Across County Durham and Darlington

We want to thank Durham County Council, Darlington Borough Council and Spennymoor Town Council for working with us in Carers Week this year. They all embraced the idea of lighting up their buildings to support the theme to "Make Caring Visible and Valued". The idea spread right across the Northeast with landmarks such as the Millennium Bridge in Gateshead and Sunderland Light House also being lit. In addition, Carers sent us their photos with the newsletter cover and some were interviewed and their stories published in the local press. The team here ran a range of information sessions for Carers as well as employers on issues like money matters, employment rights and support. Thank you to everyone who helped make this happen. Carers Rights Day this year is on 25th November and is all about Carers knowing your rights! In a recent survey by Carers UK of nearly 6,000 carers they found that during the pandemic:



County Hall, Durham

- Four in five unpaid carers are providing more care for relatives.
- 78% reported that the needs of the person they care for have increased during the pandemic.
- Two thirds (67%) worried about how they will cope through further lockdowns or local restrictions.

Carers need to know their rights wherever they are in their caring journey: whether they are in the workplace, in a healthcare setting, when interacting with professionals or at home. These are all things we can help with all year so get in touch. We will also be holding events in November to make sure the message gets out far and wide. If you would like to help us by telling your story and sharing examples of what has helped or worked for you, please get in touch on 0300 0051213 or email admin@dccarers.org



Elaine, Carer



Spennymoor Town Hall



The Clock Tower, Darlington



Lesley, Carer

Celebrating Extra Care

As the benefits of Extra Care are becoming more widely appreciated, more people are choosing this very supportive way of living independently whilst safe in the knowledge that support staff are on site 24 hours a day.

There are seven Extra Care schemes throughout County Durham supported by the care team managed directly by Durham County Council's in-house provider, County Durham Care and Support. However, in certain circumstances other providers may be commissioned to provide care and support.

In Extra Care, you live in a modern building that is owned and maintained by a housing association in a self-contained flat with your own front door and, with a care team on site. The care team are qualified, highly skilled in promoting independence and providing care and support. They provide support in line with your own specific needs, which could range from supporting with medication to assisting with all your personal care needs.

Care and support visits are planned in line with your assessed care and support needs, with the added benefit of staff being on site should you require emergency help, which can be summoned via a call system.

All schemes have a restaurant/bistro on site. A 3-course lunch is provided daily as part of your rent/service charge and provides a great opportunity to meet with friends and neighbours. Most schemes also have a hairdressing salon and shop on site again, these are great places to meet people.



Charles Dickens Lodge, Barnard Castle



Joan, resident of the Extra Care Scheme

"The staff made me feel very welcome and I knew I had made the right choice. Knowing there is 24-hour care staff on duty gives me peace of mind. I feel I have given my family the gift of a life without worrying about me. We can still have quality time and make precious memories."

If you have care and support needs and would prefer to be supported 'at home' rather than in a residential setting and are able to have your needs met by domiciliary or home care support, you may wish to consider a flat in Extra Care. The main differences are that there are staff on site if you require arranged support at night or emergency assistance at any time.

There are limited places currently available. The Extra Care Schemes supported by Durham County Council staff are based at:

- Charles Dickens Lodge, Barnard Castle
- The Orchards, Brandon
- Chester View, Chester-Le-Street/Ouston
- Maple Court, Consett
- Southfield House, Crook
- Harbour Lodge, Seaham
- Sycamore Lodge, Spennymoor

For more information please call **01388 548510** or visit: www.anchorhanover.org.uk/durhamcare

Durham County Carers Support have signed up to the North East England Climate Coalition in a bid to become England's Greenest Region. Through consultations with Staff, Volunteers and Trustees we have identified our first area of work which will be around the 3R's - Reduce, Reuse and Recycle.



