

Caring Matters

October 2023

Tel: 0300 005 1213

www.dccarers.org

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

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

Win an iPhone SE, Spa Days and much more, see page 12



Investors in the Environment Bronze Award

Page 6



Contents

Caring Rights Day	2
Supporting Carers through change	3
Hardwick Live 2023	3
Dementia Advice and Support	4
Free winter vaccinations	5
Reduce, Reuse & Recycle	6
Environment Bronze Award	6
Male Carers, We need your help	6
Diabetes UK	7
Parent Carer Support	8
Carer Training	9
Intergeneration Group	9
Come and Volunteer with us	10
Decluttering	10
Introducing Anthony Douglass	11
Cooking on a Budget Workshop	11
Fundraising News	12
Christmas Opening Hours	14
What's On	15
Mindfulness Taster Sessions	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.



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

It aims to:

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

This year Carers Rights Day will take place on **Thursday 23rd November 2023**, and we have lots of events planned over the course of the whole week!

Carers Rights Events 2023

Our staff, together with a number of organisations will be at the locations below. Join us for a cuppa and a chat, there will be the opportunity to have:

- Benefits check from our team.
- Advice and Information from NE First Savings and Loans.
- Information on Wills and Trusts.
- Repair and Recycle advice.
- "Keep warm" goody bags.
- Plus, many more organisations to be confirmed, keep an eye on our Facebook page for further information.

Date	Venue	Time
Monday 20th November	The Venue, Wear Road, Stanley, Co Durham, DH9 6LU	10.30am-12.30pm
Tuesday 21st November	Easington Social Welfare Centre, Seaside Lane South, Easington Colliery, Peterlee, SR8 3PL	10.30am-12.30pm
Wednesday 22nd November	Easington Social Welfare Centre, Seaside Lane South, Easington Colliery, Peterlee, Co Durham, SR8 3PL	10.30am-12.30pm
Thursday 23rd November	Spennymoor Leisure Centre, High Street, Spennymoor, DL16 6DB	10.30am-12.30pm
Friday 24th November	Town Hall, Market Place, Bishop Auckland, DL14 7NP	10.30am-12.30pm



To register your interest in attending any of our information events, please follow the link <https://forms.office.com/e/2BVi3xXgW9> or scan the QR code.

Supporting Carers through change *Susan's Story*

Susan called her Carer Support Coordinator when she had come to a difficult time in her caring role. Changes in Mum's condition were having an adverse effect on Susan's health and added to the physical difficulties that she was already experiencing.

Mum Stella's Dementia had progressed to a point that she needed physical support with all aspects of her care, such as personal care and help with food and drinks throughout the day. After many discussions and care package increases that helped initially, but couldn't offer support at night, it was decided that Stella needed 24-hour support in a residential care setting. Susan was exhausted trying to meet Stella's needs at the cost of her own mental and physical health and although it was a hard decision to make, Susan knew the time had come and they both needed more support for the future.

Mum's entry into residential care also meant that the household income decreased significantly, and Susan found herself unable to afford the travel costs to help Mum settle into her new home, which distressed them both.

Durham County Carers Support had been selected to trial a "Mental Health Emergency Fund" provided by County Durham Community Foundation which enabled us to pay for, a 4-week bus pass for Susan to visit Stella as often as she needed to reassure herself and see that Stella was

happy and cared for in her new home. Susan's depression improved and her physical health also became less of a concern as she could sleep and attend to her own needs. This essential support prevented a rapid decline in Susan's mental well-being and allowed her to take the action that she needed to move forward with the confidence to know that the right choice had been made for Stella too.

Susan's allocated patch worker helped her to review her disability benefit award which had not been reassessed for 4 years and did not reflect her current needs. This gave way to an increase in finances and our "Money Matters" project supported Susan to check her outgoings and make much needed savings that could be used to lessen the impact of the loss of an income and to ensure Susan could continue to visit Stella in the future.

Susan said *"At the time I felt such a failure, but I see now that we both needed more help. Now we both enjoy every visit because I'm not tired and stressed and Mum has everything she needs all the time, so she isn't upset or anxious. That first few weeks of being able to go to see her every day if I wanted to really made me see that we made the right decision. Thank you all for everything you have done for us. It has helped us both to be happier."*



Hardwick Live 2023

We had another fantastic response to the Hardwick Live Festival this year. 75 Carers attended to see the likes of Mel C, Noel Gallagher and The Kooks live on stage over the Friday and Saturday sets.

