

Caring Matters

August 2023

www.dccarers.org

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

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



Online Carers event
Tues 6th

Tea & Carers

Workshop for Carers

STAY SAFE ONLINE
Keep your devices safe

Online Carers week event
10.00am - 2.00pm

With Volunteer *Alex Handford*
to support you if your device is:
• Running slow
• Won't turn on
• Has too many pop ups or any other issues

**Bullion Hall
Chester la Street
Thurs 8th June
10.00am - 2.00pm**



MENU
DURHAM COUNTY CARERS SUPPORT
AFTERNOON TEA

Quiche slice (v)
Mini sausage roll
Mini no sausage roll (v)*
00 00 00 00

Selection of finger sandwiches

Salmon & cucumber
Roast Ham & tomato
Egg & cress (v)
Cheese savoury (v)
Falafel and humous wrap (v)*
00 00 00 00

Fruit scone, cream & Jam
00 00 00 00

Chocolate brownie slice
Coconut macaroon
Cupcake with butter icing
00 00 00 00

Includes Tea or filter Coffee.
(v) Vegetarian

WE CARE THAT YOU CARE

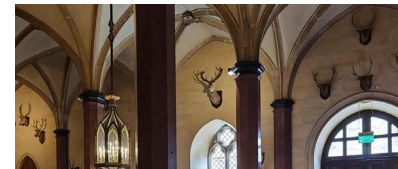
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FINANCIAL SUPPORT | HINTS AND TIPS | COURSES | AND MUCH MORE INSIDE...

Contents

A Monday on the parent Carer Support Team	2
Carers Week 2023	3
Do you have a spare bedroom in your home?	3
Latest new from our Money Matters	4
Well Being For Life	5
Food Schemes operating across County Durham	5
Are you thinking of looking for work	6
Supporting Carers in the workplace	7
Parent Carer Support	8
Predator Angling Charters	9
Durham Vs Yorkshire Cricket Match	9
Football FANcy a break?	9
Volunteer Corner 2023	10
50:50 Club Monthly Lottery	11
Fundraising for our Counselling Service	11
Great North Run 2023	11
Household Support Fund	13
Durham County Carers Support Annual General Meeting	13
Whats On	14-16

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: dccaers.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@dccaers.org

www.dccaers.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@dccaers.org for further information.

A Monday on the

Parent Carer Support Team

Starting the day, I make sure I've got my cuppa in hand. I usually start with checking voicemails and emails and today there was a mix of queries from liaising with professionals, finding out if children are on waiting lists for neurodevelopment assessments, signposting to SENDIASS, Referrals to other charities and one Occupational Therapy referral to complete. I have a face-to-face Teams Around the Family (TAF) meeting at 11am - Luckily this TAF meeting was not too far to travel so it only took me 10mins to get there and back and they made me a cuppa, which was a bonus (I can go anywhere in Co Durham and often attend TAF's via Teams, online too).

After a quick bite to eat I started the afternoon with a call to a Parent Carer who was struggling with an unexpected event. Her children all have very complex needs, and the family were at crisis point. My aim is always to help them build up their confidence and support them through the tough times. This parent was really tearful on phone and so a plan was set in place to support over 6 months with access to free counselling for first few months, support during TAF meetings, advice, help to access Household Support funding because she was struggling financially. By the end of the call, she actually said she was so grateful for the support and just knowing she had somewhere to turn had relieved a lot of her stress. Another cuppa was in need, probably for the Carer too I'd imagine.

I then had a look through the list of Carers who had been referred for support with applying for Disability Living Allowance (DLA) for their child and spent some time catching up with our volunteers who help fill them in. I contacted Parent Carers who had been helped before, to find out how it had gone and if the award was successful. All positive results, so a celebratory cuppa was in order.

Following this, I caught up with my colleague who had just completed a Parent Carer Needs Assessment (PCNA) with a Parent Carer and wanted some advice and to talk over some of the actions she planned. The process had highlighted lots of areas that we could support with and also lots of other services the family could access.

