



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
August 2025

"Children and adults who have a learning disability or are autistic often have more health inequalities than other groups, which are unfair, sometimes life-shortening, differences that could be avoided. According to LeDeR data from 2022, on average, males with a learning disability die 19 years younger than males from the general population, and females 23 years younger than females from the general population. In 2022 42% of deaths of people with a learning disability were rated as avoidable in comparison to 22% for the general population".



The DHSC recently published a code of practice for all CQC-registered health and social care providers on staff training to improve health inequalities for people with learning disability and autistic people. It offers practical guidance on ensuring staff receive training appropriate to their role so as to be compliant with the law and CQC inspections. This training is designed to be re-taken at least every three years or more regularly if needed. GPs with a special interest in learning disability and learning disability nurses will need Tier 3 training. For the full details of this mandatory training go to [The Oliver McGowan Code of Practice](#)

NHSE [Ask Listen Do](#) resources are available to help practices gather feedback from patients with a learning disability and/or autism, their families and carers, to aid accessibility and care quality for these service users.

Everyone over the age of 14yrs who is on their doctor's learning disability register should be offered an annual health check and have a Health Action Plan. The following resources are available to support patient access and health check engagement: [Mencap Annual Health Check Easy Read guide](#)

[ECN Reasonable adjustments factsheet - printable version April25](#)

[STOMP - NHSE easy read guide to stopping over medication of people with LD, autism or both](#)



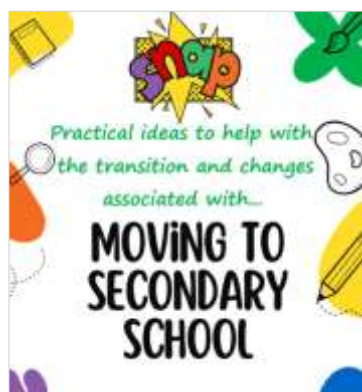
website has Easy Read Hospital Passports and Health Action Plan forms to download. Plus, videos giving information about inpatient and outpatient visits for people with a learning disability and/or autism. These can be found at <https://www.mse.nhs.uk/learning-disabilities-and-autism-support/>



support adults (18yrs+) with a learning disability, with or without autism, to access primary and secondary care services, including health facilitation and ensuring that reasonable adjustments are in place. The service delivers direct support for people and their families when their needs cannot be met by mainstream services alone. Plus, provides support to service providers and families who care for people with a learning disability who have complex and continuing health needs. Where required, ELDP can also offer emergency mental health support. Numerous Easy Read guides to support communication and understanding of health conditions and tests/screenings, and physical or mental wellbeing, are available under the *Information, Tools and Resources* section on their website. Go to <https://www.eldp-hpftput.nhs.uk/> for more information and for a referral form, or call **0333 222 5020**.

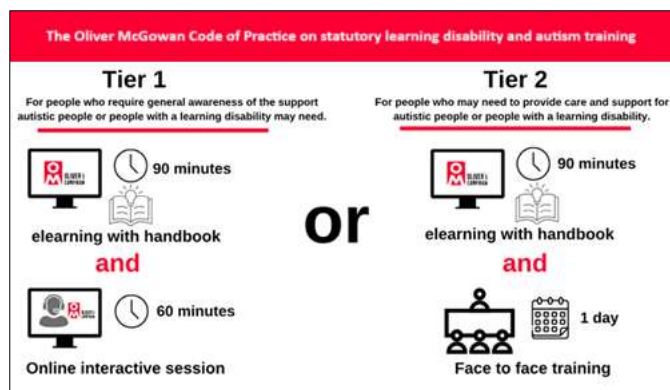


[Home Visiting Service](#) to find out more or call **0808 258 7168**.



SNAP provides support for families with a child (0-25yrs) who has any additional need or disability. No formal diagnosis or professional referral is necessary to register with the service. SNAP offers:

- A Helpline **01277 211 300** and Face-to-Face support for parents
- Specialist talks and training courses
- Counselling, benefit and educational advice
- Access to a library of specialist books
- Parent and pre-school children sessions
- After-school and holiday sessions for children and young people
- Sibling support and social opportunities for parents such as a parents choir and coffee mornings
- Information network and directory of resources, including a guide full of practical ideas to help with the transition and changes associated with [moving to secondary school](#).





