[A logo with white text

Description automatically generated](https://essexwellbeingservice.co.uk/support/carers/)

**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**](mailto:provide.essexwellbeing@nhs.net) **or** [**https://essexwellbeingservice.co.uk/support/carers/**](https://essexwellbeingservice.co.uk/support/carers/)

**South Essex**

**May 2025**

[](https://www.alzheimers.org.uk/form/checklist-for-dementia-symptoms)The Alzheimer’s Society is using this year’s Action Week to raise awareness of the benefits to people of getting an early diagnosis which include getting access to the right support to live as well as possible and to treatments that can help with some symptoms. Plus information for themselves and their loved ones on the changes they are experiencing and on any benefits or legal protection they are entitled to. An online questionnaire is available to anyone who is concerned that their, or their loved ones, symptoms or behaviours may possibly be connected with dementia - click logo above for this symptom checker.

Practice staff can refer anyone diagnosed or awaiting a dementia diagnosis, to the Essex Community Dementia Support Service to speak to a Dementia Advisor via [alzheimers.org.uk/dementia-professionals/make-a-referral](https://www.alzheimers.org.uk/dementia-professionals/make-a-referral) AS Advisers can tailor to an individuals’ needs by visiting them in their own home if needed, plus offer a Keeping in Touch service to ensure support is available when circumstances change.

For family and carers, AS offers 1-to-1 support and group courses providing information and tools to help them cope and adapt to any life changes as a loved one experiences stages of dementia. Courses are also available to people living with advanced dementia. Individuals can find out about all support available by calling the AS support line on **0333 150 3456** or E: [essex@alzheimers.org.uk](mailto:essex@alzheimers.org.uk)

Or carers of loved ones with dementia can be referred in SystmOne to EWS for Carers Support and the SPA team can triage the person to the Alzheimer’s Society, who are an EWS **Care Nav+** partner. GP Practices interested in dementia awareness training for staff as part of Time to Learn, or in dementia information leaflets for patients, should email [Linda.Adams@alzheimers.org.uk](mailto:Linda.Adams@alzheimers.org.uk)

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| --- | --- | --- |
| Free community groups for people with dementia or memory issues and their Carers and friends | | Online information sessions and peer support groups also available. Plus, Early Onset dementia groups. |
| Singing for the Brain, Billericay - Hannakins Farm Community Centre CM12 0SY | 1st Wednesday of the month 2:30pm - 4pm |
| Singing for the Brain, Brentwood - Merrymeade House, CM15 9FE | 3rd Monday of the month 2pm - 3:30pm |
| Seated Exercise Music & Movement - Rayleigh Parish Centre, SS6 8BB | 2nd Thursday of the month 11am - 12pm |
| Rayleigh Memory Cafe - Rayleigh Library, High Street, SS6 7BX | 1st Monday of the month 10am - 11:30am |
| Billericay Memory Cafe – Billericay Library, High Street, CM12 9AB | 3rd Wednesday of the month 10:30am - 12pm |

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aims to streamline the process and ensure timely processing of applications for adult social care and support

applications for adult social care and support. Practice staff who use the portal are advised that including a brief summary of the needs and circumstances of the individual greatly assists the ASC team to identify and prioritise the appropriate team to handle the referral and helps to reduce delays in response times for the person involved.

A poster with text and sun

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**Reading Well for Dementia** books and audio books have been selected by healthcare professionals for people living with dementia and their families / carers. The list includes story books to help children understand about a loved ones’ dementia. Click on logo for tiles in this booklist. Memory Boxes featuring

[](https://libraries.essex.gov.uk/digital-content/our-reading-suggestions/dementia-friendly-reads)

local photos are also freely available to help people reminisce and to spur conversation.

For people living with dementia the library service offers the *Memory Library Card*which incurs no charges if items are returned late, or a *Friends and Family Card* which allows a friend, neighbour or relative to collect library items on their behalf.

A [Home Library Service](https://libraries.essex.gov.uk/digital-content/our-mobile-and-home-library-services/home-library-service) is available to anyone who is unable to visit their local library due to their age, disability or caring responsibilities. Service volunteers will bring books and any other library items to the person’s home and will return them on their behalf.

Click on the highlighted text above for more information and to find local stops for the *Mobile Library Service* or call **0345 603 7628**



offer free cooking classes for carers of all ages to learn new skills and recipes for making healthy dishes.

Classes are held every Thursday from 5:30pm-7:30pm at The White House, Benfleet SS7 1BU. To register a place contact Sharon by calling **0300 302 1212** or by emailing her at [care@carechoices.org](mailto:care@carechoices.org)

[A group of hands holding each other

AI-generated content may be incorrect.](https://www.carersweek.org/ways-to-get-involved/)this year focuses on raising awareness of the inequalities faced by unpaid carers in the UK. Caring for someone can have a significant impact on a carer’s employment and education opportunities, increases their risk of experiencing poverty and social isolation as well as poor mental and physical health. The *Caring About Equality* campaign is calling for unpaid carers to

* be recognised for the difficulties they’re experiencing,
* be respected for all they are doing,
* be provided with information and given the support they need to care safely.

Click on logo to see how your practice / service can support carers’ equality.

