

Local Health & Wellbeing Services

Local Authority area: Durham County Council

Main BHAWA Contact(s): Karen Stubbings

last updated 20/04/26

Service	Description/ Offer/ Information	Contact details
<p>Able Futures</p>	<p>Able Futures are a nationwide specialist partner set up to provide the Access to Work Mental Health Support Service on behalf of the Department for Work and Pensions.</p> <p>The aim of Able Futures is to help people living with mental health difficulties have more good days than bad ones. Consequently, the service is specifically designed to tailor help to people in work and in need of support managing their mental health.</p> <p>Able Futures can provide qualified Health Professionals, Specialist Partners, and a Digital Hub to support employees. It is a nine-month support program and each employee who is referred onto the program has a dedicated support program tailored to their individual needs.</p>	<p>https://able-futures.co.uk Jonathan Langstaff ✉ jangstaff@ingeus.co.uk ☎ 07717656913 Opening hours: Mon – Fri 8am – 6pm Freephone number: 0800 321 3137, which is available for any employer or employee who wants to learn more or access support.</p>
<p>Active Teams</p>	<p>Promoting Staff activity & exercise to boost employee health, connections & Productivity. Active Teams brings a preventative approach to workplace wellness through engaging exercise challenges, friendly competitions and smart progress tracking. Our platform handles everything from activity tracking to team management, while your employees focus on what matters - staying active and connected.</p> <p>Key Features:</p> <ol style="list-style-type: none"> 1. Motivating monthly challenges 2. Team competitions and adventures 3. Progress tracking and insights 4. Company dashboards and photo walls <p><i>*Please note this organisation has monthly subscription charges</i></p>	<p>https://activeteams.co.uk/ nairn@activeteams.co.uk Nairn Robertson</p>
<p>Age UK County Durham</p>	<p>Age UK County Durham are an independent local charity working in communities across the county and have been supporting older people for over 45 years. Our dedicated staff team are supported by the goodwill of volunteers who generously give their time to help us to provide a wide range of services and support.</p> <p>Our services are available to anyone aged 50 years and over living in County Durham and include: Arts, crafts & social activities, Advocacy, Bereavement Support, Dementia Therapy, Digital Inclusion, Exercise Sessions, Help at Home shopping support and Information & Advice. Our Mental Health & Wellbeing service offers access to counselling, occupational therapy, physiotherapy, and welfare calls for those living with low mood. We also offer a range of volunteering roles.</p> <p>Our Information and Advice service offers free impartial advice and can support people to understand their entitlement to welfare benefits.</p>	<p>0191 386 3856 info@ageukcountydurham.org.uk</p>



	<p>We have two charity shops: our Charity Superstore at Belmont and our Hidden Boutique on North Road Durham. All funds raised through the sale of donated goods are used to support our work for local people. We are working to ensure that people aged 50years and over have opportunities to have their voice heard. We are keen to understand your views to influence how we shape our services to help people to live well and age well and prepare for retirement and beyond. We want to hear from as many people as possible so there are several ways you can get involved and share your views. We host both physical and virtual forums in community settings and businesses together with digital or paper surveys or you can chat with us by phone.</p>	
Alzheimer's Society	<p>The Dementia Advisor Service provides free confidential advice, support and sign posting to anyone worried about their memory or affected by dementia. The service is also available for their families and carers. Organisations can access Dementia Friends Sessions for their staff to increase their awareness of dementia. We can also offer organisations advice on dementia friendly environments and effective communication.</p>	<p>Hannah Johnson 0191 389 0400 durhamandchester@alzheimers.org.uk Hannah.johnson@alzheimers.org.uk https://www.alzheimers.org.uk/</p>
Andy's Man Club	<p>ANDYSMANCLUB are a men's suicide prevention charity, offering free to attend peer-to-peer support groups across the United Kingdom and online. We want to end the stigma surrounding men's mental health and help men through the power of conversation. #ITSOKAYTOTALK"</p>	<p>info@andysmanclub.co.uk website: www.andysmanclub.co.uk</p>
Anxious Minds (inc. The North East Veterans Recovery College)	<p>Anxious Minds is a multi-award-winning veteran and community mental health charity based in the North East. Since its founding in 2015, they have become a vital provider of early intervention and sustained mental health support, dedicated to helping individuals and families overcome challenges related to mental health, trauma, abuse, anxiety, and emotional distress. The charity's mission is to provide rapid, person-centred care and create safe, welcoming environments that foster healing and resilience. The North East Veteran Recovery College is a ray of hope for veterans and their families and provides crucial early intervention and long-term support for Veterans and HM Forces Reservists.</p>	<p>https://www.anxiousminds.co.uk/ https://www.anxiousminds.co.uk/north-east-veteran-recovery-college/</p>
Better Health: 'Lets do This'	<p>Kickstart your health Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. You can also find simple ways to lift your mood with Every Mind Matters. There has never been a better time to kickstart your health. Let's do this!</p>	<p>Better Health - NHS</p>
Breastfeeding Friendly Business Accreditation Scheme	<p>Breastfeeding has an important role to play in reducing health inequalities. If sustained for the first six months of life, it is reported to make a major contribution to an infant's health such as protecting them from a vast range of illnesses, including infection, diabetes, asthma, heart disease and obesity, as well as cot death (Sudden Infant Death Syndrome). Breastfeeding is also associated with better health outcomes for the mother such as protecting them from breast and ovarian cancers and heart disease. It also supports the mother-baby relationship and the mental health of both baby and mother</p>	<p>publichealth@durham.gov.uk hdf.durhaminfantfeedingteam@nhs.uk DCC Website https://www.durham.gov.uk/breastfeedingfriendly</p>

