



Welcome to the AAP e-bulletin



GREAT AYCLIFFE & MIDDRIDGE PARTNERSHIP (GAMP) E-BULLETIN DECEMBER 2019

Welcome to the latest GAMP e-bulletin, we hope you find the information useful. **Please feel free to circulate to any relevant contacts as appropriate.** If you know of anyone who would like to join our Forum database, please don't hesitate to put them in touch with the GAMP team using the contact details at the bottom of this message.

OUR NEXT BOARD MEETING

For information, our next **Partnership Board Meeting** is arranged as follows:

Tuesday 28 January 2020, 6:00pm at Oakleaf Sports Complex

As part of each Board meeting, there is space on the agenda for members of the public to put forward any **local neighbourhood issues, including policing issues** you would like to bring to the Board. This could be a local issue that you want to make the Board aware of (and possibly coordinate action to rectify the problem). We can't always guarantee that the Board will be able to respond immediately, but if there is an issue you think is important in your local area, please contact the GAMP team to discuss this.

If you'd like to attend the meeting, please register with the team in advance (contact details below).

You can also view copies of previous Board meeting minutes and up to date GAMP-related reports etc via our web page: www.durham.gov.uk/gampaap

STAY WARM, WELL AND SAFE THIS WINTER

Winter Essentials

- Visit the [NHS: Stay well this winter](#) website for information to help you and your family prepare for winter.
- See our [Disruptions, closures and warnings](#) page for the latest information about weather warnings, disruptions and closures across our county.
- See [Met Office: Are you weather ready?](#) for advice on travel, your home and health during cold and wet weather conditions.

Keep Warm and Well

Before winter

- Have a supply of your prescription drugs and other medicine. You can order your repeat prescriptions online. To sign up to GP online services ask at your practice or visit [NHS: Start using online services](#).
- Have a week's worth of food supplies, including bread in the freezer, long-life milk and non-cook foods. If you live far from other people, have more supplies on hand.
- Keep an 'In Case of Emergency' record of who to call and let them know they are your emergency contact.
- Consider [Care Connect](#), our 24 hour emergency contact alarm service that can help you to call for assistance if you have an accident or fall at home. They help you feel safer at home, and remain independent for longer, giving peace of mind to your family and friends.

During winter

- Stay active - keep moving, even if you're sitting down. Just wiggling your fingers and toes will help you keep warm. Try not to sit still for more than an hour or so indoors - get up and stretch your legs.
- Eat well - make sure you have hot meals and drinks regularly throughout the day to keep your body warm.

Stay safe and warm outdoors

- Dress for the weather and wear several layers of loose-fitting clothing.
- Well-fitting boots and shoes with a good grip are the most effective way to stay warm and prevent a fall.
- Use a walking aid if it helps you stay steady and safe.
- Always be careful when [driving in snow and ice](#).

Look out for your Neighbours

- Look after elderly or vulnerable friends and neighbours. If you are worried about someone call Social Care Direct.
- Hypothermia is a danger in cold weather. Look after elderly and vulnerable people, make sure they are heating their house correctly. If you think someone has hypothermia, call 999 for an ambulance immediately.

Durham County Council has lots of related information, please visit the website:

<http://www.durham.gov.uk/warmandwell>

FESTIVE REFUSE & RECYCLING IN COUNTY DURHAM

Bin collections across the county will take place as normal up to and including Tuesday, 24 December 2019. The Wednesday and Thursday collections for week commencing 23 December will be two days later than usual, and Friday's collection will be carried out on Monday, 30 December.

Collections due on Tuesday 31 December will take place as usual, but collections due on the Wednesday 1, Thursday 2 and Friday 3 January will take place one day later than usual.

Normal collections will resume on Tuesday, 7 January.

Real Christmas tree collections

We will again be offering a collection service for real Christmas trees. Bookings, for collection in the New Year, can be made through our [Christmas tree collections](#) web page or by calling 03000 260 000 before Sunday, 12 January.

