



Caring Matters

Charity No: 1069278
Company No: 3534933

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"



Office Move!

We are excited to let you know that Darlington Carers Support office has moved. Our new office is within the Wellbeing Hub attached to St Teresa's hospice in Darlington. This is a smaller office which is more suitable to our needs it is still centrally located with easy access to bus routes with free parking for Carers. Located directly opposite the Memorial Hospital. Our new office will be covered from 9am to 5pm, Monday to Friday apart from unforeseen circumstances. Currently the Hub entrance is not covered therefore please can you give us a ring on 03000 030 1215 and a member of staff will meet you at the Hub entrance. Our telephone numbers and email address remain the same:

Telephone: 0300 030 1215

Email: admin@darlingtoncarers.org

Our new address is:

St Teresa's Hospice, 9 Woodland Road, Darlington DL3 7UA

IN THIS ISSUE:

New Website
Money Saving Ideas
Trips Out
Training
Good News Story
Discount Card
New Benefit Support
... and much more



DARLINGTON
Borough Council



Contact us:

Darlington Office: St. Teresa's Hospice,
91 Woodland Road, Darlington DL3 7UA
Telephone: 03000 301215

Web: www.dccarers.org

Email: admin@darlingtoncarers.org

www.facebook.co.uk/darlingtoncarerssupport

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

Brought to you by



In collaboration with



FREE
digital resources
for carers

Looking after someone?

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Visit carersdigital.org

Create an account using your **free access code:**

DGTL1391

Use this code to get free access to all the digital products and online resources, including:



E-Learning Building resilience

Designed to help carers access advice and information relevant to their situation, find resources and identify sources of support including technology, as well as promote carers' own health and wellbeing.



Jointly Care co-ordination app

A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.



Free publications Carers UK guides

Essential reading for carers including: *Upfront guide to caring*, *Looking after someone – Carers Rights Guide* and *Being heard: A self-advocacy guide for carers*



More resources & info Links to workplace resources

Access links to further resources and sources of information and support for people who are looking after a loved one.



10 Years of Supporting Carers in County Durham and Currently Within our 6th Year Supporting Carers in Darlington

10 Years of Supporting Carers in County Durham This year it's the 10th Anniversary of Durham County Carers Support along with our 6th year within Darlington. 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.

We now support over 24,000 carers across Durham and Darlington. 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 15), making a donation or holding a fundraiser on our behalf.



New Benefit Support

As a Carer are you claiming the relevant Benefits you are entitled to? Would you like help with a Benefit check or information on Benefits to apply for along with support in completing the application forms such as:

- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Carers Allowance (CA)

From the first June Darlington Carers Support will be able to offer you full support in maximising your income. From filling in benefit forms, giving advice on what you can apply for or helping you get a grant to access something you really need, such as repairs to white goods, broken equipment etc.

We have our own Carer Wellbeing Fund and work with Turn2us, Carers Trust and a whole range of other grant makers. Our staff have a wealth of knowledge and experience so talk to us to find out more.

Alternatively try out the online Turn2Us benefit and grant calculator below. If you would like further advice on benefits and grants, please call us on 0300 030 1215 (Darlington) or email admin@darlingtoncarers.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

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.

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.



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. Darlington Borough 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.

Online forms available from <https://www.darlington.gov.uk/council-tax-and-benefits/benefits/online-forms> or telephone Darlington Borough Council benefit line on 01325 405444.

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 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

5. Water Services Bill

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/ 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/ or call 0345 717 1100 to find out more.

We have a New Website!

