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Description automatically generated](https://essexwellbeingservice.co.uk/support/carers/)

**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://essexwellbeingservice.co.uk/support/carers/**](https://essexwellbeingservice.co.uk/support/carers/)

**Mid Essex**

**June 2025**

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AI-generated content may be incorrect.](https://www.essex.gov.uk/sites/default/files/2025-05/carers%20emergency%20plan%20registration%20form.pdf)Unpaid/family carers are advised to register a Carers Emergency Contingency Plan with Adult Social Care if an emergency situation meant the person they care for would be at risk if left on their own. Planning means support can be arranged in urgent situations, such as, if the carer is affected by a sudden illness or accident, or if they have to travel to care for another family member in an emergency.

The process of completing an Emergency Contingency form can help carers to come up with that plan and be a prompt to have discussions with those around them who can act as emergency contacts if needed. For a copy of this form click on the logo above.

Completed plans can be registered with Essex County Council’s Carers Support Service by emailing to [carers.team@essex.gov.uk](mailto:carers.team@essex.gov.uk)

Or, by posting to *ECC Adult Social Care Connects Carers Team, Rowan House, 33 Sheepen Road, Colchester, Essex CO3 3WG*

A person and person looking at a tablet

AI-generated content may be incorrect.Once the plan is registered the Carer will be issued with their own **Carers Emergency Card** which should be carried with them at all times. In an emergency anybody can telephone the number on the card and alert **Adult Social Care Connects Emergency Duty Team** who are available **24 hours a day, 7 days a week**. The Team will initially try to reach the nominated emergency contacts but, in cases where they cannot be contacted or no one is available, an experienced advisor will assess the situation in line with the information provided in the plan, and will make arrangements for the Cared For person.

Once a plan is registered it is important to keep it up to date and to let ASC know if:

* the Cared For person has a change of diagnosis or their care needs
* the Carer helps with new or different tasks and activities not mentioned in the existing plan
* there are changes to the household of the Cared For person
* the Cared For person changes GP
* the Carer’s or the Cared For person’s address or contact phone numbers change
* details for the emergency contacts change.

For further support or to make changes to an emergency plan call **ASC Connects Carers Team** on **03330 135 137**

More information about how to register a Carers Emergency Contingency Plan can be found at:

[www.essex.gov.uk/adult-social-care-and-health/support-carers/carers-emergency-plan/how-register-carers-emergency](http://www.essex.gov.uk/adult-social-care-and-health/support-carers/carers-emergency-plan/how-register-carers-emergency)

Should your practice require printed flyers to help promote Emergency Planning to carers please contact [Gillian.hopkins@nhs.net](mailto:Gillian.hopkins@nhs.net)

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AI-generated content may be incorrect.will be hosting a Care Technology Roadshow at the **Central Baptist Church, Chelmsford CM1 1LN** on **Tuesday 23rd September.** Anyone can drop-in between **10am-3pm** to find out more about the wide variety of assistive technology that is now available to support independent living and to help care for someone living in their own home, sheltered housing or in supported living. Commissioned by Essex County Council, assistive care devices can be supplied for free to persons who are eligible under the 2014 Care Act Prevent, Reduce, Delay criteria. For more information email [caretecservice@essex.gov.uk](mailto:caretecservice@essex.gov.uk)

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AI-generated content may be incorrect.](https://www.gov.uk/access-to-work)**is a government-funded scheme that provides advice and support to people aged 16yrs+ living with a disability, or a long term physical or a mental health condition. The service helps people to start or stay in work, and to get to and from work. It offers grants to access practical support, with communication support (including at job interviews) and with managing mental health at work such as:

* for specialist equipment, adaptions and assistive software
* physical adaptions to the person’s workplace (including if they work from home)
* for a Mental Health support service for people who are experiencing difficulties with their mental health in the workplace
* assistance from a specialist support worker, e.g. BSL interpreter, Lipspeaker, job coach or a travel buddy
* [A group of people talking to each other

  AI-generated content may be incorrect.](https://www.gov.uk/government/publications/easy-read-get-help-at-work-if-youre-disabled-or-have-a-health-condition-access-to-work)fares for travelling to work if the person is not able to use public transport
* disability awareness training for work colleagues
* help and advice for employers to retain and employ staff.

The Access to Work grant is not means tested and does not affect any other benefits a person may receive.

Click logo for eligibility criteria and for more information or call the Access to Work Helpline on **0800 121 7479**

For people who cannot hear or speak on the phone use [Relay UK](https://www.relayuk.bt.com/)  18001 then 0800 121 7479

or the British Sign Language (BSL) [video relay service](https://connect.interpreterslive.co.uk/vrs?ilc=DWP) For information in easy-read click on image on right.