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| --- | --- |
| NHSE will be hosting the following free webinars to help share best practice: | |
| Fri 13th June  2pm - 3pm | Implementing carers health checks and a new way of supporting older unpaid Carers who are caring for someone with Dementia, Frailty or a mental health issue. | |
| **Presented by Nancy Smith & Jen Marshall from EPUT’s South East Essex Ageing Well Carers Intensive Support Team**  [**Book your place here**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.events.england.nhs.uk%2Fevents%2Fcarers-week-2025-older-carers-webinar&data=05%7C02%7Cgillian.hopkins%40nhs.net%7Cd25bd682bd8c4ec32f0c08dd93aac7dd%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638829083937064982%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=AVHI%2BGqCvZACM1vjBBkcpEzCQZ00BG%2Bwu3ko3PWblTY%3D&reserved=0) | | |
| Mon 9th June  2pm - 3pm | Life Beyond the Cubicle: making families count. Resources on how to involve families during a mental health crisis and how systems can support. | |
| Presented by Dr Dorit Braun from *Making Families Count Project*  [Book your place here](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.events.england.nhs.uk%2Fevents%2Fcarers-week-2025-health-social-care-webinar&data=05%7C02%7Cgillian.hopkins%40nhs.net%7Cd25bd682bd8c4ec32f0c08dd93aac7dd%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638829083936810066%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=TmIUc8gC%2BuyuVCaY65BJPsLbA4zeq4rgh4IFBZTRD0M%3D&reserved=0) | | |
| Tue 10th June  2pm - 3pm | Identifying key financial challenges facing unpaid carers and how systems can support, particularly for those from marginalised groups. | |
| Presented by ADASS Policy Leads for Carers- Claudia Brown & Hayley Eccles, and Morgan Vine from *Independent Age*.  [Book your place here](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.events.england.nhs.uk%2Fevents%2Fcarers-week-2025-financial-wellbeing-webinar&data=05%7C02%7Cgillian.hopkins%40nhs.net%7Cd25bd682bd8c4ec32f0c08dd93aac7dd%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638829083936848122%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=0kvPwAPIwCLrveYeb4qpi9HOV35PRslR%2ByCQqHuO9fk%3D&reserved=0) | | |
| Wed 11th June  2pm - 3pm | Become a Carer Friendly Employer - Supporting Unpaid Carers in the Workplace [Book your place here](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.events.england.nhs.uk%2Fevents%2Fcarers-week-2025-work-and-employment-webinar&data=05%7C02%7Cgillian.hopkins%40nhs.net%7Cd25bd682bd8c4ec32f0c08dd93aac7dd%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638829083936885497%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=1Ncc91eB3C5LMnOaAzpcz3QQpqtYUGmO85cOr3fXgyQ%3D&reserved=0) | |
| Presented by Jude Boyle, Jayne Davies, Amanda Rawlings & Jemma Walker (Partners in Derbyshire Carers Associations’ *Carers in Employment Project*) | | |
| Thu 12th June  11am - 12pm | Inequalities specifically affecting Young Carers and how best to support Young Carers during Care Planning and in the workplace. | |
| Presented by Sarah Collin, Young Carer Service Manager & National Thematic Lead at *Family Action* [Book your place here.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.events.england.nhs.uk%2Fevents%2Fcarers-week-2025-younger-carers-webinar&data=05%7C02%7Cgillian.hopkins%40nhs.net%7Cd25bd682bd8c4ec32f0c08dd93aac7dd%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638829083936942002%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=5UXImrFRWAsm7TX566h69xHcrK5u2C3l5Fi5Feoct10%3D&reserved=0) | | |
| Fri 13th June  10 -11:30am | Identifying and supporting young carers and young adult carers who care for an adult with a mental illness. Covering supporting and including carers in Triangle of Care. | |
| Presentation organised by *Carers Trust* [Book your place here](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fcarers-week-young-carers-supporting-an-adult-with-a-mental-illness-tickets-1321258984189%3Faff%3Doddtdtcreator&data=05%7C02%7Cgillian.hopkins%40nhs.net%7Cd25bd682bd8c4ec32f0c08dd93aac7dd%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638829083937011249%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=FO595Ge%2BUjpV0AQwiLofwS7z1a7F3OI82AAYgmZ51c4%3D&reserved=0) | | |

**[A purple poster with text

AI-generated content may be incorrect.](https://forms.office.com/pages/responsepage.aspx?id=TzK0qFwVFUKg8X7YzJqZL79VPZuoJIhIo77_I96MopRUMlhSSTRHSkhMR1pOSEhDWkdKS0VWUFNPWi4u&route=shorturl)**

[A close-up of a package of pills

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is looking for the views and experiences of people whose ADHD medication, care and support has been switched recently from their GP to a specialist ADHD service. Feedback from the survey will help update NHS leaders about how the policy change first introduced in January 2025 is affecting people’s lives and influence how the changes are being implemented in Essex.

Click logo for more information and to complete the survey. Anyone requiring this survey in an alternative format (paper copy, Word doc, over the phone) can call Joe on 07725 187311 or email [joe.pearce@healthwatchessex.org.uk](mailto:joe.pearce@healthwatchessex.org.uk)

A poster for a community cafe

AI-generated content may be incorrect.

offers therapeutic/sensory/relaxation based sessions, songwriting workshops, instrument tuition and DJ workshops designed to be accessible and inclusive for children and adults

[A microphone and a few pieces of metal

AI-generated content may be incorrect.](https://www.timemusiccharity.com/services)

of all ages with additional needs, learning disabilities or dementia.

The charity’s dementia programme consists of live music performances of genres spanning across the decades and encourages attendees to participate in collaboration with the music instructors. No previous musical experience is required.

TIME also hosts *INVOLVE* an inclusive club night **every Monday** **6pm-9pm** at **The Quays**, Festival Leisure Park, SS14 3WB. The venue is accessible and offers a welcoming space for attendees to connect, dance, and enjoy themed activities with DJs, live performances and karaoke nights.

Staff are always on hand and available to meet with individuals and their family/carers beforehand to see if the venue and the night is suitable. Thanks to recent funding, attendance at Involve is now free until November 2025.

Click on logo for more information about all the services TIME offers or call **07766 483 588** or email [info@timemusiccharity.com](mailto:info@timemusiccharity.com)