



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://essexwellbeingsservice.co.uk/support/carers/>

South Essex
July 2026

EWS' Single Point of Access team (SPA) act as a central hub responsible for processing all referrals, managing enquiries and coordinating service bookings. In the last financial year the SPA handled 50,000 phone calls and assisted 4,000 carers with seeking appropriate support. Recent training from [Deafblind UK](#) and EPUT's South East Essex Trauma Alliance has meant the SPA is now accredited as both *Deafblind Aware* and *Trauma Informed*. With an awareness of individual needs and the barriers to care, our SPA Care Navigators are able to offer a welcoming environment for people with dual sensory loss. Plus, have an understanding of trauma and the management of triggers to help create a safe environment for individuals to access support for their health and wellbeing.



Last month's Carers Week saw the publication of a blueprint on championing the creation of carer friendly communities, offering guidance, practical actions, and examples of good practice, for partners across health, social care, education, employment, business, voluntary and community sectors. Carer friendly is where:

- people feel able to identify themselves as carers
- support for carers is visible & easy to access
- employers understand and support employees' caring responsibilities
- schools and colleges actively support students with their caring responsibilities
- health and social care services routinely ask about caring roles and offer support

- community organisations proactively reach out and recognise carers
- local businesses understand why flexibility matters.

Even small changes in these places can, and do, make a big difference to carers' daily lives as well as to the people they care for.

To view or download a copy of the blueprint go to <https://www.carersuk.org/briefings/building-carer-friendly-communities-a-blueprint/>



provide specialist clinical treatment and support for Armed Forces veterans with PTSD and moral injury resulting from their experiences during military service. The charity also offers free online learning to families, friends and employers of veterans. The **Stronger Together**

Programme consists of 5x 1 hour webinars offering education and practical skills on PTSD and trauma related mental health.

- webinar 1 - Support a veteran with PTSD symptoms
- webinar 2 - Overcome communication challenges
- webinar 3 - Respond to anger and keep safe
- webinar 4 - Support a veteran with depression
- webinar 5 - Maintain your own wellbeing and access further support

Programme start dates: **July or October 2026, February or June 2027**

To be eligible for a free place on these webinars attendees need to be either:

- A family member or friend of a veteran
- Treating, caring for or supporting a veteran
- A colleague or an employer of a veteran
- Working with veterans in the public, corporate or voluntary sector

To book a place and for more info on this and other free bite-sized training go to:

<https://learning.combatstress.org.uk/pages/for-families-and-friends> or E: learning@combatstress.org.uk or call **01372 587 098**



Motor neurone disease affects the nerve cells in the brain and spinal cord progressively causing loss of mobility and difficulties with speech, swallowing and breathing. The MND Association offers information, emotional and practical support to people living with MND and Kennedy's Disease, family members and carers, and to health and social care professionals. A wide range of information/guides on all aspects of MND and care management can be found at <https://www.mndassociation.org/support-and-information>



and is available in a number of languages. [Understanding My Needs](#) is one tool to help a person communicate their care needs and wishes to hospital staff and care workers. Fill in MND's [publications order form](#) to request a free printed copy of this and other information. Or E: mndconnect@mndassociation.org or call the MND Connect helpline **0808 802 6262** Mon-Fri 9am-4pm.

MND Association South Essex Branch volunteers liaise with health/social care professionals, and attend monthly multidisciplinary meetings at Southend and Basildon Hospitals, with the aim of providing the best possible care for people with MND and their families/carers. For more information on the support available to anyone who is affected by MND, and on the regular group sessions listed below email patricia.ahlquist@mndassociation.org or call 07383 568585

Face-to-face drop-in support and social meeting Opportunity for people living with MND, their Carers and families, to meet others and to share experiences and ideas. Refreshments provided plus support available to those who may struggle with transport to get to meetings.	The Hub, Fair Havens Hospice, Southend SS2 6PR Friday 7th August, 2nd October, 4th December between 2pm-4pm St Lukes Hospice, Fobbing Farm, Basildon SS16 5NJ Saturday 5th September, 2nd November 2pm-4pm
Online Peer Support Group (via Zoom) A virtual group for people with or affected by MND Held on 3rd Tuesday of the month 11am-12:30pm	South East Region Recently Diagnosed Group (via Zoom) Allows all people affected by MND to ask any questions and find out about support available. Held on the 3rd Friday of the month at 2pm-3pm
Online Carers' Coffee & Chat group meeting (via Zoom) Only for family and loved ones who help care for someone with MND. Daytime group 1 st Tuesday of the month 11am-12pm Evening group last Wednesday of the month 6:30pm-7:30pm	Online Veteran's Group For military veterans who are living with MND, an opportunity to share experiences & common interests. Held on 3 rd Thursday of the month 3pm-4pm For more details email dawn.pond@mndassociation.org



What would help you as a carer when attending appointments with your GP, at hospital, or at the dentist?
Looking after your own health when busy caring for someone else can be challenging at times. The **Carers Voices** project is seeking the thoughts of both carers and healthcare professionals on reasonable adjustments that could be put in place to make it easier for carers to attend healthcare appointments. For example, flexible appointment times, better access to transport, easy read communication, longer appointments where appropriate. To submit your ideas and/or to discuss further email Jane.stokes@healthwatchessex.org.uk or Essex.Carers@essex.gov.uk before the close of business on **Tuesday 21st July**.