Here's how you could help make a difference

- Buy fewer, better quality items and make things last.
- Carry a re-useable coffee cup, water bottle and shopping bag to cut down on plastic waste.
- Find your local Terracycle bin, these recycle everything from asthma inhalers to crisp packets.
- Shop at local markets or independent stores to reduce plastic packaging.
- Use biodegradable or re-usable nappies.
- Avoid unnecessary packaging.
- Do a plastic audit to see where you can reduce plastic consumption.

Find out more about Becoming England's Greenest Region and sign up to take the pledge yourself by visiting: www.necco.org.uk

Receive your Caring Matters Newsletter by email

Not only will you help our Charity reduce postage and production costs but you will also help us with our pledge to reduce waste and reduce energy usage. By signing up to receive your newsletter by email, you will be first to have the newsletter and also hear about our Carer Training courses and activities. Send us an email: admin@dccarers.org and type, 'I am happy to receive information by email'.

We will not share your email address with a third party without asking for permission first.

To read our full privacy policy visit our website www.dccarers.org/privcay-policy

Prize Draw

All Carers who receive the magazine by email are entered into our quarterly prize draw and this time there will be two winners each receiving a box of luxury tiffin from www.tiffinannies.co.uk

May 2021 Prize Draw Winners

Congratulations to Mrs A Downing and Mrs K Kirby who were the lucky winners of Afternoon Tea delivered to them both at home. We hope you enjoyed it!



DCCS Support Groups – Your opinion matters!!

As the world looks ahead to what a new normal might look like we are starting to do the same and think about our Carers Support groups because as we all know like-minded people can be a huge support and comfort to other Carers. We would like to hear your thoughts on support groups past, present and future so we have put together a short survey and would really appreciate 5 minutes of your time, even if you have never attended one before. Knowing your thoughts will help us shape services to support Carers going forward. Here is the link to the survey <https://forms.office.com/r/ZxT3ickQ4V> and you can also scan the QR code to access the survey. If you have any questions or would like to take part in this survey over the phone please contact Andrea Emerson on 0191 500 6010 or email your details to andrea.emerson@dccarers.org and we will get back to you. Scan this code to complete the survey and let us know how you feel.



“Making Sense of Caring” sessions delivered by DCCS Carer Support Coordinators

Would you like to join us and find out more about the maze of services out there for you and the person you care for? How do you access Health and Social Care support? Who to contact and will you be able to get the support you need? Join two of our knowledgeable Carer Support Coordinators for an informal session with lots of opportunity to ask questions and make sense of what is available.

Free Afternoon Tea delivered to all participants who attend We are holding sessions: Wednesday 6th October 10am – 12noon, Tuesday 7th December 2021 10-12 noon and Wednesday 9th February 2022, 6-8pm (all sessions will be delivered online via zoom)

Topics include:

- Where to go to get the services and support you need.
- Hear more about the support we offer including benefits, grants and funding to take a break
- What does all that jargon actually mean?
- An opportunity to get answers to your questions
- What is a Carers Assessment and do I need one?

Please email jacqueline.young@dccarers.org if you would like to attend on any of the dates available or call on 01207 263494.



Do you want to work with the elderly and vulnerable people in Newton Aycliffe?

Do you want to support them and enable them to remain safely in their own homes?

Just call us on

01388 768271

and speak to Sophie

or email

sophie.bullough@dalecare.co.uk

or visit **www.dalecare.co.uk/careers**



Dale Care
Care services

Notice of Durham County Carers Support Annual General Meeting

Friday 1st October 2021 at 11am
Venue: Online via Zoom

This year's AGM will include:

- Annual Report Presentation • Election of Trustees
- Presentation of Financial Accounts • Outline of plans for the future

If you are interested in attending, please complete your details and return to the address below or, alternatively, email: sophie.johnson@dccarers.org

Return to: Sophie Johnson, Durham County Carers Support, Enterprise House, Enterprise City, Meadowfield Avenue, Spennymoor, Co Durham DL16 6JF

Name

Address

..... Postcode

Telephone Email

Are you a Carer living in East Durham?

