



Better for everyone

# Stanley Activity and Support Information Directory



**Spring 2024**  
**6th Edition**

[www.durham.gov.uk/stanleyaap](http://www.durham.gov.uk/stanleyaap)

## Welcome to the sixth edition of the Stanley Activity and Support Information Directory

There is a wide variety of activities such as Coffee Mornings, Boot Camps, Carpet Bowls, Ladies Clubs, Football Clubs, Men's Clubs, and much more, which you can get involved in.

Information about local organisations that provide support and advice to local residents is also included for your reference.

We hope you'll enjoy the booklet and find an activity that suits you.



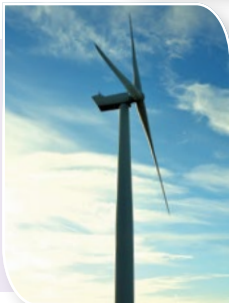


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## What is an Area Action Partnership?

Area Action Partnerships, or AAPs for short, are a way for you to get involved in the work of Durham County Council (DCC), Stanley Town Council, Karbon Homes, Health Service, Durham Police, the Fire & Rescue Service, local businesses and the Voluntary and Community Sector, placing you at the heart of local decision making.

There are 14 AAPs throughout County Durham, who work with you the residents to identify and address your local issues and improve the area you live in, its services, its facilities and its appearance.



## Stanley AAP covers the following towns and villages:

Annfield Plain, Catchgate, Causey, Craghead, Clough Dene, East Kyo, East Stanley, Greencroft, Harelaw, Harperley, Kip Hill, The Middles, New Kyo, Oxhill, Quaking Houses, Shield Row, Sleepy Valley, South Moor, South Stanley, Stanley, Tanfield, Tanfield Lea, Tantobie, West Kyo, and White-le-Head.

Stanley Area Action Partnership (AAP) is the community engagement arm of Durham County Council, we work in partnership to give people in Stanley a greater choice and voice in local affairs. The partnership allows people to have a say on services and give organisations the chance to speak directly with local communities. By working in partnership, we help ensure that the services of a range of organisations – including the County and Town Council, Police, Fire, Health, and Voluntary organisations – are directed to meet the needs of local communities and focus their actions and spending on issues important to these local communities.

## You can contact us in a variety of ways:

Stanley Area Action Partnership  
Durham County Council  
Louisa Centre  
Front Street  
Stanley  
Co. Durham  
DH9 0TE

Telephone: 03000 265323

Email: [stanleyaap@durham.gov.uk](mailto:stanleyaap@durham.gov.uk)



 **Follow us on Facebook – @ stanleyaap**

## Disclaimer

This is the sixth edition of this booklet, as stated in the previous editions there could be changes to times and activities that are listed. Please check all times and activities with the venue concerned before your attendance, so you are not disappointed or have to travel unnecessarily.

## Age UK County Durham

Telephone: 0191 3746577

Email: [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk)

Age UK County Durham - Activities for people aged 50+

Pre-booking is preferred but not essential.

Day	Activity	Times	Price
Wednesday	Craft & Chat The Venue Wear Road DH9 6LU	1.00pm – 3.00pm	£4.00
Wednesday	Needles & Natter The Venue Wear Road DH9 6LU	1.00pm – 3.00pm	£2.00
Wednesday	Monthly Lunch Club at Derwentside College (term time only)	12 – 2.00pm	£7.00 for 2 courses
Thursday	3rd Thursday of the month – Culture Companions – visiting venues throughout County Durham	2.00pm – 3.00pm	Transport not included. Free Entry - Cost for refreshments
Thursday	Circuit Exercise - The Venue	10.00am – 11.00am	£3.00 per session

## Annfield Plain Community Centre

23 Front Street, Annfield Plain, DH9 7SY

Email: [marye1956thompson@gmail.com](mailto:marye1956thompson@gmail.com)

Telephone: 07564 044509

Day	Activity	Times	Price
Monday	Crafting Group	1.00pm – 3.00pm	Free
Tuesday	Big Brew Time	10.00am – 2.00pm	Free
Tuesday	The Bread & Butter Thing	1.15pm – 1.45pm	Free
Tuesday	Advice / Information Centre, in attendance will be Foodbank, Stonham Home Group	2.00pm – 4.00pm	Free
Wednesday	Silver Friends – A friendly chat and a cuppa - 50+	10.00am – 12.00 noon	Every other Wednesday
Thursday	Sit & Get Fit	11.00am – 12.00 noon	£2.50
Thursday	Advice / Information Centre, in attendance will be Foodbank, Stonham Home Group, Money Advisory Service.Councillor Drop-In. Police in attendance every other week.	1.00pm – 4.00pm	Free
Thursday	Slimming Group	5.30pm – 6.30pm	Weekly Payment
Friday	Welcome Space	9.00am – 4.00pm	Free
Friday	Bingo	1.15pm – 3.00pm	£5.00 for 6 cards
Saturday	Tabletop Sale	From 10.00am	1st Saturday of each month

## Annfield Plain 2nd Beavers, Cubs & Scouts

Teesdale Terrace, Annfield Plain, DH9 7TU

Email: [derwentside@durhamscouts.org.uk](mailto:derwentside@durhamscouts.org.uk)

Telephone: 01207 236425

Day	Activity	Times	Price
Tuesday	Cubs Group – 8 – 10.5 years	6.30pm – 8.00pm	Weekly subscription
Thursday	Beavers Group – 6 – 8 years	6.00pm – 7.00pm	Weekly subscription
Friday	Scouts Group – 10.5 – 14 years	7.00pm – 9.00pm	Weekly subscription

## Annfield Plain Methodist Church

Railway Street, DH9 7UW

Telephone: 01207 235533

Email: [beryl@spearsfamily.co.uk](mailto:beryl@spearsfamily.co.uk)

Day	Activity	Times	Price
Tuesday	Gentle Exercise Class	9.45am – 10.45am	£3.00
Tuesday	Walk Durham – Healthy Walks in the local community	10.00am – 12.00 noon	Free
Wednesday	Carpet Bowls	10.00am – 12.00 noon	60p
Friday	Gentle Exercise Class	9.30am – 10.30am	£3.00

## Annfield Plain Library

North Road, DH9 8EZ

Telephone: 03000 269511

Email: [Annfieldplain.lib@durham.gov.uk](mailto:Annfieldplain.lib@durham.gov.uk)

## Opening Hours

Day	Time
Monday	10.00am – 7.00pm
Tuesday	9.00am – 1.00pm
Wednesday	Closed
Thursday	1.00pm – 5.00pm
Friday	Closed
Saturday	9.30am – 12.30pm

Day	Activity	Times	Price
Monday	Womens Institute 1st Monday of the month	2.45 – 4.45pm	Fee payable
Monday	Art Group 2nd 3rd and 4th Monday of the month	2.00 – 4.00pm	Fee payable
Tuesday	Rhyme Time Booking Essential	10.00 – 10.30am	Free
Tuesday	Social Weekly	10.00 – 11.00am	Free
Thursday	Reading Group 2nd Thurs of the month	2.00pm – 3.00pm	Free

All above activities are subject to change, please contact us on the above contact details. Annfield Library is a Welcome Space where you can come to keep warm. We offer a wide variety of services, events and facilities for you and your family to enjoy.

We provide:

- books, audiobooks, and reference books
- internet and email facilities
- information leaflets
- local history collection
- music scores
- Health Zones



## Beamish & East Stanley Sports Club – Cricket Sessions

Chester Road, Stanley, DH9 0TU

Contact: Anthony Pattison, Telephone: 0793 2618 314

Email: [anthonypattison@outlook.com](mailto:anthonypattison@outlook.com)

Day	Activity	Times	Price
Monday	Under 15s *	6.00pm	Free
Tuesday	Under 18's*	6.00pm	Free
Wednesday	Under 13s & under 9s*	6.00pm	Free
Thursday	3rd XI*	6.00pm	£3.00
Friday	All Stars Cricket (4-7yr Olds) Dynamos Cricket (8-11yr Olds)	5.00pm	£40.00 for 8 week course
Friday	Cup Matches including 15/15 competition.	6.00pm	£40.00
Friday	Ladies Games	6.15pm	Free
Saturday	1st XI & 2nd XI Team Cricket Matches	1.30pm	£10.00 a game
Sunday	Under 11s	9.30am	Free
Sunday	Under 9's	10.00am	Free
Sunday	3rd XI Home & Away Games*	1.30pm	£6.00 a game

### Beamish & East Stanley Sports Club

Cricket Field - Weekly Cricket Games and Practices starting Saturday 20th April 2024 until Saturday 14th September 2024

\* Home & Away games. If teams are playing away the ground will be utilised for other teams practice sessions.

All outdoor cricket activity requires dry weather.

Football Field - The club has a 9-a-side football field that Beamish Community Football use on a Saturday & Sunday mornings August to May

## Beamish & East Stanley Sports Club

**Weekly Activity in the Club House April to September with opening times.**

Day	Activity	Times
Monday	Letter Draw	6.00pm - 11.00pm
Tuesday	Ladies Darts	6.00pm – 11.00pm
Wednesday	Monthly Family Social Events	6.00pm - 11.00pm
Thursday	Bingo	6.00pm – 11.00pm
Friday	Monthly Social Events	4.00pm – 11.00pm
Saturday	Entertainment & Bingo	1.00pm – 11.00pm
Sunday	Bingo	1.00pm – 11.00pm

The Clubhouse shows all televised Sport

**Weekly Activity in the Club House October to March with opening times.**

Day	Activity	Times
Monday	Letter Draw	7.00pm - 11.00pm
Tuesday	Ladies Darts	7.00pm – 11.00pm
Wednesday	Junior 7pm & Senior 8pm Darts Academy	7.00pm - 11.00pm
Thursday	Bingo	7.00pm – 11.00pm
Friday	Monthly Social Events	4.00pm – 11.00pm
Saturday	Entertainment & Bingo	1.00pm – 11.00pm
Sunday	Bingo	1.00pm – 11.00pm

The Clubhouse shows all televised Sport

## Clavering Youth Club

Granville Avenue, Annfield Plain, DH9 8JH

Email: [amanda.hunt@nwl.co.uk](mailto:amanda.hunt@nwl.co.uk)

Contact: Goff Bates, Telephone: 0781 4452 649

Day	Activity	Times	Price
Monday	Kick Boxing – Juniors	5.00pm - 6.00pm	£4.00 Juniors
Monday	Kick Boxing – Adults	7.00pm – 8.00pm	£5.00 Adults
Tuesday	Kick Boxing – Juniors	5.00pm - 6.00pm	£4.00 Juniors
Tuesday	Kick Boxing – Adults	7.00pm – 8.00pm	£5.00 Adults
Wednesday	Kick Boxing – Juniors	5.00pm - 6.00pm	£4.00 Juniors
Wednesday	Kick Boxing – Adults	7.00pm – 8.00pm	£5.00 Adults
Thursday	Kick Boxing K1 – Adults	7.00pm – 8.00pm	£5.00 Adults
Friday, Saturday & Sunday	Open day training for competitions	From 9.00am	£4.00 Juniors £5.00 Adults

Drop In sessions @ £1 – Table Tennis, Snooker and Darts, available every weekday evening.

