



Arcus

Counselling, Clinical Supervision, Social Support & Training

Welcome

Welcome to the latest edition of our newsletter. We are a bit late in publishing; we have been very busy with pride planning and like most other services, plagued by illness of late. However here we are!

and Introduction:

Thank you to everyone who contributed to this weeks issue.

If you are **[not already signed up for our mailing list](#)**, or you want to forward a link to **[someone else to sign up](#)**, you can do so here: <https://arcuslgbt.com/mail/>

Darlington Pride is on this weekend!!

<https://www.facebook.com/Darloprideweekender/>



SEND US YOUR CONTENT:

If you would like to [send us content](#) to include in our newsletter, then please send it directly to contact@arcuslgbt.com

NEWS FLASH

We can now offer some counselling sessions free of charge,
with no waiting lists!

Qualifying criteria apply, to find out more, please visit:

<https://arcuslgbt.com/2020/06/10/free-counselling-with-immediate-starts-available/>



ARCUS Service

Information:

Click on each service below to find out more:

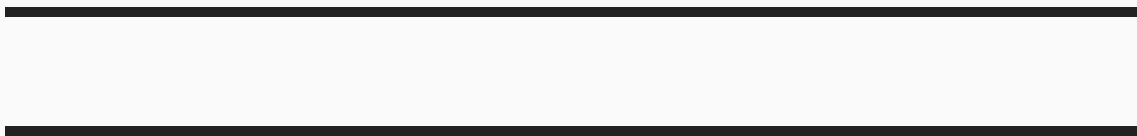
[Counselling](#) –no waiting list and reduced costs fees [MAKE A REFERRAL NOW](#) [SOME FREE PLACES AVAILABLE]

[Clinical Supervision](#) – for student counsellors and qualified counsellors

[Social Support](#) – online and in person social support for LGBT+ people and their allies

[LGBT+ Awareness Training](#) – high quality reasonable cost LGBT+ Awareness Training for Individuals or Organisations

[Arcus Forum](#) - regular meeting to discuss issues affecting the LGBT+ Community in and around Darlington





LGBT+

AWARENESS

TRAINING:

Some good news about this, our trainers have now passed a "Train the Trainer" award; which means that they are even more qualified to deliver these sessions!

Arcus recognises the importance of LGBT+ education and awareness in everything that we do. We also want to roll this out to anyone who wishes to take advantage of it. By working together with organisations it is our aim to encourage them to become an LGBT+ Champion.

The benefits to the organisation:

- Assistance to produce and maintain inclusive policies & procedures
- Organisation will demonstrate inclusive involvement within the staff team
- Organisation will demonstrate successful engagement of Allies/LGBT+ Support Networks
- Organisation will demonstrate effective managerial Support of LGBT+ People
- Organisation will achieve better LGBT+ Public Engagement
- Organisation will receive free publicity about their achievement
- Organisation will receive free advertising through our social media
- Organisation will receive updated and realistic training in LGBT+ awareness
- Organisation will gain recognition as being an LGBT+ Champion
- Organisation will be able to work competently, sensitively and effectively with LGBT + people

What is the process:

To begin with the LGBT+ Awareness Education is booked and delivered – 4 hour course, content of which includes:

- What is LGBT+
- Defining Equality and Diversity
- Sex, Gender Spectrum and Identities
- Challenges to the equality and diversity of LGBT people
- Discrimination
- Mental Health & Self Harm
- Hate Crime & LGBT+ Wellbeing
- Legal Landmarks
- Importance of Allies
- Putting Theory into Practice
- Then, the Evidence based agreement paperwork is completed

What happens after the training:

- Presentation of award takes place
- LGBT+ Champions logo is made freely available for promotional purposes
- The organisation receives publicity across Arcus social media
- Press release is drafted for local press
- All participants in the training receive an individual certificate of achievement
- Copies of presentation & glossary are circulated
- An increased public profile with relation to the organisations Equality and Diversity

What is the cost and how do we book?

The cost is negotiable depending on the organisations budget and whether or not they are a charity, etc.

Getting started is easy; simply [contact us](#) and we will discuss how we can help you.

Arcus

Forum:

The last scheduled Forum Meeting went very well, the notes from the meeting and dates of the next meeting will be circulated very shortly.

We have a very active Facebook presence. why not pop on over and Like our page. It is always monitored to make sure that the content is appropriate; and it gives our audience of benefit a relaxed place to hang out, share information; take part in discussions and exchange ideas, You can find out page by clicking [HERE](#)



Be Represented! Join the Arcus Forum

Arcus forum is a regular meeting made up members of the LGBT+ community, Arcus and a representative from Darlington Borough Council.

We think it is very important for LGBT+ people to have a voice within the community and this is one of the ways that we aim to achieve this. We can, in collaboration discuss and debate current issues, with a view to achieving the best outcomes. We cover topics including hate crime, reporting and recording, as well as how LGBT+ feel about services locally, and indeed any other relevant and current issue.

