

CARERS VOICES

To find out more, call: 0300 500 1895

healthwatch
Essex

We are delighted to share with you the news that our Carers Voices team won an award of recognition at the National Patient Experience Network Awards

Healthwatch Essex Wins Award Recognition for Carers Voices Project | Healthwatch Essex

This is testimony to the many amazing carers that have shared their experiences and feedback with us since January 2024 – Thank you all.



The Carers Voices Team have continued to engage with carers across Essex, ensuring their experiences are shared and their voices heard.

Over the last four weeks we have **engaged with 300 carers** at the following events: Broomfield Hospital foyer, Wivenhoe Friendly Club, Castle Point Waterside Foyer Canvey Island, Dementia Help Day Event Basildon, Helen Rollason Centre Hatfield Peverel, Danbury Health & Wellbeing Fayre amongst many others.

Our next engagement events:

- **Stay Safe & Well this Winter** 28th October 10.30am–3.30pm, Abridge Village Hall, RM4 1UD
- **Basildon Hospital Foyer** 4th November 10am–2pm
- **Cisca House** 5th November 9am–1pm, 11 Long Road, Canvey Island, SS8 0JA
- **Age Well Fair** 6th November 10am–4pm, The Public Hall, Collingwood Road, Witham, CM8 2DY

Please do pop along and see us at any of these events.



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.”

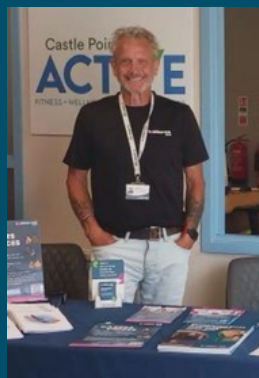
“You are not alone on this journey; never think you can't ask for help.”

“A recently bereaved former carer, who had felt 'forgotten' after their caring role came to an end, has shared how they have found solace, purpose, and recognition through being included in our Carers Voices Experts by Experience Ambassador group. They expressed that being invited to participate in carer focus groups has helped them feel heard, valued, and connected once again.”

“I felt really let down by the hospital. They said they would follow up with a longer-term care plan, and I have been waiting 10 weeks, I can't get through to the hospital department to chase it up” Healthwatch Essex, provided me with advice and guidance and the confidence to get me through this tough time and it is now resolved”.

“When your caring responsibilities leave you feeling lonely and isolated, trying to find local groups who can help is difficult, they need to be advertised more clearly.”

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We are hosting Slipper Swap Events across the Braintree District this winter:

7th November 12-1.30pm, Queens Hall, Chipping Hill, Halstead, CO9 2BY

11th November 1.30-4.30pm, The Meetings Room, Parish Council Offices, 75 Swan Street, Sible Hedingham CO9 3HT

14th November 10am-1pm, Silver End Congregational Church, Silver St, Witham, England, CM8 3QF

18th November 10am-12 noon, Bocking Village Hall, Church Street, Bocking, CM7 5LA

19th November 2-4pm, Causeway House, 34 Bocking End, Braintree, England, CM7 9AA

2nd December 10am-1pm, Witham Town Hall & Information Centre 61 Newland St, Witham, England, CM8 2FE

9th December 10am-1pm, Earls Colne Recreation Club, Colne Green Farm Halstead Rd, Colchester CO6 2NG

These events are aimed at providing free slippers to the most vulnerable in our communities, and those at risk of slips, trips and falls.

Medequip Survey

We are delighted to launch our latest project exploring peoples' experiences of the Community Equipment Loan Service (CELS) in Essex.

The survey is live here: [Share your experiences of the Community Equipment Loan Service | Healthwatch Essex](#)

We would also welcome hearing from anyone who would like to discuss their experiences confidentially with a member of our team.

We can be contacted by telephone on **0300 500 1895** or email [**info@healthwatchesessex.org.uk**](mailto:info@healthwatchesessex.org.uk)



Essex Projects funded by Carers Community Fund

Grant A Smile – Essex Community Foundation

Grant a Smile, a not-for-profit community enterprise across Essex, which offers practical help to families struggling to cope with life-threatening or long-term illnesses.

Blossome Support

Peer Support group for anyone affected by someone else's addiction.

dancenetworkassociation.org.uk

Dance Network Association (DNA) is a dance charity that enables people to live more connected, joyful and aspirational lives through dance.



E.C.C All Age Carers Strategy

As part of their commitment to supporting carers of all ages, E.C.C are developing a new All-Age Carers Strategy.

This strategy will set out our shared vision and priorities for how they support carers now and in the future.

To ensure it reflects the real experiences and needs of carers, they are inviting carers to share their views through a public consultation:

Consultation on an All-Age Carers Strategy – Essex County Council – Citizen Space

Carers' insights will directly shape the future strategy and inform the key priorities they take forward.