



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.service.co.uk/support/carers/>

Mid Essex
January 2026

There is a lack of understanding about the prevalence and nature of domestic abuse among older people. Of the 7,249 people who contacted Essex's domestic abuse services in 2024, 560 were aged 56yrs+ (7.7%) and 24% of those aged 66yrs+ were male.

Service providers report older victims often have significantly more physical support needs than other age groups. They may be disabled, socially isolated or have other health concerns such as dementia which have made them become more dependent on those around them. Domestic abuse doesn't just occur in romantic relationships, it can occur within any relationship where there is an expectation of trust, for example children or other family members. Unhealthy relationships can take many forms; physical, financial, emotional, psychological, or controlling behaviours. When combined with physical and mental health issues in older people, domestic abuse is more difficult to identify.

ECC's *Look. Listen. Be aware.* campaign offers information/resources for both professionals and the general public on how to recognise signs of abuse in older people as well as where to find confidential support services. To access these use the QR code or call **0330 333 7 444** Click on image for information on DA and dementia.



Call **0808 189 6550**

provide help to anyone who is struggling with high heating costs as a result of a health condition, a draughty home or an inefficient heating system, or is on low income. The charity offers:

- Energy saving advice and can provide free energy saving devices
- Checks on energy tariffs to find the cheapest and most appropriate one
- Access to grants for energy saving improvements
- Checks to make sure people are receiving all the benefits they are entitled to
- Help to residents who have already fallen in arrears with energy companies
- Access to emergency fuel payments

Professionals can refer online at <https://www.citizensadviceessex.org.uk/fuel-poverty> or via EWS.



help ensure vulnerable residents have access to energy and water supplies. Joining a PSR is free and available to households with people of pensionable age, children under 5yrs, people with a long-term physical or mental health condition, medical needs, mobility challenges or communication difficulties. The PSR service is confidential and can offer:

- **Personalized Support:** advance notice of planned power or water outages, priority reconnection after disruptions, accessible billing formats (eg. large print, braille, or talking bills), help with meter readings and bill payments.
 - **Faster Response:** in the event of a supply issue with those on energy or water suppliers PSR being prioritized.
 - **Safety and Security:** password schemes to let householders know it's a genuine call or offer of emergency support.
 - **Assistance for Carers and Families:** kept informed/involved if ever a supply issue could affect the person they look after.
- Plus, nominee schemes allowing requests for utility bills to be sent to a family member/carers instead of to the cared for person.

Households with different companies for water, electricity and gas, will need to join the PSR of each company, and should contact the supplier if their circumstances changes so as to ensure they continue to get the right level of support. More information about PSR and links to sign-up to the registers of different utility companies can be found on the following SCOPE webpage:

<https://www.scope.org.uk/advice-and-support/priority-services-register-extra-services-from-energy-suppliers>

Citizens Advice can help anyone requiring assistance with applying to be added to a PSR. To find contact details of your local CA service go to <https://www.citizensadviceessex.org.uk/get-advice>



can assist with sharing and coordinating caring for someone with others. Setting up a *Jointly Care Circle* requires an initial one-off payment of £2.99 with no additional costs or limits to the number of people that can be invited into that circle. The app allows family members or unpaid carers to:

- Communicate via group messaging with everyone in the circle
- Share a calendar of appointments/ events for the cared for person
- Create to do lists and assign tasks to people within the circle
- Store and quickly access information about the looked after person and their condition
- Share and store messages from connected health devices (eg. electronic pill dispensers)
- Keep track of current or past medications plus images of medicines to help identify them
- Keep health notes and/or bills together in one place using text and/or image entries
- Create a list of useful and important contacts.

For security, the information shared within a Care Circle is encrypted and the App's developer does not collect or share any user data.

Jointly can be used on smartphones, tablets and laptops. To download go to *Apple* or *Google Play* App stores, or www.jointlyapp.com



provides a wealth of information and support to people living with Multiple sclerosis, as well as for their families, carers, friends, colleagues and health professionals. The Society regularly hosts free webinars on Zoom, go to <https://www.mssociety.org.uk/support-and-community/virtual-support-events> for more details and to register to attend any of the following:

Move More with MS Monday 19 th January 12pm-1pm	MS Physical Activities Specialist discusses the benefits of keeping active, tips on moving more and staying motivated while managing challenges.
Understanding your new diagnosis of MS – Next Steps webinar Thursday 22 nd January 6:30pm-7:30pm	Chaired by an MS Specialist Nurse, this webinar looks at understanding your diagnosis, disease modifying treatment options, employment & driving, as well as strategies for living well with MS.
Work & MS: Reasonable Adjustments and Support in the Workplace Wednesday 28 th January 6:30pm-7:30pm	Panel of expert speakers cover how to work with employers to get reasonable adjustments put in place, and what Access to Work can support with.

The MS Helpline provides emotional support and information to anyone affected by MS. Telephone **0808 800 8000** Mon-Fri 9am-7pm (not bank holidays) or email helpline@mssociety.org.uk
Local MS Society groups offer emotional support, help with accessing specialist services and financial support, plus opportunity to connect with others. Email ColchesterSupport@mssociety.org.uk or Clacton@mssociety.org.uk



offer a range of fee-based, support for adults with learning disabilities and/or autism, for older people as well as adult reablement services. Working with individuals, families and health or social care professionals, the service is able to provide support tailored to an individual's needs and goals. Depending upon the person's eligibility and their assessed needs, costs for this care may be funded by Essex County Council.