## Craghead Village Hall

Middles Road, Craghead, DH9 6AN

Contact: John, Telephone 0794 8429 187 or Jayne, Telephone: 0795 6730 303  
for more details about any activities listed below.

Email: [cragheadvh@hotmail.com](mailto:cragheadvh@hotmail.com)

Day	Activity	Times	Price
Tuesday	Coffee Morning	9.00am – 1.00pm	Charges vary
Tuesday	Keep Moving Gentle Exercise	6.30pm – 7.15pm	£3.50 first session free
Wednesday	Carer and Toddlers Group	9.00am – 11.00am	£2.00 per child
Thursday	Card making	10am – 12 noon	£6.50 includes all materials.
Thursday	Kick Boxing	5.00pm – 6.00pm	£5.00
Thursday	Line Dancing	7.00pm – 9.00pm	£3.00
Friday	Carer and Toddlers Group	9.00am – 11.00am	£2.00 per child
Friday	Keep Warm / Tea/Coffee	8.30am – 4.00pm	Free
Last Saturday of the month	Quiz / Bingo / Social Evening	7.30pm – 9.30pm	Charges vary

Large hall available to hire for parties.

## Greencroft Netball Club

North Durham Academy High Street, Stanley. DH9 0TW

Email: [greencroft2014@gmail.com](mailto:greencroft2014@gmail.com)

Telephone: 0779 5162 447 for enquiries

Day	Activity	Times	Price
Tuesday	Social Netball – Just turn up for a game. Everyone is welcome	7.30pm – 8.30pm	£3.00
Wednesday	Under 11s	5.00pm	£3.00
Wednesday	Under 13s	6.00pm	£3.00
Wednesday	Under 16s	7.00pm	£3.00
Wednesday	Seniors	8.00pm	£3.00

## Just For Women Centre (Opposite police station carpark)

St Joseph's House, Thorneyholme Terrace, Stanley. DH9 0BL

Telephone: 01207 281145

**About Us:** Just For Women ensures every woman, child and their family in our community has the support, tools and opportunities they need to live safely, gain financial stability and lead enriched lives. Our mission is to work in partnership with the community of Stanley and the whole of North Durham to provide a service that empowers and supports women, children and their families to move beyond the constraints of mental health, poverty, domestic violence and worklessness.

**Just For Women provides support through:** Health and wellbeing support, Personal development, Support into employment, Training, Upskilling, Creative therapy, Counselling and Raising aspirations.

Day	Activity	Times
Tuesday	Consett Library, Middle Street	1.30pm – 3.30pm
Tuesday & Thursday	St Thomas' Church, Harelaw	10.00am – 12 noon
Thursday	Just for Women Centre	10.00am – 12 noon
Friday	Just for Women Centre	1.00pm – 3.00pm

## The Louisa Centre

Front Street, Stanley, DH9 0TE

Website: <https://www.thriveleisure.co.uk>

Telephone: 03000 262449

Whether it's fitness, swimming or family fun that inspires your visit, The Louisa Centre has a great range of activities including gym, exercise classes and two pools.

### Centre Opening Times

Day	Time
Monday	6.30am to 9.30pm
Tuesday	6.30am to 9.30pm
Wednesday	6.30am to 9.30pm
Thursday	6.30am to 9.30pm
Friday	6.30am to 9.30pm
Saturday	7.00am to 5.00pm
Sunday	7.00am to 5.00pm



### Parking

There is a free town centre car park available near the leisure centre.

### The Louisa Centre Gym

Whatever your level of fitness, or your goals, in our gym you can exercise in a way that best suits you. Our gym staff will help you develop a training programme and with ongoing support, we'll help you achieve your goals.

### Membership

If you are interested in becoming a member, see our page for more information or contact one of our centres to arrange an induction.

### Young lifestyle memberships

Young lifestyle members can now book any session in the gym, this now does not have to be a specific young lifestyle session.

**Contact us for a free one-day pass and to book a one-to-one induction.**

## **Join today**

Take out a Gym membership and enjoy unlimited gym use during opening times, general swimming sessions and fitness classes.

Monthly payment Standard: 12-month contract £26.00

Junior £15.00

Corporate £21.00

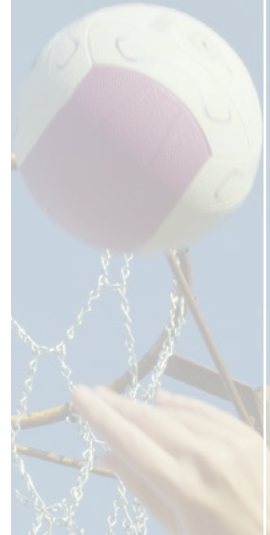
Concessions £17.00

## **Membership includes:**

Unlimited swimming & Class Access

Fitness Classes

The gym is fully kitted with high quality cardiovascular and strength equipment to ensure a thorough and enjoyable workout each time you step inside.



## **Facilities**

- Single side (5 a side court) sports hall
- New TAG Active Arena
- Soft Play
- Thrive Kitchen
- Click & Climb
- Move Hub Studio
- Large spectator gallery
- 25 metre main swimming pool
- Learner swimming pool
- Swimming spectator gallery (300 capacity)
- Low Impact Studio
- Spin Studio
- High Impact Studio
- Shooting/Archery range
- Club Room
- Conference Room
- Full Day Care Nursery
- Café facilities
- Library
- Customer Access Point
- Changing Places facilities
- Social Services/Pathways facilities
- Kitchen/catering facilities
- Male and female changing
- Disabled access
- Mixed swimming changing rooms
- Lockers
- Baby changing
- Sports equipment

## The Louisa Centre

### Exercise classes

Our leisure centres have a range of exercise classes to suit your needs, whether you're looking to ease yourself back with a gentle class or going full blast with a Metafit workout.

If you prefer an exercise class to a treadmill, or you want to improve your core strength and flexibility you could try a Yoga or Pilates class to enhance your movement for everyday life.

If you are new to exercise, classes can be a great option to get started as you receive guidance from the instructor along with a structured class. People of different ages, abilities and backgrounds come together with lots of different goals, all without judgement or expectation from others. It's fun and fitness rolled into one so come along and give it a try.

View our Exercise class descriptions to help find the right class for you at The Louisa Centre, Durham County Council.

### Exercise class timetable and booking information:

You can view our current exercise timetable by visiting book online and select the 'book now' or timetable option. Classes can be booked up to seven days in advance. You can also view our exercise class descriptions to find out what each class involves. Please sign up to a free Thrive card to enable you to book classes online.

### Membership

If you attend exercise classes regularly you could save with a gym membership, which includes exercise classes. Try our leisure centres for free with a three-day complimentary pass. Simply call or visit your local leisure centre and ask for your free three-day pass. Whether you prefer a workout in the gym, an exercise class or a dip in the pool our three-day pass can help you find an activity that suits you.

### Indoor exercise classes

Our indoor exercise class programme offers a range of classes suitable for all abilities, from Pilates to HIIT workouts you can choose a workout to suit your fitness level.



## The Louisa Centre

### Aqua classes

Our aqua classes are pool-based classes, using the resistance of the water and aerobic style moves. This is a great way to work out in a fun environment, while removing any impact on the joints. It is especially good for injury rehabilitation. Visit Aqua classes for more information.

### Gentle exercise

Our gentle exercise programme is great for people starting their fitness journey. Our coaches design gentle exercise to suit you and can include seated aerobics, standing aerobics and gentle movements.

### Move Easy

Our Move Easy classes are designed to 'ease you in' or 'welcome you back' to physical activity. A 20–30-minute class performed in a social circle. Rest or join in at your leisure and be guided by our instructors on your fitness journey. There may be a social element too!

### Virtual exercise classes

Keeping active has never been so important and we want to help you get moving.

We have teamed up with Technogym to launch a mix of live and on-demand fitness programmes on the Mywellness app - Thrive Virtual. You'll find 100 pre-recorded classes from the fitness experts at Technogym alongside the familiar faces of fitness instructors and coaches from our leisure centres. You can also join our fitness instructors live for some of your favourite classes. Daily exercises, challenges and run programmes will continue to be available on the app.

### Fitness class rules

#### **Please note our guidance for attending classes:**

- All places must be booked in advance as spaces are limited. Bookings can be made at [Book a class online](#).
- If you need to cancel your booking, please do so at the earliest opportunity to allow others the chance to book.
- Please arrive no more than five minutes before your booking start time.

## The Louisa Centre

### Fitness class rules continued

- Follow the guidance provided by our staff and signage when entering and exiting the facility.
- Please feel free to use your own mat and blocks. Mats are available to buy at reception.
- Please bring a drink.
- If you need to ask the coach any questions, please do so prior to the beginning of the class.
- Please make sure you have read and understand our Health commitment statement prior to participating in the class.
- Please respect the instructor and other participants.
- Only leave the class when instructed by your coach and follow the centre signage.
- Please wipe down any equipment using paper towels and cleaning product provided before and after use.
- View our exercise class descriptions for more detail on each class, including intensity levels.

### Swimming lessons

**Our swimming lessons are available for children from four years right through to adults.**

Our swimming lesson programme is suitable for all abilities, whether you are a beginner and need to develop water confidence or a swimmer looking to develop your technique. There are a number of stages to work through based on your age and ability - see Swimming lesson stages and awards for more information. This is based on the Swim England Learn to Swim Pathway.

#### **Swimming lessons for children (birth to 16 years)**

Our swimming lesson programme starts from birth, offering sessions for babies and toddlers to develop their water confidence, with parents joining in the sessions. From four years old, your child can join our swimming lesson programme which will learn them to swim independently, develop their technique and water safety skills.

## **The Louisa Centre**

### **Swimming lessons for adults (16+)**

Our adult swimming lessons are for all abilities, ranging from non-swimmers to improvers.