	<p>In County Durham the cultural and social norms need to reflect a positive and supportive breastfeeding message and women need to feel comfortable to breastfeed when they are out in public and when they return to work. In order to achieve this, more local venues and business' need to become breastfeeding friendly by signing up to the scheme.</p>	
<p>British Liver Trust</p>	<p>British Liver Trust, we are the leading UK liver charity for adults and we lead the fight against liver disease and liver cancer.</p> <p>We deliver a range of free support for any individuals affected by a liver condition, which includes:</p> <ul style="list-style-type: none"> • a nurse-led helpline • virtual peer support groups • free publications for individuals affected by a liver condition, they can download or order a physical copy for free • online Health Unlocked community and liver health screener • Love your Liver roadshow where we tour the UK to deliver free FibroScans (if you know of any funding to help bring the roadshow to the North-East, please do let me know) <p>We can also deliver liver health awareness talks to staff and volunteers for their wellbeing and to help them to talk to others about this and we can deliver sessions for the general public. We can deliver these online and with plenty of notice in person talks could be possible too. If a face-to-face session is preferable, we would be very grateful for a donation, if at all possible please, we as a charity don't receive any Government funding so we are very grateful of any donations that can help us. Thank you.</p> <p>We also have a range of awareness resources which we can share, including leaflets and posters which can be downloaded or ordered for just the cost of postage.</p> <p>Awareness raising resources that can be ordered for just the cost of postage https://britishlivertrust.org.uk/information-and-support/our-publications/individual-orders/ There are “questions about liver disease” wallet cards, there are tri-fold leaflets titled Are you at risk of liver disease? Leaflet and posters you can order too. Our condition specific resources carry a cost, we encourage individuals who may be affected by a liver condition to head to our website to request a copy to be posted out or they can be downloaded for free. Liver Cancer QR codes sheet for any wellbeing files: https://livercanceruk.org/wp-content/uploads/2023/09/Liver-Cancer.pdf Liver screener- online risk screener, you can do this now or use this QR code: https://britishlivertrust.org.uk/risk/</p>	<p>outreach@britishlivertrust.org.uk</p> <p>British Liver Trust informative website https://britishlivertrust.org.uk/ Liver Cancer UK website https://livercanceruk.org/ Some links</p>

<p>Macmillan Cancer Support</p>	<p>Help with cancer information, prevention and screening awareness. With 1 in 2 people developing cancer in their lifetime it's important to know the signs and symptoms you should be looking for so that you can get checked out early.</p> <p>Macmillan can provide managers with training and guidance linked to dealing with cancer in the Workplace. This can be delivered through workplace training or online e-learning via Macmillan in the Workplace</p>	<p>www.nhs.uk www.macmillan.org.uk</p> <p>Email workandcancer@macmillan.org.uk</p> <p>https://www.macmillan.org.uk/about-us/what-we-do/how-we-work/work-and-cancer/macmillan-at-work</p>
<p>Cancer Research UK</p>	<p>Cancer Research UK'S Health Community Engagement team focus on providing information on early detection of cancer, prevention and awareness of the screening programmes. We deliver this across 3 different programmes -please see links below. Our work is delivered by cancer awareness nurses in the form of Roadshows, health stands, presentations, and training.</p> <p>Roadshow https://www.cancerresearchuk.org/health-professional/awareness-and-prevention/cancer-awareness-roadshow</p> <p>Talk Cancer training https://www.cancerresearchuk.org/health-professional/awareness-and-prevention/cancer-awareness-training-programme</p> <p>Cancer Awareness in the Workplace https://www.cancerresearchuk.org/health-professional/awareness-and-prevention/cancer-awareness-in-the-workplace?gad=1&gclid=CjwKCAjw67ajBhAVEiwA2g_jEPKiR09sCx3M6knqwD6SqFn4Wq1jXOf_j_HaeoYgSV9As8UI4HoxMRoCbp0QAvD_BwE&gclsrc=aw.ds</p> <p>We are happy to discuss further. Please contact lesley.green@cancer.org.uk</p>	<p>www.cancerresearchuk.org</p> <p>Local support contact: Lesley Green Lesley.Green@cancer.org.uk</p> <p>Cancer Research UK 2 Redman Place, London, E20 1JQ</p> <p>www.cancerawarenessroadshow.org</p> <p>Email: supporter.services@cancer.org.uk</p> <p>0300 1231022.</p>
<p>CDDFT – Sexual Health Team</p>	<p>Sexual Health Service for all We cover the whole of Co Durham and Darlington providing free contraception, condoms, Sexually Transmitted Infections tests and treatment, as well as general advice and information about sexual health issues and C Card training. We are based in community settings across the county and in three main hubs at UHND, Bishop Auckland Hospital and Darlington Memorial Hospital We also offer Test and Go slots to patients with no symptoms and queue and wait slots which mean you don't have to have an appointment on the day. For more information on when these slots are available please access; www.cddft.nhs.uk/sexual-health-services</p>	<p>cdda-tr.C-Cardenquiries@nhs.net</p> <p>0191 372 8700 – central booking line for all appointments and for calls to be directed to key staff</p>

