

Caring Matters

August 2022

www.dccarers.org

 [durhamcountycarerssupport](https://www.facebook.com/durhamcountycarerssupport)

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

10 YEARS of supporting Carers

Connecting
Carers Digital
Workshops
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Carers Fishing Trip

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WELLBEING DAYS | TRIPS OUT | COURSES | AND MUCH MORE INSIDE...

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We would love to hear from you:

If you have any ideas/topics, share your caring story or top tips for future editions of Caring Matters that you would like us to include, please email Sophie Johnson at sophie.johnson@dccarers.org

How to access our services and refer to us:

- Call or email the office using the details below.
- For Carer Support visit: dccarers.org/sign-up-for-support/
- Ask your GP or social worker to refer you

Contact us

Durham County Carers Support
Enterprise House,
Enterprise City,
Meadowfield Avenue,
Spennymoor,
County Durham, DL16 6JF

T. 0300 005 1213
E. admin@dccarers.org
www.dccarers.org
Follow us on Facebook, Instagram, YouTube,
TikTok and LinkedIn.

Advertising

If you would like to advertise your business that you think would be of interest to our Carers, please contact Sophie.johnson@dccarers.org for further information.

Autumn Covid Booster

Vaccine for Carers

You may have seen on the news or social media that the Joint Committee for Vaccination and Immunisations have recommended that all Carers will be offered an Autumn Covid booster.

The vaccine has also been recommended for people aged between 5 and 49 who are in clinical risk groups, including pregnant women, and household contacts of people with immunosuppression.

Carers aged 16 to 49 are also being offered the booster and Flu Vaccine.

Everyone else over the age of 50 will automatically be offered the vaccine at the same time as the annual Flu Vaccine.

Free flu vaccines will also be offered to adults aged between 50 and 64 and secondary school children in years seven, eight and nine, starting with the youngest first - but only after the most vulnerable such as pre-school and primary school children, over 65s and people in clinical risk groups.

Please make sure your details are recorded on your surgery CARERS REGISTER as they will use this register to contact you for an appointment. Please don't assume your GP surgery knows you are a Carer.

If you know you haven't already done this, please contact our office and we will be pleased to send you a form to complete.

Special People *By Velma Dixon, Ferryhill*

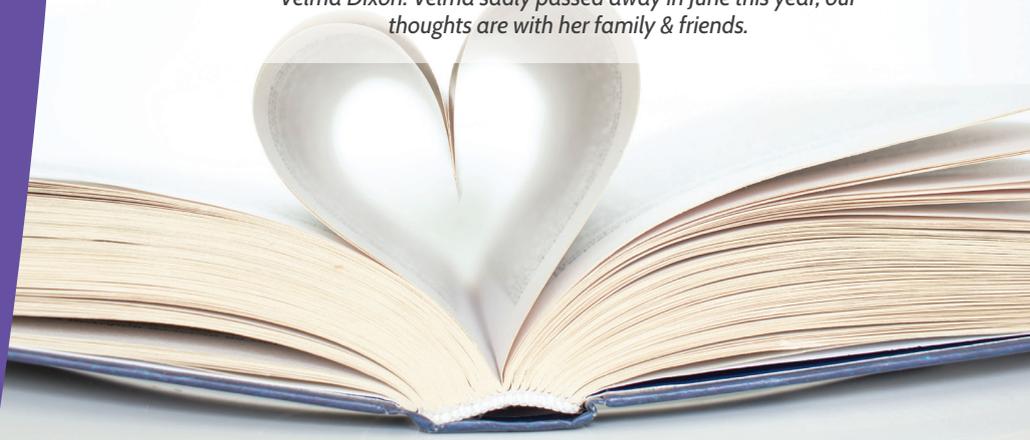
Carers are a special breed,
Helping those in their hour of need,
Carers are patient, Carers are strong,
Ready and willing to carry on.

Tenderness, compassion comes
from the heart,
A sense of humour a vital part,
Sympathy and empathy forever there
An eternal obligation for giving
their care.

A friendly smile giving us hope,
Always there helping us cope,
On Thursday nights we clapped for
the NHS,
Also, our Carers who deserved
nothing less.