By meeting regularly we hope to meet the aim of building community resilience and opening up conversations with local services and amenities to address inequalities and problems faced by the LGBT+ Community in and around Darlington.

Arcus forum is open to anyone who is LGBT+ and lives in and around Darlington.

If you would like to start coming along to the forum meetings, and to read more about the Forum, please click [HERE](#).



Healthwatch Darlington launches campaign to gather experiences:

We all care about our health and social care services

That's why we're asking you to support the new campaign we are launching with CQC – #BecauseWeAllCare, encouraging the public to share their experiences, both good and bad, to help improve services. As well as promoting the benefits of giving feedback and why it's so important, it will also be an opportunity for you to collect people's views on key local issues. **The campaign launches on Wednesday 8th July 2020.**

Why should you get involved?

As health and social care services work to provide the best possible care during COVID-19, public feedback can play a crucial role to help us identify and address issues that affect the quality of people's care.

Together we can help services across Darlington improve the care they provide now, and in the future. We're here to listen and act on public feedback to improve care for you and others – helping patients, key workers, and our communities.

How can you encourage people to share their experiences?

Support the campaign

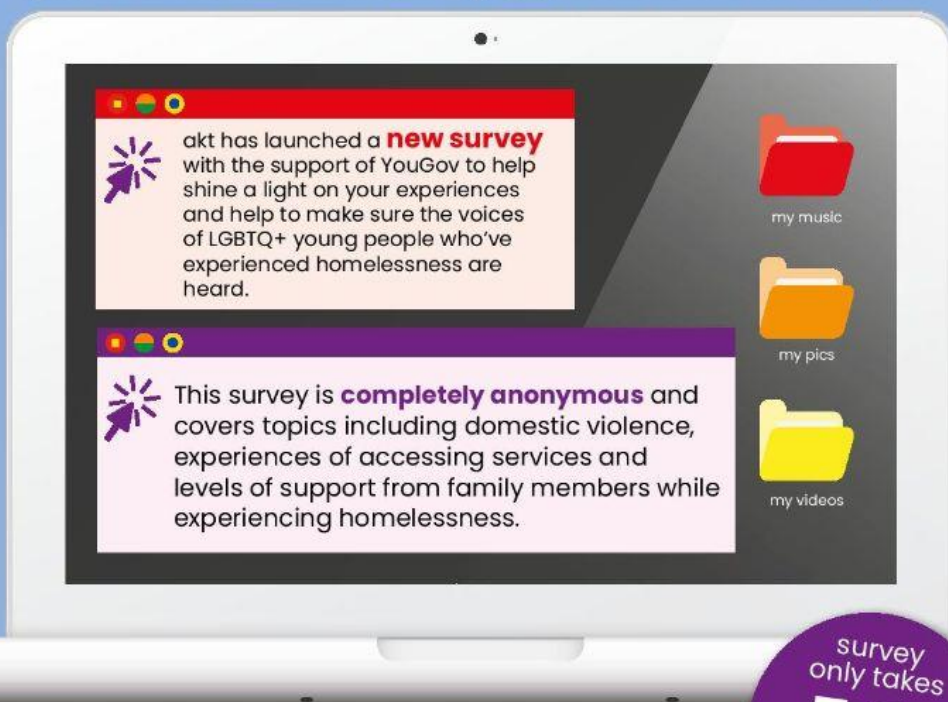
Following an experience with a health or social care service, patients and carers can share their feedback – both positive and negative - with their local Healthwatch by completing an online form.

By encouraging your followers on social media to complete the survey <https://www.surveymonkey.co.uk/r/HWDCovid>, sharing the campaign with local stakeholders and the public, or even putting up a poster where you work, you can help people share their experiences of care during COVID-19 – because we all care.



be heard

if you're **lgbtq+** and have experienced any form of **homelessness** while aged **16-25** and within the last five years, **we'd love to hear from you**



as part of this research project, we will also be conducting **interviews** with people about their personal experiences. If you're interested in hearing more about this, please **e-mail** matt@akt.org.uk

survey only takes
10
minutes!