<p>Changing Relations</p>	<p>Changing Relations C.I.C. delivers education to schools, businesses and communities, using the arts to transform the way people think about gender stereotypes and relationship behaviours. Our innovative work breaks down gender barriers, fosters healthy relationships and transforms lives.</p> <p><i>*Please note this organisation charges for their service*</i></p>	<p>Contact form available through; https://changingrelations.co.uk/ E-mail: info@changingrelations.co.uk Changing Relations, Studio 18, Ushaw Historic House, Woodland Road, Ushaw Moor, Durham. DH7 7DW</p>
<p>Citizens Advice County Durham</p>	<p>Citizens Advice County Durham offers free, confidential and impartial advice with a goal to help everyone find a way forward, whatever problem they face. Helping people overcome their problems and campaign on big issues when their voices need to be heard. Advice can be accessed through face-to-face, Web-chat, online, email and telephone services, More information is available at www.citizensadvicecd.org.uk/</p>	<p>Contact : Citizens Advice County Durham (citizensadvicecd.org.uk) Website Contact page details individual areas and how to contact direct</p>
<p>High Tide Adventure Co. Team Building</p>	<p>Welcome to the High Tide Adventure Company, set up by Wayne Dobson in 2015. We are an adventure pursuit company passionate about the outdoors and committed to delivering memorable and enjoyable adventures to thrill seekers.</p> <p>Based by the wild coast of the North Sea, we specialise in delivering exhilarating activities across Northumberland, The Lake District, North Yorkshire and the Scottish Borders, so no matter where you are in the North, there is always an adventure to be had nearby.</p> <p>Our professional, friendly, fully-trained instructors offer a wide range of activities for you to enjoy. These include Coasteering, Gorge Scrambling, Mountaineering and Bushcraft. We continually review and improve the activities on offer and have plans to introduce some exciting new activities in the near future, to further expand our already exciting range. <i>* please note charges apply</i></p>	<p>High Tide Adventure Co. – Find Your Adventure</p> <p>0447814470893</p> <p>wdobson@hightideadventure.co.uk</p>
<p>Dementia UK</p>	<p>We are Dementia UK – the specialist dementia nurse charity. Our nurses, known as Admiral Nurses, who we continually support and develop, provide life-changing care for families affected by all forms of dementia – including Alzheimer’s disease.</p> <p>Our nurses are here when people need help. They have the time to listen and the knowledge to solve problems. As dementia specialists, Admiral Nurses help families manage complex needs – considering the person living with dementia and the people around them – and they can advise other healthcare professionals.</p>	<p>Home - Dementia UK</p> <p>dementia.work@dementiauk.org</p>
<p>Domestic Abuse & Sexual Violence prevention (& other Police Advice)</p>	<p>The Durham Constabulary Website provides a lot of information on many subjects not just Domestic Abuse, so worth having a look to see if they can support in other ways too.</p> <p>Advice and information Durham Constabulary</p>	<p>noexcuse@durham.pnn.police.uk</p> <p>Domestic abuse (durham.police.uk)</p> <p>Advice about domestic abuse Durham Constabulary</p>

<p>Durham & Darlington Talking Therapies</p>	<p>Talking Therapies is a free self-help, counselling and talking therapies service designed to help anyone living in the County Durham and Darlington area to deal with common mental health problems such as stress, anxiety or depression, as well as panic phobias obsessive-compulsive disorder (OCD) and post-traumatic stress disorder.</p>	<p>Durham Tees Valley listening service Call 0800 046 1313 Home - Durham and Darlington Talking Therapies Online self-referral form 0191 333 3300</p>
<p>Durham County Carers</p>	<p>Provides the following services for employees:</p> <ul style="list-style-type: none"> • 1-2-1 confidential support • Help with benefits • Support obtaining a carer's assessment from the local authority • Support liaising with social services • Short breaks and respite care • Social activities, and peer support from other carers • Training on various topics • Emotional support and counselling • Carers Emergency Card <p>Provides the following services for employers:</p> <ul style="list-style-type: none"> • Carer Friendly Employer awareness raising for HR and line managers • Presentation/talk at team meetings • Carer Friendly Policy templates • Carer Passport templates • Carer Friendly Employer award/mark <p>Information on the Carer Friendly Employer Award The Carer Friendly Employer award process simply raises awareness, with employers, of the difficulties faced by 'working carers'. The aim is to prevent relatively small caring issues, at home, from becoming crises resulting in employees needing to leave their job. The project is wholly funded by Durham County Council and delivered by Durham County Carers Support. Engaging in the award process is free, flexible and virtual. The entry level for the award is simply for managers to: 1. Attend a short (20min) awareness raising presentation on the benefits of supporting working carers. 2. Access the Employers for Carers Website (using Durham County Council's umbrella membership code) where you can download valuable working carer information for free. Once these initial targets have been achieved, we are able to issue the Carer Friendly Employer Mark, for your website, and a CFE certificate. Of course, if you would like to take the CFE award further and</p>	<p>www.dccarers.org admin@dccarers.org 0300 005 1213</p> <p>If you would like to become a Carer Friendly Employer or have any queries</p>

