

Carers
First

Carers First

Southend on Sea

Carers First

- Award winning charity, supporting carers for over 30 years
- Set up by carers, for carers
- Strong track record of working in co-production with carers to deliver high quality information, support and services
- Online, helpline and face to face across Lincolnshire, Essex, Southend, Medway, Waltham Forest, Haringey, Merton and Croydon.
- Work with Carers Trust, Carers UK and Carers Poverty Coalition



Our Mission & Support

Every carer's story is different, but Carers First are here to tailor support so that carers can live life to the fullest. We can support carers in one or more of the following areas:



Information, advice and guidance



Carer assessments and support planning



Peer support groups and community connections



Emergency planning and respite opportunities



Training and skills development



Financial and practical support



Online, helpline and face-to-face services



**Who is a carer
&
What do they do?**

‘A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.’

NHS England

What Does a Carer Do?





**Carers First
Southend-on-Sea**

Adult Carers Service - Estimated 15,000 carers

Adult carers:

- Statutory carers assessment – for those caring for someone over 18
- Peer support groups – 7+ groups a month available to carers
- 1-1 Support
- Information, Advice and Guidance
- Planning for an emergency
- Break opportunities to carers
- Wellbeing Focussed Grants



Young Carers Service – Over 400 known Young Carers

Young carers:

- Age adapted statutory young carers assessments
- 1-1 support
- School engagement and support
- Transitional support
- Afterschool clubs
- School holiday programme



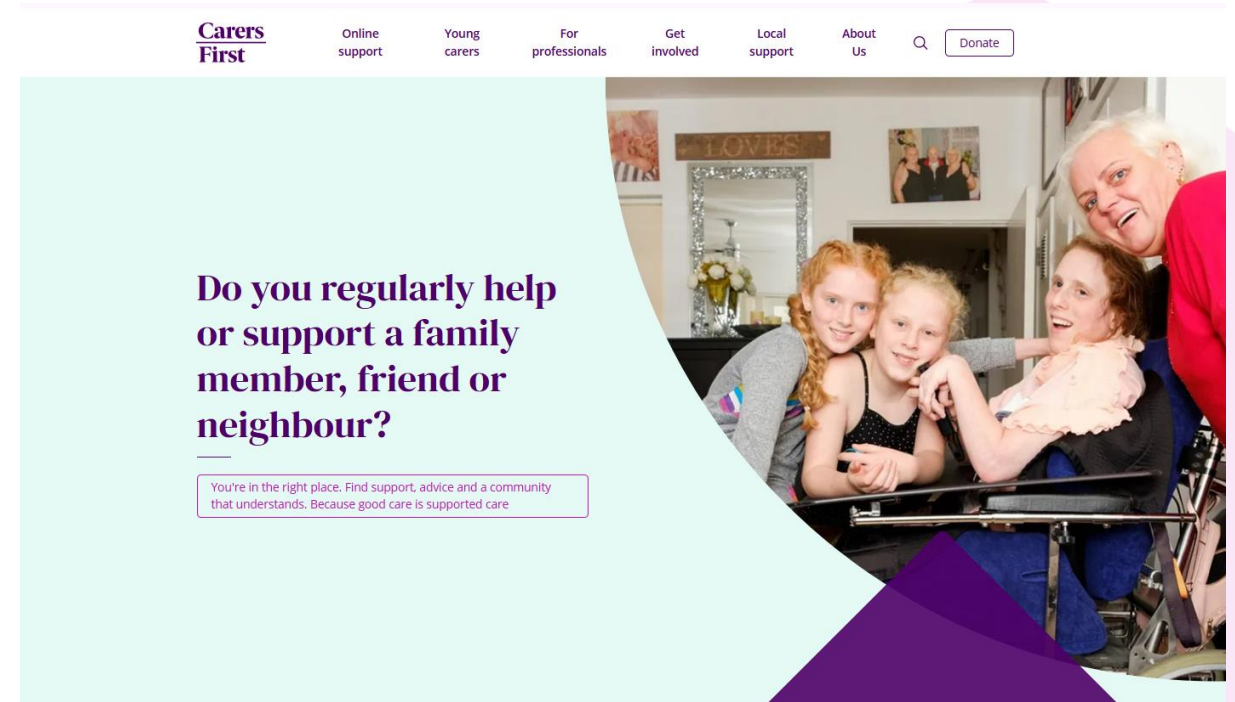


How to Register/Refer

Scan the QR code



Visit our Website



www.carersfirst.org.uk

Call 0300 303 155 for our
Helpline Team

Please share your feedback with us

SEND Information Day:
Information talk

<https://forms.office.com/e/BLwudD1FUb>

Scan the QR code to
provide your feedback.



Carers First

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