

Carer Training & Events

We have a rolling calendar of training and events for Carers on a wide range of topics offering online and face to face sessions.

Examples include:

- Power of Attorney, Wills and Trusts
- Emotional Resilience
- Pilates (Online)
- First Aid Training
- Moving and Handling
- Theatre Trips, Arts and Crafts, Nature Days



Support Groups

We have a number of Carer Support Groups across County Durham and Darlington to meet and chat with other Carers in the community in a safe and supportive environment.

Groups meet monthly in:

- Barnard Castle
- Bishop Auckland
- Chester le Street
- Consett
- Darlington
- Shotton Colliery
- Stanley



For more information, scan the QR code or call us on 0300 005 1213.



Charity Number: 1069278
Company Number: 3534933

Head Office

The Old Methodist Church,
Durham Street, Spennymoor,
County Durham, DL16 7AT
Tel: 0300 005 1213
Text: 07800 005830
Email: admin@dccarers.org

Darlington Office

St Teresa's Hospice,
91 Woodland Road,
Darlington, DL3 7UA
Tel: 0300 030 1215
Email: admin@darlingtoncarers.org



Please ask us if you would like this information in another language or format, we also have accessibility tools on our website.



Do you look after someone?

Find out how we can help...



Your local charity supporting Carers



Who is a Carer

Are you caring for a family member, partner, disabled child, neighbor, or friend who depends on your support? They may need assistance due to illness, frailty, disability, mental health challenges, or substance misuse issues.

The support you provide might include:

- Assisting with medication
- Helping with washing, dressing, and personal care
- Preparing meals and shopping for essentials
- Providing transport to appointments
- Offering emotional support or managing challenging behavior
- Ensuring their safety and well-being

You can register with us even if you:

- Do not live with the person you look after, or they reside in a care home
- Support more than one person
- Share caring responsibilities with others
- Have a full-time or part-time job alongside your support role



How can we support you?

We offer:

- Specialist advice and information from a dedicated support worker
- A listening ear
- Practical help with completing forms, gaining benefits, access to grants and other funding
- 1 to 1 support including home visits
- Signposting to other services who can also support you
- Opportunity to meet other Carers via support groups and events
- Help to take a break from your caring role
- Training on a range of topics
- Counselling sessions
- Carers Discount Card and Carers Emergency Card
- Newsletter 3 times per year
- Volunteering Opportunities
- Plus, much more

We are a voluntary organisation, working in partnership and funded by Durham County Council, Darlington Borough Council and the NHS which provides free high-quality services and support to unpaid Carers over the age of 18, who support someone living in County Durham & Darlington.



To sign up for support scan the QR code or call 0300 005 1213 to register over the telephone.

Financial Help

A hugely important part of the support we offer is around maximising your income. Our staff have a wealth of knowledge and experience to help with:

- Benefits advice and helping complete forms, i.e. Attendance Allowance, Carers Allowance, Blue Badge forms, PIP and DLA.
- Access to grants and bursaries from other charities
- Support from our Carer Wellbeing Fund
- Accessing Foodbanks, fuel support and help with debt issues

Head to our benefits and grants page to try out the [Turn2us benefits calculator](#) or for further advice, please call us on 0300 005 1213 (Durham) or 0300 030 1215 (Darlington) or email admin@dccarers.org

Carer Discount Card



Upon registration, you will receive a Discount Card, giving you access to exclusive offers and savings on a variety of products and services across County Durham and Darlington. To learn more about the scheme and see the list of participating businesses, scan the QR code above or visit dccarers.org.