Are you caring for someone living with mental ill health, including dementia, or a Carer living with mental ill health, including dementia, yourself? - Then this event is for you!

"FEEL GOOD FEST"

Thursday 14th October 2021 9.45am – 2.00pm
Blackhall Community Centre, Hesleden Road,
Blackhall Colliery TS27 4LG

This free, face to face event, including food, aims to give you an opportunity to take some time out for yourself, meet other Carers and take a break – you deserve it!

- Enjoy some Creative Therapy craft, make and take home to enjoy!
- De-stress with a Holistic Therapy enjoy a 30-minute treatment.
- Benefit from rest and relaxation drift away for a while with a guided relaxation session.

We will strictly adhere to Government guidelines in place at the time of the event.

To book a place please call Karen Wilson on 0191 5006011 or email karen.wilson@dccarers.org

Or complete and post the slip below to:

Karen Wilson - Mental Health Carer Support & Development Worker - East Durham, Durham County Carers Support, Enterprise House, Enterprise City, Meadowfield Avenue, Spennymoor, County Durham, DL16 6JF.



Name Contact phone no

Email

Address

..... Post Code

Dietary Requirements: Vegan Vegetarian Gluten Free Other please specify

Virtual Yoga Classes for Carers

Funded from NHS Carers Breaks

Due to the continued demand and interest in our classes we are going to continue to offer a series of these classes during the autumn and winter months. These Yoga classes are suitable for people of all abilities, delivered online using Zoom and will be taught by Julie Metcalfe.

Julie explains that Yoga helps to strengthen your body, improve your balance and increase your flexibility. Reconnect with your breath and find a CALM space in your busy world! Yoga has a multitude of benefits, on and off the mat. Making the time to reconnect with your breath and find a calm space will lead to a multitude of other benefits OFF the mat for example better sleep, less stress/anxiety.

Please bear in mind the classes run for six weeks at a time and places are limited.

Course 1 (September 2021):

Tuesday 7th, 14th, 21st, 28th of September - 5th and 12th October 2021
10.30am to 11.30am

Course 2 (November 2021):

Tuesday 16th, 23rd, 30th of November, 7th, 14th and 21st December 2021
10.30am to 11.30am

Course 3 (February 2022):

Tuesday 15th, 22nd of February, 1st, 8th, 15th and 22nd March 2022
10.30am to 11.30am



Pilates Evening Class for Carers

Funded by NHS Carers Breaks

Due to the continued demand and success of our exercise classes we are continuing to offer a Friday evening course delivered online using Zoom. The class will be taught by Cath Lofthouse who has been teaching Pilates for about 10 years. Pilates is manageable for all abilities. Cath teaches us to forget what we can't do and find out what we can do. Cath says: "We will be strengthening our core muscles and lower back whilst getting some overall body toning in. Starting with a basic movement then progressing it to a challenging level for yourself. We will also get some stretching and spine mobility work in, helping us to improve your range of movement in day-to-day life. It will help with arthritis and back pain as you find that moving the body in certain ways and keeping moving will benefit you. It will help improve your posture and encourage your body to keep good posture through other exercise and daily life".

Any concerns you may have can be worked around and Cath is always open to discuss issues at any time.

Course 1 (October 2021):

Friday 15th, 22nd, 29th of October, 5th, 12th and 19th of November
6.30pm to 7.30pm

Course 2 (January 2022):

Friday 7th, 14th, 21st, 28th of January, 4th and 11th February
6.30pm to 7.30pm

To book a place on either of these courses please email Jan Burden – jan.burden@dccarers.org





Moving and Assisting course for unpaid family Carers

What is it?

A half-day course to prepare and demonstrate how Carers can protect their backs within their caring role. The following topics will be discussed:

- What is moving and positioning/what are the benefits?
- Practical techniques to assist someone to move.
- Basic (visual) risk assessment
- Posture, anatomy & common injuries
- The benefits of (appropriate) exercise

Who is it for?

Unpaid family Carers either living in County Durham or caring for someone living in County Durham.

