



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"

## 10 years of supporting Carers in County Durham



**New Website Launched**

(See page 3)

**Money Saving Ideas**

(Find out more on page 5)

Wellbeing Days, Trips Out, Courses and Much more inside



County Durham  
Clinical Commissioning Group

**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](mailto:admin@dccarers.org) Web: [www.dccarers.org](http://www.dccarers.org)

[www.facebook.co.uk/durhamcountycarerssupport](https://www.facebook.co.uk/durhamcountycarerssupport)

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

# QR Codes - What Are They?

QR codes (or Quick Response codes) are all over the place at the moment. They are a two-dimensional barcode which, when scanned with a smart phone, can point you to an online destination, such as a website or download link. They typically contain the information on a URL in an image form.



## How do they work?

Most modern Android smartphones have a QR code built into the camera. Just open your camera and hold it over the barcode and it should take you straight to the destination. If your camera does not have this scanner, then you can easily download a QR scanner app from the Google Play Store. The iPhone has the QR code scanner built into the camera.

## QR Code Competition

We are increasingly using these codes for purposes such as surveys, events and competitions. By scanning the QR code above and filling in your details, you will be entered into a prize draw to win a classic box of Chocolate Tiffin from Tiffin Annies. Entries close Friday 17th June 2022. Terms and Conditions apply; see entry form for details.



## Competition Winners - January 2022 Edition

Congratulations to Christine Linsley and Sarah Wilcock, who were the lucky winners of a pamper box from the competition in the January edition of Caring Matters.

# Carer Spa Days

**Do you feel stressed and need a break from your caring role? Would you like a Spa Day but not keen to go on your own?**

We have arranged some local Spa Days where you have the opportunity to meet with other Carers in a relaxing environment. You will be greeted together and will be free to use the Spa facilities at your leisure, have individual treatments then enjoy lunch with your group. We have 30 spaces available (10 at each venue) and request a £10 non-refundable contribution. Please do not send any money with your entry we will contact you for payment if you are successful. Names will be drawn at random if the dates are oversubscribed.



Unfortunately, we are unable to offer transport to the Spa days and the dates cannot be changed/transferred. **The Spa Days are as follows:**

- Thursday 19th May - Marriot, Gateshead, NE11 9XF
- Wednesday 25th May - Redworth Hall Hotel, Newton Aycliffe, DL5 6NL
- Date to be Confirmed - Seaham Hall, Seaham, SR7 7AG

If you are interested in attending, please complete the form below or use QR Code to take you straight to the entry form. Please complete the form by Friday 13th May 2022 and return it to the head office address on the front of this newsletter and mark it "Spa Day" entry.



### Spa Day – Entry Form

Carer Name: .....

Address: .....

..... Postcode: .....

Tel No: .....

Email address: .....

Venue you wish to attend (delete as appropriate): Marriot  Redworth Hall  Seaham Hall

# We have a New Website!

## [www.dccarers.org](http://www.dccarers.org)

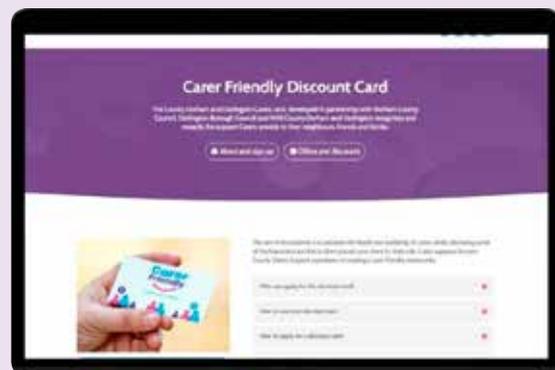
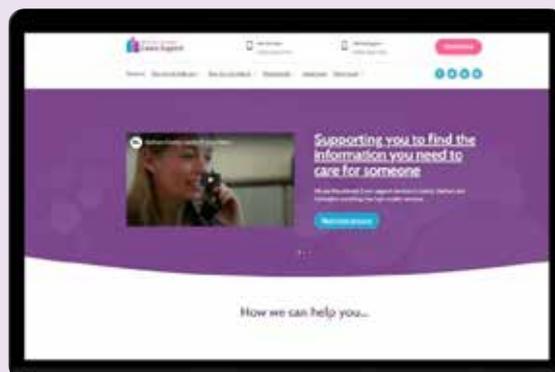
Exciting news! If you didn't already know, we launched our new website in early April. The new site is much easier to navigate, with a simple and clean look. Created by CreoComms based in Sunderland, Carers can find out all about the services we offer, download information and can now register online on our "Sign up for Support" page. Completing the registration process online provides more flexibility for Carers to register at their own pace. Our friendly Contact Team are still available to take registrations over the telephone.

The groups and events page allows Carers to see what's going on with ease and also book onto events/trips and courses. Don't worry though, we will still advertise these in this Newsletter as well.

