



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

South Essex  
October 2025

## Carers First

provide free specialist carers support for adult carers living in Mid and South Essex. Carer Support Advisors can speak with carers in person, online or by phone and offer personalised guidance and help with navigating the challenges of caring, optimising caring skills, and supporting Carers with their own physical and mental wellbeing. The service offers adult carers:

- Information, advice and practical guidance
- Emotional support and somebody to talk to
- Free 6 week counselling service
- Online and in-person carer support groups held at a number of local venues
- Help identifying and moving towards goals that support their own wellbeing
- Online library of help and advice covering a variety of topics relevant to unpaid carers
- Small grants to enable carers to take a break from the pressures of caring

[Book onto a Group or Event in Essex | Carers First](#)

The charity will also be holding the following events:

<b>Diabetes UK's - Understanding and Managing Diabetes for unpaid Carers</b> Online sessions Wed 1 <sup>st</sup> Oct 2pm-3:30pm and 12 <sup>th</sup> Nov 7pm-8:30pm	Sessions will cover knowing the differences between type 1 and type 2 diabetes. Identifying risk factors and understanding how diabetes affects the body. Recognising symptoms and causes, understanding diagnosis and treatment, and how to manage complications. Plus, utilising support from Diabetes UK.
<b>Carers First - Moving and handling for unpaid Carers</b> Speaker event in Wickford Wed 15 <sup>th</sup> Oct 10:30am-12pm	A moving and handling speaker will be discussing different moving and handling equipment and techniques to support carers looking after someone who is bedbound or has mobility issues. Please email <a href="mailto:essexcarers@carersfirst.org.uk">essexcarers@carersfirst.org.uk</a> to book and for venue details.

Electronic referral for patients to Carers First can be made through SystmOne via Provide Essex Wellbeing Service (EWS) and by selecting *Carers Support* as the Referral Reason. **Self-referral** can be made by calling EWS on **0300 303 9988** Monday to Friday 8am - 7pm, Saturday 9am - 12pm. Or, online directly via [Register with us, or make a referral | Carers First](#)



is a national charity providing a wealth of information and advice for people with Attention Deficit /Hyperactivity Disorder, their families and friends, and for employers. The charity regularly hosts [online peer support groups and expert-led webinars](#) for which it only asks a small fee of £5 from those who can afford to make a donation. For any adult who thinks they may have the disorder *The World Health Organisation* approved [Adult ADHD Self Screening Tool](#) is available to complete for free on the charity's website.



*Understanding ADHD in Children* is a free online course for parents, carers and grandparents of school aged children with ADHD (either diagnosed or undiagnosed). Starting **Friday 24 October 09am-11:30am**, the course consists of 2 lessons delivered over 2 weeks on Microsoft Teams. The sessions explore common behaviours, challenges with focus and impulsivity, and practical tips and advice to support children at home and in school. Plus, offers a welcoming space to ask questions, share experiences, and build confidence in supporting a child's unique needs. For all enquiries regarding this course email [ACLFamilyLearning@essex.gov.uk](mailto:ACLFamilyLearning@essex.gov.uk) or call **0345 603 7635** (quoting course code **HO5A08OL25**).



on **Monday 3rd November 9:30am-12:30pm** at **SNAP Charity, Pastoral Way, Warley, CM14 5WF**. This free drop in event is for parents/carers of children and young people with Special Educational Needs and Disabilities (either diagnosed or undiagnosed). Local SEND support groups, education professionals, health, and social care teams will all be under one roof for attendees to find out about:

- all the different SEND support available
- local support for parents/carers
- accessing support and information
- support that is available in schools

Opportunity to: • ask questions about their own situation • meet other parents/carers  
Roadshow staff (wearing purple tops) will be on hand to assist with any access needs and with helping attendees find the right people in the room to speak to. The venue has quieter areas designated for a more private discussion with services. For more info watch the following video [Essex Local Offer Roadshows - Essex County Council](#) or click on [ECC's Local SEND Offer](#)



**Edge Training** are offering the following free courses over ZOOM for families / carers:  
**Fri 10 Oct** 9:30am-12:30pm *Mental Capacity Act for Families and Informal Carers*  
**Tue 04 Nov** 10:30am-13:30pm *Care Act for Families and Informal Carers*  
**Wed 10 Dec** 4:30pm-7:30pm *Deprivation of Liberty Safeguards (DoLS) for Families and Informal Carers*

For more info & courses for healthcare professionals <https://www.edgetraining.org.uk/freetrainingevents>



BP monitors are now available to borrow for up to 2 weeks, **free of charge**, from any of Essex's local and mobile libraries. No GP referral is required to borrow a monitor, just an adult library card.