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AI-generated content may be incorrect.](https://www.gov.uk/government/collections/disability-confident-campaign)**Spectrum Works Jobs & Wellbeing Fair** is an event providing support and opportunities for individuals who are neurodivergent, including autistic people and those with ADHD. The fair aims to connect attendees with neurodivergent friendly employers, support groups, training providers, and other resources to help them explore career options and access wellbeing support. Entry is free and no formal diagnosis is required to attend. This event is being held at the Council offices in **Causeway House CM7 9HB** on **Tuesday 15th July 10am-1pm**. Click on logo above for information about the Disability Confident Employer scheme.

[](https://www.dropbox.com/scl/fo/uvxalcry7p8ypblrt4zyu/ABmG9HHHtrfrHnYqVx-NzUk/01%20Unpaid%20Carers?rlkey=vyubq6pqwboo6dkivdwqcwpev&e=1&dl=0)Essex County Council have produced animated videos that can be shown in GP waiting rooms and other healthcare settings to help raise awareness of who is an unpaid carer and the support available via EWS and Carers First. These animations are available in different formats with and without subtitles. Click on image to view and download.

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AI-generated content may be incorrect.](https://consultations.dhsc.gov.uk/mens-health-strategy)

The Department of Health & Social Care would like to hear from anyone with lived experience of health issues affecting men. This online consultation is open to men aged 16+yrs, their families, partners

or carers, health and social care professionals, stakeholder organisations, academics and employers. The consultation closes on **17th July 2025** when theviews and evidenced gathered will be used to help to shape how future services for men are designed and delivered. Topics the strategy will be focusing on are:

▪ *Supporting men to live healthier lives ▪ Tackling preventable conditions*

*▪ Mental health and suicide prevention ▪Reducing health inequalities*

*▪Improving access to services* Click logo for the online consultation form. Information in also available at [Watch the call for evidence information in BSL](https://youtube.com/playlist?list=PLvaBZskxS7tzMHPKcqmTlPW_MkxdimsEh&si=jVhctxHbKoYI2Opz)

A colorful poster with text and a qr code

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[A group of people sitting on books

AI-generated content may be incorrect.](https://libraries.essex.gov.uk/digital-content/our-reading-suggestions/dementia-friendly-reads)

**Reading Well for Dementia** books and audio books have been selected by healthcare professionals for people living with dementia and their families / carers. The list includes story books to help children understand about a loved ones’ dementia. Click on logo for titles in this booklist. Memory Boxes featuring local photos are also

freely available to help people reminisce and to spur conversation.

For people living with dementia the library service offers the *Memory Library Card*which incurs no charges if items are returned late, or a *Friends and Family Card* which allows a friend, neighbour or relative to collect library items on their behalf.

A [Home Library Service](https://libraries.essex.gov.uk/digital-content/our-mobile-and-home-library-services/home-library-service) is available to anyone who is unable to visit their local library due to their age, disability or caring responsibilities. Service volunteers will bring books and any other library items to the person’s home and will return them on their behalf. Click on the highlighted text above for more information and to find local stops for the *Mobile Library Service*

or call the Library Contact Centre on **0345 603 7628**

Local Essex libraries also offer a variety

of free weekly information, activity and

social sessions for all age groups

including seated exercises and craft

sessions for adults. Plus, support with IT skills and help with setting up the NHS app on a smartphone or other device. As well as how to access your NHS account using the public computers in the library and using [NHS.UK](http://nhs.uk/) for information on health services, conditions, symptoms, medicines, tests and treatments. To see full list go to [Events by Location | Essex Library Service](https://libraries.essex.gov.uk/events/location)

A poster for a community event

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offer free equine therapy sessions for unpaid carers. Through interactions with horses in a peaceful and supportive environment these sessions help participants to relax, enhance their emotional resilience and develop new coping strategies to aid them in their caring role. NB. these sessions do not involve riding the horses so no previous experience is

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AI-generated content may be incorrect.](https://www.care4carersclub.co.uk/horsomely)

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AI-generated content may be incorrect.A close up of a logo

AI-generated content may be incorrect.](https://www.carersuk.org/policy-and-research/state-of-caring-survey/?gad_source=1&gad_campaignid=364379102&gclid=EAIaIQobChMIysmvzo34jQMVW4dQBh1wdgCAEAAYASAAEgJri_D_BwE)

advocates on behalf of unpaid carers across the UK. To help campaign on behalf of carers the charity is asking anyone who has either been an unpaid carer

in the past, or who is currently looking after a loved one, to take part in their latest *State of Caring* *Survey.* The online survey is anonymous, takes around 30 minutes to complete, and closes on the **10th Aug 2025**.

necessary. The next session will be held at D’Arcy Riding Stables, Tolleshunt D’Arcy CM9 8TL on **27thJune 12-1:30pm**. Horsomely equine therapy will also be available soon in Chelmsford, Braintree and Bradwell. Click logo for more info or email [barbara@care4carerscommunity.org.uk](mailto:barbara@care4carerscommunity.org.uk) or call 07771 938275.

advocates on behalf of unpaid carers across the UK. The charity is seeking the views and experiences of people who have either been an unpaid carer in the past or who are currently caring for a loved one. The online survey is anonymous, takes around 30 minutes to complete, and closes on **10th Aug 2025**.