"I just wanted to say thank you so much for the opportunity to go to the North East's biggest music festival at Hardwick Hall, my son and I had a fantastic time there - The mood, music, food and all the other sideshows and attractions there made it a great day out to remember."

"I just wanted to say thank you so much for the massively discounted tickets I was lucky enough to win through the draw you held. My husband and I had a lovely afternoon and evening and a well earned break! It was wonderful to be able to be part of the experience, something we couldn't have afforded otherwise. Scouting for Girls were awesome!"

Keep an eye out in our Newsletter and social media pages for more events in the future. This event was possible from funding through our Carer Break Scheme, if you would like to find out if you are eligible for other events like this then contact your Carer Support Coordinator for more information.





Alzheimer's Society

Dementia Advice and Support

from the Alzheimer's Society

The Dementia Advice and Support Service provides one-to-one support to people with dementia, carers and family members. The service is unique to your personal circumstances and needs, throughout your journey.

The only criteria are you must be over 18 and live in County Durham, you can self-refer to our service by calling **0191 3890400** or emailing durhamandchester@alzheimers.org.uk.

Singing for the Brain

We are running Singing for the Brain in Spennymoor. This group meets the 1st Friday of every month- it is a relaxed singing group for people living with dementia and their carers- don't worry, you don't have to be a professional singer!! We meet for an hour, have a chat, have a cup of tea and sing some familiar songs. We also have Virtual Singing for the Brain for those people who cannot get along to the live one- this session is very informal, an hour long and hosted on Zoom every month. We sing some familiar songs, and we take requests!!

Please contact Claire on **0191 3890400** or durhamandchester@alzheimers.org.uk to find out more or if you would like to access the sessions.

Younger Person Dementia Voice Group

Have you been diagnosed with dementia under the age of 65? If so, why not join our Younger Person Dementia Voice Group. You can share your experiences and insight and to help younger people living with dementia in County Durham and beyond. Meet other people who understand living with Dementia, develop your skills, improve your confidence, enjoy yourself and make a difference.

Please get in touch with Gavin or Deborah for more information on **0191 3890400** or durhamandchester@alzheimers.org.uk.

Need affordable food? Meet The Bread and Butter Thing

The Bread and Butter Thing is an affordable food service, with hubs in the North West and North East of England.

- * Pay just **£8.50** for at least **£35** worth of food
- * Get **fruit and veg, chilled goods and cupboard staples** for a fraction of their normal price
- * **Free membership**

Each week, we provide our members with at least £35 of food for just £8.50. The food comes from supermarket surplus, food factories and farms. It's good quality, edible food but is not needed by them, so they give it to us. This means our bags vary from day to day depending on what's available but you will be saving money and getting to try new foods.

Most members feel that they save around £25 a week and just 'top up' from the supermarket when they've seen what's in the TBTT bags each week. Because we don't let you choose what's in your bags, we can afford to provide our service at a really low price, lower than you'll find elsewhere. And you'll always be paying less than the shops.

Best of all, because it's new to you, you can try us for free. Signing up is really simple. Just text us with your name, the hub you want to join and your postcode. Every week, we'll send you a text checking if you want a delivery. All you have to do is reply 'yes' and then come and collect on the day. You don't have to come every week and if you don't want to order, just text 'no'.



Got a question? Drop us a line at hello@breadandbutterthing.org

Find out more at www.breadandbutterthing.org



Would you share the story of your mental health journey to improve how we can help you?

Across County Durham various organisations work together with people who experienced mental health difficulties and their carers to change the way the support within communities is provided.

We want to ensure everyone gets the right help, at the right place, at the right time.

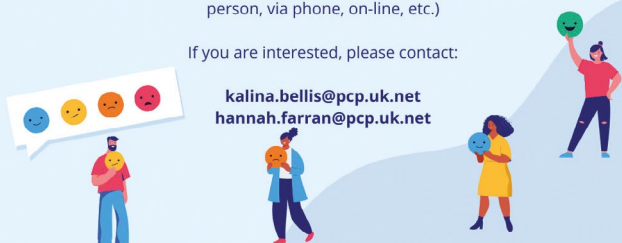
We are looking for people aged 18+ who are currently accessing community mental health and wellbeing services and / or their carers who would be keen to share their experiences with us.