	<p>implement a policy or carers passport, or run training events, we are able to provide templates/presentations etc. We aim for the award to be as accessible as possible and so tailor the process to individual business needs.</p> <p>Carer Friendly Discount Card - The aim of this scheme is to promote the health and wellbeing of Carers whilst alleviating some of the financial strain that is often placed upon them by their role. It also supports Durham County Carers Support aspirations of creating a Carer friendly community. The Carer Friendly Discount Card allows the card holder to access discounts on products and services. Our scheme members and the discounts they offer are listed in the online directory</p>	<p>contact us via admin@dccarers.org or our main number 0300 0051213</p> <p>Carers Discount Card - Durham County Carers Support</p>
Durham County Council	<p>The Durham County Council 'Livewell' website can provide a range of wellbeing information to support workplace health, inc. weight management, healthy eating, stop smoking, drugs & alcohol, gambling support, sexual health and health & wellbeing at work.</p>	<p>www.durham.gov.uk/livewell Contact Public Health Email publichealth@durham.gov.uk Telephone 03000 264 109</p>
Durham Drug and Alcohol Recovery Services	<p>The Durham Drug & Alcohol Recovery Services website provides an extensive range of support information to support workplace health initiatives, inc. alcohol in the workplace, the effects of energy drinks, common drugs, alcohol units plus much more.</p>	<p>03000 266 666 Contact - County Durham Drug and Alcohol Recovery Services</p>
Gamblers Anonymous	<p>GA adopts the 12 step fellowship approach to support for gambling addiction and might be the preferred treatment route for some of our service users. Treatment is structured across a Unity Programme and a Recovery Programme. There are a number of GA meetings listed on their website for the North East that could be accessible if desired by County Durham service users.</p>	<p>Gamblers Anonymous</p>
Gambling/ Substance Misuse- NECA	<p>NECA is a registered Charity whose key focus is to improve the lives of individuals and communities throughout the region. For over 40 years NECA have supported and enabled thousands of individuals to sustain long term recovery from Substances and Gambling misuse. Working in the area of substance use and Gambling, NECA have increasingly diversified in the range of services we provide to ensure we tailor packages to meet need of both Adults, Young people and families. We know that there are many individual routes to recovery and our central aim is to support and facilitate individuals and families to achieve this.</p>	<p>NECA Gambling Services: 0191 562 3309 National Helpline Number: 0808 8020 133 https://neca.co.uk/neca-gambling/ Referral Form is downloadable from website</p>
NHS Northern Gambling Service	<p>We specialise in delivering support and treatment for gambling-related harms, as well as taking a holistic approach which may mean incorporating co-occurring needs related to debt, mental health, neurodivergence, relationships, or criminal justice.</p> <p>We take a public health approach to reducing gambling harm by recognising the role that advertising, addictive products, harmful environments, targeted marketing, normalisation, and insufficient laws and</p>	<p>Home - NHS Northern Gambling Service tel:03003001490 referral.ngs@nhs.net</p>



	regulations play in gambling harm. We use research & clinical evidence in advocating for the prevention and reduction of population level gambling harm.	
GamCare	<p>GamCare is part of the National Gambling Support Network The National Gambling Support Network, formerly known as 'The National Gambling Treatment Service', is a group of organisations across Great Britain that provide free, confidential and personalised support for anyone who's experiencing harm from gambling, as well as those affected by someone else's gambling.</p> <p>GamCare offers:</p> <ul style="list-style-type: none"> • One-to-one face-to-face, online and telephone therapeutic support and treatment for people experiencing gambling harm, as well as family and friends who are impacted by gambling. • Online treatment supported by regular contact with a therapist, which can be accessed at a time and place convenient for the client over the course of eight weeks. • Group-based Gambling Recovery Courses delivered face-to-face or online for between six to eight weeks. 	<p>GamCare - Founder of the National Gambling Helpline 0800 802 0133</p>
Harbour	<p>Harbour Harbour works with families and individuals who are affected by abuse from a partner, former partner or other family member. We are an independent registered charity, a company limited by guarantee and our activities are governed by our Board of Trustees. Harbour is affiliated to the Women's Aid Federation of England. Working across the North East to offer support and training</p>	<p>Contact us to find your nearest Harbour premises. Telephone: 03000 20 25 25 (24 hours) Email: info@myharbour.org.uk https://www.myharbour.org.uk/</p>
Healthy Living Pharmacies	All Pharmacies carry out HLP work to improve the health & wellbeing of their local population. Contact your local pharmacy to see if they could: promote stop smoking services, advise on alcohol consumption, or provide blood pressure checks to your staff	<p>Contact your local pharmacy https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy</p>
HIYED Supported Employment Service	<p>HIYED supports people with disabilities and health conditions to find and keep meaningful employment. We work with individuals who have learning difficulties, neurodiverse conditions, mental health challenges, physical or sensory impairments, and other long-term health conditions. We provide personalised, one-to-one support to help you succeed at work. Our support may include:</p> <ul style="list-style-type: none"> • Developing coping strategies for the workplace • Training on using public transport • Help with learning and completing job tasks • Support with confidence, skills, and career development • Person-centred support at every stage of your employment journey • We carefully review each job role to understand the tasks and identify the right support needed for success • We work closely with employers to break down recruitment barriers and create opportunities that combine employment with training 	<p>How to contact us: Telephone 06677749745 Email: info@hiyed.co.uk www.hiyed.co.uk</p>

