



MCT DURHAM PCF's

SUMMER

newsletter

2025





What have we been up to?

As we approach the summer holidays, here at MCT we look forward to unwinding a little and spending time with our families making memories.

We have been planning ahead ready to hit the ground running in September but alongside our future plans we have also been:

- Attending meetings with the local authority, health and social care.
- Attending National Network of Parent Carer Forum's regional meetings
- Working alongside different charities and services.
- Co-produced a sensory leaflet based upon what you wanted to know.
- Worked alongside services to begin refreshing our vast amounts of leaflets.
- Expanded our team with a new member on board who is passionate and has already got stuck in.
- We have launched our new charity mascot (more about that later)
- Planned, organised and hosted our annual conference.
- Planned, organised and hosted one of our best events to date for Carer's week.



MCT DURHAM SUMMER LUAU

CARER'S Week

This year we decided to do things a little different and went all in on the summer vibes and hosted a Luau Party to allow parent carers to let their hair down and have a much deserved break! Our guests got to enjoy: beach themed games, a photobooth, sensational summer mocktails, food and hot drinks. We finished the celebration off with a few games of prize bingo.



OPEN



MCT May Conference

14th May 2025



14th May saw the 33rd MCT conference take place at the Ramside Hall Hotel and Spa. We welcomed a large number of parent carers to our day and evenings conferences. We had guest speakers from Education and health as well as local services that were keen to share what they have been up to and what they offer. We also had a huge range of stalls from short break activities to information stalls. It was a great mix of old and new faces in which we shared a positive and interactive day.

This year it coincided with Mental Health Awareness week so we joined in to try and share our positives big or small on our Positiv-it-tree. Members could take the time to hang a positive experience they have had on our trees to help share the moments that mattered to them and also have a sweet treat too.



Introducing.... MCT Ted

MCT Ted is our mascot teddy bear. At our conference one of our members came up with the lovely idea of sharing our mascot with you all and let him tour as far as possible.

Our trustees and Volunteers have a bear each. We will be taking Ted out and about to share where we go for self care, short breaks, family holidays as well as taking a more proactive role in sharing what MCT is up to as well as showing you all services that are available for our children.

Keep your eyes peeled on our social media platforms & website to see where Ted is going to be next.



Ted's Adventures So Far



Haggerston Castle



York Ghost Tour



Theatre Trip



Wembley



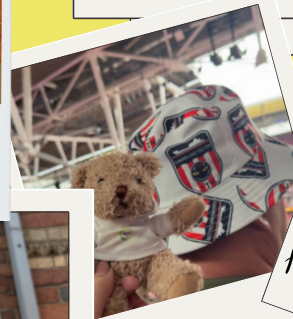
Boxing



Park Trip



Train Jour



Hopwood Academy



Butlins



Team Building

TOP SUMMER TIPS

Here at MCT Durham PCF we understand that the Summer holidays can be a challenging time. So we have put together a few tips which may just help.



Prioritise your own health and well being.