I then spoke to a Parent Carer who didn't see herself as a Carer. Parents often forget about themselves as they are so focussed on being a parent supporting their child. They don't realise that we are here to support them, and we often get told how surprised they are to find out they can access a Carer Break or Counselling. This Parent Carer never took any time to herself and found it difficult to ask for help. She was struggling with the school seeing her child as a "troublemaker", rather than realising he needed extra support. I referred her to SENDIASS and had a chat with her about what to expect going forward. I checked and she was eligible for a Carer Break and she chose to apply for some cinema vouchers to give her a bit of a break at the movies, which she said was just what she needed to help her to carry on in a positive way.

The last part of the day was to support a parent with a grant application. The Carer had been struggling as the child being cared for had complex needs had recently had a meltdown and broken a bed in a rage and was now sleeping on a mattress on the floor of the bedroom! The Carer had no way to replace the furniture. I spent some time going through a grant application form to get a replacement bed (one more sturdy this time). I sent this back and I'm hoping for a positive and quick response.

Carers Week 2023 5th - 11th June

Recognising and Supporting Carers in our Community

This year we travelled around the County to Barnard Castle, Bishop Auckland, Seaham and Consett. We worked with the NHS Melissa Bus, County Durham Adults Wellbeing and Health and The Bridge Young Carers service. We spoke to over 100 people, identified 30 Carers and gave lots of advice and information. In addition, we held information stands at Lanchester Road Hospital, Auckland Park Hospital and in Darlington held a very successful information day with many other agencies in St Teresa's Hospice.

We also had 4 afternoon tea celebration events across the County, which also highlighted the amazing contributions of our Volunteers. To ensure we reached out to those Carers working or unable to travel, we also held an online advice session. A huge thank you to everyone who helped organise, contribute to and attend all the events. It certainly helped us to highlight the amazing contribution from unpaid Carers across County Durham and Darlington.



Do you have a spare bedroom in your home?

Do you have some space within your life to become a paid Provider?



If you want to make a difference and help adults with additional needs to live independently, then Shared Lives could be for you. Our CQC rated Outstanding scheme urgently requires more respite Providers, meaning any respite could fit around your existing caring commitments.

We are looking for Shared Lives providers across the Durham area. We welcome people from all walks of life, including:

- all ages (over 18)
- all backgrounds and ethnic groups
- all sexual orientations
- who are single, married or living with a partner
- who have, or don't have, children
- who own their own home or live in rented accommodation
- who are employed, unemployed or retired

All we ask is that you have a spare bedroom, a safe, clean and comfortable home, a caring personality and the desire to make a difference.

As a Shared Lives Provider, you can decide if you want to provide short-term, long-term or emergency care for up to three people at a time. In return you will receive an allowance to help you meet the needs of the person in your care and contribute towards your household bills.

Contact us to find out more or to request an application pack. **Alison Urwin 07786027139** or shared.lives@durham.gov.uk

Latest news from our Money Matters

Project

Charlene Bainbridge and Helen Olney from our Money Matters Project held a successful Cooking on a Budget workshop on Wednesday 7th June right in the middle of Carers Week where Carers were at the forefront of the theme 'Recognising and supporting Carers in the Community'.

14 Carers attended our office in Spennymoor where Well Being For Life workers Bethany and Tina guided us through a Cookery demonstration on how easy it is to cook using a slow cooker. They chose two wholesome recipes Carrot & Coriander Soup and Pea & Lemon Risotto. Everyone tasted the recipes and generally had a lot of fun! Carers were provided with slow cookers, a bagful of store cupboard ingredients and a slow cooker recipe book.

Comments from the course:

"This was fab, loving the recipe book. Thank you so much."

"Really enjoyed being in the group environment, chatting, meeting new people and sharing ideas and tips."

"Great workshop, very welcoming, relaxed and inclusive. Thank you!"

Wellbeing For Life discussed healthy eating and portion control. It was surprising to see the small size of some portions. Bethany and Tina emphasized that healthy eating was all about everything in moderation.



If you didn't manage to come along the first time, we are repeating the session. **Working with Slow Cookers and Cooking On A Budget with Well Being For Life** at our Durham County Carers Support Office in Spennymoor.

