

Caring Matters

May 2023

www.dccarers.org

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

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

Carers
Week events
see page 4-5

 Carers Week



“Share the love Fundraising”

Page 3



FINANCIAL SUPPORT | HINTS AND TIPS | COURSES | AND MUCH MORE INSIDE...

A day in the life of a

Carer Support Co-ordinator

9:30am– 12:30pm Triage

I spoke to a Parent Carer today on Triage who had registered in order to access a Parent Carer Needs Assessment. While chatting to her I discovered that her partner and parents are a massive support in caring for her daughter too. I suggested they register with us as they are all in a caring role. She was surprised by this as she thought that only the main Carer could sign up for support. I referred her to our Specialist Parent Carer Team and not long after I noticed her partner and her parents were on our Triage register. They didn't all need the same kind of support. Her parents just wanted the Carer Discount Card so that they could take their granddaughter out for the day with free access to different places, and her partner wanted to sign up to our free counselling service as he was struggling in his caring role. During Triage we discuss how the Carer is managing and what we can do to support them as well as the level of support they need. Everyone's needs are different.

1pm-2:30pm Carer Support Group

This week's Carer Support Group was really successful. We had a special guest from one of the social prescribing link workers based in GP surgeries and all the Carers found the information really helpful. We also had time for a cuppa and a chat where Carers had an opportunity to talk to each other about their own challenges. Some funny stories came out around their caring role, which left the group on a high.

3:30pm-4pm Supporting a Carer with a PIP application.

I had sent the Carer the PIP (Personal Independence Payment) guide before we started the application, this explains how points are awarded so we knew in advance that there was a high chance the cared for would be awarded PIP at some level. As always, when completing a PIP form, we established that there were many things that the Carer did for her partner that they disregarded as common place. Carers are often taken for granted and don't realise how much they do for their partner/friend as they do it so often, they regard it as normal life, but the cared for could not manage without them.

4:30pm-5pm Helping a Carer struggling with Debt.

This Carer was struggling to pay his bills as a result of debt he wasn't able to manage. I explained that we know lots of people struggle in silence when it comes to debt but assured him that he would be supported in a non-judgemental manner and all information will be kept strictly confidential. I referred the Carer to our Debt support team.



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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.

Online Carer Friendly Employer Hub

LAUNCHING SOON

Carer Friendly

Working Carers often find it hard to balance their work with their caring roles, causing stress and unease. We hear all the time that the pressure around their employers' expectations leads to Carers having to give up work or reduce their hours. We want to help Carers and Employers to get the balance right.

We're pleased to announce that we will soon be launching our Carer Friendly Employer Training hub. The Hub will offer an online training course which is an easy-to-follow process. Employers can save their progress so that they can re-visit anytime to fit it around their working day. The Hub will offer employers the chance to demonstrate they support and celebrate Carers in the workplace. Once Employers have shown they meet the criteria they become one of our "Carer Friendly Employers".

Becoming a Carer Friendly Employer will help organisations retain talented and experienced staff and is likely to reduce stress and sickness levels. It also helps attract new talent, investing in employees will help organisations become an employer of choice. Having an inclusive, diverse workplace culture, fosters a sense of belonging, safety and purpose for employees. We already have a number of employers keen to get involved and we're so pleased to be able to make a difference in working Carers' lives.

"Share the Love"

Staff Fundraising Challenge



Staff from DCCS with their fundraising certificates

Our team took part in a fundraising challenge "Share the love" which began on the 1st January and ended on 14th February 2023 to help boost the Carer Wellbeing Fund. Despite the cost-of-living crisis, the project raised more than £5,500, around three times the amount raised in previous years.

Staff divided into five teams to introduce a dose of healthy competition. They secured donations, including stays in holiday cottages and spa days, which were auctioned off to raise much-needed funds. There were also collections at venues such as Mowden Park Rugby Club in Darlington. A rugby ball signed by the Falcons and Jonny Wilkinson raised £50 itself. Some people taking part also won bee-keeping and lambing experiences.