The new and improved Carer Friendly Discount Card page now includes a business directory of the organisations which are taking part in the scheme. Each business has their own page, which includes a short profile, details of the discount they offer to our Carers and contact information. If you do not have a card and you are a Carer, simply navigate to this page and click the "Request a Card" button.

We hope you like our new website; it will constantly be updated with new content, so please regularly visit our site.

Find us at [www.dccarers.org](http://www.dccarers.org)



## Carer Friendly Discount Card

Have you got your card?

**The Carer Friendly Discount Card allows the cardholder to access discounts on products and services on production of the card. To see the full list of participating businesses to our scheme or to request a card please visit our website:**

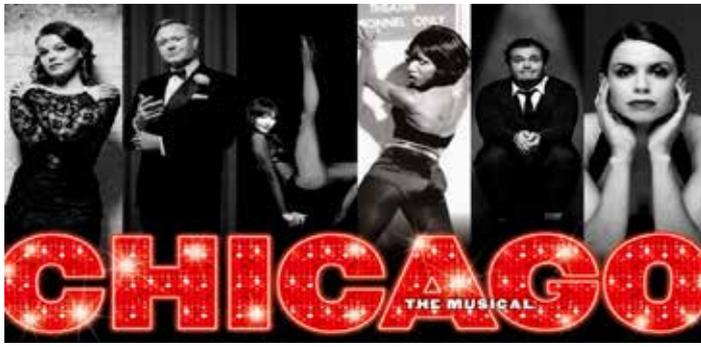
[www.dccarers.org](http://www.dccarers.org)



## 10 Years of Supporting Carers in County Durham

This year it's the 10th Anniversary of Durham County Carers Support. Our new organisation was formed on 1st July 2012, by merging 5 local Carer Support charities together. Originally, these charities were formed around 1995 so have a long history of working with the local communities and services. We began with around 8000 Carers being supported. Over the years we have had an average of 2,400 new Carers register every year. Our overall aim is to improve the lives of Carers through one to one support and working across all the other services in the area. During the year, we plan to celebrate the achievements and progress of the organisation in our newsletters, our new website, our social media and Annual General Meeting. We will also be highlighting the amazing contribution that unpaid family Carers give to their friends and family to our partners and communities. As well as thanking our staff, volunteers and trustees. It's never been more important to ensure you get regular updates by following us on social media, checking our website regularly and updating your contact details so we can email or text you with news. You can also contribute and support our services by joining the 50:50 lottery (see page 7), making a donation or holding a fundraiser on our behalf.





# Carers Theatre Trip

Sunderland Empire  
Wednesday 1st June 2022 at 7.30pm

"Murder, greed, corruption, exploitation, adultery and treachery...all those things we hold near and dear to our hearts." So begins the international multi-award-winning musical, CHICAGO.

Set amidst the razzle-dazzle decadence of the 1920s, CHICAGO is the story of Roxie Hart, a housewife and nightclub dancer who murders her on-the-side lover after he threatens to walk out on her. Desperate to avoid conviction, she dupes the public, the media and her rival cellmate, Velma Kelly, by hiring Chicago's slickest criminal lawyer to transform her malicious crime into a barrage of sensational headlines, the likes of which might just as easily be ripped from today's tabloids.

Tickets are priced at £3 each and are available in sets of 1 or 2 by completing this booking form or using the QR code to book online. If you have any questions, contact Andrea on [andrea.emerson@dccarers.org](mailto:andrea.emerson@dccarers.org)

Please note we are not able to provide transport to this event.

## Chicago Theatre Trip Wednesday 1st June 2022

Carers Full Name: .....

Address: .....

.....

Postcode: .....

Telephone Number: .....

Email: .....

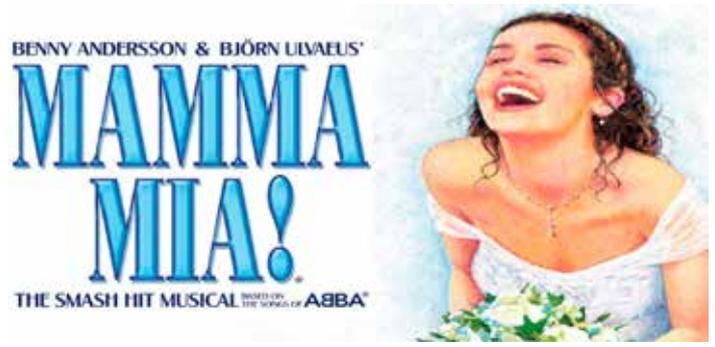
Number of tickets requested:

1 or 2 (please circle)

@ £3.00 per ticket

Total payment enclosed £

Cheques made payable to DCCS. Please contact Andrea for other payment methods.



# Carers Theatre Trip

Sunderland Empire  
Thursday 14th July 2022 at 2.30pm

Set on a Greek island paradise, a story of love, friendship and identity is cleverly told through the timeless songs of ABBA.