Date: Wednesday 20th September 10am-1pm

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

ALL Slow Cookers, Recipes, Food and Store Cupboard Ingredients provided.



To book a place, please scan the QR Code to complete the application form or contact Charlene.Bainbridge@dccarers.org 0191 500 6018 or Helen.Olney@dccarers.org 01325 524607



Other services are available from

“Well Being For Life”

They are a FREE NHS service supporting you to live well in County Durham which offer the following services:

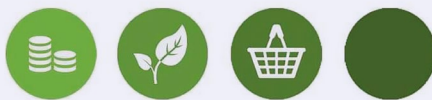
- Be More Active
- Eat Healthier/Lose Weight
- Cancer Awareness
- Improving Mental Wellbeing
- Training Opportunities
- Accessing Services in the Community
- Macmillan - Joining the Dots
- Prehabilitation – Well Being for the Time Being

Go to www.wellbeingforlife.net Or call 0800 8766887 for more information.

Are you aware of the Food Schemes operating across County Durham and all are Recognising and Supporting Carers in the Community?

There are alternatives to supermarkets for your food shop, save money and help reduce food waste by accessing these food surplus schemes:

Shildon Alive



Shildon Alive operate a community fridge. This is for everyone to use and helps reduce food waste. The volunteers collect food waste from the local supermarkets and businesses, and everyone is welcome to come in to Shildon Alive and either take from or donate to the fridge. www.shildonalive.org.uk/community-shop-takeaway/



With a small charge you can access bags of shopping Bread and Butter Thing, various locations Become a Member www.breadandbutterthing.org



Fill a basket for £5 donation and Feed a Family of Four for £2 with a meal kit Angel Trust pantry, Bishop Auckland www.angeltrust.co.uk/pantry

Waste Not Box is a crate full of good food including a selection of fresh fruit and vegetables, chilled goods and some meat or vegetarian options for only £15 Reuse, Various locations Waste Not Boxes – REfUSE www.refusedurham.org.uk/waste-not-boxes

Get 2 bags of food for a suggested donation of £3 from TCR Hub Community Pantry Barnard Castle Food Waste www.tcrhub.co.uk/food-waste

Live in Coxhoe or surrounding villages, with a small donation you can access food bags Coxhoe Community Pantry Community Pantry | Coxhoe Village Hall www.facebook.com/CoxhoePantry



Get a basket of groceries for a small donation Little Chef Big Chef Eco Market, St Helens Auckland, Bishop Auckland LCBC Eco Market littlechefsbigchefs.org.uk

The Storehouse Woodhouse Close Church Bishop Auckland Foodbank and Crisis Intervention open Mon-Thurs 9am-4.30pm and Fridays 9am-12.30pm. Contact whclosecomm@gmail.com

Are you thinking of looking for work?

Here are some top tips for getting back into work

Not all Carers are in a position to work but if you are considering working then we know it can feel like a massive step. Here are some tips we hope might help you if you are thinking about looking for work.

Think about what type of job you might want based around the skills and interests you have and any paid work that you have done such as:

- volunteering work
- your role as a Carer

Examples of some skills you might have gained from your caring responsibilities:

- Prioritising and organising
- Time management
- Managing a budget
- Managing a schedule
- Negotiating with professionals
- Communication skills
- Learning new skills quickly and efficiently (i.e., if you needed to learn how to move and handle someone, use certain equipment or administer medication)


When thinking about your interests, consider:

- what you enjoy doing
- how you would like to use your skills
- things you miss doing that you once did, e.g. from previous work or volunteering

If you feel you might need some training before getting in to work, then there are lots of free training courses out there that could help. Carers UK have some e-learning courses <https://www.carersuk.org/for-professionals/digital-products-and-services/digital-resource-for-carers/> and the National Careers Service <https://nationalcareers.service.gov.uk/explore-your-education-and-training-choices/get-a-job> can help support and identify training for you. You might also be entitled to some funding to help pay the costs of training and we have access to a number of grants and bursaries that support Carers with learning new skills.

