



Community Support Service

HEADLINES

JUNE 2010

Headway Essex

Upcoming Support Groups

Basildon - New venue!

Tuesday 8th June

Tuesday 13th July

No Meeting in August

Venue:

St John Ambulance South
Essex Headquarters,
Sandon Road, Pitsea,
Essex, SS14 1TH
7.30pm - 9.30pm

Chelmsford

Tuesday 15th June

Tuesday 20th July

No Meeting in August

Venue:

Swift House, Hedgerows
Business Park, Colchester
Road, Springfield,
Chelmsford, Essex,
CM2 5PF

7.00pm - 9.00pm

Tendring

Tuesday 6th July

Tuesday 7th September

Tuesday 2nd November

Venue:

Tendring Specialist Stroke
Services, 85 Frinton
Road, Holland-on-Sea,
CO15 5UH
7:00pm - 8:30pm

Carers SGM

Friday 25th June

Friday 23rd July

No Meeting in August

Venue:

The Headway Centre,
2 Boxted Road,
Colchester, Essex,
CO4 5JD
10.30am - 12.30pm

Colchester Social Club

Monday 7th June

Monday 5th July

Monday 2nd August

Venue:

Phone 01206 845945
The Headway Centre,
2 Boxted Road, Colchester,
CO4 5JD
7.00pm - 9.00pm

CARERS WEEK 2010: 14 - 20 JUNE

2010 is the tenth year that Carers Week has been held in its current format. Organised by a consortium of seven national charities, over 100,000 carers take part in thousands of activities held in every part of the UK.

Some facts about caring:

- ◆ According to the last census data, there are six million carers in the UK;
- ◆ 2.3 million adults become carers each year;
- ◆ Seven out of ten women and six out of ten men will become carers during their lifetime.
- ◆ 3 million carers combine work and care;
- ◆ 26% of these carers work full time and provide over 20 hours of care per week;
- ◆ The value of carers' contribution to the UK economy is equivalent to £87 billion per annum;
- ◆ 50% of carers who provide a substantial amount of care have been treated for stress-related illnesses;
- ◆ 50% of carers sustain a physical injury as a result of caring;
- ◆ Eight out of ten carers are worse off since becoming a carer.

Bringing carers and the community together

The Essex County Council Carers Strategy Team will hold five carers 'market stall' events during Carers Week when carers will be able to gain advice and information from representatives of organisations that can offer them support. The market stalls will provide information about:

- ◆ Vulnerable adults;
- ◆ Local libraries;
- ◆ Supporting People;
- ◆ Telecare;
- ◆ Trading Standards;
- ◆ Essex Carers Forum;
- ◆ Local carers support groups;
- ◆ Caring with Confidence.

Local Primary Care Trusts will also provide free wellbeing checks for carers, and events will be held at the following venues:

Harlow - Wednesday 9 June

Harlow Playhouse Theatre, The High, Harlow, Essex, CM20 1LS

Clacton-on-Sea - Monday 14 June

Clacton Town Hall, Station Road, Clacton-on-Sea, Essex, CO15 1SE

Basildon - Tuesday 15 June

Basildon Centre, St Martins Square, Basildon, Essex, SS14 1DL

Braintree - Wednesday 16 June

Braintree Town Hall, Market Square, Braintree, Essex, CM7 3YG

Rochford - Tuesday 22 June

Rochford Freight House, Bradley Way, Rochford, Essex, SS4 1BU

Each event will be open for carers to drop in at any time between **10.00am and 4.00pm**. There is no need to book, but if you have any queries please call the Carers Strategy Team on **01245 434375** or go to **www.essex.gov.uk/carers**

Sources: Carers UK, Carers Week, Carers Strategy Team

INFORMATION DROP-IN SESSIONS: *Southend Library*

Headway Essex continues to run monthly information drop-in sessions at Southend Central Library, Victoria Avenue, Southend from 2.00pm to 4.00pm on Mondays 7 June and 5 July. The session in May was very busy and the aim is to provide people with initial advice and information, chat to a member of staff and then, if appropriate, to see if longer-term support and involvement is needed.

If you are intending to come along, please be aware that other people may also be present. You can also ring the Community Support Team on **01206 768797** to book an allocated slot.

BRAIN INJURY AWARENESS WEEK: *South Essex*

We managed information displays in Basildon and Southend Hospitals on 17 and 18 May respectively. In particular, Basildon Hospital was well attended as we were situated just outside the main canteen area. Medical and nursing staff took away information about Headway Essex to pass on to families they are supporting, and new contact links have also been made.

On 19 May, we attended and made two presentations at a brain injury information sharing session held at Family Mosaic Starling Close in Rayleigh, a supported housing scheme for people with acquired brain injury. The afternoon was attended by tenants, their relatives and also outside agencies interested in learning more about brain injury and the work of both Headway Essex and Family Mosaic. Our immense thanks go to Holly Black, Team Manager at Starling Close, and her colleagues, and of course to the tenants for allowing us to contribute to this event during brain injury awareness week.

Other events

On 19 May we were also present at Princess Alexandra Hospital in Harlow, where professionals were given information that may be of use to potential future users of Headway Essex services. We would like to thank volunteer Roy Hutchins for the support he provided during the day. We were also kindly invited to take part in an Epilepsy Action conference on 22 May at Colchester Town Hall to celebrate 60 years of progress in the eastern region. Our thanks go to Sheila Baker and Marie Edgar.

BASILDON SUPPORT GROUP MEETING: *Change of venue*

Please be aware with immediate effect that the above meeting will now take place at St John Ambulance Headquarters, Sandon Road (off High Road), Pitsea. It is just up from the 24 hour Tesco superstore. We have endeavoured to contact as many people as we can who have attended the monthly meetings in the past year or so, but if we have missed you out we do apologise. If you would like a flyer with directions, please contact us.

CARERS SUPPORT GROUP MEETINGS IN SOUTH ESSEX

We have tried to tell as many carers as possible about the new carers support group meetings that have started in **Leigh-on-Sea** and will commence in **Brentwood** on 22 June. If you have not yet heard about these meetings and are caring for or supporting someone with an acquired brain injury, you may well be interested in coming along. The support groups take place from 7.00pm to 9.00pm at the following venues:

**The Marillac Nursing Home
Eagle Way
Brentwood
Essex
CM13 3BL**

(22 June, 24 August, 26 October, date to be arranged for December.)

**The Stables
Chalkwell Park Drive
Leigh-on-Sea
Essex
SS9 1LX**

(27 July, 28 September, 23 November)

If you would like to talk about these support groups or receive more detailed directions about how to get there, please contact the Community Support Team on **01206 768797**

CARERS' DROP-IN - *run by Essex Carers Support*

Drop-in sessions take place on the first Friday of each month from 1.00pm to 3.00pm at St Johns & Highwoods Community Centre, Highwoods Square, Colchester, Essex, CO4 9SR.

For further information, please call **01255 474410**.

If you require any further information, please contact any team member at the Community Support Service on 01206 768797 or email us at: communitysupport@headwayessex.org.uk