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://essexwellbeingservice.co.uk/support/carers/

South Essex
November 2026

Someone you know is a carer – but do they know it yet?

"Nearly one in 10 of us is an unpaid carer, and that contribution underpins the health and care system, the strength of our neighbourhoods, the welfare of our society and the resilience of our economy" (Ministerial Forward, UK Govt Unpaid Carers Action Plan: Recognise, Refer, Reach July2026)
Recognising yourself as a carer as soon as possible and knowing your rights is an important first step to getting support. Many people don't realise that they are a carer for a long time and can miss out on support that could make a real difference to them and the person they care for now. **Carers Rights Day** is an opportunity for everyone in every community to get involved, talk to friends and family and help ensure carers get identified sooner. https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/
Go to https://www.essex.gov.uk/adult-social-care-and-health/caring-someone for information on local support available to unpaid carers of all ages. Or call the EWS Single Point of Access Team on **0300 303 9988**.



is Carers UK's guide on carers rights, knowing what help to ask for, how to ask, or indeed who to ask.
It contains tips on self-advocacy to help carers speak to professionals about their own their wellbeing needs as well as on speaking up for the person they care for. To view or download this free guide go to https://www.carersuk.org/help-and-advice/guides-and-tools/being-heard-a-self-advocacy-guide-for-carers/
Further information on Carers Rights and the law can be found at https://www.mobiliseonline.co.uk/carers-rights

VoiceAbility provide free, independent support to people who would have substantial difficulty in making decisions about their health, care and wellbeing and who don't have a family member or friend who is able and willing to support their active involvement. Care Act Advocates support people to understand their rights under the Act and to be fully involved in a local authority social care needs assessment, carers assessment, care review, with care and support planning, or a safeguarding process.

An Advocate will:
listen to what you think about what's happening to you
help you say what you want and don't want
help you understand information about your situation
explain your options
plan with you about what to do next

An Advocate will not:
offer counselling or befriending
offer legal advice
make decisions for you
tell you what to do



Referrals can be made by the individual, a family member, carer, professional, or organisation, subject to the relevant eligibility requirements for each advocacy service. Click image to make a referral or for VoiceAbility's guide to advocacy for professionals.
For more info and to download Easy Read guides about the service go to https://www.voiceability.org/about-advocacy/what-is-advocacy
Or email helpline@voiceability.org or call **0300 303 1660**

Carers First will be hosting the following free events for unpaid carers for Carers Rights Day:

- on **19th November 10am-12pm** Carers Support Advisors will be on hand in the Retreat Space near the main entrance area of **Basildon University Hospital** SS16 5NL to answer any questions about carers rights and about the free support they can offer.

- on **19th November 10-11:30am** the charity is hosting an **online** information session for carers to find out about their health care rights. Plus, how to use the *Significant Care Tool* to help spot early signs of deterioration in the health of the person(s) they care for, and what to do to help.

- on **20th November 11am-1pm** at **Jilly Beans Cafe**, Canvey Is SS8 7AT carers can book to have a free mini health check that includes: a blood pressure check, height and weight check, free gym pass, free gym membership information, Well Woman and Well Man health check information. Plus, information and the opportunity to ask about carers rights and locally available support.

To book a mini health check or a place on the online event go to https://www.carersfirst.org.uk/essex/groups-and-events/

Or to speak to an advisor about carers rights call **0300 303 1555**.



Direct Payments and **Individual Service Funds** (ISFs) are ways individuals can use a council-allocated **personal budget** to pay for their care and support needs, such as • employing personal assistant/s • services from an agency/ a Community Micro-enterprise • support to get out and about to see friends or family • short breaks or replacement care • activities, hobbies, joining local groups and staying healthy • equipment and training, if included in the care plan.
To help improve the information and resources provided under these two options. **Essex County Council** would like to hear from people who are currently using or have used either method. As well as from family members or friends supporting someone who does. The Council will be hosting a series of small group workshops at **County Hall, Chelmsford** CM1 1QH to gather users' views and to discuss possible improvements. To find out more and to express an interest in participating in a workshop email ASCCustomerExperience@essex.gov.uk

international MEN'S DAY UK 19 NOVEMBER 2026

aims to promote positive conversations about men, manhood and masculinity as well as supporting the health and wellbeing of men and boys. Click logo to find out more about this campaign day.
In the UK, about 1 in 8 of all men will be diagnosed with prostate cancer in their lifetime but for Black men this risk increases to 1 in 4. According to the latest national audit for England, **60,827** men were diagnosed with prostate cancer in 2025, a 7% increase on the previous year. Likely early PSA testing is a contributory factor to the increase in the number of men diagnosed with low risk, localised disease (stage 1). The PSA test is also vital for timely diagnosis and treatment of those presenting with high-risk, metastatic cancer. This is reflected in findings showing the 3 year mortality rate in men with newly diagnosed metastatic prostate cancer has gradually decreased year-on-year from 44.6% in 2015 to 35.1% in 2022. Yet health inequalities, such as ethnicity, age and levels of socioeconomic deprivation, continue to have a significant role in influencing treatment decisions and survival outcomes in men with prostate cancer. https://www.hqip.org.uk/report/npca-758/