<https://libraries.essex.gov.uk/news/blood-pressure-monitors-for-loan>

With Winter approaching anyone who receives Carer's Allowance, or is the main carer for an older or disabled person, is recommended to have a flu vaccine. **Ardens** has a suite of searches to assist GP practices with the management of patients who are carers and to monitor carer activity. Including the offer of vaccinations, health checks, current carer status, plus any referrals or plans made such as to Social Services for a Carer Assessment. For information about these tools go to <https://support-ew.ardens.org.uk/support/solutions/articles/31000167275-carer-review-template>



University of Essex are running a study exploring whether fishing in a natural environment with peers can help reduce PTSD symptoms in military veterans, emergency service personnel and train/ tube drivers.



Participants join coaches for a weekend of fishing at an east Essex lake and will be asked to complete short questionnaires before, during, and after the weekend to assess whether fishing has a positive impact. No previous fishing experience is required and angling equipment, food, refreshments, and £50 towards participants' travel costs are all provided. To find out more go to [essex.ac.uk/research-projects/a-nature-based-intervention-to-improve-mental-health](https://essex.ac.uk/research-projects/a-nature-based-intervention-to-improve-mental-health)

Armed forces veterans are 8x more likely to experience gambling harms, and for every person who gambles there are between 6 to 10 people who are also affected. AFGSN offers face-to-face, telephone and online support to currently serving personnel and veterans harmed by gambling as well as for their family members and friends. For more information about all the support the network offers go to <https://www.betknowmoreuk.org/training-programmes/training-programme/armed-forces>



In addition to being part of AFGSN, **Bet No More** offers information, advice and support to anyone affected by gambling harms. *New Beginnings* is a digital **women-only peer support** service providing a safe space and community to help women recover from the impact gambling has had on their lives whether through their own gambling or by the gambling behaviours of someone close. For more information and a comprehensive directory of other support services go to <https://www.betknowmoreuk.org/support-information/new-beginnings>



provides Mental Health support to anyone living in Basildon, Billericay or Wickford and runs weekly drop in sessions **every Tuesday and Wednesday** between **11am-1pm** at the [Human Kind Café](https://www.basmind.org/about-us/) 111 High Street, Billericay CM12 9AJ. Go to <https://www.basmind.org/about-us/> or call **01268 284 130** for more information about all the services it provides, including on the following Community Support groups:

MIND Weekly Wellbeing Walk and Talk Groups for adults, families and youths, led by trained Walk Leaders & experienced Talking Therapist. Benefits both physical and mental health, plus opportunity for social interaction during a 30minute visit at end of walk to a local café for refreshments.			
Billericay, Lake Meadows CM12 0BW Meet outside the swimming pool	Mondays 10:30am-11:30am	Wickford, Memorial Park SS11 8J Meet Rettendon View car park entrance near café	Thursdays 10:30am-11:30am
Basildon, Gloucester Park SS14 3DG Meet outside Basildon Sporting Village main entrance	Tuesdays 6:30pm-7:30pm	Pitsea, Northlands Park SS13 1SD Meet in Park's car park on Felmores Road	Fridays 10:30am-11:30am
Alternates each week between Gloucester Park and Wat Tyler Park For Gloucester Park walk meet at The MIND Charity Shop 37, East Walk SS14 1HA Wat Tyler Park, Pitsea meet 1 <sup>st</sup> car park on right past the black gates SS16 4UH		See latest posts on MIND Basildon's Facebook / Instagram to check walk location or call 01268 289 700	
Wellbeing Yoga at King Edward Community Centre SS15 6GY. Combining physical movement & breathing exercises. To book a place email <a href="mailto:yoga@basmind.org">yoga@basmind.org</a>	Fridays 11:15am-12:45pm	Vange Wellbeing Allotment, St James Road SS16 4XS Drop in and join friendly & welcoming group for some gardening/ horticulture	Tues 9am-1pm and 2 <sup>nd</sup> Sat of the month 10am-1pm

For Brentwood residents details of support from MIND can be found at <https://thurrockandbrentwoodmind.org.uk/> or by calling 01375 391 411

For Castle Point or Rochford residents go to <https://www.secemind.org.uk/> Or call 01702 601 123



Talking openly about suicide does NOT increase the risk of someone attempting it. In fact, discussing it can reduce the risk by allowing people to express their feelings and seek help. It can make the person feel that they are being listened to and given permission to talk about their feelings. This conversation can provide relief and open the door to getting the help they need.

Older adults are often underrepresented in suicide prevention conversations, despite facing unique challenges such as loneliness, bereavement, declining physical health, barriers to accessing care, and stigma around mental health. [ZSA Suicide Awareness Training](#) is a free 30 minute, online course for anyone aged 16+ yrs who wants to know what to do if they are ever in a situation where someone they know or see may be struggling with thoughts of suicide.



are looking to understand how local residents and clinicians currently access information about end of life and palliative care. This could include where you would usually go for advice, the type of support you find most helpful, or any challenges you may have faced in finding the right information when it is needed. Feedback from this survey will be used to help the ICB make it easier for people and their families / carers to access the right guidance and support at the right time. This brief survey takes a few minutes to complete online and will **close on Friday 17<sup>th</sup> October 2025**. [Share your views on end of life and palliative care information](#)