If you are claiming benefits, working or studying might impact these benefits so it would be a good idea to have a benefits check before you make any decisions.

Contact your Carer Support Coordinator for support with any of these issues.



County Durham
CareAcademy

Care to make a difference in County Durham

If you're looking for a fulfilling role with lots of opportunities to progress why not let the Care Academy help you to start your career in care.

Like Jamie, a young care worker from Esh Winning who decided his future lay in a career in care after looking after his grandad when his health failed.

With support from the County Durham Care Academy Jamie was able to move from being an unpaid carer into a rewarding job he loves working for a local care provider.

"It's a big responsibility but I really love my job because those I look after are all lovely people. You really get used to being with them, and they become like your family after a while," he says.


Find out how the Care Academy's free and flexible training can help you to start your career in adult or children's social care.

“
It makes their day when I arrive, and I love that feeling of putting something back into society.
”
Jamie, care worker

www.durham.gov.uk/careacademy

03000 260 222 [facebook.com/CareAcademyDurham](https://www.facebook.com/CareAcademyDurham)

County Durham
Care Partnership



Supporting Carers

in the Workplace

Durham County Carers Support are working with employers to help them support Carers in the workplace. We have developed guides and policies that can offer organisations the opportunity to put supportive measures in place to help their employees who have caring responsibilities.

We are encouraging as many employers as possible to sign up to our 'Carer Friendly Employer' course which will show their current and future workforce that they have a sound understanding of the issues Carers face and the support they need.

We have developed a new training portal on our website which has lots of resources and a simple assessment to complete. Employers will then receive a 'Carer Friendly Employer' certificate and ongoing support they need to help them support Carers in the workplace. For more information, please contact Sharon Bell on 0191 500 6016 or visit our website.

Link to employer page: training.dccarers.org

Benefits



Employees wellbeing

An inclusive, diverse workplace culture fosters a sense of belonging, safety and purpose for employees.



Staff retention

It will help you retain talented and experienced staff and is likely to reduce stress and sickness levels.



Productivity

Creating a sense of belonging in the workplace results in greater on-the-job effort and higher employee performance.



Recruitment

It will help you attract new talent, investing in employees will help you become an employer of choice.



Promotion

Your business will be seen as inclusive and progressive and you will be able to use the kitemark throughout your business.



Futureproof

Prepare your organisation for the future – the number of Carers in the UK is predicted to increase by 60% by 2030.

Carer Friendly



Multiply



Learn number skills with Multiply

If you are aged 19+ the Multiply programme will offer you the chance to boost your confidence in maths through a wide range of short and fun activities.

Do you:

- have a fear of maths?
- feel like you can't do maths?
- feel like maths gets in the way of being able to take part in activities, education or employment opportunities?
- feel like maths stops you from keeping up with the kids or being able to help with homework?
- struggle to manage your budget, especially as the cost of living rises?

Our Multiply programme is here to help you.

The programme is run in partnership with local schools, employers, voluntary and community sector organisations, charities, colleges and training providers. We also have a team of Multiply Champions based in the community who we can't wait to introduce you to.

www.durham.gov.uk/multiply

Multiply@durham.gov.uk

03000 266 115



Parent Carer **Support**

We are often asked about groups and activities for Parent Carers and their families, and we do have an information booklet available on our website with details of organisations that can support you but here is a taster of some information included.

Fun and food - Durham County Council

Here you will find holiday activities being held across the County with healthy food provided.

<https://www.durham.gov.uk/funandfood>

North East autism support | Little Treasures autism charity

A volunteer run charity which supports autistic adults and children right across the North East. Little Treasures aim to relieve the needs of autistic adults, children, young people and their parents, Carers and siblings by providing facilities for play and recreation in the interests of social welfare in a safe and secure environment, and by providing support and practical advice to parents and carers.

