



# Carers Noticeboard – SWE B&B

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

November 2024



According to Carers UK, every day around 12,000 people in the UK become unpaid carers for a partner, family member or a friend. Many don't see themselves as carers and are often unaware of their legal rights and what they are entitled to in terms of support and benefits.

This year's Carers Rights Day is about helping carers

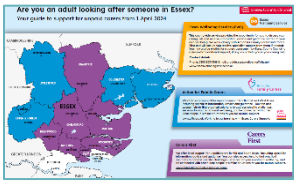
recognise and understand those rights so they can feel confident in asking for what they need plus able to challenge things when their rights are not being met. Whether that's in the workplace or education, in accessing health or social care, or when interacting with other professionals or at home.

### What are your rights as a Carer?

- The right to 5 days unpaid Carer's Leave per year
- The right to request flexible working
- 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.

Apply before 21<sup>st</sup> DECEMBER

Click [here](#) for carers UK's guide to claiming Pension Credit for elderly carers worried about the loss of this year's Winter Fuel Payments



Click on Carers Rights Day logo above for more details or click on the map on the left for Essex County Council's series of You Tube videos on Carers Rights and Carer's Assessment.



On Carers Rights Day Carers First will be hosting a free webinar for working carers to learn about their rights in the workplace, including their entitlement to Carers Leave and to request flexible working arrangements. This webinar will be held over Zoom from 12:30pm-1:15pm. Click on their logo to register a place.



Carers UK's latest *State of Caring* surveys found caring can have a negative impact on some peoples' ability to work as well as on their mental and physical health (click logo for survey reports). From the carers surveyed:

48% said caring had had a negative impact on their ability to work

22% said their caring responsibilities meant they had to reduce their working hours  
40% had-to give up working entirely

51% said their financial situation had affected their mental health. Rising to 88% of those carers who said they were struggling to make ends meet

79% said their caring responsibilities made them feel stressed/anxious, 49% felt depressed, 50% felt lonely and 54% said their physical health had suffered



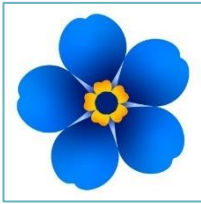
Employment Retention and Individual Placement Support Services can help individuals experiencing mental or physical ill health to retain or gain employment.

When a carers' mental health is affecting their ability to work, the service can advocate and support them with negotiating reasonable adjustments and with putting a plan together to help them stay or return to work.

The service is available to anyone currently being supported by a community mental health team or specialist mental health service. Click on above logo for more information and for an online referral form.



Provides personalised practical and emotional support to families of children and young people (under 18yrs) receiving treatment for cancer who live in Southend or Basildon. Click logo for further information or E: [hello@goldgeese.org](mailto:hello@goldgeese.org)



The Alzheimer's Society offers a range of support services for people living with a dementia diagnosis as well as for their family and friends. Their Dementia Advisors are now on hand in Basildon, Southend and Broomfield Hospitals to offer support when people with dementia are admitted onto wards and when being discharged.

The Society's **Side by Side** befriending service helps people with dementia to continue with their hobbies and interests and to start doing new activities by matching them with a volunteer with the same interests. Whether that's going to the football, enjoying a trip to the cinema or jogging around the park. A survey in 2019 found 99%

of service users agreed their life was made better in some way as a result of regular contact with their Side by Side volunteer. Although Side by Side is not a respite service, people acknowledged that it could help to give their carer a break. For more information about Side by Side email: [sbsessex@alzheimers.org.uk](mailto:sbsessex@alzheimers.org.uk) Click logo to find more dementia support services in your area.

### Alzheimer's Society Singing for the Brain group sessions

For people with dementia and their Carers. Singing improves brain activity, wellbeing and mood, and you don't need to be a good singer to benefit! Friendly and experienced group leaders host sessions with a wide variety of familiar and new songs. Opportunity to meet new people in a friendly, fun and social environment.