Join us at MAMMA MIA! and enjoy the ultimate feel-good factor at the world's sunniest and most exhilarating smash-hit musical! Sophie's quest to discover the father she's never known brings her mother face to face with three men from her distant romantic past on the eve of a wedding they'll never forget. Whatever age you are, you can't help but have the time of your life at MAMMA MIA!

Tickets are priced at £3 each and are available in sets of 1 or 2 by completing this booking form or using the QR code to book online. If you have any questions, contact Andrea on [andrea.emerson@dccarers.org](mailto:andrea.emerson@dccarers.org)

Please note we are not able to provide transport to this event.

## Mamma Mia Theatre Trip Thursday 14th July 2022

Carers Full Name: .....

Address: .....

.....

Postcode: .....

Telephone Number: .....

Email: .....

Number of tickets requested:

1 or 2 (please circle)

@ £3.00 per ticket

Total payment enclosed £

Cheques made payable to DCCS. Please contact Andrea for other payment methods.



# Worried About Money?

Don't miss out on these 5 saving opportunities

## 1. Free School Meals

Free school meals are available for children in primary and secondary schools if their parents or guardians receive certain benefits. Through the Universal Infant Free School Meal scheme children in Reception, Year 1 and 2 classes automatically receive free school meals.

You can pick up an application form from school or download from [www.durham.gov.uk/freeschoolmeals](http://www.durham.gov.uk/freeschoolmeals)

You can either provide the school with proof of eligibility for the relevant benefit or give permission to check the council's and the Department for Education's records on your behalf.

Email: [schoolmeals@durham.gov.uk](mailto:schoolmeals@durham.gov.uk) or call 03000 268 002 for more information.



## 2. Discretionary Housing Payment (DHP)

If you are a tenant and need extra help to meet your housing costs, you may be able to claim Discretionary Housing Payment (DHP).

DHP is not a benefit payment. It's a stand alone, short term payment. Durham County Council award these payments if a DHP may assist while you sort out your housing and money problems in the longer term.

You must show that you are doing everything you can to address your housing or money problems. These problems might include difficulty to find a home or get a job, debts, or benefits and welfare issues.

Email: [housingsolutions@durham.gov.uk](mailto:housingsolutions@durham.gov.uk) or call 03000 268 000 to start an application.

## 3. Vehicle Tax Exemption/Reduction

You can apply for exemption from paying vehicle tax if you, or a child that you are responsible for, get the higher rate mobility component of Disability Living Allowance (DLA) or the enhanced rate mobility component of Personal Independence Payment (PIP).

You can get a 50% reduction in vehicle tax if you get the PIP standard rate mobility component.

The vehicle should be registered in the disabled person's name or their nominated driver's name for both schemes.

Visit [www.gov.uk/financial-help-disabled/vehicles-and-transport](http://www.gov.uk/financial-help-disabled/vehicles-and-transport) for more information and how to apply.

## 4. VAT Relief for Disabled People

If you're disabled or have a long-term illness, you will not be charged VAT on products that you buy that are designed or adapted for your own personal or domestic use. You will not be charged VAT on the installation and any extra work needed as part of this, repairs or maintenance or spare parts or accessories.

The product and your disability must qualify.

You do not qualify if you're elderly but not disabled, or if you're temporarily disabled. You'll need to confirm in writing that you meet these conditions. Your item supplier can give you a form for this. To see the full eligibility criteria visit:

[www.gov.uk/financial-help-disabled/vat-relief](http://www.gov.uk/financial-help-disabled/vat-relief)

## 5. Water Services Bill

[www.nwl.co.uk/savewaterathome](http://www.nwl.co.uk/savewaterathome) has a range of free items that are aimed to improved water waste awareness. There is an online calculator [www.nwl.co.uk/services/water/water-meters/usage-calculator/](http://www.nwl.co.uk/services/water/water-meters/usage-calculator/) to see whether you may save money on a metered service and there are a range of financial support options from Northumbrian Water on [www.nwl.co.uk/services/extra-support/financial-support/](http://www.nwl.co.uk/services/extra-support/financial-support/) or call 0345 717 1100 to find out more.



## Monday 6th June to Sunday 12th June 2022

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The theme for this year's Carers Week is make Caring Visible, Valued and Supported. We will have lots of activities and events planned throughout the week to highlight and celebrate the valuable work of unpaid Carers. Keep an eye out on our website and Facebook page for further information.



### Anyone for Golf?

Through the NHS Carer Break Fund, you could be eligible to apply for 6 lessons facilitated by Golf in Society at Cocken Lodge, Leamside, Houghton le Spring.

Experienced and new golfers welcome.

If you're new to the game, you can enrol in the 'Get into Golf' program; equipment provided.

Cocken Lodge has brilliant facilities, an excellent 9 hole course, covered driving range and welcoming staff providing hot food and drinks in the clubhouse.

