

Caring Matters

February 2023

www.dccarers.org

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

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

Learn the basics of getting online
see page 9



Meet our Trustees

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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@dccarers.org for further information.



Learn to Drive with Funding from *Carer Breaks*

The cost of learning to drive can be off putting for people, especially with the current cost of living crisis. We can provide funding for driving lessons through our NHS Carer Break fund for Carers wanting to learn to drive. To access this funding Carers will need to have their provisional license and passed their Theory Test. There are criteria and application process.

Gillian from Moorside passed her driving test in **April 2022** with the help of the funding she received from Carer Breaks. Gillian is a full time Carer for her son who has Autism and ADHD. Gillian said "Being able to drive means I can take and collect my child from school when I need to. If he refuses to go to school by taxi and I'm able to talk him round to go, I now have the means to take him myself. It has also made shopping trips much easier for me. My advice to any Carers out there wanting to pass their test is go for it, it really helps a great deal with everyday life."

To find out if you are eligible for driving lesson funding, please contact us by calling **0300 005 1213** or email admin@dccarers.org or send a text to **07860 017632**.

Carer Forum on Facebook

3 most common phrases we hear from Carers:

"Another Carer told me..."

"I don't know who to ask for advice..."

"I didn't realise that was available for me..."

We have set up a Carer Forum on Facebook to make it even easier for Carers to access information and advice from other Carers or professionals. If you would like to ask a question, get something off your chest or find out what other Carers know/think, then this is a space for Carers to come together to share their experiences. Good or bad.

Whether you are a new Carer looking for advice, or you have a wealth of knowledge to share, we want to hear from you and hope you enjoy YOUR Forum! Search for Carer Forum on Facebook and look for the logo above.

We also have Podcasts coming soon too... watch this space.



Carers Rights Day is a national campaign that brings organisations together to help unpaid Carers.

It aims to:

- Ensure Carers know their rights.
- Help Carers find out where they can get support in their area.
- Raises awareness of the very real pressures unpaid Carers are facing and the support they need.

This year Carers Rights Day took place on **Thursday 24 November 2022** and during this week we had 7 different events across County Durham and Darlington. Each event had information for Carers on benefits, grants, advice on Wills, Trusts and Powers of Attorney, Carer Breaks, energy saving and money saving ideas. These were fantastic, well attended events and our team had the opportunity to speak with a number of new and existing Carers to our service.



Here are some pictures from the events:



NHS Melissa Bus, Barnard Castle



Cornerstones, Chester le Street



Information Stand



St Teresa's Hospice, Darlington



Glenroyd House, Consett

10-year Anniversary Raffle Winners

Thank you to everyone who supported our 10 Year Anniversary Raffle, special thanks go to Pastel Solutions Ltd for donating an iPhone 13 along with thanks to London North Eastern Railway, Seaham Hall Spa, Redworth Hall Hotel, Beamish Museum, Clarendons of Barnard Castle, Marriott Gateshead, Raby Castle, Bowes Museum and Washington Wetland Centre. The raffle raised an incredible £2,080 for the DCCS Carer Well-Being Fund.

All winners have been notified:

- iPhone 13 - AA Robinson
- £250 cash - Laura Gates
- Train tickets - Vicki Maddison
- 2 x Seaham Hall Twilight vouchers - Text winner
- 1 x Redworth Hall Spa voucher - K. Davison
- Beamish Pass - Text winner
- Clarendons Barnard Castle voucher - Alison Donoghue
- Marriott Spa voucher - Jenny Hall
- Raby Castle Family Day Ticket - Julie Spoons
- Bowes Museum Family Pass - Sam Stimpson
- Washington Wetland Centre Family Day pass - Richard Shenton



SPRING CLEAN YOUR FINANCES!

Money Matters **Project**

On the 1st of December 2022, we launched a new project for Carers called Money Matters, led by two of our friendly Carer Support Co-Ordinator's Helen Olney and Charlene Bainbridge.