The aim of the course

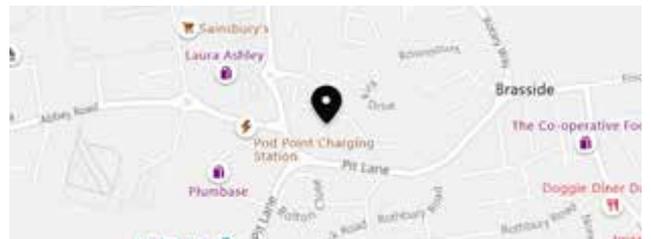
- To show Carers the benefits of assisting people to move.
- To support Carer's health and wellbeing.
- To help Carers to sustain a good level of mental and physical wellness.

How and when will it be delivered

Practical instruction will be delivered by Bob Harris (Carer) Managing Director of Chronos Safety Ltd and a registered Occupational Therapist. There will also be a practical demonstration of aids and equipment from the Durham County Council Equipment Advice Service where you can see and try some of their equipment.

It will take place on Wednesday, 20th October 2021 from 9.35am to 1.30pm at Newton Hall Community Centre, Abbey Road, Pity Me, Durham DH1 5GE.

To book a place, please email jan.burden@dccarers.org or call 0191 500 6034.



<p>County Durham Care Academy training • support • opportunities</p>	<p>☎ 03000 266 115 ✉ careacademy@durham.gov.uk 🌐 www.durham.gov.uk/careacademy</p> 
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Parent Carer Support

It's all change in the Parent Carer team! As we mentioned in the last newsletter we have been granted one year's funding from the Masonic Charitable Foundation to provide specialist Parent Carer Support in County Durham and Darlington. We are so pleased to be able to offer this support and are looking forward to the year ahead.

So, we have had a bit a reshuffle and we would like to take this opportunity to introduce (or more likely re-introduce) ourselves!

Hello I am Helen Olney and I am completing Parent Carer Needs Assessments 2.5 days per week. PCNAs are Statutory Carers' Assessments that every Parent Carer is entitled to request. We spend approximately one hour talking to you about your child and your caring role. We write it all down and type it up into a document which is yours to share with whom you choose. It is your document to keep, I have a wealth of experience as a Carer Support Co-Ordinator for the past 7 years and I am a Carer myself.



I'm Susan Doyle and I have worked with Carers for over 14 years. I'm really happy to be supporting Parent Carers again after time working with Carers of adults. I'm looking forward to speaking to many of our wonderful Parent Carers during the Parent Carer Needs Assessments.



Hello, I'm Joanne Lancaster, I have worked for Durham County Carers Support for 15 years. Most of this time has been spent offering Parent Carer Support. The parents I have met along the way have taught me a great deal about life as a Parent Carer and I am glad to be able to continue offering specialist support to parents in County Durham.



Hi, I'm Charlene Bainbridge. Before joining Durham County Carers Support in June 2016 I worked as a Parent Support Advisor in education. My initial role with DCCS was as a Carer Support Coordinator working with carers of adults, but I had the opportunity to help the Parent Carer team occasionally. I changed role to work permanently in the Parent Carer team last February, and I will now be working mostly in the Darlington area offering specialist support.



Some of things we may be able to help you with:

- Support at meetings such as TAFs
- Parent Carer Needs Assessments
- Help with accessing grant funding for essential items
- Free counselling
- Trained volunteers to help with DLA forms
- Training and information on various topics
- Signposting to other Support Services
- Listening ear.

Keep an eye on our closed Facebook group for information and updates. Just search Parent Carer Support (Co Durham) and request to join the group or give us a call on 0300 005 1213.

Worried About Your Finances?

Pressured by your bank balance? Can we help?

Our online benefits calculator is powered by leading UK Poverty Awareness charity, Turn2us who have identified that over 7 million people have access to additional support but are not claiming.