<p><b>Singing for the Brain, Brentwood - 20<sup>th</sup> November, 2pm - 3:30pm</b> 3<sup>rd</sup> Wednesday of every month Merrymeade House, Merrymeade Chase, CM15 9FE</p>	<p><b>Singing for the Brain, Billericay - 4<sup>th</sup> December, 2:30pm - 4pm</b> 1<sup>st</sup> Wednesday of every month Hannakins Farm Community Centre, Rosebay Avenue, CM12 0SY</p>
<p><b>Singing for the Brain, Online group, 2pm - 3pm</b> Every Tuesday delivered over Zoom</p>	<p><b>Singing for the Brain, Online group, 11:30am - 12:30pm</b> Every Thursday delivered over Zoom</p>
<p><b>Rayleigh Winter Cafe - 25<sup>th</sup> November &amp; 9<sup>th</sup> December, 10am - 12pm</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Mondays of every month Rayleigh Parish Centre, Rectory Garth, SS6 8BB</p>	<p><b>Walk &amp; Talk events</b> <b>Maldon Promenade</b> 3<sup>rd</sup> Thursday of every month CM9 5JQ <b>Hylands Park in Chelmsford</b> 1<sup>st</sup> Tuesday of every month CM2 8WQ</p>



Every 58 minutes somebody is admitted to an Essex hospital with an acquired brain injury (ABI) due to trauma or a stroke. Headway Essex supports people with ABI to live a fulfilling life and also offers support, information and advice to their families. *Don't Forget About Me* is a free programme for families/ carers that runs 1 day per week for 5 consecutive weeks. Sessions are delivered by Headway staff with guest

speaker slots from a Clinical Psychologist, Neuro Occupational Therapist, Adult Social Care, Solicitor plus other therapists. Programme topics include:

- aspects of brain anatomy and function, and the effects of the injury for the person with an ABI
- how their ABI can affect relationships, roles and responsibilities for the person themselves and loved ones, family & friends
- Coping with these changes and finding ways of managing, plus how to manage feelings of fatigue, stress, anxiety and anger.

The charity hosts support groups and day activities for people with ABI at their South Benfleet Hub. For more information or to refer click on logo above or call 01206 845 945 or email: [abisupport@headwayessex.org.uk](mailto:abisupport@headwayessex.org.uk)



Supports the indirect victims of sexual or violent crime providing free practical and personalised support to:

- Parents, siblings and other family members supporting children who are survivors of sexual abuse.
  - Non-abusing partners or children of those arrested for sexual offences against children (including online).
  - The loved ones of adults who have survived sexual assault as an adult or who were sexually abused as children.
  - Family and friends who are supporting someone who has suffered violence, including domestic violence.
- Click on logo to find out more about the support Restitute offers.



provides information, advice and support for people living with limb loss and their families/ friends. They offer peer mentoring 1:1 support for individuals both pre- and post-amputation who require practical information and emotional support through their limb loss journey. Plus, a national helpline and in-person support groups. To find out more click logo or call 01277 402 331. Email [jaynie@limbless-association.org](mailto:jaynie@limbless-association.org) for info on the following support groups:

<p>Corringham LA Community Hub <b>Thursday 21<sup>st</sup> November 10am – 12:30pm</b> Corringham Fire Station, 43 Fobbing Road SS17 9BN</p>
<p>Billericay LA Community Hub <b>Tuesday 26<sup>th</sup> November 10am – 1pm</b> Mayflower Community Hospital, Blunts Wall Rd, Billericay CM12 9SA</p>



provides free custom-made equipment for people experiencing disability through infirmity, illness or ageing.

Their highly skilled volunteers make equipment / adaptations to support with many things including: mobility and access issues, independent living (e.g. eating & drinking), managing personal care, sports & hobbies. Click logo for REMAP's Easy Read guide and for more information. Or call 01732 760209 or Email: [data@remap.org.uk](mailto:data@remap.org.uk)

Essex County Council **LIVES**

## Local Linked Support

Working alongside autistic adults, adults with learning disabilities and their carers to achieve their goals, no diagnosis required

**Keeping Safe**

**Physical Health**

**Emotional Wellbeing**

**Accommodation**

**Social & Spiritual needs**

**Work, Education & Training**

**Finances**

**Relationships**

NOVEMBER 2024 DROP-IN SESSIONS

No appointment required!  
Scan the QR code above with your phone camera for directions to each location

**Basildon**  
HAPPY Hub – Every Thursday, 11:30am-1:30pm