



Caring Matters

Your local charity supporting carers

Our mission is to "Improve Carers Lives"

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

Charity No: 1069278
Company No: 3534933

Recent Fun Workshop Held for Registered Carers



Advice on Energy Bills and Grants

(see page 10 to find out more)



Making Sense of Caring Free Events see page 3

Contact us:

Darlington Office: Unit 1F, Enterprise House
Valley Street North, Darlington DL1 1GY
Telephone: 03000 301215

Web: www.dccarers.org

Email: admin@darlingtoncarers.org

www.facebook.co.uk/darlingtoncarerssupport

@dccarers

Volunteer Corner

A message to our Volunteer Team from Jenni Wood, CEO.

It has been such a difficult and challenging time for all of us, but research has shown that Carers have been affected disproportionately during the pandemic. The added worry, stress, and financial strain that many have experienced and are still dealing with, has taken its toll. That is why I wanted to say thank you for everything you have helped us achieve. We did not close for one normal working day and with your help we have expanded the Counselling service, ran online activities, supported families to secure disability benefits and started a new project (Keeping in Touch). All of these rely on our fantastic team of Volunteers. I know that some of you were unable to carry out your normal roles due to all the restrictions, but we still knew you were there supporting us. Now we are beginning the slow and carefully thought-out return of our Volunteers, deciding how to restart some face-to-face contact and even considering a mixture of online and face to face support groups. Our recent AGM celebrated the many successes of the organisation and highlighted that our team of Volunteers are essential to everything we do. A huge thank you from all of us to all of you and we look forward to seeing you all soon. – Jenni

Face to Face Counselling and Group Support

Our plans for starting to reintroduce face to face sessions with Carers are well underway and we are excited that the first face to face counselling sessions will start again. However, this will be a gradual reintroduction and will take some time to work through, but our Volunteers are working hard to get round to seeing everyone.

After a very lengthy period of us keeping an eye on numbers and working with our group support venues, we have undertaken a survey for all Carers to tell us their thoughts on group support. The results were clear, there is a need for hybrid support groups therefore we will continue to offer online groups and we are slowly, and where appropriate reintroduce groups. If you would like any further information on this or you are interested in hearing

about our Volunteering opportunities, then please get in touch on 0191 500 6010 or email: andrea.emerson@dccarers.org

Volunteer Case Study

Why I became a Carer Ambassador for Durham County Carers Support - Moira

I realised how vital the need for this role in our community is because I know of people out there who are unpaid Carers who may feel very isolated and not know which way to turn for help. This inspired me to take on the role to help others which is something I love doing and during the lockdown there has been immense pressure on Carers, and this made me more determined, so I decided I wanted to try and turn this around to something more positive.



In my role with the 'Keeping in Touch' project I try to contact Carers by telephone, many of whom have not been in contact with DCCS for some time and I remind them of what support is available, update their details and get them back in touch with their Carer Support Coordinator. The project has been very successful and rewarding for me personally as I get to feel like I have helped Carers.

My other role is to help spread the word of the Carers Discount Card and to encourage businesses to get on board and offer their support to unpaid Carers by giving a discount however big or small on whatever goods or services they provide. This has also been very successful and again helps Carers to access even more support when they need it most. It's very satisfying to then see the Carers stickers in the windows of local shops, which helps DCCS to make our communities more Carer friendly.

Love, Moira x

Vacancy - Keeping In Touch Volunteer

Here at Durham County Carers Support we have a new and exciting opportunity as we look to recruit 10 people into our 'Keeping In Touch' Volunteer project. Carers situations may well have altered drastically during the pandemic and we would like to be able to assist where we can or signpost Carers to get the support they need. The purpose of this role is to make contact with those people who may be vulnerable and/or are not sure of the support we can offer or to simply re-engage with our services.

This is done, at home, via a one-off telephone call and with the aid of some pre-guided questions we can create actions for our Carers Support Coordinators. It is a 6-month project

requiring a minimum of 4 hours per week and we provide the tools and training needed along with ongoing support. There is a real sense of personal satisfaction from knowing you can make a difference to Carers lives and that's exactly what Volunteering for DCCS can bring and we have nearly 21,000 Carers registered with us! This is also a great opportunity for anyone wanting to upskill, gain confidence or experience for your CV.

If you, or anyone you know, might be interested or have any questions regarding this Volunteer role, then please get in touch. Contact Andrea on andrea.emerson@dccarers.org or 0191 5006010.

