

Caring Matters

November 2022

www.dccarers.org

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Meeting News
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Carer Trip Update

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FINANCIAL SUPPORT | HINTS AND TIPS | 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 at dccarers.org for further information.

Take time for yourself

A Carer story

An avid cricket fan has been bowled over by the support he has received as he cares for his wife who suffered a stroke.

Allan and Nancy Perrett were looking forward to retired life after relocating to a dream bungalow in Sacriston 12 years ago. But shortly after moving in, and while having a day out in Newcastle, Nancy suffered a stroke during lunch at the Quayside and was rushed to the RVI, fortunately, just minutes away. Since then, she has limited mobility and Allan has been her fulltime Carer.

"We have always been very independent people and look after ourselves as much as possible," said Allan, 74. "But we were recommended Durham County Carers Support and they helped by putting us in touch with the right people. They have also organised a number of trips for me including one to the cricket, to see Durham play Sussex, which was brilliant. Cricket is my love. I have always played and been involved in the game in so many ways. I played as a young man and while I lived in Australia for ten years."

"We had a great day at Durham and while we were in the hospitality box it gave me an opportunity to talk to other people in a similar position to me which was very rewarding. This helps you realise that there are other people outside your particular bubble who also have to face challenges, some more difficult than ours."

Allan had to go into hospital himself for a hip replacement and he arranged for family to care for Nancy. "As a result, someone came to our home to see that Nancy would be ok and while there picked up on other issues that could help make life easier," said Allan. "So, they sorted the steps at the front of the house and looked at the bathroom to make sure it was safe. So, my hospital visit benefitted us both."



Allan and Nancy Perrett celebrate their wedding anniversary

Allan also attended some DCCS courses covering benefits and the role of being a Carer.

"Looking after a loved one in your life, you do it because you want to and you just get on with it," he said. "But one of the strongest points to come out of this was that you have a role as a Carer which is very important, so it is vital to look after yourself."

"I am sure we could take more advantage of the help that is available, but it is such a comfort just knowing there is someone there if you need them. DCCS do a great job and give me peace of mind."

If you haven't accessed the Carer 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

Celebrating

10 years of success

On Friday 7th October we held our AGM and celebrated our 10th Anniversary.

Trustee Janet Potts thanked Audrey Vasey, the outgoing Chairman, for 10 years of supporting the Charity through the merger, growth and changes into the successful, strong organisation it is today. Janet said "As we celebrate our tenth birthday, it is a time of huge challenges, but our amazing team has found ways of being proactive and innovative in helping Carers". Colin Ranson, Treasurer added "Rises in the cost of food, fuel, utilities and mortgages have had a massive impact on Carers."

Achievements identified over the last year include: 50 employers supported to achieve the Carer Friendly Employer award, an additional 2,845 Carers registered for support across County Durham and Darlington, almost £3 million in benefits claimed and just over £32,000 in grants for individual Carers, 430 Carers have accessed the free counselling service and over 70 Carers supported to get online with equipment and practical support.



Jenni Wood thanked the staff, volunteers, and trustees for their efforts at a time when they were also dealing with the pandemic and their own personal situations.

To see the full Annual Report 2021-2022 visit dccarers.org/information-and-self-help or contact us for a copy.



Great North Run 2022

A huge thank you to our amazing Great North Run runners! So far they have raised almost £6,000 – you can still show your support by donating...

Via PayPal Donate ([paypal.com](https://www.paypal.com)), via our website www.dccarers.org or by cheque to: Durham County Carers Support, Enterprise House, Meadowfield Avenue, Spennymoor, DL16 6JF.

100% of our fundraising goes to the Carer Wellbeing Fund, which supports Carers in Crisis.

Here are a few of our runners, sharing why they decided to run for us...



Fiona Turnbull,
Rhys Turnbull & Gail Foster

We ran for DCCS because we know what a vital role Carers play in supporting our roles in the NHS and we wanted to show our support, for them, via this marvellous charity.



Ali Mathieson

I live in Darlington, what better way to support my community than fundraise and run for Darlington Carers Support.



