



Brickhouse Farm
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Action for Family Carers continues to support Carers across Essex; the following information provides dates of activities which can be accessed on line and also some sessions which can be accessed at a time to suit the Carer. Any additional information can be accessed via the website www.affc.org.uk.

The **FEELING GOOD, CARING WELL** project

Supporting the emotional and physical wellbeing of Carers across Essex

NEW OUTDOOR SESSIONS: river – gardens – woodland – culture

Some social distance walks in our lovely county, join other Carers, our Wellbeing Specialist, Liz, and members of our Team:

South Woodham Ferrers: [River Crouch Walk](#),

WEDNESDAY 22nd July 10am

<https://www.eventbrite.co.uk/e/river-crouch-nature-walk-tickets-112073099658>

Chelmsford: [Hylands Park and Gardens](#)

WEDNESDAY 29th July 10am

<https://www.eventbrite.co.uk/e/chelmsford-hylands-nature-and-culture-walk-tickets-112075304252>

Leigh-on-Sea, [Belfairs Woodland Walk](#)

WEDNESDAY 5th August 10am

<https://www.eventbrite.co.uk/e/leigh-on-sea-belfairs-woods-walk-tickets-112077974238>

Braintree: [Cressing Temple](#),

WEDNESDAY 12th August 10am

<https://www.eventbrite.co.uk/e/braintree-cressing-temple-nature-walk-tickets-112078899004>

Free refreshments, a gift for Carers and a warm welcome to all.

TELEPHONE SUPPORT - Monday – Friday (9.00 – 4.30)

Speak to one of our 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]

EVERY **MONDAY**:

Learn to Meditate - 7pm

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

EVERY **TUESDAY**

Wellbeing Check-in - 2pm

<https://www.eventbrite.co.uk/e/wellbeing-check-in-tickets-109134877356>

EVERY **WEDNESDAY**

Learn to Meditate - 7pm

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

EVERY **THURSDAY**:

Relaxation with Liz – 10am

<https://www.eventbrite.co.uk/e/relaxation-with-liz-tickets-109136351766>

EVERY **FRIDAY**:

Stretch, Release, Relax- 2pm

<https://www.eventbrite.co.uk/e/stretch-release-relax-tickets-109144863224>

VIDEOS

Available on the website:

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

<https://affc.org.uk/services/adult-carers/feeling-good-caring-well> (and scroll down for videos)

FINALLY:

Living Positively with Dementia (for both Carers and Professionals)

FREE workshop / training, arranged by an Essex care home)

<https://www.eventbrite.co.uk/e/living-positively-with-dementia-tickets-111288085660>

A New Project

Supporting Carers into work

As of July 1st AFFC has embarked on a new project that will offer support to unpaid carers over the age of 50 who wish to take advantage of any opportunities available to them within the employment marketplace. This opportunity is also available to former carers who may feel this is the right time to revisit this pathway.

This project will support unpaid carers and former carers into work, education or training and address the barriers to employment and where necessary provide signposting which will allow participants to gain valuable employability skills.

By providing 1:1 personalised support it will build action plans and needs assessments custom made for each individual and focus on supporting specific goals. It will also support the emotional and practical needs that can also be a major barrier to employment.