<https://www.littletreasures.website/>

Durham Area Disability & Leisure Group

Providing sports, leisure & social opportunities for children and young people with disabilities living in Durham and the surrounding areas. A registered charity that provides year-round opportunities for disabled children and their families to get together, meet new people, try new things and above all, have fun. www.dadlg.org

Durham SEND Information Advice and Support Service

Durham SEND Information Advice and Support Service is a statutory service supporting parents/carers of children with special educational needs and disabilities (SEND) and children and young people with SEND. Durham SEND Information Advice and Support Service provides confidential information advice and support through a range of services. This includes home visits, attending meetings in educational settings and liaison with all services working with children and young people. Training and guidance to parents/carers, young people and professionals on SEND issues are also provided. Durham SEND Information Advice and Support Service operates at 'arm's length' from the Local Authority and the services provided are confidential and impartial. <https://durhamsendiass.info/>

Parent Carer Support

We're here to support you with:

- Parent Carer Needs Assessment
- DLA Applications
- Counselling Services
- Grant Applications
- Benefit Applications
- Training Opportunities
- TAF
- EHCP
- Care Friendly Discount Card
- Specialist Support



County Durham Local Offer

Local Offer information has been developed to allow parents, Carers and young people to see more clearly what services are available locally to meet their educational needs and/or disabilities from birth to the age of 25. It includes:

- Sources of support, advice and information
- Education, health and care provision
- Arrangements for identifying and assessing children and young people with SEN
- How services can be accessed (including eligibility criteria) and how decisions are made
- Arrangements for supporting children and young people moving between school phases
- Services to support young people in preparing for adulthood and independence
- Leisure activities
- Arrangements for disagreement resolution, complaints, mediation and appealing to the SEN Tribunal
- Information on the review and development of the Local Offer itself





Predator Angling Charters

We are offering our Carers a FREE Evening Fishing Trip (around 4-5hours) on the coast around Hartlepool.

If you haven't tried fishing before, don't worry, there will be help on board and equipment can be hired. We are offering 2 dates: Wednesday 7th September or Tuesday 12th September 2023, (5pm-9pm) please let us know which date(s) you can attend as depending on uptake we may have to limit this to one trip. Carers will need to make their own way to Hartlepool.

Predator is a modern, Lochin, 33ft angling boat, fitted with a 500 BHP Cummings engine to get you to the fish quicker and safer.

Spaces are limited and names will be randomly selected. The deadline to register your interest is Thursday 31st August 2023.



To register your interest please scan this QR code or contact Jessica Howarth by emailing Jessica.howarth@dccarers.org or by calling 01833 600576.

Football FANcy a break?

Football Season gives Carers an ideal opportunity to have some time out from their caring role and spend time with other people who share a common interest.

Did you know that we may be able to pay for match tickets or help financially towards a Season Ticket so you can support your favourite team?

Please check your club website to get an idea of prices so you know what you would like to apply for.

Whether you support South Moor AFC, or maybe Durham City AFC or Darlington FC is your desire, get in touch with your Carer Support Coordinator to see how you can be in the stands next season!

Father and Son time at the Durham Vs Yorkshire Cricket Match

Susan Francis shared the experience her son Matthew and husband Peter had at a recent Carer trip to the Cricket.

"What a fabulous day Matthew and his dad Peter, have had at the Riverside watching the Cricket, thanks to Durham County Carers Support. The weather was great. The hospitality in the VIP Box was excellent with bacon rolls served for breakfast, a tasty 3 course lunch and then afternoon tea.

Matthew thoroughly enjoyed the whole day and bought some goodies from the club shop. One of which he wore for the match. Thank you for the experience. Peter doesn't often get opportunities for days like this with Matthew. So appreciated."



Carer Friendly Discount Card

Darlington Football Club, Bishop Auckland Football Club and Consett Football Club have joined the Carer Discount Card scheme, check out their ticket offers [here](https://www.dccarers.org/places/category/days-out/) or visit [dccarers.org/places/category/days-out/](https://www.dccarers.org/places/category/days-out/)

If your club hasn't joined the scheme, ask them to visit our website for more information.



