

Durham County Carers Support

Event

Schedule

March - April 2024

Online event
Calendar

Advice on POA, Wills & Trusts

For all Carers - Online via zoom

Wednesday 6th march

[Click here to book](#)

6pm - 7pm

Mental Health Carers Support Group

For Carers Supporting an Adult who is living with mental health concerns, held at Lanchester Road Hospital

Thurs 7th March

[no need to book](#)

6pm - 8pm

Intergenerational activity group

For young adult or older Carers to come together, get pampered at Bishop Auckland College salon & share experiences

Mon 11th March

[Click here to book](#)

1pm - 4pm

Making Sense of Caring

For those new to Caring or those looking for help to understanding their Caring role and what support is available to them - including a buffet lunch at our Spennymoor office

Wed 20th March

[Click here to book](#)

10am - 12 noon

Here you can see what events are coming up for Carers that you talk to so that they can get the support they need

More Info
0300 005 1213
www.dccarers.org

Durham County Carers Support

Event

Schedule

March - April 2024

Online event
Calendar

Making Sense of Caring (Mental health)

For Carers supporting someone with mental health concerns who need help navigating their caring role

Thurs 21st March

[Click here to book](#)

10am - 12noon

Protecting Communities from Organised Crime

Andy Hampson from the NE Organised Crime Unit will explain how to keep Carers safe from criminals and raise awareness of scams during a **virtual** session for Carers

Mon 29th April

[Click here to book](#)

7pm - 8pm

Mental Health Carers Support Group

For Carers Supporting an Adult who is living with mental health concerns, held at Lanchester Road Hospital

Thurs 4th April March

[no need to book](#)

6pm - 8pm

Intergenerational activity group

For young adult or older Carers to come together, get pampered at Bishop Auckland College salon & share experiences

Mon 8th April

[Click here to book](#)

1pm - 4pm

Here you can see what events are coming up for Carers that you talk to so that they can get the support they need

More Info
0300 005 1213
www.dccarers.org

Durham County Carers Support

Event

Schedule

March - April 2024

Online event
Calendar

Protecting Communities from Organised Crime

Andy Hampson from the NE Organised Crime Unit will explain how to keep Carers safe from criminals and raise awareness of scams during at **Horden youth & Community Centre**

Fri 12th April

[Click here to book](#)

10am - 12noon

Everything in it's Place (8 weekly sessions)

These sessions help make talking about end of life and our own future wishes as easy as possible, held at Bullion hall, Chester le Street

18th April - 6th June (8 Weekly sessions)

[Click here to book](#)

9:30am - 11:30am

Making Sense of Caring

For those new to Caring or those looking for help to understanding their Caring role and what support is available to them - including a buffet lunch at Bullion Hall DH2 2DW

Wed 24th April

[click here to book](#)

10am - 12 noon

Local, monthly Support Groups

For all Carers throughout County Durham, click on the link to find a local group for Carers

[monthly](#)

[Click here](#)

times vary

Here you can see what events are coming up for Carers that you talk to so that they can get the support they need

More Info
0300 005 1213
www.dccarers.org

We still have places left for the Great North Run this year and you'll receive full support through out your journey, here's some comments from last years runners

Thank you for the social media posts they really helped with my fundraising.

The tips you sent were great for keeping me on track

GREAT NORTH RUN

www.dccarers.org

**£50 ENTRY
AVAILABLE ON
OUR WEBSITE**

Minimum Fundraising of £250

*Run for fun...
Run for US!*