Thank you to Carers,
Whoever you may be,
Special People don't you agree.

This poem above was kindly written for us by one of our Carers, Velma Dixon. Velma sadly passed away in June this year, our thoughts are with her family & friends.



DURHAM COUNTY CARERS SUPPORT IS 10 YEARS YOUNG

Our overall aim is to “Improve the lives of Carers” across County Durham and Darlington.

So what difference have we made over the last 10 years?

- From 8,500 Carers registered to over 24,000
- Delivering Carer Support in Darlington since 2017
- 32,124 hours of volunteer support
- 11,583 counselling sessions to 2,900 Carers
- 15,042 Carer Breaks in County Durham
- 975 Carer Breaks in Darlington
- 10,000 benefit checks
- £26 million in benefits
- 20,000 Carer discount cards issued
- £89,000 grants for Carers
- £160,000 in donations and fundraising that supported our counselling service, Carer events and Carer Wellbeing fund
- 7500 Carers recommended by family and friends to register
- 1020 Parent Carer Needs Assessments completed

10 Year Anniversary



Carers comments and feelings

“I want to say a BIG thank you for your support. The past year has been very difficult, and I really don't think I would of made it through without your support.

You've been an excellent listener and sounding board and kept me going when necessary.

My Mam has a service in place that has stopped her going into residential care and I honestly don't think it could of progressed without you behind me...

A MASSIVE thank you again!”

*“I've not been registered long but I feel so supported from you. You do an amazing job. Thank you so much for caring xx”
“Thank so so very much for organising my art equipment. Can't wait to get started”*

Win £250 in our Cash Raffle

We've got lots of prizes up for grabs, including train tickets from LNER, spa breaks at Redworth Hall, Seaham Hall and The Marriott, Afternoon Tea for two at the Manor House Spa and much more.

Enter on our website to be in with a chance of winning:

- 1st prize – £250
- 2nd prize – Train Tickets from LNER
- 3rd prize – Spa Day

(Lots more fantastic prizes, are being added so lots more chances to win)

Raising money for our Carer Wellbeing Fund



- Each entry costs £1 and you can buy as many numbers as you like!
- The draw takes place on Friday 2nd December 2022.
- Names of winners will appear in our quarterly newsletter and on our website.
- You can also enter by Text message, just Text 10YEARS to 70215 to enter (texts are charged at standard network rate).



Scan this code to enter

TIME 4 U

Are you a Carer living in East Durham?

Are you caring for someone living with mental ill health, including dementia, or a Carer living with mental ill health, including dementia, yourself?

Then this event is for you!

WEDNESDAY 12th OCTOBER 2022 9.30am – 2pm

Blackhall Community Centre, Hesleden Road, Blackhall Colliery TS27 4LG

This FREE face to face event – including lunch – aims to give you an opportunity to take some time out for yourself, meet other Carers and -

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

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

Or complete and post the slip below to Karen Wilson -
Mental Health Carer Support and Development Worker - East Durham, Durham County Carers Support, Enterprise House, Enterprise City, Meadowfield Avenue, Spennymoor, County Durham, DL16 6JF

Name:..... Telephone:.....

Email:.....

Address:.....

Dietary Requirements Vegan | Vegetarian | Gluten Free
Other please specify

Carer Well-Being Days are back!

For the second time round, we have teamed up with Durham Wildlife Trust to arrange a program of Carer Well-Being events, at Low Barns Nature Reserve & Visitors Centre. Located in Witton-le-Wear, just 5.3 miles from Bishop Auckland (16.6 miles to Durham). The reserve itself is one of our region’s most important wildlife sites, bordered by the River Wear.



“Thank you so much for organising the Forest Yoga, I would never have tried anything like this without your help. I really enjoyed doing something different, I feel recharged and would love to do something similar in the future.”

If calling, please indicate which sessions you are interested in attending (dates to be confirmed):

- Introduction to Low Barns (walk)
- Wild Arts & Crafts
- Forest Yoga (beginner)

All events have a £2 donation payable by cheque, PayPal or bank transfer once your place is confirmed.



Register your interest for our Late Summer Programme by following the QR code to our forms link or by calling Jessica on 01833 600 576 and experience all this flourishing habitat has to offer.