For more information go to <https://www.snapcharity.org/event/brighter-futures/>

RESTITUTE Falling Through the Cracks Conference

Friday 17th October 9am-5pm at Radisson Blu Hotel, Stansted Airport CM24 1PP

Restitute is a country wide service providing support to parents, carers, partners, siblings and loved ones with caring responsibilities for survivors of sexual abuse, sexual violence and other serious violence. Often these 3rd party victims can themselves feel traumatised, stigmatised and isolated and not know how best to support their loved one. Professionals from health, VCSE and Carer Services are invited to join keynote expert speakers and high-profile panel members to learn, collaborate and find solutions for families caring for people who have survived childhood sexual abuse. The conference will be chaired by Channel 4 News presenter Jo Long and Jess Phillips MP will be one of many speakers. Click on link above for more information about all the speakers who will be attending. Tickets cost £50 and includes lunch, all refreshments and materials.



are offering a **free** 6 week online mindfulness course for carers aged 65yrs+ living in Essex. The course starts on **Mon 6th October** with sessions held from **11am-12pm**. The course is designed by a Clinical Psychologist and equips attendees to use mindfulness techniques and resources to help cope with stress and feelings

many carers face such as feeling invisible, overwhelmed and exhausted. Go to <https://www.themindfullife.co.uk/> for more information and email enquiries@the-mindful-life.com to reserve a place on this course.



Stroke Involvement Network East of England

is looking for people with lived experience of stroke to help them improve support for people in the local area who are affected by stroke. Stroke survivors, carers and family members are all invited to get involved. To find out more about the types of projects and opportunities to participate in click on the link above. Anyone interested in being a part of the East of England Network should email louise.hornagold@stroke.org.uk



Maintaining the ability to drive while caring for someone with frailty requires careful

consideration of both the driver's capabilities and the needs of the person being cared for. It's crucial to prioritize safety, explore alternative transport options, and offer support to maintain independence.

The **'Driving with Confidence'** scheme is for anyone aged 70+yrs who may be concerned about their driving skills. The course supports mature drivers to continue to drive safely, for longer. A limited number of **free** sessions are available to Essex residents. For more info about the scheme and other safety advice go to www.saferessexroads.org/road-users/mature-drivers/ For booking email driverintervention@essex.gov.uk or call **07980 745 950**

Starting **10th September** for parents of children with either diagnosed or undiagnosed ADHD or autism, this course will cover the following topics:

- Understanding Neurodiversity
- Sensory processing
- Emotional regulation
- Stress and anxiety
- Behaviour as communication
- Final session to be tailored to what parents would like information on such as understanding sleep differences or eating differences.

Fun for everyone!

Mersea Island Festival

A great escape on the Essex coast!

new challenges new skills new experiences

Inclusive Summer Activities

Week Camp
Sunday 17th to Friday 22nd August 2025
Prices from £313.00

Weekend Camp
Friday 22nd to Monday 25th August 2025
Prices from £198.00

Archery • Zipwire • Circus Stalls
Climbing • Music Workshops
Swimming • Speedboat • Fishing
Art Tent • Canoeing • Kayaking
Paddleboarding • Live Music
Discos • And much more!

friends made
Camp prices include all activities, workshops, meals and accommodation

friends reunited
Day places available from £42.50

For further information or to book
Telephone: 01206 383226
Email: info@merseafestival.org.uk
Website: www.merseafestival.org.uk

merseaislandfestival
mitcamp

Need a break?

Supported Holidays for Families Living with Dementia

Taking a break is possible with Dementia Adventure.

What we offer

- 5-day supported breaks across the UK, with a team of staff and volunteers to look after you.
- All-inclusive care: meals prepared, day trips arranged, and plenty of time to relax.
- Benefits: increased appetite, better sleep, and improved mood.

How to get started

- 1 Visit our website or call us to learn about available breaks and support options.
- 2 Talk to us about finance. We're here to support you. Funding doesn't have to be a barrier to you getting the break you need.

Take the first step - contact us today

01245 237548
adventures@dementiaadventure.org
dementiaadventure.org

dementiaadventure

Dementia Adventure is a Registered Charity (ICQ 1163163) (England & Wales).