



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

South Essex
September 2026



The Earlier You Know, The More You Can Do: A Dementia Diagnosis Matters. Alzheimer's disease, the most common type of dementia, is caused by an abnormal build-up of proteins in and around brain cells. Whereas Vascular dementia arises when blood supply to the brain is restricted, such as with high blood pressure and strokes. Research has shown inequalities exist in dementia risk, incidence, diagnosis and management. Age, gender, ethnicity, socioeconomic status, having a learning disability or a long-term health condition, are all factors. According to [Dementia UK](https://www.dementiauk.org) women are twice as likely as men to be diagnosed with Alzheimer's whereas men are more at risk of Vascular dementia. Plus,

people in lower socioeconomic groups, and people with a learning disability, are 3 times more likely to develop dementia earlier in life. However, research also suggests a significant proportion of cases of dementia could be prevented or delayed by addressing modifiable risk factors such as smoking, obesity, high alcohol intake, social exclusion, and lack of exercise, which EWS can support with.

People from Black, Asian and other ethnic minority communities tend to have higher incidence of diabetes, hypertension and cardiovascular disease that can put them at greater risk of dementia. [Alzheimer's Research UK](https://www.alzheimersresearch.org) found dementia among Black adults is 20% higher than the UK average. Moreover, strong cultural stigmas can cause families to delay seeking help, fearing discrimination, community ostracization, or institutionalization of their loved ones. Many Black and Asian cultures emphasize collective responsibility and informal family care at home, making it harder to navigate external healthcare systems. Plus, standard diagnostic tests may lack ethnic-specific norms, and formal care homes often fail to reflect the food, language, music, or cultural backgrounds of Black and Asian residents.



 Admiral Nurses provide free, culturally sensitive support and advice to anyone affected by dementia, their family and carers. To book a video or telephone appointment with the charity's specialist Admiral Nurse for people from Black, African and Caribbean communities email blacclinics@dementiauk.org or call the helpline on 0800 888 6678 Or go to <https://www.dementiauk.org/information-and-support/how-we-can-support-you/admiral-nurse-clinics/black-african-and-caribbean-communities-admiral-nurse-clinics/> Click image to find out more and to view a real story of how Dementia UK can support.

NHS England's **RightCare Scenario** highlights how an optimal care pathway for diagnosing, treating and supporting someone living with dementia can improve health outcomes and quality of life for both the individual and their carer(s) as well as reduce NHS costs. <https://www.england.nhs.uk/long-read/rightcare-dementia-scenario/>

 **Alzheimer's Society** has information, practical advice and support available in multiple languages other than English. Plus, a selection of Easy Read booklets with simple words and images to help people with a learning disability understand dementia. Go to <https://www.alzheimers.org.uk/get-support/publications-factsheets/accessible-resources/information-in-your-language> to view online / download, and to order free printed copies of the Easy Read booklets.

Your Voice Matters

Join Our Online Focus Group

Are you living with dementia or supporting someone who is?

Share your experiences and what matters most to you as we refresh the Southend, Essex & Thurrock Dementia Strategy.

Your views can help shape the next Dementia Strategy and future services and support.

Available sessions – small groups of 4–5 people:
 Friday, 4th September – 10:00am–12:00pm
 Friday, 11th September – 10:00am–12:00pm
 Wednesday, 16th September – 10:00am–12:00pm
 Monday, 21st September – 2:00pm–4:00pm
Reserve your place: 07860 606 767
seweryn.ptak@alzheimers.org.uk

Essex County Council
Adult Social Care

Alzheimer's Society

Focus group sessions will be held on Teams

 **Use an LPA** is a service that offers a secure and quick way of sharing a digital summary of a Lasting Power of Attorney with organisations such as banks, utility companies and healthcare providers. It enables LPA Attorney(s) and Donors to generate a temporary Access Code to give to organisations that allows them to view an LPA online, instead of having to share the original paperwork. It also allows multiple Attorneys to manage the LPA simultaneously, view the most up to date registered details, plus keep track of who has already been given access to the LPA. The service is available for LPAs registered on or after 1 January 2016. To find out more go to <https://www.gov.uk/guidance/using-the-donors-lpa-access-codes-and-view-an-lpa> Or watch the OPG video available at <https://www.facebook.com/watch/?v=289382274134219>



For info on changes that need to be reported and circumstances where an LPA needs to end, go to <https://www.gov.uk/manage-lasting-power-attorney/changes-you-need-to-report>

offers free courses, workshops and activities for adults to help with anxiety, depression, low mood or a similar mental health condition, and for people who are supporting someone with their mental wellbeing. Go to <https://midessexrecoverycollege.co.uk/> to see all courses on offer and to register for any listed below. Or email provide.midessexrc@nhs.net or call **0300 303 9954**

In person Workshops

Introduction to Mindfulness	Trust Links Thundersley SS7 1TF	13 th Oct 10am - 12pm
	Rayleigh Parish Centre SS6 8BB	23 rd Oct 10am - 12pm
	The Gunny, Canvey Is SS8 9HU	9 th Nov 1:30 - 3:30pm
	Trust Links Rochford SS4 1YL	7 th Dec 1pm - 3pm
Healthy Sleep Habits	The Gunny, Canvey Is SS8 9HU	12 th Oct 1:30 - 3:30pm
	Trust Links Thundersley SS7 1TF	8 th Dec 10am - 12pm
Dealing With Panic Attacks	Trust Links Rochford SS4 1YL	8 th Sep 10am - 12pm
	Basildon Unity Centre, Eastgate	17 th Sep 1pm - 3pm
	Rayleigh Parish Centre SS6 8BB	13 th Nov 10am - 12pm
	Trust Links Thundersley SS7 1TF	15 th Dec 10am - 12pm
Anger Management	Trust Links Rochford SS4 1YL	1 st Sep 10am - 12pm
	Trust Links Thundersley SS7 1TF	6 th Oct 10am - 12pm
	Rayleigh Parish Centre SS6 8BB	6 th Nov 10am - 12pm
	Basildon Unity Centre, Eastgate	3 rd Sep 1pm - 3pm
Anxiety Tools & Techniques	Trust Links Rochford SS4 1YL	7 th Dec 1pm - 3pm
	The Gunny, Canvey Is SS8 9HU	2 nd Nov 1:30 - 3:30pm

