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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**

**June 2025**

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AI-generated content may be incorrect.](https://www.essex.gov.uk/sites/default/files/2025-05/carers%20emergency%20plan%20registration%20form.pdf)Unpaid/family carers are advised to register a Carers Emergency Contingency Plan with Adult Social Care if an emergency situation meant the person they care for would be at risk if left on their own. Planning means support can be arranged in urgent situations, such as, if the carer is affected by a sudden illness or accident, or if they have to travel to care for another family member in an emergency.

The process of completing an Emergency Contingency form can help carers to come up with that plan and be a prompt to have discussions with those around them who can act as emergency contacts if needed. For a copy of this form click on the logo above.

Completed plans can be registered with Essex County Council’s Carers Support Service by emailing to [carers.team@essex.gov.uk](mailto:carers.team@essex.gov.uk)

Or, by posting to *ECC Adult Social Care Connects Carers Team, Rowan House, 33 Sheepen Road, Colchester, Essex CO3 3WG*

A person and person looking at a tablet

AI-generated content may be incorrect.Once the plan is registered the Carer will be issued with their own **Carers Emergency Card** which should be carried with them at all times. In an emergency anybody can telephone the number on the card and alert **Adult Social Care Connects Emergency Duty Team** who are available **24 hours a day, 7 days a week**. The Team will initially try to reach the nominated emergency contacts but, in cases where they cannot be contacted or no one is available, an experienced advisor will assess the situation in line with the information provided in the plan, and will make arrangements for the Cared For person.

Once a plan is registered it is important to keep it up to date and to let ASC know if:

* the Cared For person has a change of diagnosis or their care needs
* the Carer helps with new or different tasks and activities not mentioned in the existing plan
* there are changes to the household of the Cared For person
* the Cared For person changes GP
* the Carer’s or the Cared For person’s address or contact phone numbers change
* details for the emergency contacts change.

For further support or to make changes to an emergency plan call **ASC Connects Carers Team** on **03330 135 137**

More information about how to register a Carers Emergency Contingency Plan can be found at:

[www.essex.gov.uk/adult-social-care-and-health/support-carers/carers-emergency-plan/how-register-carers-emergency](http://www.essex.gov.uk/adult-social-care-and-health/support-carers/carers-emergency-plan/how-register-carers-emergency)

Should your practice require printed flyers to help promote Emergency Planning to carers please contact [Gillian.hopkins@nhs.net](mailto:Gillian.hopkins@nhs.net)

A blue and black logo

AI-generated content may be incorrect.will be hosting a Care Technology Roadshow at the **Basildon Sporting Village SS14 3GR** on **Thursday 11th September.** Anyone can drop-in between **10am-3pm** to find out more about the wide variety of assistive technology that is now available to support independent living and to help care for someone living in their own home, sheltered housing or in supported living. Commissioned by Essex County Council, assistive care devices can be supplied for free to persons who are eligible under the 2014 Care Act Prevent, Reduce, Delay criteria. For more information email [caretecservice@essex.gov.uk](mailto:caretecservice@essex.gov.uk)

**[A group of icons on a white background

AI-generated content may be incorrect.](https://www.gov.uk/access-to-work)**is a government-funded scheme that provides advice and support to people aged 16yrs+ living with a disability, or a long term physical or a mental health condition. The service helps people to start or stay in work, and to get to and from work. It offers grants to access practical support, with communication support (including at job interviews) and with managing mental health at work such as:

* for specialist equipment, adaptions and assistive software
* physical adaptions to the person’s workplace (including if they work from home)
* for a Mental Health support service for people who are experiencing difficulties with their mental health in the workplace
* assistance from a specialist support worker, e.g. BSL interpreter, Lipspeaker, job coach or a travel buddy
* [A group of people talking to each other

  AI-generated content may be incorrect.](https://www.gov.uk/government/publications/easy-read-get-help-at-work-if-youre-disabled-or-have-a-health-condition-access-to-work)fares for travelling to work if the person is not able to use public transport
* disability awareness training for work colleagues
* help and advice for employers to retain and employ staff.

The Access to Work grant is not means tested and does not affect any other benefits a person may receive.

Click logo for eligibility criteria and for more information or call the Access to Work Helpline on **0800 121 7479**

For people who cannot hear or speak on the phone use [Relay UK](https://www.relayuk.bt.com/)  18001 then 0800 121 7479

or the British Sign Language (BSL) [video relay service](https://connect.interpreterslive.co.uk/vrs?ilc=DWP) For information in easy-read click on image on right.

[A close up of a logo

AI-generated content may be incorrect.](https://www.carersuk.org/policy-and-research/state-of-caring-survey/?gad_source=1&gad_campaignid=364379102&gclid=EAIaIQobChMIysmvzo34jQMVW4dQBh1wdgCAEAAYASAAEgJri_D_BwE)advocates on behalf of unpaid carers across the UK. To help campaign on behalf of carers the charity is asking anyone who has either been an unpaid carer in the past, or who is currently looking after a loved one, to take part in their latest *State of Caring* *Survey.* The online survey is anonymous, takes around 30 minutes to complete, and closes on the **10th Aug 2025**.

