



# Do you look after someone?

'Find a Adult and Young carers' support group near you'

Essex

Issue Four 2011

## Basildon

Group	Organisation	Venue	Date/Time	Contact
<b>Mental Health</b>	South Essex Partnership University NHS Foundation Trust	Laindon Community Centre Aston Road, Laindon, SS15 6NX	Last Thursday of the Month	Deborah Coe, 01268 564035 <a href="mailto:Deborah.Coe@sept.nhs.uk">Deborah.Coe@sept.nhs.uk</a>
<b>Drugs or Alcohol</b> For Families/ Partners/ Carers of clients living with a drug or alcohol addiction.	South Essex Partnership University NHS Foundation Trust	Sankey House, High Road Pitsea, SS13 3BB	Tuesdays 5.30 to 7pm	Britta Taylor 01268 583154 <a href="mailto:Britta.Taylor@sept.nhs.uk">Britta.Taylor@sept.nhs.uk</a> <a href="mailto:Deborah.Coe@sept.nhs.uk">Deborah.Coe@sept.nhs.uk</a>
<b>Psychosis</b> Support and help for carers/family members with loved ones who suffer from First Episode Psychosis.	South Essex Partnership University NHS Foundation Trust	The Lightbulb Edison House 2-3 Paycocke Road Basildon Essex SS14 3DP	First Wednesday of every month 7-9pm	Dr Adrian Morton 01268 366304 Adrian.Morton@sept.nhs.uk
<b>George Herd Dementia Café</b> Social events with speakers for people with Dementia and their family	Dementia	George Herd Centre, Basildon	3 <sup>rd</sup> Thursday of the month 7:30 to 9:30 pm	01268 581689
<b>Derby Digger Lunch Group</b> For people with dementia and their carers	Dementia	Derby Digger pub, Wickford	2 <sup>nd</sup> Thursday of the month 12noon to 2pm	01268 581689
<b>Drop In Basildon, Pitsea and Laindon</b> Carers can discuss their problems with our staff and get help and support	Essex Carers Support Imperial House Rosemary Road Clacton on Sea Essex CO15 1NZ	George Hurd Centre Pitsea Day Centre Laindon Community Centre	Check times with Head office on 01255 474410	Malcolm Batty and Sullander Singh 01255 474410 <a href="mailto:mrb@caresten.freeserve.co.uk">mrb@caresten.freeserve.co.uk</a> <a href="mailto:ss@caresten.freeserve.co.uk">ss@caresten.freeserve.co.uk</a>
<b>'Kool' Club for Young Carers</b> , Run by Essex County Council Integrated Youth Services – South Area. Organises leisure activities and provides support for young carers.	Youth Services	Integrated Youth Services The Knares Basildon Essex SS16 5RX	Find out more call or email.	Gina Stickings  Tel: 01268 632252  <a href="mailto:Gina.stickings@essex.gov.uk">Gina.stickings@essex.gov.uk</a>

<p><b>Carers' Support Group</b> For carers in Basildon and Thurrock. Monthly group. Has a guest speaker following refreshments. There is time for carers to chat to each other and find out about services available to them</p>	St Luke's Hospice	Day Hospice lounge St Luke's Hospice Basildon Essex SS16 5NJ	Last Wednesday of the month 7pm to 9pm	Shirley Young  01268 524973 – ext 204  <a href="mailto:Shirley@stlukeshospice.com">Shirley@stlukeshospice.com</a>
<p><b>Time 4 You</b> Programme over 6 weeks. Carers have sessions on the practical side of caring for a patient at home, including information on medications, pain control, nutrition and end of life care. Sessions finish with carers enjoying a lunch together.</p>	St Luke's Hospice	Day Hospice lounge St Luke's Hospice Basildon Essex SS16 5NJ	Next course 28 June- 2 Aug 2010 on Mondays 10am to 1pm  Further course 27 Sept – 1 Nov 2010 Mondays 10am to 1pm	Shirley Young  01268 524973 – ext 204  <a href="mailto:Shirley@stlukeshospice.com">Shirley@stlukeshospice.com</a>

