

# Welcome to the AAP e-bulletin



## WEARDALE ACTION PARTNERSHIP

21<sup>st</sup> May 2020

The restrictions we are living under due to the Coronavirus outbreak mean that services and support networks are adapting to try and accommodate this new reality.

Please note that because of the ever-changing situation some of this information may be out of date before it hits your inbox. For this reason, please do check with any services to ensure accurate up to date information. A lot of information is held on Durham County Council's website for individuals, families and businesses – visit <https://www.durham.gov.uk/>

The Weardale AAP is still working hard although we are no longer situated in Weardale as we follow government guidelines to work from home. Please contact a member of the team if you would like any help or information on 07753 779975 (Angelina), 07747 486733 (Tracy) or 03000 268507 (Fiona) or at [weardaleaap@durham.gov.uk](mailto:weardaleaap@durham.gov.uk)

## COUNTY DURHAM TOGETHER COMMUNITY HUB

A new community hub has been set up to support the most vulnerable people in County Durham during the Coronavirus pandemic.

County Durham Together will help those in need get urgent food supplies, deliveries and general help and guidance through established networks of community or volunteer groups, or from the council itself through staff volunteers.

People who don't have anyone to pick up medication for them should contact their community pharmacy.

Full details: <http://www.durham.gov.uk/covid19help>

## LOCAL HELP AND SUPPORT

Teams of volunteers throughout Weardale continue to help vulnerable residents and those who must self-isolate obtain essential provisions and prescriptions or providing a telephone contact service.

Most of these have a Facebook page – please use the search facility on Facebook to find them. (Note: don't put Coronavirus in the search bar as this will automatically take you to national sources of information rather than the local groups.)

[Wolsingham Help and Support Group](#)

[Frosterley Help and Support Group](#)

[Stanhope and Eastgate Coronavirus Support](#)

[Westgate Coronavirus help](#)

[Upper Weardale Isolation Support Group](#)

[Durham Covid 19 Mutual Aid](#)

The North West Durham Constituency Labour Party are also co-ordinating volunteers to help deliver food, pick up prescriptions and make regular phonecalls. They cover North West Durham and have volunteers in Weardale. Contact 07885 695 929 or email [nwdclp.campaigns@gmail.com](mailto:nwdclp.campaigns@gmail.com) for assistance

A number of businesses in Weardale are also providing additional services to help at this time – including delivering meals to those who are self-isolating or arranging for the delivery of shopping. Details of the services they offer can be found on the above Facebook pages and on the Weardale Noticeboard Facebook page.

If you do not have access to Facebook and would like a different way of contacting the group - either to volunteer or to access the service - please contact us on the numbers above or via email at [weardaleaap@durham.gov.uk](mailto:weardaleaap@durham.gov.uk) and we will do our best to help.

## COORDINATED VOLUNTEERING UNIT

Durham County Council have set up a new volunteering unit to give more support to local organisations and charities during the #coronavirus outbreak. The unit, which builds on the work of the County Durham Together community hub, will provide a central place where organisations needing extra support or practical resources can ask for help. It will also manage offers of support from businesses and individuals who have volunteered their services, making sure that help is given where it is most needed.

Find out more: <http://www.durham.gov.uk/article/23219/County-Durham-volunteering-unit-launches>

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## FINANCIAL SUPPORT DURING THE CORONAVIRUS OUTBREAK

Durham County Council understands that the coronavirus will have a significant impact on individuals and families across the county and it is a fast-evolving situation. DCC have put together a list of support currently available in areas such as council tax, housing benefit and other areas. To find out more visit:

<http://www.durham.gov.uk/covid19money>

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## FREE SCHOOL MEALS & ADDITIONAL SUPPORT

If your child is entitled to Free School Meals, please contact Stanhope Barrington CofE Primary School (Tel: 01388 528218) to arrange to collect a free packed lunch. Your child does not need to attend the school to claim their free packed lunch so long as they have approved entitlement.