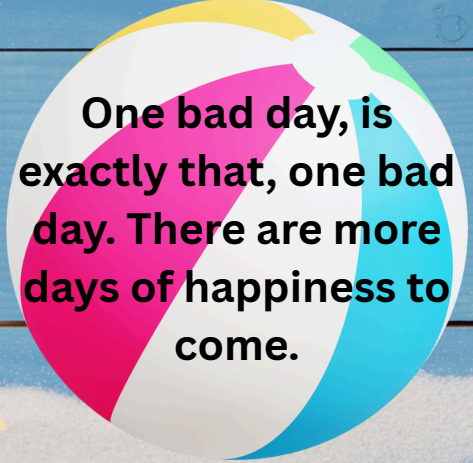


Embrace flexibility

Prepare daily snack boxes full of safe foods



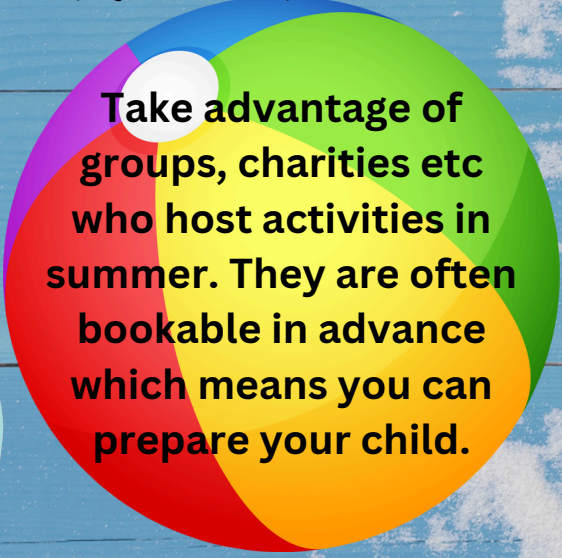
Create a sensory box of your favourite things together. You never know when you may need it too!



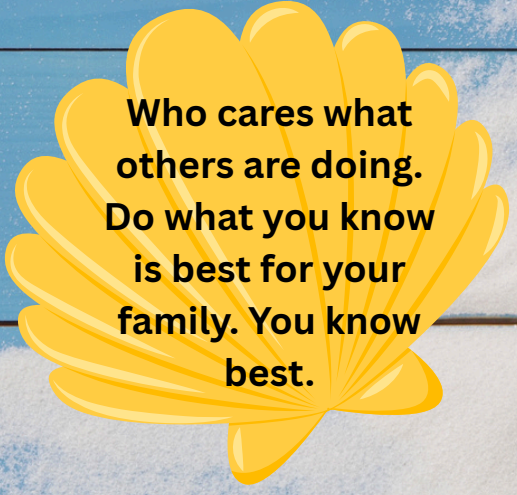
One bad day, is exactly that, one bad day. There are more days of happiness to come.



Create a cool and safe sensory space for the hotter days.



Take advantage of groups, charities etc who host activities in summer. They are often bookable in advance which means you can prepare your child.



Who cares what others are doing. Do what you know is best for your family. You know best.

Where's Ted?

Our 5 Trustees have lost their Ted's!

Can you find them?



SUMMER Activities



JULY TIMETABLE Sold out	
Book online at thesensoryplace.net/book-online	
W/C 30th June 1 st July Circus Stars Sold out 1 st Smile Through Sports 5 th Deerness Gymnastic Sold out 8 th Soft Play - Fuzzy Sold out 6 th Rock Pool Session @ South Shields Beach 6 th Surf School @ South Shields Beach	W/C 7th July 8 th Smile Through Sport 12 th Swimming @ Washington 13 th Little Aprons Cookery (Lemon Drizzle) 13 th Beach Art @ Art Rooms
W/C 14th July 15 th Smile Through Sport 18 th Danceversity Disco 18 th Abbey Soft play 19 th Azra Glow Show Sold out 19 th Deerness Gymnastic Sold out	W/C 21st July 21 st Lanchester Garden Centre x2 sessions Fun and Food 22 nd Smile Through Sport 22 nd Rock Pool Session 23 rd Noo Noo Forest School - with Fun and Food Sold out 23 rd Gateway Wheelers 26 th Swimming @ Washington
W/C 28th July 29 th Trip Alnwick Gardens and Lillid Sold out 29 th Smile Through Sport 30 th Trip Souter Lighthouse 1 st Gateway Wheelers 1 st Gymnastics with Danceversity 2 nd Deerness Gymnastics	



