



Carers Noticeboard – SWE B&B

A central point of contact for support for unpaid carers 0300 303 9988
 For information on how the Essex Wellbeing Service can support
 unpaid carers email: Gillian.hopkins@nhs.net

October 2024




Carers Community Funding - organisations awarded
 funding & the service they are providing.

Target groups	Organisation / Contact details	Project Description / Website
Young Carers aged 8 - 18 yrs	Kool Carers - Basildon and Brentwood rachel.tungate@koolcarers.co.uk	Young carers peer support club. https://koolcarers.co.uk/about/
Young Carers	The Grange Primary School - Wickford jblack@grange.essex.sch.uk	Weekly after school club for young carers.
Young Carers	Carers Choices paul@carerschoices.org	Weekly support sessions, learning new skills and peer support. Home - Carers Choices
Young Carers (Global Majority Groups)	The Next Chosen Generation thenextchosengenerationcic@gmail.com	Support through the delivery of training and workshops. https://www.thenextchosengenerationcic.org/
Parent Carers (Basildon area) of neurodivergent children	BP4P Basildon.parent4parent@outlook.com	Connect parents with neurodivergent children with each other. https://www.moreincommonbb.co.uk/charity/62/basildon-parents-4-parents
Parent Carers of children with SEND	Families in Focus russell@fifessex.org.uk	Tools and peer support for parents caring for a child with SEND https://send.essex.gov.uk/search-support-groups-and-activities/families-infocus
Parent Carers	SNAP info@snapcharity.org	Training courses to support parents of school aged children who are on the path to or have received a diagnosis of SEND. https://www.snapcharity.org/
Parent Carers (Wickford area) of neurodivergent children & young adults	MyOTAS info@myotas.org	Family Support Worker providing range of support to parent carers of neurodivergent children and young people. https://myotas.org/index.php/about-us/
Adult Carers	Grant A Smile joyce.obaseki@grantasmile.org.uk	Caring for Carers programme supports mental health and wellness, life skills and community-building. Home New - Grant A Smile CIC
Adult Carers of people living with a palliative or life-limiting condition	St Luke's Hospice sarahmarshall@stlukeshospice.co.uk	Offers practical & financial advice, training & emotional support St. Luke's Hospice (Basildon and District) (stlukeshospice.com)
Adult Carers of people living with dementia	Dance Network Association info@dancenetworkassociation.org.uk	Dance and social peer group for individuals with dementia and their caregivers. https://www.dancenetworkassociation.org.uk/
Adult Carers of people living with dementia	The Peaceful Place ceo@peacefulplace.co.uk	Providing peer-led support groups, education about dementia, advice and support for health and financial issues. Carers peacefulplace
Adult Carers of people who have had limb amputation	Limbless Association deborah@limbless-association.org	Information, support, peer networking and development opportunities for carers of amputees. Volunteer Visitors Information for Professionals - Limbless Association (limbless-association.org)
Adult Carers of people living with Motor Neurone Disease	Challenging MND Emma.robertson@challengingmnd.org	Supporting carers with financial support and a wellbeing hub through an MND coordinator role. Challenging MND
Adult Carers of victims of violent /sexual crimes	Restitute Rebecca@restitute.org	Support for people caring for victims of violent and sexual crimes. Restitute – Supporting third party victims of crime

TECHNOLOGY FOR CARERS

UNLOCKING INDEPENDENCE:
 DISCOVER THE POWER OF
 TECHNOLOGY FOR CARERS IN ESSEX!

BASILDON - AUG 28TH
 CLACTON - SEPT 20TH
 COLCHESTER - OCT 23RD
 HARLOW - NOV 27TH
 BILLERICAY - DEC 11TH

ECC are hosting sessions in libraries across Essex demonstrating the range and use of free care technology available to carers and to support greater independence for the cared for person under the Care Act 2014. The range includes smart devices, careline, medicines management systems and much more. To find out more email caretectechnology@essex.gov.uk or to book a place at one of  these sessions click on

Community Agents can visit people in their homes to assess a person's need for some care tech and for basic home adaption equipment, such as grab rails, bed rails, toilet/ bathing/ showering aids, furniture raisers and key safes. Community Agents can often facilitate this more quickly than if arranged through Adult Social Care. A referral can be made to EWS for the Community Agents service.