Volunteer Corner

Volunteers Week 2023



VOLUNTEERS' WEEK

For Volunteers Week this year we merged our Carers and Volunteer celebrations and what a wonderful week we had! Over 250 Carers and Volunteers celebrated with Afternoon Tea and Tours at either Ushaw College, Shotton Hall, Lumley Castle or Raby Castle. It was the perfect setting to say thank you to our fantastic team of Volunteers who have collectively donated over 6000 hours in the last year. We couldn't do what we do with out you all so thank you again for all your support.



New and exciting Volunteer Vacancies

Volunteer Parent Carer Champion

We have recently expanded our Volunteer Parent Carer team to include a champion role, this is a brilliant opportunity for our team to go to events and professional meetings to promote the support we can offer to Parent Carers. An enhanced DBS and full training will be offered as well as ongoing support, this can also incorporate training to assist in completing DLA forms if you are interested which again comes with full training and is flexible so could fit in with other commitments. The role would suit someone who is happy to go into public and/or professional settings.

Online Support Group Volunteer

As an online support group volunteer, you will provide remote help with the online elements of supporting DCCS's evening online Carers support group. The role is designed to offer Carers a chance to meet up with other Carers, some of whom may be working, parent or adult Carers and make them feel at ease so people skills are a must. If you enjoy getting to know your community, working with others and making a real difference then this is the role for you. To do this role you will be someone who has their own computer and Wi-Fi connection and are happy to support remotely, we offer a DBS, training and ongoing support.

If these sound like something you might be interested in then please feel free to contact Jessica.howarth@dccarers.org

50:50 Club Monthly Lottery

You could win 1 of 3 great cash prizes every month. As the name suggests, 50% of the money supports our Carers Wellbeing Fund and 50% is paid out in cash prizes. Club members pay £12.00 per year to be entered into 12 monthly draws. Winners are notified by post, announced on our Facebook page and in this newsletter.

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	
May 2023	June 2023
1st – Ms M A Jones	1st Mr D Whelan
2nd – Ann Ross	2nd Ray Hambly
3rd – Susan Emms	3rd Karen MacNair

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

Fundraising for our

Counselling Service



Over the next 12 months our fundraising and donations will be used to support the DCCS Counselling Service for Carers living in County Durham and Darlington.

We are off to a great start, a huge well done and thank you goes to our very own Helen Olney for completing the 'Great North Swim' in 42 minutes and raising £333.



Great North Run 2023



The next event is the Great North Run, we have 15 runners taking on the challenge which is set to take place on Sunday 10th September 2023, each runner is hoping to raise £250 towards a collective total of 3,750, you can show your support by donating online via the QR code or click [here](#) (use GNR23 as the reference).



Are all Carers in your household registered with us?

Did you know Carers can sign up for information only support and still get a Carers Discount Card! This is a pressure free way for you or someone else in your household, who is not yet registered to access our support and have help on hand when you need it! To register online, please visit <https://dccarers.org/sign-up-for-support/>

WHO IS AN UNPAID CARER?

PARENT CARER




"I always just classed myself as a parent, my wife was registered with DCCS and she said I should too, I was so surprised to find we could both register!"

CARES FOR WIFE

"really we care for each other these days so we are both registered with DCCS"



WORKING CARER



"when I'm not at work, I'm getting the shopping for my Dad or taking him to his hospital appointments"

WHO IS AN UNPAID CARER?

HELP MAKE PLASTIC EXTINCT

By 2050, the ocean will contain more plastic by weight than fish

Try to avoid buying single-use plastic products and remember to reduce, reuse and recycle



Smart thinking – accreditation by iE
www.iie.uk.com



Rotary
Consett



Memory Café



Memory Problems?

Come along with your partner/carer to our memory café.

3rd Thursday of each month at
2.00pm Consett Methodist Church

Reminisce, chat, sing and laugh in an informal relaxed atmosphere.

