



**Tel: 0300 005 1213**

**Text: 07800 005830**

**Email: [admin@dccarers.org](mailto:admin@dccarers.org)**

**Registered address: Enterprise House,  
Enterprise City, Meadowfield Avenue,  
Spennymoor, DL16 6JF**



# *Information for Parent Carers*





Welcome to the Parent Carer Information Booklet, it includes information about services and organisations that support families caring for children and young people who have additional needs. If you are viewing the booklet electronically, you can click the links to take you to the organisations' websites.

We hope that you find it helpful.

If you have any comments or feedback about this leaflet please email **admin@dccarers.org**

Please let us know if you are aware of any new groups or sources of help for parent carers not included in this booklet. We update the booklet periodically and will endeavour to include new groups in the next edition. Similarly if you are aware that a group included in this booklet has closed or there have been changes please let us know. Thank you.

### Keeping our records up to date

Please let us know if your personal contact details have changed so that we can update your record and can keep in touch.

Email: [admin@dccarers.org](mailto:admin@dccarers.org)

**Thank you very much for your help.**



The quickest way for  
a parent to get a child's  
attention is to sit down  
and look comfortable.

- Lane Olinghouse



## HIDDEN disabilities



Not all disabilities are visible – some are hidden and not immediately obvious, such as learning difficulties, mental health as well as mobility, speech, visual or hearing impairments. Living with a hidden disability can make daily life more demanding for many people, and it can be difficult for others to identify, acknowledge or understand the challenges you face.

**Be visible when you want to be**

Wearing the Hidden Disabilities Sunflower discreetly indicates to people around you including staff, colleagues and health professionals that you or your child may need additional support, help or a little more time.

[www.hiddendisabilitiesstore.com](http://www.hiddendisabilitiesstore.com)



Offer friendly, impartial, non-judgmental information, advice and support to parents, carers and family members who are concerned about their child or young person being bullied.

**Phone:** 020 7823 5430

**WhatsApp:** 07496 682785

[www.kidscape.org.uk](http://www.kidscape.org.uk)



**Boloh: Black, Asian and Minority Ethnic Helpline**

In Urdu and Hindi the word Boloh means “to speak or to talk”.

Boloh, Barnardo’s helpline and webchat for those aged 11+ who are an asylum seeker, Black, Asian or Minority Ethnic child, young person or carer.

**0800 1512605**

<https://helpline.barnardos.org.uk/>



**Sensory Café**

Unit 33f, No1 Industrial Estate, Consett, DH8 6SZ

The café provides a relaxing and enjoyable space for children of all abilities aged 0-8yrs, they can engage in sensory play whilst their parents and carers enjoy a selection of hot drinks, snacks and treats. Allergy friendly products available.

Clart About also run messy play sessions at locations around the county. For more information go to [www.clartabout.co.uk](http://www.clartabout.co.uk) or find them on Facebook.



**Do you care for a child who is struggling with potty training, withholding, constipation and soiling, daytime bladder problems or bedwetting?**

For information, practical tips, signposting and confidential support, call ERIC’s expert advisors on **FREEPHONE 0808 1699 949**

[www.eric.org.uk](http://www.eric.org.uk)



Rainbows Sensory Space Ltd is a multi-sensory centre located in Seaham. It has been specifically designed to cater for children, young people & adults with special needs, their families and carers. For more information see website.

[www.rainbows-sensoryspace.com](http://www.rainbows-sensoryspace.com)



**Children and Young People’s Mental Health Service (CAMHS)** offer a range of therapeutic services for children, young people and their families who experience moderate to severe emotional/mental health problems.

Referrals are accepted from children and young people, parents and carers, statutory and voluntary services.

CAMHS have a single point of access for all referrals within County Durham.

**Tel: 0300 123 9296**



**Occupational Therapy within County Durham and Darlington** helps children and young people

to participate as fully as possible in daily activities.

We work with children and young people from birth

up to 19 years of age who have difficulties or a disability which affects their ability to carry out everyday tasks.

Occupational Therapists (OTs) help children and young people to carry out the things they need or want to do in areas of self-care, school work and play.

If a child or young person has learning, sensory or physical difficulties, their ability to grow, learn, socialise and play can be affected.

We see children and young people within a variety of settings, including nurseries, schools, special schools and their home.