Essex Fire & Rescue Service **Safe and Well** Officers offer a free home visiting service providing personalised fire safety and home security advice to all Essex residents. Officers can install free smoke alarms, provide specialised alarms for people with hearing loss plus smoking aprons/ bedsheets for bed bound smokers. They can also assess for and order falls prevention equipment. A Safe and Well visit is highly recommended for anyone on home oxygen therapy, using an airflow mattress or emollients for chronic dry skin conditions. Visits can be arranged through EWS or directly at <https://www.essex-fire.gov.uk/book-home-safety-visit>



Carers First

are the commissioned specialist carers support service providing personalised support either face-to-face, by phone or online. They offer:

- Specialist information, advice and guidance including on emergency contingency plans, advanced care plans, Lasting Power of Attorney, Will writing, carers rights and carers assessment
- Advice on financial support for carers, information on welfare benefits for carers and people with disabilities <https://www.carersfirst.org.uk/help-and-advice/topics/getting-financial-support-as-a-carer/>
- Support with managing work / education or developing new skills (some sessions specifically for young adult Carers)
- Support with emotional wellbeing, access to 6 free counselling sessions and family mediation service
- Wellbeing grants to enable a person to take a short term break from the pressures of caring
- Help with practical solutions to address specific challenges
- Carers First Facebook Community offering peer-to-peer support
- Online information for specific caring situations and condition specific help and advice including caring for someone with dementia, addiction or nearing end of life <https://www.carersfirst.org.uk/caring-for-someone-with/>

Carers First Support Advisors host regular support groups and drop-in sessions online and in-person at numerous venues for carers to find information, support and guidance as well as to talk to fellow carers, if they wish.

Date	Group	Date	Group
2nd October 2:30pm – 3:30pm	Self-Care for Carers online group On Zoom	21st October 11am - 12:30pm	Billericay Cuppa and Chat Reading Rooms, 73 High Street, Billericay, Essex, CM12 9AS
7th October 4pm - 5pm	Care2Relax Pilates online session On Zoom	23rd October 2:30pm - 3:30pm	Brentwood Drop-in and Chat Merrymeade House, Merrymeade Chase, Brentwood, Essex, CM15 9BG
7th October 2pm - 4pm	Basildon Hospital Dementia Drop-in 'The Retreat' in the hospital's main entrance Drop-in held 1 st Monday of every month	28th October 2pm - 4pm	Care2Talk Billericay Billericay Medical Practice, Health Centre, Stock Road, Billericay, Essex, CM12 0BJ
7th October 11am - 1pm	Carers Drop-in HAPPY Hub, Unit 11, Eastgate Shopping Centre, Basildon, SS14 1AE	28th October 10:30am - 12pm	Carers Wellbeing Group Alternating between Lillie's Cafe, Wickford and Happy Hub, Basildon

- Working Wednesdays is an online evening peer support group for Carers who are in full or part time employment.
- Variety of workshops including yoga, dance, walking, art, poetry, healthy eating, cookery and day trips for Carers

16th October 10:30am – 12:30pm	Autumn Needle Felting Craft event for Carers at venue in Rayleigh
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- Virtual Wellbeing Programme - monthly Zoom session held first Tuesday of every month 11am - 12:15pm. Sessions combine Breathwork and Emotional Freedom Technique tapping to help manage stress and build emotional resilience.
- Caring Confidently 4week programme delivered online or in the community covering the following:
 1. *The caring role*: support available from Carers First, carers rights, carers assessments and other help available locally.
 2. *Looking after you*: taking care of your mental and physical health, building resilience, and finding time for yourself.
 3. *Finances and legal issues*: an introduction to welfare benefits and grants for carers, Wills and Power of Attorney.
 4. *Practical support*: final session focuses on either First Aid or manual handling depending on the needs of the group.

