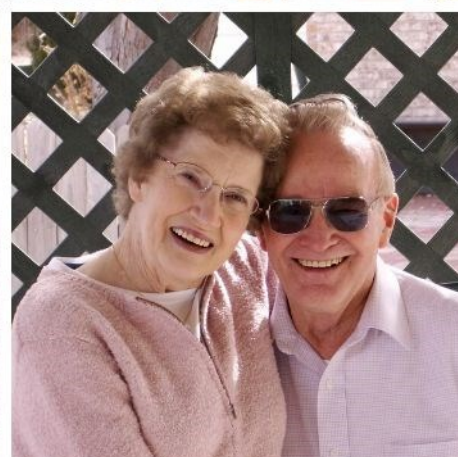
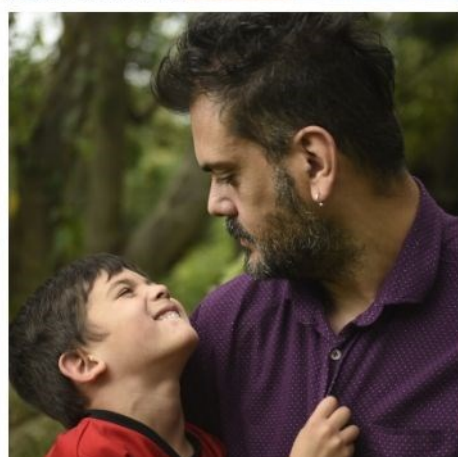
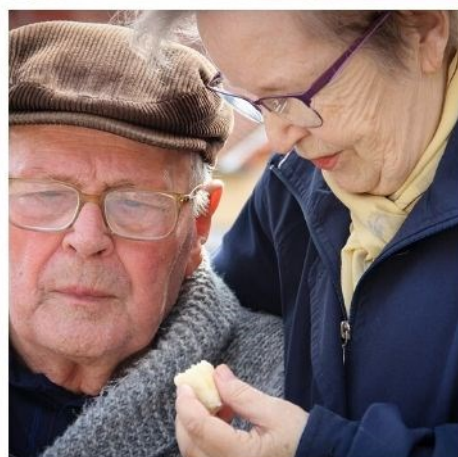


Thurrock Carers Service



Information Booklet



Who are Thurrock Carers Service and what do we do?

Thurrock Carers Service supports unpaid carers who live in Thurrock.

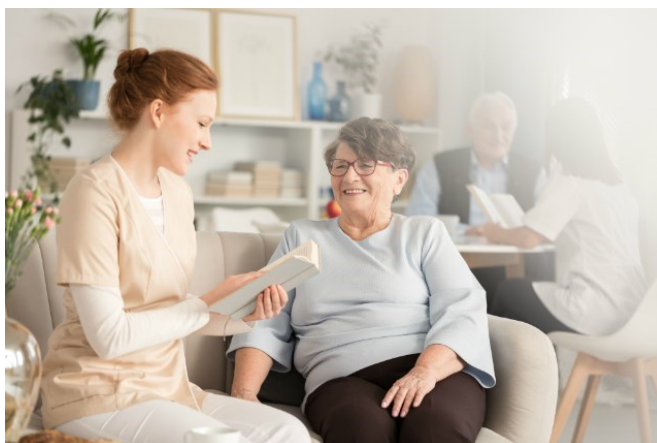
A carer is someone who is regularly looking after someone because they are elderly, disabled or have a long term health condition. This is usually a family member but can also be a friend or a neighbour. You don't have to live in the same household to be a carer.

Caring doesn't discriminate carers come from all different ethnic and religious backgrounds and are all ages and can be any gender.



Many carers also have their own health issues and it is important to look after yourself as well as the person you care for. Caring can be tough and many carers struggle to cope with everyday life.

We can help your situation by offering you support, advice and information, we can also refer you to other organisations that may be of help to you.



We assist carers by informing you of local services that may benefit you and we also help carers to access services such as:

- Employment support
- Volunteering support
- Carers support groups
- Carers benefits
- Welfare forms
- Counselling
- Lasting power of Attorney
- Carers assessments
- Social care assessments
- Access to social activities
- Respite
- Outreach
- Medical resource information
- Information on direct payments

How are we supporting you during the Covid-19 pandemic?

“When the lock down first happened, I was concerned, worried about how we can still support all our carers, but when the initial panic subsides, the support we offer is no different, we just can't do the face to face interaction we were all used to.

Well-being calls were the first thing we put in place, some daily, some bi weekly, and others weekly, checking, referring to other support networks needed, setting up shopping collection, prescriptions, you name it we try and help with it if we can.