Why not give it a go?

To apply for a Carer Break  
please contact:

[admin@dccarers.org](mailto:admin@dccarers.org)

Or

Telephone: 0300 005 1213



## Tea and Tech and Computer Repair Shop



Durham County Carers Support are holding a monthly Tea and Tech and Computer Repair Shop.

- Are you are having issues with your Windows or Apple device?
- Will it not turn on or running slow?
- Are you concerned about security or receiving constant pop ups?

You can arrange an appointment with us. Our handy volunteer Alan will look at your computer, free of charge. The only cost will be any parts needed. If your computer cannot be fixed on the day you will be notified when it will be ready to pick up. Alan will try to repair laptop or desktop computers.

We will also have staff to help you with any IT issues you are having with your device or mobile phone. The Tea and Tech and Computer Repair Shops will be held the last Thursday of every month starting the 26th May from 10.00am – 3.30pm at our Spennymoor office. Tea, coffee and cake will be provided while you wait.

**To book an appointment please contact:**

**Alison Dixon on 0191 500 6031 or email [alison.dixon@dccarers.org](mailto:alison.dixon@dccarers.org)**

# Carer Well-Being Days

Together with Durham Wildlife Trust, we are arranging a programme of Carer well-being events and activities, starting with an introduction to Low Barnes Nature Reserve and Visitors Centre in Witton-le-Wear, DL14 0AG. We are planning on holding these activity days throughout July and August with capacity for about fifteen Carers on each session. Transport may be available.



If you are interested in attending some of the sessions, please register your interest by either scanning this QR code or returning the slip below to: Durham County Carers Support, Enterprise House, Meadowfield Avenue, Spennymoor, DL16 6JF



## Carer Well-Being Days at Low Barnes Nature Reserve Register Interest July-August

Carer Name: .....

Address: .....

..... Postcode .....

Telephone/Mobile number: .....

Email Address: .....

Sessions interested in attending (please circle all that apply):

- Bird Box Making
- Wild Arts and Crafts
- Botany ID
- Orchid ID
- Tree ID
- Bird Watching
- Pony Talk
- Forest Yoga (gentle)
- Forest Bathing (meditation)



## Support our Counselling Service by Joining our 50:50 Lottery Club



This year we are celebrating 10 years of providing Carer Support across County Durham and Darlington, and with you by our side we have achieved so much. In our next Newsletter, we'll be sharing some of our greatest achievements.

We would like to take this opportunity to inform you about our FREE Counselling Service for Carers, which is fully funded through our 50:50 Lottery Club. Over the past 10 years, our 50:50 Lottery Club has generated £39,215, half of which has been paid out in prize money and the other half used to fund the Counselling Service.

In those 10 years, we have provided 11,583 hours of Counselling support to 2,896 Carers, enabling them to have a safe and non-judgmental space to talk about how their caring role affects them. Carers have also been taught coping strategies and relaxation techniques for them to better deal with these stresses, long after the sessions have ended.

It is one of the most widely used services we offer to our Carers, where privately these sessions can come at a premium of approximately £60 per hour. With your generous contributions and involvement in the 50:50 club, we are still able to offer this for FREE to people who need it most.

Some feedback from our Carers speaks volumes on how vital this service is:

"These sessions have saved my life; I honestly couldn't have got through this without their support, and I look forward to the future now instead of dread it, thank you so much."

"It's made me more confident and allowed me not to feel guilty about things I didn't cause and can't change."

"I wouldn't have got through with life changing events without the counsellor, very helpful."

"It was extremely helpful having someone to talk to who understood how I was feeling about my caring role."

"I always felt listened to."

If you would like to be part of our 50:50 Lottery, and help us to continue funding the Counselling Service, please turn to the back page of this Newsletter and complete the form, or join online. Thank you.

# Independence and Support

Jillian, Extra Care Resident



Extra Care independent living apartments are designed to meet the needs of older people who want to continue to maintain an independent lifestyle with 24-hour care available on site.

There are seven such schemes throughout County Durham where the care staff are managed directly by Durham County Council's inhouse care provider, County Durham Care and Support.

Extra Care gives you the independence of having your own home in a specially designed complex, with the benefit of on-site personal care and support to meet your needs. You can furnish your flat to your own taste and make the most of the on-site facilities

Living alone with a long-term condition can be challenging. After the loss of her mother, Jillian Bussey, who has epilepsy, experienced the difficulties of staying independent. So, when she was given the chance of moving into Extra Care, Jillian jumped at it.

"I have epilepsy, but it doesn't stop me from doing what I want to do," she explained. "The staff here support me when I need it, but I can do most things by myself. They help me to shower and it's a comfort to know they are on hand 24/7 if I need them. I now have a sense of security that I didn't have before."

Facilities include a communal lounge and restaurant, where you can enjoy three meals a day or socialise with other residents, landscaped gardens to relax in or take a walk, and a guest suite if your family or friends want to stay over.

