[A logo with white text

Description automatically generated](https://essexwellbeingservice.co.uk/support/carers/)

**Mid Essex**

**December 2024**

**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**](mailto:provide.essexwellbeing@nhs.net) **or** [**https://essexwellbeingservice.co.uk/support/carers/**](https://essexwellbeingservice.co.uk/support/carers/)

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Description automatically generated](https://www.carersfirst.org.uk/essex/groups-and-events/#groups+and+events)are the specialist carers support service for Mid and South Essex residents. The service provides information, practical advice, counselling and short break grants as well as in-person and online support groups for carers. Click logo for local carers groups running over the festive period and into the New Year. Or call 0300 3031555. Health professionals with access to SystmOne can make electronic referrals to Carers First via Provide Essex Wellbeing Service (EWS) and selecting Carers Support as the reason for referral.

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Description automatically generatedhas been commissioned by Essex County Council to provide free online support to unpaid carers. Available both online and via the app the Mobilise Hub provides:

* Access to a library of support guides with information on all aspects related to caring for someone.
* Bitesize carer coaching sessions on common challenges e.g. carer finances, wellbeing and getting support
* 1-to-1 support calls with a trained carers coach to work through any issues, available evenings & weekends
* 24-7 virtual assistant to give answers to questions on accessing emotional, financial & practical support.
* A community of carers, sharing tips & supporting each other online and via a dedicated Facebook group.
* Regular live events on a variety of topics from respite to emergency planning for carers to listen in to or to ask questions.
* A weekly newsletter with content tailored to each carer’s situation, listing key updates, local events, activities and support.
* Handy tools to help with assessing eligibility for Carers Allowance, Carers Credit, Blue Badge applications, benefits, financial help with debt, healthcare, legal or respite costs and carers discounts cards.

Scan the QR code above to download the Mobilise app or click on the logo above to find out more.

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are conducting a Carers & Safeguarding survey to gather the thoughts and experiences of people who have been through a safeguarding process with Essex County Council as well as those of their family/ carers. To be taken to the online survey click the logo above, or else call 0300 500 1895, or Email:[carersvoices@healthwatchessex.org.uk](mailto:carersvoices@healthwatchessex.org.uk)

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Description automatically generated](https://www.nelft.nhs.uk/essex-integrated-therapies-referral-process/)is a new secure online portal designed to give transparency and to streamline the referral process of children and young people (<18yrs) to autism and ADHD services in Mid and South Essex. Educational settings (including nurseries, schools, and colleges), GP’s, health visitors and allied health professionals are now able to refer using MCB without waiting for a school report as the portal will automatically send for information from the school named in the referral. Parents/carers are emailed a portal login when a referral has been made and will be able to provide information for their child’s referral, track the referral and have access to a library of locally available support. MCB is for new referrals only – referrals previously made will continue to follow existing administrative pathways. As yet, referrals cannot be made by parents, carers, family members or young people themselves. Parents/carers who require an Autism or ADHD assessment should speak to their child’s education setting or GP about making a referral through MCB. Parents/carers living in Mid Essex who have any issues in accessing the portal should email Provide Community at [provide.cccpaediatrics@nhs.net](mailto:provide.cccpaediatrics@nhs.net)

***[A person and child smiling for a picture

Description automatically generated](https://essexfamilyforum.org/resources/nd-pack)***

**[A tree with purple and yellow leaves

Description automatically generated](https://essexfamilyforum.org/resources/services-directory)*Supporting Your Neurodivergent Child*** is a 215 page mine of information for parents / carers. It contains information about the diagnosis process, how to get support for your child at school, with their health and wellbeing, financial advice and much more. Click image to download pdf or to request a hard copy which is free to parents and carers of a neurodivergent child. Professionals can buy a copy at the cost price of £10.

Essex Family Forum co-produced this guide. Click on their logo for more support services for children and young people with either diagnosed/undiagnosed neurodiversity, special needs or a disability.

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| [A logo with text on it  Description automatically generated](https://www.autismcentral.org.uk/events) | offers information and one-to-one peer support for parents, carers and personal assistants taking care of autistic people of any age. Click logo to find out more or to book a free place on any of the following online sessions: | |
| Personal Budgets and Employing Personal Assistants  **17 Dec 2024** 01:00pm - 02:30pm | | Holiday Survival - session for parents/carers to discuss coping strategies **19 Dec 2024** 01:00pm - 02:30pm |
| Sensory Processing & Autism-understanding & supporting sensory differences  **09 Jan 2025** 10:00am - 11:30am | | Understanding Autistic Overwhelm, Meltdown and Shutdown  **14 Jan 2025** 12:00pm - 01:30pm |
| Toileting-guidance on helping your autistic child to learn to use the toilet  **22 Jan 2025** 11:00am - 12:30pm | | Emotionally Based School Avoidance-how to support children & young people  **24 Jan 2025** 11:30:AM - 01:00:PM |
| [**Navigating education and working well with school**](https://www.autismcentral.org.uk/news/navigating-education-and-working-well-school)  is a series of videos for parents/ carers  with information and practical tips to help support an autistic child with education at school/college and outside of school settings. | | |

[A cartoon of a santa hat

Description automatically generated](https://www.snapcharity.org/need-support/informing-you-online/resources-2/)SNAP has published an online Christmas Survival Guide containing tips and ideas for adjustments that can help children and young people with additional needs to feel comfortable and to enjoy the festive season. Click logo for this and other practical guides, and information sheets. Or call the SNAP helpline on 01277 211300.