### **How much do swimming lessons cost?**

Lessons cost £23.00 per month for children and £27.00 per month for adults.

Our swimming lessons package includes one lesson per week, with unlimited access for your child to general and family swimming sessions, across our 10 pools (fun, inflatable and splash tot sessions are not included).

If you are interested in swimming lessons, please enquire at your local Leisure centres for more information on lesson availability.

### **Check your child's progress**

The Learn to swim Home Portal helps you to keep track of your child's progress and competencies, either at home or on the go. You can check which awards and stages your child has completed and what skills they need to complete to achieve their next stage.

If you have more than one child enrolled on the programme you will be able to add them onto your account so that you can view all of your children's progress in one place.

### **Additional information**

#### **Direct debit payments**

Spread the cost of swimming lessons by selecting to pay by direct debit. Paying by direct debit spreads the cost monthly and no contract is required.

#### **Terms and conditions**

See Swimming lesson terms and conditions.

Website: <https://thriveleisure.co.uk>

## North Durham Academy

High Street, Stanley. DH9 0TW

Telephone: 01207 291 152

Email: [community@ndacademy.co.uk](mailto:community@ndacademy.co.uk)

Day	Activity	Times	Organisation	Location
Monday	Athletics	6.00 – 7.00pm	Derwentside AC	Field
Monday	Ball Hockey	7.00 – 8.30pm	Stanley Stingers	Hall
Tuesday	Active sport	5.30 – 6.30pm	Active sports	Sports Hall
Tuesday	Athletics	6.30 – 7.30pm	Derwentside AC	Sports Hall
Tuesday	Social Netball	7.30 – 8.30pm	Greencroft NB	Sports Hall
Wednesday	U11s Netball	5.00 – 6.00pm	Greencroft NB	Sports Hall
Wednesday	U12s	6.00 – 7.00pm	Greencroft NB	Sports Hall
Wednesday	U14s & U16s	7.00 – 8.00pm	Greencroft NB	Sports Hall
Wednesday	Senior	8.00 – 8.30pm	Greencroft NB	Sports Hall
Thursday	Athletics	5.30 – 6.30pm	Derwentside AC	Sports Hall
Friday	Premier League Kicks 8 – 18 Yrs.	5.00 – 7.00pm	Foundation of Light	Sports Hall
Friday	Active Sport	7.00 – 8.00pm	Active Sport	Sports Hall
Saturday	Football	9.00 – 1.00pm	M Creegan	Sports Hall
Saturday	Performing Arts	1.45 – 4.30pm	Activate Theatre	Theatre/Dance

Become an NDA Fitness Suite Member for £17.99 per month and receive discounts on hire charges.

Day	Term Time	Outside Term Time
Monday	4.00pm – 10.00pm	9.00am – 10.00pm
Tuesday	4.00pm – 10.00pm	9.00am – 10.00pm
Wednesday	4.00pm – 10.00pm	9.00am – 10.00pm
Thursday	4.00pm – 10.00pm	9.00am – 2.00pm
Friday	4.00pm – 8.00pm	12 noon – 8.00pm
Saturday	9.00am – 1.00pm	9.00am – 1.00pm
Sunday	9.00am – 1.00pm	9.00am – 1.00pm
Bank Holidays	Closed	Closed

## North Durham Gym

North Road, Catchgate. DH9 8EF

Telephone: 07968 164874

Email: [info@northroadgym.co.uk](mailto:info@northroadgym.co.uk)

North Road Gym is a young Amateur Boxing Club. Established in September 2008 on the site of the old Booker ABC in Stanley, Affiliated with the Amateur Boxing Association of England since its conception.

Our main objective is to promote amateur boxing within the surrounding community. The club is run by volunteers, all of our coaches follow the ethos that they are not just tutoring boxing, they are teaching respect. Producing quality, competitive amateur boxing champions is where our primary focus lies. This said, our doors are open to those who just want to keep fit and promote a healthy lifestyle.

**Junior Sessions Contact:** Junior Coach, Johnny Woods.

Tel: 0796 9922 610

(Boys 11yrs - 16yrs)

**Senior Sessions Contact:** Head Coach, David Bourne.

Tel: 0796 8164 874

(Men 16yrs Onwards)

Day	Activity	Times	Price
Monday	Beginners	5.30pm – 6.30pm	£3.00
Monday	Competing Boxers Only	6.30pm – 8.00pm	£3.00
Tuesday	Junior Sessions	5.30pm – 6.30pm	£3.00
Tuesday	Senior Sessions	6.30pm – 8.00pm	£4.00
Wednesday	Ladies Only Boxing Fitness	6.00pm – 7.00pm	£3.00
Thursday	Junior Sessions	5.30pm – 6.30pm	£3.00
Thursday	Senior Sessions	6.30pm – 8.00pm	£4.00
Sunday	Boxing Squad Run	9.45am	No charge

## Oxhill Youth Club

Oxhill, Stanley. DH9 7LG

Telephone: 01207 282 283

Email: [joannecharlton@oxhillyc.com](mailto:joannecharlton@oxhillyc.com)

Day	Activity	Times	Price
Monday	Slimming World	4.00pm – 7.15pm	Weekly Cost
Monday	Shikkari kai karate mixed class from ages 5 to adults	6.00pm – 7.00pm	£5.00
Tuesday	Junior Night (8 – 11 years)	6.30pm – 8.30pm	£1.00
Wednesday	Shikkari kai karate mixed class from aged 5 to adults	6.30pm – 7.30pm	£5.00
Thursday	Shikkari kai karate kids only class	6.00pm – 7.00pm	£5.00
Thursday	Senior Youth Club – Age 11 (Year 7) to 21	7.00pm – 9.00pm	£1.00
Friday	Intermediates Youth Club (Ages 10 – 16 yrs)	7.00pm – 9.00pm	£1.00
Saturday	Shikkari kai karate Tiger Cubs Ages 3 - 6 yrs	10.00am – 11.00am	£5.00
Sunday	Shikkari kai karate – mixed classes ages 5 – adults	4.00pm – 5.00pm	£5.00
Sunday	Junior Youth Club – Ages 8 - 11	6.00pm – 8.00pm	£1.00

Monday to Friday Princes Trust Stanley Team Course - 10am - 3pm

## PACT House Stanley

Contact: Darren McMahon or Paula Barrett

Email: [pacthousestanley@outlook.com](mailto:pacthousestanley@outlook.com)

[www.facebook.com/PACTHouseStanley](http://www.facebook.com/PACTHouseStanley)

Telephone: 0772 0650 533

Day	Activity	Times
Monday	Welcome Space	8.00am – until we close
Monday	Community Café breakfast	9.00am – 12noon
Monday	Fresh / Waste Not Foodbank	10.00am – 2.00pm
Monday	Affordable Lunch	12 noon – 1.30pm
Monday	Kids Crafts & Cooking Sessions	4.30pm – 5.30pm
Monday	Creative Lounge – (Be creative, be social)	12.00 noon – 5.00pm
Monday	Job Search/Computers/Hang out/Peer support	8.00am – 3.00pm
Tuesday	Welcome Space	8.00am – until we close
Tuesday	Advice Surgery with Martin	10.00am – 12 noon
Tuesday	Fresh / Waste Not Foodbank	10.00am – 2.00pm
Tuesday	Community Café breakfast	9.00am – 12 noon
Tuesday	Affordable Lunch	12 noon – 1.30pm
Tuesday	Creative Lounge - (Be creative, be social)	12 noon – 5.00pm
Tuesday	Job Search / Computers / Hang out/ Peer support	8.00am – 3.00pm
Tuesday	Freedom Zone LGBTQ+ Support – alternate Tuesdays more details at <a href="http://www.facebook.com/FreedomZone.Stanley">www.facebook.com/FreedomZone.Stanley</a>	6.00pm – Finish

## PACT House Stanley

Day	Activity	Times
Wednesday	Welcome Space	8.00am – until we close
Wednesday	Fresh / Waste Not Foodbank	10.00am – 2.00pm
Wednesday	Citizens Advice Drop-in	10.00am – 12 noon
Wednesday	Community Café breakfast	9.00am – 12 noon
Wednesday	Affordable Lunch	12 noon – 1.30pm
Wednesday	FREE Community Meal	Served from 4.30pm
Wednesday	Creative Lounge - (Be creative, be social)	12 noon - 5.00pm
Wednesday	Job Search / Computers / Hang out / Peer support	8.00am – 3.00pm
Thursday	Welcome Space	8.00am until we close
Thursday	Advice Surgery with Martin	10am - 12 noon
Thursday	Fresh / Waste Not Foodbank	10.00am – 2.00pm
Thursday	Community Café Breakfast	9.00am – 12 noon
Thursday	Affordable Lunch	12 noon – 1.30pm
Thursday	Drug and Alcohol Recovery Service Drop-in	10.00am – 12 noon
Thursday	Creative Lounge - (Be creative, be social)	12 noon - 5.00pm
Thursday	Job Search / Computers / Hang out / Peer support	8.00am – 3.00pm
Thursday	PACT Owls (social group)	5.00pm – 7.00pm



## PACT House Stanley

Day	Activity	Times
Friday	Welcome Space	8.00am – until we close
Friday	Fresh / Waste Not Foodbank	10.00am - 2.00pm
Friday	Community Café Breakfast	9.00am – 12 noon
Friday	Affordable Lunch	12 noon – 1.30pm
Friday	Creative Lounge - (Be creative, be social)	12 noon– 5.00pm
Friday	Job Search / Computers / Hang out / Peer support	8.00am – 3.00pm
Friday	Fun Food Fridays Community Meal	Served from 4.30pm
Saturday	Welcome Space	10.00am until we close
Saturday	Fresh / Waste Not Foodbank	10.00am – 2.00pm
Saturday	FREE Community Meal	Served from 11.30am
Saturday	Friendly Fire Gaming Group	From 3.00pm
Sunday	PACT Owls (Social session)	2.00pm – 5.00pm



## Quaking Houses Village Hall

Second Street, Quaking Houses. DH9 7HQ

Telephone: 01207 283016

Email: [qhvhad@gmail.com](mailto:qhvhad@gmail.com)

Website: [www.quakinghousesvillagehall.org](http://www.quakinghousesvillagehall.org)

