

Carers & Helpers Noticeboard

West 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.service.co.uk/support/carers/>



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

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>

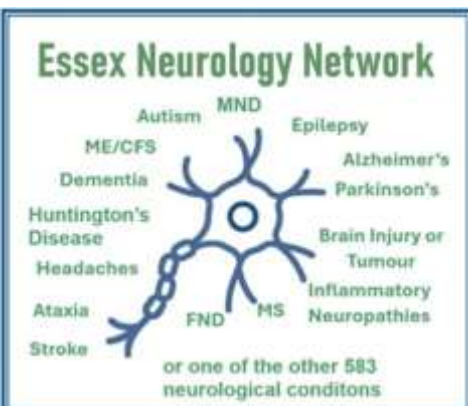


The Parkinson's Outcomes Project showed being regularly active for 2.5 hours a week can help manage symptoms, boost mood, and potentially slow disease progression. Parkinson's UK's website lists local support groups and activity classes specifically for people with Parkinson's, many also allow a family 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 |
|----------------------------------|---|--|-------------------|
| Parkinson's Football Exercise | Mondays 9am-10am | Lord Butler Leisure Centre, Saffron Walden CB11 3EG | £5 |
| Punch & Pause Boxing | Mondays 10:30am-11:30am | Grange Paddocks Leisure Centre, Bishop's Stortford CM23 2HH | £3.50 |
| Parkinson's Challenger Exercises | Mondays 1-2pm & 2:15-3:15pm | Little Easton Memorial Hall, Manor Road, Great Dunmow CM6 2JR | £11.75 or £35/mth |
| Punch & Pause Boxing | Thursdays 10:15am-11:15am | Little Hallingbury Community Hall, Bishop's Stortford CM22 7RD | £35 per mth |
| Parkinson's Challenger Exercises | Thurs 1:30-2:30 & 2:45-3:45pm | Newport Village Hall, Station Road CB11 3PL | £11.75 or £35/mth |
| Easy Chair Exercise class | 2 nd & 4 th Thurs 12:15-12:45pm | Broadmead Baptist Church, Woodford Green IG8 8PE | £2.50 |
| Table Tennis | Fridays 2pm-4pm | BATTS Table Tennis Club, Norman Booth Centre, Harlow CM17 0EY | £5 |
| Non-Contact Boxing | Fridays 2:30pm-4:30pm | Baptist Church, Ilford IG2 6QH | £5 |
| Move4Parkinson's Exercise Class | Saturdays 9:30am | Passmore Academy, Traceys Road Harlow CM18 6JH | £6 |
| Ten Pin Bowling | 1 st Friday in month 2-3:30pm | Madison Heights Maldon, Park Drive CM9 5JQ | £4 |



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. A group is held in Epping on the **4th Tuesday** of every month between **10am-12pm**. For more details go to <https://www.headwayessex.org.uk/> or call **01206 845 945** or email abisupport@headwayessex.org.uk For a leaflet outlining how the charity can support stroke survivors click on the Headway logo above.

Cognitive Stimulation Therapy is an evidenced based group 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 website has a [list of activity ideas for people with dementia](#). *Matching Memories Conversation Game* is one example of a dementia friendly game for encouraging conversation and connection with others, for this and other games/puzzles 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 information and to apply to have one fitted call **0800 389 8000** or fill in the online form at <https://cadentgas.com/locking-cooker-valves>



are hosting a **Carers Connections Day** on **Thursday 30th April** at **Waltham Abbey Leisure Centre EN9 3EL**. This free event is open to all unpaid caregivers to speak to local services for practical advice, find out about support available

to assist them with their caring role, and with their own health and wellbeing. Contact Claire Silver at csilver@eppingforestdc.gov.uk or telephone **07789 372 120** to register to attend either the morning session from 10am-12pm, or the afternoon between 1pm-3pm.



Dementia Fair will be held in Harlow on **Saturday 23rd May 11am to 3pm**.

Local services will be on hand to provide information about support and activities available for those living with dementia, and for their families and carers. This is a drop-in event being held on the 1st floor terrace of the Harvey Centre (near the cinema) and at the MRCT Hub (opposite Burger King). Free refreshments will be available. For more information email Ron@rainbowservices.org.uk or call **07918 605 744**

SEND FEST SAT 30 MAY: 6pm - 9pm
AT COLCHESTER ZOOLOGICAL SOCIETY

A fun festival exclusively for children & young people with SEND & their families

DISCOVER OVER 150 SPECIES FROM AROUND THE WORLD SET IN OVER 60 ACRES OF PARKLAND AND LAKES - ANIMAL ENCOUNTERS - DINOSAUR REALM - OUTDOOR PLAY AREAS - LOST MADAGASCAR ROAD TRAIN - DISCOVERY DEN - SAND PLAY FACE PAINTING - ANIMAL GUYZ

TICKETS: FROM JUST £10 PER PERSON - booking fee

Accept - Advocate - Include

<https://SENFESTZoo.eventbrite.co.uk>

To find out about **The Independent Project & Clubs**, and day centres for people living with LD and Autism go to <https://independenceproject.co.uk/>



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, Action for Family Carers. *Time for You* breaks are personalised to each unpaid carer to give them a planned period(s) of time away from daily caregiving 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 the survey online go to <https://healthwatchessex.org.uk/carers-voices/> Anyone requiring the survey in a different format should call **0300 500 1895** or email carersvoices@healthwatchessex.org.uk

To speak to **Action for Family Carers** about a *Time for You* break email info@affc.org.uk or call **0300 770 8090** Further advice about breaks can be found on the **Carers UK** website <https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/taking-a-break/>

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**

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