



Carers & Helpers Noticeboard

A central point of contact for support for unpaid carers 0300 303 9988
Phonelines are open Monday to Friday 8am-7pm Saturday 9am-12pm
E: provide.essexwellbeing@nhs.net or <https://essexwellbeing.co.uk/support/carers/>

South Essex
March 2026



In April 2024 Essex County Council commissioned the following services to provide support for residents who are unpaid carers:

Essex Wellbeing Service – support with carer’s own health and wellbeing, central point of contact for carers support, triage to specialist carers support services, Mobilise, Community Agents, other VCSE support or to Adult Social Care Connects, if needed.

Carers First for Mid & South Essex – specialist information, advice & guidance, help with future & emergency care planning, in person & online carers support groups, grants for short-term breaks, emotional support, 6wks counselling support by phone.

AfFC for West & North East – specialist information, advice & guidance, help with future & emergency care planning, in person & online support groups, short-term breaks, emotional support, 6wks free counselling, **countywide support for Young Carers**

Mobilise – digital only platform offering information, guidance, online tools 24/7 carers coaching, community support network both online and via Mobilise Hub app.



Referrals for carer support have increased steadily since, most frequently for information, advice and guidance, followed by grants for short term breaks and coaching. Between April 2024 - Dec 2025 over 7,500 people accessed the specialist information, advice and guidance services alone, and 2,300 carers received counselling with 96% reporting it had helped their emotional wellbeing. In an independent evaluation of the service 139 people who had received support from EWS, Carers First and/or AfFC/ECS were surveyed:

	Increased time and respite	40% of these carers said the support they received had helped to increase their free time and their ability to make their own choices.
	Increased knowledge about support, rights and entitlements	70% reported an increased awareness of available services for themselves and the person(s) they care for.
	Improved ability to manage care responsibilities	57% said the support they received had improved their ability to cope in their caring role and 66% reported noting benefits for the person(s) they care for.
	Reduced loneliness and isolation	36% felt the support had helped increase their social networks and friendship groups. Majority of carers who attended the services’ peer support groups reported increased social connection and reduced feelings of isolation.
	Improved emotional support, respect and validation	66% of carers said the support they received from the specialist carers support services had made them feel more cared for and respected.
	Improved carer wellbeing	60% of respondents noted their health, mental wellbeing, and sense of safety had improved as a direct result of the support they received.

Fortia Insight: Evaluation of the Essex Carers Offer January 2026

Carers First

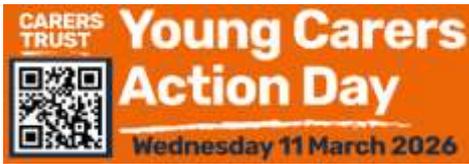
Local Carers Support Groups				Other Services
Canvey Primary Care Centre	SS8 0JA	Every Wednesday	1pm - 4pm	Care2Walk Groups – 5km walks held at various locations in South Essex 2 nd Thurs 10:30am, Mid Essex last Sunday 11am
West Maldon Community Centre	CM9 6YH	1 st Monday of month	10:30am - 12pm	
Waterside Farm Leisure Centre	SS8 9RA	2 nd Monday	10:30am - 12:30pm	Care2Relax Chair Pilates online 3 rd Thursday 1pm - 2pm
Broomfield Village Hall	CM1 7AH	1 st Tuesday	2pm - 4pm	
Thundersley Methodist Church	SS7 4BS	1 st Wednesday	9:30am - 11am	Young Adult Carers online group for 18-25yr olds held on 1 st Tuesday 6pm-7pm and 3 rd Monday 7pm-8pm
Champions Manor Hall, SWF	CM3 5LJ	1 st Thursday	2pm - 3:45pm	
Kings Park Village, Canvey Island	SS8 8HE	1 st Friday	10am - 12pm	Virtual Wellbeing breathwork & EFT Tapping for selfcare held online 1 st Thursday 11am-12pm and 1 st Friday 7pm-7:45pm
St Peter’s in the Fields Vicarage	CM7 9AR	2 nd Tuesday	10:30am - 12pm	
Pinetree Care Home, Rayleigh	SS6 9XH	2 nd Wednesday	10:30am - 12:30pm	Group for carers in part time or full time work held online 1 st Thursday 11am-12pm and 1 st Friday 7pm-7:45pm
Witham Utd Reformed Church	CM8 1AH	3 rd Monday	10:30am - 12pm	
Billericay Reading Rooms	CM12 9AS	3 rd Monday	11am - 12:30pm	Southend Hospital Carers Dropin in partnership with Macmillan Cancer Support 3 rd Wednesday 1:30pm - 2:30pm
Jilly Beans Cafe, Canvey Island	SS8 7AT	3 rd Friday	11am - 1pm	
Utd Reformed Church, Burnham	CM0 8HF	4 th Wednesday	10:30am - 12pm	Men's Breakfast Club for male carers 20 th March 10am - 12pm Travellers Joy Pub Rayleigh SS6 9JF
Merrymeade House, Brentwood	CM15 9BG	4 th Thursday	2:30pm - 4pm	
Wickford	For venue details email	4 th Monday	10:30am - 12pm	Diabetes UK live presentation for unpaid carers Understanding differences between Type 1 and Type 2 diabetes, recognising symptoms, how to get support, how to manage treatment and complications in the person they care for. Online on 17 th March 11am-12:15pm & 18 th March 6pm-7:15pm
Basildon	christine.kok@carersfirst.org.uk	27 th April & 22 nd June	10:30am - 12pm	

