



Carers & Helpers Noticeboard

South Essex
April 2026

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/>

carersUK in partnership with StandardLife



22nd April 2026

Being next of kin doesn't automatically give you a say
powerofattorneyday.org.uk

is a new campaign raising awareness and understanding of Power of Attorney and the vital role it plays in supporting people to plan for the future. **Lasting Power of Attorney** (LPA) for *Health & Welfare* and *Property & Financial Affairs* are legal documents that ensure a person's wishes are respected, should they be in a position where they are no longer able to express this directly. This is especially important for families / unpaid carers who so often find themselves responsible for managing the affairs of those they care for. Often LPA is only considered at a crisis point. For some, this conversation happens when it's already too late and then involves a long, costly and arduous process of applying for *Court of Protection Deputyship*. For carers living in Essex, [Carers First](#) and [Mobilise](#) both offer information and guidance on LPA.



To mark the day, **Carers UK** and the **Office of the Public Guardian** are hosting a free webinar between 12pm-1pm for all professionals who provide support or advice to unpaid carers or those planning ahead. This webinar will include • information about the types of LPA • the realities of caring with or without an LPA in place • how to support carers to understand and engage with LPAs • a Q&A session. To find out more and to register for a place go to [OPG & Carers UK | Power of Attorney Day 2026 webinar | Eventbrite](#)



are offering free online training over Zoom for families and informal carers explaining in simple terms the following legal acts. To book go to <https://www.edgetraining.org.uk/freetrainingevents> or call **07341 277 487**

8th May 10am-1pm *Mental Health Act* 8th July 10:30am-1:30pm *Care Act* 14th Dec 4:30-7:30pm *DoLS Safeguards*



Parkinson's is a progressive neurological condition with many complex symptoms caused by insufficient levels of dopamine in the brain. According to Parkinson's UK, someone is diagnosed with the condition every 20 minutes in the UK. The charity offers support to anyone with Parkinson's, their family or carer, and has a wide range of free information booklets available to both individuals and professionals <https://www.parkinsons.org.uk/information>



The *Parkinson's Outcomes Project* showed being regularly active for 2.5 hours a week can help manage symptoms, boost mood, and potentially slow disease progression. Parkinson's UK's website lists local support groups and activity classes specifically for people with Parkinson's, many also allow a family member/carer to join in too. For more info on any of the activities listed below go to <https://www.parkinsons.org.uk/> To speak to a specialist Parkinson's Nurse or trained advisor about any aspect of living with Parkinson's contact the helpline on **0808 800 0303** (text relay 18001 0808 800 0303) or E:hello@parkinsons.org.uk

Activity / exercise class	Day and time	Venue	Cost per class
Ballet and dance	Mondays 11am-1pm	The Studios, 30 Bowlers Croft Basildon SS14 3EE	Free
Instructor Led Gym Exercises	Mondays 11:30am-12:30pm	360 Gym Billericay, 32 Radford Way CM12 0BX	£5
Chelmsford Movement Class	Tuesdays 11am-12pm	Christchurch Hall, Chelmsford CM2 0AW	£2
Seated / Chair Based Yoga	Tuesday's 1pm-2:15pm	Clements Hall Leisure Centre, Hawkwell SS5 4LN	Free
Movement and Music Dance Group	Wednesdays 11am-11:45am	Billericay Emmanuel Church, Laindon Road CM12 9LD	£5
Walk & Talk	Thursdays 11am-12:30pm	Lake Meadows Park, Billericay CM12 0BW	Free
Ten Pin Bowling	1 st Friday in month 2-3:30pm	Madison Heights Maldon, Park Drive CM9 5JQ	£4

everyone ACTIVE offers **free** membership for people living with Parkinson's and their Carers. To find out more about the offer, what activities are included, and your nearest leisure centre go to <https://www.everyoneactive.com/promotion/parkinsons/>



Around 1 in 6 people in Essex are estimated to be living with a neurological condition. The Network brings together local neurology service providers, support organisations, University of Essex researchers, and people, families and carers affected by these conditions, with the aim of:

- Raising awareness and promoting understanding of neurological conditions
- Securing the highest standards of service and care for people with, or affected by, a neurological condition, and for their families and carers
- Building strong relationships between patients and professionals
- Facilitating/encouraging research into neurological conditions & service provision.

