



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>

Basildon &
Brentwood
January 2025

Being a carer can have an impact on a person's own health and wellbeing as looking after a loved one may often take priority. A [Carers UK](#) survey showed 54% of carers felt their physical health had suffered as a direct result of their caring responsibilities. EWS offers access to health checks, stop-smoking services, weight management courses, support with alcohol reduction and increasing physical activity. Plus, a children and family healthy lifestyle service that offers families support with making long-term and sustainable adjustments (suitable for families with children aged between 4 and 17years). Free and subsidised adult weight loss courses are available in a wide variety of formats to suit different lifestyles and learning styles:

Programme	Delivery formats available
Lose Weight, Your Way – service users have choice of a blend of formats & access to dedicated Facebook group offering recipes, advice and tips	<ul style="list-style-type: none"> ▪ Face-to-Face ▪ 1-to-1 phone calls ▪ 1-to-1 video calls ▪ Video workshops ▪ Online course ▪ Print outs
My Weight Matters – covers healthy eating, portion control, increasing physical activity and strategies to combat emotional eating.	<ul style="list-style-type: none"> ▪ Face-to-Face drop ins to get weighed & for extra support ▪ Telephone- 3x calls with WM advisor over 12wks ▪ Virtual- group session ▪ Digital with course materials emailed ▪ AmaraHealth App - track food, drink, activity, sleep, mood, goal setting. Monitoring by WM advisor available with consent
The Low Carb Programme – information, tips & recipes to adopt low carbohydrate dietary approach. Access to dedicated Facebook group and Freshwell Low Carb App. Weekly online drop in sessions available.	<ul style="list-style-type: none"> ▪ Telephone support - 3x calls with WM advisor over 12wks ▪ Virtual - 1x virtual group session with course materials emailed to service user with option of extra support if needed.
Bitesize virtual workshops – held regularly on weekday evenings. Each workshop session lasts 1 hour	<ul style="list-style-type: none"> ▪ Mindful & Emotional Eating - how to savour food & avoid overeating ▪ Thriving through the Menopause – how peri /menopause affect body weight. Nutritional & activity approaches to help manage weight at this time

Stop Smoking service provides free support with finding and accessing the right treatment pathway. Treatment options include behavioural support coupled with Nicotine Replacement Therapy (skin patches, chewing gum, inhalators, lozenges, mouth spray), E-cigarettes or vapes and *Allen Carr's Easyway* online seminar (recommended by NICE as an effective, drug-free way to quit).

Reducing Alcohol service works with individuals to help understand where the issues are regarding their alcohol intake. Supports people with setting goals and monitoring drinking levels, plus developing plans to safely manage drinking habits in future.

Physical activity – EWS supports individuals with finding, planning, tracking and setting goals towards being more active. Finding activities that fit into the person's lifestyle that they enjoy and can maintain. Can offer referral to local leisure centres and activity groups. For more info or to self-refer to any one of EWS services click the logo, email or call the number shown at the top of this page.



offer carers free access to the *Move Me* personal coaching app. The app has follow-along workout programmes based on boxing, skipping, walking, stretching and gym weights/bands (if available at home). Plus, low pressure workouts suitable for beginners, monthly live coaching events on Zoom, a food tracker, meal plans and recipes. Click logo to apply for app or email Carly at hello@thelossproject.com to find out more.



Caring for someone with.. is a comprehensive series of online advice and information covering numerous different caring situations including caring for someone with a dependency / addiction. Click on their logo for these articles or call 0300 303 1555.



provide free self-care programmes for people who are coping with the emotional impact of looking after someone who is suffering from alcoholism/addiction, or who have been bereaved by addiction. Their next *Cultivating Self-Compassion* 6wk online course starts **Tuesday 4th February** from 4-6pm. Click logo to book a place and to find out more about all the support Blossome offers, or email hello@blossome.support



host a drop in session every **Thursday 10:30am-12:30pm** at café in the **Towngate Theatre**, Basildon for people in recovery from drug or alcohol addiction and anyone indirectly affected by addiction. The sessions offer space for conversation and connection with peers, activities and workshops. Click logo for more information or email the session coordinator Frances at frances@essexrecoveryfoundation.org



works with young people (8-25yrs) whose physical and emotional health is affected by a parent or family member's current or historical addiction to alcohol, substance misuse or a mental health issue. CHHAT offers 1-to-1 and groupwork support, and can advocate on the young person's behalf. It also provides whole-family support. For more info click logo or call 01245 493 311



Walk in the shoes of someone living with dementia and gain a deeper understanding of their daily challenges. This immersive experience provides valuable insights into the world of dementia and **Brentwood Care Centre** is offering free places to family members of those affected by the condition.

Sessions will be held at the Centre in Pilgrims Hatch, CM15 9NG between 10am-1pm and 1:30pm-4:30pm on **Friday 31st January**. Anyone interested in booking a place should email Rhiannon.mcneill@rchcarehomes.co.uk or call her on tel 01277 375 316



runs weekly youth clubs for children and young people with neurodiversity, offering a range of activities from gaming to arts & crafts to help children develop social communication and confidence. Parents/carers stay on site where they have opportunities to network and to receive support or guidance from BP4P volunteers.

