

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/>

Mid Essex
November 2025



According to [Carers UK](https://www.carersuk.org/) 12,000 people become unpaid carers in the UK every day with many unaware of their legal rights and entitlements. "Carers should not have to miss out on support designed to reduce some of the pressures caring can bring. Whether they care 24/7 or juggle care with work and family life, are new to caring or have been caring for many years, and wherever they live in the UK – all carers deserve to understand their rights and be supported to use them if they wish". **What are your legal rights as an Unpaid / Informal Carer?**

- The right to 5 days unpaid Carer's Leave per year
- The right to request flexible working from your employer
- The right to ask your GP practice to identify you as a Carer
- The right (and choice) to request a free flu jab
- The right to request a Carer's Assessment
- The right to protection against discrimination or harassment for being a Carer
- The right to being consulted when the person you care for is discharged from hospital

Essex County Council has produced a leaflet offering practical information, guidance, a discharge checklist, plus a list of support services, to help unpaid carers through the hospital discharge process and once the person they look after returns home or to a residential care setting. This free guide will be launched on Carers Rights Day and will be available in all main Essex hospitals with an electronic version also available on the Council's *Support for Carers* webpage.



mobilise digital carers support service offers information, a support team, an AI assistant, and practical/emotional support for unpaid carers in Essex. Mobilise has produced a video to download to help raise public awareness of Carers Rights, and will be hosting a free online event on *Our legal rights as Carers and why they matter* on **Mon 10th November 3pm-4pm**. This live session will explore what these rights mean in practice and how they can make a real difference to carers' everyday lives. For more information and to register to attend this event go to: <https://support.mobiliseonline.co.uk/carers-rights-and-the-law-essentials-pack-for-carer-organisations>



is partnering with Macmillan Cancer Support to provide a specialist welfare benefits advice service to people with a cancer diagnosis and their families. The service is able to help with:

- *Understanding what benefits a person may be entitled to* (eg. Universal Credit, PIP, Attendance Allowance etc)
- *Explaining how benefits affect your finances* (including help with managing changes in personal income, housing costs, or employment)
- *Completing benefit applications*
- *Challenging benefit decisions*
- *Advising on grants and other financial support available* (including Macmillan grants to help with extra costs like travel to hospital, heating, clothing, or special diets)

- *Supporting Carers and family members* (including advice on applying for Carer's Allowance and other help available when looking after someone with cancer)
- *Liaising with other services* (help with accessing support from other agencies, charities, or local services that can assist a person during their cancer journey).

For more information call **0300 373 0952** To make a professional or self-referral go to <https://www.citizensadviceessex.org.uk/macmillan> Alternatively, an electronic referral can be made to Provide Essex Wellbeing Service (EWS) selecting **Debt & Benefits Support** as the reason for referral and we will pass on to our CareNav+ partners at Citizens Advice.

Older adults who experience low mood or anxiety often associate their symptoms to being an unavoidable and understandable part of the ageing process, and not severe enough to warrant help. They may also feel uncomfortable talking about their mental health or not want to cause a fuss. For many, better mental health often leads to improved self-management of physical health conditions and greater resilience. People aged 65+ who engage in talking therapies have an even better recovery rate compared to working age adults aged 18-64 years (64% compared to 51%). Treatment is proven to benefit those who struggle with bereavement, chronic pain, long term conditions (eg. COPD, diabetes, arthritis etc) that is causing them to feel depressed, hopeless and/or anxious. "Older adults with memory difficulties should not automatically be excluded as treatment can be adapted and sometimes memory can significantly improve with therapy"
<https://babcp.com/guidelines-and-policies/older-adults-positive-practice-guide/>



provide Cognitive Behavioural Therapy based treatment for older adults experiencing anxiety or depression. Following a 30-60mins phone or in-person assessment, service users can choose a treatment plan based on either interactive webinars, video calls, telephone or face-to-face interventions. For more information or to make a professional

or self-referral go to <https://www.hpft-talkingtherapies.nhs.uk/professionals/mid-essex-professionals>
Or call **01376 308 704** or email midessex.talkingtherapies@nhs.net



received the runner-up award in the *Support for Caregivers, Friends and Family* category at this year's national **Patient Experience Network Awards**, which celebrate outstanding work in health, social care and the voluntary sector.

The *Carers Voices* team are regularly out at hospitals, care settings, GP surgeries, supermarkets, and community events across Essex and have, so far, gathered feedback and insight from over 3,400 unpaid carers of all ages and in all types of caring situations so as to help shape the commissioning of support services.

Jointly commissioned by ECC and the NHS, **MEDQUIP** Community Equipment Loan Service (CELS) loans help people to live safely and independently at home following assessment by a health or social care professional. Healthwatch Essex are inviting anyone who has either used, or been involved in arranging, equipment from CELS to take part in a survey to help identify what is working well and any areas needing improvement. The survey is anonymous, takes 5mins to complete online and closes on the **17th Nov 2025** <https://healthwatchessex.org.uk/2025/10/share-your-experiences-of-the-community-equipment-loan-service/> Anyone needing help to complete the survey online can contact Healthwatch on **0300 500 1895** or email info@healthwatchessex.org.uk



Would you like to support Carers who live in Mid Essex?
Carers First currently have a vacancy for a full-time Carer Support Advisor.
Click on their logo for more details and to download a candidate pack.