<p>North East Warm Homes</p>	<p>We're supporting people across the North East to reduce their energy bills and make energy saving home improvements. Whether you're a renter, homeowner, or landlord, we've got you covered with free, impartial advice delivered by the experts at Energy Saving Trust. We offer a range of support to help you improve the energy efficiency of your property and lower your energy bills:</p> <ul style="list-style-type: none"> • Over-the-phone advice to help you improve the energy efficiency of your home. You can call our advisors on 0808 175 9345 or complete our contact form and they can call or email you back. • Our free Homewise tool is available to households across the region, to help you decide which energy efficient home improvements would work best for you. With some information about your property, we'll create a plan with recommendations for home improvements that will help lower your energy bills. • 	<p>For more information visit North East Warm Homes Home North East Warm Homes Advisors are also available on 0808 175 9345</p> <p>Take a look at our advice pages for more information on how to save energy at home.</p>
<p>If U Care Share Foundation</p>	<p>If U Care Share Foundation provide practical and emotional support to people bereaved by suicide throughout the North East. Training is also available, see website for the most up to date information</p>	<p>Tel. 0191 387 5661 www.ifucareshare.co.uk</p>
<p>Reasons to Stay</p>	<p>Reasons to Stay is a global suicide prevention project reaching people at difficult moments through anonymous letters written by volunteers from all over the world. Each letter on this site was written by a real person and delivered to you at random when you visited this page. This space exists as a reminder that we are not alone, even when it feels that way. There is someone, somewhere who wrote you a letter because they care. If you'd like to, you can write your own letter to a stranger, offering warmth, hope and connection to someone when they need it most. This project was designed by Ben West in memory of his brother Sam, who took his own life in 2018. If you're struggling right now, reaching out to a support service or someone you trust could really help.</p>	<p>https://reasonstostay.co.uk/ this link could be used to promote suicide awareness and a way for your employees to offer personal support to others.</p>
<p>The Stay Alive App</p>	<p>The Stay Alive app is a pioneering, award-winning suicide prevention app created by Grassroots Suicide Prevention. It can be used by individuals navigating suicidal crises or experiencing suicidal ideation, or by those concerned about someone. Additionally, it can be used as a professional resource, aiding in the support and management of individuals at risk of suicide. Stay Alive can be downloaded for free from the Google Play Store and Apple App Store for smartphones and tablets. The web version functions like a website and can be accessed from smartphones, tablets and desktop or laptop computers.</p>	<p>https://prevent-suicide.org.uk/stay-alive-app-grassroots-suicide-prevention/</p>

<p>Lets Talk North East</p>	<p>Provide support through lived experiences and accredited training for mental health issues, disabilities, trauma and wellbeing. They also arrange events and activities within local communities to help people to combat social isolation and loneliness. As well as opening physical hubs where people can drop in, have a cuppa, get some face-to-face support and take part in activities such as crafts, drawing, reading, socialising with other members They also network with and promote other local organisations in a bid to bring the health and wellbeing sector together to make the sector easier for people to navigate when they need help</p>	<p>Our contact email is: enquiries@letstalknortheast.org Our website is: www.letstalknortheast.org</p>
<p>Locate – Care and support in County Durham</p>	<p>Locate website contains a wide range of care and support products and services. You can find everything from leisure and community activities to products and services that can help you to love 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 option to keep active and involved such as clubs, sports and social activities</p>	<p>locate@durham.gov.uk More information is available at www.durhamlocate.org.uk</p>
<p>Macmillan – Joining The Dots</p>	<p>Macmillan Joining the Dots County Durham is a free, personal service for people aged 18 and over who have been diagnosed with cancer. We are also there for friends, carers and relatives of any age too. We can speak with you about your needs at a time and place that is best for you. Our friendly team can support you with the following issues that may be affected during your diagnosis or that of someone you care for. Macmillan Joining the Dots County Durham is a partnership between Durham County Council and Macmillan Cancer Support. The service is delivered by Wellbeing for Life.</p>	<p>cddft.joiningthedots@nhs.net 0800 8766887 https://www.joiningthedots.info/</p>
<p>Melanoma Me</p>	<p>Melanoma is a very aggressive form of skin cancer that once it penetrates the skin can attack any organ. Yet there is still very little awareness in the public domain. We are there for you At Melanoma-Me we offer a free supportive service in a caring environment for patients and their families effected by Malignant Melanoma. In addition, we offer counselling for any individual and their loved ones who have been affected by melanoma and skin cancer. We also offer group sessions ranging from working with trauma to self-love and compassion. The website has a 'shopping page' where you can purchase items to support your campaigns such as 'Mole Monitoring Cards' & 'UV Detection bracelets' *there may be a small charge for the Counselling service</p>	<p>www.melanoma-me.org.uk info@melanoma-me.org.uk 0191 492 211 Melanoma Charity Shop • Melanoma-Me</p>
<p>Menopause Training Company</p>	<p>Helping forward-thinking businesses and organisations establish their menopause friendly workplace without the worry of saying or doing the wrong thing. What they offer • Online Course • Online and in-person talks • Workshops for women Can be delivered in-person or via Zoom and attendees receive additional resources. *Please note this organisation charges for their service, details via their website*</p>	<p>Email: hello@menopausetrainingcompany.com LinkedIn: Personal Profile Menopause Training Company Call: 07900 904850 Website: www.menopausetrainingcompany.com</p>