**Parents can refer their child by telephoning: 0191 3876359**

**Speech and language therapy for children**

The service in County Durham is provided by North Tees and Hartlepool NHS Foundation Trust.

They work with children and young people, from birth to 19 years old, who have speech, language and communication needs or difficulties with eating, drinking and swallowing.

Parents and carers can refer their child without going through their school, GP or any other service by completing the online referral form.

<https://www.nth.nhs.uk/services/speech-language-therapy/children/>



**The First Contact Service** is the initial point of contact for anyone with a concern about a child or young person living in County Durham. They also process referrals for One Point and the Children’s and Young People’s Services.

An Early Help Assessment will be used to determine next steps.

**Tel: 03000 26 79 79**



Benefit advice, help with tribunals and appeals.  
Public Advice Line **03000 268968** open standard office hours Monday to Friday



Local Charity providing free confidential individual and impartial advice to people who live, work or study in County Durham.

[www.citizensadvicecd.org.uk](http://www.citizensadvicecd.org.uk)

## TURN2US

Turn2us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services.

[www.turn2us.org.uk](http://www.turn2us.org.uk)



**Cinema Exhibitors Association Card Scheme** enables a disabled cinema guest aged 8 years or older (on a qualifying benefit)

to receive a complimentary ticket for someone to go with them when they visit a participating cinema. [www.ceacard.co.uk](http://www.ceacard.co.uk)



The **Max Card** is the UK's leading discount card for foster families and **families of children with additional needs**. Families can use their Max Card at venues across the UK. To receive a Max Card you need to register with Durham County Council's Children and Young People's Network by visiting: [www.durham.gov.uk/cypn](http://www.durham.gov.uk/cypn)



Advice in County Durham is a partnership of local advice providers, committed to working together to improve the provision of advice across County Durham. Use the contact form on the website to be signposted to the advice service you require.

[www.adviceincountydurham.org.uk](http://www.adviceincountydurham.org.uk)

**Community Money Advice** Offer free debt and money advice through video links at 12 food-bank centres. Clients speak directly through a video link with fully trained debt advisers. Other avenues of support are available.

Freedom from debt... Hope for the future

Email: [office@moneyadvisedurham.org.uk](mailto:office@moneyadvisedurham.org.uk)  
Tel: **0191 303 7514**



If you have a disabled or seriously ill child who has a high level of support needs and are in receipt of welfare benefits you may be eligible for a grant from the Family Fund.

Tel: **01904550055** [www.familyfund.org.uk](http://www.familyfund.org.uk)



**NE First Credit Union** is a community savings and loans provider serving the north east, including County Durham. It provides a number of services and is an alternative to payday loans and doorstep lending.

Tel: **0330 055 3666** [www.nefirstcu.co.uk](http://www.nefirstcu.co.uk)



**Down's Syndrome Association** Provide benefit advice for people with Downs Syndrome from birth to old age, and help with new claims, reconsiderations and appeals. **Benefits helpline: 0333 1212 300**



Organisation providing information regarding all aspects of family life. The website has a wealth of information available and you can access support via the helpline or online chat.

[www.familylives.org.uk](http://www.familylives.org.uk)

**0808 800 2222**

## Representational and Generic Advocacy Service - Citizens Advice

We provide advocacy support to people with a specific issue or set of issues. This may be for people involved in the local authority and/or care provider's complaints processes or for people in dispute with care providers or staff about their care needs.

We also provide generic advocacy on a range of issues and will also provide Care Act Advocacy.

Tel: **0191 372 6699**

## autismlinks

Living with autism isn't easy, but finding out all about it should be. There is lots of support and advice out there to help you make sense of the world of autism. Charities, support groups, and specialist service providers, are all ready to share advice and experience whenever you need it.

[Autismlinks.co.uk](http://Autismlinks.co.uk) is dedicated to making those helpful and sometimes vital links, it covers who to talk to, where to go and contains lots of helpful advice all in one place.



NYAS is a national children's charity who provide some services in the North East.

NYAS provides advocacy and legal representation to children and vulnerable adults when important decisions are being made about them. The children and young people NYAS work with might be in care, have a disability or special needs, be subject to child protection plans, have mental health difficulties or their parents might be separating.

Tel: **08088081001** or **07899790689**

[www.NYAS.net](http://www.NYAS.net)

## Autism Parent Carer Support Group County Durham.

This is a closed Facebook group providing a safe place for parents of children diagnosed with or being assessed for ASD to post and share experiences.