As well as enjoying home comforts, residents can rest

safe in the knowledge that our Extra Care sites have 24-hour care support available if required. The staff team will visit them in line with their assessed needs to ensure all care and support needs are met. Anyone moving into Extra Care will be assessed by a social worker, which will help to create their care/support plan. Care staff are also on hand to provide emergency help, which can be summoned via an alarm system.

## Freedom to live your life

When illness struck 63-year-old Andrew Battman, he found he was unable to care for himself. After a period in hospital, he was referred to a care home until his health improved before deciding that our Extra Care service would be a more suitable option as soon as he was fit enough to look after himself.

He said: "Extra Care has everything that I need, and a great community feel. I can come and go as I please, invite guests over and I have made friends with the other residents. My dog lives with me too which would never have been possible in the care home. To me, Extra Care means the freedom to live my life how I want to, but also the reassurance of knowing that help is available if I need it.

## Where are Extra Care developments?

There are seven Extra Care schemes in County Durham: Charles Dickens Lodge in Barnard Castle; Chester View in Ouston; Harbour Lodge in Seaham; Maple Court in Consett; The Orchards in Brandon; and Sycamore Lodge in Spennymoor. We also support a scheme at Southfield House in Crook.

**For more information, call 01915 740 323 or visit: [www.anchor.org.uk/durhamcare](http://www.anchor.org.uk/durhamcare)**

Andrew, Extra Care Resident



# Connecting Carers has been going a year and have supported over 150 Carers

In almost everything we do; we use the internet. Ordering a takeaway, buying your weekly groceries, sharing a moment by sending a picture or virtually meeting groups of friends and family.

Too many people think the digital world can be scary place. It is moving so fast, and many people feel left behind.

## Connecting Carers Project can help.

- We can provide several ways to help you understand the digital world. From one-to-one home visits to workshops.
- We help by myth-busting and helping you understand how to stay safe online.
- We listened to what works best for you and have provided a service to meet every Carers needs.
- We help build your confidence and show you that you won't break the device by exploring.
- We have many success stories and have helped Carers in different ways.
- We may be able to provide you with a device and a means to get online.

Our first Tea and Tech Workshop was held in East Durham, and we are hoping to cover the rest of County Durham depending on the demand. The workshop ran for six weeks, one day a week. We provide a basic and informal way of learning, with many giggles. The next Tea and Tech workshop is at Bullion Hall, Chester-le-Street starting Tuesday 24th May. Please contact me or return the slip if you are interested.



**Don't think you cannot learn new skills, empower yourself and learn something new.**

If you feel left behind and would like to know more, you can contact me: Alison Dixon on 0191 500 6031 or email [alison.dixon@dccarers.org](mailto:alison.dixon@dccarers.org)

You can also return the tear-off slip to:

Alison Dixon  
 Freepost Plus RTXA-HHGH-SAGE  
 Durham County Carers Support  
 Enterprise House  
 Enterprise City  
 Meadowfield Avenue  
 SPENNYMOOR  
 County Durham DL16 6JF

Support Durham County Carers Support Connecting Carers Project can offer	Tick to know more
One to One support at home or a venue where you feel comfortable	
One to one Zoom support	
Zoom Group support	
One to one telephone support	
Six-week Tea and Tech Workshop at a venue near you	
<b>Bullion Hall Chester-le-Street Tea and Tech Workshop starting Tuesday 24th May 2022. Then every following Tuesday for six weeks.</b> The workshops will explain the basics of knowing your device, internet security, social media, emails, online shopping, and banking, downloading apps, and uploading files and photos and much more. These will be held 10.00am to 1.30pm. <b>Lunch will be provided, and we could offer transport if you live out of the area of the workshop.</b>	
Name:	
Address:	
Contact Number:	

# PARENT CARER SERVICE

The Parent Carer Team continue to offer support to those caring for a child with additional needs. In this newsletter we will introduce a new member of staff and are looking forward to the summer with a round up of organisations offering activities to keep little ones (and not so little ones) occupied during the long summer holiday.

Also if you are a parent carer, or if you know a parent carer, needing support, please don't hesitate to contact us, we are here to listen and do what we can to assist you. Joanne, Helen and Michelle.

## Introducing Michelle...

Michelle Wright is the newest member of the Parent Carer Team, she joined us in January and we were really pleased to welcome her to the team.

"I am Michelle, I know the battles some parent carers face, as I am a parent carer myself. I am really passionate about helping parent carers as I understand the stress, many parent carers have at home and feel that they shouldn't experience added stress when dealing with school, professionals or the wider community. I have a listening ear, and welcome calls from parent carers who are in need of support. If I don't know the answer to a question I will do my best to find out. Over the past couple of years I volunteered with Durham County Carers Support, helping parents to complete DLA forms, so I may have already spoken to some parents. I am looking forward to supporting parents and getting to know everyone."