This project aims to look at how we can support Carers struggling with the cost of living crisis to maximise their income and minimise expenditure. We will be looking at cooking on a budget, access to specialist grants, money saving tips, accessing lower cost borrowing and so much more. If you are struggling at all why not give us a ring to see how we can help.

Money Matters Project Workers:

Helen Olney 01325 524607 helen.olney@dccarers.org
Mon-Fri and Charlene Bainbridge 0191 500 6018
charlene.bainbridge@dccarers.org Tues -Thurs



Helen Olney



Charlene Bainbridge



Workshop:

If you are a Carer registered with us and struggling to claw back extra costs, we have joined forces with Community Money Advice County Durham. We would like to invite you to a new workshop at our office:

TOPIC: Money Makeover to Spring Clean your Finances

DATE: Wednesday 22nd March 2023 10am-12pm including lunch

VENUE: Durham County Carers Support, Enterprise House, Enterprise City, Spennymoor, DL16 6JF (Please note, the room is on the first floor access via stairs, there is no lift)

The workshop will focus on our 3Rs:

- **RESET** maximizing income via benefit checks.
- **RETHINK** minimize expenditure via budgeting.
- **REGROWTH** proactive planning via saving.

To book a place, please scan the QR code to complete the form or contact Helen Olney on 01325 524607 helen.olney@dccarers.org



"Community Money Advice Durham offers free confidential non-judgemental advice on debt and money issues, help with arrears and debt management including help with any urgent issues. We work with you to create a sustainable budget, we advise on your options for dealing with debts and we help you implement your chosen solution, including using a legal insolvency procedure to become debt free, if needed. CMA County Durham is registered and regulated by the Financial Conduct Authority"

DID YOU KNOW?

- You can save £12 per year by swapping one bath a week for a shower.
- Cutting your shower time to 4 minutes can save a family £70 per year.
- 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.
- 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.
- Don't leave your fridge/freezer empty fill with paper or cardboard or plastic bottles of water.
- Wash your clothes at a lower temperature. A 30 C wash will use 38% less energy than a 40 C wash.
- Avoid using a tumble dryer and dry your clothes outside or on an airer - this could save £60 per year.
- Don't fill the kettle - only putting the water in that you need could save £10 per year
- Avoid using candles as fire safety risk, use free standing energy saving torches.

More than 29,800 MoneySavers have now enrolled in the Academoney, through their partnership with the Open University. You can sign up for free to become top of the class in all things personal finance

Follow www.durham.gov.uk/financialability supporting everyone to reduce their household bills, pay off credit or save for a rainy day.

Follow yorkshireenergydoctor.org.uk

NE First Credit Union:
www.nefirst.co.uk,
info@nefirstcu.co.uk,
0330 0553666

Follow Martin Lewis
www.moneysavingexpert.com
and receive emails 23 tips for saving in 2023

www.moneysavingexpert.com/news/2020/05/mse-launches-academoney--financial-education-course-with-the-op/

Find out what support is available for your household from the government.
<https://helpforhouseholds.campaign.gov.uk/>

Positive Behavioural Support

Workshops for family Carers

Do you support an adult with a learning disability with behaviours you find challenging?



Come along to the Positive Behavioural Support (PBS) workshops for family carers to learn more about tools that could help you and the person you support live a better life.

To find out more contact: Adele Blair 01388 439748 or adele.blair@dccarers.org or Janice Coulson 01833 600577 janice.coulson@dccarers.org

Each set of workshops has 3 sessions

- Session 1 - Introduction to PBS
- Session 2 - PBS tools and how to use them
- Session 3 - Well-being support and catch up

2023 Dates

Spring Tues 14th March, Tues 28th March and Tues 9th May (Bullion Hall, Chester le Street)

Summer Tues 30th May, Tues 6th June and Tues 18th July (Four Clocks, Bishop Auckland)

Autumn Tues 10th October, Tues 17th Oct and Tues 28th Nov (East Durham Trust, Peterlee)

Adele or Janice will discuss what suits you best and confirm your place. Each session will run 10:30am to 2:30pm. Lunch and refreshments will be provided for you to enjoy each day.