Request to join by sending an email to: [differentnotless680@gmail.com](mailto:differentnotless680@gmail.com)



Sensory and Specialist Occupational Therapy Service for adults, children and young people. Assessment and therapy available along with workshops for parents and carers.

Tel: **07826167173** [www.sensoryworx.co.uk](http://www.sensoryworx.co.uk)



Cerebra is a charity set up to improve the lives of children with brain related conditions (including Autism) through research, education and by directly supporting the children and their carers.

Tel :0800 328 1159 [www.cerebra.org.uk](http://www.cerebra.org.uk)



North East Children's Charity supporting Children with Cerebral Palsy and other physical disabilities.

The charity offer Conductive Education and related therapies. Tel: 0191 3868606  
[www.heelandtoe.org.uk](http://www.heelandtoe.org.uk)

### north east autism society

Providing support and information for parents of children with Autism.

Tel: 0191 4109 974 [www.ne-as.org.uk](http://www.ne-as.org.uk)



Provide support for young people aged over 16yrs. The young person must have an autism diagnosis and not be eligible for social care support.

Tel: 0191 300 8556 [www.iammain.org.uk](http://www.iammain.org.uk)



Support and information about neurodevelopmental conditions such as autism and ADHD.

Support offered to those with or without a diagnosis.

Email: [heidi.donkin@durham.gov.uk](mailto:heidi.donkin@durham.gov.uk)

## contact

For families with disabled children

Contact is a national charity helping families of children with disabilities. Advice and support about education, medical conditions and benefits is available.

National Helpline 0808 808 3555  
[www.contact.org.uk](http://www.contact.org.uk)



MCT is a parent forum that works to highlight parents experiences and ideas with Durham County Council to help them to plan and develop services. They also

offer support to local parent carers.  
Tel: 0191 587 3541 [www.mctdurham.co.uk](http://www.mctdurham.co.uk)



The Local Offer website provides a wide variety of information for parents of children with special educational needs.

[www.durham.gov.uk/localoffer](http://www.durham.gov.uk/localoffer)

### Learning Library

County wide organisation lending toys and specialist items to people of all ages who have learning disabilities and sensory needs.

Tel: 01388 420267  
[www.learninglibrary.org.uk](http://www.learninglibrary.org.uk)



Website for families whose child has a learning disability or who might have a learning disability. Providing information all in one place.

[www.learningdisabilitymatters.co.uk](http://www.learningdisabilitymatters.co.uk)

**Disability Living Allowance (DLA)** is a welfare benefit for children, it may help with the extra costs of looking after a child (under 16) who has difficulties walking or needs much more looking after than a child of the same age who does not have a disability. To make an application a DLA form must be completed. The form can be downloaded from [www.gov.uk](http://www.gov.uk) or requested by calling the **Disability Living Allowance helpline** on telephone: **0800 121 4600**. The claim form is lengthy and requires a lot of information. If you find that you need help with the completion of the form, it is always worth asking the professionals involved with your child if they can help. A social worker, health visitor or other worker may be able to offer assistance, if not then the following services offer support.



### DLA support

DLA guide available on our website ([click here](#)) or we can send you a hard copy. We also offer appointments with our trained DLA support volunteers, who during an appointment will guide you through completing the form. Please telephone **0300 0051213** if you require support.

## contact

For families with disabled children

National helpline for parents. The staff manning the helpline are unable to go through the whole DLA form but will help with advice on specific questions/areas that a parent is unsure of. Tel: **0808 808 3555**



Provide one-to-one support through every step of the process, from advising on what benefits are available and helping with completion of forms.

Tel: 0191 284 0480 [www.disabilitynorth.org.uk](http://www.disabilitynorth.org.uk)



SENDA and Little Treasures may also be able to offer support with DLA application forms.

[www.senda.org.uk](http://www.senda.org.uk)

Little Treasures: Tel: 07749 681130





**Durham Area Disability Leisure Group** provide leisure and social activities for children with additional needs and their families living in County Durham.

Tel: 07592 366454 [www.dadlg.org](http://www.dadlg.org)



Integrating Children  
"Positive about Inclusion"

Organisation providing leisure, social and sporting activities for children with additional needs living in Durham & Chester le Street.