1/1

AUGUST TIMETABLE	
Book online at thesensoryplace.net/book-online	
W/C 4th August 4 th Animals About Town/Angela's Ark HAF Sold out 5 th Smile Through Sports 5 th Trip Tynemouth Aquarium 6 th Gateway Wheelers 6 th Washington Wildfowl Park Sold out 7 th Horse Riding Sold out 7 th Danceversity Disco 8 th Trip White House Farm Sold out 9 th Swimming @ Washington	W/C 11th August 11 th Rock Pool Session 11 th Art session 12 th Smile Through Sport 12 th Magic Show/Crafts HA Sold out 13 th Gateway Wheelers 13 th Noo Noo Forest School - with Fun and Food Sold out 14-16 th Blackpool Sold out
W/C 18th August 18 th Trip Beamish Fun and Food 19 th Smile Through Sport 19 th Washington Wildfowl Park HAF 20 th Gateway Wheelers 20 th Dance session Danceversity 21 st Rock pool Session @ South Shields Beach 21 st Surf School @ South Shield 22 nd Trip Stockeld Park Sold out	W/C 25th August 23 rd Noo Noo Forest School 25 th Rock pool Session @ South Shields Beach 25 th Surf School @ South Shield 27 th Gateway Wheelers 28 th Aerial 30 th Swimming @ Washington 31 st Supertamps HAF Sold out



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We had such a blast with Archery in the Easter Holidays we have decided to invite them back
Saturday 2nd August
@
Burnhope Community Centre
Langley Avenue
Burnhope DH7 0AG
11.00am to 12.30pm

To book on Please visit
www.littletreasures.org.uk
or spaces by wix app
http://www.mobileapp.app/tp/PpAfp?ref=m_so with invite code: ZDUWX7

Exciting Summer Holiday Alert!

Join us for a fun-filled visit to Lanchester Garden Centre potters world and zoo on Thursday, 21 August 2025!

Special Offer: Just £3 per person (normally £5 for adults and £7.50 for kids)

We have two sessions available:
10am
12pm

Don't miss out on this amazing opportunity to explore the beautiful gardens and enjoy a lovely day out!

Meet us at the venue and let's make some great memories together! Be sure to book online! Can't wait to see you there!

To book on Please visit
www.littletreasures.org.uk or spaces by wix app
http://www.mobileapp.app/tp/PpAfp?ref=m_so with invite code: ZDUWX7

Come and join us for a fun session doing Kids Yoga by Little Mis-Fit with a craft activities available throughout the session too
Saturday 19th of July
@ The Hut
Ushaw Moor
1.00pm to 2.30pm

To book on Please visit
www.littletreasures.org.uk
or spaces by wix app
http://www.mobileapp.app/tp/PpAfp?ref=m_so with invite code: ZDUWX7



Great Lumley Sensory Group
2nd Saturday of Every Month
11am to 12.30pm

Methodist Church Front Street
Great Lumley
DH3 4JB

This group is for Autistic young people aged 2 to 16 where they can play in a safe and judgemental environment run by volunteers of Autistic young people. Parents and Guardians are also able to chat and gain peer support. Siblings welcome and Parents/ Guardian must stay.

We have play equipment, specialist Sensory equipment, tents and refreshments will be provided.

To book on Please visit www.littletreasures.org.uk or spaces by wix app
http://www.mobileapp.app/tp/PpAfp?ref=m_so with invite code: ZDUWX7

Send Event LITTLE TREASURES

We would like to invite everyone to our Send Event Friday 15th August
10 am to 2pm
@
Shurburn Hill Community Hub
Front Street,
Shurburn Hill,
Durham DH6 1PA

Sensory Equipment will be available, as well as our Bouncy Castle. The cafe will be open for drinks and food to be purchased also don't miss out on our fantastic tombola and raffle prizes

Send Professionals will be available to answer and questions and queries from families

Pelton Pre Teen Group
4th Saturday of Every Month
3pm to 5pm
@
Pelton Community Centre
Room 14
Front Street
Pelton
DH2 1ED

7 to 13 years

This session is for Autistic young people who want to enjoy sessions with a calmer atmosphere while playing board game, Lego and playing on their tablets, in a safe non judgemental environment run by volunteers of Autistic young people. Parents and Guardians are also able to chat and gain peer support. Siblings over 8 years old are welcome and Parents/ Guardian must stay.