Day	Activity	Times	Price
Monday	Little Stars Baby & Toddler Group	9.30am – 11.00am	£2.00 includes a snack
Monday	Quakies Man Club	6.30pm – 7.30pm	£2.00 (suggested donation)
Tuesday	Kids Card Trade	4.00pm – 5.00pm	Free
Tuesday	Gym Buddies Youth Club	5.00pm – 7.00pm	Free
Wednesday	Woman Hub (Crafting)	9.30am – 12.30pm	£3.00
Wednesday	Kids Archery Durham	4.00pm – 5.00pm	£4.50
Wednesday	Community Meal	4.30pm – 6.00pm	Donations welcome
Thursday	Gardening Group	10.00am – 12 noon	Free
Thursday	Boccia	10.00am – 12 noon	£2.00
Thursday	Walking Group	10.30am – 12 noon	Free
Thursday	Lunch Club	12 noon – 1.00pm	£5 two course
Thursday	Chair Based Exercises	1.00pm – 2.00pm	£2.00
Thursday	Roller Skating (3 – 11 yrs)	4.00pm – 6.00pm	£3.00 Skate Only £5.00 Skate & Scran
Friday	Coffee Morning	9.30am – 12.00 noon	Free
Friday	Drop-in Support	12 noon – 1.00pm	Free

## South Moor Library

Severn Crescent, DH9 7PX

Telephone: 03000 269516

Email: [southmoor.lib@durham.gov.uk](mailto:southmoor.lib@durham.gov.uk)

## Opening Hours

Day	Time
Tuesday	1.00pm – 5.00pm
Thursday	9.30am – 7.00pm
Friday	9.30am – 1.00pm
Saturday	9.30am – 12.30pm

Day	Activity	Times	Price
Tuesday	Reading Group	3rd Tuesday of month 2.00pm – 3.00pm	Free
Friday	Rhyme Time	9:45am – 10.15am	Free
Friday	Yap & Yarn	10:30am – 12.00pm	Free

South Moor Library is a Welcome Space where you can come to keep warm.

We offer a wide variety of services, events and facilities for you and your family to enjoy.

What's available:

- browsing
- computer access
- self-service photocopying and printing
- book request service
- inter library loans.

## Stanley Library

Louisa Centre, Stanley, DH9 0TE

Telephone: 03000 269517

Email: [Stanley.lib@durham.gov.uk](mailto:Stanley.lib@durham.gov.uk)

## Opening Hours

Day	Time
Monday	10.00am – 7.00pm
Tuesday	10.00am – 7.00pm
Thursday	10.00am – 5.00pm
Friday	10.00am – 6.00pm
Saturday	9.30am – 12.30pm

Day	Activity	Times	Price
Monday	Reading Group 1st Monday of the month	2.15pm – 3.15pm	Free
Monday	Rhyme Time for the under 5s	2.00pm – 2.30pm	Free
Thursday	Creative Crafts	10.00am – 12.00pm	Free
Thursday	Digital Buddy (free help with computers/ smart phones/tablets)	10.00am – 12 noon	Free
Thursday	Rhyme Time for the under 5s	10.30am – 11.00am	Free
Friday	Reading Group – every fourth Friday	2.15pm – 3.15pm	Free
Saturday	Reading Group (First Saturday of the month)	10.30pm – 11.30am	Free

Stanley Library is a Welcome Space where you can come to keep warm. We offer a wide variety of services, events and facilities for you and your family to enjoy.

### What's available:

- browsing
- computer access
- self-service photocopying and printing
- book request service
- inter library loans

### Digital Support at Your Library:

- Library staff can help with general enquiries.
- Our computers are free to use for library members.
- There is a charge for printing
- Computers can be booked for one-hour sessions

## South Stanley Partnership

St Stephen's Community Centre, Hollyhill Gardens,  
East Stanley. DH9 6PG.

Telephone: 01207 299951

Email: [southstanleypartnership1954@gmail.com](mailto:southstanleypartnership1954@gmail.com)

Follow us on Facebook for Ad hoc courses.

Day	Activity	Times	Price
Tuesday	Crafts & Chat	10.00 12.00 noon	Prices on request. Contact the centre for availability
Wednesday	Messy Play	1.00pm –2.00pm	Prices on request. Contact the centre for availability
Thursday	The Bread & Butter Thing	1.00pm – 1.30pm	Prices on request. Contact the centre for availability
Monday-Friday	Community Café Breakfast & Lunch Menu as well as sandwiches	9.30am – 12.30pm	Prices from £5.00 A meal delivery service is available around the Stanley area. Additional cost of £1
Sunday	Lunch	From 12 noon	Prices start from £5.00

Community Café open every day except Saturday.

St Stephen's Community Centre is a Welcome Space.

A Community Table is available Monday - Friday and Sunday  
9.30am - 12.30pm. This is free and available to everyone.

## Stanley Young People's Club

Severn Crescent (next to South Moor Library) DH9 7PX

Contact: Dean Fall or Paula Barrett

Telephone: 07402730740

Email: [stanleyypc@outlook.com](mailto:stanleyypc@outlook.com)

Facebook: @sypc2019

Day	Activity	Times	Price
Monday	Junior Club School Years 3 to 6 Activities, Sports, Cooking, Projects & Trips	4.30pm - 6.30pm	Free
Tuesday	Cos - Play Club School Years 6 to 13 Cosplay, Anime and Geeky Things	5.00pm – 7.00pm	Free
Tuesday	Senior Session School Years 7 to 13 Do Things / Hang Out • Your Club Your Way	7.00pm – 9.00pm	Free
Tuesday	Freedom Zone – LGBTQ+ Drop – In Support Sessions	5.00pm – 7.00pm	Free
Thursday	Inters Club School Years 5 to 8 Activities, Sports, Projects & Trips	6.00pm – 8.00pm	Free
Sunday	MUSIC – DROP-IN Music Group from Year 6 Play, learn, perform and enjoy!	2.00pm – 5.00pm	Free

## Tanfield Lea & District Community Association

Leith Gardens, Tanfield Lea. DH9 9LZ

Contact: Miranda Donneky

Telephone: 01207 231570

Email: [mldonneky@tiscali.co.uk](mailto:mldonneky@tiscali.co.uk)

Day	Activity	Times	Price
Monday	Committee Meeting (2nd week in month)	6.00pm	Free
Tuesday	Art: Contact David Atwell Tel: 0790 8599 859	12.00-2.00pm	£4.00
Tuesday	Welcome Space	1.00-4.00pm	Free
Tuesday	Bingo: Contact Alice Mearns Tel : 01207 233 285	2.00-4.00pm	£2.00
Tuesday	Swing-fit: contact Cathy Barron. Tel: 0749 4665 351	6.00pm – 7.00pm	£6.00
Wednesday	Digital Imaging	9.30am – 11.30am	£3.00
Wednesday	Toddlers & Carers: Contact Joan Hamilton. Tel: 0777 3057 403	9.30am – 11.00am	£1.50
Wednesday	Ladies Club: Contact: 0747 9473 983	2.00pm – 4.00pm	£2.00
Thursday	Chiropodist (last week in month)	9.00am – 12.00 noon	£4.00
Thursday	Art Class. Contact: David Atwell 0790 8599 859	1.00pm – 3.00pm	Weekly charge
Thursday	YOGA – <a href="http://www.paulrathbone.co.uk">www.paulrathbone.co.uk</a>	6.30pm – 8.00pm	£3.00
Thursday	Warhammer - war gaming-creating fantasy battles	5.00pm – 10.00pm	Free
Saturday	(2nd week in month) coffee morning	10.00am – 12.00pm	Free

## Tanfield Lea Countryside Group

Tanfield Lea Workingmen's Club

Contact: Ron Kelly

Telephone: 0752 6500 864

Follow us on Facebook – search for Tanfield Lea Countryside Group

Activity	Times	Price
<p>The groups aim is to:</p> <ul style="list-style-type: none"><li>● To maintain and regenerate our ancient woodland.</li><li>● To protect, maintain and enhance its wildlife, habitats and biodiversity.</li><li>● To encourage appropriate community participation, enjoyment, and education.</li></ul>	6.30pm on the last Friday of the month	Free





## Tantobie Community Centre

The Playing Field, Tantobie. DH9 9TJ

Contact: Chris Hume.

Telephone: 07784 259 600

Email: [tantobiecommunitycentre@gmail.com](mailto:tantobiecommunitycentre@gmail.com)

Day	Activity	Times	Price
Monday	Little Movers Toddler Group	9.00am – 11.00am	Weekly Cost
Monday and Thursday	LADC Academy of Dance	4.30pm 3 -6 YEARS 5.15pm – 6.00pm 6+	Weekly Cost. Follow on facebook.
Tuesday	Toddlers Group	9.30am – 11.00am	Weekly Cost
Wednesday	Line Dancing	7.00pm – 9.00pm	Weekly Cost
Thursday	Sewing Class	9.30am – 12.00 noon	£7.00
Thursday	Gymnastics, Dancing & Aerobics	From 4.30pm	Weekly Cost
Friday	Toddlers Group	9.30am – 11.30am	Weekly Cost
Saturday	Over 40's Football Cricket April - Sept	Contact the centre	Contact the centre

This Venue is available to hire for parties etc. – contact the centre.

## The Activity Den

Tanfield Lea, Stanley. DH9 9LU

Telephone: 01207 236739

Email: [info@theactivityden.org.uk](mailto:info@theactivityden.org.uk)

Website: [www.theactivityden.org.uk](http://www.theactivityden.org.uk)

Day	Activity	Times	Price
Tuesday	Den Dance - Ages 6+	4.30pm – 6.30pm	£1.00
Tuesday	Den Download - Ages 10+. An issue-based group where members get to explore the topics they want to learn more about.	6.30pm – 8pm	Free
Wednesday	<b>Welcome Space</b> - Open to all, Free food and refreshments with advice, guidance and signposting available.	2pm – 3.30pm	Free
Wednesday	Den Shoots – Ages 6-8 years old. Games and Crafts	5.00pm – 6.30pm	£1.00
Wednesday	Later - Ages 13+ Chill out & socialise with activities focused around the interests & ideas of the young people	6.45pm – 8.15pm	£1.00 plus tuck money
Thursday	Healthy Futures Youth Club. Ages 9 – 12. Chill out & socialise with activities such as crafts, sport and games.	6.00pm – 8.00pm	£1.00 plus tuck shop money.
Saturday	Sound Hub, Aged 10+. Anyone can learn to play a range of instruments, from our expert tutors at an affordable cost. Instruments provided. Everyone welcome.	10.00am – 12.00pm	£2.00 plus tuck shop money.