Nicole Finch with her son

DCCS is an extremely valuable service offered to families who would struggle to manage without them – I only ever hear praise and this is why I ran for them.



Sean Brown

I am grateful that you let me run on your behalf and glad that I could help raise money for such a great cause. Running for Durham County Carers Support has really helped me get through training, knowing I am doing it for a noble cause.



Financial Support *for Carers*

This winter is going to be a challenging one for everyone, but we know that many Carers are already struggling to keep their heads above water. That is why we are focussing our resources on ways to support you. We can help you access grants, bursaries and vouchers for a range of items to help you through this period.

If you are worried about money and how to get through the colder months, please contact us to see if we can help on 0300 005 1213 or text Winter help on 07860 017632. Or contact your Carer Support Coordinator on the number they have given you.

Our website at www.dccarers.org has a section on grants hosted by Turn2Us that gives up to date information on energy and water support funds that you may be able to access, and how to apply.



E. ON Next Energy Fund

This fund helps the most vulnerable existing or previous customers. It can help pay current or final E.ON energy bill arrears. It can also help provide replacement items such as cookers, fridges, fridge-freezers and washing machines.

E.ON Affordable Warmth might be able to assist with replacement gas boilers for existing customers and home owners. See www.eonenergy.com You can apply to the fund via an online application form <https://www.eonenergyfund.com/> or by calling 03303 80 10 90.



British Gas Energy Trust (BGET)

Are offering debt relief grants both to British Gas customers and customers of other energy suppliers who are struggling to pay off gas or electricity debt.

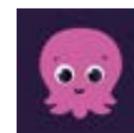
Before applying to the Trust, you must get money or debt advice first. This will help your chances of a successful grant application. See the online application form on the British Gas Energy Trust website <https://britishgasenergytrust.org.uk/> or use the live chat facility or call 0330 100 0056.



EDF Customer Support Fund

This fund awards grants to some of their most vulnerable customer households to help clear domestic gas and/or electricity debts. It also offers grants for the purchase of essential energy efficient white goods such as cookers, refrigerators, or washing machines.

To apply register either online <https://www.edfenergy.com/PSR> or by calling 0333 200 5100.



Octopus Energy Octopus Assist Fund

Call customer services on 0808 1641088 or visit the Octopus Energy website <https://octopus.energy/policies/extra-support/>



ScottishPower Hardship Fund

ScottishPower have a range of support tools and a Hardship Fund that is accessed from the ScottishPower website including an online chat facility <https://community.scottishpower.co.uk/t5/Extra-Help/Hardship-Fund/ta-p/53> or by calling 0345 270 0700.

Getting extra help with the Priority Services Register (PSR).

If you have difficulty taking meter readings which can affect your energy bills, you may be eligible for the Priority Services Register. The PSR offers wide range of support from informing of planned power supply disruptions, appointing a nominee to help you with correspondence or contact to moving a meter that is inaccessible or unsafe for you to reach. This is a few ways in which being on the register can help. There are many more!

You are eligible if you have reached your state pension age, are disabled, have a long-term medical condition, have a hearing or sight condition, have a mental health condition or you are pregnant or have children under 5. It is worth asking if you are unsure as there are many other reasons that may apply to your situation.

You can ask your supplier for more information or contact Northern Powergrid on 0800 169 2996 for electricity customers or Northern Gas Networks on 0800 040 7766.

Win an iPhone 13 in our Cash Raffle

Enter for the chance to win:

1st Prize - iPhone 13 worth £749

2nd Prize - £250 CASH

3rd Prize - Train tickets from LNER

Plus loads more prizes, including spa days and afternoon teas.