Money Saving **Tips**

Northumbrian Water



A “leaky loo” can waste around 215 litres of water a day and cost an additional £200 a year for anyone on a water meter. Northumbrian Water help you identify if you have a leak and will fix the toilet, where possible, for free. For more information call free on **0800 953 0130**, email watersaving@nwl.co.uk or visit www.nwl.co.uk/leakyloos and ask about a free water saving kit too! <https://nwl.watersavingkit.com/>

Telephone and Internet

BT Home Essentials low-income Social Tariff



BT says, “BT Home Essentials is an industry leading social tariff for eligible customers with average download speeds of 36 Mbps and 700 mins of calls for £15 a month – saving customers £240 a year compared to an equivalent package”. BT Home Essentials is only for eligible customers which includes those on Universal Credit and people receiving the Guarantee Credit element of Pension Credit, Jobseeker’s Allowance, Income Support, and Employment and Support Allowance. Call **0800 800 150** to find out more or visit <https://www.bt.com/exp/broadband/home-essentials>

Virgin Media Broadband for low-income families on Universal Credit

Available to new or existing Virgin Media customers, the Essential broadband offers a reliable broadband connection for those on Universal Credit.

Essential broadband

- 15Mbps Fibre Broadband
- £15 a month
- 30 day rolling contract
- Free setup
- Prices will never change
- Virgin Media Wi-Fi Hub
- 15Mbps average download speed - 2Mbps average upload speed



Application is an online process at www.virginmedia.com/broadband/low-income-families which also has a live chat facility.

TalkTalk also has a **FREE** average 38Mb speed broadband only (no line) for six months which is only available via Jobcentre staff referral for Universal Credit customers who are job seeking.



Food waste prevention

Every year in the UK over 7 million tonnes of food and drink is thrown away, a lot of which has passed its ‘best before’ date but would still be perfectly good to eat.



Approved Food

Specialises in “surplus and short-dated stock, food that is either near or just past its ‘best before’ date and has over 2000 products including - Big Brands, Cupboard Fillers, Ex Supermarket & Department store products across a wide range of Food, Drinks, Household & Toiletries, Gifts plus much more all at huge discounts.”

For the daily range of available products visit www.approvedfood.co.uk and for more information call **0114 3599 311** or email cs@approvedfood.co.uk



Too Good To Go

“Every day, delicious, fresh food goes to waste at cafes, restaurants, hotels, shops and manufacturers – just because it hasn’t sold in time. The Too Good To Go app lets you buy and collect this food – at a great price – so it gets eaten instead of wasted. You won’t know exactly what’s in your order until you pick it up – it’s all part of the surprise.” Too Good To Go app is available for download on both Android and IOS devices.



The Bread and Butter Thing

“For £7.50 we offer roughly £35 worth of food each week including fresh fruit and veg, chilled food for the fridge and cupboard staples such as pasta and cereal. As the bags vary from day to day, some weeks the savings will be greater than others. However, you will always be paying much less than in the shops and have new foods to try. Very occasionally, if food supplies that day are low, we will not have enough for the 3 bags. If this is the case, we will lower the price. We want you to feel we are making a difference to your weekly food bills. You can pay by cash or card on collection at your local hub. Don’t forget – someone can collect on your behalf if you can’t make it. We also accept Healthy Start Vouchers.”

To join, or find your local hub, visit www.breadandbutterthing.org/members or email hello@breadandbutterthing.org

Please be sure to check labels for allergens of any food items from food waste prevention organisations and that they meet your dietary requirements.

Notice of Durham County Carers Support

Annual General Meeting

Friday 7th October 2022 at 11am

Venue: Spennymoor Town Hall,
High Street, Spennymoor, DL16 6DG

This year's AGM will include:

- A celebration of 10 years supporting Carers in County Durham
- Annual Report presentation
- Election of Trustees
- Presentation of financial accounts
- Outline plans for the future
- Refreshments including cupcakes and sweet treats



If you are interested in attending, please scan the QR code opposite and complete your details online, alternatively contact Sophie Johnson on 0191 500 6035 or email: sophie.johnson@dccarers.org



smile.amazon.co.uk

Did you know that you can support Durham County Carers Support while you shop?