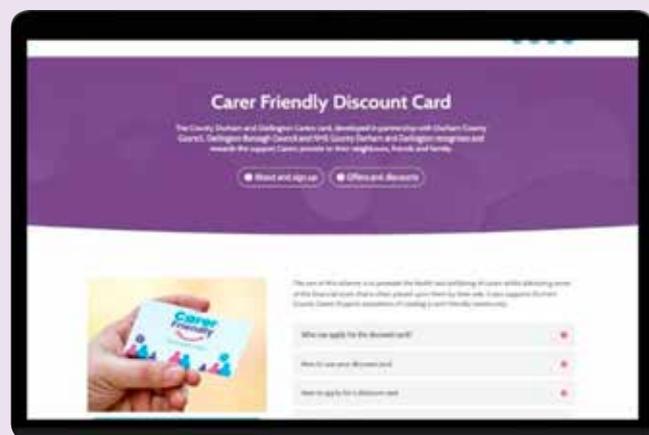
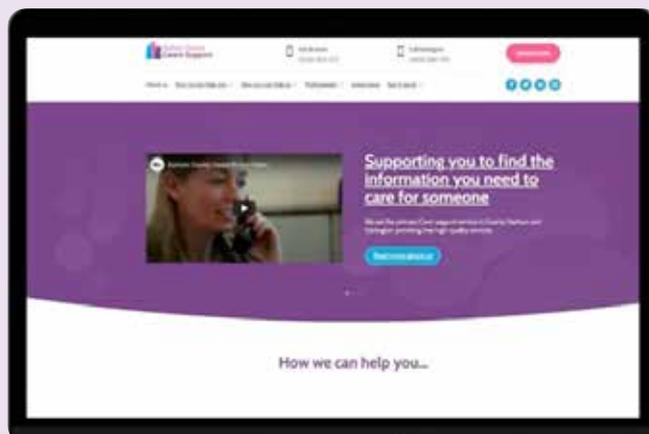
www.dccarers.org

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



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.



**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.

**10th June, Cornmill Centre, 10-12noon
(top of the lifts in the Atrium)**

Come along to meet other organisations supporting Carers within Darlington along with members of our team who will be available to offer support and advice within your Caring role.

Keep an eye out on our website and Facebook page for further information.



Welcome Our New Member To Our Team



Andrew West Carer Support Coordinator

Having been a Carer myself for some years, I really appreciated the help and support which was given to me when I was first referred to Darlington Carers' Support.

From the word go, it felt like I had been given a friend who could give me the help and support that I desperately needed. From helping me navigate the complex web of Support Services, to ensuring that my own health and wellbeing was being addressed, I could not have asked for better. When I was offered the opportunity to volunteer for the Charity, assisting Parent Carers to complete Disability Living Allowance applications, I jumped at the chance to 'give something back'. When the opportunity arose to join the team as a Carer Support Coordinator, I could not miss the chance to help other Carers in Darlington. I am hoping that my legal, educational, and mental health knowledge will help give the best support we can to Carers in Darlington, making the caring role they have just that bit easier. I look forward to meeting with you, either by telephone, online, or, hopefully, in person, soon.

My contact number is 0191 9174709

Email: andrew.west@darlingtoncarers.org



County Durham Community Foundation

We have been successful with a funding application from County Durham Community Foundation

This funding can be allocated within our 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



One of our registered Carers had been experiencing a challenging time with her caring role supporting her daughter who has been struggling with poor mental health. Sadly, this had impacted on the Carers poor physical and mental health. The Carer felt that every day was a challenge with no light at the end of the tunnel. Her GP was concerned for her and suggested she really needed to prioritise her own health and take a break. Funding for such a break for Carers on low incomes is near impossible and trying to justify the cost of putting her own needs first was unthought of.



Through funding from the County Durham Community Foundation overseen via Darlington Carers Support we were able to apply for funding for a week away. This application was successful which enabled the Carer to have a break in a lovely lodge surrounded by beautiful countryside. She was able to meet up with other family she hadn't seen in so long and take her beloved dog with her. This gave the Carer the much needed break away from it all. The Carer enjoyed the country air, observing the wildlife, having space to think and enjoy quality time with her dog (who also benefited greatly as he had been unwell, this has become even more poignant as he has now sadly passed away). "Thank you so much to the funders, I cannot express in words how much the break helped me and i would go as far as to say saved me."

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 to receive a copy of our Wills Booklet.

Mental Health Carers Group

Are you caring for someone who has a mental health condition?

We will be meeting up again for the Mental Health Carers Group from Tuesday 31st May between 1pm-2.30pm at King William Street Community Centre. Please note change of venue. The new premises is a lot larger and comfortable. It is situated at King Williams Street, Darlington DL1 4YS.

We hope to have guest speakers at every session. In the past we have had the Crisis Service, Community Mental Health Team, Police, Psychologist and we even managed to get a Psychiatrist. At the first meeting in May we have two Social Prescribers coming along to explain their role and how they could benefit you. Social Prescribers are a relatively new service attached to GP practices. We are making arrangements with speakers for future meetings so please check out our social media for who will be attending. New members are always welcome and it's a very friendly group where your experiences can be shared confidentially, and you receive support from others who are experiencing similar difficulties to your own. If you require any further information or just want a chat about the group, please call me. Sona Peskin Tel. 01325 524614.