## Brentwood

Group	Organisation	Venue	Date/Time	Contact
<p><b>Family Support Group</b> For family members and carers of those whose loved ones attend the memory service. 1<sup>st</sup> hour educational speaker, 2<sup>nd</sup> hour help and support.</p>	South Essex Partnership University NHS Foundation Trust	Brentwood Resource Centre Highwood Hospital Geary Drive Brentwood CM15 9DY	1 <sup>st</sup> Tuesday of the month	Elaine Driscoll <a href="mailto:Elaine.Driscoll@sept.nhs.uk">Elaine.Driscoll@sept.nhs.uk</a> 01268 739116
<p><b>Social and Activity Group-</b> For clients and carers of the memory service to get involved with different social activities with each other eg. Baking, woodcraft, board games</p>	South Essex Partnership University NHS Foundation Trust	Maple Day Unit Brentwood Resource Centre Highwood Hospital Geary Drive Brentwood CM15 9DY	2 <sup>nd</sup> Tuesday of every month. 3-5pm	Elaine Driscoll <a href="mailto:Elaine.Driscoll@sept.nhs.uk">Elaine.Driscoll@sept.nhs.uk</a> Memory Service 01268 739116
<p><b>Artichoke Lunch Group</b> For clients and carers of the memory service/Alzheimer's Society to support and socialise with each other.</p>	South Essex Partnership University NHS Foundation Trust	Brentwood Resource Centre Highwood Hospital Geary Drive Brentwood	3 <sup>rd</sup> Tuesday of every month. 12-2pm	<a href="mailto:Elaine.Driscoll@sept.nhs.uk">Elaine.Driscoll@sept.nhs.uk</a> Memory Service 01268 739116

Representatives from the Memory Service and Alzheimer's Society attend		CM15 9DY		
<b>Carers Drop In</b> Offering emotional support, advice and advocacy to family carers	Action for Family Carers	Brentwood Library New Road Brentwood CM14 4BP	3 <sup>rd</sup> Monday of every month 12 -2pm	<a href="mailto:tony.hannington@affc.org.uk">tony.hannington@affc.org.uk</a>
<b>Carer's drop-in</b> Offering emotional support, advice, information and advocacy to family carers	Action for Family Carers	Brentwood Community Hospital Crescent Drive Brentwood CM15 8DR	Second Monday of each month 11am – 1pm	<a href="mailto:tony.hannington@affc.org.uk">tony.hannington@affc.org.uk</a>
<b>Carers Support Group</b>	Action for Family Carers	Knights Way Community Centre Brentwood	Starting Monday 27 <sup>th</sup> September 2010 2pm to 4pm	<a href="mailto:tony.hannington@affc.org.uk">tony.hannington@affc.org.uk</a>
<b>Shenfield Asperger Group</b>				Pat Smith - 07761 371315 <a href="mailto:pascotton.smith@dsl.pipex.com">pascotton.smith@dsl.pipex.com</a>
<b>SNAP ( Special needs and parents )</b> Helps Essex families who have children aged 0-25 years with special needs and disabilities. Our aims are to inform, encourage and support parents, so that they can grow in strength and knowledge and become better equipped to give the best possible help to their children. We do this by providing various services the details of which are given on this website	SNAP	The SNAP Centre Pastoral Way Warley Brentwood Essex CM14 5WF		Open 8.30am to 5pm. Telephone: 01277 211300 <a href="http://www.snapcharity.org">www.snapcharity.org</a>
<b>Parkinsons</b> To support people with Parkinsons and their carers.	Parkinsons UK	Marillac Nursing Home Eagle Way Great Warley Brentwood Essex CM13 3BL	First Tuesday of month 2.30-4.00	Brian Shearmur 01277 222425

<b>Carers' Support Group</b>	SEPT	The Old House, 5 Shenfield Road, Brentwood	9.30 to 11.00 am.	Helen Cruickshank 01277 265300 <a href="mailto:Helen.Cruickshank@sept.nhs.uk">Helen.Cruickshank@sept.nhs.uk</a>
<b>Carers Support Group</b>	Carers UK	St.Peter's Church Hall Claughton Way Hutton Brentwood	Group meets 1 <sup>st</sup> and 3 <sup>rd</sup> Monday of the month 1.30pm to 4pm	Kathy Button - Vice-Chair & Co-ordinator 01277-223843

### Billericay

<b>Parkinsons</b> To support people with Parkinsons and their carers.	Parkinsons UK	Christchurch Perry Street Billericay Essex CM12 0NX	Third Saturday of month 2.30-4.30	Diana Burton 01268 767053
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### Rayleigh