AmazonSmile is a programme that donates 0.5% of your eligible purchases on Amazon to a charity of your choice.

All you need to do is start your shopping at smile.amazon.com. The donation will be made at no extra cost to you, simply select Durham County Carers Support as the charitable organisation you want to support.

AmazonSmile is a great way to take advantage of a service you're already using and help contribute to our fantastic charity.

Easy Fundraising

Feel Good Shopping

www.easyfundraising.org.uk is the UK's biggest charity shopping site and partners with over 7,000 brands who will donate part of what you spend on their website to a cause of your choice. It will not cost you any extra. Why not help Durham County Carers Support to raise vital funding for Carers using this very easy way! Just follow the steps below:

1. Go to www.easyfundraising.org.uk
2. Click search for a cause and enter "Durham County Carers Support" to register your free account.
3. Search for your favourite online brands through www.easyfundraising.org.uk and you'll be redirected to their shop and a % of your spend will be donated to us at no extra cost to yourself.



Durham County Carers Support

Newton Aycliffe, County Durham

£403.41

Total raised

56

Supporters

Support this cause

“Cost of Living”

Rises are impacting Carers lives in County Durham



Carers are reporting that the pandemic and more recently the rise in the cost of living is making it even more difficult to make ends meet. Our recent survey found around 600 Carers saying they were not managing financially or just about managing and concerned about the future.

From 1st August we launched a new partnership with Community Money Advice County Durham (CMACD), a project from Durham Christian Partnership. Carers will be able to access regulated debt advice services.

We already support Carers with benefits, grants and bursaries.

To find out more about the support available to Carers on any of these issues talk to your Carer Support Coordinator or call us on 0300 005 1213.

We're Open!

Evening phone support available for parents of children & young people who have additional needs.

To find out when phone lines are open or to book an evening appointment:

- Call **0300 005 1213** and ask to speak with one of the Parent Carer Workers.
- Or send a text to **07860 017632**
- Or email admin@dccarers.org

Parent Carer News *School Anxiety:*

As the summer holidays end, the thoughts of most parents turn towards getting ready for children to go back to school. For many parents of children with additional needs, this isn't just about new uniform and pencil cases, but working with children to prepare them for the big changes a new school year brings, and very frequently supporting children who are highly anxious about returning to school. If this sounds familiar – what can you do??

Speak to school if you can. Schools often monitor email during the holidays, and teaching staff may be in school before the children return. Ask school what they can do to help, there are adjustments they can make to support your child to settle back into school and keep in place as they progress through the new term.

Seek help from other organisations such as:

- SENDiass (SEND Information and Support Service)
Tel: **0191 5873541** www.durhamsendiass.info
- Not Fine in School, who offer support when experiencing school attendance problems and barriers.
www.notfineinschool.co.uk
- Contact Listening Ear Service: <https://contact.org.uk/help-for-families/listening-ear/>
- Young Minds Parent Helpline and Webchat: www.youngminds.org.uk/parent/parents-helpline-and-webchat/
- Family Lives Parent Helpline: www.familylives.org.uk/how-we-can-help/confidential-helpline

Give your child (if appropriate) information about support they can access for themselves:

Shout mental health text support. **TEXT 'SHOUT' TO 85258** it's free and available 24/7 (giveusashout.org)

Kooth online counselling service for young people.
www.kooth.com

DID YOU KNOW?



The Parent Carer team can:

- Complete a Parent Carer Needs Assessment with you
- Support you to access a Carer break or grant
- Link you up with online peer support groups or training opportunities
- Issue you with a Carer Friendly Discount Card
- Advise on welfare benefits and help with completing DLA and other forms
- Refer you to our counselling service
- Offer evening support
- Support you at meetings

Don't forget to join our closed Parent Carer Facebook page, search Parent Carer Support (Co Durham) and request to join. You can also follow us on Instagram and Twitter.

NHS Carer Breaks funding enables David

to develop his hobby

David registered with Durham County Carers Support (DCCS) around 10 years ago as a full-time Carer for his wife helping her with all aspects of day-to-day living.