To register your interest for these sessions, please click on the link below or scan the QR code or contact Janice or Adele on the details above. <https://forms.office.com/e/LytahC8Xht>

"I do feel that the course was really good - very comprehensive and it's really made me think about how best to help"

"Thank you so much! You have given me a little more confidence & hope for a little more peaceful future."



Do you care for a child or adult with autism *and/or a learning disability?*

We have teamed up with Inclusion North to organise some events for Carers to get together. Some events are for Carers only and some are for the Cared for person and other members of your immediate family. These sessions are NHS funded.

In December we held 2 successful 'Relax & Recharge' days which gave Carers the chance to have some time away from their caring role before the stresses of Christmas and the feedback from this was fantastic!

We have now arranged some days out based on the survey we did last year where you told us your preferences. All places are limited and if oversubscribed names will be drawn randomly. There is a £3 refundable deposit per place booked and confirmed. Please note we are not able to offer transport to everyone, however if this is a barrier then please give us a call to discuss.

Alan Shearer Centre
Friday 14th April 2023, 10.00am – 3.00pm

The ASC is a specialist recreational and social facility for people with complex physical and learning disabilities and sensory impairments. It has many different sensory activities to stimulate both children and adults with complex needs and is open to Carers and their immediate families. The centre is fully accessible including changing facilities and we will provide a packed lunch.

To book onto this, please scan the QR code opposite or follow this link <https://forms.office.com/e/gj1EAmCQ2t>



Durham County Cricket
Thursday 11th May 2023

Durham v Yorkshire at The Riverside, Chester le Street, DH3 3QR

- Tea and Coffee on arrival
- 2 course lunch
- Private Box (Max capacity 12)

This is for Carers and cared for person only and places are limited.

To register your interest, please scan the QR code opposite or follow this link <https://forms.office.com/e/jE4YGAhrLP>



Parent Carer **Support**

Introducing Suzanne our new Parent Carer Worker

Hello, I'm Suzanne and I started my role as Parent Carer Needs Assessment Coordinator in November. I love my new role at Durham County Carers as I'm very passionate about helping people. Previously I have worked as a Teaching Assistant in a school in South Shields and I'm also a qualified dog groomer. I enjoy walks with Oscar my Cockerpoo, socialising with friends and family and watching Sunderland play.



Introducing Eric Knows

Inclusive, invaluable and innovative searching

Eric Knows is all about opening opportunities for autistic and/or disabled children, young people and adults. We run groups encouraging emotional positivity and awareness to improve mental health and wellbeing. We also run sessions during the school holidays as part of Durham County Council's Fun and Food project, so look out for any sessions in the Spennymoor, Bishop or Newton Aycliffe areas. If you are further afield and can't travel, get in touch with us, we would love to hear what you would like to see more of!

If you are interested in knowing more about our emotional wellbeing course in Newton Aycliffe (courses will run throughout 2023) you can register interest here by going to <https://bit.ly/EricAAEP>

If you just want to know more about what we do please contact Ella on 07455 919148 or email ella@ericknows.co.uk

Closed Facebook Page



Parent Carers, have you joined our closed Facebook Page?? If not, why not!!!

We share lots of information on the page and anything we hear that may be helpful and of interest to parents. It is easy to find us, just search for Parent Carer Support (Co Durham) on Facebook, request to join and answer the questions – we would love to have you on board!

Spotlight on Disability Living Allowance (DLA)

DLA is a welfare benefit that can be paid to children who are under 16 years old and have difficulties walking or need more looking after than a child of the same age, who does not have additional needs. Your child does not need to have a diagnosis to apply for DLA. But it does help if you have reports/written evidence outlining your child's additional needs.

Top tips for completing a DLA form.