DCCS Chief Executive Jenni Wood said: "A lot of the aid we help carers access takes time to come through so the wellbeing fund provides us with our own little pot of money to help them instantly and also provide some of the nice things in life. Everyone has been so supportive this year, even though we are all having to cope with the cost of living crisis, which is a wonderful reflection of how much people value the work we do."

"It's also been great working with local businesses and it has helped us spread the word about what DCCS is about."

Carers Week

5th – 11th June 2023



Carers Week will soon be upon us, and this year runs from Monday 5th – Sunday 11th June. It is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. The theme for Carers Week 2023 is *'Recognising and supporting Carers in the community'*.

Politicians, employers, health and social services, businesses, education providers and members of the public all have a role to play in raising awareness of caring and making sure carers are able to access the information and support they need. We will have lots of activities and events planned throughout the week to highlight and celebrate the valuable work of unpaid Carers. Here is what we have planned so far but keep an eye out on our website and Facebook page for up-to-date information.

NHS Melissa Bus Roadshows

During Carers Week, we will be located at 4 different places in County Durham with the NHS Melissa Bus. Carers can come along to find out about our services and have a chat. We have 3 locations confirmed and the remaining date will be added to our website and shared on our Facebook page.

See opposite page for location details.



Join us for Afternoon Tea and Tours



We would like to invite you to afternoon tea and a tour, these events are for Carers plus one guest and are at the venues below.

- Monday 5th June 11am-3.30pm
Ushaw College, Ushaw Moor
- Tuesday 6th June 11am – 3.30pm
Raby Castle, Staindrop
- Wednesday 7th June 11am – 3.30pm
Shotton Hall, Peterlee (no tour)
- Thursday 8th June 11am – 3.30pm
Lumley Castle, Chester le Street

Places are limited. If you are successful in securing a place, tickets are **£2 each** and will be payable by bank transfer or Paypal. Unfortunately, we are unable to provide transport.

To request a place, please either scan the QR code to complete your details or follow the link <https://forms.office.com/e/ePxemSHJBU> and select one event or contact Jessica Howarth to request a place on Jessica.howarth@dccarers.org or 01833 600576 by Sunday 28th May 2023

Carers Week Events

Date	Details	Time	Place	Further info
Monday 5th June	Melissa Bus	10am - 3pm	Morrisons Car Park, Barnard Castle, DL12 8EJ	
Monday 5th June	Virtual Carers Tech Shop	10am - 11.30am	Online via Zoom	See page 6
Monday 5th June	Afternoon Tea and Tour – Ushaw College	11am - 3.30pm	Ushaw College, College Road, Ushaw Moor, DH7 9RH	See above
Tuesday 6th June	Afternoon Tea and Tour – Raby Castle	11am - 3.30pm	Raby Castle, Staindrop, Darlington, DL2 3AH	See above
Tuesday 6th June	Melissa Bus	10am - 4pm	Bishop Auckland College, Woodhouse Lane, Bishop Auckland, DL14 6JZ	
Wednesday 7th June	Melissa Bus	10am - 3pm	Byron Shopping Centre, Seaham, County Durham SR7 7HN	
Wednesday 7th June	Cooking on a budget (slow cookers)	10am - 12 noon	Durham County Carers Support, Enterprise House, Enterprise City, Spennymoor, DL16 6JF	See page 10
Wednesday 7th June	Afternoon Tea – Shotton Hall	11am - 3.30pm	Shotton Hall Shotton Hall Old Shotton, Peterlee, SR8 2PH	See above
Thursday 8th June	Tea and Tech drop in	10am - 2pm	Bullion Hall, Chester le Street	See page 6
Thursday 8th June	For any Carer supporting someone over 18 years who is living with mental ill health or learning disability	2pm - 7pm	Reception Lanchester Road Hospital Lanchester Road, Durham, DH1 5RD	Info from TEWW Carers Charter, involvement opportunities, support from Durham County Carers
Thursday 8th June	Afternoon Tea- Lumley Castle	11am - 3.30pm	Lumley Castle, Ropery Lane Chester-Le-Street, DH3 4NX	See above
Friday 9th June	Making Sense of Caring	10am - 12noon	Spennymoor Youth and Community Centre.	See back page

Connecting Carers IT Project



Connecting Carers will be celebrating Carers week with two special events.