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| SEND STAY, PLAY & LEARN  support for children and for parents to meet others in their local community | SEND SUPPORT DROP-IN  for parents to gain support and information about local services |
| Chelmsford West Family Hub, Dixon Avenue CM1 2AQ  Carousel Family Hub, Braintree CM7 3QZ | Chetwood Family Hub, South Woodham Ferrers CM3 5ZX  Dengie Family Hub, Ormiston Rivers Academy CM0 8QB |
| Click on logo for more information about the service and to download a timetable showing dates/ times when these sessions are held.  Or call 0300 247 0022 Monday – Friday between 9:00am – 5:00pm. | |

provides integrated child and family services from pre-birth to when a child reaches 19years of age, and up to 25years for children and young people with Special Educational Needs and/ or Disability. For children aged 0-5yrs with SEND, HCRG hosts the following free drop-in sessions:

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Description automatically generated](https://www.essexsendiass.co.uk/)provides information and guidance on the law around SEND and education, the Education, Health and Care Needs assessment process, plus support when a child/ young person is at risk of exclusion or is excluded. It also offers access to an independent SEND mediation service to resolve disagreements with an education setting/ local authority. Click logo for more info or E: [send.iass@essex.gov.uk](mailto:send.iass@essex.gov.uk) or call the SENDIASS Helpline on 01245 204338.

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Description automatically generated](https://www.familiesinfocusessex.org.uk/events/)are hosting the following online workshops over Zoom for parents/ carers of children/ young people with SEND. EHCN Assessment- ***Refusal to Assess Appeal*** ***workshop*** on **22nd January 10am-12pm** and ***Disability Living Allowance******clinic***on **30th January 10am-12pm.** Delivered by an expert advisor, both sessions will guide people step-by-step through the questions and information needed to make an appeal or DLA application. There will be a short Q&A at the end to answer any specific questions attendees may have. Booking is essential and each session costs £10 for families living outside of North East Essex. For further details click logo or call 01245 353575, or Email: [helpline@fifessex.org.uk](mailto:helpline@fifessex.org.uk)

For children and young people from 0 – 25 years who have SEND, and their siblings, the charity runs a Saturday activity club between 3:30pm-5:30pm at Chelmsford Sports & Athletics Centre, Salerno Way CM1 2EH. Activities include Badminton, table tennis, trampolining, trikes and bikes, arts and crafts and free play. All children and young people must be accompanied by an adult. For further information and to book a place on any one of these weekly sessions Email: [activityclub@fifessex.org.uk](mailto:activityclub@fifessex.org.uk).

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Description automatically generated](https://www.summitservices.org.uk/autism-support)**

provides the following Essex wide services for neurodivergent adults (18+yrs), adults with learning disabilities / difficulties, and adults with mental ill health:

* **Autism Navigation Service** supports adults without a learning disability who are seeking a diagnosis of Autism. This is a free, independent and professional advocacy service that works solely on behalf of the individual to help them engage in the diagnostic process and to ensure their voice is heard. It also supports those waiting for a diagnosis or recently diagnosed (<12mths) with resolving any challenges they may be facing with regards to accessibility, employment, finances, benefits, housing, communication and relationships. The service can also provide information and guidance to families of young people aged 16+ yrs with undiagnosed / diagnosed autism.
* **LikeMinds** hosts face-to-face and online peer support groups for neurodivergent adults without a learning disability to meet, share their interests, challenges, coping strategies and become self-advocates. This platform provides a safe space for neurodivergent adults to meet and discuss issues that are important to them, whilst raising awareness of autism in the wider community. A monthly in-person group is currently being held in Braintree and a female-only group in Chelmsford.
* **Ability Before Disability** isa flexible platform for adults with experience of disability, their families and carers to discuss issues affecting them and works with them to find solutions. AB4D assists in giving voice to people in the community and helps to shape local services by passing on any issues/views to Healthwatch Essex’s Collaboration in Action Forum.

Click on logo for more information about on any of these services or call 01255 429778 or Email: [info@summitsrvices.org.uk](mailto:info@summitsrvices.org.uk)

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***equipment label***

Anyone with equipment at home that they no longer need and which has a MEDeQUIP label can arrange to have it collected or dropped-off, whatever condition it is in.

produce regional care services directories with detailed listings of all local registered care providers. Directories include information on loaning care equipment, respite care, sheltered housing, paying for care and how the council can help with care support. Click logo to view the ***Essex and Southend-On-Sea Care Services Directory****,* to download a PDF or order a free printed copy. Or call 01223 207770 to request a free copy.

All returned items are assessed, safety tested and either reused, repaired or recycled. So helping to save the local NHS and Social Services thousands of pounds which can be used for other vital services. Equipment can include hoists, beds, mattresses, bed levers, trolleys, chair raisers, commodes, perching stools, cushions, walking frames, bath seats / lifts, shower chairs / stools.

To arrange collection call 0333 034 2048 or E: [essex@medequip-uk.com](mailto:essex@medequip-uk.com)