"Making Sense of Caring" Two Free Sessions

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 our knowledgeable staff for an informal session with lots of opportunity to ask questions and make sense of what is available.

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 mean?
- What is a Carers Assessment, and do I need one?
- An opportunity to get answers to your questions.

We are holding two sessions one via zoom virtual sessions will be held on Tuesday 8th March 2022 from 12.30-2pm. Free Afternoon Tea delivered to all participants who attend.

Second session held within King Williams Community Centre on Wednesday 16th March 2022 from 10am-1pm. Lunch and refreshments will be provided to all participants who attend.

SPACES WILL BE LIMITED

To book your place on either event, contact Ruth Sykes for more information:

ruth.sykes@darlingtoncarers.org or telephone 01325 524613. Confirmation of place will be

forwarded prior to the event/s.

Or return slip free post:



Making sense of caring event please highlight preferred choice

Tuesday 8th March 2022

or Wednesday 16th March 2022

Name

Address

Postcode: Telephone Number:

Email Address:

Return Free post to:

FREEPOST, RTXT-BYUC-BZKB, Darlington Carers Support, Unit 1F, Enterprise House, Valley Street North, Darlington DL1 1GY
Please return slip free or ring 0300 030 1215.

Online Resource for Carers Across County Durham and Darlington

Both Local Authorities have signed up to give Carers across both areas access to some great online resources. Carers UK have created a wealth of information, training and guides that include the following areas.

- Short online courses to support Carers to think about their own health and wellbeing, nutrition and support with caring;
- "What can tech do for you?" Downloadable factsheets and information on how technology and smart devices can be a valuable part of the support network to help you juggle your caring role with work, family and other areas of your life;

- An area about financial planning and your rights at work;
- Access to the wider information and research from Carers UK;
- Free access to an App called "Jointly" for Carers to store and share important information about the person you care for to help when several people are caring for the same person.

Registration and access is easy. Go online to carersdigital.org and use the access code DGT12485 or call us on 0300 005 1213.

Darlington Parent Carer Service

Over the past few months our Darlington Specialist Parent Carer Support worker has been busy offering support to those caring for a child with additional needs. We wanted to share with you a little of what we have been doing and encourage parent carers to contact us if they need a hand.



Completing Child Disability Living Allowance forms can be time consuming and stressful. We provide parents with a written guide to completing the form and also offer telephone appointments with a trained volunteer.



Often, Parent Carers tell us that finding out what is available for themselves, their child and family is difficult. Our facebook page is an excellent way of keeping up to date with the training, events and support we offer. We also regularly post information from other organisations to give Parent Carers in Co. Durham and Darlington more choice and information. The group is closed and Parent Carers can get in touch with the Parent Carer team with any queries. To access the page search for Parent Carer Support and request to join.



On Friday 10th December we were able to offer 60 seats to Parent Carers and their families to attend the Darlington Pantomime of Cinderella at Darlington Hippodrome. We received some lovely feedback from all the families that attended the Pantomime:

"We had a fantastic time. I have never tried to do the pantomime before as I wasn't sure if my daughter would sit through it. But she loved it. Thank you".

"What a lovely time we had, we couldn't have gone without these tickets, thank you so much".

A Team around the Family (TAF) meeting is part of the Early Help process. It brings together services and organisations involved with a family to address issues and make a plan for support. Attending these meetings can be quite daunting for some parents. Most of the meetings have been online of late and this can make the process more stressful. We have supported parents in Darlington at TAF meetings and will continue to offer this support.



Funded via Masonic project



Over recent months, along with Durham County Carers Support; we have been working with CAMHS, Rollercoaster Family Support and Making Changes Together to provide parents with a range of free online training and information sessions.

Parents have attended sessions including Supporting Anxious Children, Emotional Wellbeing, Supporting Siblings of children with Additional Needs, Sibling Rivalry, Special Educational Needs, Education Health and Care Plans and Statutory Assessments. We will continue to work together as a team to offer more online sessions and hopefully some face to face training in the near future.

Carers Support Groups

Our support groups came together in December, we had great afternoon, chatting, doing a quiz, having a cuppa and a few nibbles. It was so good to see so many Carers sharing and supporting one another. I think you will agree from the photo it was a successful group meeting.

At this meeting we took the opportunity to ask Carers what they would like for future support groups.

To meet these needs we are pleased to announce, that we are looking at getting someone to talk to Carers about benefits, and hopefully someone from the mental health services NHS (TEES, ESK AND WEAR VALLEYS NHS FOUNDATION TRUST) in relation to supporting Carers. As always, we will take on board your feedback and look to arrange speakers accordingly.