Durham County Carers Support website has a benefits calculator and grant check tool at www.dccarers.org/our-services-13/county-durham/benefits-grants.html or, if you have a paper copy of the newsletter, go to www.dccarers.org and click through Our services, County Durham, Benefits and Grants. You will be able to check that you are claiming all the support available to you or to see whether there may be a grant to help with something that you need but are struggling to find the funds to purchase. Grants hosted by Turn2Us may be given on the grounds of specific disability, past or present employment, postcode, or a whole host of other reasons.

Once you are sure that your income is maximised ask yourself if you are taking steps to minimise your outgoings, leaving more of your money available to you?



During Carers Week this year we partnered with Durham County Council's "Durham Savers" who hosted free online 60-minute sessions to show where savings can be made in utility bills, and with services such as insurance and mobile phone or tv packages. A Carer who joined us last year saved over £1500 in total using the advice given. If you would be interested in joining us when we repeat the sessions or would like more information, please email:

sam.stimpson@dccarers.org

COMPUTING FOR THE TERRIFIED

**Are you struggling to operate your online device?
or
Would you like to get online?**



We are holding IT surgeries in October. Come along to have a chat, cuppa and cake to tell us what difficulties you are having.

If you are not online, we may be able to help you.

The surgeries will be held at:

Easington Colliery Easington Welfare Hall

Wednesday 6th October 10.00am to 12.00am

Chester le Street Bullion Hall

Wednesday 13th October 10.00am to 12.00am

Bishop Auckland Bishop Auckland Four Clocks Centre

Wednesday 20th October 10.00am to 12.00am

Barnard Castle The Witham

Wednesday 27th October 10.00am to 12.00am

Book a slot or drop in with your mobile, tablet, iPad or laptop and we can help you with online shopping, banking, social media, emails, apps, Zoom, managing appointments and prescriptions, uploading and attaching documents and photos.

To book a slot or for more information call:

Alison Dixon on 0191 500 6031 or email alison.dixon@dccarers.org

Volunteers needed

Would you like to help the Connecting Carers Project?

We are looking for Volunteers with good knowledge of IT. If you feel you fit the bill please contact

Andrea Emerson to discuss the role on 0191 500 6010 or email andrea.emerson@dccarers.org

Restrictions may be in place at the IT Surgeries depending on Government Guidelines.



Café's, restaurants and online food sites all offering Carers living in County Durham and Darlington a discount when you show your Carer Friendly Discount Card.

Over 90 businesses are offering discounts, have a look at our website www.dccarers.org, you can also apply for a card through the website or ring 0300 005 1213.

Bradley Burn Farm Café & Shop	Bradley Burn Wolsingham	Bishop Auckland	DL13 3JH	01388 527285	10%	10% discount on all café purchases.
Café Inn on the Park	Pemberton Road	Consett	DH8 9BA	01207 513169	20%	10% Discount on Café menu not including gift section.
Charlie's Coffee Shop	49 Cornmill Centre	Darlington	DL1 1LT	01325 354100	10%	On any food or drink
Katie's Fish & Chips	15 Horse Market	Barnard Castle	DL12 8LX	01833 638282	10%	10% off
Keepers Café	1 Brown Buildings, Front Street	Dipton	DH9 9AB	07947 821248	10%	10% off
No 3 Café	3 Galgate	Barnard Castle	DL12 8EQ	01833 631779	15%	Food and drinks.
Phixx Coffee Lounge	83 Skinnergare	Darlington	DL3 7LX		10%	10% off Any purchase
Penny's Tea Rooms	4 Market Place	Barnard Castle	DL12 8ND	01833 637634	10%	10% off
Rumours Café	7 Chapel Row, Middleton in Teesdale, Barnard Castle		DL12 0SN	07766 657324	10%	10% off
Sam Zair	10 Fore Bondgate	Bishop Auckland	DL14 7PF	01388 602559	10%	10% off
Sixth St Diner	1-6 Springwell Buildings	Horden, Peterlee	SR8 4SD	0191 586 6434	10%	10% off
The 68 Café	A68, Toft Hill	Bishop Auckland	DL14 0JF	enquiries@68catering.co.uk		10% off on production of card prior to paying.
Madhatter Tearoom	42B Horsemarket	Barnard Castle	DL12 8NA	07514 025825	25%	25% off
Tindale Deli	Tindale Crescent	Bishop Auckland	DL14 9SS	07434 867040		Free bottle of water with any large sandwich.
Wo Ping	13 Chaytor Terrace	Fishburn	TS21 4DG	01740 620279	10%	On main meals.
Maggies Place	54 Duke Street	Darlington	DL3 7AJ	alex@alexandermacmurray.com		15% off total bill
Relish Sandwich Shop	73A Skinnergate	Darlington	DL3 7LL	01325 467389	20%	Carers must show Discount Card to receive 20%
Tiffin Annies	ONLINE ONLY	sales@tiffinannies.co.uk - www.tiffinannies.co.uk			10%	10% off your order your discount card number with your order.
Molly's Tea Room	48 Front Street	West Auckland	DL14 9HL	01388 417077	10%	10% discount in the cafe
Website: www.hagasandantiques.co.uk Email: hagas-antiques@outlook.com						