Sadly, his brother passed away and he inherited a camera and other equipment. He decided to take up photography as a hobby.

DCCS identified David as qualifying for funding through the NHS Carer Break scheme. After a long chat with his Carer Support Coordinator, David decided to take a photography course to give him something to look forward to and something for him to focus on giving him some quality time to enjoy his own interests and learn something new.

He took the photography course which showed him how to use his equipment and how to professionally photograph images and scenes. He really enjoyed this and thrived in his new hobby.

Over time through NHS Carer Breaks funding, we purchased further ink and equipment to enable the pictures to be printed and at one point displayed at a County Hall exhibition.

Today David continues his caring role, and due to his passion for photography takes time out to enjoy his own interests. When he is out with his wife, he is able to take the opportunity to use his photography experience to capture images, places, and memories he shares with his wife.

To find out more about NHS Carer Break funding and if you can access it contact your Carer Support Coordinator or call us on 0300 005 1213.

Funding to take a break

The Carer Break Scheme can help you take a break from your caring role. There is funding available from the NHS to allow eligible Carers to take a break. The scheme is aimed at improving your health and wellbeing.

We can offer lots of different ways to help you take a break, including:

- Complementary therapy
- Spa day
- Football tickets
- Golf lessons
- Cinema and theatre vouchers
- Annual passes for entry to National Trust or other attractions
- Gardening equipment
- Gym membership
- Craft materials and much more.



You may also be eligible to apply for driving lessons, UK holidays, accredited courses or IT equipment.

If you haven't accessed the breaks scheme in the last few months and are feeling that you would benefit from a break from your caring role, please contact 0300 005 1213 or email admin@dccarers.org

Carer Friendly Discount Card

Have you got your card?

We have over 100 organisations in the North-East offering discounts to Carers on production of our Carer Discount Card. Carers registered with our service can enjoy discounts/offers on a whole range of services and shops such as cleaning services, flower deliveries, days out, therapies, shops, cafes, take aways, electricians, plumbers even tiffin deliveries!

To request a card, view the list of businesses taking part in the scheme, or if you have a business who would like to offer a discount to Carers, go to our website www.dccarers.org and click on the 'Carer Friendly Discount Card' button.



How the Connecting Carers *Project helped Clive*

Clive, a Carer from Quarrington Hill, brought his laptop into our May Computer Repair Shop. Our expert IT volunteer, Alan, completed a thorough check of the laptop, but unfortunately, the device was beyond repair. Clive had told us of the hundreds of important photos on the laptop, and how keen he was to have them preserved.

Alan was able to use his expertise to remove the hard drive from the laptop and connect it to a working laptop. He then transferred the photos onto a USB memory drive, which we were able to pass on to Clive. Clive explained that, as well as some family photos, the laptop had contained hundreds of photos documenting the history of Quarrington Hill.

We were fascinated to hear that Clive is greatly involved in his local area and previously ran the community centre there. Clive was also a key figure in ensuring that the people of Quarrington Hill were able to erect two war memorials and two mining memorials in the village.



Impressively, Clive was also involved in the design of the Quarrington Hill mining banner, which can be seen annually at the Durham Miners Gala. Keen historian Clive said he was 'over the moon with the repair shop. I got all my photos back.

If it wasn't for the service, a lot of local history would have been lost'. If you would like to learn more about Quarrington Hill and its mining heritage or find out more about the Connecting Carers project, please email anthony.douglass@dccarers.org or call 0300 005 1213.

Coming *Soon!*

Connecting Carers aim is to show how online digital services can help Carers in their caring role. We have many exciting events planned for this year as we continue to help Carers bridge the digital gap. We are introducing fun ways to learn to build confidence and to myth bust. We have had two very successful workshops, the latest being at Chester-le-Street, where 12 Carers enjoyed learning the basics of online services and created new friendships.

IT Workshop Derwentside. In this workshop we will support Carers to get online and learn how to navigate around a tablet. You can bring your own device, or we can provide a tablet for you to work on in the workshop. **Derwentside workshop is to be held at Citizen House, Consett. Starting 14th October every Friday 10.00am – 1.00pm for six weeks, ending the 18th November. Lunch will be provided.**

We are planning a workshop in the **Middleton-in-Teesdale** area. If you are interested or would like to attend, please complete the form or call Alison Dixon (details right).

