



# 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>

Basildon &  
Brentwood  
March 2025



**Carers UK's** latest *State of Caring* report looks at carers' mental health and the need for support from social care services. 57% of the carers surveyed said they felt overwhelmed 'often' or 'always' while 37% felt overwhelmed 'sometimes'. 73% of carers in employment found it stressful to juggle work and care. The survey found 66% of carers said they needed more support with their health and wellbeing – this is the most commonly reported need.

Main reasons carers gave for feeling overwhelmed	% of responses
Not being able to take a break from caring	65%
Managing the different needs of the person I care for	59%
Struggling with my own health condition	50%
Dealing with all the administration involved in caring	38%
Not getting enough support from social care services	37%
Not getting enough support from family and friends	35%
Not getting enough support from GP or hospital staff	35%
Struggling to manage financially	32%

The authors point out “*Feeling undervalued can have a negative impact on health and wellbeing. 57% of carers said they needed better understanding and recognition of unpaid carers from the general public. Many carers feel they are invisible – that they are caring behind closed doors, and that there isn't enough recognition of the vital role they are playing in supporting health and social care systems*”. To read the full report go to:

[State of Caring - The impact of caring on carers' mental health and the need for support from social care services | Carers UK](#)



recently released a video to help highlight the need for unpaid/ family carers to be recognised for the part they play in the care of the person they look after and the impact that care can have on their own wellbeing.

On average, 70% of carers come into contact with healthcare professionals, yet only 7% are identified as carers by healthcare professionals. To view the video go to <https://f.io/uEaLUGLI>

Carers looking to have a short time away from their caring responsibilities can be electronically referred to Provide Essex Wellbeing Service for carers support. Or they can register themselves at <https://www.carersfirst.org.uk/essex/welcome/#welcome> or call the Carers First helpline on **0300 303 1555** to discuss further.

To help carers with stress management, the charity offers online *Care2Relax* mindfulness and standing/seated Pilates, Breathworks & Emotional Freedom Technique sessions as well as *Care2Walk* trips across mid and south Essex. Plus, hosts regular online support sessions on weekday evenings specifically for young adult carers (18-25yrs) and working carers. They also offer information sessions on managing the legal aspects of someone else's affairs (eg. Lasting Powers of Attorney and Wills), and on welfare benefits & grants for unpaid carers and people with disabilities. Click logo for more information on these and the following in-person support groups:

Support group name	Wickford Cuppa & Chat	Brentwood Dropin & Chat	Kings Park Canvey Dropin	Eastgate Dropin & Chat	Basildon Hospital Dementia Dropin	Canvey PC Centre Dropin	Waterside Farm Dropin	Jilly Beans Dropin, Canvey	Billericay Cuppa & Chat	Basildon Cuppa & Chat
Time held	10:30am - 12pm	2:30pm - 3:30pm	10am - 12pm	11am - 1pm	2pm - 4pm	1pm - 4pm	10:30am - 12:30pm	11am - 1pm	11am - 12:30pm	10:30am - 12pm
Dates of next 2 meetings	24 <sup>th</sup> March 28 <sup>th</sup> April	26 <sup>th</sup> March 23 <sup>rd</sup> April	4 <sup>th</sup> April 2 <sup>nd</sup> May	7 <sup>th</sup> April 5 <sup>th</sup> May	7 <sup>th</sup> April 5 <sup>th</sup> May	9 <sup>th</sup> April 14 <sup>th</sup> May	14 <sup>th</sup> April 12 <sup>th</sup> May	18 <sup>th</sup> April 16 <sup>th</sup> May	21 <sup>st</sup> April 19 <sup>th</sup> May	28 <sup>th</sup> April 23 <sup>rd</sup> June

*Caring Confidently* is a free 4 week course aimed at helping carers find ways to improve their lives and to feel confident in their caring journey. Courses run quarterly and are delivered online via Zoom and in the community in some areas. The programme covers:

- The caring role:** an introduction to the support available from Carers First, carers rights, carers assessments and other help available locally
- Looking after you:** taking care of your mental and physical health, building resilience, and finding time for yourself
- Finances and legal issues:** an introduction to welfare benefits and grants for carers, as well as Wills and Power of Attorney
- Self-advocacy:** building confidence and self-advocacy to help when speaking with health professionals and others.

