



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
June 2026



This year's focus is on **building carer friendly communities** – community services, education settings, workplaces, community places, spaces and groups where unpaid carers are recognised and valued so they are not left to cope alone. People with caring responsibilities make an extraordinary contribution, often balancing care with work, family life and their own wellbeing, while estimated to be saving the UK economy **£184 billion** every year. To be *Carer Friendly* means –

- recognising unpaid carers & the vital role they play
- understanding the realities & impact of caring
- taking action to identify & support carers in practical ways
- empowering carers to live fulfilling lives

For ideas on how to put this into action go to <https://www.carersweek.org/building-carer-friendly-communities/>



will be hosting the following free webinars for health and social care professionals during Carers Week. All webinars will be on Microsoft Teams from 1pm-2pm. For more info & to book go to <https://www.events.england.nhs.uk/events>

Monday 8 th June 2026 Young Carers	<i>Early identification of carers in schools & settings, supporting equal access to opportunities, guides to support & co-production.</i>
Tuesday 9 th Care Planning	<i>Use of Family & Group Conferencing, and role of unpaid carers and families in both social care and mental health planning. How F&GC can support prevention, community-based care and neighbourhood approaches.</i>
Wednesday 10 th Hospital to Community	<i>Carers' Clinical Liaison Service - identification, engagement & support of carers in hospital settings. Partnership working with community services, GPs & local carer organisations to support safer discharge, reduce readmissions & improve carer experience.</i>
Thursday 11 th Health Service and Unpaid Carers	<i>Role of unpaid carers within the Neighbourhood Health Implementation Programme. How neighbourhood teams can identify and support carers earlier, and it's importance to population health, prevention and continuity of care.</i>
Friday 12 th Data in GP Practices	<i>Dorset NHSFT SystmOne Unpaid Carer Template - tips on embedding into routine GP workflows. How template supports Carers Quality Markers, PCN priorities, population health approaches, and strengthens signposting/ referral to local carer organisations.</i>



To enquire about times and joining any of the following free events this Carers Week call **0300 303 1555** Or go to <https://www.carersfirst.org.uk/essex/groups-and-events/#groups+and+events>

Friday 5 th June	Rayleigh, Rochford & Castle Point afternoon tea for Carers, Mill Hall, Rayleigh	
Monday 8 th	Introduction to Mental Health First Aid for Carers. Online 1pm-2pm	
Tuesday 9 th	Braintree Carers Support Group cream tea, The Vicarage, St Peter's in the Fields	
Tuesday 9 th	New Arts & Crafts group for Carers. Online 1:30pm-3pm	Caring for someone with an addiction. Online 6pm-7pm
Wednesday 10 th	Carers picnic at Maldon Prom Park	Green-fingered Carers: gardening & houseplants advice. Online evening & 11 th June daytime
Thursday 11 th	Marks Hall walk and tour	Brentwood, Billericay, Basildon & Wickford Carers afternoon tea, Ongar Garden Centre



Fun and informative free event
Friday 26th June 10am-4pm
Cressing Temple Barns
Braintree CM77 8PD

Marketplace promoting health & wellbeing information and advice
Bookable workshops & taster sessions in various therapies
Guided tour of the grounds and Walled Garden

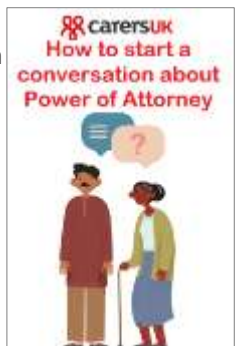
For more information see the Carers First website above or email jenny.goodson@carersfirst.org.uk

Carers Support Advisor vacancy in Mid Essex - full-time hybrid role working in the community and from home. For more details and to apply online go to <https://www.carersfirst.org.uk/about-us/our-current-job-vacancies/carers-support-adviser-essex/>

mobilise			Essex's digital platform for unpaid carers - Free online events for Carers Week		
To register for any of the following go to https://www.mobiliseonline.co.uk/carers-week-timetable					
Monday 8 th June	10am-10:15am	What support is near you and how to access it	11am-11:45am	Celebrating connection and community	
Tuesday 9 th	10am-10:15am	Helpful charities & condition-specific organisations	7pm-8:00pm	Relaxed social drop-in session for Carers	
Wednesday 10 th	10am-10:15am	How to make the most of The Mobilise Hub App	4-4:45pm	Meet up for Carers of people with a Neurological condition	
Thursday 11 th	10am-10:15pm	Becoming a Mobilise Champion	12pm-1:00pm	Contingency Planning for Carers	7pm-7:45pm Meet up for Male Carers
Friday 12 th	10am-10:15am	Making the most of the local space in Mobilise Hub	11am-11:45am	Creative Minds with an Island Activity	
Saturday 13 th	10am-10:15am	Catch up of topics covered during Carers Week	3-3:30pm	June's Nature notes- what's happening in the natural world	
Sunday 14 th	10am-10:15am	Catch up of topics covered during Carers Week	11am-11:45am	Sunday morning drop-in session for working carers	



The Office of the Public Guardian is holding a free online information session on **Understanding Lasting Powers of Attorneys and deputyships** on Tuesday 9th June 12:30pm-1:30pm. This session is open to anyone helping to manage the finances/health of someone they care for, or who wants to plan ahead in case a time comes when they are no longer able to make their own decisions. For more details and to book a place go to <https://www.eventbrite.co.uk/e/understanding-lpas-and-deputyships-carers-week-information-session-tickets-1988836571724>



Often LPAs are not set up until diagnosis of a long-term condition, or when faced with practical considerations about health, finances, or living arrangements. Yet, setting up formal arrangements at any age in advance can give peace of mind for whatever the future brings, and can help alleviate stress for all. Click on the image for **Carers UK's** leaflet with tips on how to discuss the topic sensitively with a family member, partner and/or friend.



reports many carers reduce their working hours, turn down promotions, and give up work due to caring responsibilities. When this happens carers, families, employers, public services, and the economy are all impacted. Moreover, carers often do not return to work after caregiving with negative effects on long-term finances and pensions.

