

How to stay active

Whilst it can be difficult as a carer getting some 'me time' – the positive effects cannot be overstated. If you haven't been able to get out and about for a while it can seem overwhelming and easier perhaps just to stay put.



Time 4 You

Our Time 4 You project is currently running in across Essex and focuses on helping Carers to achieve a truly personalised one-off break that has a real and genuine impact on their sense of wellbeing

Time 4 You breaks focus on a break from the pressures of the caring role and do not always have to mean a break from the person you care for. Lots of Time 4 You breaks are taken together so that people have something to look forward to and talk about afterwards with the person they care for.

www.essexcarerssupport.org.uk/carer-breaks-examples

Useful links

NHS Get Fit for Free have a number of free resources for getting moving from exercises for back pain, 10 minute workouts and Couch to 5K - a programme for those of us who would like to be able to go out for a run but don't know where to start.

www.nhs.uk/live-well/exercise/free-fitness-ideas

Active Essex have ideas and over 200 YouTube videos on their website if you want to get some inspiration for getting more active.

www.activeessex.org/find-your-active/ways-to-keep-active/keep-active-at-home

My Social Prescription is a community based scheme led by Community 360 to connect people in North East Essex to voluntary and community services to improve health and wellbeing.

<https://connectwellessex.org.uk/about-us/my-social-prescription/#>

Live Well Link Well is the local social prescribing project for people in the Tendring District. It has been funded by Essex County Council and developed with the help of a wide range of health, social care and voluntary organisations.

www.cvstendring.org.uk/other-services

Your local Council for Voluntary Services (CVS) will have a range of information about what is going on locally to you.

<https://essexcvs.org.uk.gridhosted.co.uk/membership/>

Mindful Peak Performance use an innovative fusion of physical training and mindfulness to improve the physical and mental wellbeing of young carers and help them reach their potential.

www.mindfulpeakperformance.com/young-carers

Essex County Council Adult Community Learning (ACL) run courses that can give you the chance to learn something new. You can go on your own or come with your friends. They run a wide variety of courses like pottery, languages and cake decorating and also qualifications such as Access to Higher Education, accountancy, barbering, counselling and GCSEs.

<https://aclessex.com/>

**Essex
Carers
Support**



Get in touch...

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