Draw date: 2nd December 2022

TEXT – 10YEARS to 70215 or visit our website 10 Year Anniversary Raffle - Durham County Carers Support (dccarers.org)



DCCS License number: LOT142
Charity Number: 1069278

Promoter: DCCS, Enterprise House, Meadowfield Avenue, Spennymoor, DL16 6JF



WORKING WITH THE MONEY ADVICE SERVICE

- We can help with Debt relief orders, Bankruptcies and Debt Management plans
- We can obtain credit reports and can contact companies on your behalf
- We will work closely with you to gather information in your situation and address issues as above or look at other urgent matters such as bailiff action, repossession and court actions



For more information, please call us on

0300 005 1213

or send a text to

07860 017632

www.dccarers.org

Why the NHS autumn vaccination programme is more important than ever to **Carers and the people they care for.**

We continue to be faced with the double threat of both Covid-19 and flu, and more people are likely to get flu this winter. The NHS autumn vaccination programme is important to Carers and the people they care for because it will:

- Help you to avoid getting flu or Covid-19: These respiratory illnesses are not like catching a cold. You will find it very difficult, if not impossible, to look after the person you care for. And if you catch flu and Covid-19 at the same time you may be more seriously ill.
- Help reduce the risk of being too ill to look after the person you care for: Unlike a cold, flu and Covid-19 can come on very suddenly so you may have little or no time to find someone to take over your caring responsibilities.
- Reduce the chance of you passing flu or Covid-19 on to the person you care for: Flu and Covid-19 are highly infectious and on top of long-term health conditions (such as a respiratory condition, diabetes, or heart disease) can easily develop into something serious. You can be infected with these viruses and show no symptoms, and being healthy doesn't reduce your risk of catching these viruses or passing them on. Therefore, even if you feel well, you could unknowingly spread these viruses to the people you care for.

NHS Covid-19 autumn booster

Eligible groups for the Covid-19 autumn booster include all adults aged 50 years and over, and those aged 16 to 49 years who are Carers. The NHS defines Carers as those who are eligible for a Carer's Allowance, or those who are the sole or primary Carer of an elderly or disabled person who is at increased risk of Covid-19 and therefore clinically vulnerable. Those clinically vulnerable to Covid-19 are:

- a) children of any age with severe neuro-disability, severe or profound and multiple learning disabilities (including Down's syndrome and those on the learning disability register) or immunosuppression.
- b) adults who have underlying health conditions leading to greater risk of disease or mortality.
- c) those of advanced age.

Carers have been able to book their appointment since the middle of September, e.g. via the National Booking Service (NBS) at <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>. The NBS will ask you if you regularly look after someone who is ill, or an older or disabled person, and will then state that you can book a booster if you look after someone, or if you receive a carers allowance.

Alternatively, details of local walk in clinics will become available at <https://nenc-countydurham.icb.nhs.uk/where-and-when-you-can-you-get-a-walk-in-covid-19-jab-in-county-durham/>.

NHS flu vaccination offer

The NHS flu vaccination is available from 1 September to Carers who are in receipt of a Carer's Allowance, or who are the main Carer of an older or disabled person whose welfare may be at risk if the Carer falls ill.

You can receive your free NHS flu vaccination either at your GP practice or your local pharmacy.

If you visit a pharmacy, be aware that the pharmacy flu vaccination service is available to those aged 18 years and over. If you do not receive Carer's Allowance, then simply show the pharmacy your current County Durham Carers Card instead.

Where to go for more information?

For the most up to date NHS advice on these autumn vaccinations see <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/> and <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/>.

Helpful FAQs from Carers UK on Covid-19 vaccination is also available at <https://www.Carersuk.org/help-and-advice/coronavirus-covid-19/covid-vaccine-faqs>, and a NHS leaflet for Carers on flu vaccination is available at <https://www.gov.uk/government/publications/flu-immunisation-for-social-care-staff/flu-vaccination-guidance-for-social-care-workers>.



What is a Social Prescribing Link Worker?

We all know the saying 'a problem shared is a problem halved', but sometimes we find ourselves facing challenges that leave us stressed, isolated, overwhelmed, and unsure of where to start looking for help.

We are lucky to have some wonderful community support available in County Durham, but it can be challenging to know where to begin, and how to find the right help. A good starting place can be your Social Prescribing Link Worker, based within your local GP Practice. A Social Prescribing Link Worker is a member of your health care team, and can work alongside your GP, nurse, pharmacist, and other health professionals, to help you improve your health and wellbeing.