According to **Carers UK** every day 600 carers leave their job and those most likely to be faced with this decision are aged between 50–64yrs, just as they are reaching the peak of their professional skills and experience. **The Report** found many carers want to remain in work but required information and support **early** in their caring journey to see all the options available that could help sustain this. Key to helping potential carers navigate the complex choices they face and with agreeing sustainable work-care arrangements are:

Normalising conversations about and early setting up of Advance Care Planning and Lasting Powers of Attorney
Information on the long-term care needs of the Cared For person given at diagnosis. Plus, details of services, condition specific charities, and assistive technologies that can help with supporting these needs as they arise
Advice on having effective conversations about care with the Cared-For person, medical staff, and with family / friends about sharing caring
Information on carers workplace rights and on requesting flexible working patterns with employer
Details of local employment services that support carers find work to fit with their care activities
Information on finances, entitlements and the longer-term consequences of remaining or leaving employment
Information on eligibility to local authority-funded social care and what care needs of the recipient would be met
Info to help assess whether the Cared For and/or potential Carer(s) have the means to self-fund local care services
Information on carers support services that are available outside normal working hours

EWS Care Nav+ partners, Carers First and Mobilise can provide information and support to carers on many of these topics. Useful practical advice on caring for someone with a specific condition can be found at <https://www.carersfirst.org.uk/caring-for-someone-with/>



How to get care and support

Factsheet 41 explains the process for:

- obtaining a local authority assessment of your needs, whether you are someone who needs care and support, or you are a carer
- deciding whether you are eligible to receive care and support services
- agreeing a plan to meet your care and support needs, including the overall cost and any contribution you must make.

Have a wide range of easy to digest guides and in-depth factsheets covering many of the areas above, and more. To view the full list and to download go to <https://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/> Age UK's **LIFEBOOK** offers a handy way to record all the practical admin details of life organised into 6 sections: • personal details • life contacts • documents • financial • possessions • final wishes. It's also a way of ensuring loved ones have the details they need if they have to sort something out on your behalf. Call **0800 678 1602** to order a free copy or download from <https://www.ageuk.org.uk/information-advice/money-legal/end-of-life-planning/lifebook/>



The Government's **Men's Health Strategy for England** reported • in 2024, 36% of men died before the age of 75 • suicide is the leading cause of death in men under 50 • the average healthy life expectancy for men is 61.5 yrs • men in the most deprived areas experience 19 fewer healthy years and die 10 years earlier than average. Two of the six levers identified by the report to help improve men's health were:

- to support individual behaviours and
- to foster strong social, community and family networks. Healthwatch's Fellas Forums offer a pressure-free environment for men of all ages to informally chat about issues such as health, wellbeing, men's health screening, fatherhood, self-esteem, confidence, football, or anything else they wish to talk about. Forums regularly include food and drink, plus physical or outdoor activities such as fishing, gardening, BBQs, and 'walks and talks'. The new Basildon Forum is on every 3rd Tuesday of the month. To find out more go to <https://healthwatchessex.org.uk/fellas-forum/> or email luke.hayes@healthwatchessex.org.uk



can offer 1-to-1 support to working carers who are at risk of dropping out of work, as well as to current or former carers who are seeking employment or training opportunities. Healthcare professionals can refer individuals to the service via EWS. Or individuals can apply online at <https://www.essexopportunities.co.uk/connect-to-work/connect-to-work> Or, by calling **03330 138 337** or emailing connecttowork@essex.gov.uk

Essex Opportunities also has a guide for parents /carers on helping young people with SEND prepare for post-16 education and work. It outlines all options for further education, supported internships, apprenticeships, travel training, university pathways, supported employment and day opportunities. Plus, has links to organisations that can offer further guidance. To view/download this guide go to <https://www.essexopportunities.co.uk/post-16-parents-carers-guide/post-16-parents-carers-guide/>

Do you see me?
Learning Disability Week 15 - 21 June
Preparing for Adulthood: Parents and carers guide to post-16 opportunities

Essex County Council Special Educational Needs and Disabilities

Essex County Council Adult Social Care
 Celebrating Learning Disabilities Awareness Week 2026
LEARNING DISABILITIES AND AUTISM FESTIVAL
 17th June 11am - 3pm
 Live music, performances and fun activities
 Learning Disabilities Got Talent Showcase
 Canvey Island Miniature Railway, adapted bikes, information stalls, food & drink stalls or bring your own picnic
 Waterside Farm Leisure Centre
 Canvey Island SS8 9RA

For more info click on image above. Anyone wishing to take part in the Showcase should fill in the form at [Learning Disabilities Got Talent \(LDGT\)](#)