Support for carers from
Durham County Carers Support

Contact Susan Mellor for more information
07979055184 Susanmellor92@hotmail.co.uk

Intergenerational - All are welcome
Fully accessible venue - Refreshments available

FREE
& Consett

Dementia Friendly Choir

Every Tuesday 1.15 - 3.15 pm

Citizen's House, Consett



For more info email ~ dementiafriendlychoirs@gmail.com
Say hello on social media ~ @dementiafriendlychoirs



Better for everyone

With thanks to our funders and supporters

Rotary



Household Support Fund (HSF)

Carer in Crisis

During the last financial year, Durham County Carers Support allocated funds from the HSF on behalf of Durham County Council, making applications available to any Carer who identified as being in financial crisis.

DCCS "Keeping in Touch" project, which contacts Carers who have not accessed their patch worker for support for a while, identified a lady who was in extreme distress as part of her roof was damaged during Storm Arwen and who was having an ongoing dispute with her insurance company about the repair. This resulted in her home being damp and cold over the winter months and she was left with a large increase in her fuel costs, as the price of coal had doubled due to the cost-of-living crisis. She was unable to sustain the outlay and was really finding things difficult to manage alongside caring for her husband who has a diagnosis of Dementia.

DCCS was able to support her to successfully challenge the timescale of the repair and to prepay for the purchase of coal to ensure she was warm and well in the cold weather.

DID YOU KNOW ABOUT OUR HOUSEHOLD SUPPORT FUND?

We have been granted Household Support Fund Money from Durham County Council to support Carers in County Durham!



If you are in financial hardship we may be able to contribute towards energy costs including gas, electric and solid fuel, food, small cost saving cooking appliances and much more.

Get in touch with your Carers Support Coordinator for more info



She said "I thought I didn't have anyone to help me, and I was just getting through each day. The difference you have made to us is more than words can say. Thank you for everything, you're all wonderful." Please speak to your Carer Support Worker if you have any financial worries, we may be able to help!

Notice of Durham County Carers Support

Annual General Meeting

Wednesday 4th October 2023 at 11am

Venue: Bishop Auckland Football Club, Heritage Park, Stadium Way, Bishop Auckland, Co Durham, DL14 9AE

Our AGM will include:

- Annual Report presentation
- Election of Trustees
- Presentation of financial accounts
- Celebration of achievements and future plans
- Refreshments



If you would like to attend, please scan the QR code opposite and complete your details online, alternatively contact Sophie Johnson on 0191 500 6035 or email: sophie.johnson@dccarers.org



Durham County
carers support

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

Bishop Auckland Carers 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 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 0300 005 1213

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 Group

- **Where:** The Venue, Community Centre, Wear Road, Stanley, DH9 6AH
- **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: Gill Taylor on 0191 917 4708 or email gill.taylor@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 0300 005 1213

NEW

Evening Online Carer Support Group on Zoom

Join us for a cuppa and a chat with other Carers.

When: first Monday of the Month, 7pm – 8pm

Contact: Sharon Bell to request the joining link sharon.bell@dccarers.org or call 0191 500 6016

Carer Training

Online Basic First Aid Course

- **When:** Thursday 5th October 2023 2pm – 3.30pm
- **Where:** Online via Zoom



To register your interest please [click here](#) or scan the QR code

Working with Slow Cookers and Cooking on a Budget with Well Being For Life

- **Date:** Wednesday 20th September 2023 10am-1pm
- **Venue:** 1st Floor DCCS Enterprise House, Enterprise City, Meadowfield Avenue, Spennymoor, Co Durham DL16 6JF.

All slow cookers, recipes, food and store cupboard ingredients provided



To book a place, please scan the QR Code to complete the application form or contact Charlene.Bainbridge@dccarers.org 0191 500 6018 or Helen.Olney@dccarers.org 01325 524607

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

Someone will discuss what suits you best and confirm your place.

Each session will run 10am to 3pm.

Lunch and refreshments will be provided for you to enjoy each day.



Positive Behavioural Support

NORTH EAST & NORTH CUMBRIA

The workshop 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

Course Date 2023

Session 1 Tuesday 10th October

Session 2 Tuesday 17th October

Session 3 Tuesday 31st October

Course Venue

East Durham Trust, Community House, Yoden Road, Peterlee, SR8 5DP



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.”*



County Durham
CareAcademy



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