To book on Please visit www.littletreasures.org.uk or spaces by wix app
http://www.mobileapp.app/tp/PpAfp?ref=m_so with invite code: ZDUWX7

To book visit:

<https://thesensoryplace.net/book-online>

You can view more activities and apply for

places via:

Spaces by Wix App - Little Treasures Autism Charity

SUMMER Activities



High Ropes and Canoeing
Wednesday 27th August
 10am—3pm
TCR Hub
 Shaw Bank, Barnard Castle
 DL12 8TD

Bring a picnic or Hot food is available to Purchase at the Hub.

Children 8 years and above.

Cost £10 per child

Request places by Friday 8th August
 Payment by Friday 15th August

DURHAM CRICKET

Wednesday 23rd July 10am

Vane Tempest Hall, Maynard's Row,
 Gilesgate, DH1 1QF
 Minimum age 7 years
 £2 per child

Request places by Friday 4th July
 Payment Due by Friday 11th July

DIGGERLAND
 Buckets Of Fun For Everyone

Saturday 20th September
 Doors open 5:30pm- 8pm
 Riverside Industrial Estate
 Langley Park
 Durham
 DH7 9TT

Cost £10 per person (under 2's Free)
 Request places by Friday 30th August
 Payment due by Friday 5th September
 Everyone coming along must pay as we are charged for everyone coming through the door

DURHAM CRICKET

Wednesday 20th August 10am—12pm
 Vane Tempest Hall, Maynard's Row,
 Gilesgate, DH1 1QF
 Minimum age 7 years
 £2 per child

Request places by Friday 8th August
 Payment Due by Friday 15th August

Trains

Come along build and play

Thursday 21st August
 10am—12pm
 Vane Tempest Hall, Maynard's Row,
 Gilesgate, DH1 1QF
 £5 per child

Request places by Friday 8th August
 Payment Due by Friday 15th August

BEAMISH
 THE LIVING MUSEUM OF THE NORTH

Wednesday 13th August
 Starts at 10am

£8 per person & under 2's go free
 Stanley, DH9 0RG

Request places by Friday 25th July
 Payments due Friday 1st August

Lightwater valley
 11am
 19th August
 £18.99 per person
 1 free carer per qualifying child.
 Coach travel £6pp return.

Collection points from Crook, Bishop, Spennymoor, Aycliffe, Peterlee and Darlington. Times TBC

Busy Lightwater valley Exciting

Blackpool Coach Trip
 11th August
 £7 per person.

Coach collections from Crook 6.45am, Bishop 6.55am, Spennymoor 7.10am, Aycliffe 7.30am and Darlington 8am. Return at 4.30pm

Busy Blackpool Coach Trip Exciting

Splash!
 Please be at the pool at 3.45
 10th July
 £3 per person

Church Rd, Stockton-on-Tees TS18 1TY

Busy Splash! Exciting

South Shields Hawaii Beach Party
 26th July
 Surfing (wheelchair accessible) and Beach
 School £15 per child
 coach travel £6pp

Coach collections from Crook, Bishop, Spennymoor, Aycliffe, Darlington and Peterlee. Times TBC

Busy South Shields Hawaii Beach Party Exciting

Curiositeas Messy Play
 5th Aug & 21st Aug
 3pm-5pm
 £4 Per Child.

Curiositeas Messy Play

To request a place email:
dadlg08@googlemail.com

To book
<https://bookwhen.com/littlesendsations>



SUPPORT and INFORMATION FOR PARENT CARERS

Waves - Parent Carer Peer Support Groups

Choice Wellbeing CIC Rainbow Guide, Therapeutic Services, Counselling



**Parent and carer support group in
County Durham and Darlington**

Do you care for a child or young person with emotional or mental health difficulties?

Join Waves, our parent and carer support group.

Led by a friendly parent peer practitioner and supported by a CAMHS staff member, the group will listen, support and give advice and guidance based on their own lived experiences.