We will be holding a Carers Virtual Tech workshop on **Monday 5th June 10.00am – 11.30am** via Zoom where we will be talking about scams and internet safety. To book a place please click on the link or scan the QR code.



Scan the QR code opposite to complete your details or follow this link <https://forms.office.com/r/PiK3Xi3GPs> contact Alison Dixon on 0191 500 6031 or email alison.dixon@dccarers.org

We will also be holding a Tea and Tech drop in at **Bullion Hall Chester le Street on Thursday 8th June 10.00am – 2.00pm**, where you can come along to learn how your device can help you in your Caring role. **Just drop in no need to book.**

Also, if your device is:

- Running slow.
- Won't turn on.
- Has too many pop ups or any other issues.

Our Volunteer Alan Harland will be there to help with any technical issues you are having with your device. He will look at it free of charge. You will only pay for any parts if needed.

Please note you will need to bring your charger and know your log in/password details. You might be asked to leave your device to be looked at and picked up at a later date.

Tea and Tech Workshop

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 have developed a fun way of learning.

We have six workshops, every Thursday, starting Thursday 15th June to Thursday 29th July 10.00am - 1pm at Durham County Carers Support, Enterprise House, Spennymoor, DL16 6JF.

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.

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



If you are interested in any technical support or the Spennymoor Workshop, please see details below.

Scan the QR code opposite to complete your details or contact Alison Dixon on **0191 500 6031** or email alison.dixon@dccarers.org

IT Interest Form



Carers Virtual Tech Shop



Creating a wildlife-friendly garden

Making our gardens wildlife friendly doesn't necessarily mean that we have to leave them to grow into wild jungles. Every space whether it's a huge estate or a small busy family garden can give a home to nature.

There are lots of simple things we can do to help animals we share a space with from making sure that they have access to different habitats to nurturing well stocked feeding grounds for them. A wildlife friendly garden is accessible to everyone whatever space we've got, whether we're maintaining an established garden or creating a new one altogether.

Even the smallest of gardens can offer up a huge variety of different habitats for wildlife. There are lots of ways we can introduce or let nature create a diverse range of homes for nature in our outdoor spaces. It's good to create as many habitats as possible without cramming too much in. Think about the space you have available and focus on making



Please send photos of your habitat garden idea to Jacqui.coulson@dccarers.org and we will share these on our social media.



these micro habitats as good as they can be. You may not even realise that some of the most common unassuming garden features can house thriving worlds of wildlife.

Lawns for example, especially areas of uncut long grass are an important habitat for all sorts of insects and minibeasts not to mention a feasting ground for hungry birds which will feed on them.

Borders filled with flowering plants and shrubs give nectar rich food to butterflies and bees as well as seeds, berries and cover for birds and small mammals.

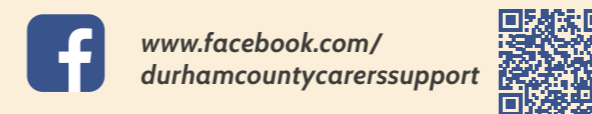
Trees and hedges offer roosting and nesting sites for birds and mammals, as well as valuable shelter and cover from the elements and possible predators.

Ponds and water features can be a habitat for a huge variety of animal life, from amphibians to invertebrates to bathing garden birds.

Even woodpiles, compost and trimmings, and the decomposing and discarded off cuts from your garden can be incredible places for animals to live feed and hibernate.

Our gardens can be busy worlds of wildlife heaving with nature.

Social Media Channels



www.facebook.com/durhamcountycarerssupport



Parent Carer Group
www.facebook.com/groups/1050338081741386



Carer Forum (for all Carers)
www.facebook.com/groups/573473857580122



www.instagram.com/durhamcountycarers



twitter.com/dccarers



www.tiktok.com/@carerssupport



Check us out on social media. We love to share.