We would like to hear all stories, either uplifting or frustrating, so we can understand what helps and what needs improvement.

We are flexible with our approach to this engagement (one to one conversation in person, via phone, on-line, etc.)

If you are interested, please contact:

kalina.bellis@pcp.uk.net
hannah.farran@pcp.uk.net



Free winter vaccinations for Carers living in County Durham

Summary

Getting your annual flu vaccination and your Covid-19 booster are two of the most important things you can do to protect yourself and the person you care for from these serious respiratory illnesses this winter.

Covid-19 and flu are not like catching a cold. A Carer with either of these respiratory viruses will find it very difficult to look after someone. They may also be worried about passing on the illness to the person they care for and may want to avoid being in contact with them. Unlike a cold, flu and Covid-19 can come on very suddenly so you may have little or no time to find someone to take over your caring responsibilities.

It is very important to top up your protection, even if you have had a vaccine or have been ill with flu or Covid-19 before, as immunity fades over time and both viruses can change each year.

Questions

Who is eligible for free winter vaccinations?

The NHS flu vaccination is available to Carers who are in receipt of Carer's Allowance, or who are the main carer of an older or disabled person whose welfare may be at risk if the Carer falls ill.

The NHS Covid-19 autumn booster is available to Carers who are eligible for Carer's allowance, or who are the sole or primary Carer of an elderly or disabled person who is at increased risk of Covid-19 and therefore clinically vulnerable.

Why are these vaccinations so important?

For some, flu and Covid-19 are unpleasant illnesses. But for many, particularly those with certain health conditions, they can be very dangerous and even life threatening. Every winter, thousands die from flu and people can still get very ill or die from Covid-19. Catching both viruses at the same time increases the risk of serious illness even further.

Getting both vaccines ahead of winter, when the viruses spread more easily, are two of the most important things you can do to keep yourself and others around you safe, so you can continue to be there for the people you care for.

Why do I need these vaccinations again?

It is important to top up your protection, even if you have had a vaccine or have been ill with flu or Covid-19 before, as immunity fades over time and both viruses can change each year.

The NHS is encouraging people to get both vaccines in the same visit where possible, to get protected against both viruses.

Can these vaccinations give me flu or Covid-19?

The vaccinations given to adults contains inactivated, or killed, strains of the virus so they cannot cause flu or Covid-19.

There are some fairly common but mild side effects that are unlikely to prevent a Carer from caring, such as a slight temperature and aching muscles for a couple of days afterwards.

How can I show that I'm a Carer?

It is very important that your GP practice is aware that you are a Carer. If you don't receive Carer's Allowance then either complete the information from Durham County Carers Support at <https://dccarers.org/gp-carers-register/> as part of our assessment process, or alternatively, Carers UK has produced a template letter at <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/register-as-an-unpaid-carer-with-your-gp-template-letter>.

County Durham pharmacies are aware that if you do not receive Carer's Allowance then you can show the pharmacy your current Durham County Carers Card instead.

How do I get these vaccinations?

You can wait to be contacted by your GP practice or see How to get your NHS winter vaccinations at <https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>:

- NHS Covid-19 vaccinations can be booked via the National Booking Service at <https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/> for community pharmacy appointments or walk-in clinics.
- NHS flu vaccinations can be booked at a community pharmacy via <https://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/pharmacy-nhs-flu-vaccine-service/>

Where can I find more information?

You can find out more information about both vaccines by visiting www.nhs.uk/flujab and www.nhs.uk/covid-vaccine.

Reduce, *Reuse & Recycle*

Our Earth's resources are precious to our future. That's why we need to be careful about what we use, why we need to think twice before we overuse, and why we need to try to reuse and recycle.

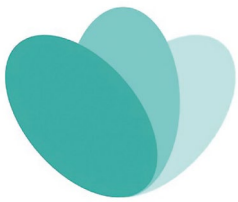
Throughout County Durham you'll find a huge choice of charity shops, supporting different worthwhile causes. You never know what you might find.

55% of charity shop users do so to stop items being thrown away.

If online is more your thing, have you heard of:



Freecycle is an entirely nonprofit movement of people who are giving and getting stuff for free in your own town. It's all about reusing and keeping good stuff out of land fill. Join online <https://www.freecycle.org/>



Too Good To Go

Food waste is a big problem, and we can be a solution. 'Too good to go' is the app that lets you use unsold food from an untimely fate at your favourite spots. Download the app and find Surprise Bags of food from restaurants and shops near you.