The next group meetings are

Wednesday 2nd February at 1- 2.30pm

Wednesday 2nd March at 1-2.30pm

Wednesday 6th April at 1-2.30pm.

Contact Ruth Sykes
for more information
and to book your place
ruth.sykes@darlingtoncarers.org
or telephone 01325 524613.



YOUR HELP IS NEEDED

Are you aware of any groups that we may be able to contact to give a talk about our service or individuals who would benefit from our support? Did you know we can help with advice and advocacy as well as?

- Access to breaks
- Free Counselling
- Grants and bursaries

and much more.

Please contact us on 03000 301215
or email: admin@darlingtoncarers.org



Great News!



County Durham
Community Foundation

We have been successful with a funding application from County Durham Community Foundation. This funding can be allocated within our strict criteria for unpaid Carers registered with ourselves.

This could be:

- A grant towards the costs of a short break or outing within the UK.
- A grant towards the travel costs for patients of any age with a life limiting illness or disability receiving regular hospital outpatient treatment.

If you would like to discuss this further or apply for one of these grants, please contact us:

Darlington Office: Unit 1F, Enterprise House Valley Street North, Darlington DL1 1GY
Telephone: 03000 301215
Email: admin@darlingtoncarers.org

Virtual Carer Support Group

Join us for a cuppa and a chat with other Carers. The group is small, friendly and would love to find out how you are.

When: First and Third Thursday of each month

Time: 2pm-3pm

Where: on Zoom

Dates for your Diary:

Thursday 6th January - Start a new year and share your experiences with other Carers " Its Good to Talk "

20th January - Chat and catch up

3rd February - Members of Staff from County Durham and Darlington NHS Trust will be joining us to talk about Diabetes, Medication, Diet and Exercise.

17th February - Chat and catch up

3rd March - Helen Bellas will be joining us to talk to you about the benefits of different Complementary Therapies.

17th March - Chat and catch up

To request the joining link or for more information, please email aileen.scott@dccarers.org

Fancy a New Year Challenge?

Run the Great North Run 2022 and help raise funds for our FREE Counselling Service for unpaid Carers living in County Durham and Darlington.

Go to our website to secure your place £25 plus min. £200 fundraising (don't miss out, we have only 9 places left).



NEW SUPPORT GROUP

MS Support Group

in partnership with
Darlington and District MS Society

Join us on Tuesdays at 10am
The Wellbeing Hub at the Woodlands

For more information or to book a place please contact Heather Bell on 01325 254321 or email: enquiries@darlingtonhospice.org.uk

www.darlingtonhospice.org.uk

MS Society
Registered Charity No:
1139257 / SC041990

Wellbeing Hub
at the Woodlands
Registered Charity No:
518394

Update from this year's Great North Run

Special thank you goes to this year's runners, collectively they fundraised an amazing £6,224.

100% of this fundraising is used to run our Counselling Service for Carers or directly support Carers through our Carers Wellbeing Fund.

Its not too late to add to their total, visit our website www.dccarers.org and click the donate button.

If you are interested in taking part in next year's Great North Run, please email:

jacqui.coulson@dccarers.org



Carer's Break Package

What is it?

Age UK North Yorkshire & Darlington's Carer's Break Package provides a package of free support to help Carer's to get some vital rest and respite. The support package includes the following:

Carer's Break Package
Volunteer befriending (Cared For & or Carer)
Wellbeing check (Cared For & or Carer)
8 meals at home (Cared For & or Carer)
10 activities (Cared For & or Carer)
Income maximisation check-up (Cared For & or Carer)
7 day care sessions including transport (Cared for)
£20 Voucher for Age UK NYD café (Cared For & or Carer)

If you would like to refer someone to this service, please contact our Health and Wellbeing Support Worker, Shaun Britton on 01325 362 832 or email him at shaun.britton@ageuknyd.org.uk

Connecting Carers Project

How can the internet help me?

Many people do not realise how the internet can help in your daily living and caring role. We can now do many things online such as shopping, banking, connecting with friends and family, accessing services and attend important meetings around your caring role. You can also relax by pursuing hobbies and keeping entertained if you have that all-important downtime. There are also numerous online support options.

Who would have thought a little handheld device could help and do so much! The Connecting Carers Project may be able to help with providing a Wi-Fi source and device so you have no worries about that extra cost. We can help and demonstrate how to access these services and hopefully develop your IT skills. We offer one to ones, telephone support, Zoom info. Managing your email account, internet safety, online shopping, pros and cons of Facebook, how to save and download files/photos and internet searching.