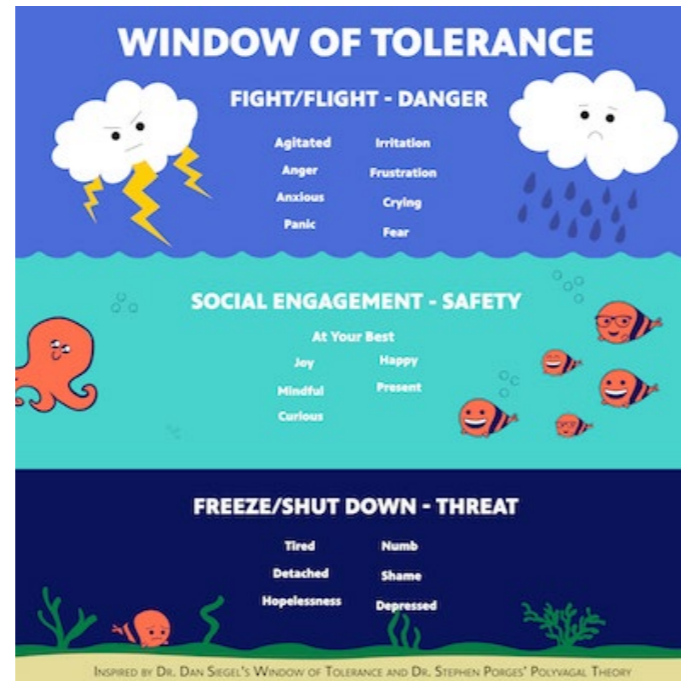
Tips to make sure you always see our posts: Like our page & posts, comment or share. That's just the way social media works. It knows what you like, if you like it 👍

Spotlight on Self-Regulation

Based on information from www.beaconhouse.org.uk and www.supportingcornwall.org.uk

Self-regulation is the ability of our brain to take in, organise and manage sensory information around us. We all manage this differently and every individual has a unique window of tolerance. When we are within our window of tolerance, we feel regulated and calm. However, when we face challenges that make us feel worried or scared, we are pushed outside of our window of tolerance. The further outside of the window we are, the more extreme the behavioural response.

A child who has additional needs or has experienced trauma and loss may have a narrower window of tolerance, meaning that 'every day' situations can trigger feelings that are intolerable and unbearable. Triggers are unique to each child. When triggered, a child may swing into hyperarousal (fight or flight mode - meltdown), which may result in anxious, aggressive, agitated or controlling behaviours that are driven by feeling unsafe, frightened, or confused. Alternatively, they may swing into hypoarousal (freeze or collapse mode - shutdown) when they may appear withdrawn, quiet, hard to reach, emotionless, and inactive. Children may swing between hyper and hypo arousal, whether overwhelm results in a child's behaviour becoming 'big and shouty' or withdrawn, both signal that the child is in significant distress and they need help.



When behaviours are big and shouty try encouraging:

- To and fro movements – on a swing, rocking chair or gym ball
- Deep hugs or firm predictable touch
- Pressing play doh into different shapes or squeezing a stress ball
- Playing nature sounds, or instrumental music
- Offering something chewy to eat or sucking thickened liquids (like smoothie) through a straw
- Wearing a weighted vest or using a weighted lap pad.

When a child is withdrawn try encouraging:

- Dancing to fast music, spinning around, running or skipping
- Jumping on a trampoline or bouncing on a space hopper
- Gentle touch or gently brushing the skin
- Messy play, finding objects hidden in rice or playdoh
- Fidget toys with a variety of surface textures
- Offering crunchy foods

Co-Regulation

- One of the most powerful tools for calming a child is a calm adult. How can you be that cool calm collected adult when faced with a distressed (and often distressing) child?
- We need to be as calm as possible for our children
- Calm communication – slow - low
- Our own emotional regulation matters, try and make space to self-care.
- We can be emotional regulation role models to children when we regulate aloud, naming the emotions we are feeling and what we are doing to help ourselves feel more settled.
- Sometimes we'll get it wrong and that's okay. Try and reflect and learn from the experience.

Summer is coming!