For further info on Carers First support groups and on booking onto a session fill in the [online form](#) or telephone **0300 303 1555**



Type 1 diabetes is an autoimmune condition whose early symptoms can be difficult to spot and which often presents in children and young people. Breakthrough T1D offer information and support to anyone affected by the condition and have a guide to [managing T1D in children with neurodiversity](#).

Plus, a free information pack for parents and schools to support children and young people with T1D in school and when socialising. Go to <https://breakthrough1d.org.uk/> or E: outreach@breakthrough1d.org.uk



is about acknowledging the part that children and young people play in supporting a parent, grandparent or sibling living with a health condition, frailty, disability or addiction, or is neurodiverse. Plus, ensuring those young carers have the same chance to learn, grow and thrive as their friends who do not have caring responsibilities.



Essex County Council's Youth Service works closely with schools, [Action for Family Carers](#), the [Essex Child and Family Wellbeing Service](#), and other partners to ensure young carers receive consistent and long-term support. Professionals, families and young carers themselves can make a referral to the Youth Service via the [online form](#) or by emailing young.carers@essex.gov.uk For a leaflet about this service click on the image on the right



Provide Carecall 247 wristband service is designed to support anyone at risk of falls, or who feels vulnerable, when away from home, including people with dementia, frailty, epilepsy, learning disabilities, or autism. The red, waterproof wristbands are available in both adult and child sizes with each having a unique ID number linked to a person's profile and their registered emergency contacts. Wristbands cost £18 and come with 12mth subscription to Provides' 24hour monitoring and contact service. In the event of an incident, Carecall247 will contact up to 3 nominated contacts and coordinate assistance from emergency services, if necessary. Go to <https://carecall247.co.uk/shop/> or call **0300 303 2682**



This year's Showcase brings together innovators, practitioners, partners, and sector leaders to reflect on the last 5 years' journey of Technology Enabled Care in Essex and to explore what's next. Expect hands-on tech, live demonstrations, future-focused conversations, and lots of opportunities to connect with colleagues shaping digital care across Essex. **NB. this event is not open to the general public.**

for Essex Residents aged 65 and over

Better Sleep Program for Carers
FREE six-week online program starting Wednesday 18th March 2026 11am - 12pm

Mindfulness for Older Adult Caregivers
FREE six-week online program starting Thursday 16th April 2026 10am - 11am

Visit <https://the-mindful-life.com/> for more information and to apply

Essex County Council



<https://www.midandsouthessex.ics.nhs.uk/publications/adult-self-harm-management-toolkit-nhse/-advice-support>

Self-harm can occur at times when a person feels overwhelmed, exposed, anxious, stressed, angry, unable to cope and/or unable to express themselves. Self-harm can lead to feelings of relief, calmness and of being in control.

Click on the link above for MSE ICS's comprehensive guide to supporting adults (17+yrs) who self-harm which includes information on the following:

- Why do people self-harm and who is most likely to be at risk
- Spotting the signs of self-harm and how to respond to it
- Do's and Don'ts of talking to someone about self-harm
- Self-help and possible distraction and coping strategies
- Individualised safety planning and where to refer for support.



Incidences of self-harm can often be hidden. [NICE guidance](#) reports 7.3% of girls and 3.6% of boys aged 11-16yrs, and 21.5% of girls and 9.7% of boys aged 17-19yrs, had self-harmed or attempted suicide at some point.

Guides for young people and parents/carers on supporting someone who self-harms are available to download from Mind's Mid and North East Essex' website. Plus, information and resources for schools and colleges. For these and further information go to <https://mnessexmind.org/letstalkaboutselfharm/>

CENTRAL BASILDON PRIMARY CARE NETWORK
"Improving lives together"

NHS PROVIDING NHS SERVICES

If you support a family member, friend, or neighbour without pay, you are welcome to join us for a friendly and informative drop-in session.

DROP-IN SESSION FOR UNPAID CARERS

At the session you can:

- Create or review an emergency plan
- Learn about carers' assessments and available support
- Get information and advice

Friday 13 March 2026
Central Basildon PCN Hub, Vange Health Centre
Southview Road, Basildon, SS16 4HD
11:00 am to 1:30 pm
Enjoy a hot drink and a chat.