

CARERS VOICES

To find out more, call: 0300 500 1895

healthwatch
Essex

The CV team have been busy and ever present in meeting unpaid carers on the high street, at schools, fairs and public events across the county.

We continue to meet, listen and hear the experiences of our unpaid carers to relay to ECC so that service improvements can be made.



Over the last 6 weeks alone we have engaged with over 400 carers at the following events:

Tendring Campus Wellbeing Fair, Warley Family Fun Day, Harlow Care Weekender, Maldon U Fest, and Great Dunmow Emergency Services Day, amongst many others!

Our next engagement events:

- **Broomfield Hospital Foyer** 9th September 10-2pm
- **Community Health & Wellbeing Fayre** 9th September Park Pavilion Barrack Lane Harwich CO12 3NS 10-1pm
- **Basildon Dementia help day**, Basildon Centre Foyer 15th 10am-2pm
- **Waterside Leisure centre foyer** Canvey Island 24th September 10am-1pm
- **St Marys Church Loughton** 10-3pm 26th September 10am-3pm
- **Danbury Leisure centre Health & Wellbeing Day** 27th September 1-4pm
- **Witham Focus Group** - The Well Coffee Shop, 1 Guithavon Street, Witham, CM8 1BQ, Tuesday 23rd September 10.30am-12.30 pm. Let's have a chat over a cuppa [which we'll provide] or just relax in this informal space. Booking is advised just so we can be sure of enough space - **call 0300 500 1895 or email carersvoices@healthwatchessex.org.uk**. No professionals - **for unpaid carers only.**

Let us know, what do you think of this Newsletter
Email: carersvoices@healthwatchessex.org.uk



“Sometimes I just want to be heard, thank you for listening to me the HW Carers Voices Team, it means a lot.”

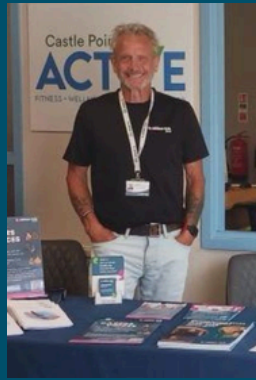
“I feel really disempowered as a carer especially visiting hospital with my mum, where staff don't listen to me even though I have vital information to share about her. I spoke to the Carers Voices Team on leaving hospital and have kept in touch. They have really helped me consider wider options and I feel better informed and more in control.”

“You are not alone on this journey; never think you can't ask for help.”

“Making life changing decisions for my husband was difficult and hard. What I have learnt from my carer journey is the decisions I make are right, 100%. I do the best I can 24/7 and I am confident I do the right thing.”

“I often go three nights without sleep whilst looking after dad. It's exhausting, the support, advice and guidance given to me by the Carers Voices Team helped me find groups, activities and carers where I can share my frustrations and importantly, share ideas to help cope with the daily struggles.”

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Our last survey, Unpaid Carers and Employment provided some feedback with some key findings:

- Balancing caring responsibilities with sustainable employment is a big factor, carers often sacrifice employment to deliver caring responsibilities, often 24/7.
- Carers don't know or fully understand their rights and this is a barrier to seeking employment.
- Lack of support networks hinders employability.
- Lack of awareness in the carer cohort regarding employment support for carers.
- Carers often find their caring history has impacted their academic advancement, this in turn impacts on qualifications and experience when applying for roles.
- Inconsistent employer support and lack of information in the workplace can cause carers to terminate employment.
- Larger employers tend to have more robust policies in place for carers.
- A lack of training for managers and awareness training for the general workforce leads to isolation and helplessness amongst employed carers.

ACL Essex are running free Family First Aid Courses across the county. Visit aclessex.com and type 'Family First Aid' in the search box to find where when and how to book.

National Emergency Alert test to be held on 7th September

The UK government is testing the Emergency Alerts system on Sunday 7 September 2025 at 3pm.

Your mobile phone or tablet will vibrate and make a loud siren-like sound, even if it's set on silent.

The alert message will confirm this is a test and that you do not need to take any further action.

Regular testing ensures the system is functioning correctly, should it need to be used in a life-threatening emergency.

Find out more at gov.uk/alerts.

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Thanks to Essex Carers funding, we are delighted to announce workshops for local, unpaid carers.

There are two weekly workshops; one for 8-15s and the other for 18+ specifically for unpaid carers held at Greenstead Community Centre.

Workshops take place every Monday between 5-6.30pm.

Sessions are free and designed for carers who may have never taken part in Drama sessions before.

As well as theatrical skills, our workshops develop communication, confidence, teamwork and leadership.



Workshops began in September 2024 and will run until March 2026 and participants will be entitled to a free space for the entire duration of the project.

At the end of the project, both groups will present pieces they have worked on to each other in a non-public celebration of work accomplished within the project for local, unpaid carers.

Find out more here:

[Carers Workshops – Mercury Theatre](#)