



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
October 2026



Professionals working in health and social care services, community and voluntary organisations, are all invited to attend to hear of the vision behind the new priorities. Plus, join in the discussion exploring how we can work together as a system to help recognise, support and deliver meaningful change for carers of all ages across Essex.
Free parking is available at this event which is being held at **Hamptons Sports & Leisure Centre, Great Baddow CM2 9FH**

Go to <https://www.eventbrite.co.uk/e/all-age-carers-strategy-launch-event-2026-tickets-2001386456768> to find out more and to book a **free** place. For questions about this event email Essex.Carers@essex.gov.uk
An event flyer plus summary of the new All-Age Carers Strategy were emailed with this Noticeboard.
For the full strategy document go to https://www.essex.gov.uk/sites/default/files/2026-09/Carers_strategy_2026_to_2030.pdf



offer free online courses to families and informal carers explaining in plain English the laws protecting adults who may lack decision-making capacity regarding their need for care and support. Courses are held on Zoom.

Following the Supreme Court's recent changes to the authorisation of **Deprivation of Liberty Safeguards (DoLS)**. Edge will be hosting **Why is my relative no longer under DoLS?** on **15 October from 4:30pm-7:30pm**. The course will explain the key changes including:

- Who will be affected and why?
- Which legal rights will no longer be available?
- How to challenge the termination of a DoLS
- Other legal rights for the person affected
- How to access a solicitor on their behalf and eligibility for legal aid.

The session will not be recorded and offers opportunity for families to ask questions and share their personal experiences. Please note, only a limited number of places are on offer and these are **not** available for health or social care professionals.

Scan the QR for more information and to book a place on this or any of the other courses. Or go to <https://www.edgetraining.org.uk/freetrainingevents>
Alternatively, email events@edgetraining.org.uk or call **07341 277 487**



Medicines Used in Mental Health	12 th November 10am-1pm
Deprivation of Liberty Safeguards	14 th December 4:30pm-7:30pm
Mental Capacity Act	5 th February 10am-1pm
The Care Act	2 nd March 10:30am-1:30pm
Mental Health Act	22 nd April 10am-1pm



host a relaxed coffee morning at the **Human Kid Café**, 111 High Street, Billericay CM12 9AJ on the **last Thursday of every month** between **12pm-2pm** where any local resident can have a chat with a member of the team to find out more about free NHS Talking Therapies support for mental health. The service also offers free

online Wellness Webinars that provide practical advice and tools to help people who are experiencing:

- constant worry they cannot switch off
 - feeling overwhelmed by everyday pressures
 - difficulty with sleeping or concentrating
 - low mood or reduced motivation
 - feeling unsure about 1-to-1 therapy
- Plus, a **Living Well with Long Term Conditions** group webinar that helps people to build confidence and resilience through CBT based tools that support pacing, goal setting and the maintenance of everyday routines. To find out

more and to self-refer go to <https://vitahealthgroup.co.uk/nhs-talking-therapies/basildon-brentwood/> or call **01268 977 171**



Contrary to popular belief, smoking can over time worsen anxiety, stress, ADHD and psychiatric symptoms due to nicotine's effect on the brain's dopamine pathways. [World Health Organisation](https://www.who.int/news-room/fact-sheets/detail/tobacco-use) research identified a feed-back loop between mental ill health and tobacco use. "Mental illness makes people twice as likely to use tobacco and, at the same time, tobacco makes people more vulnerable to mental health concerns". Compared to adults who don't experience mental health problems, the WHO found adults affected by a mental health condition die on average 5-10 years

earlier, and those with a severe mental health condition 15-20 years earlier. The use of tobacco was cited as one of the main causes of this gap in life expectancy. Moreover, smoking reduces the effectiveness of some medications used for treating mental health. Conversely, [NHS advice](https://www.nhs.uk/health-topics/stop-smoking/) says stopping smoking can be as effective as taking antidepressants for those experiencing symptoms of anxiety and depression. And can allow people on certain antipsychotic medications to reduce their dosage by up to 25%.
To find out about the range of free Stop Smoking support that can be tailored to the needs of the individual call **0300 303 9988** or go to <https://essexwellbeing.co.uk/articles/cut-back-smoking-and-mental-health-awareness-connected-to-quitting/>



East of England Cancer Alliance **Let's talk about Cancer** Support for people with learning disabilities