5 Week courses

Arts & Crafts for Wellness	Rayleigh Parish Centre SS6 8BB	wk1 11 th Sep 10am - 12pm
	Trust Links Rochford SS4 1YL	wk1 3 rd Nov 10am - 12pm
Cooking with Confidence	Trust Links Rochford SS4 1YL	wk1 22 nd Sep 1pm - 3pm

Online workshops

Living better with Chronic Pain 23 rd Sep & 4 th Nov 10am - 1pm
Sleep and Mental Health 7 th Oct & 1 st Dec 1pm - 3pm
Caring, managing difficult emotions 14 th Oct 10am - 12pm
Managing Chronic Fatigue 13 th Oct 1:30pm - 3:30pm
Boundary Setting 23 rd Oct 10am - 11:30am
Introduction to Volunteering 4 th Nov 10:30am - 12:30pm
Eating for Wellbeing 25 th Nov 1pm - 3pm
Anger Management 27 th Nov 10am - 1pm
Neurodiversity, celebrating difference 2 nd & 9 th Dec 10am - 12:30pm
Understanding Anxiety 9 th & 16 th Dec 10am - 12:30pm
Supporting Men's Mental Health 16 th Dec 1pm - 3pm



Rheumatoid Arthritis (RA) and Juvenile Idiopathic Arthritis (JIA) are where the immune system mistakenly attacks the lining of the joints, causing inflammation, pain and swelling which over time can damage joints throughout the body. Chronic inflammation can also damage blood vessels in the heart, lungs and eyes, and people with RA have a 50% higher risk of developing heart disease compared to those without the condition.

The National Rheumatoid Arthritis Society (NRAS) offers information, guidance, advice and emotional support for people with RA, their family, friends and colleagues. It provides free e-learning modules, videos and printed materials on RA medicines/treatment, managing pain and flare-ups, exercise, diet and nutrition, work and benefits advice. Plus, emotional support Monday - Friday via a telephone helpline **0800 298 7650**

Health professionals can refer newly-diagnosed people to NRAS's *Right Start* service for 1-to-1 support with making those important first steps to managing their disease effectively. To find out more about the full range of support offered go to <https://nras.org.uk/>
Anyone with unexplained soreness or stiffness of joints lasting 6 weeks or more in the fingers, knuckles or wrists can assess themselves for the early signs of RA by answering a few quick questions in NRAS' online **Symptom Checker** at <https://nras.org.uk/rasymptomchecker/>

**2026
FREE FLU
VACCINE**

appointments are now available for eligible people to book, including:

- Pregnant women • Adults aged 65 yrs+ • Residents in care homes
- People who are rough sleepers or using homeless shelters /hostels
- People aged 6mths - 64 yrs in clinical risk groups
- Close contacts of people who are immunocompromised

- The main carer for an elderly/disabled person or people receiving Carer's Allowance
 - Personal assistants employed through direct payments/personal health budgets
- For full guidance on who is eligible, how to book, and a list of vaccination sites go to <https://www.essex.icb.nhs.uk/news/flu-vaccination-bookings-essex-2026/>

**Carers
First**

are looking for feedback from health, social care and VCSE partners on their experience of working and partnering with Carers First in Essex. They would like to hear about what's working well and any impact the service has had on unpaid carers. Plus, suggestions of improvements that would make

the biggest difference for carers in the future. [Click here to share your views](#) to help inform the charity's development of a new local strategy. The survey is anonymous, takes around 12 minutes to complete, and closes on **9th September**.

Wickford Coffee Morning Miracle House, Silva Island Way Wickford	Mondays - 7 th Sept, 5 th Oct, 2d Nov and 7 th Dec 9.30am to 11.30am
Drop in (no need to book) The Hive, United Reform Church, Honeyport Lane, Basildon	Tuesdays - 15 th Sept, 13 th Oct, 17 th Nov and 1 st Dec 9.30am to 11.30am
Billericay Evening Support Group The Chantry Centre, Billericay	Thursdays - 30 th Sept, 8 th Oct, 12 th Nov and 10 th Dec 8pm to 9.30pm
Wickford/Basildon Evening Support Group St Gabriel's Church Community Centre, Rectory Road, Pitsea	Thursdays - 24 th Sept, 22 nd Oct, 26 th Nov and 17 th Dec 7.30pm to 9.30pm
EHCP Workshop Online	Tuesday 29 th September 7.30pm to 9.30pm
Essex Local Offer SEND Roadshow Richmond Hall, South Benfleet	Wednesday 21 st October 9.30am to 12.30pm
Parent/Carer Gentle Relaxation Group Shotgate Hall, Wickford	Every Tuesday evening 7.30pm to 8.30pm

Supporting Autism, ADHD, Anxiety, Dyspraxia, Dyslexia
No diagnosis required - Non-judgemental support
BOOKING ESSENTIAL - via our website

<https://myotas.org/support/bookable-activities/>
or Email: info@myotas.org