It won't be long before schools close for the long summer holidays and parents are faced with keeping children occupied and entertained. Here are some websites and Facebook pages that are well worth keeping an eye on if you are stuck for something to do!

ericknows.co.uk

Inclusive, invaluable and innovative searching

www.thisisdurham.com/whats-on

www.durham.gov.uk/funandfood

Holiday activities with healthy food

www.durham.gov.uk/funandfood

raring2go.co.uk

www.raring2go.co.uk

www.dayoutwiththekids.co.uk

www.dayoutwiththekids.co.uk



North East Family Fun
 North East Days Out – Reviews and Recommendations
 Days out in the North East
 Family Explorers North East – Day out reviews and recommendations
 Durham Area Disability Leisure Group Little Treasures

And please don't forget to join our closed Parent Carer Facebook group for lots of information and news from ourselves and other support organisations, including activities and what's on. Just search Parent Carer Support (County Durham)

Volunteer News



Volunteers Week takes place in early June every year. It's a chance to recognise the fantastic contribution volunteers make to our communities and say thank you. We are joining with many local and national charities to celebrate and highlight the difference volunteers make in so many ways. We hope this inspires more people to take the plunge and find out how they could get involved with us and other local charities.

The last year has seen over 6000 hours of invaluable support offered that has included helping Parent Carers gain DLA benefits for their child, supporting our local groups, running our 50/50 fundraising club, making Keeping in Touch (KIT) calls, Counselling and helping in the office. We also had a new member of our team with Jessica joining Andrea to help support volunteers expand the KIT project and help organise a range of Carer events and trips.

This year volunteers will be invited to help us celebrate Volunteers Week and Carers Week by attending one of our afternoon tea and tour events. Look out for details in your bulletin or contact Andrea or Jessica for details.

We are always looking to recruit more volunteers and currently have vacancies for people to join the following: Parent Carer volunteers support families to fill in DLA forms for children with additional needs, counsellors. Administrators, and KIT volunteers who make calls to Carers who are more isolated. To find out more and hear about the training and support available email andrea.emerson@dccarers.org

Hardwick Festival Tickets

We have a limited number of adult tickets available for our Carers for Hardwick Festival in August on **Friday 18th August and Sunday 19th August**. They are **£10 per ticket** and maximum of 2 tickets per Carer. They are not for resale and cannot be transferred to anyone else.

All applications will be placed into a draw and must be received by **5pm Friday 14th July**. The draw will be made on **Monday 17th July** with successful applicants being notified by **Friday 21st July**. Payments must be made by 28th July or tickets will then be reallocated.

Scan the QR code to be in with the chance of being selected for tickets or follow the link <https://forms.office.com/e/Lrjf4zBkCX> or email Jessica Howarth on jessica.howarth@dccarers.org



Money Matters Project

Charlene Bainbridge and Helen Olney from our Money Matters Project held a successful Money Makeover Workshop on 22nd March where Carers discussed the Cost of Living, Money Saving Tips and worked through a Managing your Money booklet which they could take away with them to understand why it is important to budget and how to put a budget together themselves at home.

We were joined by Clare Whiston from Community Money Advice County Durham (CMACD) and Jackie Stallard from Northeast First Credit Union who also talked to Carers attending the course offering them specific advice and information.

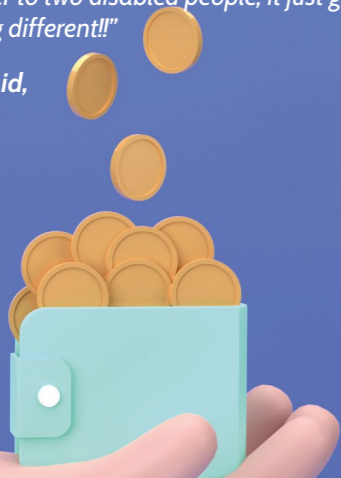
Clare Whiston says "I am busy training volunteers in benefit checks and budgets at foodbanks and have some Budget Buddy volunteers ready to start seeing people at Chester Le Street, Spennymoor, Willington and Durham.

I hope to have someone at Ferryhill in the near future too. Anyone that needs a face-to-face appointment at any of these venues just to let you know that we are able to offer a wider service now than just Debt advice."

Please ask your Carers Support Co-ordinator or Helen and Charlene to refer you to CMACD.