Investors in the Environment Bronze Award

We are delighted to announce we have been successful in achieving the Investors in the Environment Bronze Award for our charity. Investors in the Environment (iIE) is a national environmental accreditation scheme designed to help organisations save time and money, reduce their impact on the environment, and get recognition for their progress. Our "Green Champion" working group meet every 2 months to discuss how we can reduce our impact on the environment and save vital funds to help us fulfil our mission "To improve Carers lives."



Durham County
carers support
caring for the environment



Male Carers, We need your help

We know there are many male Carers who aren't accessing the support that we can offer. In fact, 42% of unpaid Carers are men, but only half of the male Carers in our region are registered with us. Of the Carers who are registered with us, it's women who access our services the most. As a result, men are missing out on the fantastic services that we can offer. They're missing out on benefits advice; money advice; Carer breaks; free counselling; access to grants. They're missing out on our events, which are always well attended (primarily by women). They're missing out on our Carers Discount Card too (see website for a list of discounts). So, what if we made our events more appealing to men? Or made our discount card more appealing to men? Would this encourage more men to register with us? I think it would. So, if you can think of any events we can host which would make our service more appealing to men, please get in touch. Likewise, let us know if there are any businesses you would like to see sign up to our Discount Card scheme. Our aim is to support all unpaid carers in County Durham, we can only do this if we can reach as many of them as possible.

Anthony Douglass 01325 524605
anthony.douglass@dccarers.org

SUPPORT FOR PEOPLE IN THE NORTH OF ENGLAND



Whether you are at risk, living with or caring for someone with diabetes, diabetes can be tough. But you are not alone.



At risk of type 2 diabetes?

Visit diabetes.org.uk/preventing-type-2-diabetes

Living with diabetes?

Visit diabetes.org.uk/guide-to-diabetes

Peer support in the North of England

Join our Facebook group by searching for **Diabetes UK Chat: Your Friends in the North**

Follow us on Instagram **@diabetesuknorth** to see real stories, support and what we're doing across the north of England.

We also have a **youth programme**, and network of **local groups** and **volunteers**. If you would like to access further support please contact us to find out what is available in your area.

Contact us on 01925 653281
Or north@diabetes.org.uk

*Calls to 03 numbers cost no more than calls to geographic (01, 02) numbers and must be included in inclusive mobile phone and discount packages. For specific details check with your provider. Calls may be recorded for quality and training purposes.

Helpline

Talk to our specially trained advisors to get advice and support from Monday to Friday, 9am to 6pm. Interpreters are available if you'd like to speak with us in a language other than English. Call **0345 123 2399*** or email helpline@diabetes.org.uk

Online Support Forum

Log on 24/7 to find help, tips and a warm welcome from other people affected by diabetes: diabetes.org.uk/forum



Learning Zone

Visit our free Learning Zone and get to grips with your diabetes when it suits you: diabetes.org.uk/learningzone
Featuring useful videos available in different languages.

Get Involved

Help us create a world where diabetes can do no harm by joining our wonderful team of volunteers and fundraisers. Contact us to find out more.

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Parent Carer **Support**

Disability Living Allowance (DLA)

Disability Living Allowance is a regular payment to help with the extra costs of daily living or getting about because your child has a long-term health condition or disability. It isn't means-tested.

This means you might be able to claim the benefit for your child regardless of your income or how much you have in savings.

Who is it for?

- children aged from three months to 16 years, who need extra help with daily living tasks, or
- children aged from three years to 16 years who need help with mobility (getting about).



You can find a benefits checker on our website along with a really useful guide on completing DLA forms which gives you more information on the information and evidence you will need to support an application. We also have an amazing team of fully trained volunteers who can help you complete the form.

Jargon Busting

We often find that Professionals (including ourselves) can use lots of shortened words that Parent Carers may not always be used to, especially if you are new to service so we hope this might help you.

EHCP (Education, Health and Care Plan) that is a way of getting your child specific support at school. Children should get an EHCP if Special Educational Needs Support cannot meet their needs and legally a local authority must provide the support agreed within the EHCP

OT (Occupational Therapist) Help people, such as those with disabilities, to meet goals, develop, recover, improve and maintain skills needed for daily living.