<p>Miss Menopause</p>	<p>Miss Menopause educates employers, and employees of businesses large or small about what to expect regarding the menopause, and how best to manage it. This is not a medical service but an informative, fun and interactive way of learning about this subject.</p> <p>Miss Menopause for Women: A service for working women to help them understand what to expect and how they can self-manage their menopause,</p> <p>Miss Menopause for Managers: A service for managers who need to understand diversity and how to manage people with respect and understanding.</p> <p>Miss Menopause for HR Professionals: A service for HR Professionals who want to change their company culture and understand where employment law fits around the menopause.</p> <p>Gold Standard Service: Companies who care about their people and customers should be aiming for the Gold Standard Service by educating all levels in the business about the menopause.</p> <p><i>*Please note this organisation charges for their service*</i></p>	<p>Sharon MacArthur 07793291409 sharon@missmenopause.co.uk</p> <p>Miss Menopause Menopause in the Workplace Awareness Training.Miss Menopause</p>
<p>MSK</p>	<p>County Durham Integrated MSK Service (CD-IMS) CD-IMS is a community-based service for Musculoskeletal (MSK) conditions, including injuries and conditions involving the bones, joints, muscles and nerves. The service is comprised of Extended Scope Practitioners (ESP's), Advanced & Specialist MSK Physiotherapists and Physiotherapy Assistants. Our ESP's can request diagnostic investigations including x-rays, ultrasound, MRI, EMG & bloods tests. The ESP and Advanced Physiotherapists assess for and deliver corticosteroid injections. The ESP can refer direct to secondary care as required. We support patients to self-manage and empower them to maximise any advice or treatment prescribed for the best possible outcomes. Please view our patient information for further advice on you symptoms and their management. We implement Shared Decision Making at all stages of the pathway to ensure patients are fully engaged in their treatment plan, and take ownership of their condition, as early as possible. You can access our service by completing a self-referral or by being referred by your GP, Consultant or Advance Nurse Practitioner.</p>	<p>You can contact our service by calling: 01388 455 200</p> <p>Integrated musculoskeletal services :: County Durham and Darlington NHS Foundation Trust</p> <p>Address: AHP Central Appointments, 1st Floor Education Building, Bishop Auckland Hospital, Cockton Hill, DL14 6AD</p>
<p>MSK – NHS Back Pain</p>	<p>Back pain, particularly lower back pain, is very common. It usually improves within a few weeks but can sometimes last longer or keep coming back. There are things you can do to help ease the pain. The NHS website provides a range of information to support back pain and related conditions</p>	<p>Back pain - NHS</p>
<p>The Musculoskeletal Therapy Clinic</p>	<p>The Musculoskeletal Therapy Clinic was formed and established in Darlington, in 1982 by Douglas Aistrup ND, LCSP (Phys), FRSPH, now retired but still actively assists the clinic on a consultative basis. Now the clinic is run by his daughter, Victoria Aistrup-Rolls BSc (Hons), LCSP (Phys), FRSPH and her husband Mark Rolls LCSP (Phys), MRSPH. Members of and registered with the London and Counties Society of Physiologists we work within the field of structural anatomy using physical manipulation, neuro-muscular and remedial massage pertaining to the functions and mechanisms of the human body.</p> <p><i>* please note that this is a private Clinic</i></p>	<p>01325 466022 info@musculoskeletaltherapyclinic.co.uk</p> <p>Home - The Musculoskeletal Therapy Clinic</p>



<p>NECA Gambling Service</p>	<p>NECA is a key provider in the delivery of Gambling Support and Treatment services in the North East, Yorkshire & Humber regions. Delivering Gambling services across both regions for over 20 years. We are also lead provider for Young People Gambling Prevention and Training Services, in partnership with GambleAware and GamCare across the North East region.</p> <p>NECA, in partnership with GambleAware provides a range of FREE gambling information, gambling advice and gambling support options for anyone affected by Gambling Harms.</p> <p>Referrals can be made via telephone or by completing a referral form on our website. This can be accessed by scanning the QR code.</p>	<p>Website: NECA Gambling – Neca Gambling Hub: 0191 5623309 QR code:</p> 
<p>North East Counselling Service</p>	<p>North East Counselling Services provide counselling for anyone aged 4+, including counselling for couples. We carry out an assessment for every client to ensure we provide the most appropriate kind of counselling, which means that 93% of our clients have told us that counselling has helped them. We also work with businesses in the region to provide staff counselling, crisis support and tailored workshops which can improve the mental health of staff within an Organisation.</p>	<p>info@necounselling.org.uk 0191 4661314 www.necounselling.org.uk</p>
<p>Oral Health</p>	<p>The Oral Health Promotion Team can provide leaflets and information and also possibility of visiting you on-site to deliver Oral Health Promotion – free service</p> 	<p>Lisa Jobling – Mouth Care Advisor l.jobling@nhs.net</p> <p>main email: cdda-tr.oralhealthpromotion@nhs.net</p> <p>0191 387 6504</p>
<p>PAPYRUS</p>	<p>PAPYRUS offers a range of suicide prevention training, which is available to individuals, organisations and communities who want to create a suicide-safer society.</p> <p>From a free 30-minute SP-ARK session*, to a two-day ASIST course – they have a range of suicide prevention education and training courses available.</p> <p>*one funded SP-ARK session per organisation/ group; subsequent sessions will need to be purchase</p> <p>Their funded training is delivered based on local demand so if you are interested please get in touch</p>	<p>https://www.papyrus-uk.org/</p> <p>For further information about their courses and what they can offer – please contact the training team: training@papyrus-uk.org</p>