There's no need to book. If you have any questions, email the team at TEWV.waves@nhs.net

2025 Locations and dates:

Acley Centre, Carers Way, Newton Aycliffe, DL5 4PE 6pm - 8pm	Lanchester Road Hospital, Durham, DH1 5RD 10am - 12noon
15 January	8 January
19 February	5 February
19 March	2 July
16 April	6 August
21 May	5 March
18 June	3 September
	2 April
	1 October
	7 May
	5 November
	4 June
	3 December

SENDIASS, Lee House, Lee Terrace Easington Village, Peterlee, SR8 3AB 10am - 12noon	Mulberry Centre, Rowan Building, Darlington Memorial Hospital, DL3 6HX 10am - 12noon
21 January	7 January
18 February	1 July
18 March	4 February
15 April	5 August
20 May	4 March
17 June	2 September
	21 October
	7 October
	6 May
	4 November
	3 June
	2 December

Receiving your child's diagnosis can be an emotional rollercoaster for the whole family. At Choice Wellbeing Service CIC, we're here to help you navigate that journey. As parent carers ourselves, we understand first hand the challenges you face. We offer a holistic support system, providing practical advice, signposting to relevant services, and a safe space to simply be heard. When life feels overwhelming, our in-house counselling service offers. We've been there, we understand, and we're here to walk alongside you. We believe in building trust and empowering you, because you are the expert of your own experience.

We also offer resources such as The Rainbow Guide, After a Diagnosis Guide, and our Navigating SEND directory. All created with parent carers in mind, to help you be fully informed, empower you and build up your SEND knowledge.



- ✓ The right information
- ✓ At the right time for you
- ✓ Tailored by you
- ✓ For you & your family



Visit our website
www.choicewellbeingcic.org or use the QR code to access our resources!

SEND in Sunderland is focused on stamping out misinformation and supporting families by giving you the right information, when you need it, from the right people.

An impartial project making the unclear, clear and easy to navigate.

Pick up your resources today!



SUPPORT and Information for PARENT CARERS

Support for adults

Support for Children and Young People



Mental Health & Emotional Support for Adults in County Durham

This is a great starting point to help you access support

Local services:

Durham Mental Wellbeing Alliance | 0300 304 5527

The Alliance brings together organisations from across the county to offer mental health, wellbeing and recovery services.

durhammentalwellbeingalliance.org

Wellbeing for life | www.wellbeingforlife.net | 0800 876 6887

Helping you find what's around you and how to make the most of it. Call free for expert advice.

Durham and Darlington Talking Therapies | 0191 333 3300

www.talkingchanges.org.uk

A self-help, counselling and talking therapies service designed to help anyone with common mental health problems.

Manhealth | 01388 320023 | info@manhealth.org.uk

www.manhealth.org.uk

Providing weekly ongoing peer support services to men across the northeast of England.

CRUSE | 01642 210 284 | www.cruse.org.uk

Advice, information and support to anyone who has been bereaved.

The Recovery College Online | www.recoverycollegeonline.co.uk

Providing a range of online courses and resources.

Durham Locate | www.durhamlocate.org.uk

Durham County Council | www.durham.gov.uk

A directory where you can search for all kinds of local support.

Specialist local services:

**TEWV Crisis Resolution and Intensive Home Treatment Team
111, option 2**

www.tewv.nhs.uk/services/crisis-resolution-intensive-home-treatment

This service is for people of all ages including children and young people who are experiencing a mental health crisis.

If U Care Share | 0191 3875661 | www.ifucareshare.co.uk

Offer a range of services aimed at prevention of suicides, intervention and supporting those bereaved by suicide. Text IUCS to 85258 for a free and confidential chat, (in partnership with SHOUT).