PCNA (Parent Carer Needs Assessment) The Children and Families Act 2014 introduced the right for parent carers to access an assessment of their own needs. This assessment is used to understand how a parent caring role affects their wellbeing. It helps us explore what additional help and support you may need.

Neurodevelopmental Pathway - This is a specialist service responsible for assessing conditions such as Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD). The assessment may include questionnaires for your family and your child's school. Other specialists may be involved.

CPN (Community Psychiatric Nurse) A CPN specialises in assessing risk and the mental health of children and young people and can offer therapeutic approaches to support them and their families. They can help talk through problems and give practical advice and support.

CAMHS (Child and Adolescent Mental Health Services) this is the name for NHS service that assess and treat young people, generally until school leave age, who are having difficulties with the emotional wellbeing, behavioural or mental Health difficulties.

TAF (Team around the Family) A Team around the family meeting can be arranged when a concern identifies that multiple agencies should have a joined-up approach to supporting a family. The meeting should look at the family's needs and ensure that parents/Carers have an equal role in agreeing their goals and any actions needed.

New Parent Carer Section

We have recently launched a new Parent Carer Section on our website that also has a link to our online Parent Carers Needs Assessment form as well as useful information about other organisations that can help support you and your family. Scan the QR code below for a direct link to the page or follow this link <https://dccarers.org/parent-carer-support/>



Carer Training

Would you like the chance to win a £50 Amazon Voucher?

It can be easy to assume that because so many people are Carers that everything it entails must just be common sense and not require any specialist knowledge or training. In fact, there are a number of training and information sessions that are available to assist you. These sessions could help reduce stress and help reduce the risk of injury. Please click on the link to see the list of FREE training and information sessions and tick the ones you are interested in <https://forms.office.com/e/8Ycx884Ci2>



You can also scan the QR code on a digital device or contact Alison Dixon on the details below. By completing this short questionnaire, you will help us to understand the needs of the valued Carer.

When we receive the completed questionnaire, your name will be added to a prize draw to win a £50 Amazon voucher.

WE WANT TO HEAR FROM YOU!



Intergeneration Group Bishop Auckland College

Would you like to join an activity group?

Working in Partnership with Bishop Auckland College we have created an age-diverse group to share ideas, knowledge and skills. We are planning these groups for the second Monday of every month starting in November 2023. Every month the students will share their knowledge and skills with our Carers and vice-versa. The group activities will include cake decorating, wreath making, sing- a-longs, chair yoga, cross stich, pamper sessions, photography, how to use a digital device, painting and decorating and much more.



If you would like your say in which activities you would like to do or simply join the group, please click on the link <https://forms.office.com/e/CjJRDEXiP9> You can also scan the QR code on a digital device or contact me on the below.

If you are interested in any of the above, please contact Alison Dixon on 0191 500 6031 or email alison.dixon@dccarers.org



Intergeneration Group

Starts on Monday 13th November 1pm - 3pm
at Bishop Auckland College
with a PAMPER DAY and DIGITAL ADVICE

Come along and enjoy a pamper from Bishop Auckland Students with a cuppa and a cake.

Come and *Volunteer with us*

We have a fantastic team of Volunteers who support the organisation to support Carers. This can be a very rewarding role and Carers can often bring their own lived experience as well as those with professional experience to the varied vacancies we have. Over 6000 hours were donated to us last year and this year we are looking to beat that. Come and join us to learn a new skill, gain confidence, build your CV but also make a huge difference to Carers lives whether for 1 day or a few hours a month.

Welfare Benefits Volunteers

We are really pleased to have received a grant from County Durham Community Foundation which will help us expand our welfare benefit project by helping us train more volunteers that will help Carers complete benefit forms such as Disability Living Allowance and Attendance Allowance. If you are interested in helping Carers to claim the support they are entitled to, then please get in touch.



Decluttering

We understand at DCCS that Carers lead busy lives which can make it extremely difficult to keep on top of housework. Because of this, we can provide funding as part of our Carer Break scheme to help people access cleaning and gardening services.

Alongside this, we've also recently started working with a Community Interest Company that helps people to declutter. We understand that it can be really difficult to get rid of items that may remind us of a loved one. However, for some people, clutter can come to have a serious impact on someone's wellbeing. It can affect someone's mental health and their quality of life may suffer as a result. Clutter can even become a trip-or fire hazard, which can make a home unsafe.