Memory Lane IT Workshop. This workshop is for Carers who care for loved ones with Alzheimer's, Dementia and/or mental health issues. We will demonstrate how to create a memory book, which can be a great way of stimulating memory and helping people to recollect their special moments. It can also help to communicate with your loved one by unlocking their memories.



Monthly Repair and Recycle Shop. Our Volunteer Alan will look at your device for free if it is not working, running slowly or has pop-ups that stop you from using it. The only cost to Carers is for any parts needed. If your device cannot be fixed, we can recycle it for free. We may also be able to provide you with a new device to help you continue using online services. The repair shops are on the last Thursday of every month. For more information contact Anthony Douglass on 01325 524605 or email Anthony.douglass@dccarers.org.



If you are interested in our activities that are coming soon please click on the link below, or scan the QR code with an online device to complete the form. <https://forms.office.com/r/PiK3Xi3GPs>. You can also contact Alison Dixon on 0191 500 6031 or email alison.dixon@dccarers.org

Helping to Care

for our Environment



Thank you so much to everyone who has now agreed to receive their quarterly Newsletter via email. Over the past 12 months, we started with 73% of our Carers receiving their newsletter by post and have now reduced this to 46%!

Paper and digital media do have some common environmental issues including:

- Extracting materials, whether it is logging trees or mining minerals and metals, damages and pollutes the surrounding land and water harming wildlife and people.
- Making paper and manufacturing electronic devices requires huge amounts of energy and water.
- Transporting everything from raw materials to finished goods via fossil fuel powered trucks, ships, cars, and airplanes produces greenhouse gases and air pollution.
- Throughout its life cycle, each product generates nontoxic and toxic waste, including during recycling.

The top environmental issue associated with paper is deforestation and the worst environmental problem with electronic devices is e-waste.

Making paper requires hundreds of millions of trees. Thousands of things are made of wood and paper, so it is not just books, magazines, and newspapers contributing to destroying forests. A forest is a complex ecosystem containing many different species of trees, plants, and animals all working together for their own benefit and giving us oxygen, water filtration, and beauty.

We do not claim that receiving your newsletter via email will have no environmental effect, however, the impact is not as damaging.

To receive your future edition of Caring Matters by email, please email Sophie.johnson@dccarers.org with your name and address and simply type, I would like to receive my newsletter by email.

Email Competition Winner from the May 2022 Edition

Congratulations to Katie Langham, who was the lucky winner of a box of Classic Chocolate Tiffin from Tiffin Annies (www.tiffinannies.co.uk) by entering our email competition, from our May edition of Caring Matters.

50:50 Club Monthly Lottery

You could win 1 of 3 great cash prizes every month. As the name suggests, 50% of the money supports our Carers Wellbeing Fund and 50% is paid out in cash prizes. Club members pay £12.00 per year to be entered into 12 monthly draws. Winners are notified by post, announced on our Facebook page and in this newsletter.

To enter fill in and return the slip below or join online www.dccarers.org

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 Avenue, Spennymoor, DL16 6JF.

50:50 CLUB WINNERS

MAY 2022
1st Rataporn Deesomsak
2nd John Jennings
3rd Rachele Woollard

JUNE 2022
1st Helen Moody
2nd Lynne Robinson
3rd M Cowley

JULY 2022
1st Joy Burrell
2nd Pauline Hambly
3rd Penny Johnson

Great North Run 2022

The world's biggest and best half marathon takes place on Sunday 11th September with 57,000 runners. We have 15 fantastic runners taking on the challenge this year and helping us raise funds for our Carer Wellbeing Fund. Here are a few of our runners taking part in this year's run.



Hi I'm Ali

I've run the GNR a few times now, though the first time in 8 years. I work for Stockton Carers Service, as a Carers Advisor and see the challenges faced by informal Carers on a daily basis.

Unfortunately, I can't fundraise for my service as it's part of the Local authority so, as I live in Darlington, what better way to support my community than fundraise and run for DCCS.



