

Do you look after someone?

If you are looking after someone who could not manage without you, register for support by calling the Essex Wellbeing Service at 0300 303 9988.



Scan for support



What we do

Carers First provides the adult carer support service for people living and caring for someone in Mid and South Essex, including Braintree, Maldon, Chelmsford, Brentwood, Basildon, Castlepoint and Rochford.

We offer:

- Specialist information, advice and guidance
- Carers Star assessments and support plans to support you in balancing your wellbeing and caring role
- Support for your emotional wellbeing
- Connections with other local people in similar situations to you through our activities and support groups
- Our Caring Confidently programme
- Online Facebook groups for peer-support

Stay in touch

We want to hear from you and share your stories.

Email us at:

hello@carersfirst.org.uk

Write to us:

Carers First
Unit 4, Michael Gill Building
Tolgate Lane, Strood
ME2 4TG

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