In addition, if your child is not entitled to Free School Meals but you are finding it challenging given the current circumstances then please contact the school to discuss what they may be able to do to offer support. The school is currently supporting a variety of families in different ways so please do not hesitate to contact them in total confidence.

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## IT'S IN THE BAG!

Family finances have been squeezed during the last few months and, for the vast majority of families, spending on food has increased with children being at home all day, every day.

'It's in the Bag!' has been set up to provide all children of school age with a bag of essential non-perishable food items during the school holidays. These are available to all school age children and their families who live or attend school in Weardale and who feel that they would benefit - regardless of financial situation.

Bags will be available to be collected from local collection points – special arrangements can be made for those who are self-isolating.

### What do I need to do?

If you would like to receive one of these bags, all you have to do is to contact the Weardale Action Partnership - with details of school attended and your own contact details - by email at [weardaleaap@durham.gov.uk](mailto:weardaleaap@durham.gov.uk) or by telephone on 07753 779975 (Angelina) or 07747 486733 (Tracy). The deadline for requests for these bags must be received by Friday 22nd of May.

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## RURAL ADVICE WORKER

Linda Pearson is our Rural Advice Worker in Weardale. Linda is a fully qualified Citizen's Advice Worker. Funding from the Weardale Action Partnership enabled the service to be brought to Weardale in the form of home visits to residents who are unable to travel to a Citizens Advice office. This may be due to ill health, disabilities, caring commitments or having little or no access to transport.

The service offers help with all aspects of welfare benefits advice e.g. identifying eligibility for a benefit, helping to make a claim and challenging negative decisions on behalf of the clients.

During the Coronavirus outbreak, Linda is continuing to work with residents of Weardale by telephone. She can be contacted on 0191 3726758 for advice on all aspects of Welfare Benefits advice, debt and other advice.

All calls are confidential.

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## CITIZEN'S ADVICE COUNTY DURHAM INFORMATION

During this worrying time there are professionals who can give advice and support on a large number of issues that may worry individuals at this present time. This could be benefits, debt, employment, housing issues and much much more.

Citizens Advice County Durham are available every day during the week and have the following helpline numbers to support:

- Adviceline **0300 3309027** 9am-5pm weekdays
- Debt adviceline **0300 3232000** 9am-1pm weekdays
- Consumer helpline **0808 2231133** 9am-5pm weekdays
- Universal Support Help to Claim **0800 144 8 444**

Citizens Advice are taking a high number of calls but will endeavour to answer your call as soon as possible.

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## **WEARDALE FOODBANK – DONATIONS NEEDED**

In these, difficult and uncertain times, some people who would usually not need the help of a foodbank are finding that they are struggling a little bit at the moment. They are finding that they need either a 'one-off' help from the foodbank or a bit more support with food for a bit longer. If you are in a similar situation, please do drop into the foodbank or contact Jo on 01388 517572.

The Weardale Foodbank is available each **Tuesday from 12noon – 1:00pm** – if you know of anyone who would benefit from the Foodbank please let them know. At this time deliveries can be arranged if you are self-isolating or unable to get to the foodbank – just call Jo on the number to arrange.

Also, all donations of non-perishable food are greatly appreciated. Here is an idea of the type of donations that would be welcomed:

- Dry foods – cereal, pasta, rice etc.
- Tinned or jars of food – soup, vegetables, fruit, meat, fish, pasta sauce, cooking sauce, pies, curries, stews, beans and spaghetti
- Drinks – tea, coffee, juice, long-life milk, fruit juice, cordial
- Other – jam/marmalade, sugar, biscuits etc
- Toiletries and toilet rolls – shampoo, shower gel, deodorant, toothpaste, toothbrush, shaving foam, disposable razors
- Baby food

If you are unable to donate food but would like to make a monetary donation, please contact Jo.

There are collection points in the Co-op at St John's Chapel; Frosterley Co-op; Robsons in Wolsingham and at St Thomas' Church Hall, Stanhope (between 11:15am and 1:00pm on Tuesdays), or contact Jo on the number above.

