

CARERS VOICES

To find out more, call: 0300 500 1895

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

Over the last four weeks we have engaged with carers at the following events: Basildon hospital foyer, Butties & Banter Helen Rollason Support Group, Pensioners Group in Braintree, Brightlingsea Friendly Club, Tillingham Warm Hub and presented at Primary Headteachers meeting in Harlow, amongst many others.



We've hosted successful slipper swaps across the Braintree district providing slippers to the most vulnerable in our communities and those at risk of slips, trips and falls. This has enabled us to engage with many more carers across the district.

Our next engagement events:

- Colchester Hospital Foyer 7th January 2026 10am-2pm
- Laindon winter Wraparound 9th & 23rd January 2026 12.30-3.30pm, Laindon Community Centre (Aston Rd, Basildon, England, SS15 6NX)
- Princess Alexandra Hospital Foyer 21st January 10am -2pm
- North Colchester PCN Winter Hub 26th January 2026 9.30-11.30am Highwoods Community Centre, Highwoods Square, Colchester
- Basildon Hospital Foyer 28th January 10am-2pm

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



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"The average day is helping my wife get washed and get dressed, getting her up."

"She runs around at night so my nights are disturbed, but that is part and parcel of what a lot of people are managing, and that partners with dementia."

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

"You don't get a holiday, you don't get Christmas or New Year and this year I am particularly dreading, there's no time for yourself. It becomes very lonely."

Do you get enough support with your wife?

"No, absolutely not. As a carer, you're isolated. With dementia, you lose your identity because it's 24/7."

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Mid & South Essex ICB have launched the Community Mental Health Service User and Carer Survey to gather feedback from people who have used, or supported someone using, community mental health services in Mid and South Essex.

Your input will help them:

- Understand experiences and barriers
- Improve access, coordination, and responsiveness
- Shape future services across programmes like Talking Therapies, Recovery College, Healthy Minds, IPS, and more

Survey closes: 15 January 2026

 **Take the Survey Here -**
Community mental health service
user survey | MSE Virtual Views



Carers Voices have a survey on young carers journey into becoming young adult carers. Young Carers and Young Adult Carers play a vital role in supporting their loved ones and face significant challenges. The transition into adult caring is one such challenge and it is essential for them to access the support and resources they need for a smooth transition that helps them manage their responsibilities, pursue their own goals and manages their physical and mental wellbeing.

Our survey questions are designed to gather the insights of both young carers becoming adult carers and carers who have already completed the transition. The questions aim to explore their experiences, needs, and the support that has helped or could help them.

Please find the survey here:

<https://forms.gle/LGJfy3mLWfQFViHv5>



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Helping someone home from hospital – what you need to know.
You're not alone: support before and after hospital discharge If you support a family member, friend or neighbour who couldn't manage without your help, you're not alone – and support is available.
Whether you've been supporting someone for a while or not, we are here to help while the person you look after is in hospital and after they return home. Anyone of any age who provides unpaid care to someone with a disability, illness, long-term condition, or age-related need is recognised as offering essential support. You have rights, and you deserve to be involved and supported. This leaflet offers practical information, guidance, and helpful prompts to support you through the hospital discharge process and beyond.

Helping someone home from hospital

This Christmas, if you're caring for someone and the season feels heavy rather than joyful, please know this: it's okay to feel exactly as you do. Love doesn't always look festive – sometimes it looks like patience, tired smiles, and showing up again and again.

You don't have to create magic or meet expectations. What you're already giving matters. Be gentle with yourself, take moments of rest where you can, and remember you're not alone, even if it feels that way. Wishing you a Christmas filled with kindness – especially the kindness you give yourself.



The Mindful Life Group Dedicated to older adult mental health

A FREE six-week online program
for Essex residents

Spaces limited to 15

Mindfulness for Older Adults who Care

Thursday 29th January 2026 10am-11am

- Designed by Clinical Psychologists
- Delivered by BAMBA-Registered Mindfulness Teachers

Our course is proven to increase wellbeing and resilience

Visit our website

www.the-mindful-life.com

to find out more and apply



We are a Clinical Psychology led organisation and aim to provide robust interventions to support good mental health and reduce dementia risk.

- ✓ Evidence-Based
- ✓ Tailored for over 65s

 Essex County Council

