

**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://essexwellbeingservice.co.uk/support/carers/**](https://essexwellbeingservice.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](https://www.carersuk.org/media/xgwlj0gn/soc23-health-report_web.pdf) 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:

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| 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  | ▪ 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. | ▪ 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.  | ▪ 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 1hour  | ▪ **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** providesfree 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 withindividuals 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

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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.

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| 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 27th 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 29th 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.

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| **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 30th January 6-6:45pm | A yellow logo with a tree and text  Description automatically generated**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 atSTRM 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 11th Feb, 11th March & 8th Aprilbeing 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

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| 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  |
| National guidance on care home visiting and your rights | & how to challenge |

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

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

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

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.