## Do you have a budding footballer in the family?

Durham FA support people with additional needs to get involved with the game. Their football development officer (disability football) would be happy to help parent carers find the right opportunity for their budding players.

[www.durhamfa.com/players/disability](http://www.durhamfa.com/players/disability)  
0191 3872928 (Option 4 then Option 7)



The following organisations all offer activities for children with additional needs. They have their own criteria, and may work in specific localities but it is definitely worth being on their mailing lists and following their social media pages.



<https://sportworksltd.co.uk>



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



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



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



Search Enter CIC on Facebook



[www.investinginchildren.net](http://www.investinginchildren.net)



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



[www.littletreasures.website](http://www.littletreasures.website)



All Stars Cricket provides boys and girls from 5-8 years old with 8 weeks of non-stop fun. The activity and game based programme is suitable for all skill levels, Dynamo Cricket is for 8-11 year olds looking to get into the sport.

Go to <https://ecb.clubspark.uk> to search for a programme in your locality.

# FUN & FOOD

Holiday activities with healthy food

Funded by the Department for Education

Provides free holiday activities with healthy snacks and meals for children and young people. Activities are provided by schools, voluntary and community sector groups, sport and leisure services and Family Centres.

[www.durham.gov.uk/funandfood](http://www.durham.gov.uk/funandfood)



# Great North Run 2022

Sunday 11th September 2022

We have 15 runners taking part in this year's largest half marathon, each runner has committed to raise funds for Carers living in County Durham and Darlington. 100% of funds raised will be used to provide specialist support and advice, financial help and Carer events and training.

The race starts in Newcastle upon Tyne where thousands of runners get ready to take on the 13.1-mile route through the city centre towards the River Tyne and the first step to cross over the iconic Tyne Bridge. The route, lined by thousands of supporters, leads runners to South Shields where at the top of Prince Edward Road the view of the sea is one of the most welcoming sights along the whole course. From that point there is just over a mile to go, and the crowds get louder as runners make their way down the final straight towards the finish gantry.

**You can show your support and sponsor our runners by either sending a cheque to Durham County Carers Support, Enterprise House, Spennymoor DL16 6JF or go to our website to donate online or scan this QR code to donate through 'Just Giving', then go to our page by searching for Durham County Carers Support.**



## Leaving a Gift in your Will

At Durham County Carers Support, we believe gifts in Wills have the power to make sure no Carer living in County Durham and Darlington has to care for the person they love alone.

Having an up-to-date Will is the only way to make sure that your family and friends, as well as any charities you care about, are provided for. Without a Will, the state decides what happens to your assets. It's a good idea to review your Will from time to time, as circumstances do change.

To give you an idea; a gift of £20 can provide refreshments for a young adult Carer group meeting, a gift of £1,000 would pay for the delivery of four workshops for Carers. A gift of £5,000 can deliver six months' worth of Counselling sessions for adult Carers increasing their coping skills to help them to maintain their caring role. Every amount makes a difference to the unpaid Carers in need of our support.

If you'd like to include Durham County Carers Support in your will, simply insert the following message:

*I give to Durham County Carers Support of Enterprise House, Meadowfield Ave, Spennymoor, Co Durham DL16 6JF, registered charity number 1069278 [\_\_% of the residue] of my estate/[specified amount] absolutely for its general charitable purposes.*

Don't forget to use our full name and details to make sure the gift reaches us.

**For more information, please contact Jacqui Coulson, Finance Manager on 01833 600575 or email: [jacqui.coulson@dccarers.org](mailto:jacqui.coulson@dccarers.org) to receive a copy of our Wills Booklet.**



# Volunteer Corner

It's Volunteers Week from the 1st-7th June which is a national week of recognition for volunteers up and down the country to be applauded. We would like to say a huge thank you to all of our volunteers for all you do to support Carers. Our mission is to "Improve the lives of Carers" and the contribution our volunteers make does exactly that and we are very proud to work with all of you. Our Trustees, Group Support, Carer Ambassadors, KIT Team, Counsellors, Fundraisers helps to support over 23,000 people across Durham and Darlington, which is an achievement in itself!!

As a token of our appreciation this year, all of our volunteers are eligible to receive 2 complementary tickets to our theatre trip to Chicago on Wednesday 1st June 2022 at 7.30pm at The Sunderland Empire. Please contact Andrea Emerson on [andrea.emerson@dccarers.org](mailto:andrea.emerson@dccarers.org) to claim your tickets.



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## Volunteer Case Study

### **"Why I volunteer for Durham County Carers Support". Holly Leonard-Morgan:**

As a new member of the 'Keeping in Touch' team I have learnt a great deal about the DCCS and the wide channels of support that are available to assist Carers in their roles. At first, I chose to volunteer during the lockdown because of the added challenges and isolation that inevitably it created, however, I have continued alongside my university studies to contribute to the project after witnessing the success and seeing the realised achievements of the 'Keeping in Touch' project. As a student with little experience in caring, offering support and making calls has been eye opening. It has not been an easy role to volunteer for but that is what makes it the most rewarding.

