

Support For Carers

Do you care for a relative, friend or neighbour?
If yes, then you may be a **carer**.

Carers look after their family and friends in need because they may have a disability. The care they provide is unpaid and often unacknowledged by others. Caring may include:

- Help with personal care such as washing and dressing
- Help with meal preparation and taking medicines
- Transportation to shops, doctors, hospital etc.

Carers may sometimes be unwell or disabled themselves, and may need help with providing care for others.

It is important for you to receive the support you are entitled to if you are a carer, so please let us know! Please identify yourself to one of the reception staff who will ensure that this is recorded on your medical record.

A small database of information is available on our website and at reception. Please ask for details of organisations that help and support carers in the local area.

If you are a carer you should also ensure that you receive your annual flu vaccination.

PLEASE HELP US TO HELP YOU!

For further information please visit the South West Essex Carer's website:

www.southwestessexcarers.co.uk

Local Support Groups For Carers

Group	Organisation	Venue	Date/Time	Contact
Family Support Group For family members and carers of those whose loved ones attend the memory service. 1 st hour educational speaker, 2 nd hour help and support	South Essex Partnership University Foundation Trust	Brentwood Resource Centre Highwood Hospital Geary Drive CM15 9DY	1 st Tuesday of the month	Elaine Driscoll Elaine.Driscoll@southessex-trust.nhs.uk 01268739116
Social and Activity Group For clients and carers of the memory service to get involved with different social activities with each other e.g. Baking, woodcraft, board games	South Essex Partnership University Foundation Trust	Maple Day Unit Brentwood Resource Centre Highwood Hospital Geary Drive CM15 9DY	2 nd Tuesday of every month 3-5pm	Elaine Driscoll Elaine.Driscoll@southessex-trust.nhs.uk 01268739116
Artichoke Lunch Group For clients and carers of the memory service/Alzheimer's Society to support and socialise with each other. Representatives from the memory service and Alzheimer's society attend	South Essex Partnership University Foundation Trust	Brentwood Resource Centre Highwood Hospital Geary Drive CM15 9DY	3 rd Tuesday of every month 12-2pm	Elaine Driscoll Elaine.Driscoll@southessex-trust.nhs.uk 01268739116
Carers Drop-In Offering emotional support, advice and advocacy to family carers	Action for Family Carers	Brentwood Library New Road Brentwood CM14 4BP	TBA	Sonia Watts 01621851640 sonia.watts@affc.org.uk
Brentwood Carers Group An opportunity to meet with other people who support someone with mental health conditions	MIND	14 Ongar Road Brentwood CM15 9AX	Just turn up and we will offer support and a cuppa	Susan Revell 01277228197
SNAP (Special Needs and	SNAP	The SNAP Centre		Open 8.30 – 5pm

Parents) Helps Essex families who have children 0-25 years with special needs and disabilities. Our aims are to inform encourage and support parents, so that they can grow in strength and knowledge and become better equipped to give the best possible help to their children. We provide various services – see website for details.		Pastoral Way Warley Brentwood CM14 5WF		01277211300 www.snapcharity.org
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