We offer food at all of our weekday sessions and activities with children and young people and can support with advice, guidance and signposting for parents and members of the community. This is available at our welcome Wednesday session and on request from [Bethannahill@theactivityden.org.uk](mailto:Bethannahill@theactivityden.org.uk)

**Our Young Volunteers Taskforce** - Open to anyone aged 13+. This is our group of young people that get involved in the planning of the youth clubs. The Taskforce is for young people who want to give back to their community.

## The Venue

Wear Road, Stanley. DH9 6AH

Telephone: 01207 233512

Email: [sccd96pz@gmail.com](mailto:sccd96pz@gmail.com)

Day	Activity	Times	Price
Monday	GYM	9.00am – 7.00pm last entry 6.00pm	£10.00 per month – No Contract
Monday	Catch 22	8.30am – 3.30pm	Term Time only
Monday	Wellbeing for Life - NHS	10.00am – 11.30am	Free
Monday	Food Bank	10.00am – 11.45am	Free
Monday	Money Advice Drop-In	9.00am – 3.00pm	Free
Monday	Wellbeing for Life - NHS	2.00pm – 3.00pm	Free
Monday	Line Dancing	1.00pm – 2.30pm	£3.50
Monday	Table Tennis	6.00pm – 10.00pm	£5.00
Monday	Woodturners – Every 3rd Monday	6.00pm – 9.00pm	Prices on request
Monday	Role Players	7.00pm – 9.30pm	£1.00
Tuesday	GYM	9.00am – 8.00pm last entry 7.00pm	£10.00 per month – No Contract
Tuesday	Catch 22	8.30am – 3.30pm	Term Time only
Tuesday	Slimming World	9.00am – 10.30am	£5.95
Tuesday	Carers & Toddlers Club	9.00am – 11.30am	£2.00
Tuesday	Citizens Advice	10.00am – 1.00pm	Appointments Only
Tuesday	Beading	10.00am – 12.00 noon	£2.00
Tuesday	P.H.I.S. Walkers Meeting	11.15am – 12.15pm	1st Tuesday of the month
Tuesday	Gentle Exercise	1.00pm – 2.30pm	£2.50
Tuesday	Cardio Rehab NHS	1.00pm – 3.30pm	Free

## The Venue

Day	Activity	Times	Price
Tuesday	Revo's Power Fit	6.00pm – 6.45pm	Price on request
Tuesday	Hapkido & Kumdo Martial Arts	7.00pm – 9.00pm	Price on request
Wednesday	GYM	9.00am – 8.00pm Last entry 7.00pm	£10.00 per month – No Contract
Wednesday	Foodbank	10.00am – 11.45am	Free
Wednesday	Home Group / Money Advice	10.00am – 12.00noon	Free
Wednesday	AGE UK - Crafts	1.00pm – 3.00pm	£4.00
Wednesday	Welfare Rights	9.00am – 4.00pm	Appointments only
Wednesday	Gleeman	2.00pm – 4.00pm	£25.00 every 6 month
Wednesday	Sewing Group	7.00pm – 9.00pm	£2.00
Wednesday	Revo's Rave Fit	6.00pm – 6.45pm	Price on request
Wednesday	Tae Kwon Do	6.30pm – 8.00pm	Price on request
Wednesday	Shoestring Theatre Company - STC	7.30pm – 9.00pm	Price on request
Thursday	GYM	9.00am – 7.00pm last entry 6.00pm	£10.00 per month – No Contract
Thursday	AGE UK Circuits Exercise Class	10.00am – 11.00am	£4.00
Thursday	Cardio Rehab NHS	1.00pm – 3.30pm	Free
Thursday	Activities for over 50's	1.00pm – 4.00pm	Price on request
Thursday	Foundation of Light Football – Wear Together – over 55's Mixed Gender	1.30pm – 3.30pm	Price on request
Thursday	Aikido	6.00pm – 7.00pm	Adults £5.00
Thursday	Ravo's Power Fit	6.00pm – 6.45pm	Juniors 9+ £3.00
Thursday	Table Tennis	7.00pm – 9.00pm	Price on request

## The Venue

Day	Activity	Times	Price
Friday	GYM	9.00am – 7.00pm last entry 6.00pm	£10.00 per month – No Contract
Friday	Wellbeing for Life	9.30am – 12.30am	Free
Friday	Open Art Group	10.00am – 12.00 noon	£2.50 - Booking Essential 03000 262480
Friday	Food Bank	10.00am – 11.45am	Free
Friday	Money Advice Drop-In	10.00 – 12.00 noon	Free
Friday	Citizens Advice	10.00am – 1.00pm	Free
Friday	Stanley New Art Group	1.00pm – 3.00pm	£3.50
Friday	Zumba THRIVE	6.00pm – 7.00pm	Price on request
Saturday	GYM	9.00am – 11.00am last entry 10.00am	£10.00 per month – No Contract
Saturday	Slimming World	8.00am – 10.30am	£5.95
Saturday	Little Movers - Ballet	10.00am – 11.00am	£5.50
Sunday	Christian Revival Church	10.45am – 2.00pm	Free

## Support Information

### **Age UK County Durham is the 'go to' organisation for anyone aged over 50.**

We are an independent local charity and have been working with communities throughout the County for over 45 years, helping and supporting people aged over 50, including their families and carers. We have a dedicated team of staff and volunteers helping us to deliver our services and activities. We provide a wide range of services and activities designed to meet the needs of older people in the community:

- Arts & crafts
- Bereavement support groups
- Dementia therapies & activities
- Digital inclusion access online services safely
- Exercise classes for all abilities
- Falls Prevention for strength & balance
- Gents breakfast clubs
- Help at Home Shopping
- Information and Advice – free & impartial advice from qualified workers
- Lunch clubs across the County
- Mental health & wellbeing support
- Occupational therapy to improve mobility
- Pre-frailty support
- Scam awareness
- Volunteering opportunities
- Woodcrafts in the Shed, Belmont

For more information about all our services/activities. Telephone: 0191 386 3856

Email us at [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk)

Visit our website [www.ageuk.org.uk/countydurham](http://www.ageuk.org.uk/countydurham)

See all our activities at:

[www.ageuk.org.uk/countydurham/activities-and-events/activities-calendar/](http://www.ageuk.org.uk/countydurham/activities-and-events/activities-calendar/)

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## Age UK County Durham

Age UK County Durham provides a free and impartial service to help people aged 50 and over across County Durham maximise their income. A holistic approach ensures clients receive wide-ranging expert support with their claim, as well as help with other issues including aids/adaptations, energy costs, care provision and client welfare.

Telephone: 0191 374 6367 Email: [your.rights@ageukcountydurham.org.uk](mailto:your.rights@ageukcountydurham.org.uk)

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## Alzheimer's Society - Dementia Adviser Service

When you or someone you know is affected by Dementia or memory concerns, finding the right services can feel daunting. The Alzheimer's Society's Dementia Adviser Service can help you find exactly what local support is best for you. Our service is available across County Durham for those worried about their memory, living with Dementia, their carers and family members.

Our Dementia Advisers will:

- Listen to your needs and offer tailored information and advice so you can consider your future options.
- Advise on various areas from joining social groups in your area to managing your money.
- Link you up with other local professionals and services.
- The Alzheimer's Society report that 91% of people affected by Dementia say having a Dementia Adviser makes their life better.

If you would like support, then please get in touch today.

Telephone: 0191 3890400 or

Email us at: [durhamandchester@alzheimers.org.uk](mailto:durhamandchester@alzheimers.org.uk)

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## Citizen's Advice County Durham

Citizens Advice County Durham is a local charity which provides debt and other advice to thousands of people every year. Its services are free, confidential and impartial. If you are struggling with your Council Tax, or any other debts, the service can provide guidance, money advice and debt solutions.

Telephone: 0808 278 7821 Monday to Friday 9.00am – 4.00pm

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## Community Groups in Stanley

Catchgate & Annfield Plain Action Partnership

Greencroft and Annfield Plain Partnership

New Kyo & Oxhill Residents Association

South Stanley Partnership

Tanfield Lea Partnership

Tanfield in Bloom

If you would like someone to contact you from any of the above groups, please contact Stanley AAP Office: Telephone: 03000 265323 or

Email: [stanleyaap@durham.gov.uk](mailto:stanleyaap@durham.gov.uk)

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## Community Money Advice County Durham

Run by Durham Christian Partnership, this project offers a free, non-judgemental and confidential service for anyone struggling with financial issues, debt or managing their money.

Appointments are available at a number of foodbank centres across the county, with advice also available via telephone, email, post or video call. In special circumstances home visits can be arranged.

Telephone: 0191 303 7514 to request a callback. Monday to Friday 9.00am - 5.00pm

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## Cycling in Stanley

Why cycle? Cycling is cheap, fun, and easy to do. From a five-minute potter to the shops or a ten-minute ride to work, through to a fifty-mile cycle, there are benefits and routes for all.

Get in shape

- Cycling burns on average 240 calories an hour (at 10 mph)
- Regular cyclists enjoy higher levels of overall fitness – a great benefit from a daily ride to work.
- In the long-term cycling has huge benefits for general health and reducing the risk of heart Disease.

Visit [www.nhs.uk/healthier-families](http://www.nhs.uk/healthier-families) for more information.



## Travel Smart

- Cycling is a zero-carbon mode of transport which improves air quality and has a positive impact on the environment.
- One in four car journeys are less than 2 miles, so rather than just jumping into the car to go to school, the shops or to work, why not cycle? 2 miles will take you about 12 minutes (at 10 MPH) so it's a fast option too.

## Unwind

- Switching from driving to cycling helps avoid the stressful morning traffic jams. The Stress Management Society recommends cycling as one of the best ways of reducing stress.
- Cycling has predictable and reliable journey times so you can always be on time.
- Taking regular and moderate exercise is a great way of reducing stress while the pleasure of cycling is a great tonic for mind and body.
- Cycling can be very sociable too, and a great way to see more of your local community.

For information on weekly guided rides, local events and clubs, visit:

[www.durham.gov.uk/cycling](http://www.durham.gov.uk/cycling). To find your nearest cycling club Email:

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

## Save money

- It is much cheaper to buy and maintain a bike than a car and you will be saving money on fuel too.
- You can save yourself money by switching to cycling. Every journey you replace will bring savings!
- To find out more information about annual commute costs by car and bike go to <https://blog.halfords.com/cyculator.html>.