The personal challenges I experienced was the balance of calls with my studies and overcoming a sense of nervousness which arose when making the calls. The training and advice offered by Keeping in Touch ensures that as a volunteer I am best able to offer solutions or support to those needing it, and the most remarkable element about the team is their commitment to the individual. If there is an issue that I am unable to assist with, it will be answered by another member of the team, ensuring that the best support can be provided. The attentiveness and caring nature that the team demonstrates extends to the volunteers, with team leaders that have been able to encourage, train and help to balance personal pressures that I have faced with studies alongside my volunteering role.

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## Current Volunteer Vacancies

We have several volunteer team vacancies available, so if you, or anyone you know might be interested then please get in touch or share the news. If you know of any school leavers looking for volunteering experience, then we could provide references, and this can even help towards UCAS points for university applications.

**Parent Carer Team Volunteer** - We are still on the look-out for anyone who would like to help Parent Carers to complete DLA forms for children with additional needs. This post can fit around your current responsibilities, and you will receive full training and ongoing support.

**Keeping in Touch (KIT) Team Volunteer** - Our KIT team are looking for additional volunteers to make one off phone calls to Carers to re-engage them with our support. Full training will be provided, you will need to be IT literate and will include a DBS check. This role can make a huge difference in someone's life by helping us to offer vital support and therefore can be very rewarding.

**Carers Discount Card Champions** - This role is to assist our Finance Team as they aim to expand our Carers Discount Card Scheme and will involve contacting local businesses via social media, post or telephone and directing them to the website to sign up. This is not a sales role as we just want businesses to agree to give local Carers a discount on their goods or services. The businesses would also have to agree to display our Carer Friendly logo which is of no cost to them.

For further information contact Andrea Emerson [andrea.emerson@dccarers.org.uk](mailto:andrea.emerson@dccarers.org.uk)

# WHAT'S ON

Here you'll find all the courses, training, groups and events that we have planned for Carers over the next few months

## Support Groups

### Virtual Carer Support Group on Zoom

Join us for a cuppa and a chat with other Carers. We often have speakers to talk about all kinds of subjects.

**When:** first and third Thursday of the month, 2pm – 3pm

**Contact:** Aileen Scott to request the joining link [aileen.scott@dccarers.org](mailto:aileen.scott@dccarers.org) or call 01388 439745

### Teesdale Carers Support Group

Join us for a cuppa and a chat

**Where:** Woodleigh (Council Offices), Flatts Road, Barnard Castle, DL12 8AA

**When:** Last Thursday of each month, 10am - 12noon.

**Contact:** for more information please contact Aileen Scott on 01388 439745 or email [aileen.scott@dccarers.org](mailto:aileen.scott@dccarers.org)

### Consett Carers Support Group

Join us for a cuppa and a chat

**Where:** Methodist Church, John Street, Consett

**When:** 2nd Tuesday of the month 10.30 – 12 noon

**Contact:** for more information contact Dawn Mallows on 01207 263491 or email [dawn.mallows@dccarers.org](mailto:dawn.mallows@dccarers.org)

### Chester le Street Dementia Group

Join us for a cuppa and a chat

**Where:** Bullion Hall, South Approach, Bullion Lane, Chester-Le-Street, County Durham, DH2 2DW

**When:** 1st Friday of the month, 10am-12noon.

**Contact:** for more information contact Steve Gillgallon on 0191 500 6013 or email [steve.gillgallon@dccarers.org](mailto:steve.gillgallon@dccarers.org)

### Horden and Easington District Carers Group

**Where:** Horden Youth and Community Centre, Eden Street, Horden, County Durham, SR8 4LH

**When:** 2nd Friday of the month, 10am – 12noon

**Contact:** for more information contact Adele Blair on 01388 439748 or email [adele.blair@dccarers.org](mailto:adele.blair@dccarers.org)

## Information Sessions

### Making Sense of Caring

An informal session delivered by DCCS Carer Support Coordinators with opportunities to ask questions. You'll find out how to access the support you need for you and the person you care for; hear about the support we offer including benefits and funding to take a break.

**When:** TBC

**Contact:** to register your interest please contact Carole Gibson on [carole.gibson@dccarers.org](mailto:carole.gibson@dccarers.org)

## Exercise Classes (on Zoom)

### Virtual Yoga for Carers with Julie Metcalfe

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. Dates of the 6-week courses are below:

- Tuesday 3rd May- 7th June 2022 10.30am - 11.30am
- Tuesday 26th July - 30th August 2022 - 10.30am - 11.30am



**Please scan the QR Code to book a place. Each course runs for 6 weeks, and places are limited.**

If you are unable to use the QR code, please call Jan Burden on 0191 500 6034 or email [jan.burden@dccarers.org](mailto:jan.burden@dccarers.org)

### Virtual Pilates for Carers with Cath Lofthouse

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".