Group	Organisation	Venue	Date/Time	Contact
<b>Carers Support Group</b> Support & help for carers and family members with loved ones who suffer from a mental illness	South Essex Partnership University NHS Foundation Trust	Cooimbewood Mental Health Resource Centre, 1 Websters Way, Rayleigh Essex SS6 8JQ	Wednesdays – twice monthly at 1:30pm to 3pm	Deborah Coe, 01268 774850 <a href="mailto:Deborah.Coe@sept.nhs.uk">Deborah.Coe@sept.nhs.uk</a>
<b>Carers Support Group</b> for carers and family member with loved ones who suffer from a mental illness	South Essex Partnership University NHS Foundation Trust	Cooimbewood Mental Health Resource Centre, 1 Websters Way, Rayleigh Essex SS6 8JQ	Mondays – fortnightly at 2pm to 3:30pm  Carers Café on the first Friday of each month at 11am to 12:30pm Carers Oasis Social Club on the Second Monday of each month at 7pm to 8:30pm	Gina Biggs ( carer support worker) 01268 774850 <a href="mailto:Gina.biggs@sept.nhs.uk">Gina.biggs@sept.nhs.uk</a>
<b>Carers Café</b>	South Essex Partnership University NHS Foundation Trust	Cooimbewood 1 Websters Way Rayleigh SS6 8JQ (located at rear of Rayleigh Baptist church)	First Saturday of each month at 10:30 to 12pm	Gina Biggs <a href="mailto:Gina.biggs@sept.nhs.uk">Gina.biggs@sept.nhs.uk</a> 01268 774850

<b>Young Carer Support</b>	SCAFT - Supporting Carers and Families Together	Rayleigh and Rochford	Evenings and Saturday mornings	For more information please contact Marion 01268 741811

## Rochford

Group	Organisation	Venue	Date/Time	Contact
<b>Support for Carers</b>	SCAFT - Supporting Carers and Families Together	St Lukes, Dalys Road Rochford	first Saturday of the month 2pm - 4.00pm	For more information please contact Marion 01268 741811
<b>Young Carer Support</b>	SCAFT - Supporting Carers and Families Together	Rayleigh and Rochford	Evenings and Saturday mornings	For more information please contact Marion 01268 741811
<b>Support for Families with Children with Disabilities</b>	SCAFT - Supporting Carers and Families Together	Rochford and Castle Point	Once a month	For more information please contact Marion 01268 741811

## Thurrock

Group	Organisation	Venue	Date/Time	Contact
<b>Carers Support Group</b> for families/partners and friends of people who have a mental health illness	Groups via Thurrock Carers Centre	Thurrock Carers Centre	2 <sup>nd</sup> Thursday evenings of every month 7.30 – 9.30	Marie Budge <a href="mailto:MBudge@thurrock.gov.uk">MBudge@thurrock.gov.uk</a> 01375 413640
<b>Carers Support</b> Course for families/partners and friends of people who misuse drugs and alcohol	Group via Thurrock Carers Centre	Thurrock Carers Centre	Runs for eight weeks – 5.30 – 7.00 pm – Thursday evenings	Rachel Gosney <a href="mailto:Rgosney@thurrock.gov.uk">Rgosney@thurrock.gov.uk</a> 01375 413640
<b>Carers Support Group</b> for families/partners and friends of people who misuse drugs and alcohol	Groups via Thurrock Carers Centre	Thurrock Carers Centre	3rd Thursday evening of every month 7.30 – 9.30	Rachel Gosney <a href="mailto:RGosney@thurrock.gov.uk">RGosney@thurrock.gov.uk</a> 01375 413640
<b>Carers UK</b>	Thurrock Council	Carers Centre Cromwell Hall 127 -129 Cromwell Road	Every Tuesday 10am to 12noon	Carers Centre 01375 413640 <a href="mailto:CarersServices@thurrock.gov.uk">CarersServices@thurrock.gov.uk</a>

