

**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/)

**Mid Essex**

**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** from **10:30am-12:30pm** at the Riverside Leisure Centre cafe CM1 1FG 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 various workshops. Click logo for more information or email the session coordinator Nikki at nikki@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

Are offering 9weeks of free drumming music therapy sessions for adult carers starting **Wed 5th March 12-1pm** at **West Maldon Community Centre**. No musical experience is required to reap the physical and

emotional benefits of this programme. Click on logo to find out more and to book a place or email info@acemusictherapy.co.uk to express an interest in joining the Maldon programme or one due to start in Braintree during the Summer.

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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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offers free courses designed to support mental wellbeing for adults who live, work or care for someone in Mid Essex. In person courses are now available in areas of Dengie and Maldon. Click logo for the full list of courses available and to book a place on any listed below, or email provide.midessexrc@nhs.net or call 0300 303 9954.

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| **Fri 31st January** 10am-12pm | ***Self-Care for Carers – Southminster***  *Understanding the need for self-care & learn how to manage/ improve own physical and mental wellbeing whilst caring for others.*  | Christ Church United Reform Church North Street, Southminster CM0 7DF |
| **Tue 4th February** | ***Men and Mental Health - West Maldon & Broomfield*** *Understanding challenges, stigmas, and factors that affect men’s mental health. Coping strategies and avenues for seeking support. Open to anyone, including professionals, interested in improving men’s mental health. Please be aware this workshop does make reference to suicide.* | 10:30am-12:30pmat West Maldon Community Centre CM9 6YH2pm-4pm at Broomfield Village Hall CM1 7AH |
| **Thu 20th February** 6pm-8pm | ***Finding Your Voice as a Carer - online***  *Develop confidence & assertiveness skills to help when having to communicate with health and social care professionals.*  | Delivered online over MS Teams |
| **Fri 21st February** 1pm-2:30pm | ***Managing Difficult Emotions for Carers - online*** *Learn how to identify difficult emotions, such as resentment and guilt, and how to cope and manage these emotions* | Delivered online over MS Teams |
| **Thu 20th March** 6pm-8pm  | ***Self-Care for Carers online***.*Understanding the need for self-care & learn how to manage/ improve own physical and mental wellbeing whilst caring for others.* | Delivered online over MS Teams |





Anyone who has been discharged from any mid or south Essex hospital since the 1st August 2024 is encouraged to fill in the survey and share

their views of their hospital discharge experience. The online survey is anonymous and takes 15 minutes to complete. Loved ones may submit

to the survey on the person’s behalf if they are not able to.

This survey will be used by MSE ICS to refine the patient discharge process, assess available community services, and improve support

to ensure appropriate care is provided when patients return

home. The survey’s results will be made public shortly after

the closing date. To find out more use the QR code or go to <https://virtualviews.midandsouthessex.ics.nhs.uk/discharge>

Posters to promote the survey in GP practices can be downloaded from the MSE Primary Care Hub Sharepoint.

Dancing has been shown to have mental, physical and cognitive benefits

to people in older age and those living with dementia.





host free *Dancing with Dementia* sessions every **3rd Thursday of the month 11am-12:30pm** at Braintree Mews Care Home, Church lane CM7 5SE. To book a place call 07490 374 717

or email info@dancenetworkassociation.org.uk





 offer free *Dancing for Joy* sessions every **2nd Tuesday**

of the month **3pm-4pm** atManor Lodge in Chelmsford CM2 0EP.

They also host a Community Café for members of the public with dementia and their family carers on every **last Wednesday** of the month **2pm-4pm**.

And, on **Mon 3rd February 5pm-7pm** the care home will be hosting an information event on the typical signs of ageing and how symptoms differ from dementia. Plus, guidance on how to live well with dementia.

Click logo to book a place on any of these events or call 01245 809 051.