Anyone interested in the Network's aims is welcome to become a member, and attend quarterly forums where information, research, skills, lived experience and expertise are shared, and where members have opportunity to network. To find out more and/or to receive the latest news and information about neurological support services go to

<https://www.essex.ac.uk/departments/health-and-social-care/research/neuro-developmental-and-acquired-disorders/essex-neurology-network>

Or email essexneuronetwork@gmail.com



provides social and cognitive rehabilitation for adults with an acquired brain injury, including stroke, to help support quality of life, independence and self-esteem. As well as information, advice and support for their families and carers. Support group meetings give adults with an acquired brain injury, their carers and loved ones, the chance to meet others to share experiences, and to hear from experts in brain injury care and rehabilitation. If you are interested in attending any of the groups below call **01206 845 945** or E: abisupport@headwayessex.org.uk Further information about the service can be found at <https://www.headwayessex.org.uk/> For a leaflet outlining how the charity can support stroke survivors click on the Headway logo above.

Benfleet	2 nd Tuesday 7pm-9pm	Benfleet Young Circle Group	4 th Wednesday 12:30pm-2:30pm
Benfleet Carers Group	4 th Thursday 7pm-9pm	Chelmsford	3 rd Tues of the month 10am-12pm
Benfleet Social Group	1 st Friday 1:30pm-3:30pm	Southend	2 nd Monday 10am-12pm

Cognitive Stimulation Therapy is an evidenced based treatment for people with mild to moderate dementia designed to stimulate cognitive function and improve quality of life through social interaction with activities like word games/puzzles, creative tasks, reminiscence and music. Along these lines, The Alzheimer's Society has a [list of activity ideas for people with dementia](#). *Matching Memories Conversation Game* is a dementia friendly card game for encouraging conversation and connection with others, for more go to <https://agoodday.co.uk/> The Alzheimer's Society also has a guide offering practical tips and advice to help make living independently at home easier and safer. To view this online click on the image on the left. Where there may be a risk of a person forgetting to turn the gas cooker/ hob off, or of leaving it unignited, **Cadent** gas engineers will fit a locking cooker valve free of charge. For more info go to <https://cadentgas.com/locking-cooker-valves> or call **0800 389 8000**



healthwatch Essex CARERS VOICES Taking A Break Survey

Funded by Essex County Council, grants for short term breaks are one of the most frequently accessed services provided by the local specialist carers support service, Carers First. **Time for You** breaks are personalised to each unpaid carer to give them a planned period(s) of time away from daily caring responsibilities to help support their own health, wellbeing, and social connections. **Carers Voices** latest survey is seeking the views and experiences of unpaid carers who have either taken a *Time for You* break, or who haven't and/or are unsure how to access them. To complete go to <https://healthwatchesessex.org.uk/carers-voices/> Anyone requiring the survey in a different format should call **0300 500 1895** or email carersvoices@healthwatchesessex.org.uk

healthwatch Essex **lost sock Productions** **Essex County Council**
THE FELLAS' FAIR
"A HEALTHY DOSE OF HUMOUR"
FEATURING
RICH WILSON (FRANK SKINNER SAID: A VERY VERY FUNNY MAN)
MIKE GUNN (AS SEEN ON: LIVE AT THE APOLLO)
20TH MAY 2026 7.30PM
BASILDON TOWNGATE THEATRE
A FREE, 18+ evening of live stand-up comedy and Men's health & wellbeing conversation
Book free tickets at

SEND FEST
 Accept - Advocate - Include
 A fun festival exclusively for children & young people with SEND & their families
 TICKETS: FROM JUST £10 PER PERSON - booking fee
INDEPENDENCE PROJECT & CLUBS
 Book tickets online at <https://SENDFESTZoo.eventbrite.co.uk>

For information about the **Independent Project & Clubs** and day centres for people living with LD and Autism go to <https://independenceproject.co.uk/>

CHELMSFORD CITY RACECOURSE
ARE YOU AN UNPAID CARER?
 The racecourse invites you and a guest to attend a raceday for free for a well deserved break away from your dependents.
THURSDAY 4TH JUNE 2026
 For further details & to pre-book tickets contact info@chelmsfordcityracecourse.com or 01245 360 300

kinder essex
 Join us for our new **Crafts & Laughs for carers living in Basildon Borough** **FREE CRAFT KIT!**
online group
 6 weekly sessions starting Tuesday 28th April 10 - 11.30am
 Choice of crafts available
 Please contact sarah.hawkes@ceessex.org.uk for more details

<https://chelmsfordcityracecourse.com/all-events/community-racedays/>