		Grays, Essex, RM17 5HQ		
<b>Alzheimers Support Network</b> – Social outings for Carers and the people they support	Alzheimer’s Society	The Ship – East Tilbury	First, second and third Monday of every month 12 noon – 2.00 pm	Nicole Kenlin 01375 413756
<b>Alzheimers Support Network Keep Fit Group</b> for younger people with dementia and their Carers	Alzheimer’s Society	Blackshots Leisure Centre, Grays Essex	Every Friday 11.30 – 1.30 - Keep fit and coffe	Nicole Kenlin 01375756
<b>Raising the awareness</b> of living with people who have dementia - provides support, advice and information to carers	Via Thurrock Carers Centre	Thurrock Carers Centre	Every two months – one session	01375 413640
<b>Art Therapy Group -</b> For all Carers	Via Thurrock Carers Centre	Thurrock Carers Centre	Every Friday morning 10–1.00 pm	01375 413640 CarersServices@thurrock.gov.uk
<b>Dug and Alcohol</b> Carers Support Course for families/partners and friends of people who misuse drugs and alcohol	Thurrock Carers Centre SEPT	Thurrock Carers Centre	Eight weeks – 5.30 – 7.00 pm – Thursday evenings	Rachel Gosney <a href="mailto:Rgosney@thurrock.gov.uk">Rgosney@thurrock.gov.uk</a> 01375 413640
<b>Thurrock Young Carers</b> For young people aged between 8-18 years old, who help care for someone within their family home with either a disability, mental illness or addiction. We offer positive activities, 121 support, training and advice for the young people.	Carers of Barking & Dagenham	The Culver Centre and Riverside Youth & Development Centre	Monday evenings, Wednesday Evenings and Saturdays.	Donna May on 0208-590-6544, <a href="mailto:donna.may@carerscentre.or.uk">donna.may@carerscentre.or.uk</a>
<b>Parkinsons</b> To support people with Parkinsons and their carers.	Parkinsons UK	St John Ambulance HQ 97 London Road Grays RM17 5YB	First Thursday of month 10.30-12.00	George Lang 01375 370276

## Southend on Sea

Group	Organisation	Venue	Date/Time	Contact
<b>Carers group</b> Carers can meet, share their personal experiences of	SEPT	Queensway Resource Therapy Centre, Queensway House	First Wednesday of the month. 1.30pm to 3pm	Liz Thompson 01702 440600 <a href="mailto:Liz.Thompson@sept.nhs.uk">Liz.Thompson@sept.nhs.uk</a>

caring for someone, and receive information on resources and events that could be of interest to them		Taylor Centre, Essex Street Southend, SS2 5TB		Please call in advance to book your place within this session
<b>Carers Relaxation Group</b> Learn hand practice relaxation techniques	SEPT	Queensway Resource Therapy Centre, Queensway House Taylor Centre, Essex Street Southend, SS2 5TB	1 <sup>st</sup> Monday of each month 1.30-2.30pm	Liz Thompson 01702 440600 <a href="mailto:Liz.Thompson@sept.nhs.uk">Liz.Thompson@sept.nhs.uk</a> Please call in advance to book your place within this session
<b>Supporting Carer's Course</b> Educational self-help group can help with emotional problems	SEPT	Queensway Resource Therapy Centre, Queensway House Taylor Centre, Essex Street Southend, SS2 5TB	Time and date to be confirmed 8 week course.	Liz Thompson 01702 440600 <a href="mailto:Liz.Thompson@sept.nhs.uk">Liz.Thompson@sept.nhs.uk</a> Please call in advance to book your place within this session
<b>Carers Online</b> Learn how to use the internet and pursue personal interests and access support from the online community	Queensway Resource Therapy Centre	Queensway Resource Therapy Centre, Queensway House Taylor Centre, Essex Street Southend SS2 5TB	Group meets first Monday of the month at 13:30 to 14:30	Steve Merrifield 01702 440600 Call Steve to register your place or further information
<b>Carers Café The Salvation Army Tea Rooms</b> Support, information, Hadleigh activities and relaxation in our lovely Tea Rooms overlooking the castle and estuary.	The Salvation Army	The Hadleigh Training Centre, Castle Lane, Hadleigh, Essex , SS7 2AP	Friday afternoon 1.30- 3.30 pm	Jackie Camacho Carers Support and Development Co-ordinator <a href="mailto:jacqueline.camacho@salvationarmy.org.uk">jacqueline.camacho@salvationarmy.org.uk</a> 01268 426260
<b>Trinity</b> All carers welcome to weekly drop in and support group.  You can even bring along another person	Southend Carers Forum	Trinity Methodist Church and Family Centre Corner of Argyll & London Road Westcliffe on Sea Essex	Wednesday weekly club	Just come along and enjoy a warm welcome, bite to eat, fun and games, relaxation and great company.