<p>PCP - Cancer Awareness</p>	<p>The Cancer Awareness project is commissioned by Durham County Council and led by Pioneering Care Partnership. The Cancer Awareness workers prioritise their work in focusing on raising awareness of the common cancers such as lung cancer, breast cancer, prostate cancer, bowel cancer etc. Advice and support includes highlighting potential signs & symptoms of common cancers, where to seek support if needed, screening processes and how to manage your lifestyle effectively to reduce the risk of developing certain cancers. Certain cancer campaigns will be prioritised throughout the year in line with the national programme. This is an ideal opportunity for workplaces to have staff supported with stalls, handouts, small discussions, workshops etc. This service is FREE of charge!</p>	<p>Andrea Mackrell Cancer Awareness Worker Andrea.mackrell@pcp.uk.net 07912 293196</p> <p>And Claire Maoudis claire.maoudis@nhs.net</p>
<p>Perkbox</p>	<p>Perkbox is an all-in-one perks, benefits and rewards platform designed to support and motivate employees to do their best work, no matter where they are. They help you create a strong Employee Value Proposition (EVP) by giving your employees access to perks and benefits, peer-to-peer recognition, employee rewards, wellbeing support, and more! * There is a charge which is calculated depending on organisation size & requirements, but it comes highly recommended by one of our Gold businesses.</p>	<p>A global employee benefits and rewards platform Perkbox Available via the web and easy-to-use mobile app, your employees can truly use Perkbox anytime, anywhere.</p>
<p>Personal Finance Support</p>	<p>Employability Durham deliver personal finance campaign sessions for the BHAWA. The sessions are as follows:</p> <ul style="list-style-type: none"> • Organising Personal Finances: Simple ways to take charge of your money. • Living Smarter: Clever spending habits for a better lifestyle. • Tackling Debt: Clear strategies to reduce debt and gain more control. • Slash Your Grocery Bill: Save money with smart shopping tricks. • Spotting Financial Scams: Stay savvy and dodge today's trickiest frauds. <p>These can be delivered individually or as one complete session (normally lasting around 2 hours)</p>	<p>Paul Atkinson Personal Finance Project Employability Durham Development & Housing Regeneration Economy & Growth. Durham County Council Email: paul.atkinson2@durham.gov.uk</p>
<p>Pioneering Care Partnership Centre</p>	<p>There are a number of things available at the Pioneering Care Partnership Centre these include:</p> <ul style="list-style-type: none"> • Conference and Meeting Room Hire • Hydrotherapy pool • Weekly exercise classes – including cycling and walking schemes • Free personal health Trainers • Community Learning Courses • The Mall Coffee Shop • Volunteering Opportunities 	<p>enquiries@pcp.uk.net Tel. 01325 321234</p> <p>More information is available at www.pcp.uk.net</p>
<p>Posture Team</p>	<p>Back Pain is a common problem that affects most people at some point in their lives. It may be triggered by poor posture while sitting or standing, bending awkwardly or lifting incorrectly. Back ache is most common in the lower back, although it can be felt anywhere along the spine from the neck down to the hips. The Posture Team can offer support into the community and local business's including participants of the Better Health at Work Award. We offer a service that may include</p>	<p>Michael White Director</p> <p>T: 0191 5166226 E: michael@postureteam.com W: www.postureteam.com</p>



	<ul style="list-style-type: none"> • Ergonomic Assessments • Ergonomic Chair Trials • In depth DSE Assessments • Sit Stand Workstations • Ergonomic Advice <p>Each session will be discussed beforehand and tailor made to suit your business needs.</p>	
Qwell	Qwell is available across County Durham, & Tees Valley commissioned by the NHS Providing free, safe and anonymous digital mental health and wellbeing support Available to ages 18+	Home - Qwell
Samaritans	Open, safe communication about mental health and suicide prevention can save lives. It helps improve people's understanding of issues like contributing risk factors, how to spot when someone may be struggling to cope, and how to start a potentially lifesaving conversation. Our new Suicide Prevention Communications Guide covers useful tips for developing safe and informed suicide prevention messages for all those communicating about this topic.	Samaritans' Media Advisory Service also offers advice sessions for non-media organisations who are communicating about suicide. If this is something you would be interested in please email mediaadvice@samaritans.org
Refuge – for Women & Children Against Domestic Abuse	Refuge is the largest specialist domestic abuse organisation in the UK. On any given day our services support thousands of survivors, helping them to overcome the physical, emotional, financial and logistical impacts of abuse and rebuild their lives — free from fear. If you or someone you care about is experiencing domestic abuse, you can phone The National Domestic Abuse Helpline to discuss your options: call 0808 2000 247.	0808 2000 247. Home - Refuge https://refuge.org.uk/
Sisters of Support	Sisters of Support is a women's mental health free to attend peer-led support group <ul style="list-style-type: none"> • To promote the emotional wellbeing of women by providing a safe and supportive environment for sharing experiences, resources, and coping strategies. • To provide practical assistance and guidance to women facing challenges such as domestic violence, trauma, or social isolation, by connecting them with appropriate resources and support networks. • To foster a sense of community among women by doing group activities and peer-led support aimed at building connections and reducing loneliness and isolation. • They aim to work alongside businesses and supporting services to create a tailored experience for women 	info@sistersofsupport.co.uk Web: https://sistersofsupport.co.uk/ amy@sistersofsupport.co.uk
Smoke Free County Durham (THRIVE Tribe)	<ul style="list-style-type: none"> • Flexible, tailored stop smoking support to anyone living or working in County Durham • Access to a range of medications including NRT (patches, gum, mini-lozenges, inhalators, nasal sprays, mouth sprays) and Champix. • Brief intervention training for staff working with clients/patients/residents who smoke. 	smokefreelife.countydurham@nhs.net www.smokefreecountydurham.co.uk