Social Prescribing is a relatively new service across all GP surgeries in our area, and anyone can request an appointment simply by calling their GP surgery and asking for the Social Prescribing Link Worker. This can be helpful for anyone struggling with issues that medicine alone cannot fix. This can include finances, stress, housing, managing caring responsibilities, and social isolation. We also know that lifestyle changes such as getting more exercise, eating well, spending time with others and being creative can be helpful for many common physical and mental health conditions. Social Prescribing Link Workers are there to help people take more control of their health and wellbeing, and find the right support at the right time.

Social Prescribers are interested in what matters to you. A typical social prescribing appointment takes longer than a GP appointment, around 30-40 minutes, and social prescribers will usually see people over a number of sessions. A social prescriber will listen non-judgementally to your situation, and help you find sources of support. This can be groups, activities, one to one support, information and advice, and self-help resources. They can put you in touch with helpful organisations, and support you to try a new activity, class or social group. Every GP surgery in our area now offers a social prescribing service, so please reach out to your surgery if you would like to request support.

Faith Walkwell - Social Prescriber Link Worker



Social Media Channels



Social media has become a great place to connect with others and to find out what's going on. It has also been called "the new word of mouth." We know that some Carers prefer to use social media to stay in touch and so we've made it easier for you to reach us by becoming more accessible.

You can contact us on Facebook, Instagram, Twitter, LinkedIn, Snapchat @carersupportdc or TikTok to get involved, request information and support.

New Project for Young Adult Carers

We are looking for Carers (aged 18-30 years) who love TikTok to help us with an up and coming project. Would you enjoy being a Carer Ambassador for our TikTok account? If this sounds like you, then we would love to hear from you. Message us on TikTok (@carerssupport) for more information or email: Sharon.scott@dccarers.org



New Carer Forum to air your views and offer support to each other

We are proud to announce we have launched our new Carer Forum on Facebook. A great place to find information and chat to other Carers. This forum is for YOU so make it what you want it to be, and we are there to help and support you along the way! Scan the QR code to take you to the Carer Forum Facebook page or click [here](#).



Parent Carer **News**

In this edition we would like to share with you the experience of a Morag, a Parent Carer who recently accessed support from the team:

"When I registered with Durham County Carers Support, it was a huge weight off my shoulders, I had soldiered on for 14 years looking after my son with Downs Syndrome. I honestly cannot believe what a difference it made having the Parent Carer Team involved. I felt supported from the off and I could contact them at any time as I know it is ongoing support. I registered in June 2022 and initially Helen completed a Parent Carers Needs Assessment which was sent to my son's social worker. I feel that it contributed to my son being awarded Direct Payments and he now enjoys going out on weekends. Whilst he is out, I can use my Gym Membership or swim once per week which was my choice of Carer break. I mentioned to Helen that I had failed twice to get a Blue Badge for my son, and she completed the form online and I now have a Blue Badge which has made a huge difference to taking my son out and I also got a Bus Pass for him. I was struggling with the Neuro-Development Pathway form for my son and Joanne helped write the Parent Carer section as I had no idea what to write. When my son's DLA Review arrives, I know that I will ask for help to fill in the form as they know how to word things and ask the right questions."



If you are a Parent Carer and find yourself in need of advice or support, please do not hesitate to contact us. We are ready to listen and do our best to assist you. There are lots of different ways to contact us and we are open two evenings a week offering telephone support too!

We're Open!

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

Wednesday evenings 5-7pm & Thursday evenings 7-9pm Just give us a call 01325 524604.

If you prefer to arrange an evening appointment at a specific time please send a text message to 07860 017632.

Parent Carer's tips for having an enjoyable festive season

For the full list go to: www.theschoolrun.com/surviving-festive-season-parents-tips-sen-kids

Create a plan

Print off a week-to-view calendar page and add a picture of your planned activities during the Christmas holidays to help put your child at ease about the plans for the week.

Decorate gradually

If possible, get your child involved. Try to introduce changes into their environment gradually, starting with the Christmas lights for (supervised) sensory play.

Create a Christmas-free zone

Leave one room in the house, perhaps your child's room, free from anything to do with Christmas, so they can come back to the room as a 'safe place' when necessary.