1. DLA is applied for using a written form. Phone DWP to request a form, rather than downloading one. The form will be date stamped and if an award is made you will receive a payment backdated to the day you requested the form. (DWP phone number: 0800 1214600)
2. Give yourself time to complete the form. It is a lengthy document best completed a few sections at a time. Filling in the form can be quite an emotional process, so having breaks can help.
3. Try and give a good amount of detail, even if you feel you are repeating yourself.
4. Give examples of the help your child needs wherever possible.
5. Give full contact details for professionals involved with your child. The DWP may contact these people, full and accurate information will prevent delays.
6. When answering the questions that ask, 'how many minutes does it take each time', it is ok to give a range, such as 10-20+ minutes.
7. When answering questions about how far your child can walk, a good guide is to remember that an average adult step is about one metre. So, 50 metres would be roughly 50 adult steps.
8. Include photocopies of recent reports/clinic letters that outline your child's needs. Read through these carefully to ensure that they do not contradict what you have said in the form.
9. Download a copy of our DLA guide for parents from our website. It will guide you through the form step by step (www.dccarers.org/parent-carer-support/)
10. If you need further support, give us a call, we have volunteers who are trained to offer telephone assistance with completing DLA forms.

Evening Support

Don't forget we offer evening support. An evening appointment can be booked by emailing joanne.lancastle@dccarers.org or michelle.wright@dccarers.org



Connecting Carers IT Project



Connecting Carers IT Project has now launched online learning on our website (<https://dccarers.org/online-support-for-carers/>) which is created in partnership with Care Academy and Digital Wings.

Would you like to learn the basics of getting online? You can now do this in your own time and in the comfort of your home.

These bit sized modules help you to understand our fast-moving digital age and help you build your knowledge and confidence.



From the basics- Choosing the right device, to the intermediate-Microsoft Office.

Do you know a little about how to get online?

Do you feel you can help others to build their confidence?

Would you like to **VOLUNTEER** in our workshops?

We need you!



Contact Alison on the details below.

How Apps can help your Caring role. Would you like to know more?



- check your symptoms
- find out what to do when you need help urgently
- book and manage appointments at your GP surgery
- order repeat prescriptions
- view your GP medical record securely

Coming Soon **in 2023**

Workshops in Bishop Auckland and Newton Aycliffe.

If you would like to learn the basics of getting online and using a tablet these workshops are ideal for you.

EMPOWER YOURSELF AND LEARN SOMETHING NEW.

We are continuing to do one to one visits to help you with your IT issues.

Memory Lane Workshop

Does your loved one live with dementia or mental ill-health? It is nice to sit and chat about the past. Why not join our workshop to make a memory book and get the conversation going. You will also learn how to use an online device.



If you are interested in any of the above:

Please scan the QR code below with a smart device to register. You can also contact Alison Dixon on 0191 500 6031 or email alison.dixon@dccarers.org

IT Interest Form



Meet our Trustees

We are governed by our Board of Trustees who are all volunteers for Durham County Carers Support. The Trustees have ultimate responsibility for our charities vision, performance and strategy. We are extremely thankful for the commitment and dedication of our Trustees, many whom have been with us for years. They meet regularly to discuss our governance and operations. If you are interested in joining our Board, please email sophie.johnson@dccarers.org for more information.

Here are our 7 Trustees

Audrey Vasey - Trustee

Audrey has been a Board member for over 17 years and was most recently Chairman for 8 years. Audrey is a retired local Government Officer, magistrate and member of independent monitoring Boards for HMP Frankland and HMP Low Newton. Previously a Board Member for Chester-le-Street Branch Alzheimers Society and a Samaritan.

"I became a Board member of the then Durham and Chester-le-Street Carers after the loss of my husband to Alzheimer's and Parkinson's diseases 17 years ago. I am currently a Carer for my son. I was keen to help because the Service was and still is so helpful and valuable to me. DCCS offers much needed help and advice to Carers, and I'm proud to be part of that. As a Trustee, I get satisfaction knowing how very necessary and good our service is, with caring, hard working staff and volunteers. DCCS never stands still, always looking ahead towards advances and improvement."

Janet Potts - Chairman of the Board

Janet has been a Board member since October 2014 and took up the role of Chair in November 2022. Janet currently works for Mortons Law as a Chartered Legal Executive carrying out Private Client work which includes probate, wills, lasting power of attorney and trusts. Janet became a Trustee when she was introduced to the charity through Jenni Wood (Our CEO) and loved the ethos of the charity and saw the commitment of its staff. It was a very easy decision to work on the Board.