Carer's Allowance: Call for Evidence is seeking the views of carers, representative organisations and others with relevant experience, on reforming the allowances' earnings limit and the potential to introduce a clearer and fairer earnings taper for carers who want to combine some paid work with their caring responsibilities. This call for evidence closes at **11:59pm on 18 August 2026**. To find out more and to submit your views online go to <https://www.gov.uk/government/calls-for-evidence/carers-allowance-call-for-evidence/carers-allowance-call-for-evidence> To find out about alternative ways of submitting a response email carer.callforevidence@dpw.gov.uk

Open Consultation - Make Work Pay: employment rights for unpaid carers and parents of seriously ill children is seeking views on whether the existing entitlement to unpaid carer's leave is working effectively for both carers and employers. Plus, what more could the government do to ensure carers are supported to remain and progress in work. It is also asking for feedback on the proposed new Hugh's Law regarding financial support and leave for parents/caregivers in the days and months following their child being diagnosed with a serious illness. This consultation closes at **11:59pm on 1st September 2026** and is open to everyone. Although views are particularly being sought from people with lived experience of having caring responsibilities, parents of seriously ill children, those who have supported unpaid carers in the workplace, as well as from businesses. For more info and to submit your response online go to <https://www.gov.uk/government/consultations/make-work-pay-employment-rights-for-unpaid-carers-and-parents-of-seriously-ill-children> or email unpaidcarers@businessandtrade.gov.uk



Following evidence gathered by the Essex Carers Network from families and carers highlighting the lack of wheelchair-accessible weighing scales at health appointments. Funding was secured from Autism Health Equalities Programme and Southend, Essex and Thurrock Learning Disability for scales which are now located in venues that host Sport for Confidence's [Reconnect](#) and [Good Food Good Moves](#) programs, including The Brentwood Centre, Basildon Sporting Village and Canvey Island Leisure

Centre. Use of the scales is free and enables wheelchair users, carers, families and healthcare professionals to take accurate weight measurements for assessing overall health and for safe medication dosing. For more info on hiring these portable scales for healthcare events go to <https://sportforconfidence.com/product/wheelchair-scales/>



Summer community groups are for people with memory issues or dementia and their carers and friends. Groups are free to attend and are an opportunity to get information, make friends & have fun.

Activity Group Basildon	2 nd Wednesday of month 10-11.30am	Basildon Library SS14 1DL
Activity Group Brentwood	3 rd Monday of month 2-3.30pm	Merrymeade House CM15 9FE
Singing for the Brain	3 rd Tuesday of month 2-3.30pm	Hutton Community Centre CM13 1LP
Singing for the Brain	1 st Wednesday of month 2.30-4pm	Hannakins Farm Centre CM12 0SY
Singing for the Brain	3 rd Thursday of month 2-3.30pm	St Catherines Church Hall SS11 8BB
Seated Exercise & Music	2 nd Thursday of month 11am-12pm	Rayleigh Parish Centre SS6 8BB
Walk & Talk Hylands Park	1 st Tuesday of month 10am-12pm	Hylands Park CM2 8WQ
Walking Football	every Wednesday 11am-12pm	Writtle University College CM1 3RR
Carers Relaxation Group	4 th Thursday of month 11am-12pm	Rayleigh Parish Centre SS6 8BB

For more information email essexgroups@alzheimers.org.uk or call **0333 150 3456**



Packed full of tips, ideas, activities and organisations to help make your Summer less stressful

Supporting, Nurturing and Partnering families across Essex who have a child or young person, aged 0-25, with any additional need or disability

[Downloadable Survival Guides, Information and Resources from SNAP](#)
SNAP helpline **01277 211300**



One in ten people live with incontinence, which can be hard to talk about and upsetting for everyone involved.

The *Dementia and Continence* website offers practical advice and tips to help people living with dementia, their family and friends to help manage continence at home. The site also has advice for healthcare professionals on having conversations with family and carers about continence care. Go to <https://demcon.org.uk/> to view these guides:

Why people have these problems	Night-time and sleep
Helping someone to use the toilet	Out and about
Bladder & bowel health	Staying in hospital
Incontinence products	Talking about incontinence
Keeping Clean	Difficult problems
Looking after the home	This is not easy
Managing clothes	Getting more help



Supporting carers through bereavement: a guide for professionals provides advice on how to help carers prepare both emotionally and practically for the death of a loved one. Covering having sensitive conversations

about end-of-life planning, advance care discussions, preparing for the physical and emotional changes associated with dying. Plus, emotional, practical, financial, and identity-related challenges experienced by bereaved carers. Click image above to view or download a copy of this guide.



AgeWellEast
Empowering people to age well

PHONE FRIENDS
SERVICE FOR ADULTS AGED 18+

A friendly voice is just a call away – reduce isolation and build meaningful connections.

Phone Friends connects you with others for weekly chats – a simple way to ease loneliness and brighten your day.

Make new friends over the phone – our coordinators support you every step of the way.

Stay connected, feel supported – regular calls can turn into lasting friendships.

To find out more
provide.essexwellbeing@nhs.net
0300 303 9988
www.essexwellbeingsservice.co.uk
www.agewelleast.org.uk