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## **SALVATION ARMY FOODBANK – WOLSINGHAM COLLECTION POINT**

As some of you are probably aware, for many years Wolsingham Methodist Church have been providing a donation point for food etc. which is then taken to the Salvation Army Foodbank in Crook. That Foodbank is run by the Trussell Trust and serves Crook & surrounding area including Weardale.

We are no longer able to open the Church to receive donations, but The Wolsingham Convenience Store has kindly agreed to accept goods on our behalf. They will then be delivered to the Salvation Army (open Tuesday & Thursday mornings), by our Methodist Minister Rev. Bruce Sawyer. We are very grateful for this offer by the Convenience stores, which helps us, and others, to continue trying to help some of the most vulnerable in our society.

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## **COMMUNITY WELLNESS COORDINATOR**

Lisa Turnbull is our Community Wellness Coordinator for Weardale. Funded by the Weardale Action Partnership, Lisa's role is twofold in supporting wellbeing.

This is done by connecting with residents who have been identified as being vulnerable in some way which may be due to social and/or health need. She can work with the individual to identify how best to support them, this might be looking at activities, groups, etc to connect with community or this may be in supporting people to keep independence through linking with other professionals for adaptations to their home, health checks and referral for additional support.

During the Coronavirus outbreak, Lisa continues to contact (by telephone) members of the Weardale community who have been identified as vulnerable in some way. She is also signposting residents to the services of volunteers (see above pinned post). To contact Lisa call 07766239434.

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## DURHAM COUNTY CARERS SUPPORT

Durham County Carers Support is a charitable organisation who provide support to Carers looking after family members or friends who live in County Durham. Although we are currently unable to offer face to face support due to the Covid-19 pandemic the following support is still available:

- Telephone support, information and advice: Tel: 0300 005 1213 (Mon-Fri 9am to 5pm)
- Facebook updates (daily) and direct messaging service  
[www.facebook.co.uk/durhamcountycarerssupport@dccarers](https://www.facebook.co.uk/durhamcountycarerssupport@dccarers)
- Online chat through the website [www.dccarers.org](http://www.dccarers.org)
- Telephone counselling service and if requested video counselling
- Newsletter with useful information for Carers
- Carer break funding available for Carers to have time out of their caring role (currently limited to hobbies/interests within the government restrictions)
- Carers Discount and Carer Emergency Cards which are currently being used by Carers for identification purposes

If you feel we can help our contact details are : Telephone 0300 005 1213 Text: 07860 017 632

Email: [admin@dccarers.org](mailto:admin@dccarers.org).

Take care and stay safe.

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## UPPER WEARDALE BENEFICE – MESSAGE FROM NEW PRIEST

I am Rev Claire McClelland, the new priest for this group of churches, made up of the Anglican churches in Cowshill, St John's Chapel, Eastgate, Westgate and Stanhope, with Rookhope and Frosterley. I started work a week before lockdown so haven't had chance to meet many of you yet in person! In line with the government's advice outbuildings have been closed since March, but there is lots going on behind those closed doors. We are praying together, but in our own homes. Services are sent out to anyone who would like them, to use at home. If you would like us to pray for someone please email [clairemccllland@icloud.com](mailto:clairemccllland@icloud.com) - use this email too if you would like to receive regular updates.

Follow us on Facebook too on our page Weardale Parish News

<https://www.facebook.com/groups/1538741436407204/> where daily hymns are posted - you can request your favourite.

**Morning prayer** happens each weekday at 9.15am on Zoom - anyone is welcome to join in - just email me on the address above if you would like to receive a zoom invite.

**The Food Bank** runs every Tuesday in St Thomas' Church Hall in Stanhope from 12-1pm (donations can be dropped off there 11.30am-1pm). Food can be picked up then or it can be delivered - please ring Jo on 07921 176012 if you or someone you know would appreciate a food parcel.

Please be in touch if there is any way we can support you at this testing time, e.g. with a regular phone call if you are not seeing many people. Maybe you know someone who would appreciate a call? Please be in touch.