If you would like to find out more about this service (for yourself or the person you care for) please get in touch. There may even be funding available to support you to access decluttering support.

Anthony Douglass 01325 524605
Anthony.douglass@dccarers.org



Current Volunteer Vacancies

Administration Support.

While our Carer Support Coordinators are busy supporting Carers one to one, we are looking for a new Volunteer to come into our Spennymoor office to assist the team with some admin tasks. Experience would be beneficial but full training can be offered so if you have a few hours, you could spare us then please get in touch to find out more.

Group Support

Our group support Volunteers work in the community supporting our Carer Support Groups, offering a warm welcome and cuppa to anyone who comes along to spend time with like-minded Carers. We are currently looking for someone to support our Bishop Auckland group who meet at the 4 Clocks once a month for 2 hours. Again, if this sounds like it could be just the right Volunteer role for you get in touch for a chat.

Carer Champion roles

We are looking for outgoing, confident volunteers who can help us attend information events and coffee mornings. We are invited to lots of groups, information events and coffee mornings to promote our organisation but we can't always make it so we are looking for help and support with this. You will receive full training on the support we offer so that you can provide an overview of our service and promote Durham County Carers Support.

Introducing Anthony Douglass

Mental Health Support and Development Co-ordinator for East Durham

Hello, I just wanted to introduce myself. I'm Anthony and I live in Durham with my wife, 2 children, a bunny, a cat and some fish. I've worked for DCCS since April 2022 and I can't see myself going anywhere soon.

It's such a caring, supportive place to work and I'm genuinely proud to play even a tiny part in its success. Therefore, I'm really happy to have recently taken on the role of Mental Health Support and Development Co-ordinator for East Durham. In my new role, I'll be supporting Carers in East Durham who look after someone who struggles with mental ill-health and/or Dementia. There is some amazing support available in County Durham, but it can be difficult to know where best to turn.



In my new role I will support Carers to get the help, advice and guidance that they both need and deserve. Looking after someone with dementia or poor mental health can have such a massive impact on your own health and wellbeing, so it is vital to reach out for help. There really are so many

ways that we can help to lighten the load (many examples can be found in this newsletter!) As an organisation, Durham County Carers Support works to ensure carers feel recognized, valued and supported. My goal in my new role will be exactly this. So, if you're a Carer, you live in East Durham, and you would like some support with a mental health issue, please get in touch. Anthony Douglass
Email: Anthony.douglass@dccarers.org or call 01325 524605.



Cooking on a Budget Workshop

On 20th September 2023 the Money Matters team successfully held another 'Cooking On A Budget' workshop with Well Being For Life. Bethany and Tina demonstrated how easy it is to use a Slow Cooker to prepare two simple meals, Spanish Rice and Italian Tomato & Pasta Soup. We also looked at sugar and fat content of common food stuffs, trying to guess which food has the highest and lowest content. County Durham and Darlington - Wellbeing for Life (cddft.nhs.uk)

- Always check your food labels and aim for less than 5g fat per 100g content
- Men should not eat more than 30g of saturated fat a day
- Women should not eat more than 20g of saturated fat a day
- Children should have less
- Adults should have no more than 30g of free sugars a day, (roughly equivalent to 7 sugar cubes)
- Children aged 7 to 10 should have no more than 24g of free sugars a day (6 sugar cubes).
- Children aged 4 to 6 should have no more than 19g of free sugars a day (5 sugar cubes).

Free sugars are found in foods such as sweets, cakes, biscuits, chocolate, and some fizzy drinks and juice drinks. These are the sugary foods we should cut down on. For example, a can of cola can have as much as 9 cubes of sugar – more than the recommended daily limit for adults.

- High: more than 22.5g of total sugars per 100g
- Low: 5g or less of total sugars per 100g

What Carers said on the day

"This event the slow cookery course was so well ran. The people involved were amazing as were the other Carers we all shared stories laughed and cried together would like to attend something like this again well done."

"I cannot rate Durham carers highly enough. Every time I've had any contact with your association, I cannot believe how supportive, helpful and how truly caring everyone has been. Thank you for being there."

"I had a fantastic time learnt a lot had good chats with all the others who were there about everyday things in a caring role and a lovely surprise with the gifts thank you for such a great day."