If you need help and support join Love to Ride! There are resources to help you ride more, you can connect with other riders, plus you could win amazing prizes. Register for free at [www.lovetoride.net/durham](http://www.lovetoride.net/durham) and start logging your journeys.

## Cycling to work

Combine your exercise time with transport by cycling to work.

By incorporating physical activity into your everyday routine, you will reap the benefits. Cycling regularly can reduce the potential for illnesses associated with a sedentary lifestyle, including diabetes and cardiovascular disease.

If you live or work in Stanley you can apply to our Borrow a Bike Scheme for free bike hire to help you get to work, save money and keep healthy. For more information please visit [www.durham.gov.uk/borrowabike](http://www.durham.gov.uk/borrowabike).

## Durham Carers Support

Durham Carers Support is an independent, charitable organisation providing information, advice and support to carers. Durham County Carers Support offers a wide range of local, confidential support services to adult and parent carers, such as:

- One to one support, including home visits
- Information and advice
- Informal advocacy support
- Carer training and support with employment issues
- Support to access other services
- supporting carers' health and wellbeing
- social events and activities
- local support groups
- carer breaks

### Why not become a Volunteer?

Our volunteer service is a crucial part of the support we offer Carers. We have a wide variety of roles that can utilise your skills and expertise, whilst enabling DCCS to extend our reach and deliver vital support to more people.

We offer an induction and ongoing training and support. We value all our volunteers however much time they have to spare. We offer various roles based in the office, in the community and based at home.

We are very proud to have the Volunteering Kitemark from Durham Community Action since October 2015. This highlights our commitment and value placed on the service.

The roles are ideal for those looking to upskill, gain experience for C.V.'s or to give back to your local community. Whatever your reason we would love to hear from you.

**[dccarers.org/volunteer](http://dccarers.org/volunteer)**

Telephone: 03000 051213 Email: **[admin@dccarers.org](mailto:admin@dccarers.org)**

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## DurhamLearn – Adult Learning & Job Training

We've got something for everyone in our huge range of courses - whether you want to boost your job prospects, learn a new skill, help the kids better with homework or turn a hobby into something more, we have a course for you.

You can meet new people and make friends with our classroom-based courses, or if you want to fit something in around your busy lifestyle then our online or blended learning courses are perfect for you.

With locations across the county and courses starting throughout the year, there is sure to be something to suit you.

To view the course guide visit: [www.durham.gov.uk/durhamlearncourses](http://www.durham.gov.uk/durhamlearncourses)

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## DurhamLearn - Multiply

**What is Multiply? Free maths courses within a local community centre.**

Multiply is a new FREE programme to help adults across the UK improve their numeracy skills to understand and feel confident in using numbers in daily life, home, and work including improving household finances, helping children with homework, or improving numeracy skills specific to your line of work or to help you get into work.

### **Course Outline:**

Our Multiply Champions will use a supportive approach to boost your confidence and skills. They will use a range of resources to meet your needs including understanding how to work out accurate costings, working with money including discounts, mark-ups and feasibility or understanding ratios and proportions for mixing accurately and without waste. These are just some examples but Multiply is completely flexible and can be tailored to meet your needs as an individual.

### **Benefits:**

Boost confidence and ability with numbers and how to apply them to work related and day-to-day situations.

Learn how to manage life skills with a focus on number confidence, including the big numbers and how they impact on your daily life.

Confidently talk about the kinds of numbers and maths that we use every day.

Opportunity to progress into further learning in maths or employment

To find out more, please contact the Multiply team Email:

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

## DurhamWorks

DurhamWorks is a dedicated programme for young people aged 16-24 living in County Durham who are not in education, employment or training.

We are a partnership programme between Durham County Council and other organisations working together, bringing their own expertise and experience to provide a tailored service which is individual to you.

DurhamWorks provides everything you need to get on.

- One to One support with a dedicated member of the team.
- Helping you find out what you want to do.
- Getting you the skills and qualifications, you need.
- Finding you the experience, you need.
- Supporting with benefits, housing, care arrangements.
- Helping you into work, volunteering, further learning or training.

No matter who you are, our team have dedicated advisors waiting to discuss Durham-Works and how it can help you. You can complete an online form in any of the sections below, or alternatively, if you would prefer to speak to a member of the team.

Visit us at <https://durhamworks.info>. Telephone: 03000 262 930.

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## Energy Efficiency Information

### Top Energy saving tips

With winter on its way and energy prices rising our helpful tips will help you save money on your energy bills.

### Monitor your energy usage

keeping a watchful eye on your energy consumption can help you decide when to change your energy use using a smart metre can help track your consumption in real time

### Heating Thermostat

Almost half of your energy bill comes from heating and hot water usage. Turning your heating down by just one degree could save you up to £55\* a year.

TV, Computers, mobile phones etc.

Avoid leaving these on standby and don't leave them to charge unnecessarily.

## **Lights**

Always turn off lights when not required.

## **Kettles**

Only heat the amount of water you need.

## **Hot Water**

Needs to be hot but never scolding. For most people the cylinder thermostat set at 60 degrees centigrade is fine for bathing and washing.

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## **Equipment Advice Service**

Free advice and guidance available on hundreds of products to help you live independently. Appointments are available for the 'Independent Living House Demonstration Centre' where you can try products before you commit to buying or hiring. Information and advice can also be given via telephone for those who are unable to attend the house.

Telephone: 03000 265667 Email: [equipmentadvice@durham.gov.uk](mailto:equipmentadvice@durham.gov.uk)

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## **Family Hub, Stanley**

Clifford Road, Stanley, DH9 0AB

Stanley Family Hub offers a wide range of services and activities for children aged 0-5 and their families living in the Stanley reach area. Services include family support, parenting programmes, adult learning opportunities, play and learning sessions and lots more!

Telephone: 03000 266150 for more information

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## **Free School Meals**

Free school meals are available to all children in reception, Year 1 and Year 2 as well as other school age children whose parents or carers receive certain benefits.

[www.durham.gov.uk/freeschoolmeals](http://www.durham.gov.uk/freeschoolmeals)

Telephone: 03000 268 003 Monday to Friday 9.00am – 4.30pm

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## Finding Financial help and Support

The rising cost-of-living is squeezing all of our household budgets but help and support is available for those who need it.

If you are experiencing financial hardship, have rent arrears or are dealing with debt, you should get help as soon as possible. You can get free and impartial advice and support from a range of places.

We can:

- Provide general information and advice on Council Tax discounts, disregards and exemptions, including single person discount.
- Discuss any difficulties you are having paying your Council Tax or Housing Benefit overpayment. We can discuss a payment plan to help with your overall household budgeting.
- Talk through your income to see if you may be entitled to help through our Council Tax Reduction Scheme.
- Provide advice on claiming a Discretionary Housing Payment if you are having difficulties in paying a shortfall in your rent.

Monday to Thursday 8.30am-5.00pm, Friday 8.30am-4.30pm.

Telephone: 03000 265 000. For more information, visit

[www.durham.gov.uk/helpwithyourmoney](http://www.durham.gov.uk/helpwithyourmoney)

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## Helping people keep their home

We can offer support and help if someone is homeless or worried about being homeless. If someone is in danger of losing their home we will always try to prevent this from happening in the first instance. There is support available to help with financial difficulties: [www.durham.gov.uk/housing](http://www.durham.gov.uk/housing)

Telephone: 0808 196 8406. Monday to Thursday 8:30 – 5.00pm. Friday 8:30 - 4:30pm. The above number is available out of hours in an emergency including weekends, for anyone who is homeless and has nowhere else to stay.

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## Home Improvement Agency (HIA)

The home improvement agency provides advice, guidance and practical assistance to people who are older, disabled, or on low incomes to repair, improve or adapt their homes, to enable them to maintain their independence at home. Monday to Thursday 8:30 – 5.00pm. Friday 8:30 - 4:30pm.

Telephone: 03000 268000 [www.durham.gov.uk/homeimprovementagency](http://www.durham.gov.uk/homeimprovementagency)

## Food Crisis Support

Foodbanks are community organisations that can help if you cannot afford the food you need. You will usually need to get a referral to a foodbank before you can use it. Referrals can be made by organisations that are already supporting people e.g. a charity, school, or family centre, or you can contact County Durham Foodbank.

Telephone: 0191 303 8693 to speak to the foodbank referral team who will be able to issue you with a foodbank voucher if necessary.

Monday to Friday: 9:00 am - 4:00 pm

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## Foodbank

Durham foodbank operates in partnership with local churches and communities, it is part of the national UK network of foodbanks established using the model developed by The Trussell Trust. Almost 400 foodbanks across the country are now part of the network and in 2012-13 these foodbanks fed 346,992 people nationwide. To access the foodbank, which is located at The Venue in Stanley, customers must be referred to the service by official bodies such as the Job Centre, Citizens Advice Bureau, support groups, doctors and schools.

The vast majority of the food is donated by local churches and community groups, but 'The Venue' is also a local drop off point for anyone wanting to support the service with donations of food.

The Venue, Wear Road, Stanley DH9 6AH - Monday, Wednesday, Friday 10am - 12pm. For enquiries telephone: 0191 303 7559

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## Fire & Rescue Service

Safest People, Safest Places – Book your Safe and Wellbeing Visit today.

We can provide you with:

- Free Smoke Alarms
- Fire Safety Advice
- Lifestyle Support

Telephone: 0845 2234 221 to book an appointment.

Be a Firestopper. Deliberate Fires destroy communities.

Tel us what you know. Telephone: Firestoppers on 0800 1695 558

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## Healthy Start Scheme

Get help to buy food and milk through the Healthy Start scheme.

If you're more than 10 weeks pregnant or have a child under four you may be entitled to get help to buy healthy food, infant formula and cow's milk. If you're eligible you will receive a healthy start card that you can use in many local shops and supermarkets. Money will be added into your Healthy Start card every four weeks. Find out if you're eligible at: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) or speak to your midwife, health visitor, or family centre.

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## Headway - The Brain Injury Association

Headway is a charity set up to give help and support to people affected by brain injury. It does this in a number of ways:

### Locally

A network of local groups and branches throughout the UK and Channel Islands offers a wide range of services, including rehabilitation programmes, carer support, social re-integration, community outreach and respite care. The services available will vary, depending on local needs and resources.

### Nationally

Headway UK provides support to the local groups and branches and helps to deliver high quality services through guidance on policies, procedures, standards and training. Additionally:

The Headway Helpline provides information, and support to brain injury survivors, their families and carers. The Helpline is nurse led and offers a listening ear to those experiencing problems.

