



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
[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

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

Darlington Parent Carer Forum (PCF)
Email - 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
[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
[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
[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
[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
[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.

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