Fundraising News

We are currently raising funds to help run our Volunteer led Counselling Service. This project is free for Carers to access and enables them to have sessions to talk about their caring role. We currently support over 200 Carers a month to access this with nearly 40 professional Volunteer Counsellors all helping to support unpaid Carers living across County Durham and Darlington. Without your generosity, we would not be able to continue this vital project.

Great North Run 2023



On Sunday 10th September, our 12 lovely runners took to the streets of Newcastle heading towards South Shields to raise funds for us. It was a beautiful sunny day until the heavens opened, but it sounded like everyone had a great time. Funds are still coming in but as of the 31st August 2023, they had already raised £2,300. It's not too late to show your support, scan this code to donate or visit www.dccarers.org and click on the donate button, putting GNR as your reference. A few pictures from the day.



Carers Rights Day Online Raffle

Drawn on Thursday 23rd November 2023 at 1pm

(live on Facebook)

- 1st Prize iPhone SE (red) donated by Pastel Solutions
 - 2nd Prize Spa Day for two at Ramside Hall Hotel
 - 3rd Prize Twilight Spa for two at Seaham Hall Hotel
 - 4th Prize Afternoon tea for two at Clarendons, Barnard Castle
- Plus, much more, including hampers

Entries cost £1 (you can buy as many tickets as you wish)

Ways to enter

- By Text*: Text the word **CARER** to **70215**
- Online: by visiting our website via the link [Donate \(paypal.com\)](https://www.dccarers.org) or for ease you can scan the QR code above to take you to the donate page. Please make sure you add the note 'Carer raffle.'

Closing date is **Midnight Monday 20th November 2023**

Prizes will be drawn live on our Facebook page on Carers Rights Day (Thursday 23rd November 2023)



Good Luck!

*Texts charged at your standard network rate. Entry to the prize draw is by texting the CARER to 70215. Text messages cost your standard network message charge (based on your service provider rates – please check with your provider). You will then receive a free bounce-back message from 70215 providing you with instructions to enter the competition and the option to make a donation to Durham County Carers Support.

Please ensure you spell the Keyword correctly and send your text message to the correct Short Code within the time period that the prize draw is specified as being open. If your short code is invalid, or your text message is received outside the specified time period you will not receive a bounce-back message but may still be charged your standard network message charge.



Money Matters Project

Don't be paying for Christmas **2023 in 2024**

Some tips for Christmas 2023

- Introduce a spending limit for gifts.
- Choose to have an evening out or in with friends instead of exchanging gifts.
- Do a Secret Santa.
- DIY gifts, a knitted scarf, a photo of you and your siblings all together for your parents, frame picture of your children for grandparents or Food items (Cakes, Pickles, Cookies)
- DIY cards or E-cards using Canva.
- Set a limit of one gift per person.
- Set a budget, try using a Christmas preparation planner to ensure you have calculated all costs, even down to festive napkins and pigs in blankets!
- Take a look at your bank statements and see where you could save money. You may have to make small sacrifices, but it will be worth it when your Christmas is free from worries about money.

- Use your store rewards points i.e. Asda rewards, boots advantage points and nectar points.
- Keep Christmas in the back of your mind each time you go shopping or at the supermarket so you can pick things up now and again.
- Cancel your subscriptions. For example, if you cancel your Netflix and Disney+ Subscriptions, you could save almost £20 per month. That's £240 that could be added to your Christmas budget.
- Save ahead of Christmas using NE Credit Union or Christmas saving clubs.



Don't get yourself down if you are struggling to save money for Christmas; it's an expensive time. As the cost of living is rising, it's getting more expensive each year. When you're thinking of gifts to buy your loved ones, prioritise memories over materialism. It's the thought that counts, and often the less expensive but more thoughtful Christmas gifts are the ones people cherish.

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:

Mobile Number:

Address:

.....

..... Postcode:

Email:

The logo for the 50:50 Club Lottery is a circular emblem with a purple top half and a blue bottom half. The text '50:50 CLUB LOTTERY' is written in white across the center. Above the circle, 'DURHAM COUNTY CARERS SUPPORT' is written in a semi-circle. To the right of the logo are two pink circular buttons: 'JOIN TODAY' and 'ONLY £1 PER STAKE'. A QR code is located to the left of the logo.

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.

A table titled '50:50 CLUB WINNERS' with three columns for the months of July 2023, August 2023, and September 2023. Each column lists the 1st, 2nd, and 3rd prizes. To the right of the table are three circular callouts showing average prize amounts: 'AVE 1st PRIZE £113', 'AVE 2nd PRIZE £75', and 'AVE 3rd PRIZE £37'.