Pack a comfort objects backpack

Fill a backpack with things your child finds comforting or enjoys playing with. If they get overstimulated, find a quiet corner or a back room and pull out the backpack.

Get gifts ready to go

When we give our daughter a gift, we make sure all packaging is removed, batteries are in, and it is set up ready to use as soon as she's unwrapped it. For someone with limited attention and suspicion of new things it can make the difference between acceptance and rejection.

Indulge yourself

Take any opportunity to indulge yourself; spend a little longer in the bath, get outside on a crisp bright day, watch a daft Christmas movie, treat yourself to a nice hot chocolate. have a drink with friends. However small the treat or short the time you have – take it!!

IT Support Connecting Carers **Project**

Memory Lane Workshop



- Is your loved one suffering from a mental health issue?
- Is their memory failing?

We will be organising a workshop for Carers who care for friends and family with Alzheimer's, dementia, and mental health issues. We will set up a workshop so you can learn basic IT skills and receive help to produce a memory book for your loved one. These skills will give you the training on how to use the internet to access photos and history. Upload, cut and paste documents and photographs and use a word document. Hopefully, this will give you the confidence to use other services online.

If you would like to join this workshop, please contact us on the details below.



Durham City Centre Clayport Library Digital Drop-in

Monthly Drop-ins at Clayport Library, Millennium Place, DH1 1WA on the last Tuesday of every month 10am - 2pm

We can:

- Help with any issues you are having with your device
- Help with easy navigation
- Build your confidence by showing that you can explore without breaking it.

Connecting Carers Repair Shop



The last Thursday of every month. 10am - 3pm

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

Drop your device off at our Spennymoor Office and Alan, our IT Volunteer will look at it. The service charge is free. If parts are required, these will be chargeable.

Tea and Tech Workshop

Six workshops every Thursday starting Thursday 16th February 2023 - Thursday 23rd March 2023 10.00am - 1.30pm at UTASS, Middleton in Teesdale, DL12 0SN

If you are a Carer and you would like to know more about getting online and operating a device these workshops are ideal for you.

We can show you how to:

- Stay safe online
- Shop and bank online
- Manage emails
- Use social media
- Attach photos and documents and much more.

Tea, Coffee and buffet will be provided.

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



If you would like to know more about what we can offer you can contact Alison Dixon on 0191 500 6031 or email alison.dixon@dccarers.org or complete the enquiry form by scanning the QR code opposite or click [here](#).



Checklist of energy saving tips



Laundry

- Wash your clothes at a lower temperature. A 30 C wash will use 38% less energy than a 40 C wash
- Only run your washing machine when it is full and try to do one less wash per week
- Avoid using a tumble dryer and dry your clothes outside or on an airer - this could save £60 per year

Kitchen

- Put lids on saucepans
- Use a slow cooker - this will use less energy than an oven, even though it is on for much longer
- Batch cook food so you are creating more than one meal in one go
- Don't fill the kettle - only putting the water in that you need could save £10 per year
- Wash up in a bowl rather than under a running tap
- If you have a dishwasher, make sure it is full before running it. Reducing the use by one run per week could save £14 per year

Cooling

- Keep your freezer defrosted
- Freezers work more efficiently when full so if yours has unused spaces you could fill them with screwed up newspaper or bottles of water
- When buying a new fridge or freezer, get the most energy efficient one and buy one that is the right size for your household
- Make sure any leftover food has cooled down before putting it in the fridge or freezer

Appliances and Lighting

- Don't leave anything on standby, this could save up to £55 per year
- Turn lights off in rooms you're not using to save £20 per year
- Replace older style lightbulbs with LED bulbs

Bathroom

- Cut your shower time to 4 minutes - this could save a family £70 per year
- Save £12 per year by swapping one bath a week for a shower
- Order a free water saving kit from your water company

Heating

- Turn your thermostat down by 1 C (it should be set between 18-21 C unless there are specific health needs in your home)
- Turn down the radiators in rooms you're not using
- Set the timer so your heating goes off 30 minutes before you leave the house and also half an hour before you go to bed
- Don't leave your hot water tank on all the time - set it to come on just for a couple of hours a day
- If you have electric storage heaters, try to use them rather than plug-in electric heaters

Managing Bills

- Give meter readings every month or get a smart meter
- Get a water meter if you have more bedrooms than people in your home
- If you're in debt with your energy or water bills, check if your supplier has hardship grants you could apply to for help
- If you're on a low income, check whether you can get a social tariff for your water or broadband

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 or send a text to **07860 017632**.