One workshop participant said "I had a brilliant morning!! Learned some new things which were VERY useful, passed on the details to another couple of people and they've saved money because of it!! As a Carer to two disabled people, it just gave me a nice break, something different!!"

Further participant said, "the presenters were so informative and supportive were really there to try and improve everyone's situations."



Workshop:

Our next workshop will be more practical and involve us working with *Slow Cookers* and *Cooking on a Budget* with *Well Being for Life* joining us at our Durham County Carers Support Office.

DATE: Wednesday 7th June 10am-12pm

VENUE: 1st Floor DCCS Enterprise House, Enterprise City, Meadowfield Avenue, Spennymoor, Co Durham, DL16 6JF.

ALL Slow Cookers, Recipe Book, Food and Store Cupboard Ingredients provided.

To book a place, please scan the QR Code below to complete the application form or contact charlene.bainbridge@dccarers.org 0191 500 6018 or helen.olney@dccarers.org 01325 524607.



Wellbeing for Life is a service commissioned by Durham County Council and delivered by County Durham and Darlington NHS Foundation Trust and Pioneering Care

Partnership (PCP) who have years of knowledge and experience of working and supporting local people across County Durham. They have the following services:

We are working in partnership with Well Being for Life. For further information on their services go to: www.wellbeingforlife.net or call 0800 8766887.

- Be More Active
- Eat Healthier / Lose Weight
- Cancer Awareness
- Training Opportunities
- Macmillan Joining the Dots
- Accessing Services in the Community
- Improving Mental Wellbeing
- Prehabilitation - Wellbeing for the Time Being

Sensible Savings and Low-Cost Loans



NEFirst Credit Union is an accessible, inclusive modern financial organisation that offers an alternative to the high street banks for saving, and an ethical and fair and affordable option for borrowing.

It has never been more important to encourage people who need credit, to check out what the credit union can offer. Our loans are an ethical and affordable alternative to high-cost lending from payday loans, overdrafts and credit cards or worse, unauthorised lenders in particular, loan sharks.

Borrowing from the credit union keeps interest generated, within the community to support local residents with their financial wellbeing. Cheaper credit gives people more money in their pocket to spend locally, which can assist in improving the local economy too.

Simple Savings.....Responsible Lending.

- We offer a safe and secure place to deposit savings, offering an alternative to traditional banks and building societies.
- We are a responsible, supportive and fair lender and provide an ethical alternative to doorstep lenders, loan sharks and internet lending streams, who charge extortionate interest rates!!
- We can offer affordable loans starting from 0% APR through a new national scheme and our regular loan limit is £15,000.
- We believe that developing a savings habit and a positive attitude towards lending responsibly, is an essential part of improving financial resilience and the wellbeing of community residents.
- We help some people who may otherwise be financially excluded.
- Working together and members helping members.
- REACH OUT TO US.....!**

NEFirst Credit Union covers the whole of the North East, including County Durham, Northumberland and all of the boroughs across Tyne and Wear.

(Newcastle, Gateshead, Sunderland, South Tyneside)

Anyone who lives or works in this area is eligible to join.

For more information, please contact us at:

W: www.nefirstcu.co.uk
T: 0330 055 3666
E: info@nefirstcu.co.uk



Scan to Download our mobile App

Authorised by the Prudential Regulation Authority and Regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Firm Reference Number 215686. Registered Number 679C.



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		
February 2023 1st Joan Craigs 2nd John Manson 3rd Harold Johnson	March 2023 1st Brenda Toal 2nd Lynn Smith 3rd Richard Bailey	April 2023 1st Claire Walton 2nd d Waller 3rd Mrs Carmel Campion
AVE 1st PRIZE £113		AVE 2nd PRIZE £75
AVE 3rd PRIZE £37		

Great North Run 2023

We have 15 determined and dedicated runners taking on the Great North Run this year on Sunday 10th September 2023, the world's biggest and best half marathon. Our runners are raising funds to support our Counselling Service for Carers with 100% of money donated going directly to the project.