Our Christmas



Opening Hours

Our office opening times during the festive period are as follows:

Friday 22nd December 9am - 2pm

Monday 25th December CLOSED

Tuesday 26th December CLOSED

Wednesday 27th December Phone lines open 9am - 5pm

Thursday 28th December Phone lines open 9am - 5pm

Friday 29th December Phone lines open 9am - 5pm

Monday 1st January 2024 CLOSED

Tuesday 2nd January 2024 Open as usual from 9am

Your local charity supporting carers



Durham County
carers support

If you're finding things difficult

Your mental health is as important as your physical health.

- **Samaritans:** Helpline: **116 123** (Monday to Sunday FREE at any time)
- **Shout:** You can also text '**SHOUT**' to **85258** to start a conversation with a trained Shout **85258** volunteer. Texts are free, anonymous and confidential from anywhere in the UK.
- **QWELL:** A safe and confidential space to share experiences and gain support from our community and qualified professionals around your mental health. <https://www.qwell.io/>
- **TEVV Crisis Line:** 24-hour line for adults experiencing a mental health crisis. You do not need to be getting any mental health support already. **0800 0516 171**
- **SANE:** Offers one to one support for those times you feel you most need it. **07984 967708** www.sane.org.uk
- **Citizens Advice County Durham:** Helpline Monday to Friday 9am-4pm **0808 2787821**

Useful Contacts

If you need urgent support when we are closed, please call Social Care Direct on

03000 267 979. They can support you and the person you care for to get practical help for example through the Carers Emergency Service. For physical and mental health issues out of hours call NHS 111 or in an emergency 999. For support around your mental health call the Samaritans on **116123**.



Food Banks

Durham Food Banks have locations across county Durham if you are struggling with providing food for you or your family. Follow the website durham.foodbank.org.uk or call **0191 303 8693** for Food bank enquiries. Please call **0300 330 9027** to speak to Citizens Advice County Durham who will be able to issue you with a food bank voucher if necessary.

Christmas Card Appeal

Do you dread writing Christmas Cards and not to mention the expense of postage? Why not donate this money to Durham County Carers Support and we will put this to good use helping Carers most in need. Its fast easy and convenient, just scan the QR code or Visit www.dccarers.org and click on donate. Please enter "Christmas Card appeal" as the reference. Thankyou!



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

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

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

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

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

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

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

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

Mindfulness Taster Sessions

Tees Esk and Wear Valley NHS Foundation Trust (TEWV) have organised the following Mindfulness Taster Sessions. These sessions aim to help you:

- become more self-aware
- feel calmer and less stressed
- feel more able to choose how to respond to your thoughts and feelings
- cope with difficult or unhelpful thoughts
- be kinder towards yourself.



Tees, Esk and Wear Valleys
NHS Foundation Trust

Woodleigh (Council Offices), Flatts Road, Barnard Castle, DL12 8AA

- Thursday 28th May 2024 10am - 12noon

Durham County Carers Spennymoor Enterprise House DL16 6JF

- Wednesday 17th January 2024 10am - 12noon

Face to Face Sessions

Framwellgate Moor Youth & Community Centre DH1 5BL

- Thursday 7th December 2023 10am - 12 noon
- Thursday 11th January 2024 10am - 12 noon

Stanley Community Centre, Wear Road DH9 6AH

- Wednesday 10th January 2024 10.30am - 12noon

The Four Clocks, Bishop Auckland DL14 7EH

- Thursday 18th January 2024 10.30am - 12noon

Online Sessions

- Monday 11th December 2023 10am - 12noon
- Tuesday 12th December 2023 6pm - 8pm
- Thursday 14th December 2023 10am - 12noon
- Thursday 4th January 2024 10am - 12noon
- Monday 8th January 2024 10am - 12noon
- Tuesday 9th January 2024 6pm - 8pm
- Tuesday 16th January 2024 10am - 12noon



If you would like to attend any of these sessions, please click on the link <https://forms.office.com/e/zMqJ35SqVH> or scan the QR code to register your interest.

You can also call Alison Dixon on 0191 500 6031 or email alison.dixon@dccarers.org



Design and print by AlphaGraphics.co.uk

Charity Number 1069278.

Registered Number Company 3534933.