Household Waste Recycling Centres

Most Household Waste Recycling Centres (HWRCs) across the county are open as normal over the festive period except for Christmas Day and New Year's Day.

Hett Hills HWRC will open for longer hours over the Christmas period to help ease congestion at other centres. The HWRC, which is usually only open during weekends and bank holidays, will open from 9.00am until 3.30pm from Monday 23 December to Sunday 5 January, only excluding Christmas Day and New Year's Day.

Further information about HWRC locations and opening hours can be found on our [Recycling centres \(tips\)](#) web page.

Other Services

Make sure you check which items should be placed in which bin by visiting [What goes in which bin?](#) If you Bin it Right you will help to reduce recycling contamination. And if you're getting new furniture in time for Christmas or buying electrical appliances in the sales, remember to dispose of old items responsibly.

Items can be taken to any HWRC or donated to charity. Details of furniture reuse charities can be found at [Reusing furniture and household items](#). Don't leave them in your yard, garden or street for a 'man with a van' to collect as they may end up being flytipped.

You can also arrange a [bulky waste](#) collection for larger items.

MACMILLAN JOINING THE DOTS COUNTY DURHAM



Cancer. What now?

Every two minutes in the UK, someone is diagnosed with cancer. With one in two of us receiving a cancer diagnosis at some point in their lifetime, cancer affects us all, either personally or through a close friend or relative. Receiving a cancer diagnosis can turn life upside down in a single moment and while it's not always life threatening, it is life changing, bringing with it many practical, emotional and physical concerns.

Previously there has been limited support for these needs, but a new service launched across County Durham in January has changed this.

Macmillan Joining the Dots County Durham is a free, personal service for people aged 18 and over who have been diagnosed with cancer. They're also there for friends, carers and relatives of any age too.

Since January, over 400 people have received support from the service, making significant positive changes to their lives. Trained facilitators have had conversations with people who are both newly diagnosed and already receiving treatment about their needs, completing a 'holistic needs assessment' to record and identify needed support. It's an informal, non-clinical assessment at a time and place that's best for you.

The friendly team of facilitators can give you support or guidance and if needed, signpost or refer to expert help with the following issues that may be affected during your diagnosis or that of someone you care for.

- family/relationship
- physical

- lifestyle/information
- emotional
- spiritual/religious
- practical/money

If you, a close friend or relative wish to take up this offer, please contact 0800 876 6887.

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.

FREEPHONE 0800 876 6887

Web: www.joiningthedots.info

Email: cddft.joiningthedots@nhs.net

DRY JANUARY

Commit to making a healthy start to 2020



Dry January is a one-month booze-free challenge that helps you change your relationship with alcohol. Taking one month off the booze means you can look forward to feeling healthier, saving money, sleeping better and losing weight.

You won't just feel the benefit in January either, research shows that Dry January participants are still drinking more healthily six months later.

Why not give it a try? **You can sign up today by visiting dry-january.org.uk**

You can also download the [Try Dry: The Dry January App](#) which helps you track your units of alcohol, money and calories saved.

GAMP ON FACEBOOK



Don't forget GAMP have their own Facebook page – please share this link with relevant partners & contacts, and take a look at our page – all 'likes' and shares are welcomed! Search for 'Great Aycliffe and Middridge Partnership - GAMP'.

<https://www.facebook.com/Great-Aycliffe-and-Middridge-Partnership-GAMP-747247642024928/timeline/>

If there's any local event information you'd like us to help promote on our page, please don't hesitate to get in touch (details below).

UPDATED PRIVACY INFORMATION

Great Aycliffe & Middridge Partnership would like to continue to send you information about the work of the partnership, the work of partner organisations and information on local events etc, however if you decide you do not wish to receive this information then please contact us on 01325 327441 or email us at gampaap@durham.gov.uk

In order to access further information about how we use your personal data, please see <http://www.durham.gov.uk/dataprivacy>

We'd like to wish all our Forum members a peaceful Christmas and all the very best for a healthy, happy and prosperous New Year!



Your area, your action, your partnership.

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