Best wishes and hope to see you before too long,

Claire

The Revd Claire McClelland (01388 537063, 07813 894621)

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## SUPPORT FROM BELIEVE HOUSING DURING COVID-19

### Coronavirus Crisis Fund

The Coronavirus Crisis Fund has been set up to help support projects within believe housing's areas of operation in County Durham that are tackling isolation and financial hardship during the Coronavirus outbreak. Grants of up to £500 will be available for community groups, schools or community organisations to help support the people in our communities at this time.

We invite applications that provide help around the key areas of:

Feeding people in the community – this can include foodbanks, help with shopping for vulnerable people, providing food packs to the community and projects that help families with food while free school meals are not available.

Reducing isolation and keeping people connected – this can include wellbeing phone calls, creating online social groups, online activities and workshops, or delivering activity packs for families and individuals.

To find out more about the new fund and the application process click the link here:

<https://www.believehousing.co.uk/in-your-neighbourhood/believe-housing-community-grants/>

### Employability support

In the current crisis the believe housing Employability Team continues to support its unemployed and furloughed customers to upskill ready for when we come out of lockdown and more vacancies appear. We can support

customers to update their CV and we are also using a variety of online courses which can be accessed easily and for free. Many customers are already taking this up, with the courses varying from non-accredited up to Level 2. We have various courses available and below are just a few that we have people signing up to:

English and Maths  
Health & Social Care  
Warehousing  
Understanding Childhood Illness  
Essential IT Skills

Various Health & Social Care courses for example:  
Dignity & Safeguarding

Infection Control  
Working in the Health Sector  
Dementia Care  
Diabetes Care  
Customer Service  
Equality & Diversity  
Nutrition and Health

believe housing customers can refer into this service by calling 0300 1311 999 or emailing [employability@believehousing.co.uk](mailto:employability@believehousing.co.uk)

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## HELP FOR BUSINESSES

Business Durham is the economic development arm of Durham County Council. There is a wealth of information on their website and is kept up to date with current help and support for businesses during the Coronavirus outbreak.

<https://www.businessdurham.co.uk/news-events-county-durham/covid-19-information>

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## WEARDALE HUB

The Weardale Community Partnership and Weardale Community Transport are still supporting the community where they can. They can help with transport to essential hospital appointments if required. They are also arranging for jigsaws to be dropped off with local residents to give them something to occupy their time. To contact the hub, call 01388 528777 (voicemail facility available) or 07773 070439 (Mon-Fri – 9:30am – 1:30pm)

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## CHILDCARE INFORMATION

Durham County Council's early years team is working hard to make sure that childcare providers can stay open, or re-open, by providing 30 hours of funding to any nursery or childminder taking on new key worker or vulnerable children during the #Coronavirus outbreak.

The funding allows parents to go back to work without having to pay extra for childcare costs. The team is also working closely with childcare providers to make sure parents can get the care they need to carry on working.

Find out more: <https://www.durham.gov.uk/article/23152/Early-years-funding-to-help-key-workers-keep-working>

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## SUPPORT FOR VICTIMS OF ABUSE

We understand that government guidance to stay at home can mean an increased risk of abuse for many vulnerable adults and children. Victims should not worry about leaving their home if it is to escape abuse.

Please remember, police and local support services are still available to help keep everyone safe. If you have a concern about a friend, family member or neighbour please report this to First Contact on 03000 267 979.

More details: <https://www.durham.gov.uk/article/23250/Support-services-still-open-in-County-Durham->

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## CITIZENS ADVICE DURHAMWORKS PROGRAMME

The DurhamWorks Employability Team at CACD continue to offer their support to those young people aged 16-24 in County Durham who are seeking employment, education or training.

Despite not being able to run their very popular courses during this period, our highly skilled and experienced team are maintaining contact with young people by phone, email or social media. They are providing their trademark friendly help and useful information, focussing on staying positive, healthy and motivated, setting personal targets such as creating or improving their CV, applying for employment or seeking out volunteering opportunities.