The next step was the support groups. We started the zoom carers group every Thursday, which started slowly, but now we have a good response. We have a number of different support groups up and running via Zoom and we. We do quizzes, and have had entertainment, Andy sings swing was good enough to give up his time for us. Zoom isn't for everyone, but i think if you give it a go its not as hard as you may be imagining.”

Fleur Jones-Mannix,
Thurrock Carers Service Manager



“I was new to the Drug & Alcohol support group at the end of February. Without the continued support via zoom meetings and telephone calls during lockdown I would have struggled to cope. Without me as a lynchpin for my family I dread to think where we would be now. Thank you to Fleur and her team. You offer a very useful and critical service.

Vicki Almond

“Since Lockdown we have found our daily phone conversations, really good and helpful. Also the video meetings and the quizzes and music have helped us to lift our spirits in these difficult times. Good work Fleur and the team. Thank You”

Madeline and David Sparrow

“If anyone had told me three months ago that I would be playing virtual quiz games, having family WhatsApp group get togethers and joining in zoom meetings , I would have been the first to laugh. However these have become daily or weekly events now for me and a welcomed distraction from not only the madness of what's going on in the world but also the daily challenges I may face at home with my son. But I couldn't have managed all this without the support of family and friends and many of them are trying new technology themselves too so we're learning together. So don't sit at home thinking I can't do zoom meetings cos believe me if I can master the above so can you. So come on take the plunge and join your carer family on the next meeting, we would love to see you there.”

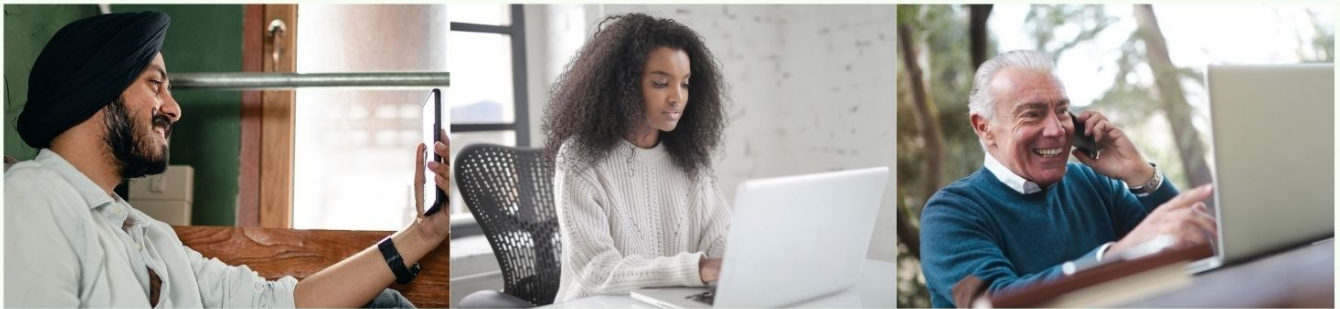
Mel

If you need support please remember you can always call us.

If you know any one who is caring for someone please let them know about our service.

Carers Online Support Groups

For unpaid carers of Thurrock residents.



We are now holding some of our support groups online via Zoom.
You can download Zoom from the app store .



Carers Support Group

Dementia Carers Support Group

Drug and Alcohol Carers Support Group

Mental Health Carers Support Group

**Carers of Children With
SEN Support Group**

Young Adult Carers Support Group



**If you are interested in joining the groups
please contact us and we will send you some more information.**

Are you in a mental health crisis?

If you are in a mental health crisis and need help
please dial NHS 111 and select option 2 for mental health.
Trained staff will provide appropriate support and advice 24 hours a day.

Carers WhatsApp Groups

We have a number of different WhatsApp groups for carers of Thurrock residents.



The groups are a safe space for you to chat with other carers in a similar position as you where you can support each other and share advice.

These groups are moderated by Thurrock Carers Service.

We currently have the following group chats:

Male Carers



Young Adult Carers



Dementia Carers



Mental Health Carers



Carers of People With Drug and Alcohol Addiction



Carers of Children With SEN

If you are interested in joining the groups please contact us and we will add you.

VOLUNTEER WITH US

**We are always on the look out
for new volunteers..**

As a volunteer
you can:

Improve your social skills.

Gain valuable work experience.

Make a contribution
to the local community.



Contact Us

01375 659 172

carers@tbmind.org.uk

Thurrock Carers Service

152 Bridge Road

Grays

Essex

RM17 6DB

Office Hours: 9.00am to 5.00pm, Monday to Friday

Follow us on social media:

Thurrock Carers Service