Equipment Hire Service to Support Independent Living

County Durham Community Equipment Service is a partnership between health and social care providing equipment to both adults and children to support independence, care, and daily living. The service is currently provided by Medequip and is available to anyone living in or registered with a GP in the County Durham area.

Items such as commodes, mobility aids (frames, crutches etc), hospital beds and bathing aids are provided free of charge on a loan basis for as long as it is required. The equipment is provided to meet a health or social care need either for a long-term condition such as multiple sclerosis or a short-term need such as a hip replacement. Wheelchairs and items that are fixed to the wall or floor – such as grab rails are not provided by the equipment service. The loan equipment can only be provided following an assessment from a social care or health professional such as an Occupational Therapist, District Nurse or Physiotherapist – at present this assessment may take place over the phone but will take into account all of your needs. All health professionals, regardless of whether they work in the community or in hospital, have access to the Community Equipment Service and all equipment provided by the NHS or social care will come from Medequip.

Once Medequip receive the order for the equipment they will deliver it according to a time scale selected by the health professional. They will also fit the equipment on delivery and are responsible for servicing, repairing, and collecting equipment.

How do I get an assessment for equipment?

If you have a health professional such as a District

Nurse, they would be your first contact for equipment. If

you do not have any involvement, Social Care Direct (who can be contacted on 03000 267 979) is an open advice line for all health/social care needs. They can either complete an assessment over the phone or refer you to the appropriate service.

What if I wish to buy my own equipment?

Durham County Council run the Equipment Advice Service (03000 265 667). They can provide free and impartial advice regarding purchasing equipment and advise if you may need an assessment.

I have equipment that is broken, or I no longer need?

Contact Medequip on 01325 524531 to arrange a replacement or a collection. Even if you are unsure where the equipment has come from, Medequip can tell you over the phone if it has come from them and arrange a collection. You can also take equipment to the Medequip warehouse at Unit 3, Beaumont Square, Newton Aycliffe. DL5 6XN. Wheelchair collections/repairs are completed by Ross Care – 0191 415 5151.

I or a family member is moving home or into a care home what happens to the equipment I have?

Please inform Medequip if you are changing address and what equipment is being taken. Some items can be taken into care homes – Medequip will be able to let you know which items can be taken and arrange a collection for any items that are no longer needed. Medequip can also assist in transporting bulkier items to a different address – please discuss this with your health/social care professional if it is required.



Register for your Autumn Booster Vaccine

From September of this year there is a possibility that Carers will be invited to receive the Covid Boost Vaccine. BUT to receive that invitation Carers details must appear on their GP Practice Register. To avoid missing your chance of receiving either the Flu and/or Covid vaccines please make sure your practice has your details recorded on their register. If you would like to receive a copy of an easy to complete registration form, please email admin@dccarers.org or call 0300 005 1213.