If you or someone you know would benefit from our help please contact Eve Galloway in the first instance on 07876 346 047 or email [Eve.galloway@citizensadvicecd.org.uk](mailto:Eve.galloway@citizensadvicecd.org.uk)

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## HOUSEHOLD WASTE RECYCLING CENTRES TO REOPEN IN COMING WEEKS

Household Waste Recycling Centres (HWRCs) in County Durham will reopen in the next two weeks in line with government guidance.

The council has now confirmed that it is planning for all 12 of its main sites to be reopened on Monday 18 May and will also resume its bulky waste goods collections from this day.

While the main sites will reopen, some services may remain closed initially such as the mobile recycling centre at Frosterley and the trade waste facility and re-use shop at Stainton. The council is working to reopen these as soon as possible.

Bulky waste collections can be booked from 9am on Tuesday 12 May at

[www.durham.gov.uk/bulkywaste](http://www.durham.gov.uk/bulkywaste) or by calling us on 03000 260 000. Bookings cannot be taken until this date.

Items should be placed at your kerbside bin collection point, where your rubbish bins are collected from, ready for collection.

Further details on sites, such as changes to opening times, can be found online at [www.durham.gov.uk/hwrc](http://www.durham.gov.uk/hwrc)

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## ONLINE LEARNING RESOURCES FOR CHILDREN – AND ADULTS!

Did you know that the BBC has launched its virtual education offer, BBC Bitesize Daily, which offers 14 weeks of curriculum-based learning for kids across the UK. Lessons will be delivered by more than 200 teachers and a host of familiar faces including Professor Brian Cox, Sir David Attenborough and Sergio Agüero who plays for Manchester City FC.

For more online learning resources visit: <http://www.durham.gov.uk/article/23100/Online-education-resources>

These are mostly for children but there are some links for courses for adults too. This list is not exhaustive and a search on the internet will bring you a myriad of online resources.

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## FUN GAMES FROM DRAMA IN THE DALE

Drama in the Dale received funding from Weardale Action Partnership to deliver various theatre workshops. These have now been postponed as they follow Government guidelines in relation to Coronavirus.

Not to be deterred, one of their workshop leaders, Laura Emerson-Roberts, has created some games for you to play whilst keeping safe at home.

To find out more visit <http://www.dramadale.co.uk/>

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## TIME ON YOUR HANDS? WHY NOT KNIT A NINNIE?

Weardale Action Partnership and Weardale Community Partnership are working together to deliver a knitting project in Weardale.

Knitting has proven health benefits and can be a great way to spend this additional time we have at home over the coming weeks.

Individuals as well as local craft groups are welcome to participate in the project to knit Ninnies. The Ninnies which are gnome-like creatures will ultimately be sold to raise money for local groups or charities.

If you would like to find out more about this project call Angelina Maddison on 03000 268666 or email

[weardaleaap@durham.gov.uk](mailto:weardaleaap@durham.gov.uk)

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## VIRTUAL STORYTELLING SESSIONS

Families can continue to enjoy virtual storytelling sessions on the council's Youtube channel this month, as the online service has been extended following a fantastic response in April.

The council's library service has lined up a further four sessions in partnership with Kitchen Zoo and North East actors Shelley O'Brien, from Mad Alice Theatre Company, and Stan Hodgson.

The classic tales, retold by regional artists, will go live each Thursday at [www.durham.gov.uk/youtubelibraryonline](http://www.durham.gov.uk/youtubelibraryonline) but will also be available to view anytime afterwards if you'd like to save the session for another day.

Find out the full schedule: <http://ow.ly/Okqv30qDGVm>

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## ONLINE THEATRE FESTIVAL

Durham County Council's Gala Theatre and Durham University's Assembly Rooms teams have joined forces to create Onstage: Online, a digital festival that will showcase County Durham talent to a global audience.

The festival will take place from Thursday 11 to Sunday 14 June and will feature a series of theatre shorts and longer productions. Theatre companies and performing arts groups are being invited to apply for the festival, and those selected will receive up to £250 to help make their production.