Is a free online event on **Wednesday 7th October 6.30pm to 7.30pm** to find out about the support available for people with learning disabilities who may be affected by cancer. This session will be held on MS Teams and is open to people with learning disabilities, family members/carers, healthcare professionals and support workers. It will highlight practical support available to help individuals, and those who care for them, to navigate screening appointments, undergo diagnostic tests, prepare for surgery, and with receiving cancer treatment. There will be opportunity to ask questions and to take part in the discussion. To find out more and to book a place go to <https://www.canceralliance.co.uk/public/lets-talk-about-cancer> or email cpicb.eocancerallianceteam@nhs.net

Essex SEND Local Offer Autumn Roadshows

will be held on **Wednesday 21st October from 9.30am-12.30pm** at **Richmond Hall**, South Benfleet SS7 5HA. A smaller pop-up event will also be held on **Tuesday 15th December 10:30am-1pm** at **Canvey Island Library**, 2 High Street SS8 7RB. These **free** drop-in events offer opportunity for parents / carers of a young person aged 0-25yrs, with or without a SEND diagnosis, to access support and information from local SEND services, speak to teams from education, health and social care, and to find out about parent support groups and local activity providers. Roadshows tend to be quieter after 11.30am and children are welcome to come along too. Health and social care professionals can also attend to find out about local support for their service users. For more information go to <https://send.essex.gov.uk/i-think-my-child-needs-help/essex-send-local-offer-roadshows#> Go to the FIND LOCAL SUPPORT tab on the services' website for a directory of over 700 SEND support services, groups and activities.



[Essex Family Forum](#), [SEND the Right Message](#) and [MyOTAS's](#) co-authored book *Supporting Your Neurodivergent Child* has recently been updated. This invaluable 215 page resource has already reached 18,000+ families and professionals across Essex, offering practical advice, real life insights and supportive guidance. Click on

[FREE digital download](#) to view the book online. Parents and carers can also order a FREE printed copy at <https://uk.surveymonkey.com/r/YRNC6P8> While professionals can obtain a copy at the cost price of £10.



Mindfulness for Older Adult Caregivers is a free online course available to unpaid carers aged 65+ years who could benefit from some protected time to focus on their own needs. This gentle supportive course is led by a Clinical Psychologist specialising in older adult mental wellbeing and is delivered by a BAMBA-

Registered Mindfulness Teacher. Delivered on Zoom over six 1 hour sessions on consecutive weeks, the course teaches relaxation techniques and uses Cognitive Behavioural Therapy to help reduce stress and isolation, improve sleep and to support low mood and anxiety. Participants also have access to additional resources to help them to continue to practice these techniques outside of the sessions and after the course ends. The next course starts on **5th November 10am-11am**. For more information and to register for a place go to <https://www.the-mindful-life.com/> Or email enquiries@the-mindful-life.com



Will be held every **Tuesday from 1-3pm** at **Clements Hall, Hawkwell**, Hockley SS5 4LN. People of all knitting or crochet skill levels are welcome to join in with a community kindness project. The venue has level access and offers free parking. There is no need to book beforehand –

just come along. Each session costs £1 per week to cover cost of project supplies and refreshments. For more information contact Kinder Essex coach Corrina at corrina.odonnell@ceessex.org.uk or tel: 07305 007 622

A SUPPORT GROUP FOR CANCER WARRIORS

"The C Word"

Warriors and Winners

A welcoming space for anyone undergoing cancer treatment or those who have finished treatment and are now waiting on each scan.

You don't have to go through it alone. Hot drinks, friendly faces and a listening ear - everyone welcome.

2 WAYS TO CONNECT

- WhatsApp support group
- In person; 2nd Thursday of every month

07305 007 622
fb kinder essex rochford
corrina.odonnell@ceessex.org.uk

At Clements Hall Leisure Center, Hawkwell
12:30 PM - 2:30 PM

You're invited to our new

Kindness in Bloom

MEET UP

Let's grow kindness together

2nd WEDNESDAY
of every month
9.30AM - 11.30AM

FIND OUT HOW TO GET INVOLVED WITH OUR WONDERFUL KINDNESS PROJECTS

- ♥ Meet like-minded people
- ♥ Help create moments of kindness
- ♥ Share ideas & suggestions
- ♥ Enjoy a cuppa in good company!

MEADOW CROFT KITCHEN
Meadow Croft Garden Centre
Wickford SS11 7QU