We are hosting Slipper Swap Events across the Braintree District this winter

- 7th November** 12-1:30pm, Queens Hall, Chipping Hill, Halstead, CO9 2BY
- 11th November** 1.30-4:30pm, The Meeting Room, Parish Council Offices, 75 Swan Street, Sible Hedingham CO9 3HT
- 14th November** 10am-1pm, Silver End Congregational Church, Silver St, Witham, England, CM8 3QF
- 18th November** 10am-12 noon, Bocking Village Hall, Church Street, Bocking, CM7 5LA
- 19th November** 2-4pm, Causeway House 34 Bocking End, Braintree, England, CM7 9AA
- 2nd December** 10am-1pm, Witham Town Hall & Information Centre 61 Newland St, Witham, England, CM8 2FE
- 9th December** 10am-1pm, Earls Colne Recreation Club, Colne Green Farm Halstead Rd, Colchester CO6 2NG

These events are aimed at providing free slippers to the most vulnerable in our communities, and those at risk of slips, trips and falls.



Singing has multiple stimulating effects on the brain that help to support memory, speech and communication as well as enhancing mood and social connection. Group sessions are free to attend and offer information, friendship and fun for people living with dementia or memory issues, and their Carers and friends.

Singing for the Brain Boreham Village Hall, Main Road, CM3 3JD 2 nd Tuesday of the month 2pm-4pm	Singing for the Brain Witham URC Church, 90 Newland St CM8 1AH 1 st & 3 rd Wednesday of the month 2pm-4pm
Memory Café Maldon Library White Horse Lane CM9 5FW 1 st Thursday of the month 10:30am-12pm	Memory Café South Woodham Ferrers Library CM3 5JU 3 rd Thursday of the month 10:30am-12pm
Winter Café Springfield Parish Centre St Augustine Way CM1 6GX 2 nd & 4 th Thursday of the month 10:30am-12pm	Walk & Talk walking group Promenade Park, Park Drive Maldon CM95JQ 3 rd Thursday of the month 10:30am-12pm
Walk & Talk walking group Cressing Temple Barns CM77 8PD 4 th Wednesday of every month 1:30pm-3pm	

For more information about these sessions email essexgroups@alzheimers.org.uk or call **0333 150 3456**

For patients of the following GP surgeries *Blandford Medical Centre, Blyths Meadow, Church Lane, Silver End* and *Mount Chambers, Braintree PCN* hosts the following monthly drop in sessions:

Dementia Support Drop In Braintree Town Hall CM7 3YG 1 st Thursday of the month 10am-12pm	For people living with dementia and their families. The Alzheimer's Society, Adult Social Care, Essex Dementia Care and other agencies are on hand to listen, provide support and information.
Bereavement Café Braintree Community Hub, 67 High St Last Wednesday of the month 2pm-3:30pm	For people who have lost someone recently or quite a while ago. This monthly drop in offers a friendly, informal space to talk, listen or simply be with others who understand.



Nutrition & Hydration in Older Age Wed 12 th November 6pm-8pm	Talk on nutrition & hydration, preparing appealing snacks, tips to help improve appetite and get to sample dishes. All attendees receive a free advice guide.
Garden Club Wed 26 th November 2pm-4pm	Friendly group open to all who like gardening or want to give it a try. Members get to socialise and keep active while helping to maintain the Lodge's gardens.

To register your interest in attending either of the events above email karla.smith2@careuk.com

Dementia Accessible Cinema Chelmsford Theatre, Fairfield Rd CM1 1JG <i>Miracle on 34th Street</i> Tues 9 th December Doors open 12pm with film starting at 1pm	Get to enjoy this film classic in a calm environment where the lights are slightly up, the volume is gentle, and you're free to move around or talk, if needed. Interval in film for a comfort break. Additional staff and signage available to help guests and there is an accessible route into the studio. Guests receive tea/coffee and cake. Tickets cost £2. To book a space for a wheelchair contact the box office in advance as these spaces are limited Tel: 01245 606 505
--	--

To find out more and to book tickets go to <https://www.chelmsfordtheatre.co.uk/event/dementia-accessible-cinema-miracle-on-34th-street>



According to the Stroke Association 240 people survive a stroke every day in the UK. Stroke is the leading cause of complex adult disability and 60% of the UK's 1.4 million stroke survivors are living with life-changing disabilities. Although rarer and the causes often different, newborn babies and children can also have strokes. For more information about strokes and to find support for survivors and their families/carers go to <https://www.stroke.org.uk/world-stroke-day> Or call the **Stroke Association Support Helpline** on **0303 3033 100**



offers a place to belong plus free enriching experiences, from music therapy and art sessions to exciting away days, for young adults (18+yrs) with life-limiting conditions as well as support

for their families/ carers. Their next sessions will be held on 15th November and 13th December at Writtle Community Association, 18-20 Longmeads House CM1 3LY, plus a Christmas Wreath Making trip on the 29th November. To find out more about all the support Js offers or to book a place on these sessions go to <https://thejscharity.org.uk/what-we-offer/> or E:hello@thejscharity.org.uk

CHORAL
DEMENTIA FRIENDLY CINEMA
Free screenings of specially picked films in a relaxed environment for people living with dementia and their families and carers.
Wed 26th Nov film starts at 11am
To book a place call 01621 851 891 or email: admin@maldoncvs.org.uk
RIO Cinema
Station Road, Burnham on Crouch, CM0 8HJ