To learn more Contact Ruth Sykes on the details below. Don't think you can't learn new skills, empower yourself and learn something new. 2022 could be your year to conquer the Internet!

If you are interested to find out more about this fantastic project contact, Ruth Sykes 01325 524613 or email ruth.sykes@darlingtoncarers.org



Receive your Caring Matters Newsletter by Email and you Could Win . . .

By signing up to receive your 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. You will be one of the first to receive the next copy of the newsletter and you will also hear about our Carer training courses and activities. Send us an email to: admin@darlingtoncarers.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/privacy-policy Prize Draw All Carers who receive the newsletter by email are entered into our quarterly prize draw and this time the two winners will each receive a pamper box. October 2021 Prize Draw Winners Congratulations to Lindsay Forster & David Charlton who were the lucky winners of a luxury box of tiffin from Tiffin Annie's. Pamper Box (picture for illustration purposes only).





50:50 Club

Monthly Lottery

Only
£1.00 per
stake

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



August 2021

E Davison £110
Mr Hendry £73
Olive Hocking £37

September 2021
M Aspinall £114
S Kramer £76
V Duffy £38

October 2021

D Dalton £120
W Guest £80
R Hopkins £40

Lottery Licence Number LOT142

A BIG Thank You

We cannot thank the manager John Charlton from Howdens Joinery Ltd, Yarm Road trade park Darlington enough for their kind donation to our service.



We are recruiting for a Carer Support Worker

£10,116.58 - 18 hours per week

Fixed term contract to 31st March 2024

The role is based at the current office of Darlington Carer Support, and involves extensive travel throughout the Borough of Darlington. The post holder may be required from time-to-time work anywhere within the Borough of Darlington and attend training and meetings within County Durham. The position is temporarily part home based, part office based.

Working with a Whole Family Approach to provide information, support and advice to Carers who are caring for someone living in the Borough of Darlington, by working in a solution focussed way, with the aim of empowering Carers to make informed choices and improving their health and wellbeing.

The post requires an enhanced DBS and It is essential that you have a good knowledge of health and social care systems, a full driving licence and access to a car

CVs will not be accepted, and candidates are required to complete the application form.

Application form within website

https://www.dccarers.org/current_vacancies



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 Skinnergate	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% discount card number with your order.
Molly's Tea Room Website: www.hagasandantiques.co.uk	48 Front Street Email: hagas-antiques@outlook.com	West Auckland	DL14 9HL	01388 417077	10%	10% discount in the cafe

The Energy Issue

Energy bills payment have increased for many households as Ofgem (The Office of Gas and Electricity Markets), the energy regulator for the UK, increased the energy price cap 1st October 2021 to consider the rising cost of gas and electricity.

The energy price cap is the maximum price suppliers can charge customers on a standard (default) tariff or a prepayment meter for their energy costs. This cap was introduced to protect consumers from energy suppliers increasing bills without a limit. Standard tariffs are variable, which means energy suppliers can increase or decrease the rate they charge at any time.

As the energy price cap is increased, energy suppliers can charge up to the maximum allowed. This means standard tariffs could increase by £139 (to around £1,277 per year – which is the average UK household energy cost) with prepayment customers seeing a potential increase by £153 to £1,309 per year. If a household is on a fixed rate tariff, they won't be affected by the changes until their current deal ends.

The cap protects the cost of units rather than bills and is not the maximum that customers on such tariffs will pay for annual energy bills. If you use more gas and electricity than the "medium" user, you will pay more for it.

While standard variable tariffs have in the past been the most expensive tariffs on the market, because of the price cap they are now amongst the cheapest. It is still worth households asking their suppliers whether they are on their cheapest tariff, but it has become increasingly unlikely that savings can be made by switching.

Supplier of Last Resort (SoLR)

Several energy suppliers have ceased trading over recent months and Ofgem has provided protection for customers of failed energy companies under its Supplier of Last Resort (SoLR) safety net. This ensures the energy supply of customers will continue, and outstanding credit balances of domestic customers will be protected. Ofgem chooses a new supplier to take on all of the failed energy supplier's customers who will be contacted by the new supplier with account information, usually within 4 weeks of the old supplier ceasing to trade. Ofgem advises that anyone who is affected does not switch prior to being contacted as they lose some of the protection that the SoLR transfer gives



and to take a meter reading, preferably a photo, to give to the new supplier. You can also call the scheme's helpline on 0800 731 0214 for more information.