Mental Health & Emotional Support for children, young people & families in County Durham

This is a great starting point to help you access support



Local Support

KOOTH | www.kooth.com

Free, safe and anonymous support around mental wellbeing for 11 years +

Family Hubs | 03000 261 111 | www.durham.gov.uk/helpforfamilies

Advice and practical support across all aspects of family life

Emotional Health & Resilience Team | 03000 263 532

Emotional health, advice and guidance for 5 – 19 years

Education & SEND Support | www.countydurhamfamilies.info

Support for children with special educational needs or disabilities

Investing in Children | www.investinginchildren.net

A children's right organisation, creating spaces to be heard

Waythrough | 01325 731 160 | www.waythrough.org.uk

Health and wellbeing support for LGBT young people aged 15-24 years

DurhamWorks | 03000 262 930 | www.durhamworks.info

Supporting 16-24 year olds not in education, employment or training

Recovery College Online | www.recoverycollegeonline.co.uk

Educational courses and resources to support mental health and wellbeing

Children's Social Care First Contact | 03000 267 979

www.durham.gov.uk/FirstContact

Report a concern about a child's welfare

CAMHS - Single Point of Access | 03001 239 296 | www.tewv.nhs.uk

Community mental health teams for children (0 – 18 years)

**TEWV Crisis Resolution and Intensive Home Treatment Team |
111, option 2**

www.tewv.nhs.uk/services/crisis-resolution-intensive-home-treatment

This service is for people of all ages including children and young people who are experiencing a mental health crisis.

National Support

National services:

NHS Mental Health Services | 111, option 2
www.nhs.uk/service-search/mental-health

Find out how to access NHS mental health services and where to get urgent help.

NHS Better Health. Every Mind Matters
www.nhs.uk/oneyou/every-mind-matters

Find expert advice and practical tips to help you look after your mental health and wellbeing.

Samaritans | 116 123 | www.samaritans.org

The Samaritans are there to listen. 24 hours a day 365 days a year.

Mind | www.mind.org.uk

Resources from Mind can help find what's right for you and your family.

Rethink Mental Illness | www.rethink.org

Offers online support, understanding your rights, information on local Rethink support groups.

PAPYRUS | 0800 068 4141 | www.papyrus-uk.org

A charity dedicated to preventing suicide and promoting positive mental health and emotional wellbeing.

Calm: Campaign against living miserably | 0800 58 58 58

Access the helpline to talk and find support. 5pm-Midnight 365 days a year
www.thecalmzone.net

SANE | 0300 304 7000 | www.sane.org.uk

Sane and the SANEline offers one-to-one emotional support for those times you feel you need it most. SANEline is open from 4pm - 10pm every day of the year.

Shout | www.giveusashout.org | Text 85258

Anxious? Worried? Stressed? Get 24/7 help from our team of Crisis Volunteers.

NHS
North East and
North Cumbria

Tees, Esk and Wear Valleys **NHS**
NHS Foundation Trust

County Durham
Care Partnership



57652 NHS



National Support

Anna Freud Centre for Children and Families | www.annafreud.org

Self-care to look after our own mental health

Charlie Waller Memorial Trust | www.cwmt.org.uk

Resources for schools and families

Childline | 0800 1111 | www.childline.org.uk

Confidential telephone counselling service for any child with a problem

Headspace | www.headspace.com

Free tools around mindfulness and meditation

NHS Better Health Every Mind Matters
www.nhs.uk/oneyou/every-mind-matters

Resources to support children and young people's mental health

MindEd | www.mindedforfamilies.org.uk

Safe and reliable advice about young people's mental health

Young Minds | www.youngminds.org.uk

Support for mental health during the pandemic

The Mix | 0808 808 4994 | www.themix.org.uk

Free, confidential support for under 25 via online, social or mobile

BEAT Youthline | 0808 801 0711 | www.beateatingdisorders.org.uk

Provides support for children and young people with an eating disorder

NHS 111 | www.nhs.uk

Get medical help near you

Remember your **local school** and **GPs** are **available to help**.
You are not alone, we can get through this **together**.

NHS
North East and
North Cumbria

County Durham
Care Partnership

Tees, Esk and Wear Valleys **NHS**
NHS Foundation Trust



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57714

MCT CONTACT INFORMATION



Email: Info@MCTDURHAM.CO.UK



Website: WWW.MCTDURHAM.CO.UK

Find us on social media



WWW.facebook.com/makingchangestogetherDURHAM



WWW.instagram.com/makingchangestogetherdurham