PROSTATE CANCER UK

offers free up-to-date information, practical and financial guidance, peer connections and emotional support to help men with prostate cancer (and other prostate problems), their partners, family members and friends. The wide range of support includes:
• **Risk Information Service** offering information on prostate cancer risk and the PSA blood test. Tel **0800 448 0821**
• **Specialist Nurses** providing confidential information and emotional support. Plus, free monthly online classes on ADT hormone therapy and side effects.
• **Specialist Sexual Support Service** offering opportunity for men and/or their partners to discuss the cancer's impact on their relationships. Advice on sexual wellbeing, the managing of treatment-related side effects, and options or adjustments for a fulfilling sexual relationship. Plus, sign-posting to other services such as psychosexual counselling.
• **Support for Partners, Family and Friends** offers practical advice on how to support a loved one, understand their emotional needs, improve communication and looking after their own wellbeing.
• **Information and resources for healthcare professionals**
To find out more go to https://prostatecanceruk.org/
Or call **0800 074 8383**

CHAPS THE MEN'S HEALTH CHARITY

FREE PROSTATE CANCER SCREENING

DON'T GET CAUGHT BY THE NUMBER 1 MEN'S CANCER!

BOOK A SIMPLE PSA BLOOD TEST NOW – BOOKING INSTRUCTIONS:

Prostate Cancer Screening

You MUST book an appointment to be tested (no walk-ins)
You MUST print out and bring your appointment confirmation

EARLY DETECTION SAVES LIVES

Book a test at any of these venues via https://chaps.uk.com/book-event-main

PSA blood tests are for men aged 40 – 79 years with no urinary problems, to detect potentially lethal prostate cancer at an early, curable stage. Screening is strongly recommended for men of black African and Caribbean heritage, and men with a family history of prostate cancer, or breast or ovarian cancer on their mother's side.

Harlow Town Football Club CM19 5BE	Sat 14th Nov	11am-3pm
Rainham Leisure Centre RM13 9YZ	Wed 25th Nov	11am-3pm
The Oaks Hospital Colchester CO4 5XR	Sat 28th Nov	9am-1pm
Hashtag United Redbridge Football Club IG6 1NB	Sat 28th Nov	12pm- 4pm
Brentwood Football Club CM15 9NN	Mon 30th Nov	10am-2pm
Harrow Lodge Leisure Centre RM11 1JU	Fri 4th Dec	11am-3pm

Click **here** to download PSA blood test screening information leaflet

This test is NOT appropriate or available for men with a known prostatic condition, especially if under a GP or consultant for known or suspected Prostate Cancer.

NHS Hertfordshire and Mid Essex Talking Therapies

Offer a wide range of free webinars for people aged 16+years providing education, practical tips and Cognitive Behavioural Therapy techniques to support mental wellbeing. Webinars are live and held on zoom with opportunity to ask questions.
To view the full list and to book a place on any below go to https://www.hpft-talkingtherapies.nhs.uk/resources-and-self-help/webinars

An Introduction to Men's Mental Health *offers* a supportive space & explores misconceptions surrounding men's mental health, common mental health difficulties experienced by men, plus practical guidance on managing mental health.	19th November or 9th Dec or 19th January	1pm-2pm 10am-11am
Living well with persistent pain the physical and mental aspects of self-managing persistent pain. Plus CBT-based techniques that can help with pain management and improve emotional wellbeing.	10th November 11th January	3pm-4pm 10am-11am
Diabetes and Emotional Wellbeing for people living with diabetes 1 or 2 & those supporting someone with diabetes. How the physical & mental challenges of diabetes can affect emotional wellbeing, and CBT-based strategies that can help.	11th November	10am-11am
Bereavement: Living with Grief and Loss webinar aimed at helping people navigate the complex and confusing landscape of grief and loss. It is dedicated to both people who are grieving and those who are trying to support them.	12th November or 8th Dec or 14th January	1pm-2pm 3pm-4pm
Care for Carers Looking at common triggers and symptoms of carer stress. Learn CBT techniques to help manage stress and to suport self-care by challenging unhelpful thoughts, setting boundaries and learning to being assertive.	16th November	10:30am-11:30am
Carers: Managing Difficult Emotions and Building Resilience includes a relaxing experiential exercise.	19th Nov or 20th Jan	10:30am-11:30am
Managing Employment & Emotional Wellbeing tips for managing employment stress, motivation and interview worries.	25th Nov 10-11am or 13th Jan	1pm-pm

NB. Anyone NOT registered to a GP practice in Braintree, Chelmsford, Maldon or the surrounding areas should email the name of the webinar and day they would like to attend to hpft.talkingtherapieswebinars@nhs.net, and they will be sent a zoom link to join.