Tel: 07914376228 (staffed Tuesdays and Thursdays)  
[www.integrating.org.uk](http://www.integrating.org.uk)



Jack Drum Arts is a sustainable, locally-based social enterprise providing cultural opportunities for the community, through a range of workshops, courses, theatre, music-making and outdoor events. See website for details. [www.jackdrum.co.uk](http://www.jackdrum.co.uk)

## Short Breaks Solutions

If you are struggling to find suitable activities for your children to give you a short break from your caring role, Durham County Council's Short Breaks Solutions Service will work with you to find options that suit your family's needs. Short Breaks Solutions can refer you to some tailored opportunities for children and young people with SEND that will benefit them and their families outside of their education.

Telephone: 03000 260 270

Email: [shortbreakssolutions@durham.gov.uk](mailto:shortbreakssolutions@durham.gov.uk)



The **Cheesy Waffle Project** is for young people age 7+ years with special education needs. Young people can develop new skills through taking part in different projects. Please see website for more details  
Tel: 07808 842205  
[www.cwyproject.org.uk](http://www.cwyproject.org.uk)



Sport Works  
Health Education Coaching

Provide leisure, social and sporting activities for children with additional needs.

Tel: 0191 580 0120  
[www.sportworks ltd.co.uk](http://www.sportworks ltd.co.uk)



We provide support to people and their families who are autistic and have additional conditions. We offer in-reach and outreach support including short breaks. Tel: 07415861787  
[www.includeinautism.org.uk](http://www.includeinautism.org.uk)



**Live Well North East** are passionate about encouraging families to improve their wellbeing together. Their range of events and activities strengthen families and improve the wellbeing of Mums, Dads, Sisters and Brothers. **SENSational**, provides a variety of groups and classes for children and young people with additional needs. Tel: 07708 453082  
Email: [livewellneoffice@gmail.com](mailto:livewellneoffice@gmail.com)  
<https://livewellne.website>  
Address: Unit 4 Sacriston Enterprise Workshops, Plawsworth Road, Sacriston, DH7 6HH



**Horizons Durham Young Adult Carers** is a project run by Humankind (formally Disc). It provides transition support for young adult carers, between the ages of 14 and 25, and their families. They help empower young adult carers to be heard, access services, gain confidence, have choices and enjoy life.

Tel: 01325 731 160  
[www.humankindcharity.org.uk](http://www.humankindcharity.org.uk)



**Durham Young Carers Service—The Bridge** is a project run by Family Action. It provides support for children, young people and their families who have a challenging caring responsibility.  
Tel: 0191 383 2520  
[www.family-action.org.uk](http://www.family-action.org.uk)

## Grandparents Support Group Facilitated by Durham Christian Partnership

A group supporting grandparents who have either lost or are losing contact with their grandchildren, are the sole carers for their grandchildren or who have childcare responsibilities.

The group provides Individual emotional support, mutual support from other grandparents and a confidential and comfortable environment in which to meet.

Tel: 01913038623  
[www.durhamcp.org.uk/grandparents-support-group](http://www.durhamcp.org.uk/grandparents-support-group)



**Sibs** exists to support people who grow up with or have grown up with a disabled brother or sister. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings. The website has advice and information for parents as well as siblings.  
[www.sibs.org.uk](http://www.sibs.org.uk)

**Kinship Response**  
Free services for special guardians

"I'm struggling to manage my nephew's behaviour - I need someone to talk to. Someone who understands."

"It's been really stressful managing contact with my grandson's mother. I could really do with some practical support and tips."

If you need support, Grandparents Plus can help you:

- 1 Talk to a friendly project worker
- 2 Get expert advice on a range of issues
- 3 Meet other kinship carers online and on the phone

Call us free on: 0300 033 9851

Fill in a form online: [grandparentsplus.org.uk/kinshipresponse](http://grandparentsplus.org.uk/kinshipresponse)

Monday-Thursday 10am-2pm In your own time

Funding is time limited and you need to register by the end of December 2020 to access ongoing support.

