



Trust Links is a partner in the Southend Carers Hub, a consortium of local charities offering co-ordinated support to unpaid carers in Southend-on-Sea.

To register with Southend Carers Hub or to find out about other services available to carers in Southend:

Call 01702 393933 – Monday to Friday. 9am-5pm

Email info@southendcarers.co.uk

Text SOUTHENDCARER to 60777

Visit www.southendcarers.co.uk

Southend Carers Hub is managed by Southend Carers in partnership with Trust Links, SPDNS Nurse Care, Hamelin Trust, Citizens Advice Southend, South East and Central Essex Mind and Action for Family Carers



Carers Peer Support Groups 2017



Trust Links
Charity number: 1092324
Company number: 4351216

ANXIETY MANAGEMENT GROUP – *for carers & Trust Links members*

Venue: Growing Together Westcliff
Time: 10.00pm – 12.00pm
Dates: Monthly - 13th Sept, 11th Oct, 8th Nov, 13th Dec

CARE TO READ - *Book Club*

Venue: The Forum Library, Southend
Time: 1.30pm - 3.00pm
Dates: 1st Monday of every month

WALK & TALK - *Walking Group*

Time: 10.00am - 11.30am
Dates & Meeting: 3rd Wednesday of every month
16th Aug – Hadleigh Castle
Points: 20th Sept- Belfairs Wood & Nature Reserve
19th Oct – Southend Pier
15th Nov – Chalkwell to Leigh Seafront Walk
20th Dec – Belfairs Wood & Nature Reserve

ACTIVE CARERS EXERCISE GROUP - *Enjoy a fun chair based exercise group & friendly cuppa*

Venue: Clarence Road Baptist Church, Southend
Time: 1.00pm to 3.00pm
Dates: Every other Thursday

THERAPEUTIC DIGITAL ARTS COURSE

Starting each week with a relaxing walk around Chalkwell Park - no skills required

Venue: Metal Art School, Chalkwell Park
Dates: Every Monday
Time: 10.00am – 12.00pm

YOGA GROUP - *Relaxation and gentle stretching - no prior experience necessary*

Venue: Growing Together Westcliff
Dates: Every Tuesday
Time: 10.30am – 11.45am

OCD GROUP - *Suitable for people with OCD (obsessive- compulsive disorder) or those caring for someone with OCD*

Venue: Growing Together Westcliff
Dates: Monthly - 6th Sept, 4th Oct, 1st Nov, 6th Dec
Time: 10.00am – 12.00pm

CARERS DROP IN CAFE

Venue: Garon Cricket Pavilion, Garon Park, Southend
Dates: Every other Thursday
Time: 1.30pm to 3.30pm

MONTHLY CARERS GROUP - *For carers of those with mental health conditions*

Venue: Growing Together Westcliff
Dates: 1st Wednesday of every month
Time: 1.30pm – 3.00pm

For more information on these groups please contact Trust Links on: T: 01702 213134 E: support@trustlinks.org