ECL support for adults with a Learning Disability and / or autism includes:		ECL Day Centres in Mid Essex Open Monday to Friday:
Day Centres	Flexible support options including 1:1 and 2:1 care. Centres offer activities such as cooking, arts, music, IT, sensory experiences plus regular community outings.	LD Centre Church Street, Bocking CM7 5LJ
Clinical & Specialist Care	Speech & language therapy, physiotherapy, occupational therapy, and positive behaviour support	LD & Older Persons Centre Coggeshall Rd Turnpike Place, Braintree CM7 9GB
Assistive Technology	Wide range of low and high-tech sensory tools, communication and engagement aids / devices	LD & Older Persons Centre Moulsham Street, Chelmsford CM2 9AQ
Transition Support for Young Adults	Guidance for moving on from school, EHCP planning, funding, and independent living. Opportunities for social participation and volunteering.	Older Persons Centre Nickleby Road, Chelmsford CM1 4XG
ASDAN Courses & Qualifications	Engaging and activity-based learning for developing confidence, personal, independent living and employability skills.	LD & Older Persons Centre Carmelite Way, Maldon CM9 5FJ
Inclusive Employment Programme	Support with vocational profiling, CV writing, interview preparation, work placements, and job retention.	

Find out more at <https://www.ecl.org/>

ECL Older People Day Centres offer on-site & community-based activities aimed at maintaining independence and encouraging social interaction, plus provide Gold Accredited dementia support. The service is accessible to:

- People in good health who want to meet new people & participate in fun activities
- People with decreased mobility, who have SALT Plans, or complex health needs eg. require support with medication, personal care, enteral feeding, 1:1 or 2:1 care
- People living with any type of dementia or Parkinsons
- Family / unpaid carers who require a short break from their caring duties

Or call **03330 135 438** or E: ECL.ContactCentre@essexcares.org

healthwatch Essex surveys help to inform and shape changes to local services. Current surveys include:
Journey of Young Carer to Young Adult Carer 10mins online survey to gather the views/ experiences of Young Carers on the support required to help manage their caring responsibilities with being able to pursue their own goals as young adults. **Closes 31st January**

Share your experiences of Endometriosis short online survey. Participants do not have to be formally diagnosed to engage with this survey. HW would also like to hear from anyone with suspected/related symptoms who may be waiting for a diagnosis. For more information call Sara on **0300 500 1895** or E: sara.poole@healthwatchessex.org.uk
Closes 28th February

These sessions are supported by a panel of subject experts from across the children's system including:
Team Around the Family Support Officer
Inclusion Partners
Engagement Facilitator
Attendance Specialists
Early Years Specialists
Education Access Specialists
Essex Youth Service
Peabody Outreach
Essex Child & Family Wellbeing Service
Domestic Abuse Specialists
DWP and others For further information email C&FPartnershipLeads@essex.gov.uk

Early help weekly drop-in sessions are designed to give partners in Essex who work with children, young people & families the chance to: discuss anonymised cases, gain peer support, be signposted to advice & help to answer general questions.

Mid Essex drop-in
Wednesday 12pm-1pm

**Use Mid's online booking page to pre-book a slot to present a case

A safe space for people to learn new skills, expand on existing ones, and attend **FREE COURSES** developed to support mental health recovery...

Online Courses

- Making Sense of Stigma & Mental Health**
6 January - 10:00 - 12:00
- Wellbeing Film Screening**
6 weeks from 7 January - 10:00 - 12:00
- Anxiety, taking back control**
14 January - 1:00 - 3:00
- Five Ways to Wellbeing**
20 January - 10:30 - 1:00
- Meditation**
4 weeks from 21 January - 8:30 - 9:25
- Neurodiversity, an introduction to Celebrating Difference**
21 & 28 January - 1:00 - 3:00
- Anger Management**
26 January - 10:00 - 1:00
- Introduction to Volunteering**
28 January - 3:00 - 5:00
- Effective Communication**
2 February - 10:00 - 1:00
- Bereavement & Loss**
3 & 10 February - 10:00 - 12:30
- 'The New Me'**
Living Well with Mental Health
4 & 11 February - 1:00 - 3:00

Online Bitesize Sessions
All sessions start at 1:00pm
9 Jan - Identifying & expressing needs
16 Jan - Creating a Self Care Routine
23 Jan - Boundary Setting
30 Jan - Relaxation Breathing
6 Feb - Creating a Vision Board
10 Feb - Goal Setting
13 Feb - Journaling for Mental Health

Walk with the College
Flitch Way, Rayne
12 February - 11:00 - 1:00

Livewell Hub, Braintree

- Positive Mental Health as We Age**
8 January - 10:00 - 12:30
- Creating Art**
14 January - 10:00 - 1:00
- Finding and Retaining Employment**
19 January - 10:30 - 1:00
- Introduction to Volunteering**
21 January - 10:00 - 12:00

Chelmsford

- Intro to Therapeutic Filmmaking & Photography**
19 Jan - 1:30 - 4:00
- Men & Mental Health**
28 Jan - 10:00 - 12:00
- Positive Mental Health as We Age**
10 Feb - 1:30 - 3:30

West Maldon Community Centre

- Writing & Mental Health**
12 January
1:30 - 3:30
- Anxiety, taking back control**
21 January
10:30 - 12:30

The Hive Community Hub, Southminster

- Eating for Wellbeing**
14 January
11:00 - 1:00
- Introduction to Volunteering**
4 February
11:00 - 1:00

For more details contact the college by phone **0300 303 9954** or by email provide.midessexrc@nhs.net or our website midessexrecoverycollege.co.uk

Partnership with Essex County Council