

# Support for Carers

## Support Groups

You may find that friends and family who have not experienced being in a caring role themselves cannot always understand the demands and stresses of caring. If this is the case, it might help to reach out and connect with other carers in your position.

If you're picturing a sombre meeting room full of miserable faces, think again! Carers support groups come in a wide range of styles and activities, from coffee and cake meet ups to outdoor adventures and free yoga classes!

Find out more about Carers Groups run by Carers First that are meeting locally in Colchester and Tendring.

[www.carersfirst.org.uk/essex/groups-and-events/#groups+and+events](http://www.carersfirst.org.uk/essex/groups-and-events/#groups+and+events)

Action for Family Carers deliver activities and groups specifically for carers.

<https://affc.org.uk/services/adult-carers/feeling-good-caring-well/events-map>

With funding from Essex County Council, Action for Family Carers are delivering volunteer befriending services across the county as part of Essex Befriends.

Services available include telephone befriending, face-to-face meetings within the local community, home visits, Skype calls, email contact and group activities.

<https://affc.org.uk/services/adult-carers/befriending>

**A number of other organisations support carers of people with specific conditions.**

If you are caring for someone with dementia, for information about what support there is in your area visit the Alzheimer's Society website.

**[www.alzheimers.org.uk/find-support-near-you](http://www.alzheimers.org.uk/find-support-near-you)**

Or you might prefer to contact the Alzheimer's Society's Dementia Connects Service; for more information visit their website.

**<https://dementiaconnect.alzheimers.org.uk/>**

If you are caring for someone who has multiple sclerosis (MS) you might find the resources on the MS Society webpage helpful.

**[www.mssociety.org.uk/care-and-support/support-for-carers](http://www.mssociety.org.uk/care-and-support/support-for-carers)**

## **Social Connections**

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.

This project is especially designed for people to start thinking about how they can have a bit of 'me time' and will even make a contribution towards the cost to get you started.

**[www.essexcarerssupport.org.uk/carer-breaks-examples](http://www.essexcarerssupport.org.uk/carer-breaks-examples)**



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/#modal>

For information on other areas visit the Essex Connects website.

[www.essexconnects.org.uk](http://www.essexconnects.org.uk)

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. Live Well Link workers work across Tendring. They will give you time, and can help you to find out about what is going on within the local community.

[www.cvstendring.org.uk/other-services](http://www.cvstendring.org.uk/other-services)

Your local Council for Voluntary Services (CVS) will be a mine of information about what is going on locally and what might be of interest to you.

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

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/>



## Online resources

Whilst it's not for everyone - for carers unable to easily leave the house it's important to find some time for yourself. You might like to read, do a puzzle, watch your favourite soap or you can meet up with friends, learn a new skill or travel the world from the comfort of your armchair.



The Virtual Village Hall is a programme of themed online activities designed to enjoy at home. Sessions are led by expert tutors, Royal Voluntary Service activity coordinators, volunteers and some well-known faces, and require very little space or equipment. You'll find a wide range of sessions to take part in, like creative arts and crafts, music and singing, cooking and baking, dance and exercise, and technology skills. Join in with live sessions or catch up on demand when suits it you.

<https://virtualvillagehall.royalvoluntaryservice.org.uk/>

Self Care for Carers - this course run by ECC Adult Community Learning is designed for anyone who is in a caring role which includes adults and children who have a short or long-term health condition. The course provides learners with opportunities to find strategies and tips on how to manage their self-care while caring for others.

<https://courses.aclessex.com/SHEET/MFOL1C8Y20.PDF>

The WEA run courses throughout Essex, during lockdown they have increased the number of courses they have available online.

<https://wea-essex.org.uk/>

Visit England have compiled a number of different activities and places to 'visit' online.

Pack in some art, history and culture – learn something new, or admire something old on one of the virtual tours of museums, galleries and heritage attractions, or explore the outdoors without getting your shoes dirty. Some even have interactive elements to get the kids or grandchildren involved!