Dates for your diary

Tuesday May 31st between 1pm-2.30pm Guest Speaker Social Prescribers

Tuesday June 28th between 1pm-2.30pm

Tuesday July 26th between 1pm-2.30pm

Tuesday August 30th between 1pm-2.30pm

Tuesday September 27th between 1pm-2.30pm



Main Carers Group



Please come and join us for a free cuppa and biscuit at our informal Main Carers Support Group. At King William Street Community Centre, Darlington DL1 4YS

Over the next few months, this is what is booked - but please check social media for any updates.

Wednesday the 1st of June at 1.00pm Carers Assessments.

Please come and join us as we learn more about social services Carers Assessments . We will have a speaker from Adult Social Services.

Wednesday the 6th of July at 1pm We are going to look at wellness for our Carers and listening to feed back. We are offering seated Yoga, for this event you will need to book as we need to ensure everyone's safety.

Wednesday the 3rd of August at 1pm meet for a relaxed informal afternoon with a cuppa and a chat.

For more information and to Book a place on the Seated Yoga, please scan the QR or complete a form online at <https://forms.office.com/r/vBJQgbinNb> or contact Ruth Sykes on 01325 524613 or email ruth.sykes@darlingtoncarers.org.uk





PARENT CARER UPDATE

An Update from Our Specialist Parent Carer Support worker



These organisations 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!

WE CAN SUPPORT YOU WITH...

- DLA Applications
- Counselling Services
- Grant Applications
- Training Opportunities
- TAF
- EHCP
- Specialist Support
- Carer Friendly Discount Card

DARLINGTON PARENT CARER SUPPORT

We continue to offer support to those caring for a child with additional needs. 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. Just ask for Sharon Scott.

Summer Holidays



Join our closed Facebook Group to find out what is going on in our area and to chat to other parent carers

@Parent Carer Support (Co Durham)



SHARON.SCOTT@DCCARERS.ORG

Carers Whitby Trip

Tuesday 16th August 2022

Picking up at Dolphin Centre 10.00am.

Return from Whitby at 3.00pm.

Priced for registered Carers at £5.00 each by completing this booking form or using the QR code to book online.

If you have any questions, contact Andrew on:

andrew.west@darlingtoncarers.org

Please note: Places are limited, therefore you will be contacted prior to the event to confirm your place.

<https://forms.office.com/r/4yT6C7fd8q>



Full Name:

Address:

..... Postcode:

Telephone Number:

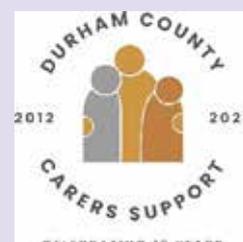
Email:

Freepost Plus RTXA-HHGH-SAGE Durham County Carers Support Enterprise House

Enterprise City Meadowfield Avenue SPENNYMOOR County Durham DL16 6JF



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.

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 to claim your tickets.



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.

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

Darlington Carers Support Connecting Carers Project

Tea and Tech Drop-in



Wednesday 8th June 11.00 pm - 2.00 am

at

King William Street Community Centre, Darlington DL1 4YS

If you are a Carer and you would like to know more about getting online and operating your device this drop-in is ideal for you.

Bring your device along and we can hopefully help you with your IT issues.

Tea, coffee and snacks provided.

