



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://essexwellbeingsservice.co.uk/support/carers>

South Essex
August 2026



was recently published and lays out how government departments and public services plan to increase the identification and recognition of unpaid carers, of all ages. Plus ensure carers are better informed and supported to allow them to balance caring responsibilities with employment, education, and their everyday life. Key actions in the plan include:

- development of “My Carer” in the NHS App, and use of *Diagnosis Connect*, to support carer identification and improve care management
- increasing the identification of young carers in preschool, school and

college • improving transitions for young carers into adult services • embedding carer recognition into personalised care planning • involving carers in hospital discharge planning • strengthening support for NHS staff who have caring responsibilities. To view go to <https://www.gov.uk/government/publications/unpaid-carers-action-plan-recognise-refer-reach/unpaid-carers-action-plan-recognise-refer-reach#annex-a-actions-to-recognise-unpaid-carers>

GP practices and other healthcare settings can help promote the self-identification of carers and their signposting to support by downloading ECC’s animation for waiting area tv screens. To download this free video click on the image on the right.

Some unpaid carers have reported their practice wasn’t aware of support services that could help them in their caring role. Or reception staff not knowing the practice had a Carers Register when they had requested to be added to it. For an outline of Essex’s commissioned services for unpaid carers, service leaflets, or to arrange for me to visit and speak to staff/PPG about locally available support email Gillian.hopkins@nhs.net



The survey also reported 73% of carers surveyed had a physical or mental health condition lasting, or expected to last, 12 months or more compared to 61% of non-carers surveyed. Regionally, this percentage difference to non-carers was seen to be even greater in adults under 45 years of age. Moreover, 63% of Essex carers felt they had not received enough support from local services/organisations for their illnesses/conditions compared to 69% of non-carers.

The latest [NHS data](#) for Essex ICS shows 550 people under the age of 65 have dementia whilst 26,900 people aged 65+ years are estimated to have the condition. Alongside this are those who are caring for a loved one with dementia, often for 50+ hours a week.

Essex, Southend and Thurrock Councils are currently reviewing their shared dementia strategy to help people live well with dementia. To help ensure this strategy can make the biggest possible difference to people’s lives, the Councils are seeking feedback from people living with dementia, families/carers, professionals, partners and local communities on the proposed priorities around prevention, timely diagnosis, information and advice, support for carers, dementia-inclusive communities, and high-quality care. To share your views via a short online survey click on the following link [Dementia priorities in Southend, Essex & Thurrock \(SET\) – Fill in the form](#)



has guidance to help people with diabetes, and/or their family or carers, to manage blood sugar levels during the hot weather. Heat can damage insulin and may cause it to be absorbed more quickly from injection sites, leading to increased risk of hypos (low blood sugar). Signs insulin has been damaged by heat or sunlight include becoming cloudy and grainy, sticking to the glass, or brownish in colour. High temperatures and direct sunlight can also affect blood glucose meters and test strips, and they should be kept as close to normal room temperature as possible. If needing to change the position of a continuous glucose monitor (CGM) or insulin pump, avoid getting sunscreen around the insertion site to ensure it sticks properly. Plus, cover the pump with a towel when sunbathing to avoid heating the insulin. Dehydration can also increase risks for *hyperosmolar hyperglycaemic syndrome* (HHS) or *diabetic ketoacidosis* (DKA). For the full guidance and tips on coping during the hot weather go to <https://www.diabetes.org.uk/about-diabetes/looking-after-diabetes/hot-weather> Or call 0345 123 2399 or email helpline@diabetes.org.uk or speak to your GP or healthcare professional.

To download a guide to Type 1 Diabetes in children go to <https://shop.diabetes.org.uk/products/a-parents-guide-to-type-1-diabetes-1>





is an opportunity to share your views on the future of Adult Social Care in England as part of the independent *Casey Commission* that will inform recommendations to the UK Government. Adult social care supports older people, disabled people and people with long-term health conditions with a wide range of everyday tasks, helping them to live independently and safely. However, the reality is that adult social care is not working well enough for many people, and change is needed so that current and future

generations who need support can get it. The Commission is welcoming views, experiences and ideas from people who draw on care and support, unpaid carers, the adult social care workforce, providers and organisations across the sector, and the general public. For more information (including in Easy Read), and to take part in the conversation go to <https://caseycommission.co.uk/bigconversation/> For anyone with accessibility requirements email enquiries@caseycommission.co.uk to find out about alternative ways to contribute.



Carers Information and Support Programmes (CrISP) are free for anyone who is caring for a family member or friend who is living with dementia. CrISP 1 *Understanding Dementia After Diagnosis* consists of 4 weekly group workshops held in person giving opportunity to meet and share experiences with others in a similar situation.