Think of us while doing your Christmas online shopping

If you use Amazon, please go to their 'Amazon Smile' version, it's the same site but you get the opportunity to select a charity to support, if you choose Durham County Carers Support you'll be supporting us with every purchase you make, and it doesn't cost you a penny.

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.



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. We have new business adding discounts all the time, below are the latest to join our scheme and offer Carers a discount.

Business Name	Area	Discount
Redworth Hall Hotel	Newton Aycliffe	15% all food & beverages
Hunters Estate Agents (Consett)	Consett	10% Discount on Sales and Letting Fees
Makeup by Taylor Lea Davison	Consett	20% off all advertised prices
The Peach Apothecary	Anfield Plain	20% off everything
Forever Young Massage & Beauty	Wingate	20% off massages and facials

To view the full list of businesses taking part in the scheme, to request a card* or if you would like to list your business on our website, please visit our website dccarers.org/carers-discount-card

*must be registered with Durham County Carers Support



#charitiesconnected @VodafoneUK

If you are struggling to keep your phone topped up, or do not have the internet connected.

Give us a call and we may be able to help you. Vodafone have kindly donated sim cards with unlimited texts and calls and 20MB of data per month, for six months. For further information, please contact Alison Dixon on **0191 500 6031** or email alison.dixon@dccarers.org



Carer trips funded through the NHS

Carer Breaks Fund

Carer Break funding can offer new experiences and be the starting blocks of new hobbies and interests. Speak to your Carer Support Co-Ordinator to see if you are eligible.

During September, we arranged two fishing trips with Predator Angling Charters based in Hartlepool and the feedback has been fantastic.

During the second trip they were very lucky to follow a pod of Dolphins, although, according to the boat's Skipper Ralph, they tend to scare the fish off!



Mark with an unusual catch of a Red Gurnard

A day at the Cricket

We also had 10 Carers attending a day of cricket at the Riverside Stadium in Chester-le-Street, watching Durham v Sussex, everyone attending had a fabulous day.



Keep an eye out for future events in our Newsletter or on our website dcccarrers.org

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.

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		
August 2022 1st Ee Sing Wong 2nd Irene Davison 3rd Alison Kane	September 2022 1st David Whelan 2nd Una Garraway 3rd Robert Franklin	October 2022 1st Joan Nielson 2nd Robert Franklin 3rd George Addison

AVE 1st PRIZE £113
AVE 2nd PRIZE £75
AVE 3rd PRIZE £37

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

Name:

Telephone Number:

Address:

Postcode:

Email:

Our Christmas Opening Hours

Our office opening times during the festive period are as follows:

Friday 23rd December Open 9am – 2pm

Saturday 24th December & Sunday 25th December CLOSED

Monday 26th December CLOSED

Tuesday 27th December CLOSED

Wednesday 28th December Open 9am – 5pm

Thursday 29th December open 9am – 5pm

Friday 30th December Open 9am – 5pm

Saturday 31st and Sunday 1st January CLOSED

Monday 2nd January 2023 CLOSED

Tuesday 3rd January 2023 Open as usual from 9am

Help with Food Provision

Food Banks

Durham Food Banks have locations across county Durham if you are struggling with providing food for you or your family.



Follow the website durham.foodbank.org.uk or call 0191 303 8693 for Food bank enquiries. Please call 0300 330 9027 to speak to Citizens Advice County Durham who will be able to issue you with a food bank voucher if necessary.

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

Waste Not Boxes

A Waste Not Box is a crate full of good food, intercepted by us, otherwise wasted. It will always include a selection of fresh fruit and vegetables, chilled goods and some meat or vegetarian options. Boxes cost £15. Waste Not Boxes are available on Thursdays and Saturday mornings 'first come, first served' from the café in Chester le Street.at 10am.