Hi I'm Nicola

I am running the GNR for un-paid Carers this year because I believe DCCS is an extremely valuable service offered to families, who without this support would struggle a great deal just to manage their

daily lives. I have had feedback from people who are registered with DCCS and they have nothing but praise for the service.



Hello, we are Fiona, Rhys & Gail

Gail and I have both worked for the NHS for over 15 years and seen every day the vital role that unpaid Carers play. In our, and Rhys's personal lives we have friends and family who are unpaid Carers (often they don't see themselves as Carers). We might all need someone to care for us at some stage of our lives and it's so important that Carers get support too.

The three of us are all members of Teesdale Athletics Club and train together regularly. We have decided to do the Great North Run for Durham County Carers Support because we think they do a fantastic job. This will be Rhys's first half marathon and Gail and my second GNR.



Hi, we are Robin & Daniel,

This year it's back to the original Great North Run route and it's fantastic to be running for Durham County Carers Support again. I found out that I had cancer last year and not being well brings added worries when someone relies on you. It's so important that anyone who cares for someone else can feel safe in the knowledge that if you need help and advice when you yourself are ill or need a break that Durham County Carers Support are there. So once again me and my son Daniel are running for this extremely important charity that many Carers and future Carers can have access to support and advice on their caring role.



If you would like to support our runners by making a donation you can do so in the following ways:

1. Visit our website www.dccarers.org and press the donate button.
2. Scan the QR code opposite and donate on Just Giving.
3. Send a cheque payable to Durham County Carers Support and post to: Durham County Carers Support, Enterprise House, Meadowfield Avenue, Spennymoor, Co Durham DL16 6JF.



**VOLUNTEERS'
WEEK**

Volunteer **News**

We have had the privilege of celebrating another Volunteers Week this year with our fantastic team with a trip to the theatre to see the hit Broadway show Chicago and what a show it was!!! We hope everyone who could make it had a fabulous evening.

From 1st-7th June, every year, we join in with a national week of recognition for Volunteers to celebrate and reflect on what a successful year we have had and to say thank you for the thousands of hours donated. We all have the same goal which is supporting Carers and we can certainly say we achieved it in spades!!

From our trustees, group support, Carer ambassadors, KIT team, counsellors, fundraisers every one of you helps support over 23,000 people across Durham and Darlington, that's an achievement in itself. If you are interested in joining any of our volunteer teams drop Andrea an email on andrea.emerson@dccarers.org to find out more.



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



Predator Angling Charters

Hartlepool

We are offering our Carers a FREE Evening Fishing Trip (around 4-5hours) on the coast around Hartlepool.

If you haven't tried fishing before, don't worry, there will be help on board and equipment can be hired. We are offering 2 dates: Wednesday 14th September or Friday 16th September 2022, please let us know which date(s) you can attend as depending on uptake we may have to limit this to one trip. Carers will need to make their own way to Hartlepool.

Predator is a modern, Lochin, 33ft angling boat, fitted with a 500 BHP Cummings engine to get you to the fish quicker and safer.

Spaces are limited and names will be randomly selected. The deadline to register your interest is Wednesday 7th September 2022.



To register your interest please scan this QR code or contact Jessica Howarth by emailing Jessica.howarth@dccarers.org or by calling 01833 600576.



10 Cricket Match Tickets for Carers



Tuesday 20th September Durham 'V' Sussex 10.30am start, The Riverside, Chester le Street

DCCS have managed to secure 10 hospitality tickets for the first day of this exciting county cricket game, come and see your favourite players take on Sussex, you might even get the chance to see Lord Ian Botham who is the club's chairman and has confirmed his attendance on the first day of this 4-day Division 2 LV=Insurance County Championship game.