<b>Dementia &amp; Alzheimers</b> To support carers of people with Alzheimer's & Dementia	Southend Carers Forum	Naval and Military Club 20 Royal Terrace, Southend, Essex	On the 4 <sup>th</sup> Monday of each Month – 11am to 2pm with a luncheon served at 12:30.	Just come along and enjoy a warm welcome, bite to eat, fun and games, relaxation and great company.
<b>COOL Club 8 – 12 years Caring Over Our Lives</b>	Connexions	Connexions Children and Learning Department Southend on Sea Borough Council	Building being refurbished currently – dates and times to be confirmed	Brenda Lewis <a href="mailto:BrendaLewis@southend.gov.uk">BrendaLewis@southend.gov.uk</a> 07789 943 430 01702 293 780
<b>CHIL 13 – 18years</b>	Connexions	Connexions	Building being	Brenda Lewis

<b>Carers Have Individuals Lives</b>		Children and Learning Department Southend on Sea Borough Council	refurbished currently – dates and times to be confirmed	<a href="mailto:BrendaLewis@southend.gov.uk">BrendaLewis@southend.gov.uk</a> 07789 943 430 01702 293 780
<b>The Lunch Club</b> Gives people with dementia and their carers an opportunity to regularly meet up and enjoy a meal and conversation together in a social environment supported by staff	Alzheimer's Society	The Castle Pub – Hadleigh	3 <sup>rd</sup> Wednesday of the month from 12:30 onwards	Southend and District Alzheimer's Society 01702 549319
<b>Dementia Café</b> Informal group provides a safe, supportive and social environment for people with dementia and their carers	Alzheimer's Society	St Peter Roman Catholic Church Eastwood Road North, Leigh on Sea SS9 4BX	First Tuesday of the month from 2pm till 4pm and then the 3 <sup>rd</sup> Thursday in the month at Shoebury Baptist Church Hall	Southend and District Alzheimer's Society 01702 549319
<b>Positive Caring Programme</b> Consists of 6 weekly meetings Opportunity to meet with professionals in a safe and secure environment. At each session a professional will give a talk on a relevant topic.	Alzheimer's Society	Peaceful Place Dalys Road Rochford	Every Monday from 2pm till 4 pm – please call for further details	Southend and District Alzheimer's Society 01702 549319

<b>PEER Support Group</b>	Alzheimer's Society	Dauids Church Hall Rayleigh Road Eastwood SS9 5PT	Second Thursday of the month 2:30 till 4.30pm And last Thursday of the month at the Shoebury Baptist Church Hall 1pm till 3pm	Southend and District Alzheimer's Society 01702 549319
<b>The Social Evenings</b> They offer musical entertainment and talks on a variety of subjects. In addition some one is available to listen and discuss individual concerns in private	Alzheimer's Society	The Hardlands Centre Southend	Last Thursday evening in the month for 7.30pm onwards	Southend and District Alzheimer's Society 01702 549319
<b>Southend Carers Support Group</b>	Southend Carers Forum	Southend Carers Forum SAVS Centre	Second Thursday of every month.	contact: 01702 393933

Places for buffet lunch must be reserved in advance		29/31 Alexandra Street Southend-on-Sea Essex SS1 1BW	10:00am to 1:00pm Buffet Lunch provided	<a href="mailto:info@southendcarers.co.uk">info@southendcarers.co.uk</a>
<b>Westcliff Carers Support Group</b> All carers welcome to weekly drop in and support group. You can even bring along another person Places for lunch must be reserved in advance	Southend Carers Forum	Trinity Methodist Church and Family Centre Corner of Argyll and London Road Westcliff-on-Sea, SS0 7HL Essex	Every Wednesday 12:00 noon to 4:00pm Lunch provided	contact: 01702 393933 <a href="mailto:info@southendcarers.co.uk">info@southendcarers.co.uk</a>
<b>Leigh Carers Support Group</b> All carers welcome to weekly drop in and support group. You can even bring along another person Places for lunch must be reserved in advance	Southend Carers Forum	St Michael's Church, 62 Leigh Road, Leigh-on-Sea Essex SS0 1LF	Fourth Thursday of every month 11:00am to 12:30pm Lunch provided by SPDNS	contact: SPDNS – 01702 431300
<b>Shoeburyness Carers Support Group</b> Places for lunch must be reserved in advance	Southend Carers Forum	The Salvation Army Hall Frobisher Way Shoeburyness, Southend-on-Sea SS3 8UT	Second Monday of every month 11:00am to 2:00pm Lunch serviced at 12:15 pm	contact: 01702 393933 <a href="mailto:info@southendcarers.co.uk">info@southendcarers.co.uk</a>
<b>Southend Dementia and Alzheimer's Support Group</b> Just come along and enjoy a warm welcome, bite to eat, fun and games, relaxation and great company. Places for lunch must be reserved in advance	Southend Carers Forum	The Naval and Military Club 20 Royal Terrace Southend-on-Sea Essex SS1 1DU	Fourth Monday of every Month – 11am to 2pm with a luncheon served at 12:30.	01702 393933 <a href="mailto:info@southendcarers.co.uk">info@southendcarers.co.uk</a>
<b>Beyond Caring Support Group Special Support Group for former Carers</b> If you are a former Carer – and have spent many years caring and now feel socially isolated – this is the support group for you. Places for buffet lunch must be	Southend Carers Forum	Southend Carers Forum SAVS Centre 29/31 Alexandra Street Southend-on-Sea Essex SS1 1BW	First Tuesday of every month. 10:00am to 12:00 noon – when a buffet lunch is served	01702 393933 <a href="mailto:info@southendcarers.co.uk">info@southendcarers.co.uk</a>