These workshops cover • understanding dementia • impact of dementia on daily living • legal and money matters

• support and local services. CrISP 2 *Living well in the Later Stages of Dementia* runs over 2 weekly sessions that cover:

• understanding how dementia progresses • practical information/advice about communication • living well as dementia progresses.

The Society host CrISP workshops at various locations across Essex throughout the year. For more information and to book a place on the next course starting this month in Billericay telephone **0333 1503 456** or email essex@alzheimers.org.uk



Castle Point & Rochford's **Carers Intensive Support Service** for vulnerable and ageing carers will close on 30th September 2026 and will not take any further crisis referrals after the **17th August**. Carers can still access the following support groups, which will continue to be supported by Adult Social Care and health services:

- Ageing Well Hub at The Paddocks, Long Road, Canvey - every 3rd Tuesday of the month, 1pm - 2.30pm
- Carers Hub at Rayleigh Baptist Church, High Street - every 3rd Friday of the month, 10.30am - 12pm
- Kings Park Dementia Support group, Canvey - every 1st Friday of the month, 10am - 12pm

Members of the Carers Intensive Support Service will be attending the Kings group on **4 September 2026**. Any carers or referrers who have questions or concerns about these changes can contact the CIS Team Lead at nancy.smith9@nhs.net or 07583 122 426

For parents and carers of young people with a learning disability and autism **Essex Carers Network**, **Essex family Forum** and **Essex County Council** will be hosting 2 full days of free online workshops featuring expert speakers offering practical information, helpful guidance, tips and advice on helping to prepare a young person for the future. Education, employment, health, community inclusion, independent living and relationships will all be covered. To attend fill in the short form by clicking on the following link [Register your interest](#) or email info@essexcarersnetwork.co.uk

Essex Carers Network are also hosting an in-person and online listening event with Essex Integrated Care Board for anyone who is currently receiving **NHS Continuing Healthcare funding (CHC)**, or who has been refused CHC in the past, or has a family member or loved one being supported under **Section 117 aftercare**. These events are planned for the Autumn and offer an opportunity to discuss with the ICB what is working well, what challenges people are facing, and what would make the process easier? For more info E: info@essexcarersnetwork.co.uk or to register your interest in attending either of these sessions go to <https://www.essexcarersnetwork.co.uk/continuing-health-care-funding-listening-event/>



Billericay Talks

A group in Billericay for older people who are missing intellectual and social stimulation

Open to all, but designed to be suitable for people living with dementia

Free to attend - no booking required

Held on 2nd Friday of every month 10am to 12pm at The Chantry Centre CM11 2BB

Interesting speakers on a range of subjects
Opportunity to meet & talk to others in a similar situation
Supportive friends & relatives welcome

BILLERICAY
Dementia Friendly Community

Laindon Memory Cafe

Supporting people living with Dementia

Every other Wednesday 10:30am-12:30am
next session 19th August
King Edward Community Centre SS15 6GY

A safe space to relax, connect and share with others. Enjoy entertainment, a friendly chat, a hot drink & sweet treats in a supportive environment for you and your loved one

laindonmemorycafe@gmail.com

Hug in a Shrug Knitting & Crocheting	1 st Tue of month 10am-11:30am	Grace Court, Canvey Island
	every Thursday 7pm-9pm	Burrell Wellbeing Centre, Benfleet
	every Thursday 10am-12pm	Tarpots Library South Benfleet
	every Monday starts 10am	Sandy Bay Club House, Canvey Is
	every Thursday starts 10am	Smallgains car park Canvey Island
Walking Group	every Friday starts 10am	Meet HOME Hub Benfleet
Roll With It Board Game Club	3 rd Wed of month 10am-12pm	The Woodmans Arms, Thundersley
Crafty Cockney Club Chat & Card Games	every Tuesday 2pm-4pm	The Crafty Cockney Canvey Island
	3 rd Wed of month 10am-11:30am	The Woodmans Arms, Thundersley
Chat Table Social Groups	Last Wed of mth 10am-11:30am	Jilly Beans Café Canvey Island
The Reading Kind Book Group	2 nd Mon of month	The Woodmans Arms, Thundersley
Card Making Group	1 st Fri of month 10am-12pm	HOME Hub, Benfleet
Crafts & Laughs Arts & Crafts	Held online in 6 week blocks Contact Kelly for next start date	

For more info, or if you would like to start a new club or group in Castle Point, call Kinder Essex Coach Kelly on **07305 707 742**