Janet also loves to spend time with her family and at the moment helping out her dad with his energetic border collie Treacle!

When Janet has time out of her extremely busy job she loves to watch live music and travels to see bands.

"I firmly believe in Carers rights, and I am a firm advocate for supporting the role that unpaid Carers do whenever I can. By being on the Board I feel that I am part of a fantastic charity that has worked hard to support carers."



Audrey said she loves reading, music and dancing, though her dancing days are just a very fond memory.

Marion Usher - Vice Chairman

Marion has been a Board Member since November 2019 and is retired. Marion worked in social care for almost 40 years, beginning as an Assistant Housemother in a children's home in Sunderland, and then working for Durham County Council for 34 years, as a social worker, and then a manager of various children's and later adult services. Marion's final job with Co Durham was a Strategic Commissioning Manager of services for older people, adults with disabilities and Carers.

"I became a Trustee for DCCS in 2019, a role I enjoy, and hopefully contribute to positively. In my leisure time, I enjoy cooking, trying to keep fit (ish), and travelling, both in the UK and abroad. Hence my photo is in Switzerland, one of my favourites!"



After retirement Marion continued to do some independent consultancy work for a few years, and also acted as an Associate to the Local Government Association's local authority peer review program.



Marilyn Normanton - Trustee

Marilyn became a Trustee in January 2020 and by profession was a teacher but has had many different roles. As a teacher Marilyn worked in various fields with children, adults and family groups from all kinds of backgrounds.

In her spare time Marilyn enjoys reading, walking with her family exploring the local environment, painting and drawing and also volunteers at her local Oxfam shop.

"This is an organisation close to my heart as I have some caring responsibilities for my son who is a vulnerable adult, so I have a personal understanding of the anxieties and challenges a caring role involves. I feel privileged to play a small part in helping DCCS to fulfil their aim of making Carers lives better, having witnessed the positive difference the organization makes in so many lives."

Colin Ranson - Treasurer

Colin has been on the Board since November 2020 and took on the role as Treasurer shortly after. Colin is the Commercial and Facilities Manager for Spennymoor Town Council which he has held for the last 9 years with a business management portfolio of all commercial activity including events, functions, hospitality and art, as well the management of all property, buildings and land. Previous to this Colin was Facilities Manager for Sunderland City Council for 27 years.



"Having cared for both my parents, gave me a limited understanding of the role of a Carer and with my son working for Sunderland Carers I had also gained a limited understanding of the strategic role of supporting carers across both adults and young people."

"I really enjoy working with the management team and other board members, to help ensure that the financial systems and procedures and fit for purpose and that the organisation is in a good financial position."

Ian Briggs - Trustee

Ian has recently retired and joined the Board in September 2022. His previous employment background includes Performance Manager for an electricity generation company and Social Care and Health Manager for Durham County Council. He currently provides part time project work for the Great North care record / AHSN.

Ian joined the Board to work with the DCCS team and Carers to help plan, develop and improve the Carer services in County Durham and Darlington. Also, to help raise the awareness of the importance of Carers to the health and social care system; and the impact the Carer support service has and continues to make for those in the caring role.



Ian is married with 3 children, 6 grandchildren and enjoys walking, particularly exploring in County Durham.

"Until quite recently I had been a Carer for over 25 years for my mother and stepfather; this has given me an insight into the issues and opportunities for Carers and those being cared for. Having worked in health and social care, I wanted to use my experience and knowledge to help improve Carer support services and Carer outcomes."

Victoria Burnip - Trustee

Victoria has been a Board member since November 2020 and has over ten years' experience providing strategic and operational support to charities in the North East. Victoria set up and heads Unforgettable Experiences, a creative therapeutic service which has been proven to improve wellbeing and cognitive functioning. (www.unforgettableexperiences.org.uk).

"I became a trustee for Durham County Carers Support as I have supported my family with ill-health as a Carer. Being a trustee enables me to share my knowledge and experience with like-minded professionals to assist the team at Durham County Carers Support to help carers in Durham and Darlington like me."



