

# CARERS VOICES

To find out more, call: 0300 500 1895

**healthwatch**  
Essex

The Carers Voices team continues to expand its service and reach across the county and engage with unpaid carers, listening about their experiences across a range of issues.



Unpaid carers and employment is a regular concern and for many balancing employment with caring responsibilities can be an uphill struggle with carers facing significant barriers.

Our recent survey on Unpaid Carers & Employment is still live and it would be great to hear your experiences. Please click on the link below.

<https://www.smartsurvey.co.uk/s/ZIHAYA/>

## Our next engagement events:

- **Healthier Habits Hub.** Thursday 3rd July 2025 9am to 4pm at The Lounge, Esplanade Hall, Harwich CO12 3ES
- **Basildon Hospital Atrium.** Monday 7th July 10am -2pm
- **Broomfield Hospital Atrium.** Monday 14th July 10am-2pm
- **Colchester Carnival.** Saturday 19th July 9am -5pm
- **Billericay Town FC Fella's Fair.** Saturday 19th July 11am to 5-30pm. New Lodge, Blunts Wall Rd, Billericay, CM12 9SA Free entry before 1pm, contact for more information.
- **Colchester Hospital Atrium.** Thursday 24th July 10am-2pm
- **Warley Family Fun Day.** Friday 1st July 9am -5pm. Warley Playing Fields, CM13 3AZ
- **Harlow Care Weekender.** Sunday 3rd August 12-5pm. Playhouse Square -outside Harlow Playhouse.

**Let us know**, what do you think of this Newsletter

Email: [carersvoices@healthwatchessex.org.uk](mailto:carersvoices@healthwatchessex.org.uk)



“Sometimes I just want to be heard, thank you for listening to me the HW Carers Voice Team, it means a lot.”

“I feel really disempowered as a carer especially visiting hospital with my mum, where staff don't listen to me even though I have vital information to share about her. I spoke to the Carers Voices Team on leaving hospital and have kept in touch. They have really helped me consider wider options and I feel better informed and more in control.”

“You are not alone on this journey; never think you can't ask for help.”

“Making life changing decisions for my husband was difficult and hard. What I have learnt from my carer journey is the decisions I make are right, 100%. I do the best I can 24/7 and I am confident I do the right thing.”

“I often go three nights without sleep whilst looking after dad. It's exhausting, the support, advice and guidance given to me by the Carers Voices Team helped me find groups, activities and carers where I can share my frustrations and importantly, share ideas to help cope with the daily struggles.”

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Essex Carers Support are hosting with other organisations, 'CARING FOR CARERS'; a day of support and recognition. 10 AM–2 PM  
HARLOW CIVIC CENTRE, The Water Gardens,  
College Square, Harlow CM20 1WG.  
Wednesday 16th July, Refreshments & Lunch,  
Booking Link:  
<https://forms.cloud.microsoft/e/UZIS9NEDtK>

## **Opportunities to share your experiences and shape the future**

Essex County Council have recently developed a Strategic Innovation Partnership with Barnardo's to design an early intervention whole family approach to Healthy Family Relationships. The link to the survey – it shouldn't take any longer than about 7 minutes to complete. [Healthy Relationships Survey](#)

**Stroke Involvement Network** which is looking to recruit people with lived experience including survivors, carers and family members. [See more here](#)

People across Suffolk and northeast Essex are being asked to give their views on the way urgent care services are currently commissioned. [Have your say on the future of urgent health and care services - NHS Suffolk and North East Essex ICB](#)

We are conducting a survey to gather valuable feedback from both the public, and healthcare professionals, on the role of Physician Associates (PAs) within our local healthcare system.  
[Physician Associates Survey](#) | [Lets Talk SNEE](#)

## **CARERS COMMUNITY FUND UPDATE**

The Carers Community Fund, funded by the Better Care Fund Allocation, aims to provide local community support for unpaid carers in Essex, offering digital services and refreshers of training opportunities. In the first year over £800,000 has been allocated for 74 local projects to support unpaid carers of all ages, providing activities, advice and guidance for over 4500 carers. The feedback indicates it has been a resounding success and year 2 looks promising with more funding released.

## **UNPAID CARERS TRAINING**

Many unpaid carers request help with training in their caring role and dealing with difficult situations. They say that if they had some basic training at the start of their caring journey it would have prepared them better.

***'I accessed extremely good moving and handling training but had to pay for it as courses weren't currently being run for family carers in this area. More free courses on things like Moving and handling, pressure care, nutrition, dementia would be invaluable.'***