If you would like to support our runners, please scan this QR code or donate on our website www.dccarers.org

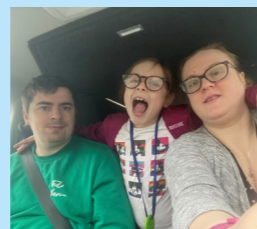


Kayleigh

Hello, I'm Kayleigh I am a Carer for my daughter Olivia who is 5 years old and has non-verbal Autism. I am running the Great North Run for Durham County Carers Support as they have been a huge support to me post diagnosis. Helping me to navigate support and services throughout her EHCP process and providing me with a Carers break.

I am already a runner in my free time around my caring role, I find it a good escape from my stresses as a Carer. I am hoping to finish the run in under 2hrs.

I want to thank DCCS by hopefully raising my target of £500 or more. Thank you to all who donate, I hope the donations help to continue supporting other Carers like myself.



Christina and Jamie

Personally, me and Jamie have received support from this Charity and know it has also

helped family and friends. For those who don't know, we have a child with Autism and have received valued support from Durham Carers. Luckily, we are in a position where we can give something back to help with their continuing growth and support both current Carers and Carers of the future.

Carer Friendly Discount Card

Have you got your card?

We have 2 new shops who have signed up to offer discounts to Carers with a valid Carers Discount Card. When signing up the new businesses commented "It's so easy to set up on the website, and it's up to you what discount you would like to offer for Carers."

If you would like to offer a discount to Carers, visit our website to create a profile, it's very simple. Visit dccarers.org/carers-discount-card or scan the QR code below to sign up.



2 new places to use your card:

Cooper & Barr Opticians in Sedgefield www.cooperandbarr.co.uk



Betty's Boudoir Boutiques in Sedgefield and Darlington www.bettysboudoir.uk



Don't go out without your Carer Discount Card, click here dccarers.org/carers-discount-card to view the list of where to use it or scan the QR code.

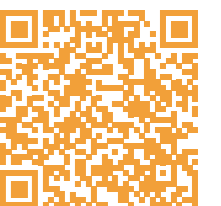
Arla Great North Swim 9th June 2023

The Great Swim is a national open water swimming event which started in 2008 and now has over 22,000 participants. The event is a one-mile swim taking place in Lake Windermere.

Our very own wonder women Helen Olney (Money Matters Co-Ordinator) is diving into another challenge to raise money for our Carers Counselling Service.

If you would like to support Helen, you can either:

- Scan the QR code
- Send a cheque made payable to Durham County Carers Support to Enterprise House, Meadowfield Ave, Spennymoor, DL16 6JF
- Go to our website www.dccarers.org and click the donate button and put 'Helen' as the reference.



Can you save on medication costs with a Prescription Prepayment Certificate?

People on regular medication may apply to the health authority for a Prepayment certificate (PPC).

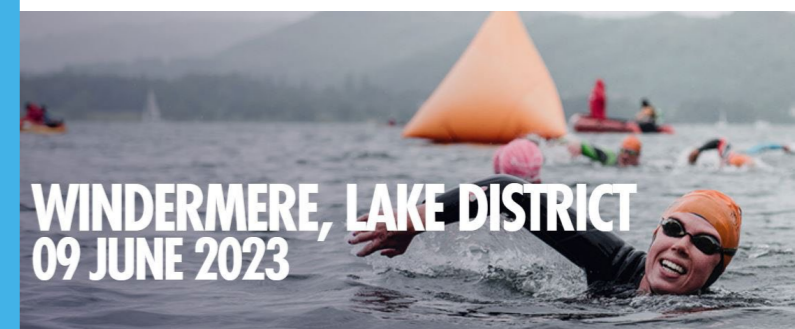
If you require **four** or more prescription items in three months, or more than **14** items in 12 months, you may find it cheaper to buy a PPC.

From April 2023, the charge for a single prescription item is £9.65, whereas a three-month PPC will cost £31.25 and a 12-month PPC will cost £111.60, and covers medication or health items excluding wigs or fabric supports which are provided by a hospital service. NHS dental prescriptions are also covered.

Apply online at services.nhsbsa.nhs.uk/buy-prescription-prepayment-certificate/start or call the telephone advice and order line on 0300 330 1341 for extra assistance, more information or to purchase for Pre-payment options.