Victoria also acts as a Trustee for VONNE and a Director of Social Enterprise Acumen providing advice, guidance and governance to help the VCSE to prosper. In her spare time Victoria enjoys the arts, swimming and spending quality time with her family.

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		
November 2022 1st Yvonne Edwards 2nd Helen Meakin 3rd Mary Brown	December 2022 1st Harold Johnson 2nd Mr Hendry 3rd Maurice Blackett	January 2023 1st Theresa White 2nd Valerie Walker 3rd Una Garraway

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.dccarers.org

Name:

Telephone Number:

Address:

Postcode:

Email:

What should you do if you are unhappy with an **NHS Service**

If you are unhappy regarding a service provided to yourself or the person you care for and would like to make a complaint, what is stopping you? Are you feeling scared or worried in case you make things worse? If you do nothing, will other people be affected? Or is the reason you don't know how to go about it? Services need to know when things go wrong to enable them to provide the best service possible.

Firstly, you can talk things over with your Carer Support Coordinator who can advise how and where to take your issue or complaint.



If your problem relates to:

Hospital

The Patient Experience Team/ Patient Advice and Liaison Service aims to help patients and carers to solve problems by providing a confidential service that will listen to the views of patients, carers, and relatives. The team can liaise with staff, managers, and where appropriate, other relevant organisations. They try to help resolve problems that you have been unable to sort out for yourself.

North Tees Hospital have a free 24 hour freephone helpline: 01642 624719.

Darlington Memorial and University Hospital of North Durham – open hours 9am to 4pm Monday to Friday Tel: 0800 783 5774 - Email: patientexperience@nth.nhs.uk
 Sunderland Royal Tel: 0800 587 6513
 RVI, Newcastle Tel: 0800 032 0202

GP Services, Dentist, Opticians, Pharmacies, 111 and Ambulance Service

Healthwatch are an independent organisation that act as a Health and Social Care Champion. They can discuss and forward your issues, feedback and suggestions to NHS Senior staff and Decision Makers. Healthwatch can be contacted on enquiries@healthwatch.co.uk or call 03000 683 000.

Independent Complaints Advocacy (ICA)

ICA can provide you with a free self-help information pack that contains information on how to view your medical records, how to make a complaint, guidance on how to word your letter and a list of helpful addresses including the General Medical Council and Health Ombudsman. They also have experienced workers who can act as an advocate to help you if you require it. Email: ica@carersfederation.co.uk or call 0808 802 3000.

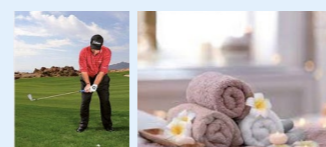
Funding to take *a break*

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.



INVESTORS IN THE ENVIRONMENT



Durham County Carers Support are working towards the Investors in the Environment (iiE) Bronze Accreditation for our commitment to sustainability.

Did you know that a 1.5°C temperature rise puts up to 30% of wildlife at risk of extinction?

- We are committed to reducing our carbon footprint.
- We're reducing our waste and recycling more.
- We are working on a sustainable travel plan.
- We pledge to make a positive social impact.

Some dates to watch out for:

3rd March 2023 – World Wildlife Day, find out more here [Official website of UN World Wildlife Day](#)

22nd March 2023 – World Water Day, has been held on 22 March every year since 1993, focuses on the importance of freshwater, find out more here [World Water Day | United Nations](#)

25th March 2023 8:30pm – Earth Hour, the power of an hour, earth hour is a moment of solidarity, where 192 countries and territories come together in support of people and our planet, landmarks turn off their lights and supporters switch off at home. Find out more here [Join One Of The World's Largest Movements for Nature | Earth Hour 2022](#)

22nd April 2023 – Earth Day, get inspired, take action and be part of the green revolution, find out more here [Earth Day: The Official Site | EARTHDAY.ORG](#)

Volunteer News

Hello everyone and Happy New Year to all our Carers and Volunteers past and present. The team were still busy through the holidays, and we can't thank them enough for supporting Carers through what can be a stressful time of the year.