- Friday 24th June to 29th July 2022 - 6.30pm to 7.30pm
- Friday 16th September to 21st October - 6.30pm to 7.30pm



**Please scan the QR Code to book a place (see page 2 for help with this) Each course runs for 6 weeks, and places are limited.**

If you are unable to use the QR code, please call Jan Burden on 0191 500 6034 or email [jan.burden@dccarers.org](mailto:jan.burden@dccarers.org)

## Carer Training/Courses

### First Aid Course

This full day course will cover the most common accidents and medical emergencies and will give Carers the knowledge to be able to prioritise injuries, establish if something is seriously wrong and give immediate first aid. Prompt and appropriate first aid, saves lives, can prevent a minor injury becoming a major one as well as reducing pain. It also makes everyone more risk aware giving Carers and those they are caring for peace of mind that they can help in a medical emergency.



### Moving and Assisting

A four-hour course to prepare and demonstrate how Carers can protect their backs within their caring role. The course covers, what is moving and positioning / what are the benefits? practical techniques, basic (visual) risk assessment, posture, anatomy and common injuries, the benefits of (appropriate) exercise, principles of safer handling and practical scenarios (suggested by Carers themselves on the day), show Carers the benefits of lifting correctly and enable viewing and trying a range of small handling equipment.

### **Infection Control Awareness Course**

A half day course to help reduce the risk of infection whilst caring for someone with an illness or disability at home or that of the cared for person. The aim of this Infection Control Awareness course is to greater increase Carer's knowledge of infection, how it spreads, preventing spread, personal hygiene, and the relevant legislation. Infection prevention is crucial to saving lives and is vitally important for anyone caring for a relative or friend at home.



### **Managing Medication Course**

To help Carers to be more aware of the medication they are administering and managing. To advise Carers on how to store medication safely. To dispel myths and fears especially around strong pain medicines. To provide carers with the confidence to approach pharmacy teams with any concerns and questions they may have. To make sure Carers feel part of the 'cared for' medication review.



**To indicate your interest in either the First Aid, Moving and Assisting or Infection Control Course, please scan the QR code and complete your details. Your feedback will help us to plan where and when these courses will take place.** If you are unable to use the code, please call Jan Burden on 0191 500 6034 or email [jan.burden@dccarers.org](mailto:jan.burden@dccarers.org)

## **Positive Approach to Care**

### **Are you caring for someone living with dementia?**

We are pleased to be able to offer you the opportunity to attend a 3-session course full of useful information and techniques to help you to manage what can be a challenging caring role. The Course Tutor is Amy Smith who, in her role as Lead Occupational Therapist with TEWV NHS Trust Older Persons Mental Health Services, has a wealth of knowledge, skills and experience to share.

Positive Approach to Care™ training focusses on what skills remain, rather than what is lost. It explains the changes in the brain and why people living with dementia may behave in a certain way and supports the care giver to appreciate what it is like to live with dementia, to accept the person with dementia is unable to change but that the caregiver can be flexible in their approach to make care giving easier by matching the approach with the specific needs of the individual.

The sessions, which will last for 2 hours, will be held over Zoom on:

- Friday 20th May 10.30am – 12.30pm
- Friday 27th May 10.30am – 12.30pm
- Friday 10th June 10.30am – 12.30pm

To book a place please contact Karen Wilson on 0191 500 6011 or email [karen.wilson@dccarers.org](mailto:karen.wilson@dccarers.org) It is advisable to plan to attend all three sessions. If your caring role would limit you from attending we may be able to arrange a sitting service for the person you are caring for – please contact Karen to discuss.



**Tees, Esk and Wear Valleys**  
NHS Foundation Trust

This newsletter is produced 4 times a year and is sent to over 18,000 supporters. If you have any comments we would very much like to hear from you. If you would prefer to receive the newsletter by email or not to receive it at all please email, telephone or write to us using the details below.

Freeport RTXA-HHGH-SAGE, Durham County Carers Support, Enterprise House, Enterprise City, Meadowfield Avenue, SPENNYMOOR DL16 6JF. Telephone: 0300 005 1213. Email: [admin@dccarers.org](mailto:admin@dccarers.org)

Website: [www.dccarers.org](http://www.dccarers.org) - Charity Number 1069278. Registered Number Company 3534933



# 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](http://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

### January 2022

1st Prize - E Loughlin

2nd Prize - E Nairn

3rd Prize - K Dodd

### March 2022

1st Prize - L Cook

2nd Prize - M Burt

3rd Prize - G Taylor

### February 2022

1st Prize - E Forster

2nd Prize - D Smith

3rd Prize - M Hunter

### April 2022

1st Prize - G Colledge

2nd Prize - N Haddock

3rd Prize - L Smith