Find out more: <http://www.durham.gov.uk/article/23218/Curtain-set-to-rise-on-new-online-theatre-festival>

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## VOLUNTEERS WANTED FOR THE ALZHEIMERS SOCIETY

Could you stand Side by Side to help people with Dementia?

We are seeking volunteers for our Side by Side service to help people with Dementia to keep doing the things they love. Side by Side provides one-to-one support, making it easier for people with Dementia, who might sometimes feel isolated or find it difficult to leave their homes, to remain active and feel part of their local community.

Anyone interested in becoming a Side by Side volunteer should contact Carole on 0191 3890400 or email [Carole.Macmurtrie@alzheimers.org.uk](mailto:Carole.Macmurtrie@alzheimers.org.uk) for more details.

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## WILD AT HOME

Durham Wildlife Trust has launched a new initiative to help keep people entertained during the restrictions in place to cope with the coronavirus crisis.

Wild@Home has been designed to help everyone spot plants and creatures, in their own gardens, yards or nearby green spaces.

Free resources will be shared every Monday, from Monday March 30, on the Trust website, and topics will include everything from tips on how to identify plants and trees bursting into life and spotting garden birds, to when and where to watch for bats becoming more active after the long winter and how to survey the mini-beasts that are emerging.

Children - and adults - are being urged to share the information they gather by completing online surveys and on Durham Wildlife Trust's social media sites using the hashtag #dwtwildathome

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

[www.twitter.com/durhamwildlife](https://www.twitter.com/durhamwildlife)

[www.instagram.com/durhamwildlife](https://www.instagram.com/durhamwildlife)

People taking part can find lots of information to assist with their wildlife identification at [www.durhamwt.com/wildathome](http://www.durhamwt.com/wildathome) and, if any help is needed with identification, the Trust's staff are on hand to help via social media and email ([mail@durhamwt.co.uk](mailto:mail@durhamwt.co.uk)).

Alternatively, if getting outside is not possible, 'kittiwake cam' is now online where you can view the most inland breeding colony of kittiwakes in the world. These fantastic birds spend Autumn and Winter out at sea and return to nest on building and bridge ledges along the Tyne in late February through to August. You can visit our website to view the camera live.

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## ONLINE CHILDREN'S STORYTELLING SESSIONS

Popular children's storytelling sessions will continue to turn pages despite lockdown.

Tune into storytime as Durham County Council library service brings special audio broadcasts of children's classics online. We have arranged for a special series of stories and poems to be put together which will soon be broadcast via our website and social media for children to enjoy in their own homes.

Starting from the 9 April with favourite Chicken Licken, the broadcasts will take place on Thursdays at 2pm.

Find out about what our libraries have for the whole family at: <http://ow.ly/p55q50z7EJN>

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## FULLY FUNDED ONLINE COURSES AVAILABLE

- Aged 19+ at the beginning of the academic year?
- Lived in the EU for 3 years?
- Full funding available

With a wide range of E-Learning, anytime, anywhere, engaging, effective, and accessible online training courses, you, or your company's staff, can achieve fully accredited level 2 qualifications in many different subjects from your home and/or workplace.

**All the courses are fully funded, meaning they're FREE\* for any student who completes the course.**

*\*Subject to eligibility. Distance Learning courses are FREE upon successful completion and achievement.*

**Online Courses:\***

Principles of Team Leading

Lean Organisation Management

Customer Service

Business Improvement Techniques

Customer Service in Hospitality

Safeguarding and Prevent

Information, Advice or Guidance

Mental Health First Aid and Mental Health Advocacy in the Workplace

*\*All courses are Level 2*

**Contact:** For more details, please call Justine Shepherd on 0191 427 4651 or visit [www.zenithtraining.org.uk](http://www.zenithtraining.org.uk)

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## LOOKING AFTER YOUR MENTAL HEALTH

With the current Covid-19 situation it will be a difficult time for everyone's mental health. Here are some ideas, key messages and signposting resources that you can use yourself or share with others who might need support.