We publish a range of booklets containing information about aspects of brain injury that will be helpful to those directly affected, plus professionals, employers and members of the public.

We promote understanding of brain injury and its effects.

We lobby for better support and resources to be made available by statutory health and social care providers.

We campaign for measures that will reduce the number of brain injuries.

National Helpline telephone: 0808 800 2244. [www.headway.org.uk](http://www.headway.org.uk)

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## Just for Women Centre

We have been delivering essential support to women in the Stanley and surrounding areas as a social enterprise not for profit company. We run a free counselling service. We have referrals from lots of different organisations including Victim Support, Lifeline, and the Local Mental Health Team etc. We offer women successful and lasting routes out of social exclusion, an alternate learning into training, employment and starting their own business, some of these women are the most vulnerable women in our society. 60% of women seeking help have experienced violence, mental and sexual abuse, have limited income, have low participation rates in the employment market, or experience other barriers that make it difficult for them to contribute to their communities and live their lives to their full potential. Given the issues faced by vulnerable women and their lifestyles, outcomes cannot be achieved quickly, and progress is measured in small steps. Telephone: 01207 281145 for more advice.

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## Karbon Homes

Karbon Homes has multiple services available to tenants and those living in one of our properties, and those who have housing applications through Durham Key Options.

### Skills Foundations

- 121 tutoring and group sessions in practical Maths and everyday English
- Homework support sessions for parents
- Emotional resilience courses, building confidence and reducing stress levels
- Work readiness sessions - confidence is all in the preparation!
- 121 or group sessions to learn essential life skills, such as getting good deals on your everyday bills, making your money work for you and cooking to your budget.

Email: [foundations@karbonhomes.co.uk](mailto:foundations@karbonhomes.co.uk). Telephone: 0191 223 8750

**Digital Foundations** – Our Digital Coaches provide one to one tailored support to help you on your journey – wherever the destination.

- Use your PC, laptop, smartphone or tablet.
- Become more confident using the internet
- Stay connected with friend and family
- Save time & money online

- Find/apply for jobs and update your Universal Credit journal
- Access your tenancy information & Karbon rent account
- Register and search for available homes.

Email: [foundations@karbonhomes.co.uk](mailto:foundations@karbonhomes.co.uk). Telephone: 0191 223 8750

**Employment Foundations** – whether you're between jobs, have been out of work for a while, or in work and fancy a career change our experienced Employment Foundations advisors can help & support you to achieve your goals. They can support you to:

- Find a new job
- Gain qualifications
- Get ready for interview
- Learn new skills
- Get into volunteering

Contact the Foundations for Life Team: Email: [foundations@karbonhomes.co.uk](mailto:foundations@karbonhomes.co.uk)  
Telephone: 0808 164 0111

### **Money Matters**

Our Team are experienced in listening, not judging, and giving sensible advice to make your life easier. They can help and support you with:

- Universal Credit
- Dept
- Appealing a benefit decision
- Benefit checks and applications
- Budgeting
- Energy Advice & Grants

Contact the Money Matters Team: Email: [moneymatters@karbonhomes.co.uk](mailto:moneymatters@karbonhomes.co.uk)  
Telephone: 0808 164 0111

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### **Locate**

Locate is a website containing a wide range of care and support products and services with a range of costs, some are even free! You can find everything from leisure and community activities to products and services that can help you to live as independently as possible.

Locate offers options to support you at home, such as help with odd jobs, everyday living aids, equipment to make life easier and home care. It includes voluntary services, support for carers, day care opportunities and residential care information. You'll also find options to keep you active and involved such as clubs, sports and social activities.

Use Locate to:

- Search for local groups and activities
- Find the right care and support services to suit your needs
- Contact organisations to make enquiries

Locate offers an exciting opportunity for businesses\* to advertise care and support services online, which is particularly useful for small companies and individuals without a website.

We are keen to welcome more organisations and providers to Locate to join the thousands who have already signed up!

To find out more about joining, Email: [locate@durham.gov.uk](mailto:locate@durham.gov.uk)

\*Terms and conditions apply

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## Low Cost Food

### **The bread and butter thing (TBBT)**

The bread and butter thing collects surplus food and stable goods that often end up going to waste from supermarkets, factories and farms, and distributes it at a discount price through community hubs. you will need to become a member to use this service but it is free to do.

For just £7.50 members shopping bags can be filled with an average of £35 worth of food items made-up of quality nutritious food. Each week members can access 3 bags of produce including fresh fish and vegetables, chilled goods, as well as cupboard staples such as pasta and cereal.

[www.breadandbutterthing.org/becomeamember](http://www.breadandbutterthing.org/becomeamember)

Weekly at locations across County Durham

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## Mixit

If you are interested in drama, performing arts and having fun then the MiXiT days weekday academies and weekend Mini Mixits and stageschools are the place for you. Professional coaching and support is provided that will lead to a fantastic, high quality performance in your local area. The internationally renowned inclusive theatre company Moveable Feast have opened weekday academies and weekend Mini Mixits and stageschools under the banner of MiXiT days.

People with disabilities and their families will now be able to take advantage of Moveable Feast's fantastic experience and skills. You may have seen Moveable Feast and their pop group MiXiT, who give their name to the academies, at various venues around the UK and Europe over the past few years.

Telephone: 01207 232 727. Email: [mixitdays@gmail.com](mailto:mixitdays@gmail.com)

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## NEFirst Credit Union

25-33 Front Street, Stanley. DH9 0JE.

NEFirst Credit Union was formed by the merger of a number of smaller North East based Credit Unions who have been providing savings and loan accounts for their members for more than twenty years.

NEFirst Credit Union covers the whole of the North East, including County Durham, Northumberland and all of the boroughs that make up Tyne & Wear (Newcastle, Gateshead, Sunderland, North Tyneside and South Tyneside). Anyone who lives or works in this area is eligible to join.

The benefits of being a member of NEFirst include:

- Access to straightforward and secure savings accounts
- The availability to members of loans at interest rates that are much lower than many loan providers (especially door stop lenders, pay day loan companies and pawn brokers)
- Free life insurance on savings and loans.\*
- We have offices in Gateshead, Stanley and Birtley and a number of regular service / collection points.

N.B. Loan interest rates depends on personal circumstances.

\* Life Insurance subject to terms and conditions.

Telephone: 0330 055 3666. Counter Services open Monday – Friday 9.30am – 3.00pm

We are affiliated to the Association of British Credit Unions Ltd. (ABCUL)

We are also supported by a number of organisations but remain independent, owned and run by our members. [www.nefirstcu.co.uk](http://www.nefirstcu.co.uk)

### **Why not host a cost cutting workshop.**

Our Financial Ability Team, in partnership with NEFirst Credit Union, is helping people through this difficult time with cost saving ideas that can make all the difference

If you are looking for more ways to reduce your outgoings why not ask your school, employer, or local community centre to host one of our Financial Ability Workshops.

They are free of charge and could help you, your colleagues, your family and your friends, save money and learn skills that could make you better off and in control of your finances. For more information, please visit us:

[www.durham.gov.uk/financialability](http://www.durham.gov.uk/financialability)

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### **Police – PACT Meetings**

**Stanley Police hold monthly meetings at local venues** - The meetings are attended by a representative from your neighbourhood policing team and will be specific to your area and individual neighbourhood priorities will be discussed. All members of the community are welcome.

### **Protect yourself against scams**

Unfortunately some people try to take advantage of others whilst they are vulnerable.

Find out what to look out for and how you can protect yourself at

[www.actionfraud.police.uk/](http://www.actionfraud.police.uk/)

Email: [stanley-npt@durham.police.uk](mailto:stanley-npt@durham.police.uk). Telephone: 101

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### **Private Rented Sector**

We have a team that works with landlords to ensure properties are fit for habitation. The team also offers a free mediation service for landlords and tenants to try to sustain a tenancy instead of eviction.

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

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## Silver Talk

Do you like a Good Natter? Silver talk could be just the thing for you!

Silver Talk is a telephone befriending service that is in its 10 year. It is a service that enables older people to connect for regular social telephone calls in County Durham. So, if you'd enjoy a regular opportunity to chat to someone new, give us a call. You can chat about anything you like from the weather, to what you have watched on TV, it's entirely up to you!

The Silver Talk Service has been designed by older people and it is delivered by older people. The people making the telephone calls are friendly, fully trained, police checked older volunteers, who can chat about anything and everything.

As well as providing regular social contact, Silver Talk offers helpful links to other agencies that can help with a variety of issues that will assist older people to live independently in their own homes with confidence – from making sure everyone has up to date information on pensions and benefits to finding help with little jobs in the house and garden.

Monday – Friday: Half hour telephone natter sessions. 10.00am – 3.30pm

Contact: John or Natalie Telephone: 01207 235760 for more information or to sign up.

Email: [info@silvertalk.co.uk](mailto:info@silvertalk.co.uk)

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## Stanley Customer Access Point

The Louisa Centre, Front Street, Stanley DH9 0TE.

Monday - 8.30am to 5.00pm

Tuesday - 8.30am to 5.00pm

Wednesday - Closed

Thursday - 8.30am to 5.00pm

Friday - Closed

Self Service PCs are available for information on a range of services including bus passes, waste permits, highways, street cleansing and environmental services. Please contact us to make an appointment for Housing Benefit and Council Tax Reduction or call in for help to set up and maintain your Universal Credit claim.

Telephone: 03000 260000

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## Stop Loan Sharks

If you are a victim of a lawn shark, Stop Loan Sharks can help you get a loan shark off your back. It offers online Chat and call back services.

[www.stoploansharks.co.uk](http://www.stoploansharks.co.uk). Tel 0300 5552222 anytime 24/7

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## Stop Smoking

Free, proven support to help you quit smoking now!

Join the thousands of people who have used Smokefreelife support to help them stop smoking.

Maybe you've tried to stop smoking before and it didn't work, or there are other challenges that are making it difficult for you to stop. We offer free telephone support to get to know you and help you succeed in stopping smoking.

Telephone: 0191 369 2016/ 0800 772 0565 or Text 'QUIT' to 66777

[www.smokefreecountydurham.co.uk](http://www.smokefreecountydurham.co.uk)

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## Stanley AAP Forum Recruitment

**Do you know anyone who would like to become a Stanley AAP Forum Member?**

Stanley AAP brings the Council and its Partners together with local people and organisations so they can have a greater say on how services are provided in the area.