For further information check out their website refusedurham.org.uk

Useful Contacts

If you need urgent support when we are closed, please call Social Care Direct on 03000 267 979. They can support you and the person you care for to get practical help for example through the Carers Emergency Service. For physical and mental health issues out of hours call NHS 111 or in an emergency 999. For support around your mental health call the Samaritans on 116123.

If you're finding things difficult

Your mental health is as important as your physical health.

Samaritans

Helpline: 116 123 (Monday to Sunday FREE at any time)

Shout

You can also text 'SHOUT' to 85258 to start a conversation with a trained Shout 85258 volunteer. Texts are free, anonymous and confidential from anywhere in the UK.

QWELL

A safe and confidential space to share experiences and gain support from our community and qualified professionals around your mental health. <https://www.qwell.io/>

TEWV Crisis Line

24-hour line for adults experiencing a mental health crisis. You do not need to be getting any mental health support already. 0800 0516 171

SANE

Offers one to one support for those times you feel you most need it. 07984 967708 www.sane.org.uk

Citizens Advice County Durham

Helpline Monday to Friday 9am-4pm 0808 2787821



Current Volunteer

Vacancies

We have several volunteer team vacancies available. 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 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.

Green Champion Volunteers - Do you have a passion for helping create a greener County Durham?? DCCS have pledged to help make County Durham one of the greenest counties in the UK. We are looking for anyone who might be interested in joining our quarterly online Green Champion meetings to help bring ideas and implement them if possible. If you have a passion for helping with the environment. There is no previous experience needed, just a passion to help us help the environment.

More details on any of these contact Jessica by email Jessica.howarth@dccarers.org or 01833 600576.

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 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

Carer Training Course

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 from TEWW NHS Trust who has a wealth of knowledge, skills and experience to share.

You will have the opportunity to ask questions, engage in discussions and learn from others. Session content will be influenced by the things you would like to discuss and will also include training in relation to the Positive Approach to Care™

The Positive Approach to Care™ concept has been developed by Teepa Snow, an internationally renowned leading educator on dementia and the care that accompanies it. As an occupational therapist with 40 years' experience of clinical practice Teepa Snow's approach demonstrates how to support people living with dementia by equipping both formal and informal Carers with specific skills aimed at increasing understanding of what it is like to live with dementia. Her approach is focused on care delivery, rather than theories.

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.

We are pleased to be offering the opportunity to attend a Face to Face course in April 2023 in Bishop Auckland – dates, times and venue yet to be confirmed. Please contact me on 0191 5006011 or via email karen.wilson@dccarers.org if you are interested. Thank you.

Or Via Zoom

Wednesdays January 25th, February 1st and February 8th 2023 from 5.30pm – 7.30pm

To book a place on either course, please contact Karen Wilson on 0191 500 6011 email karen.wilson@dccarers.org or scan the QR code below to complete your details or click [here](#). You are advised 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



What's On

Carer Training/Courses

Moving and Assisting

A four-hour course to prepare and demonstrate how Carers can protect their backs within their caring role.

- 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)

To show Carers the benefits of lifting correctly. To enable viewing and trying a range of small handling equipment.

The session will be held on:

- Wednesday 15th February 2023 9.30am – 1.30pm at Seaham Town Hall, Stockton Road, Seaham, SR7 OHP



To book a place, scan the QR code to take you to an online form or click [here](#) or call Jan Burden 0191 500 6034.

Exercise Classes (on Zoom)

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.

Courses begin on:

- Friday 2nd December 2022 to 20th January 2023 (excluding 23rd and 30th December) 6.30pm to 7.30pm
- Friday 3rd March 2023 to Friday 7th April 2023 - 6.30pm to 7.30pm



Please scan the QR Code to book a place or click [here](#).

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

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.

Course begins on:

- Tuesday 3rd January running to Tuesday 14th February 2023 – 10.30am-11.30am



Please scan the QR Code to book a place or click [here](#).

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