[](https://www.dropbox.com/scl/fo/uvxalcry7p8ypblrt4zyu/ABmG9HHHtrfrHnYqVx-NzUk/01%20Unpaid%20Carers?rlkey=vyubq6pqwboo6dkivdwqcwpev&e=1&dl=0)Essex County Council have produced animated videos that can be shown in GP waiting rooms and other healthcare settings to help raise awareness of who is an unpaid carer and the support available via EWS and Carers First. These animations are available in different formats with and without subtitles. Click on image to view and download.

Presentation slides and recordings of ECC’s webinars are now available to view for anyone who was unable to attend during Carers Week. Email [gillian.hopkins@nhs.net](mailto:gillian.hopkins@nhs.net) for slide decks and click on links below for the recordings which each last 30minutes.

[*Support for Young Carers*](https://www.youtube.com/watch?v=oNHgqhsHWGw) [*Support for Adult Carers*](https://www.youtube.com/watch?v=_S3uguV56z0)

[*Supporting Carers of People with Dementia*](https://www.youtube.com/watch?v=-h0U4otgD1M)

[*Advocacy support for Carers*](https://www.youtube.com/watch?v=ya-SPguWMrU)[*Employer support for Carers*](https://www.youtube.com/watch?v=3oji7UwcU60)

[A blue and white sign

AI-generated content may be incorrect.](https://consultations.dhsc.gov.uk/mens-health-strategy)

The Department of Health & Social Care would like to hear from anyone with lived experience of health issues affecting men. This online consultation is open to men aged 16+yrs, their families, partners

A group of people sitting in a room

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or carers, health and social care professionals, stakeholder organisations, academics and employers. The consultation closes on **17th July 2025** when theviews and evidenced gathered will be used to help to shape how future services for men are designed and delivered. Topics the strategy will be focusing on are:

▪ *Supporting men to live healthier lives ▪ Tackling preventable conditions*

*▪ Mental health and suicide prevention ▪Reducing health inequalities*

*▪Improving access to services* Click logo for the online consultation form. Information in also available at [Watch the call for evidence information in BSL](https://youtube.com/playlist?list=PLvaBZskxS7tzMHPKcqmTlPW_MkxdimsEh&si=jVhctxHbKoYI2Opz)

[A group of people sitting on books

AI-generated content may be incorrect.](https://libraries.essex.gov.uk/events)

Local Essex libraries offer a variety of free weekly activity, information and social sessions for people of all ages including seated exercises and craft sessions for adults. Basildon and Hadleigh libraries host regular SEND Stay n Play sessions, and families can learn the basics of **BSL** finger spelling at Laindon Library on **Monday 11th August**.

A close-up of a phone

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Libraries across the county offer support

with IT skills and help with setting up the

NHS app on a smartphone or other device.

As well as how to access your NHS account

using the libraries’ public computers and on using [NHS.UK](http://nhs.uk/) for information on health services, conditions, symptoms, medicines, tests and treatments.

To see the full list of sessions go to [Events by Location | Essex Library Service](https://libraries.essex.gov.uk/events/location) or call the Library Contact Centre on **0345 603 7628**

[](https://www.timemusiccharity.com/services)

T.I.M.E. (a service that featured in last month’s Noticeboard), have just created a video of a night out at their inclusive club *INVOLVE*. Click on the link below to view and to hear service users talk

provides self-care opportunities to parents who have children with complex medical needs such as an illness, disability or sight and/or hearing impairment that requires substantial daily support from a Parent Carer. The charity hold in person events for Parent Carers including retreats, mindfulness classes and

[](https://braveparents.co.uk/)

local meet ups in South Essex. Plus, free ‘Brave Bags’ and ‘Hospital Brave Boxes’ containing essentials and treats for Parent Carers who are having to have extended stays in hospital with their child for longer than 5 days.

For more information click on logo or email [contact@braveparents.co.uk](email:contact@braveparents.co.uk)

about this vibrant, weekly social event.

<https://www.youtube.com/watch?v=mrHAcE5gPGs> Click on logo for more information about T.I.M.E.

provides fun, educational activities, support and respite care for children and young adults (0-25yrs) with complex disabilities or life-limiting conditions, and their families. These include Saturday and Holiday Clubs, inclusive toddler groups and individual sensory sessions, hydrotherapy, counselling, peer support, after school and youth clubs, life skills sessions, family fun days and a variety of clubs in the community for different ages. Sessions are delivered at BOSP’s Skills for Life Centre in Wat Tyler Country Park SS16 4UH as well as in Basildon, Brentwood and out and about in the community. Due to funding the charity is able to charge just a nominal contribution fee for many of its sessions and booking is essential. A free face to face, online and telephone advocacy service is also available for families of children who attend BOSP sessions. Click logo to find information on all the charity has to offer. Or call **01268 553117** or email [enquiries@bosp.co.uk](mailto:enquiries@bosp.co.uk?subject=Services%20Enquiry)

**[](https://www.bosp.co.uk/community/bosp-brighter-opportunities-for-special-people-13333/home/)**