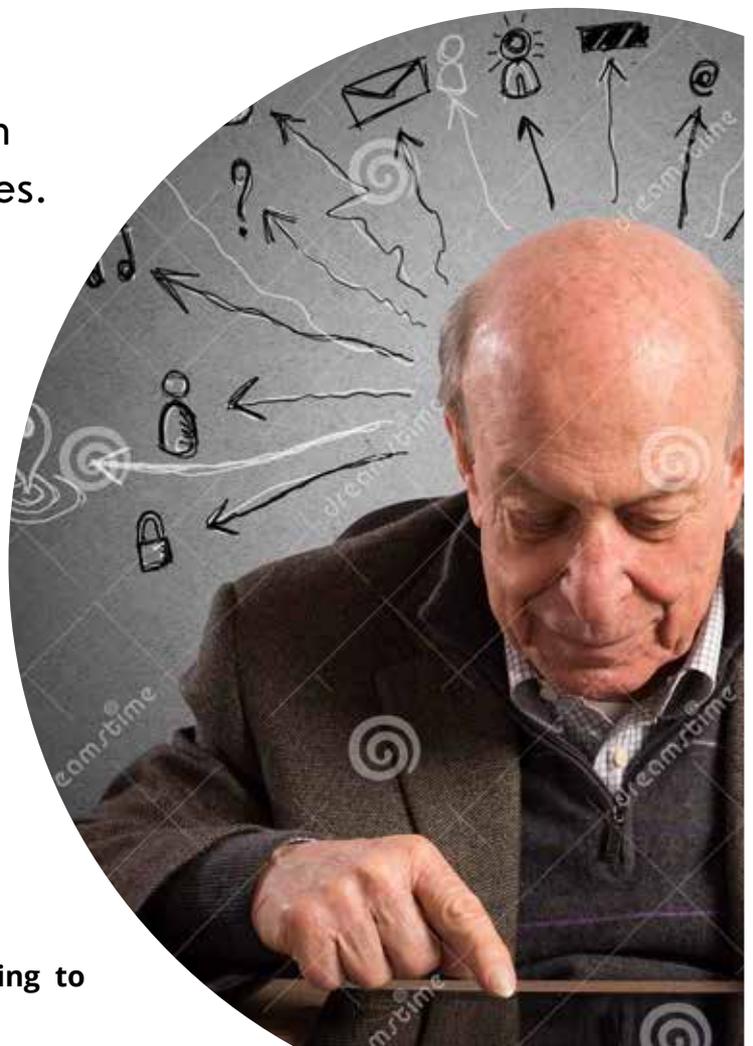
**TO BOOK A SLOT PLEASE
CONTACT**

Ruth Sykes on 01325 524613

or email

ruth.sykes@darlingtoncarers.org

If you do not own a device we could help with funding to help you get online





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

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



Making Sense of Caring



After our successful events in March, we are putting on another date. 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 our next event on Tuesday the 12th of July 11am till 2pm. Free lunch provided to all participants who attend.

SPACES WILL BE LIMITED

To book your place, or for more information contact Ruth Sykes: ruth.sykes@darlingtoncarers.org or telephone 01325 524613. Confirmation of place will be confirmed prior to the event.

Alternatively you can book a place by returning the slip or use the QR code or complete the booking form on line at. <https://forms.office.com/r/PtHfdNWqiT>

[Return to Ruth Sykes.](#)

Carers full name.....
Address.....
.....
Post code.....
Contact Number.....
email.....



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



What uses watt?

How much electricity am I using?

If you want to save electricity (and why wouldn't you?) it helps to focus on the things that use the most, and so cost you most money.

Some electrical items use a lot of electricity; others don't. As a rule, those which produce heat or refrigeration, and those with moving parts use much more than those that produce light or sound. So to save electricity and money, there's no point worrying about a digital clock or a broadband router since these use so little power you would hardly notice the difference. The big savings lie elsewhere.

Every electrical appliance has a power rating which tells you how much electricity it needs to work. This is usually given in watts (W) or kilowatts (kW) (1000W = 1kW). Of course, the **amount** of electricity it uses depends on how long it's on for, and this is measured in kilowatt-hours (kWh).

An item like a fridge has a low wattage, but because it's on all the time it'll use a lot of electricity. Whereas an iron, even though it is only used now and again, uses a lot of electricity over a short period of time; so the quicker you do your ironing the better.

Electricity is sold by the kilowatt-hour (kWh) – usually referred to as 'units' on your electricity bill. We've done some of the work for you, but if you're feeling mathematical you can work out how much your own appliances cost to run by multiplying their wattage by

A household's electricity bill is mostly for appliances like toasters, dishwashers etc



the amount of time they're on and then by the cost of electricity per kWh. So let's say you have a 500W (0.5 kW) dehumidifier and you run it for a whole day (24 hours). It will use 12kWh of electricity (e.g. half a kilowatt every hour). If your electricity costs 25p per unit, then multiply 12kWh by 25p and you get a grand total of 300p, or £3.00. This is what it costs to run the dehumidifier all day, and you can see how appliances can add a lot to your bills.

But – and sorry if this is complicated – sometimes a higher-wattage appliance will actually use less power overall than a lower-wattage one. This is because it is well designed and does its job quicker. An energy efficient dish washer, for example, may have a power rating of 2kW – the same

<p>Electric shower £2/hour</p> 	<p>Tumble drier From 50p-75p/hour</p> 	<p>Hair drier 50p/hour</p> 	<p>Oil-fired radiator From 38p/hour</p> 	<p>Electric mower From 13p/hour</p> 	<p>Vacuum cleaner From 13p/hour</p> 	<p>Phone charger Almost nothing at all!</p> 
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