<p>StreetLink</p>	<p>StreetLink is a platform that connects people rough sleeping in England and Wales to support provided by local authorities and charities. This includes anyone who is sleeping outside, preparing to bed down, or sleeping somewhere not designed for habitation, such as a car. To make these connections, the platform relies on alerts submitted by members of the public and people sleeping rough.</p> <p>How does StreetLink work? - To make an alert, follow these 3 simple steps:</p> <ol style="list-style-type: none"> 1. Locate - Pinpoint a specific location of where you have seen the person sleeping rough using our map feature and include a written description of the location. 2. Describe - Provide details on the time the person was sleeping rough at the location and any further information about their appearance that can help identify them. 3. Submit - Once submitted, your alert goes to the local authority or outreach service in the area. You will receive an update within 10 working days if you have requested it. 	<p>https://thestreetlink.org.uk/about</p>
<p>Stressed Guru</p>	<p>Dave Algeo aka the <i>Sprout Guy</i>, is an experienced coach and mentor who focusses on “Success for wellbeing” and has spent decades working with audiences to inspire and motivate them to reframe how they see coping with the stresses of work, life and change. Using humour, props and interaction he engages with attendees in a down-to-earth fun and memorable way...</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Stress, resilience and Positive coping. • Sleep Improvement • Developing positive social relationships and dealing with loneliness and isolation • Feeling more engaged and positive about work - thriving not just surviving • Having difficult conversations (with colleagues or as a manager) • Having more effective wellbeing conversations (for managers) • Online festive team bonding session/ game - 'sprouts and crackers' • Online team bonding • Developing wellbeing architecture and sustainable health habits <p>Dave Algeo is a former police officer with years of experience working with those struggling to cope with difficult times and emotionally challenging situations. Dave’s genuine, down-to-earth approach allows clients to relate and feel empowered to make changes and implement practical tools to achieve their goals.</p> <p><i>*Please note this organisation charges for their service*</i></p>	<p>Web: https://davealgeo.com/ Mob: 0770 2051913</p> <p>Call or What’s App Dave on 07702051913</p>
<p>Tarn Wealth Management</p>	<p>Financial Wellbeing Sessions</p> <p>We provide free, friendly financial wellbeing sessions to help employees feel more confident, informed, and in control of their money. Sessions can include 1:1 confidential appointments, interactive group workshops, and follow-up virtual support, covering topics such as budgeting, debt management, pensions/retirement planning, savings/investments, and protection.</p> <p>All sessions are delivered by FCA-regulated advisers and can be run on-site, virtually, or in a hybrid format, supporting employers with a practical, flexible wellbeing initiative that improves financial confidence and reduces money-related stress.</p>	<p>Nick Cook Financial Adviser 07962 220 495 01228 582 602 nicholas.cook@sjpp.co.uk www.tarnwealthmanagement.co.uk</p>

<p>The Holistic Hub North East</p> <p>Mental Health & Wellbeing Services for Workplace Health Initiatives</p>	<p>The Holistic Hub North East provides evidence-based and holistic mental health and wellbeing services designed to support workplace resilience, emotional regulation, and stress reduction. Our programmes are practical, accessible, and suitable for teams across all sectors. We specialise in supporting individuals experiencing overwhelm, stress, anxiety, and reduced confidence, helping teams feel calmer, clearer, and more capable both at work and beyond.</p> <p>What We Provide</p> <p>Stress, anxiety and emotional regulation workshops supporting staff under pressure</p> <ul style="list-style-type: none"> • Self-hypnosis, NLP, EFT, Mindfulness and guided relaxation techniques for independent stress management • Mindset and confidence development sessions to reduce overwhelm and overthinking including, easy-to-use wellbeing tools staff can apply immediately • Tailored workplace wellbeing packages delivered as one-off, half-day, full-day or multi-week programmes <p>Days Lost to Sickness</p> <ul style="list-style-type: none"> • Work-related stress, depression or anxiety accounted for a <i>significant proportion</i> of days lost at work, with around 22.1 million working days lost to mental health conditions in 2024/25 alone. • Mental ill-health is often the <i>largest single cause</i> of long-term sickness absence in large UK employers, particularly in public and high-pressure sectors such as health and civil service. <p><i>*Please note this organisation charges for their service*</i></p>	<p>Yvonne Bruce</p> <p>For more information, please look on our website www.theholistichubnortheast.co.uk or contact me on 07939499151 or helloyvonnebruce@gmail.com</p>
<p>The Random Acts of Kindness Foundation</p>	<p>Provide FREE kindness resources online to help you make kindness the norm in the workplace, an excellent resource for BHAW campaigns.</p>	<p>The Random Acts of Kindness Foundation Welcome</p>
<p>Wellbeing For Life</p>	<p>The Wellbeing for Life service is a countywide initiative, commissioned by Durham County Council in partnership with Pioneering Care Partnership and the NHS, offering both group and 1:1 support to members of the local communities. Using a holistic approach to our work Wellbeing Practitioners can provide support with social engagement/activities, nutrition/weight management, stopping smoking, increasing physical activity, opportunities to volunteer and increasing resilience & mental wellbeing. This service is FREE of charge!</p>	<p>cdda-tr.WBFL@nhs.net 0800 8766887 www.wellbeingforlife.net</p>
<p>Women's Aid – Until Women & Children are Safe</p>	<p>Women's Aid is a grassroots federation working together to provide life-saving services in England and build a future where domestic abuse is not tolerated.</p> <p>Changing Relations.</p>	<p>https://www.womensaid.org.uk/ Check the General Enquiries FAQs before getting in touch Email: info@womensaid.org.uk however the email is rarely manned</p>

	<p>Changing Relations C.I.C. delivers education to schools, businesses and communities, using the arts to transform the way people think about gender stereotypes and relationship behaviours. Our innovative work breaks down</p>	<p>and they ask you go through the contact page of website.</p> <p>if you are in need of information and support, contact a local domestic abuse service by using our Domestic Abuse Directory www.womensaid.org.uk/domestic-abuse-directory</p>
<p>Zero Suicide Alliance</p>	<p>Through our FREE 20-minute suicide awareness training you will gain skills and confidence to help someone who may be considering suicide.</p> <p>The training is recommended for anyone aged 16 and over. Anyone can learn how to have a potentially life-saving conversation.</p> <p>What you'll learn</p> <ul style="list-style-type: none"> • How to spot suicide warning signs • How to have a conversation with someone you're worried about • Where to signpost to for further support • Suicide is preventable <p>This training takes approximately 20 minutes to complete, and you will get a certificate when you have completed the training.</p>	<p>https://www.zerosuicidealliance.com/training</p>

*Please note that all information was correct at date of issue, if you find details have changed, please contact the workplace health team who can review and update where necessary, thank you. workplacehealth@pcp.uk.net

