



If you are a Parent/Guardian of a child with a disability, learning difficulty, mental ill health or with Special Education Needs then YOU are a Parent Carer.

How Can we support you?

- Welfare Benefits 
- DLA Forms 
- Grants or Carer Breaks 
- Peer Support Groups & Training 
- Carer Friendly Discount Card
- Parent Carer Needs Assessments 
- Facebook Group just for Parent Carers 
- General Advice & Support 
- Signposting to other organisations
- Free Counselling 

We also keep in touch via our regular Newsletter and email updates.

We have lots of support available and our workers will be happy to discuss your individual situation with you and advise the best avenue for support.



www.dccarers.org

Who can sign up for support?

Any/both parents or grandparents or anyone who provides unpaid support for the child. This could be a member of your family, your partner, friend, or neighbour; anyone who helps you look after your child and you feel you couldn't manage without their help.



Call: 0300 005 1213
or
Text: 07860 017632

or sign up directly from our website:
www.dccarers.org



Charity Number: 1069278



Durham County Carers Support