



## Training For Carers

For more information about what might be available, please contact the organisations direct.

**Darlington Carers Support**  
Telephone - 0300 0301215  
Email - [admin@darlingtoncarers.org](mailto:admin@darlingtoncarers.org)  
[click here for more info](#)

Varied training programs are available both in person and virtually, arranged in response to carers' requests.

Examples include:

- Making Sense of Caring
- First Aid
- Moving and Handling
- Power of Attorney, Wills, and Trusts
- IT Training/Help getting online
- Pilates
- Yoga
- Workshops to complete DLA/Attendance Allowance forms
- Creative Writing
- Everything in its Place
- Employability Training

We also offer counselling & Peer support. Contact us to find out what is currently available and let us know what training you would like to access.

**Firststop Darlington**  
Telephone - 01325 254463  
Email - [info@darlingtonfirststop.org](mailto:info@darlingtonfirststop.org)

Offer wellbeing and IT training.  
For more information, please get in touch

**Darlington Parent Carer Forum (PCF)**  
Email - [info@darlingtonpcf.co.uk](mailto:info@darlingtonpcf.co.uk)  
[click here for more info](#)

Darlington PCF occasionally receives funding to run training for parent carers. Please contact us to check our current training offer.

**Arcus LGBT CIC**  
Telephone- 01325 978810  
Email - [contact@arcuslgbt.com](mailto:contact@arcuslgbt.com)  
[click here for more info](#)

Provide open access to therapy.  
Contact us to find out what is available now.

**Alzheimer's Society Darlington**  
Telephone - 01904929444  
Email:

[DarlingtonTeesValley@alzheimers.org.uk](mailto:DarlingtonTeesValley@alzheimers.org.uk)  
[click here for more info](#)

Provide Carers Support sessions at West Park (10-week course).

Contact us to find out when the next course will start.

**St Teresa's Hospice**  
Tel: 01325 254321 Email:  
[hello@darlingtonhospice.org.uk](mailto:hello@darlingtonhospice.org.uk)  
[click here for more info](#)

The Hospice Carers Group includes occasional training/information sessions such as moving and handling, lasting power of attorney, funding for care, looking after your own wellbeing etc. We also host two wellbeing days a year, where the focus is on learning self-care practices. Our counselling for carers often includes easy to learn and easy to use self-care techniques such as mindfulness.

**Darlington Association on Disability (DAD)**  
Telephone - 01325 489999  
Email - [mail@darlingtondisability.org](mailto:mail@darlingtondisability.org)  
[click here for more info](#)

Weekly sessions for young people during term time.

Contact us to find out what is available now

**Darlington Mind**  
Telephone - 01325 283169  
Mob - 07572888084

Email- [contactus@darlingtonmind.com](mailto:contactus@darlingtonmind.com)  
[click here for more info](#)

Offer a range of training to support mental health such as managing anxiety, emotional resilience; as well as learning in digital skills and safe use of internet for access to services, support, shopping etc. Also offer adult counselling and activity groups.



## Training For Carers

These organisations provide digital guides as their primary form of training, rather than practical sessions.

**Carers UK Digital Resource for Carers**  
[click here for more info](#)

Provide a range of resources including information about Health and Wellbeing and Support for Caring  
**To access the Resource, use the code DGTL1931**

**Mobilise**  
[click here to view the Mobilise Library](#)

Provide online support for carers, including a wide range of useful guides around challenges arising from caring.

If you can't find the information you need here, please contact **Darlington Carers Support**, the primary support service for Darlington, on **0300 030 1215**.

Issued 6th February 2025. All information is correct at the date of issue but is subject to change.

*page 2 of 2 (Training for Carers)*