[www.visitengland.com/things-do-to-at-home-bored](http://www.visitengland.com/things-do-to-at-home-bored)



From penguins to lions, and giraffes to red pandas, UK zoo webcams let you take a sneak peek into the lives of resident animals.

Meet the meerkats at Paignton Zoo:  
[www.paigntonzoo.org.uk/explore/webcams](http://www.paigntonzoo.org.uk/explore/webcams)

Watch live wildlife with the Wildlife Trust:  
[www.wildlifetrusts.org/webcams](http://www.wildlifetrusts.org/webcams)

Go behind the gates at ZSL London Zoo:  
[www.zsl.org/zsl-london-zoo/virtual-london-zoo](http://www.zsl.org/zsl-london-zoo/virtual-london-zoo)

Go behind the gates at Whipsnade Zoo:  
[www.zsl.org/zsl-whipsnade-zoo/whipsnade-zoo-webcam](http://www.zsl.org/zsl-whipsnade-zoo/whipsnade-zoo-webcam)



Learn more about nature and wildlife with Pensthorpe Natural Park's free resources:  
[www.pensthorpe.com/education/bring-nature-home](http://www.pensthorpe.com/education/bring-nature-home)

Catch a glimpse of The Donkey Sanctuary's friendly residents with its 24/7 webcams:  
[www.thedonkeysanctuary.org.uk/webcams](http://www.thedonkeysanctuary.org.uk/webcams)

See what the animals are getting up to at Colchester Zoo:  
[www.colchester-zoo.com/bringing-the-zoo-to-you](http://www.colchester-zoo.com/bringing-the-zoo-to-you)

Theatres and concert halls are now open but you can still escape your day-to-day routine by streaming concerts, dance, plays and catchy musicals virtually.

Sing along to The Wind in the Willows:  
[www.willowsmusical.com](http://www.willowsmusical.com)

Get engrossed in top West End shows with Digital Theatre:  
[www.digitaltheatre.com](http://www.digitaltheatre.com)

Listen to the smooth sounds of artists performing from their homes with the Royal Albert Hall's Royal Albert Home:  
[www.royalalberthall.com/tickets/series/royal-albert-home](http://www.royalalberthall.com/tickets/series/royal-albert-home)

Escape day-to-day life with a performance or two from the Northern Ballet:  
<https://northernballet.com/digital-dance>

The Skyscape website has been created by English Heritage to enable people around the world to experience the skies above Stonehenge:  
[www.stonehengeskyscape.co.uk](http://www.stonehengeskyscape.co.uk)

Why not learn a new skill or heaps of new knowledge?

Get to know your vino with Bolney Wine Estate's virtual wine tasting:  
<https://bolneywineestate.com/product/classic-virtual-tasting>

Get baking with Bread Ahead:  
[www.breadahead.com/live-bake](http://www.breadahead.com/live-bake)

Play with clay and learn to make bowls and lots more with Kana's Stay Home Kana Clay Club:  
[www.kanalondon.com/kana-stay-home-clay-club/stay-home-kana-clay-club-hgkpn-9lk72](http://www.kanalondon.com/kana-stay-home-clay-club/stay-home-kana-clay-club-hgkpn-9lk72)

Polish up on your icing skills with Biscuiteers' home icing kits:  
[www.biscuiteers.com/send-a-gift/master-icing-kit](http://www.biscuiteers.com/send-a-gift/master-icing-kit)

Grow your own garlic, with top tips and advice from the Isle of Wight's famous Garlic Farm:  
[www.thegarlicfarm.co.uk/growing/tips-and-advice](http://www.thegarlicfarm.co.uk/growing/tips-and-advice)

Whip up some gin cocktails and homemade Christmas crackers with this Monkey 47 workshop:  
<https://feverup.com/m/93239>

Jennifer Collier at Unit Twelve Gallery has a page of ideas for free makes using just paper:  
[www.unittwelve.co.uk/freemakes.htm](http://www.unittwelve.co.uk/freemakes.htm)

**Essex  
Carers  
Support**



**Get in touch...**

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