Charity Registration: 1093975

**talking changes**

Is a self help and talking therapies service for anyone dealing with common mental health problems. This free confidential service is open to anyone aged 16 years or over who is not accessing adult mental health services. **Telephone: 0191 333 3300** [www.talkingchanges.org.uk](http://www.talkingchanges.org.uk)

**relate**  
the relationship people

Relationships with family, partners, friends and colleagues play a big part in how happy we are. Whether you're facing difficulties, looking to strengthen your relationships, or want help thinking things through Relate are there to support you. Relate have centres across the UK and also offer phone, email and live chat counselling. Services include family counselling and counselling for children and young people. [www.relate.org.uk](http://www.relate.org.uk)



Free, online emotional and mental health support for adults. Text based chat with accredited counsellors, peer support and information. [www.qwell.io](http://www.qwell.io)



**Carers Counselling Service**

Durham County Carers Support offer a free counselling service to carers registered with the organisation. To access this service speak to your Carer Support Coordinator. If you aren't sure who this is speak to our Contact Team who will be happy to help. **Tel: 0300 0051213**



Wellbeing for Life is a service commissioned by Durham County Council and delivered by County Durham & Darlington NHS Foundation Trust & Pioneering Care Partnership (PCP). Wellbeing Practitioners offer 1:1 and group support to enable people to make positive changes to improve physical & mental health. **Tel: 0800 9766887** [www.wellbeingforlife.net](http://www.wellbeingforlife.net)



Whatever you're going through, a Samaritan will face it with you. They are there 24 hours a day, 365 days a year. Call 116 123 for free. [www.samaritans.org](http://www.samaritans.org)



Work with families and individuals who are affected by abuse from a partner, former partner or other family member, including children. [www.myharbour.org.uk](http://www.myharbour.org.uk)



**The 'Relationships Matters' programme** can give you free support and space to talk about your relationship and how family disagreements can impact on your child. To find out more talk to a professional you are already working with, such as a health visitor, school or nursery. You can also call **0191 433 3355** or visit the website. [www.durham.gov.uk/relationshipsmatter](http://www.durham.gov.uk/relationshipsmatter)

[www.durham.gov.uk/relationshipsmatter](http://www.durham.gov.uk/relationshipsmatter)

Help with child care & travel costs may be available.



**SEND Support and Inclusion Service.**

Promote inclusion and equality of opportunity to ensure improved outcomes for children and young people with special educational needs and disabilities through a variety of specialisms and teams. Including Educational Psychology, Speech and Language, Movement Team, Emotional Wellbeing Team and others.

For more information telephone **03000 267 800**



IPSEA offers free and independent legally based information,

advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND). They also provide training on the SEND legal framework to parents and carers, professionals and other organisations.

**Tel: 01799 582030** [www.ipsea.org.uk](http://www.ipsea.org.uk)



SENDA is a small not-for-profit organisation run by a team of individuals committed to the health

and wellbeing of young people, and their right to access education. A child does not need a diagnosis for you to access support from SENDA. [www.senda.org.uk](http://www.senda.org.uk)



**The Education Rights Helpline** can provide general information about educational rights and entitlements, as well as advice on specific topics such as getting extra help in school, assessments, education plans, reviews or school transport. **0808 800 4102**

**The Education Tribunal Support Helpline** can provide advice and support to families who have a right of appeal against a decision about a child or young person's educational needs. **0808 196 2010**



**SEND Information & Support Service.**

Offers confidential and impartial information, advice and support on matters relating to all special educational needs and disabilities, including Education Health and Care Plans.

**Tel: 0191 5873541 or 03000 267007**  
[www.durhamsendiass.info](http://www.durhamsendiass.info)



For parents and carers ACE provides independent advice and information on state education in England.

**Advice Line 0300 0115142**  
[www.ace-ed.org.uk](http://www.ace-ed.org.uk)

**SENETA**

Provide expert training, advice and advocacy to parents of children and young people with Special Educational Needs and Disabilities concerning legal rights to an appropriate education. [www.senexpertta.co.uk](http://www.senexpertta.co.uk)



Provide accessible, practical online courses available to help you develop your skills, knowledge and understanding of a variety of subjects. Log in information is required. Contact Rollercoaster Family Support for log in details. **Tel: 07377213952**



The Toby Henderson Trust (TTHT) is an independently funded charity supporting children and young adults with autism, their families and carers in the North East of England. They run free online webinars and support groups for parents. For more details go to the website. [www.ttht.co.uk](http://www.ttht.co.uk)



The Carers UK's Digital Resources page has brought together a wealth of information and resources designed to support those looking after a loved one who is older, disabled or seriously ill. Log in to access a whole host of information giving the code **DGTL2485**. [www.carersdigital.org](http://www.carersdigital.org)

**Jointly App**

Developed by Carers UK, Jointly is an innovative mobile and online app that is designed by carers for carers. Jointly makes caring easier, less stressful and more organised by making communication and coordination between those who share the care as easy as a text message. <https://jointlyapp.com>



Recovery College Online, provides a range of online educational courses and resources for people who might be struggling with mental health issues, their families and friends. [www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk)

**Family Development**

north east autism society

**Virtual Autism Support Hub**

The hub will offer a variety of online support including autism webinars, support groups, live sessions, telephone support and daily content to stay connected with each other during these uncertain times.