We always have roles for Volunteers so if your New Years resolution was to "help out," "give back," you want a new challenge or to gain experience - we could have the role just for you. Please don't hesitate to contact Andrea for an informal chat andrea.emerson@dccarers.org

We have many success stories including volunteers who have gained valuable knowledge and been able to join our staff team. Andrew West was one of them and shares his thoughts on how he got involved.

"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, for a Carers Assessment. 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'. Then when the opportunity arose to join the team as a Carer Support Coordinator, I could not miss the chance to give even more help other Carers in Darlington. I am hoping that my experience as a Carer myself will help me to give the best support I can to other Carers in both County Durham and Darlington, making their caring role just that bit easier. I look forward to meeting with you, either by telephone, online, or, hopefully, in person, soon"

Are you a runner?

You could support our Charity by running the biggest and most popular half marathon in the UK - the Great North Run which is on Sunday 10 September 2023.



Running for us will cost you £35 and a fundraising target per runner of £250.

Visit our website <https://dccarers.org/product/great-north-run-charity-place/> or scan this QR code to buy a place.



STANLEY CARER SUPPORT GROUP

The Civic Hall
Front Street
Stanley
DH9 0NA

10:30AM
TIL 12NOON
2ND WEDNESDAY OF
EVERY MONTH



INFORMAL CHAT



SUPPORT

Join us. All Carers welcome!
for more information call Janice on:
01833 600577

Stanley Carers Support group

Are you a Carer living, working or caring for someone living in the Derwentside area? Would you like to meet like-minded Carers for a Coffee and a chat or would you like to meet your Carer Support Coordinator for help with a question?

We have a new group meeting at the Civic Hall in Stanley from Wednesday 11th January 2022 from 10.30 – 12.00 and going forward the 02nd Wednesday of the month, numbers depending. If you would like to know more, please just come along or you can contact your local Carer Support Coordinator Janice Coulson on janice.coulson@dccarers.org

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 Support Group for 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 Support 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

Stanley Carers Support Group

- **Where:** The Civic Hall, Front Street, Stanley, DH9 0NA
- **When:** 2nd Wednesday of the month, 10.30am – 12noon

Contact: Janice Coulson on 01833 600577 or email janice.coulson@dccarers.org

What's On

Information Session

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!

Session will be held on Tuesday 25th April 2023 At:
Shotton Colliery Community Hub, Bridge Road, Shotton
Colliery, DH6 2PQ Between 10am and 12 noon.

To be followed by a buffet lunch,
Numbers are limited. Closing date
for applications Wednesday, 19th
April 2023 Please scan the QR
Code to book a place, or contact
Carole Gibson on 01325 524603
carole.gibson@dccarers.org



East Durham Carers Pop-in.

- Are you a Carer living in East Durham?
- Are you caring for someone living with mental ill health or dementia?
- Are you living with mental ill health or dementia?

We are pleased to be able to offer you the opportunity to meet and talk with other Carers face to face and Karen Wilson our specialist Mental Health Carer Support Worker.

Pop-in to Healthworks Paradise Lane, Easington, County Durham, SR8 3EX on the first Friday of the month anytime between 9.30am and 11.30am – no need to make an appointment.

Confidential space will also be available if you want to talk privately.

DATES 2023

Friday 3rd March

April No Pop-in due to Bank Holiday

Friday 5th May

Friday 2nd June

Friday 7th July

Please contact Karen on 0191 5006011 or email karen.wilson@dccarers.org if you need any further information.

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 TEVV NHS Trust Older Persons Mental Health Services, has a wealth of knowledge, skills and experience to share.

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

The 3 sessions will be held on:

- Tues 18th April, Tues 25th April and Tues 2nd May from 10.30am – 12.30pm
- **Venue:** The Auckland Project, No 42, Bishop Auckland, Market Place, DL14 7PB
- Nearest Car park North Bondgate DL14 7PG – you will need to pay for parking.

To book a place please contact Karen Wilson on 0191 500 6011 or email karen.wilson@dccarers.org or scan the QR code. 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.



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