### Ideas

- 1) Get into your garden area and have a look at the flowers and trees beginning to bud, take your time to really look at them, the colours the shapes, the smell & feel, use this in a mindful way. Even at this time new life is bursting through!
- 2) Take time to exercise, when you would go to the gym, there is plenty of free ideas on YouTube
- 3) Read that book, that you meant to get around to.
- 4) Sign up to an online course, this will help your mind stay busy, and the other side of the virus you will have new skills!
- 5) Stay in touch with family and friends through FaceTime/Skype, socialise
- 6) Speak to your GP/Counsellor/Mental Health professional if you need to.
- 7) Be careful what you read and seek news from reputable sources – limit your time watching/reading things that aren't helping your anxiety/worries/frame of mind.
- 8) Look after yourself – eat well and exercise.
- 9) Focus on what you can control

### Signposting resources

The Mental Health Foundation – looking after your MH during the coronavirus outbreak

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

MIND: Coronavirus and your wellbeing <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

NHS mental health and wellbeing <https://www.nhs.uk/conditions/stress-anxiety-depression/>

GOV.UK Guidance on staying at home <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Public Health England 'Every Mind Matters' <https://www.nhs.uk/oneyou/every-mind-matters/>

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## MENTAL HEALTH AND EMOTIONAL SUPPORT FOR CHILDREN AND YOUNG PEOPLE

Visit our Facebook page to see a guide to the services available to support children and young people and their families with mental health and wellbeing. <https://www.facebook.com/WeardaleActionPartnership>

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## HELP TO QUIT SMOKING

Smoking puts people at greater risk of developing severe disease from coronavirus. If you smoke, quitting is one of the best things you can do for your health and your family. For help to quit head to [todayistheday.co.uk/](http://todayistheday.co.uk/)

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## HELP TO HEALTH – PATIENT TRANSPORT

If you live in the Durham Dales, Easington, Sedgfield, Derwentside, Durham or Chester-le-Street areas and need assistance getting to your health appointments, Help to Health volunteers could help get you there.

The Help to Health telephone booking line, 0300 3309424 is open Monday to Friday except Bank Holidays, and transport is available from 8.30am until 5.30pm weekdays. Your journey will need to be booked at least 48 hours in advance and is subject to a volunteer driver being available at the required date and time.

Eligibility criteria will apply, eligible patients are those whose medical condition impacts on their mobility to such an extent that they would be unable to access healthcare and/or it would be detrimental to the patient's condition or recovery to travel by other means. You will be asked some questions when you call to make sure you are eligible for the transport.

It's currently 50p per mile travelled with a minimum charge of £1.00 and a maximum charge of £10.00 each way along with the payment of any car parking fees or expenses incurred. This is to cover the volunteer driver's expenses in line with HMRC guidance. You will be asked to pay at the end of your journey. People that can claim back their travel costs through the Healthcare Travel Costs Scheme can claim back the cost of their travel with this service to planned hospital appointments.

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## FIND FUNDING FOR YOUR COMMUNITY GROUP

There are hundreds of funding schemes available for voluntary and community groups in County Durham from EU, national, regional and local sources.

If you are looking for funding for your community group, including: sports clubs; local charities; school fundraising groups or credit unions visit [www.durham.gov.uk/communityfunding](http://www.durham.gov.uk/communityfunding) to find out more.

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## FACEBOOK

The Weardale Action Partnership is on Facebook at <https://www.facebook.com/WeardaleActionPartnership> Visit us and tell us what you think!

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**Your area, your action, your partnership**

**Weardale AAP, Durham County Council, Unit B10, Durham Dales Centre, Castle Gardens, Stanhope, Weardale, County Durham, DL13 2FJ. Telephone 03000268507  
Email: [weardaleaap@durham.gov.uk](mailto:weardaleaap@durham.gov.uk) Web: [www.durham.gov.uk/aap](http://www.durham.gov.uk/aap)**