[www.ne-as.org.uk](http://www.ne-as.org.uk)



Daisy Chain's Virtual Support Team provide specialist advice and guidance to neurodiverse young people, adults and their families, no matter what stage of the journey they're on.

<https://www.daisychainproject.co.uk/national-autism-support-helpline/>



**Little Treasures Autism Charity North East** is a group for Parent Carers who have a child with a diagnosis of Autism or who are on the Autism Assessment Pathway. The charity provide various opportunities for peer support and also organise family activities.

**Tel: 07749 681130**  
[www.littletreasures.website](http://www.littletreasures.website)



Support for parents/carers who are caring for a child/young person (0-25 years) with emotional or mental health difficulties



Support groups



Digital and 1:1 support



Involvement opportunities



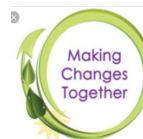
Training

For more information contact the team:

07377 213952  
support@rollercoasterfs.co.uk  
Find us on social media:  
@rollercoasterparentsupport  
@rollercoasterPS



[www.rollercoasterfamilysupport.co.uk](http://www.rollercoasterfamilysupport.co.uk)



Offer opportunities for parents to meet online and face to face. For more information go to the [MCT - Making Changes Together - County Durham Facebook page](#).



The Sensory Place is a group for parents caring for a child with sensory needs. The group was started by like minded parents who were struggling to find support for their children in the local community. Supported by an experienced Occupational Therapist the group aims to support other parents in a similar situation. Search **The Sensory Place** on **Facebook** for contacts and more information.



This organisation promote a nurturing parenting approach with empathy at its core. They provide a helpline, training and resources. They also have local listening circles providing peer support for parents. **Tel: 01453 519000** [www.naotp.com](http://www.naotp.com)

**Sensory Processing Disorder Parent Support Group North East England**

Support for parents who look after children with Sensory Processing Disorder (SPD). The group offers support, advice, networking, meetings, education and strategies for children with SPD. The group is affiliated with Treetops Children's Occupational Therapy. **Tel: 01325 304411**  
**Email: spdpsgnee@email.com**



## Shildon Alive

A Saint John's Church Project

Offer a range of services including a community **shop & takeaway** for everyone in the community. Shelves are stocked daily with affordable cupboard essentials, nutritious takeaways also provided.

**Credit Union** for savings and loans.

**Advice & Food Support.** Offer support on a range of issues. If you find yourself in food crisis, they offer a cupboard top up of tins and long-life products. Shildon Alive operates a fully inclusive policy, all ethnicities, genders, and religions are welcome.

[www.shildonalive.org.uk](http://www.shildonalive.org.uk)



Run foodbanks at various locations across the county. They provide three days food and in some circumstances can help with fuel costs. A referral is required, your DCCS support worker can do this for you.

[www.durham.foodbank.org.uk](http://www.durham.foodbank.org.uk)

**Little Chefs, Big Chefs** are a non-profit enterprise whose work includes teaching children, young people, families and adults of all abilities how to cook for better health. They also offer a Community Pantry, allowing all members of the public to access a variety of surplus foods for a low contribution.

Tel: **07507 666 805**

[www.littlechefsbigchefs.org.uk](http://www.littlechefsbigchefs.org.uk)



Making life affordable.

Are a food surplus redistribution charity offering an affordable food service. We have recently launched services in County Durham at 4 locations. Anyone interested in using the service will need to register as a member by emailing: [hello@breadandbutterthing.org](mailto:hello@breadandbutterthing.org)

[www.breadandbutterthing.org](http://www.breadandbutterthing.org)



Our Confident Community in Willington is a safe & welcoming place for everyone in the local community. Offering emotional and practical help for life in general, including housing; benefits; money advice; employment, education and food (Fareshare).