If you are struggling financially, who can help?

There are a number of energy schemes you may be able to apply for

Warm Home Discount

You might qualify for a £140 discount on your electricity bill in winter if you either:

- have a low income
- receive the guaranteed element of pension credit
- claim certain other benefits

Find out how to apply on [GOV.UK](#)

You can also call the scheme's helpline on 0800 731 0214 for more information.

Winter fuel payment

The winter fuel payment is a grant of £100 to £300 to help older people with energy bills in winter.

How much you get depends on your age, if you receive certain benefits and if you live alone or with others.

To qualify for the payment, you must have been born on or before 5 November 1953.

Visit [GOV.UK](#) to find out if you qualify

Citizens Advice have a specialist energy team who can be contacted on 0800 048 7023

Speak to your Carer Support Coordinator. If you are not sure who that is call us on 03000 301215 and we will put you in touch. You can also message us on our Facebook page by searching for Durham County Carers Support. We understand that all money worries can affect your mental and physical health and we may have access to a grant via Turn2us or other grant provider that can help ease the strain. Talk to us to see how we can support you. You can check for potential grants and do a benefit check on our website [dccarers.org](#) in our benefits and grants section at any time.

Getting Extra Help with the Priority Services Register (PSR)

If you have difficulty taking meter readings which can affect your energy bills, you may be eligible for the Priority Services Register. The PSR offers wide range of support from informing of planned power supply disruptions, appointing a nominee to help you with correspondence or contact to moving a meter that is inaccessible or unsafe for you to reach. These are a few ways in which being on the register can help. There are many more! You are eligible if you have reached your state pension age, are disabled, have a long-term medical condition, have a hearing or sight condition, have a mental health condition or you are pregnant or have children under 5. It is worth asking if you are unsure as there are many other reasons that may apply to your situation. You can ask your supplier for more information or contact Northern Powergrid on 0800 169 2996 for electricity customers or Northern Gas Networks on 0800 040 7766.

journey to change



Are you a Carer who is supporting someone who is using, or previously used, TEWV NHS Trust Mental Health and Learning Disabilities services whether in the community or as in-patient?

Anthea Motson, Carer Experience Officer, would like to warmly welcome you to join our Carers Working Group. At present we have around 15 members who attend our meetings once a month. These meetings are held over Microsoft Teams and are approximately 1½ hours long. You can attend meetings as frequently, or infrequently as you would like to, there is no pressure to be at every meeting.

The Carers Working Group enables members to:

- Talk about ways services can be improved if things are not going well.
- Talk about their own experiences - only if you would like to share these.
- Get information from others within the Trust which will help us to work together to think about future plans and decisions.
- Put forward suggestions for improving practice.
- Look at documents/information and new proposals made by the Trust and give a carers perspective on these.
- Share good practice and tell others about the good work we are doing.
- Look at the information gathered from our Carers Online Open Day and help implement the recommendations.
- Sometimes ask guest speakers to attend our group.

Your ideas will help us with future developments.

NHS

Tees, Esk and Wear Valleys
NHS Foundation Trust

Confidentiality

- We might need to share information with other people and sometimes people might want to share information with you, but we will talk about this first.
- We will only tell people what they need to know.
- We will not discuss issues about people outside of the group.

A message from one of our new members might encourage you to join us.

"I am a 'newbie' to the group and you may think that it's strange, that a new member is welcoming you but I want to tell you what an impression the group made on me from the very first meeting. I felt so inspired by their creativity, the positive attitude they had in wanting to make a difference for carers, the energy they infused when talking about planning for the future and the members dedication to making carers voices heard. It was clear to me how sensitive they were to the needs of carers and how committed they are to fulfilling the plans that they have for future working in co-creation with the Trust. By co-creation we mean making sure that patients, families and carers are involved as equal partners in all aspects of service planning, design, implementation, delivery and evaluation".



Please email me if you would like to know more or are interested in joining us: anthea.motson@nhs.net



CARER BREAKS

Having a break or taking regular time to yourself can help you to cope better with your caring role. A break can also allow you to catch up on everyday things like getting some sleep, enjoying some leisure time, or visiting friends and family. There is funding available from the NHS to allow eligible Carers' to take a break.

This funding could be for a training course, spa break, tickets for the theatre, a visit to a leisure facility, activities. For more information contact Darlington Carers Support 0300 005 1215 or email: admin@darlingtoncarers.org





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47-49 Main Street, Shildon DL4 1AF
Telephone: 01388 772671

Email: hackettandbaines@btconnect.com