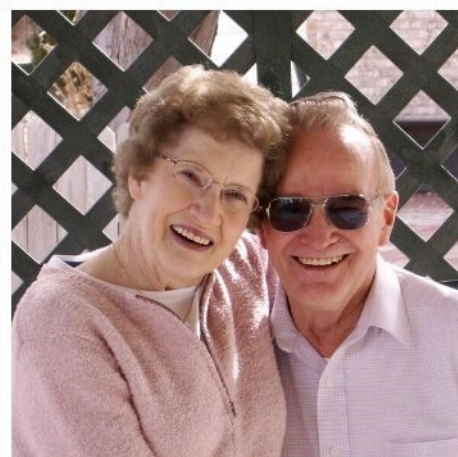
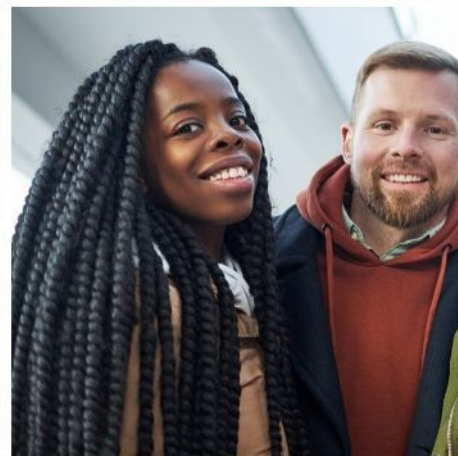
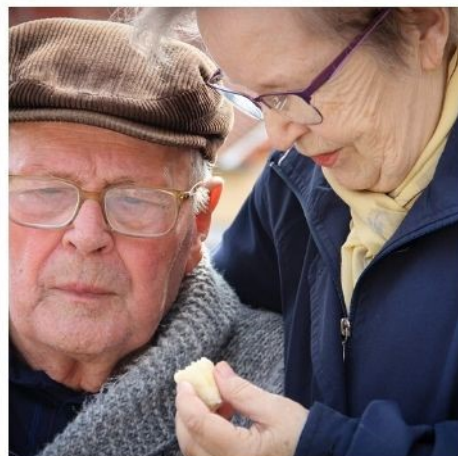


Thurrock Carers Service



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 cant 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. The drug & alcohol carers group happens every other Tuesday evening at 6.00pm, and The carers of children with SEN support every other Friday afternoon at 2pm. 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 in Thurrock

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



Carers Support Group
Every Thursday at 2pm

Carers of Children With SEN Support Group
Fortnightly on a Friday at 2pm

Drug and Alcohol Carers Support Group
Fortnightly on a Tuesday at 6pm

Mental Health Carers Support Group
Fortnightly on a Wednesday at 6.30pm

Dementia Carers Support Group
The First Monday of the month at 6pm



01375 659 172

carers@tbmindorg.uk

Outreach

Are you a carer? Or do you know someone who is?

Thurrock Carers Service currently provide an outreach service at the following places:

Chadwell Hub

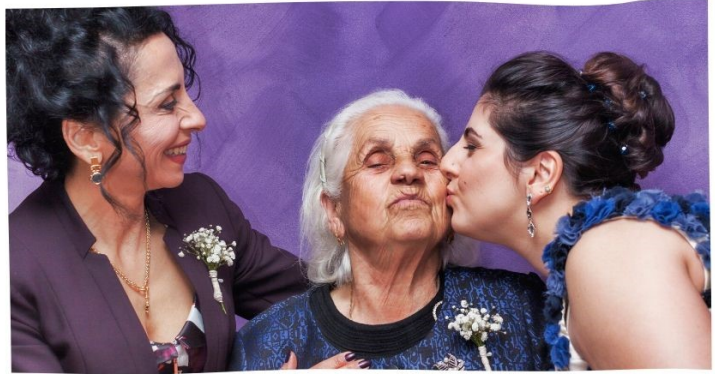
10-12

1st Monday of the month

Purfleet Hub

10-12

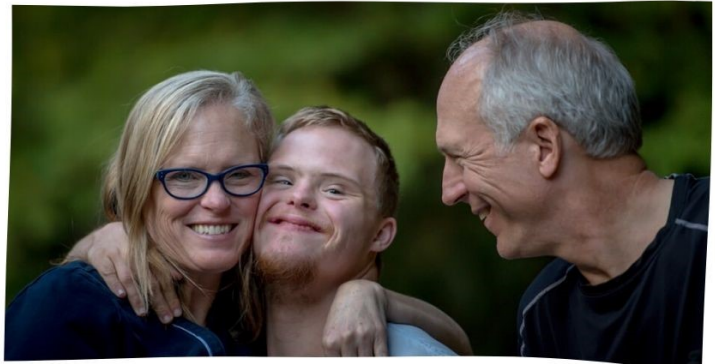
1st Thursday of the month



South Ockendon Hub

10-12

2nd Tuesday of the month



Tilbury Hub

10-12

3rd Wednesday of the month

Aveley Hub

2-4

3rd Thursday of the month

Orsett Hospital

10-4

Dates vary



01375 659 172

carers@tbmindorg.uk

Please Note: Our outreach service is currently postponed due to Covid-19



Art and Craft With Tina



Fortnightly on
Tuesdays at 2pm
via Zoom



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



Why Not Volunteer With Thurrock Carers Service



We are always on the look out for new volunteers.
As a volunteer you can gain valuable work experience,
improve your social skills and make a contribution to
the local community.