Tel: **01388 745460**

Email: [occcwillington@hotmail.com](mailto:occcwillington@hotmail.com)



The community pantry is for those living in Coxhoe and surrounding villages, and runs out of the Coxhoe Community Centre. It is open to anyone facing tough financial times. The service is confidential and inclusive. They distribute food that would have gone to waste but is still fresh and safe to eat. For more information and opening time please see the website.

[www.coxhoevillagehall.com](http://www.coxhoevillagehall.com)



East Durham Trust is based in Peterlee and provide a range of support services to the communities of the former district

of Easington. Services include:

- FEED Food Parcel Service
- Debt and Welfare Advice
- Advice and Support
- Chit Chat Telephone befriending service
- Adult and Community Learning Opportunities
- East Durham Creates - Arts Engagement project. [www.eastdurhamtrust.org.uk](http://www.eastdurhamtrust.org.uk)



This is a free educational resource regarding children and young people's mental health. This website provides information for parents and carers that are concerned about their child's mental health and well-being. [www.minded.org.uk](http://www.minded.org.uk)



Are the UK's leading charity fighting for children and young people's mental health. If you are worried about your child's mental wellbeing, contact the Parents Helpline for free, confidential advice via the phone, email or webchat. Tel: **0808 802 5544**

[www.youngminds.org.uk](http://www.youngminds.org.uk)



The Proud Trust is an LGBT+ organisation that supports LGBT+ young people. They are based in the North

West but offer a Proud Connections chat service and lots on information via their website.

[www.theproudsttrust.org](http://www.theproudsttrust.org)



*Not Fine in School* is a parent/carer-led organisation set up in response to the growing number of children and young people who struggle with school attendance. Support and information available on the website.

[www.notfineinschool.co.uk](http://www.notfineinschool.co.uk)



Free, safe and anonymous online support for young people. Counselling, self help and community support available at [www.kooth.com](http://www.kooth.com)



The Anna Freud Centre is a mental health charity for children and families, working to effectively support families to build on their strengths and encourage them to achieve their goals in life. There is a wealth of information on their website.

[www.annafreud.org](http://www.annafreud.org)



The challenges young people face when it comes to sex, relationships, identities and mental health are massive – especially in the digital world. **Fumble** work to make sure that young people have the skills and knowledge to successfully manage their sexual health, mental health and relationships.

[www.fumble.org.uk](http://www.fumble.org.uk)

### School Refusal Support Services

School Refusal Support Services aim to empower parents of School Refusal Children, to provide a platform to meet others, share experiences and learn; and educate professionals working with such children. Find our more at the website.

[www.schoolrefusal.co.uk](http://www.schoolrefusal.co.uk)



# DID YOU KNOW?

Durham County Carers Support can help you by....

Completing a **Parent Carer Needs Assessment** with you. This will give you an opportunity to reflect on your caring role and the impact it has on you, with a view to providing support and information.

Depending on your circumstances we may be able to support you to access a **carer break** or **grant**, refer you to our **counselling service** or link you up with **peer support** groups or **training opportunities**.

We can also issue you with a **Carer Friendly Discount Card** and offer guidance around **welfare benefits**, we have volunteers who can help complete **DLA forms**.



We also have a closed Parent Carer Facebook group that we use to share information that may be of interest. Search **Parent Carer Support (Co Durham)** and request to join.

If you are struggling, need advice or information, **please do not hesitate to contact us:**

Tel: 0300 005 1213

Text: 07800 005830

Webchat at [www.dccarers.org](http://www.dccarers.org)



Team training is a group of organisations working together to offer training and information sessions for parents and carers of children and young people (0-25yrs) who have additional needs.

As a group we aim to offer parents a wide variety of training topics, delivered via different platforms, including face to face and online.

We will conduct regular research with parents to ensure that the training offered is relevant and beneficial.

Training and information sessions are advertised by the organisations in the group, across their social media platforms, websites and via email. Look out for this logo! *(if viewing online click logo for more info)*



We hope to see you at one of the sessions coming up this year.



[www.darlingtonpcf.co.uk](http://www.darlingtonpcf.co.uk)



[www.rollercoasterfamilysupport.co.uk](http://www.rollercoasterfamilysupport.co.uk)  
Tel: 07377213952



[www.dccarers.org](http://www.dccarers.org)  
Tel: 0300 0051213



Tees, Esk and Wear Valleys  
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