

Calling all carers - take a break

If you care for a loved one, friend or a family member it can be hard to find time for yourself. Thankfully, there is new funding to provide unpaid carers the opportunity to take a break. The services are usually provided to the person you care for, which in turn gives you as the carer, a break from your caring role.

These services may include sitting and befriending services, day care, home care, residential care and family placements. Services should aim to be flexible and to meet an individual's needs.

For more information about funding opportunities for carers' breaks, visit www.durhamcarers.info or call Social Care Direct on **0845 8 50 50 10** during office hours.



Celebrating personalised care

We've recently given out awards to social care organisations for their contribution towards the Personalisation agenda - which is about making social care services more personalised and gives a person more choice and control of their own care or support arrangements.

The categories and winners are:

Best example of personalised services in a community setting

Winner: Stroke Association

Highly Commended: MLH Community Care and Support and Shaw Trust

Best example of personalised services in a residential setting

Winner: Rayson Homes Limited

Best example of personalised services that promote dignity

Winner: MLH Community Care and Support

Highly Commended: The Oaklea Trust

Best example of personalised services nominated by health/social care staff or a carer

Winners: BID Services / Creative Support

For more information about the award winners please visit www.durham.gov.uk/YLYCproviders

Carers Rights Day 2012:

Getting help in tough times

Friday 30 November

The theme is helping carers to access financial support, claim benefits and making the most of technology to help take the pressure off during difficult times.

For information on support for carers visit www.durhamcarers.info
call Durham County Carers Support
0300 005 1213
or admin@dccarers.org



Breastfeeding friendly scheme

supporting County Durham mums to breastfeed

Visit www.durham.gov.uk/breastfeedingfriendly
for more information and a full list of participating venues