To find out more or to book any of the above sessions go to <https://www.carersfirst.org.uk/essex/groups-and-events/> or call 0300 303 1555

Sys1 electronic referral for Carers First can be made via *Provide Essex Wellbeing Service (EWS)* – selecting *Carers Support* Or healthcare professionals and self-referrals can be made online -click on Carers First or EWS logo for referral forms



If you require promotional leaflets/posters, or if your practice is interested in hosting a Carers engagement event for patients, please contact Emma Summers, Carers First Services Manager, E: emma.summers@carersfirst.org.uk



To mark World Mental Health Day Totally Yoga and United in Kind are holding a wellbeing walk on **10th October** 11am – 12pm at Essex Wildlife Trust Langdon Nature Discovery Park, 3rd Avenue, Lower Dunton Road Basildon SS16 6EB. To book a place email United in Kind Coach Ali Massey ali.massey@ceessex.org.uk



is a supportive network of families caring for a family member with a learning disability and autism. The network provides information and resources to family carers and works to ensure the lived experiences and voices of families informs and influences opportunities for people with a learning disability and autism living in Essex.

ECN is jointly hosting a free webinar on Zoom **Disability-Related Expenditure (DRE) – what can you claim?** Attendees will learn how to ensure they are not overpaying their contribution towards their care and find out what items could potentially be claimed as DRE. It will look at a range of expenses including

for specialist equipment, extra heating costs, help around the home, mobility aids and personal care products. This webinar is open to residents who have social care support from Essex County Council and live in their own home or in supported living (not care homes) and/or their Carers.

Click logo to find out more and to book a place on one of the following dates: **15th Oct 6:30pm - 8:00pm** or **17th Oct 2:00pm -3:30pm**

Essex County Council wants to hear the views and ideas of adults with Learning Disabilities and/or Autism who use Day Opportunities services or who may use them in the future.

During the session ECC will introduce the new Day Opportunities pathway and share ideas and plans on the future of Day Opportunity services.

An in person session will be held at **Basildon Library, St**



The hospice recognises and appreciates the support and care that family members and friends provide to someone living with a life-limiting condition.

And understands this can lead to increased strain, stress and worries on the carer, who may not know where to turn to access help for themselves.

St Lukes' Carers Support Coordinators can support carers with a wide range of practical advice, financial advice, training and emotional support, as well as advice on ways to look after themselves.

They also offer a variety of support groups – both online and face to face.

Contact the Hospices' Carers Support Team to find out more email carers@stlukeshospice.co.uk or call 01268 524973



The governments' Every Mind Matters campaign has produced resources for World Mental Health Day 2024 including an Easy Read guide showing tips on how to help improve mental health.

Click on image for this and other campaign resources.

Essex County Council has commissioned the following surveys to inform and assist with the future planning of services for Carers:



Essex Carers Voices is seeking adult and young carers views on what works well, what doesn't, and what barriers they are facing when looking after someone. To submit to the survey telephone 0300 500 1895

or Email: carersvoices@healthwatchessex.org.uk

More information about Carers Voices and the latest survey findings can be found at

<https://healthwatchessex.org.uk/carers-voices/>



Community360 has been commissioned to work with Macmillan Cancer Support to develop a better understanding of the cancer experiences of people in Essex who may also be affected by health inequalities.

You may be affected by health inequalities if you belong to one of these communities;

- Veterans
- People living with sensory loss
- Learning disabilities
- People on low income
- Ethnic minority communities
- LGBTQIA+

To learn what barriers to cancer care and diagnosis they are experiencing, we would like to reach out to people from Essex;

- who are living with cancer
- those caring for someone with cancer
- have lived through an experience of cancer

We would also like to connect with local voluntary organisations and networks to build on the already positive activities in the local area.

Community360 would like to hear from anyone who wishes to be involved in or find out more about the programme. Please contact information@community360.org.uk or call 01206 505250.

The Alzheimer's Society Community Dementia Support Services Essex Survey is gathering experiences and views of living with dementia from people with the condition, their family and friends as well as from organisations that support people affected by dementia.

This feedback will help to inform the design of Essex community-based dementia support services due to start in April 2025.

For more info email Michelle.burrows@Alzheimers.org.uk

online survey forms to submit your views:

