



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

Mid Essex  
September 2025



This rose to 84% of carers who were caring for more than one person and 87% of Carers who said they were struggling financially.

Many local pharmacies offer free blood pressure checks to people aged 40yrs+ who have not had a check in the last 6mths. The NHS Health Check also checks blood pressure, cholesterol and pulse rhythm and is available to 40-74yr olds meeting the eligibility criteria. Eligible persons can contact their GP practice to book a Health Check. Alternatively, checks can be booked with EWS or with a local pharmacy. Go to <https://essexwellbeing.service.co.uk/support/health-check/> for more info and a list of local pharmacies who offer this service or call EWS on **0300 303 9988**



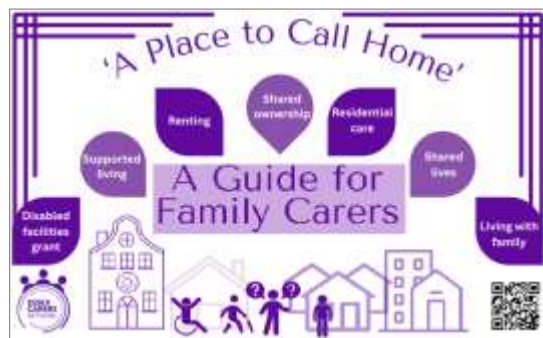
Maintaining the ability to drive while caring for someone with frailty requires careful consideration of both the driver's capabilities and the needs of the person

being cared for. It's crucial to prioritize safety, explore alternative transport options, and offer support to maintain independence. The **Driving with Confidence** scheme is for anyone aged 70+yrs who may be concerned about their driving skills.

The course supports mature drivers to continue to drive safely, for longer. A limited number of **free** sessions are available to Essex residents. For info on the scheme and other safety advice go to [www.saferessexroads.org/road-users/mature-drivers/](http://www.saferessexroads.org/road-users/mature-drivers/) To book a place email [driverintervention@essex.gov.uk](mailto:driverintervention@essex.gov.uk) or call **07980 745 950**



- ☒ Aged between 40-74 years?
- ☒ Registered with an Essex GP or live in Essex?
- ☒ Not taking Blood Pressure or Cholesterol tablets (Statins)?
- ☒ Not known to have Diabetes?
- ☒ Never suffered a Stroke?
- ☒ Never suffered a Heart Attack? (M.I)
- ☒ Not diagnosed with Coronary Heart Disease (CHD) or Heart Failure?
- ☒ Not diagnosed with Peripheral Arterial Disease? (PAD)
- ☒ Not diagnosed with Chronic Kidney Disease? (CKD)
- ☒ Not diagnosed with Atrial Fibrillation? (AF)
- ☒ Not had an NHS Health Check in the last 5 years?

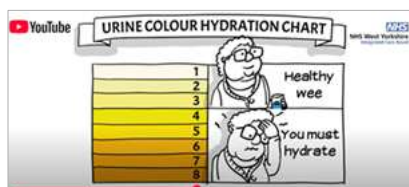


Essex Carers Network have produced a comprehensive guide for helping families and people with a learning disability to choose the right accommodation arrangements to suit their individual choices and needs. The guide provides information on all the different options, finance and benefits, plus useful tools and links to support services. To view and download a free copy of this guide go to <https://www.essexcarersnetwork.co.uk/a-place-to-call-home-guide-for-family-carers/>

ECN and My Safe Home will be hosting a free online webinar explaining how people with a learning disability can become homeowners through shared ownership and what support there is available to achieve this. Places need to be booked in advance by emailing [info@essexcarersnetwork.co.uk](mailto:info@essexcarersnetwork.co.uk) and letting ECN

know which of the following dates you would like to attend: **Tuesday 23<sup>rd</sup> Sept** 11am-12:30pm **OR Thursday 25<sup>th</sup> Sept** 6pm-7:30pm. For more info go to <https://www.essexcarersnetwork.co.uk/shared-ownership-webinars/> or call 01255 5554 029

The estimated cost of treating Urinary Tract Infections (UTI's) in NHS hospitals in England in 2023/24 was £604 million. Older adults (65+yrs), people with dementia or a learning disability are not only more at risk of UTI's but also of developing more serious infections that require longer hospital stays. UTI's can cause discomfort/pain, agitation or sudden confusion/delirium. NHS England has updated its [UTI communications toolkit](#) for helping to raise awareness among older adults, paid and unpaid carers of UTI prevention, symptom recognition and treatment, including advice on how and when to seek help. This resource includes video guides on hydration and on catheter care to avoid a UTI.



Constipation is another risk factor for UTI's and can in itself be a life-threatening issue for people with a learning disability who are at heightened risk from complications if it is left untreated. [Poobusters](#) is an accessible video produced by NHS Derbyshire Healthcare for people with a learning disability to facilitate conversations about constipation and what to do about it.