Included on your day is:

- Match ticket
- Welcome tea or coffee with bacon sandwich
- 1 course lunch with soft drinks



To be considered for a ticket please call Jessica Howarth on 01833 600576 email Jessica.howarth@dccarers.org or scan the QR code before 5pm on Friday 09th September. *NB - there is a maximum of 1 ticket per Carer but don't worry you'll be sat with other Carers.*

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. Please keep an eye on our website as new events, courses and training are added regularly. Check for updates on our website: <https://dccarers.org/groups-and-events/>

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 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

Consett Carers Support Group

Join us for a cuppa and a chat

Where: Masonic Hall, John Street, Consett, DH8 5AS

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

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

Chester le Street Carers supporting people living with Dementia

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

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

Information Sessions

Making Sense of Caring

- Do you want to know what help is available to you as a Carer of an adult?
- Do you want to know more about the support offered by Durham County Carers Support?
- Would you like help to find your way through the maze of services that make up the Health and Social Care system?

If you do, then this session is for you!

Wednesday, 5th October 10am – 12 noon at The Venue, Wear Road, Stanley, DH9 6LU

A buffet lunch will follow. Places are limited. Closing date for applications is Monday 26th September 2022.



To book a place, contact Carole Gibson on **01325 524603** or email carole.gibson@dccarers.org or scan the QR code opposite.

Parent Carer Making Sense of Caring

- Wednesday 21st September 10am Online
- Wednesday 28th September 10am face to face - venue to be arranged.

For further details, please contact Joanne Lancaster on joanne.lancaster@dccarers.org



What's On

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.

Sessions will be held at:

- Willow Burn Hospice, Howden Bank, Lanchester, Durham, DH7 0QS – Wednesday 7th September 2022 9.30am to 3.30 pm (lunch included).
- The Four Clocks, Bishop Auckland, DL14 7EH - Wednesday 19th October 2022 9.30am to 3.30pm (lunch included)
- Seaham Town Hall, Seaham, SR7 OHP – Monday 28th November 9.30am to 3.30pm



To book a place on one of these courses contact Jan Burden on jan.burden@dccarers.org or **0191 500 6034** or scan the QR Code opposite.

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 concern and questions they may have. To make sure Carers feel part of the 'cared for' medication review.

Sessions will be held at:

- Seaham Town Hall, Seaham, SR7 OHP - Wednesday 5th October 2022 9.30am to 1pm
- Willowburn Hospice, Lanchester, DH7 0QS - Wednesday 23rd November 2022 9.30am to 1pm



To book a place on one of these courses contact Jan Burden on jan.burden@dccarers.org or **0191 500 6034** or scan the QR Code opposite.

Preventing an infection when caring for someone at home.

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 course is to greater increase Carer's knowledge of infection, how it spreads, preventing spread and personal hygiene. Infection prevention is crucial to saving lives and is vitally important for anyone caring for a relative or friend at home.

Session will be held at:

- The Four Clocks, Bishop Auckland - Wednesday 12th October 2022 9.30am to 12.30pm



To book a place on one of these courses contact Jan Burden on jan.burden@dccarers.org or **0191 500 6034** or scan the QR Code opposite.

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 & 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.

Session will be held at:

- The Four Clocks, Bishop Auckland -Tuesday 6th September 2022 9.30am to 1.30pm



To book a place on one of these courses contact Jan Burden on jan.burden@dccarers.org or **0191 500 6034** or scan the QR Code opposite.



What's On

Carer Training/Courses

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.

Face to Face sessions:

Venue: Seaham Town Hall, Stockton Road, Seaham SR7 OHP (in the Chamber)

Monday 12th September, Monday 19th September and Monday 26th September 2022 from 10.30am – 12.30pm

Or Via Zoom

Thursday 13th October, Thursday 20th October and Thursday 27th October 2022 from 5.30pm – 7.30pm

To book a place, please contact Karen Wilson on 0191 500 6011 or email 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

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. Each course runs for 6 weeks, and places are limited.

- Tuesday 11th October to Tuesday 15th November 2022 - 10.30am to 11.30am



Please scan the QR Code to book a place.

If you are unable to use the QR code, please call Jan Burden on 0191 500 6034 or email 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.

Each course runs for 6 weeks, and places are limited.

- Friday 16th September to 21st October - 6.30pm to 7.30pm
- FRIDAY 2nd December to Friday 20th January 23 (excluding the 23rd and 30th Dec) - 6.30pm to 7.30 pm



Please scan the QR Code to book a place.

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



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WELLBEING DAYS | TRIPS OUT | COURSES | AND MUCH MORE INSIDE...