reserved in advance				
<b>Advocacy and Counselling for Carers</b>	Southend Carers Forum	Southend Carers Forum SAVS Centre 29/31 Alexandra Street Southend-on-Sea Essex SS1 1BW	Contact us between 9:30am and 2:30pm - weekdays	01702 393933 <a href="mailto:info@southendcarers.co.uk">info@southendcarers.co.uk</a>
<b>Parkinsons</b> To support people with Parkinsons and their carers.	Parkinsons UK	Crowstone Christian Centre (St Georges) Crowstone Road Westcliff on Sea	First Thursday of month 2.00-4.00	Joyce May 01702 339088
<b>Families and Carers Substances Misuse Support</b> Drop in sessions are available to those who care about someone affected by substance misuse. The drop in can provide advice and information, support from others with similar experiences and access to counselling and one to one support.	Families and Carers Support	CRI Gateway 13 Clarence Road Southend Essex	Drop in Thursday evenings 5.30 to 7.30pm	01702 437520

## Essex

<b>Crossroads – Caring for Carers</b> Crossroads is an organisation dedicated to helping carers. Brentwood & District Crossroads is a member of the national Crossroads Association and has been providing services for carers for over 20 years.	Crossroads	Crossroads Care Brentwood Basildon & Districts 2nd Floor 51 Tallon Road Hutton Essex CM13 1TG	Crossroads covers: Brentwood, Billericay, Pitsea , Basildon and Wickford.	Crossroads believe that carers should be entitled to practical support to reduce the stress of caring, giving them time to themselves. Their aim is to relieve stress in families or persons responsible for the care of sick or disabled people by giving them a few hours to themselves when they need it most.  Tel/Fax No. 01277 201789 <a href="mailto:brentwood.district@crossroads.org.uk">brentwood.district@crossroads.org.uk</a> <a href="http://www.brentwoodcrossroads.org.uk">www.brentwoodcrossroads.org.uk</a>
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<b>Families in Focus</b>	Infocus – Essex	Families InFocus (Essex)	Call or Email family	Tel: 01245 353575
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Families InFocus is an independent parent led registered charity providing a range of services for families of children and young people aged 9-19 with disabilities and special needs. Families InFocus aims to give caring, practical and confidential support whilst empowering families to make the best use of available services.		Lancaster House 140 Mildmay Road Chelmsford CM2 0EB	support advisers	<a href="mailto:familiesinfocus@btconnect.com">familiesinfocus@btconnect.com</a>
<b>Essex Carers Support</b> Essex Carers Support is a charity whose committee is made up of carers and has years of experience in helping and advising carers. They provide advocacy support and assist with benefit applications and appeals. They can also arrange and facilitate short term respite breaks.	Essex Carers Support	Essex Carers Support Imperial House Rosemary Road Clacton-on-Sea Essex CO15 1NZ	For more information call Essex Carers Support	Tel: 01255 474410
<b>Mencap Older Carers</b> Support project				Jean Ball Mobile: 07810 158287
<b>Parents support group/BSL</b> sign practise. For parents or Carers of Deaf children	Royal Association for Deaf people	18 Westside Centre London Rd Colchester Essex CO3 3PR	Third Thursday each month 11.30 parent group 12.30 Sign practise	Shelley Henderson 0845 688 2525 <a href="mailto:Shelley.Henderson@royaldeaf.org.uk">Shelley.Henderson@royaldeaf.org.uk</a>

**If you would like to add a carers group to this list please contact Stephen Rabbitts on 01277 265353/4 or e mail at [stephen.rabbitts@sept.nhs.uk](mailto:stephen.rabbitts@sept.nhs.uk)**