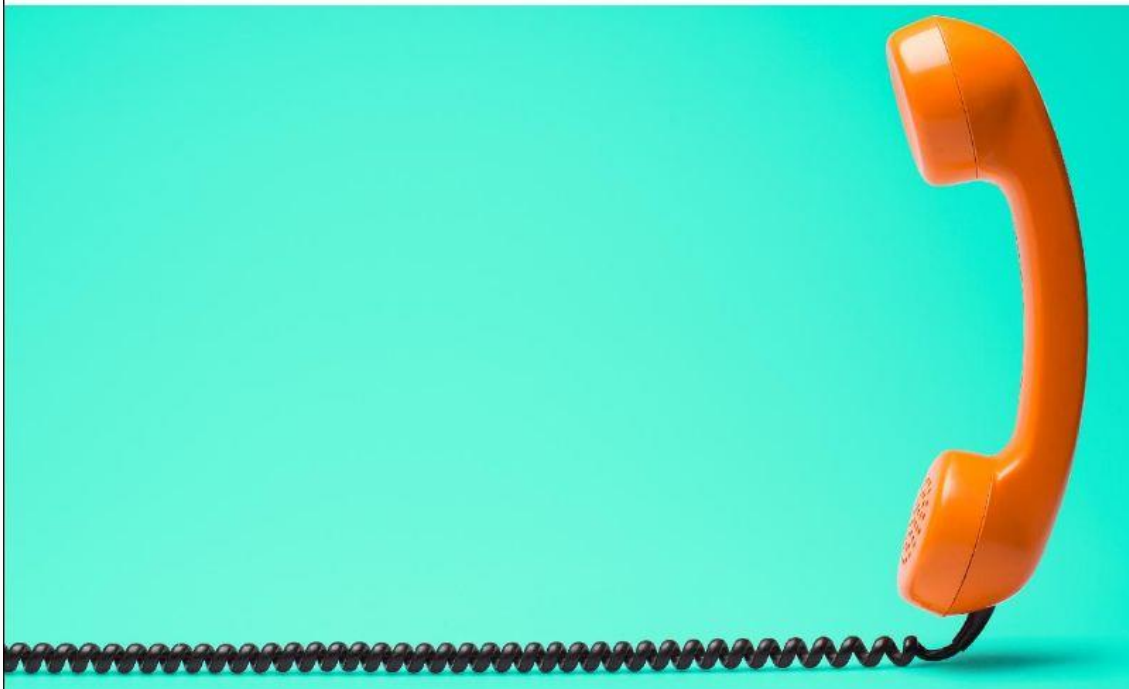
amplify your voice

It's so important that your voice and your experiences are heard.
Fill out the survey at akt.org.uk/survey



Tees, Esk and Wear Valleys
NHS Foundation Trust

Call us free of charge...
in a mental health emergency.



Freephone. 0800 0516 171

for your local TEWV crisis team.

Open 24 hours a day, seven days a week

The line is available for people of all ages
living in County Durham, Teesside and most of North Yorkshire.

www.tewv.nhs.uk/crisisadvice



Are you living with dementia or concerned about your memory?
Are you caring for a person living with dementia?
Would you like extra support or advice?

Living with dementia at any time brings everyday challenges for the person and those around them. Coronavirus is making daily life much harder. You may feel anxious, scared or lonely.

But you are not alone – help is available.
Darlington Dementia Advice Service accepts referrals from professional organisations and self-referrals. In the absence of face to face service delivery during the Coronavirus outbreak, we want to continue to support our service users as fully as possible and we are providing a telephone Dementia Support Service to people of **Darlington** affected by dementia or who have memory concerns. We are then able to offer additional support through regular Welfare and Companion Calls. All home visits and group services have been postponed until further notice. However, please know we are at the end of the phone or email if you need any information, advice or support.

Please call 01748 825817 to get through to a member of staff or email: DarlingtonTeesValley@alzheimers.org.uk

You can also call our Dementia Connect support line on **0333 150 3456**

At Dementia Connect, our dementia advisers will listen and give you the support and advice you need, including coronavirus advice, connecting you to local services and the help you need.

You can also connect with other people affected by dementia via our online community **Talking Point** and visit our website for all up to date information at: www.alzheimers.org.uk





Darlington Carers

Are you looking after a family member or friend who is ill , frail, disabled has mental health issues or is living with an addiction? If so Darlington carers support are here to help !!

We provide -Full information /Advice

- **Access to grants/funding**
- **Free telephone counselling sessions**
- **Virtual Carers meetings**
- **Carers Training**
- **Carer Break funding**
- **Carers emergency funding**
- **Advice and support to help you access Benefits**

And much more!!

Contact us on 03000301215 email

admin@darlingtoncarers.org

Find us on face book Darlington Carers Support



Types of Domestic Abuse

PHYSICAL—SEXUAL—FINANCIAL

PSYCHOLOGICAL—EMOTIONAL—

CONTROLLING—COERCIVE BEHAVIOUR

Helpline: 01325 364486

Family Help Darlington CIO

Provide Refuge Accommodation with Emotional &
Practical Support.

A confidential helpline for **ANY** person affected by
Domestic Abuse. For options and further
Information, please visit www.familyhelp.org.uk or
email info@familyhelp.org.uk

Registered Charity in
England & Wales No :
1150798





HM Government

NHS



Find up to date information from NHS England or the Government by visiting:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/coronavirus>

British Sign Language (BSL) videos and how to contact NHS 111 are available:

<https://www.signhealth.org.uk/coronavirus/>

<http://interpreternow.co.uk/nhs111>

Easy read:

<https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>

Other languages:

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>

Visit our webpage and Facebook Page using the links here:

