



Carers & Helpers Noticeboard

A central point of contact for support for unpaid carers 0300 303 9988
Phonelines are open Monday to Friday 8am-7pm Saturday 9am-12pm
E: provide.essexwellbeing@nhs.net or <https://essexwellbeing.co.uk/support/carers>

North East Essex
September 2026



The Earlier You Know, The More You Can Do: A Dementia Diagnosis Matters. Alzheimer's disease, the most common type of dementia, is caused by an abnormal build-up of proteins in and around brain cells. Whereas Vascular dementia arises when blood supply to the brain is restricted, such as with high blood pressure and strokes. Research has shown inequalities exist in dementia risk, incidence, diagnosis and management. Age, gender, ethnicity, socioeconomic status, having a learning disability or a long-term health condition, are all factors. According to [Dementia UK](https://dementiauk.org) women are twice as likely as men to be diagnosed with Alzheimer's whereas men are more at risk of Vascular dementia. Plus,

people in lower socioeconomic groups, and people with a learning disability, are 3 times more likely to develop dementia earlier in life. However, research also suggests a significant proportion of cases of dementia could be prevented or delayed by addressing modifiable risk factors such as smoking, obesity, high alcohol intake, social exclusion, and lack of exercise, which EWS can support with.

People from Black, Asian and other ethnic minority communities tend to have higher incidence of diabetes, hypertension and cardiovascular disease that can put them at greater risk of dementia. [Alzheimer's Research UK](https://alzheimersresearch.org) found dementia among Black adults is 20% higher than the UK average. Moreover, strong cultural stigmas can cause families to delay seeking help, fearing discrimination, community ostracization, or institutionalization of their loved ones. Many Black and Asian cultures emphasize collective responsibility and informal family care at home, making it harder to navigate external healthcare systems. Plus, standard diagnostic tests may lack ethnic-specific norms, and formal care homes often fail to reflect the food, language, music, or cultural backgrounds of Black and Asian residents.



 Admiral Nurses provide free, culturally sensitive support and advice to anyone affected by dementia, their family and carers. To book a video or telephone appointment with the charity's specialist Admiral Nurse for people from Black, African and Caribbean communities email blacclinics@dementiauk.org or call the helpline on 0800 888 6678 Or go to <https://www.dementiauk.org/information-and-support/how-we-can-support-you/admiral-nurse-clinics/black-african-and-caribbean-communities-admiral-nurse-clinics/> Click image to find out more and to view a real story of how Dementia UK can support.

NHS England's **RightCare Scenario** highlights how an optimal care pathway for diagnosing, treating and supporting someone living with dementia can improve health outcomes and quality of life for both the individual and their carer(s) as well as reduce NHS costs. <https://www.england.nhs.uk/long-read/rightcare-dementia-scenario/>

 **Alzheimer's Society** has information, practical advice and support available in multiple languages other than English. Plus, a selection of Easy Read booklets with simple words and images to help people with a learning disability understand dementia. Go to <https://www.alzheimers.org.uk/get-support/publications-factsheets/accessible-resources/information-in-your-language> to view online / download, and to order free printed copies of the Easy Read booklets.

Your Voice Matters

Join Our Online Focus Group

Are you living with dementia or supporting someone who is?

Share your experiences and what matters most to you as we refresh the Southend, Essex & Thurrock Dementia Strategy.

Your views can help shape the next Dementia Strategy and future services and support.

Available sessions – small groups of 4–5 people:
 Friday, 4th September – 10:00am–12:00pm
 Friday, 11th September – 10:00am–12:00pm
 Wednesday, 16th September – 10:00am–12:00pm
 Monday, 21st September – 2:00pm–4:00pm
Reserve your place: 07860 606 767
seweryn.ptak@alzheimers.org.uk

Essex County Council
Adult Social Care

Alzheimer's Society

Focus group sessions will be held on Teams



Use an LPA is a service that offers a secure and quick way of sharing a digital summary of a Lasting Power of Attorney with organisations such as banks, utility companies and healthcare providers. It enables LPA

Attorney(s) and Donors to generate a temporary Access Code to give to organisations that allows them to view an LPA online, instead of having to share the original paperwork. It also allows multiple Attorneys to manage the LPA simultaneously, view the most up to date registered details, plus keep track of who has already been given access to the LPA. The service is available for LPAs registered on or after 1 January 2016. To find out more go to <https://www.gov.uk/guidance/using-the-donors-lpa-access-codes-and-view-an-lpa> Or watch the OPG video available at <https://www.facebook.com/watch/?v=289382274134219>



For info on changes that need to be reported and circumstances where an LPA needs to end, go to <https://www.gov.uk/manage-lasting-power-attorney/changes-you-need-to-report>



Rheumatoid Arthritis (RA) and Juvenile Idiopathic Arthritis (JIA) are where the immune system mistakenly attacks the lining of the joints, causing inflammation, pain and swelling which over time can damage joints throughout the body. Chronic inflammation can also damage blood vessels in the heart, lungs and eyes, and people with RA have a 50% higher risk of developing heart disease compared to those without the condition.

