

FEELING GOOD, CARING WELL project

*Supporting the emotional and physical wellbeing of
Carers across Essex*



**Action for
Family Carers**
Supporting Carers Across Essex

**The following information has been put together
by Action for Family Carers, a group that supports families across Essex.**

**There are a whole series of free events and help on-line and especially during Carers
Week 8th – 12th June, the charity is encouraging family carers to take time out to care
for themselves.**

From one of our Carers: *“The therapists have been a godsend .I have done some relaxation
and also learned more strategies on living well ...looking after myself and keeping mentally
well.*

*It is my mental health that has suffered most and just knowing I can join a meeting or speak
with someone in the team is a lifesaver. .I can honestly say this is the best help I have ever
been offered, AFFC work so hard and I am so very grateful for all they've offered..”*

TELEPHONE SUPPORT - Monday – Friday (9.00 – 4.30)

Speak to one of their experts, one-to-one

<https://www.eventbrite.co.uk/e/family-carer-expert-help-via-phone-tickets-101634312966>

ONLINE SESSIONS

[Online sessions are offered via 'Zoom', with full support if needed]

ALTERNATE TUESDAYS: Wellbeing Check-in - 2pm

<https://www.eventbrite.co.uk/e/stress-busting-for-carers-online-event-tickets-102684237318>

WEDNESDAYS: Learn to Meditate - 2pm

<https://www.eventbrite.co.uk/e/learn-to-meditate-free-for-family-carers-tickets-105940109720>

THURSDAYS: Live Your Life – 10 am

<https://www.eventbrite.co.uk/e/online-live-your-life-free-for-family-carers-tickets-101632942868>

FRIDAYS: Learn to Meditate - 2pm

<https://www.eventbrite.co.uk/e/learn-to-meditate-free-for-family-carers-tickets-105940109720>

VIDEOS:

- Belly Breathing for relaxation
- EFT: a cognitive behaviour technique for stress relief and well being
- Mindfulness for stress relief
- Pure relaxation

<https://affc.org.uk/news-events/news/carers-wellbeing-videos-available-now>

- Mindful Breathing
- How to Sleep Better
- How Food Affects Mood and more ...

www.affc.org.uk/feelinggood and select 'videos' from the menu

ESSEX BEFRIENDS – available across Essex (not Southend or Thurrock)

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

SUPPORT FROM OTHER COLLEAGUES / ORGANISATIONS:

Thurrock Carers Support (01375 659172) <http://www.thurrockcarers.org.uk/>

Carers First (0300 303 1555) <https://www.carersfirst.org.uk/essex>

Dementia Adventure

<https://dementiaadventure.co.uk/what-we-do/training-and-consultancy/free-events/>

Carers Stepping Out (usually a walking group for Carers in Essex, but they have lots of other activities on their website)

<https://carerssteppingout.co.uk/>

NHS Crisis Mental Health support – available 24 hours a day

[https://eput.nhs.uk/new-crisis-mental-health-phone-line-](https://eput.nhs.uk/new-crisis-mental-health-phone-line-launched/?utm_campaign=342358_Connect%20-%20Issue%2016&utm_medium=email&utm_source=NHS%20Mid%20Essex%20CCG&dm_i=57TK,7C5Y,2ZWO35,SFST,1)

[launched/?utm_campaign=342358_Connect%20-](https://eput.nhs.uk/new-crisis-mental-health-phone-line-launched/?utm_campaign=342358_Connect%20-%20Issue%2016&utm_medium=email&utm_source=NHS%20Mid%20Essex%20CCG&dm_i=57TK,7C5Y,2ZWO35,SFST,1)

[%20Issue%2016&utm_medium=email&utm_source=NHS%20Mid%20Essex%20CCG&dm_i=57TK,7C5Y,2ZWO35,SFST,1](https://eput.nhs.uk/new-crisis-mental-health-phone-line-launched/?utm_campaign=342358_Connect%20-%20Issue%2016&utm_medium=email&utm_source=NHS%20Mid%20Essex%20CCG&dm_i=57TK,7C5Y,2ZWO35,SFST,1)

To view our **interactive Event/Support MAP:**

www.affc.org.uk/feelinggood

TO BOOK / ANY ENQUIRIES:

Email us: care@affc.org.uk

Call us: 0300 770 80 90

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