



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/>

South 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.



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.



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, **MED2EQUIP** Community Equipment Loan Service (CELS) loans a range of equipment to help people 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 November**. <https://healthwatchessex.org.uk/2025/10/share-your-experiences-of-the-community-equipment-loan-service/>
 Anyone needing help completing the survey can call 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.

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 Hutton Community Centre CM13 1LP 3 rd Tuesday of the month 2pm-3:30pm	Singing for the Brain Hannakins Farm Centre, Billericay CM12 0SY 1 st Wednesday of the month 2:30pm-4pm
Singing for the Brain St Catherine's Church Hall, Wickford SS11 8BB 3 rd Thursday of the month 2pm-3:30pm	Seated Exercise Music & Movement Rayleigh Parish Centre SS6 8BB 2 nd Thursday of the month 11am-12pm
Carers Relaxation Group Rayleigh Parish Centre SS6 8BB 4 th Thursday of the month 11am-12pm	Brentwood Activity Group Merrymeade House, Brentwood CM15 9FE 3 rd Monday of the month 2pm-3:30pm

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

Your voice matters! What are the issues for people living with dementia when it comes to accessing local businesses and organisations, how can we overcome them? Have your voice heard by contacting michelle.burrows@alzheimers.org.uk



One in three adults over 65yrs and half of those over 80yrs experience at least one fall annually. While many falls do not cause serious injury, a significant number result in fractures, hospital stays or even death, especially among frail individuals. Beyond the physical impact, falls can dent confidence and independence. Almost 10,500 emergency hospital admissions in mid and south Essex last year were due to a fall. Slipper swap projects tackle this issue head-on by replacing old, potentially dangerous slippers with NHS-approved ones featuring secure fastenings and robust non-slip soles. EWS' **Community Agents** can supply a free pair of these slippers to older residents (65+yrs) and people with frailty living in **Basildon & Brentwood Alliance areas**. Go to <https://refer.essexwellbeingsservice.co.uk/> to make a professional referral to the Community Agents team. Alternatively, people can self-refer by calling **0300 303 9988**



Community Falls Strength and Balance Exercise Service offers a free 12-week personalised exercise programme, delivered either in a group setting or 1:1, depending on the individual's needs. The programme is designed to support people aged 65yrs+ who are at risk of falling, and for those aged 50yrs+ who have had a fall in the last 12 months due to a condition affecting their balance (e.g. Stroke/ Parkinson's disease, neurological impairments etc). The service aims to

- Improve muscle strength and balance to reduce the risk of falling
- support people to live a more independent and active life
- Increase confidence and mobility
- Provide advice on home safety, vision, medication, and health-related risks. For more information and to make either a professional or self-referral referral go to: <https://www.nelft.nhs.uk/community-falls-strength-and-balance-exercise-service/> Or call **0300 300 1843** or email FallsStrength&BalanceExerciseService@nelft.nhs.uk



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**



is a national charity providing a wealth of information and support to people living with Multiple sclerosis, and to 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:

Finding Your Way: Adapting to Life with MS Wednesday 12 th November 6:30-7:30pm	Chaired by a Psychologist, this webinar looks at the emotional impact of an MS diagnosis, and explores practical strategies and adaptations to help manage challenges.
Planning for Pregnancy Thursday 13 th November 6:30-7:30pm	Consultant Neurologist and expert in MS and pregnancy talks through preparing for a healthy pregnancy, possible adjustments needed, and managing MS symptoms during and post pregnancy.
Understanding your new diagnosis of MS Thursday 27 th November 6:30-7:30pm	Chaired by a 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.

The MS Helpline provides emotional support and information to anyone affected by MS - call **0808 800 8000** or email helpline@mssociety.org.uk

The MS Society's South East Essex Group offers information on local support services and hosts regular social opportunities in Southend to connect with others living with MS and their families/carers. To find out more go to <https://www.mssociety.org.uk/support-and-community/near-me/south-east-essex-group> Or email SouthEastEssex@mssociety.org.uk