The National Rheumatoid Arthritis Society (NRAS) offers information, guidance, advice and emotional support for people with RA, their family, friends and colleagues. It provides free e-learning modules, videos and printed materials on RA medicines/treatment, managing pain and flare-ups, exercise, diet and nutrition, work and benefits advice. Plus, emotional support Monday - Friday via a telephone helpline **0800 298 7650**

Health professionals can refer newly-diagnosed people to NRAS's *Right Start* service for 1-to-1 support with making those important first steps to managing their disease effectively. To find out more about the full range of support offered go to <https://nras.org.uk/>

Anyone with unexplained soreness or stiffness of joints lasting 6 weeks or more in the fingers, knuckles or wrists can assess themselves for the early signs of RA by answering a few quick questions in NRAS' online **Symptom Checker** at <https://nras.org.uk/rasymptomchecker/>



runs every **Thursday 12:30 - 1:30pm** at **The Tree Room, 12 Trinity Street**, Colchester CO1 1JN. The club is for parents who have been living with an adult child's addiction and/or mental health challenges for a number of years. It offers a safe, supportive space for parents to feel heard with opportunity to connect with

others in similar situations, should they want to. The sessions teach self-compassion and self-care plus simple practical ways for parents to steady themselves when feeling overwhelmed. Use the QR code to book a Club place and to find out more about all the in-person and online support Blossome provides to anyone affected or bereaved by another's alcohol or substance misuse. Or go to <https://www.blossome.support/> or email hello@blossome.support



Therapy Gym offers accessible, specialised adaptive equipment and professional support to adults with disabilities, chronic health conditions, neurological conditions (eg. stroke, MS, Parkinson's), and those in rehabilitation or chronic illness recovery. Plus, a **Sensory Gym** specifically designed to create positive experiences for children and young people with learning disabilities, developmental delays, autism, ADHD, and sensory processing disorders, to support physical development, sensory processing, communication skills, focus and confidence building. It can also be hired

for SEND birthday parties. **The Angel Centre** is located at **Unit 13, Lodge Lane, Langham CO4 5ND** and will be hosting a free open day for anyone to drop by to see the facilities, try the equipment and meet the staff on **Sunday 22nd November** between **9am-1pm**.

See the Sensory Gym's Autumn timetable of sessions by clicking on 

For more info about the centre go to <https://theangelcentre.org/> or call 01206 692524 or email info@makingfitnessaccessible.com



Wednesdays 9:30am-11:30am
White Hall Academy, Clacton

Wednesdays 10am-12pm
St. John's Church, Colchester

Wednesdays, 6:30pm-8pm
Online Zoom Programme

Thursdays 12:30pm-2pm
St. John's Church, Colchester

Thursdays 6:30pm-8pm
Online Zoom Programme

Free for parents/carers registered with a North-East Essex GP

Sensory Processing Awareness Workshop

Tuesday 13th October 10am-12pm
Greenstead Community Centre CO4 3QE

For education providers, SENCOs, parents and carers and other people involved in supporting children and young people within their everyday life settings.

Join Monette Dormant, Paediatric Service Lead for North East Essex for a session on understanding how our senses impact on our ability to live. Plus, strategies that can be implemented at school and home to help children and young people cope with their sensory differences.

Please reserve your spot via this link:

[Eventbrite Sensory Processing Awareness Workshop](https://www.eventbrite.co.uk/e/sensory-processing-awareness-workshop)



• www.themazegroup.co.uk • chloe.hirst@themazegroup.co.uk

☎ 07842 000475



Community Transport plays an important role in helping residents across Essex access healthcare, shopping, employment, education, social activities and other essential services. It can help people who are unable to access mainstream public transport due to mobility needs, disability, location, or other barriers to remain independent, active & connected to their communities.

ECC's first countywide survey is seeking the views of residents who currently use Community Transport, have used or tried to access services in the past, or who would like to know about locally available services. This anonymous survey takes 10 minutes to complete online & will help Essex County Council to understand:

- How the current community services are being used
- What is working well and what could be improved
- The barriers to accessing Community Transport
- Residents' awareness of locally available services.
- The current and future transport needs across Essex.

Scan the QR to take part online, or to download a hard copy of the survey. Or E:passenger.transport@essex.gov.uk
The survey will close on **Wednesday 30th September 2026**.