WINDERMERE, LAKE DISTRICT 09 JUNE 2023





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: [dccarers.org/groups-and-events](https://www.dccarers.org/groups-and-events)

Support Groups

Bishop Auckland Carers Group **New Group**

- **Where:** Four Clocks, 154a Newgate Street, Bishop Auckland County Durham, DL14 7EH
- **When:** 3rd Thursday of the month, 10.30am – 12noon

Contact: for further information contact Louisa Collin on **0191 500 6030** or email louisa.collin@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

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

East Durham Carers Pop-in

Are you a Carer living in East Durham, 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.

- **Where:** Healthworks Paradise Lane, Easington, County Durham, SR8 3EX
- **When:** 1st 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.

Contact: for further information contact Karen Wilson on **0191 5006011** or email karen.wilson@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

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

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

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: for more information, please contact Aileen Scott on **01388 439745** or email aileen.scott@dccarers.org



Are you supporting an adult who is living with mental ill health?

- If so, there is a Carers Support Group that you may find helpful. The group is there for you to get support from other Carers, TEWV staff and a worker from DCCS. There is always time to talk, share and listen. We can also arrange for discussion focussing on particular conditions and/or input from specialist workers – whatever the group decide.
- The person you are supporting could be getting support from Community based Adult Mental Health Services, currently be an in-patient or not using any services – if you are supporting them this group could help support you!
- **Where:** Lanchester Road Hospital, Lanchester Road, Durham DH1 5RD
- **When:** First Thursday of every month, from 6pm - 8pm

Contact: If you are interested, please contact Karen Wilson on **0191 5006011** or email karen.wilson@dccarers.org

Fantastic News!

We are delighted to announce we have been awarded the contract to deliver Carer Support to Adults across County Durham for the next 3 years by Durham County Council and the NHS! Thank you to our dedicated team who deliver a fantastic service to unpaid Carers across the region which is testament to the fact that we can now continue with this valued support.



What's On

Carer Training/Courses



Tees, Esk and Wear Valleys
NHS Foundation Trust

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 Course

We have yet to arrange dates and locations for the next face to face course – we are hoping to offer a venue in Derwentside or Durham. If you are interested in attending this 3-session face to face course please contact Karen Wilson on 0191 5006011 or email karen.wilson@dccarers.org or scan the QR code below to register your interest or click on the link <https://forms.office.com/e/uM65pTuBUH>

Online Course via Zoom

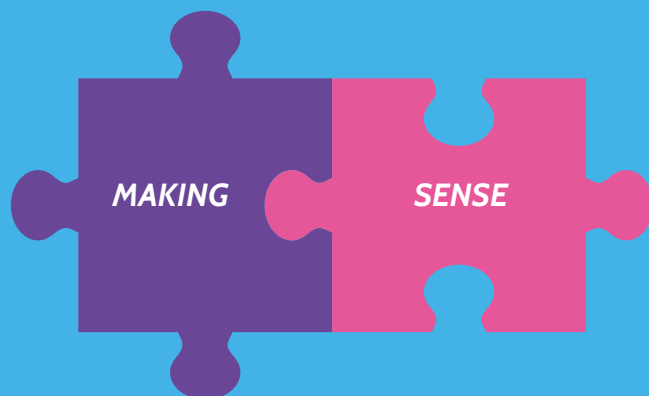
We have yet to arrange dates for the next course via Zoom – if you are interested in attending this 3-session course via Zoom please contact Karen Wilson on 0191 5006011 or email karen.wilson@dccarers.org or scan the QR code below to register your interest or click on the link <https://forms.office.com/e/uM65pTuBUH>



Design and print by AlphaGraphics.co.uk

Charity Number 1069278.

Registered Number Company 3534933.



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:

Friday, 9th June 2023, 10am – 12noon

At: Spennymoor Youth and Community Centre,
Rushmoor, Merrington View, Spennymoor DL16 6PP

To be followed by a buffet lunch. Numbers are limited.

Closing date for applications Friday, 2nd June 2023.

Please scan the QR code to book at place or click on the link <https://forms.office.com/e/S9GwSaxpaF> or contact Carole Gibson on 01325 524603 or email carole.gibson@dccarers.org