Conn-X Youth Club for 6-12yr olds	Every Thursday during term-time 5pm-6:15pm	Presidents Hall, Laindon SS15 6LF
TeenZone for 13-18yr olds	Every Tuesday during term-time 5pm-6:15pm	King Edward Community Centre, Laindon SS15 6GY
Navigate Gaming Club for 15-19yr olds	Every Thursday during term-time 5pm-6:15pm	King Edward Community Centre, Laindon SS15 6GY

BP4P also host free courses, workshops & events for parents/carers. Call or text 07923 426 502 or E: basildonp4p@outlook.com or click on the logo above to find out more and to book a place on the following sessions:

Welcome to Beginners Yoga Monday 27 th January 11am-12pm	Attendees will be guided by a professional Yoga instructor through gentle stretching, breath work and meditation to help rebalance the body and mind.	King Edward Community Centre, Laindon SS15 6GY
Meet the NHS Children's Occupational Therapy Service Wednesday 29 th January 12pm-2pm	An opportunity to ask questions and find out about the range of support the OT service can offer to help children with their fine motor skills, coordination and sensory processing, daily activities at home or school, and on managing anxiety.	The Beech Community Hub, Basildon SS14 3RZ



offer inclusive activity sessions for children and young people with/without a diagnosis of Autism, ADHD, Dyspraxia, Dyslexia, Sensory Processing Disorder or social anxiety. Parents/carers must remain on site for all activity groups and each session costs £6.50 for 1 parent + 1 child to attend.

Woodland Warriors Memorial Park, Wickford SS1 8JE Tues 10am-12pm, Sat 10:00-11:30am (4-11yrs) & 11:45am-1:15pm (11+yrs)	Mindful Crafts for socially anxious children Rose Court Wickford SS11 8QG Mon 4:30-6pm (8-11yrs), Tue 4:30-6pm (12-18yrs), Fri 10am-11:30am (all ages)
Mum & Daughter Yoga for socially anxious 11-18yr olds Shotgate Community Hall, Wickford SS11 8QZ Thursday 30 th January 6-6:45pm	Inclusion Football with Wickford Town FC Cost £3.00 per child Beauchamps High School, Wickford, SS11 8LY Thursdays 5:50-6:30pm
FREE MONTHLY SEND PARENT /CARER COFFEE MORNINGS/DROP INS	FREE TO ATTEND EVENTS FOR PARENTS/CARERS
23rd Jan Parent Support Group 7:30-9:30pm St Peter's Church SS13 1BZ	20th Jan Financial Wellbeing for neurodivergent Young Adults & parents of SEND Children being held at STRM South Benfleet SS7 5HB 10am-2pm Opportunity for 1:1 session to learn how to budget and manage money.
30th Jan Langdon Hills Methodist Church SS16 6EX 10:30am-12:30pm	
3rd Feb The Darby Digger SS12 9PT 9:30am-11:30am	
4th Feb Happy Hub, Eastgate Centre, SS14 1AE 10am-12pm	Monthly Relaxation Sessions for Parent Carers of neurodivergent children FREE Pilot sessions 7:30pm-8:30pm on Tuesday 11 th Feb, 11 th March & 8 th April being held at Shotgate Community Hall, Wickford SS11 8QZ
12th Feb Mother's Kitchen, Pitsea SS13 1PN 9:30am-11:30am	

Click logo for full list of activities/events & to book a place. Or call general enquiries for more information on 07840 799 718.



are hosting the following online workshops over Zoom for parents/carers of children/ young people with SEND. EHCN Assessment- **Refusal to Assess Appeal workshop** on **22nd January 10am-12pm** and **Disability Living Allowance Clinic** on **30th January 10am-12pm**. Delivered by an expert advisor, both sessions will guide people step-by-step through the questions and information needed to make an appeal or a DLA application for a child (<16yrs). There will be a short Q&A at the end to answer any specific questions attendees may have. Booking is essential and each session costs £10. For further details click logo or call 01245 353575, or Email: helpline@fifessex.org.uk



provide courses on health and social care law with some free places offered to unpaid carers. On **Monday 24th March 10:30am-1pm** a course will be available to families/ informal carers of people currently in a care home under Deprivation of Liberty Safeguards (DoLS). DoLs are an amendment to the Mental Capacity Act 2005 and ensure people who cannot consent to their care arrangements in a care home/hospital are protected if those arrangements deprive them of their liberty. This session will be held on Zoom with attendees having opportunity to ask questions about their own circumstances. Places are limited and family carers can

register for a place by clicking on the logo. NB. This session is not open to health or social care staff

Topics covered in the course:	Free rights for people under DoLS
What is the point of DoLS?	How to access free legal help for your loved one
The rights & duties of a Relevant Person's Representative	Concerns about the quality of remote DoLS assessments & how to challenge
National guidance on care home visiting and your rights	



The college regularly offers a wide variety of free courses that can help support carers wellbeing including:

course name	start date and duration	course code	course venue
Self-care for Carers	Mon 27 th Jan 10am-12:30pm 2 lessons in 2wks	MFO1A41Y24	Online Live
Mental Health in a Man's World	Tue 28 th Jan 7pm-9:30pm 2 lessons in 2wks	MFO2C41Y24	Online Live
Managing Overwhelm	Wed 29 th Jan 6:30pm-9pm 2 lessons in 2wks	MFO3C41Y24	Online Live
Self-Care for Carers	Mon 24 th Feb 7pm-9:30pm 2 lessons in 2wks	MFO1C45Y24	Online Live
SEND Support for Families	Tue 25 th Feb 7pm-9pm 6 lessons in 6wks	DOL2C40Y24	Online Live

Click logo for further information and for details of other courses held in-person at Basildon ACL for SEND families or to help adult carers with reducing stress/anxiety, or call 0345 603 7635. Carers can also contact Carers First on tel 0300 303 1555 to discuss the possibility of attending a creative/hobby course at ACL that would give them a break away from their caring responsibilities and support their wellbeing.