We have 15 runners helping us to raise funds for our FREE Counselling for Carers service which we operate in County Durham & Darlington. Donations and fundraising are vital to keep this wonderful service going and we cannot not thank our runners and supporters enough. Meet some of our fabulous runners taking part on the 12th September 2021.

If you are struggling with your own Mental Health around your caring role, please get in touch with us by ringing 0300 005 1213 or email admin@dccarers.org



Leanne Adams
I haven't been able to run as often as I wanted to over the last 18 months, but I'm looking forward to doing it all again. I am determined to cross that finish line! I'm running to help raise money for Durham County Carers because I wanted to give something back. They have been amazing at supporting our family over the years and it's our way of saying THANK YOU so much xx



A few years ago, I was at an all-time low. My son had been diagnosed with Autism & ADHD and things were difficult. In amongst the information given following the official diagnosis was a pamphlet for Durham County Carers. I contacted them, and they sent someone round who made sure I was ok and that got the support I needed. They found out I had started to run and supported me with a carer break to enable me to get the kit I needed to keep the running going. I have kept going with the running and while I will never be the fastest runner it helps me massively and gets me out of my Caring role. I hope I can help raise money so they can do the same for others.



Jordan Ho, GNR is a physical and mental challenge that I want to accomplish with a good time, while raising money for un-paid Carers living in Darlington and County Durham.



Myself and Daniel my son are both running. My wife has had numerous health issues which rendered her disabled in the 80s when in her teens. She had a full hip replacement by age 18. Since then she became type one diabetic and for the past 10 years is fully reliant on a wheelchair. Beverley my wife, has huge mobility problems and requires lots of help with things most people take for granted. Being a full time Carer and being able to work is not the easy life many may think. DCCS has helped me with a trip to the Midlands to see family and a gym membership. My son and I would just like to say thank you by running the GNR for DCCS - which is an absolutely fantastic charity and an honor to be able to do this, Robin Turrell.



Judith Russell, Bounce & Burn with Jude. 'During lockdown we were able to maintain 1:1 sessions and this enabled me to build close relationships with Carers. This has helped me understand their stresses and strains and that's why I'm delighted to help raise as much as I can'.

Please sponsor the runners by using the QR code or visiting our website:

www.dccarers.org

or by sending a cheque made payable to:

Durham County Carers Support and post to:

Enterprise House
Meadowfield Avenue
Spennymoor
County Durham
DL16 6JF





50:50 Club Monthly Lottery



You could win one of 3 great cash prizes every month
50% of the proceeds in aid of Carers Counselling Service
Fill in and return the slip below or join online www.dccarers.org
Winners are notified by post and announced on our Facebook page

Name Telephone Number.....

Address

..... Postcode.....

Email

I would like ___ numbers at £12.00 per year and enclose a cheque made payable to: Durham County Carers Support.

I would like ___ numbers and would like to pay by Standing Order (we will send you a form to complete)

Please cut out and send this completed form to: Durham County Carers Support, Enterprise House, Meadowfield Ave, Spennymoor, DL16 6JF.

50:50 CLUB WINNERS



April 2021

George Cowie £109
Mary Herbert £73
Edith Sutherland £36

May 2021

Maureen Legender £108
Brian Shearer £72
Jean Wilson £36

June 2021

Suzanne McBain £111
Teresa Batty £74
Jean Lee £37

July 2021

Elsie Loughlin £109
Susan Mitchinson £72
Mr TA McCall £36

Lottery Licence Number LOT142

Durham County Carers Support is Proud to be a Partner in Stamp It Out

'Stamp It Out' Durham became a charity in December 2018 – its aims are to promote and protect the health of everyone in County Durham, particularly people living with mental ill health. Stamp It Out works to reduce stigma and discrimination by sharing information about mental health conditions and the lived experience of people with mental ill health and to raise awareness of the signs and symptoms of mental ill health.