Understanding Dementia Better	Mood & Motivation
10:30am-12:30pm on Thursday 4 <sup>th</sup> OR Wednesday 10 <sup>th</sup> September	10:30am-12:00pm on Tuesday 30 <sup>th</sup> September
<p>This informal group session offers strategies, hints, tips, guidance and advice on:</p> <ul style="list-style-type: none"> <li>The common symptoms of dementia</li> <li>How dementia can affect the senses, communication and behaviour</li> <li>The importance of seeing the person before the condition</li> <li>Practical ways to connect with a person with dementia</li> <li>Strategies to overcome communication barriers</li> <li>Solutions for adapting the environment</li> <li>The benefits of a connection with nature and the outdoors.</li> </ul> <p>Questions can be asked during the session or sent to the advisors beforehand. A limited number of spaces are available for professionals who work with people with dementia or their caregivers/supporters. Email <a href="mailto:training@dementiaadventure.co.uk">training@dementiaadventure.co.uk</a> to book one of these.</p>	<p>This session looks at why some people with dementia and their supporters feel challenged in finding the motivation to 'get up and do'. It offers strategies to lift mood and motivation levels, plus gives time for questions about individual concerns and to consider possible solutions.</p> <p>For more info and to book onto these &amp; other DA sessions go to <a href="https://dementiaadventure.org/training-and-support/friends-and-family/">https://dementiaadventure.org/training-and-support/friends-and-family/</a></p> <p>Or call <b>01245 237 548</b></p>



Memory Café is for people living with dementia to drop in for a cuppa, a chat and the chance to explore the Museum's artifacts. The café is held every 2nd Monday of the month 10:30am-12pm in the Wells Suite. Family members, carers or friends are welcome to come along too and entry to the

Museum is free when attending the Café. For Alzheimer's Awareness Month the Museum will be hosting a support and information event on **Saturday 20<sup>th</sup> Sept 10am-2pm** for anyone with dementia or their loved ones to come along and find out about local support services. Entry to the Museum will be free this particular weekend and a range of organisations will be attending including:

- [Tile Kiln Church](#) who host coffee mornings, CAMEO, and Food on Fridays.
- [Other Halves](#) who provide contact for those close to loved ones with dementia, to share experiences and to support one another.
- [Carers First](#) who support unpaid carers across mid and south Essex.
- [Essex Dementia Care](#) who provide activity based dementia care through group sessions and One2One Memory Companion visits
- [Kinder Essex](#), who connect people within their local community to help reduce loneliness and encourage acts of kindness.
- [SpaMedica](#) a specialist ophthalmology services provider and the largest provider of NHS cataract surgery in the UK.

For a list of all events and tours being held at the Museum go to <https://www.chelmsford.gov.uk/museums/whats-on/>



**Falling Through the Cracks Conference** Fri 17<sup>th</sup> Oct 9am-5pm at Radisson Blu Hotel, Stansted Airport CM24 1PP

Restitute is a country wide service providing support to parents, carers, partners, siblings and loved ones with caring responsibilities for survivors of sexual abuse, sexual violence and other serious violence. Often these third party victims can themselves feel traumatised, stigmatised and isolated and not know how best to support their loved one. Professionals from health, VCSE and Carer Services are invited to join keynote expert speakers and high-profile panel members to learn, collaborate and find solutions for families caring for people who have survived childhood sexual abuse. The conference will be chaired by Channel 4 News presenter Jo Long and Jess Phillips MP will be one of many speakers. Click on link above for more information about all the speakers who will be attending. Tickets cost £50 and includes lunch, all refreshments and materials.



**Mid Essex Support Centre** is based at the Yvonne Stewart House, Hatfield Peverel CM3 2EH and provides support for adults with all types of cancer at all stages, from newly diagnosed, throughout treatment and during recovery, and to their Carers. The Centre is open **Monday to Friday 9:30am-4:00pm** and offers:

- Counselling
- Reflexology
- Massage (Including Aromatherapy)
- BACH flower remedies
- Wiggle & Giggle exercise sessions
- Mindful Movement - Yoga & breathing techniques delivered online & in-person
- Mindfulness Classes - morning & evening sessions available
- Online Pilates and Yoga
- Nicola Jane specialist mastectomy & post-surgery bra fitting service
- Look Good Feel Better Workshop for Women - practical workshop to help manage the visible and emotional effects of cancer treatment
- Look Good Feel Better Workshop for Men - offering expert advice on skincare during and post treatment, tips for shaving safely during treatment along with general grooming, the importance of sun protection, and how to deal with scars.

**Ladies Support Group** 3<sup>rd</sup> Friday of the month 10am-12pm  
an informal drop in session for cake and conversation for clients who currently have or previously had a cancer diagnosis, or are caring for someone that does.

**Men's Support Group** 1st Friday of the month 10am-12pm  
An informal drop in session for a bacon or cheese butty and chat with other men who currently have or previously had a cancer diagnosis, or are caring for someone that does.

**Manual Lymph Drainage appointments** - A GP/Consultant referral will be required for MLD and is only available to those who live within Mid Essex.

For more info about all the support the charity offers go to <https://www.helenrollason.org.uk/> or call **01245 382 888**