To register an interest in attending this course go to <https://www.carersfirst.org.uk/local-support/caring-confidently-course/>



**Essex Carers Network** will be hosting free monthly online Sanntangle sessions on the **last Thursday of every month** for family carers of loved ones with learning disabilities and/or autism. Sanntangle offers an opportunity to unwind and get creative and requires only a sheet of white paper, a 2B pencil, black fine liner, rubber and a cotton bud! The next session will be held on Zoom on **Thursday 27<sup>th</sup> March** between **6:30-8pm**. Click image on the right to register with the charity and to book a place on any of these sessions, and to find out about other support ECN can offer. Or call 07360 689 075 or email [info@essexcarersnetwork.co.uk](mailto:info@essexcarersnetwork.co.uk)



are offering unpaid carers, plus 1 guest, complimentary general admission tickets to an evening of racing without their dependant for some well-deserved respite during Carers Week on **Thursday 12<sup>th</sup> June**. Click on logo for more information and to apply for free tickets.

Or call 01245 360 300 or email: [info@chelmsfordcityracecourse.com](mailto:info@chelmsfordcityracecourse.com)



offer free online wellbeing workshops and courses for unpaid carers, former carers and the cared for. Courses include meditation, Reflexology, Auricular Therapy, Emotional Freedom Techniques, seated yoga, creative writing/art, mindfulness & gardening and baking an Easter decoration. An annual membership fee of £15 is required to access the wide range of courses WEA offers. Membership is free for under 25 year olds and for people who are on low income or who receive certain benefits. Click on logo to find out more or call **0300 303 3464**



is a national charity providing a range of services, support, training and information for people of any age with Down's syndrome as well as their families/ carers. **Well-Being Wednesday** is a free, online guided meditation/ relaxation exercise session held weekly between 10:30-11am for parents / family carers. Click logo to register and to find out more.

DSA also provides a bookable 1-to-1 listening service and their helpline is open 7 days-a-week from 10am to 4pm on **0333 1212 300**



are offering a free, online course on *Understanding Attention Deficit Hyperactivity Disorder and Autism Spectrum Disorder in Girls* starting **Thurs 27<sup>th</sup> March** at 9:30am. The course will be delivered over 4 weekly 2hr sessions on MS Teams providing parents/ grandparents/ carers with the knowledge of the characteristics to navigate the unique challenges of raising girls with ADHD and Autism. Click ACL logo for more information and to enrol. Or email [lifelong.learning@essex.gov.uk](mailto:lifelong.learning@essex.gov.uk) or call **0345 603 7635** quoting course code **DOL4A50Y24**



**La Danse Fantastique** provide free ballet and singing classes to people with Parkinson's and their carers. Ballet classes have been proven to help with balance, tremors, slowed movement, rigidity and stiffness. These weekly classes are held on Mondays between 11am-1pm in the LDF studio at 30 Bowlers Croft, SS14 3EE. The dance school is looking to continue this programme to include other dance classes such as Ballroom. Refreshments are available before and after classes (for a small charge) and offer a chance to socialise with others in the group. Healthcare professionals can refer via Frontline <https://basildon.essexfrontline.org.uk/> Or self-referrals can be made by calling 01268 523 795 or by emailing [information@ladansefantastique.uk](mailto:information@ladansefantastique.uk)



**Dementia Crisis Support Team** covers areas of Brentwood, Basildon and Thurrock providing support to adults (18yrs+) who have a diagnosed Dementia, or a suspected Dementia, their family carers and care providers. The team of Psychiatrists, Nurses and support workers provide short term (up to 6 weeks) support to the patient and/or carer in their own home or usual place of residence. It aims to reduce a patient's need to access A & E services and to avoid hospital admission. The team will liaise with the patient's GP and will:

- Assess and support in response to a crisis or a potential deterioration in mental health
- Signpost patients who develop acute physical illnesses during a crisis to community physical health services and other appropriate services.
- Conduct a medication review and prescribe mental health medication to prevent unplanned emergency admissions
- Support the patient to maintain independence and safety in their own home
- Work in conjunction with other services including health teams, social services and voluntary organisations

Health professionals can arrange a home visit by making an electronic referral to the service via SystmOne. For patients and carers a support line is available Monday to Friday (9am-7pm) and on Saturday to Sunday and bank holidays (9am-5pm) on **0300 300 1509**. Click on logo for more details.