Stigma refers to people's attitudes and beliefs. When we make assumptions about how mental health problems will affect someone's behaviour, this makes it more likely that they will be singled out, or labelled as different, dangerous or strange, this is stigma.

Discrimination is when we treat someone differently, whether consciously or subconsciously, from how we treat others because of their mental health.

Stamp It Out aims to provide opportunities to learn from someone who has personal experience of mental illness which has been proven to be the most effective way of combatting stigma and discrimination and changing attitudes.

Stamp It Out aims to enable people affected by mental health issues to be part of their communities, less isolated and more able to be open about their own mental health issues.

Stamp It Out aims to support real improvements in the quality of life of people affected by mental health issues, increase inclusion, be less likely to experience harassment, bullying and assaults, and more likely to seek help in times of need.

THE IMPORTANCE OF CORRECT LANGUAGE *****!

A FEW COMMON MISTAKES WE SHOULD BE AWARE OF

AVOID SAYING ❌	DO SAY ✅
"DAVE IS MENTALLY ILL" <small>(PEOPLE ARE NOT THE SUM TOTAL OF THEIR DISORDER)</small>	"DAVE EXPERIENCES POOR MENTAL HEALTH" <small>(LANGUAGE SHOULD BE 'PERSON-FIRST')</small>
"SUSAN IS A SCHIZOPHRENIC"	"SUSAN HAS A DIAGNOSIS OF SCHIZOPHRENIA"
"ANDY SUFFERS FROM BIPOLAR DISORDER"	"ANDY LIVES WITH BIPOLAR DISORDER" <small>(PEOPLE DIAGNOSED WITH A MENTAL HEALTH CONDITION ARE NOT NECESSARILY EXPERIENCING DISTRESS...)</small>

DON'T TRIVIALISE MENTAL HEALTH CONDITIONS!
DON'T CALL YOURSELF 'OCD' IF YOU ARE NEAT, 'DEPRESSED' IF YOU FEEL A BIT SAD, OR 'BIPOLAR' IF YOU EXPERIENCE NATURAL MOOD SWINGS...
"I CAN BE A BIT OCD..."
"??!"

THE MENTAL HEALTH ANTI-STIGMA AND DISCRIMINATION CAMPAIGN SEEKS TO BRING ABOUT A CHANGE IN ATTITUDES IN THE GENERAL POPULATION OF COUNTY DURHAM TOWARDS PEOPLE OF ALL AGES WHO EXPERIENCE MENTAL HEALTH PROBLEMS.

time to change county durham
let's end mental health discrimination

CHECK OUT OUR FACEBOOK PAGE @STAMPITOUTSTIGMAINDURHAM
INSTAGRAM @STAMPITOUT_CODURHAM
AND TWITTER FEED @_STAMPITOUTSTIGMA

TURN OVER FOR SOME EXAMPLES OF WHAT YOU SHOULD NEVER SAY TO SOMEONE!

WANT TO GET INVOLVED? GET IN TOUCH AT STAMPITOUTDURHAM@GMAIL.COM

"FRUITCAKE" IS SOMETHING YOU EAT AT CHRISTMAS, NOT A DESCRIPTION OF SOMEONE!

"PULL YOURSELF TOGETHER" - SOMEONE STRUGGLING WITH DEPRESSION IS NOT A PAIR OF CURTAINS!

"BONKERS" - A HAPPY HARDCORE COMPILATION SERIES, AND NOT HOW YOU DESCRIBE A FRIEND WITH POOR MENTAL HEALTH!

"NUTS" ARE FOUND IN A PACKET, NOT AN ACCEPTABLE WAY TO REFER TO SOMEONE!

"PSYCHO" - AN AMERICAN HORROR MOVIE AND NOT A WAY TO DESCRIBE YOUR NEIGHBOUR WHO HEARS VOICES!

MIND YOUR LANGUAGE!
WITH ANTI-STIGMA KID

Want to get involved? Get in touch at stampitoutdurham@gmail.com



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