Stanley AAP Forum is open anyone who lives, works, volunteers or studies in the area. All you have to do is sign up and get involved in the work of Stanley AAP. We send a monthly Ebulletin to those who have an Email address to keep you up-to-date with what's going on in Stanley and the surrounding area.

If you know of anyone who would be interested in becoming an AAP Forum member or would like further information, please contact the AAP Office.

Telephone: 03000 265323.

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## Stanley Education Centre

Stanley Education Centre is annexed to Shield Row Primary School and provides meeting and training rooms for both public and private hire. Parking is available on site for up to 70.

Telephone: 03000 265320 for more information.

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## Stanley Transport Scheme - Supportive

Would YOU like to become an important part of our team as a Volunteer Driver?

We require volunteer drivers with a caring and understanding nature located throughout the Stanley area, who have their own vehicle:

- Mileage rate paid.
- Training and support provided.

Stanley Area Action Partnership helped fund a Volunteer Driver Service Pilot for the Stanley area. After this successful pilot, funding has been provided to continue this popular service giving vulnerable people of all ages help with their transport needs. This scheme is led by 'Supportive' whose aim is to support people to achieve a better quality of life.

Are you one of the many people in Stanley who finds it difficult to get out of the house or use public transport?

Supportive can help you get from A to B. Maybe we can help you or someone you love to keep independent.

### **Do you need help getting about?**

We may be able to help you get out and about. Whether its coffee morning, craft groups, tea dances, bingo, social activities or church, we could help by providing a volunteer driver door-to-door service. We are Supportive; a registered charity based in County Durham delivering a not-for-profit social care service.

Our volunteer drivers come from all walks of life and are approachable, friendly and reliable. We offer access to social activities and aim to relieve social isolation within Stanley. Small charges do apply. To see if you qualify or for further details contact: Telephone: 01740 658880 or Email [info@supportive.org.uk](mailto:info@supportive.org.uk)

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## Targeted support for older people – Durham County Council Welfare Rights

We run campaigns to help people over pension age (66 and over) claim the benefits that they may be entitled to. Our TV licence campaign helped older people qualify for Pension Credit to access a free TV licence under the new rules. Telephone. 03000 268 968.

### Helping over 75s with benefits

We want to ensure that older people in County Durham receive all the welfare benefits they are entitled to. We do this by writing to residents who are aged over 75 and receive Housing Benefit or Council Tax Reduction inviting them to contact us for a free, confidential benefit check.

We can give advice about disability benefits, such as Attendance Allowance, which you may be able to claim if you have difficulties with daily living activities (not including domestic duties). We will also check for means-tested benefits such as Pension Credit.

With your permission, we are happy to speak with friends or relatives on your behalf. You may not wish to disclose your income over the telephone, but we can still help you with some advice.

Since 2018 we have sent out 7,331 letters, advised 3,617 residents, and raised over £10 million in previously unclaimed benefits.

We will be writing to more residents this year. If you have not received a letter from us, but are over Pension Age and would like advice about benefits, please contact us. Telephone: 03000 268968

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## Think Positive Durham

Cemetery Office, Off East Parade, East Stanley, DH9 0PS

- Mental Health and Well-being support
- Listen Ear, Talking and Counselling Services
- Social and Peer Support Sessions
- Craft, Creative and Well-being Courses

Please ring for session times and dates. Telephone: 01207 280407.

[info@thinkpositivedurham.org](mailto:info@thinkpositivedurham.org)

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

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## Welcome Spaces

Welcome Spaces are somewhere you can go to find company and stay warm, well, and safe this winter. In some, you'll also be able to get refreshments.

With many people feeling isolated, as well as the pressure because of increased energy costs and the rising cost of living, our Welcome Spaces network aims to support residents across County Durham this winter.

Our Welcome Spaces are free and will let you stay for as long, or for as short a period as you wish (within their opening hours)

### Find your nearest Welcome Space

Finding your nearest Welcome Spaces is easy. We have added a section to Locate, our online directory, allowing residents to connect with local services. So, if you are looking for somewhere to feel welcome, or to warm up, you can find out where you can go and enjoy a little company. Some Welcome Spaces also offer refreshments, wi-fi access, parking and baby change facilities. [www.durhamlocate.org.uk](http://www.durhamlocate.org.uk)

Welcome Spaces offer some much-needed social interaction with others, as well as support and information around the continuing cost of living situation and financial hardship facing many of our communities, including the increases in energy, food, fuel and other necessities.

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## Wellbeing for Life Service

The Wellbeing for Life service is a **FREE** service supporting you to live well in County Durham. The Wellbeing for Life service aims to take a community approach to improving health and wellbeing. The service can work with you on a one to one basis or in groups through a combination of staff and volunteers. The service can give you help with:

- Healthy eating, weight management, weight loss
  - Stopping smoking
  - Increasing physical activity levels
  - Practical cooking
  - Mental wellbeing
  - Adult learning opportunities
  - Finding out how to volunteer and help others
  - Finding out how to get involved in their community
-

Advice is given to help people know what's available and the programme also supports community groups to develop their own initiatives and set up community activities.

**What's on this month:** We are running lots of activities in your area. Check out the events section on our website which shows what's on in your area.

**[www.wellbeingforlife.net](http://www.wellbeingforlife.net)**

If you would like more information or support please contact us on:

Freephone 0800 8766887. Email: **[cdda-tr.WBFL@nhs.net](mailto:cdda-tr.WBFL@nhs.net)**

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## **Welfare Assistance Scheme**

The Council's Welfare Assistance Scheme can help residents at times when they are at their most vulnerable by supporting their short-term needs or helping them to maintain their independence. There are two types of welfare assistance available:

- **Daily living expenses** help meet immediate short-term needs for goods or services that arise because of a disaster or unforeseen circumstances. It can include direct payments to a gas or electricity supplier or prepayment card/ vouchers for food and travel.
- **A settlement grant** can help residents remain in the community, or move back into the community, after a period in supported or unsettled accommodation, for example someone leaving care or an individual who has been made homeless. It includes access to standard household items such as beds, bedding, furniture and white goods.

The contact telephone number for the Council's Welfare Assistance Scheme is 03000 267900.

Applicants can apply for welfare assistance by telephone or by completing an application form online at **[www.durham.gov.uk/welfareassistance](http://www.durham.gov.uk/welfareassistance)**

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## **Welfare Rights**

We have specialist staff who can help you understand what benefits you may be entitled to and support you in making a benefits claim or making an appeal against a benefit decision. They can also provide representation at an appeal.

**[www.durham.gov.uk/welfarerights](http://www.durham.gov.uk/welfarerights)**

Telephone: 03000 268 968.

Monday to Thursday 8.30am to 5.00pm, Friday 8.30am to 4.30pm

## **Welfare Rights Officer available in The Venue Stanley every Wednesday**

Do you own your own home or rent from a private landlord?

Have you been taken off benefits?

Do you not know what you can claim?

A Welfare Rights Officer is now available **every Wednesday** at The Venue, Wear Road, Stanley, DH9 6QA. Telephone: 03000 268968.

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## **Wheels2Work County Durham**

### **Transport help to access employment**

We provide 125cc scooter hire or bicycles (not E-bikes) you can own to get you to and from work, education or volunteering if your current journey is a struggle because of a lack of transport alternatives.

### **Scooter hire scheme**

If you're 17 or over and have a provisional licence, you can hire a scooter. You must live in County Durham, have secure home storage, confirmation from your employer, educator or voluntary group and a proven struggle to get to their location.

Hire rates are a maximum of £35 per week or £152 per month and loan periods are guaranteed for 6 months with the possibility of a 3-month extension up to a combined maximum of 1 year (subsidies on charges are sometimes in place depending on the circumstances of the hirer). Included free as part of the package are PPE (Helmet, Jacket, Gloves and Hi-Vix), CBT (Compulsory Basic Training) course, vehicle insurance cover, breakdown and recovery, servicing, and maintenance.

### **Bicycle to own scheme**

If you are 16 or over and are in, or have been offered, employment, education or volunteering you could be eligible to receive one of our pedal bicycles which you be allocated and own. You must live in County Durham, find it a struggle to get to your place of work, study or volunteering, or being able to travel as part of one of these during your activities, and not be able to afford to purchase your bicycle. For a £20 contribution made by the applicant or the organisation they represent. You will receive a Halfords Apollo range Mountain or Hybrid bicycle, helmet and accessory pack which is delivered ready built to your door.

### **Applying**

Please visit the Wheels2Work County Durham website [www.w2wcd.org.uk](http://www.w2wcd.org.uk) and complete an application form for either scheme as appropriate, or for more details.

## **Contact**

Wheels to Work 0191 3038442 / 07460 068668

Find us on Facebook, Instagram or Twitter (X)

Email: [info@w2wcd.org.uk](mailto:info@w2wcd.org.uk)

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## Useful Telephone Numbers



Organisation	Contact details
Age UK County Durham - Information	0191 3863856
Annfield Plain Library	03000 269511
Benefit Enquiries	03000 262 000
Children & Young People's Services	03000 261114
Council Tax Enquiries	03000 264 000
Citizens Advice	0808 278 7821
Citizens Advice Debt Advice Line	0300 323 2000
Credit Union	03300 553666
Durham County Council – Customer Services	03000 260 000
DurhamWorks	03000 261714
Foodbank Enquiries	0191 303 7559
Highways Enquires	03000 261000
Job Centre Plus Stanley	0845 604 3719
Karbon Homes	01207 521100
Police	101 (Emergency 999)
South Moor Library	03000 269 516
Stanley Education Centre	03000 265320
Stanley Library	03000 269517
Street Scene Enquiries	03000 261 000
Stanley Town Council	01207 299110
Stanley Area Action Partnership	03000 265323

## Below is a list of your Locally Elected Durham County Councillors

Division	Councillor	Contact details
Annfield Plain Division	Joan Nicholson	03000 264350
Annfield Plain Division	Christine Bell	03000 269248
Craghead & South Moor Division	Sam McMahon	03000 269322
Craghead & South Moor Division	Carole Hampson	03000 268717
Stanley Division	Angela Hanson	03000 269046
Stanley Division	Carl Marshall	03000 268741
Tanfield Division	Gordon Binney	03000 269167
Tanfield Division	Joyce Charlton	03000 268694

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বাংলা Bengali, हिन्दी Hindi, Deutsch German,  
Français French, Türkçe Turkish, Melayu Malay.

**Telephone: 03000 265 323**

**Email: [stanleyaap@durham.gov.uk](mailto:stanleyaap@durham.gov.uk)**

56231



Better for everyone

