

Carers Matter

Newsletter: August 2020

Hello and welcome to our Carers Matter newsletter. This is aimed at the family, friends and neighbours of the people who receive a service from Essex Partnership University NHS Foundation Trust, members of Trust staff and our Partnership Organisations.

Inside EPUT

EPUT Carers Support Team is an integral part of the Adult Social Care Leadership Team. They provide advice, information and guidance for all members of staff who are engaging and working with the carers of the people who use EPUT Services.

Over the last few months the team have been busy developing online Carer Awareness training for all members of staff, which will develop their skills and knowledge when they identify and assess the needs of carers, (*aka: family, friends or neighbours who are providing care and support, for someone using EPUT Services*).

Who are Carers?



Good question; allow me to explain the meaning in layman's terms. There is a piece of legislation [Care Act 2014](#) which states that any adult who is providing unpaid care and support for another adult needing care, who could not otherwise cope without their support, has an equal right to have their needs assessed as the

person receiving EPUT Services; this is called a Carers Assessment. The assessment is not a judgment of the care and support that carers provide; it is about how EPUT can improve their knowledge and skills, and to promote their general wellbeing. The assessment can assist carers in continuing to provide safe and effective care, if they choose to. For further advice please email: epunft.carers@nhs.net

Did you know?

EPUT have developed a Carers Network for members of staff who are providing care and support for a loved one, or who have a shared interest. Information is shared regularly about their rights as a carer within their workplace, in-house services that can support their general wellbeing, local and national services that offer support for them or the person they are caring for.

They also have other successful staff networks:

Black, Asian, Minority Ethnicity

Disability & Mental Health

Faith & Spirituality

Lesbian, Gay, Bisexual, Transgender, Q +



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Local Community Support Services

Covid-19



The Covid-19 pandemic has had a massive impact on everyone including our local businesses, communities and national support services. It has been a challenge for those delivering new and creative ways of working with and supporting the people who use our services, their carers, members of staff and partnership organisations. All of the following services will have certain restrictions about the services they are currently providing, and I would suggest contacting them directly for further information.



[Action for Family Carers](#) offer various carers support and wellbeing services across Essex. Their free service is for anyone who is providing care and support for a family member, friend or neighbour, who has an illness, disability, or who is elderly or frail. Their very popular Activity Groups for People living with Dementia will be commencing in September within Epping, Dunmow and Harlow. Please contact: clare.savva@affc.org.uk for further information.



[Carers First](#) offer free various carers support and wellbeing services across Essex. They also have an online forum. Carers First are hosting a Chill & Chat session via Zoom for Young Adult Carers aged 18-24, on 7th September. Please register your interest: email hello@carersfirst.org.uk



[Essex Befriends Essex](#) offer befriending services to people over 18 years of age, carers, older people and those experiencing mental ill-health or those who are living with a learning disability.



[Essex Wellbeing Service](#) provides support for people within our local communities. They work with people with a wide range of health, wellbeing and welfare needs and help people to access information to support them in staying healthy, safe and well.



[Southend Carers Hub](#) offer advice, information and various carer support and wellbeing services across Southend. They are hosting a Walk and Talk at Priory Park on 16th September from 10am to 11am. To register your interest, please email: Info@southendcarers.co.uk or telephone: 01702 393 933.



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THURROCK CARERS SERVICE

[Thurrock Carers](#) offer advice, information and various carer support and wellbeing services across Southend. They are planning to launch an online men's support group via Zoom. Please register your interest via email: carers@tbmind.org.uk or telephone: 01375 659 172

Did you know?

[Mind in West Essex](#) are supporting [World Suicide Prevention Day](#) on 10th September. They are hosting an informal Zoom discussion from 2pm to 6pm around suicide prevention, offering guidance on how to have the conversation if someone is concerned about a family member, friend or neighbour and how they can support their local community. Please email: isparkes@mindinwestessex.org.uk for log-in details.

All of these services have active Facebook and Twitter pages. You can follow them and get their most recent promotions and updates. Why not sign up to their newsletters? They also offer volunteering opportunities.

Volunteering Opportunities



Due to the current restrictions on community services you may feel there are no volunteering opportunities available. [Volunteer Essex](#), [Southend](#) and [Thurrock](#) are offering various opportunities via telephone, virtual mediums or social distancing groups, all adhering to the recent Covid-19 guidelines. The benefits of volunteering can be enormous; volunteering offers vital help to people in need, worthwhile causes and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, build your confidence and advance your career.

Did You Know?

EPUT offer various [volunteering opportunities](#) for the people who use our services, their families and friends who are members of the Trust (*a.k.a.carers*). If you don't feel you are ready to volunteer at this present time, you can still be involved:

- Give your feedback on Trust leaflets and documents to help ensure they are jargon free.
- Join Trust-wide Community Mental Health Forums.
- Become a [Trust Member](#) - to register your interest please email: epunft.pet@nhs.net or telephone: 01268 407818.



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Adult Community Learning Centres have published their new online course guides:

- [Essex](#)
- [Southend](#)
- [Thurrock](#)

Whether you want to learn a new skill, enjoy a new hobby or improve your job prospects. They all offer a huge range of online learning opportunities.

National Organisations



Alzheimers Research UK are offering a free [information guide](#) for anyone who is affected by dementia.



[CarersUK](#) are the leading charitable organisation who provide advice, information and support for all unpaid carers. They are hosting various live events via Zoom. [Care for a Cuppa](#) and [Share and Learn](#) Sessions.



[Rethink](#) are a leading national mental health charity. They provide some fantastic resources for people who experience mental ill health, their family, friends and carers.



[Faith Action](#) is a national network of faith-based and community organisations. They aim to serve their communities through social action and by offering services such as health and social care, childcare, housing and employment.



The [Forward Trust](#) is providing a free confidential online chat service. They offer advice on a range of issues, alcohol and drug misuse, mental ill health, housing and benefit concerns.

Did you know?

The [Rough Guide to Accessible Britain](#) has recently been updated.



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Other News

The [Green Grant Scheme](#) was introduced last month by Chancellor Rishi Sunak to help homeowners make their home more energy efficient. The scheme is planned to launch in September.

[CLIC](#) is a free online community that offers mutual support for people who are experiencing mental ill health. Being a member allows access to mental health information, tools, tips and resources to help you, as well as family, friends and carers.

Not all disabilities are visible! In light of [face masks](#) being made mandatory if you visit a shop, supermarket, transport and other environments, people's anxiety levels have increased. If you have a hidden disability and are exempt from wearing a face mask, you can apply for an [exemption card](#).

Crisis Support



If someone is using EPUT services and they are experiencing a mental health crisis please telephone NHS 111 and choose option 2. You will be connected to EPUT contact centre, where trained staff will provide appropriate support and advice 24 hours a day. Family members, friends or neighbours can also use this number to relay their concerns about the person they are caring for.

Under 18



For someone under the age of 18 who is experiencing a mental health crisis, or if you are their family member with concerns about their mental wellbeing, please contact the North East London NHS Foundation Trust's Emotional Wellbeing and Mental Health Service. Telephone: 0300 300 1600 or email: nelft-ewmhs.referrals@nhs.net
If you need urgent help or out of hours help, please telephone 0300 555 1201.



If someone you know is experiencing a mental health crisis and requires serious or life-threatening emergency mental or physical health treatment, please telephone 999 immediately.

Please visit our public website for additional information about [community resources](#) for Essex, Southend and Thurrock.

