

Organisation/Contact/Target groups	Project Description	Years
Mid Essex		
Action For Family Carers (AFFC) https://affc.org.uk/make-a-referral/young-carer-referral/ Young Carers / Young Adult Carers	Enhanced delivery of young carers service by developing a personal development programme in schools to increase knowledge and skills and promote mental health and wellbeing. Also provide drop-in service for home-schooled young carers.	1
Heads 2 Minds liz@heads2minds.co.uk Young Adult Carers	Weekly activities and workshops aimed at young adult carers.	1
Essex YMCA becky.whitaker@ymcaessex.org.uk Young Carers	Providing a youth club for young carers.	2
Carers First lisa.saunders@carersfirst.org.uk Adult Carers	Providing wellbeing activities to carers living in rural areas.	3
The Mindful Life Group annabelmindfulaterlife@gmail.com Adult Carers	Online mindfulness exercises, peer discussion and carer specific psychoeducation.	1
Restitute Rebecca@restitute.org Adult Carers	Promoting and accessing support for people caring for victims of violent and sexual crimes.	3
Blossome kim.moore@blossome.support Adult Carers	Peer support group for carers supporting a loved one battling addiction.	2
Afro Brazilian Arts community@abacei.com Young Carers (Global Majority Groups)	Providing respite activities for young carers from ethnic minority groups.	1
Ace Music Therapy info@acemusictherapy.co.uk Young Carers / Young Adult Carers	Music projects and activities	2
Grant A Smile Joyce.obaseki@grantasmile.org.uk Adult Carers	Caring for Carers delivers targeted support through mental health activities, community-building and educational programs on life skills and wellness.	3
Little Baddow Parish Council clerk@littlebaddowpc.org.uk Adult Carers	Supporting local carers of those with dementia/Alzheimers via a fortnightly peer support group.	2
Broomfield Village Hall eventsandfunding@broomfielwldessex.co.uk Adult Carers	Supporting local carers via a peer support group.	1
Care 4 Carers Club barbara@care4carersclub.co.uk Adult Carers	Focussed on therapeutic and counselling services to working and older age unpaid carers.	1
Fundangles suehollingsworth@sky.com Adult Carers	Project supporting dementia carers and their loved ones aimed at working age and older carers.	3
NORTH EAST		
The Raenella Trust reanellatrust@outlook.com Young Adult Carers (Global Majority Groups)	Supporting young black carers by enhancing mental health through 1:1 and group support.	1
Colchester Mercury Theatre Forest.morgan@mercurytheatre.co.uk Young Carers / Adult Carers	Weekly drama workshops for young and adult carers. Workshops will cover both theatrical and transferable skill such as communication, confidence and teamwork. Both groups will create a piece than will then be performed.	2
Action For Family Carers (AFFC) https://affc.org.uk/make-a-referral/young-carer-referral/ Young Carers / Young Adult Carers	Enhanced delivery of young carers service by developing a 'Focus-on' programme increasing knowledge and skills and promoting mental health and wellbeing.	3
Restitute Rebecca@restitute.org Adult Carers	Promoting support for people caring for victims of violent and sexual crimes.	3
Ark family resource centre christie@thearkcentregroup.co.uk Parent Carers	Supporting unpaid carers with SEND children within the community by meeting weekly to build confidence and feel empowered.	3
Wellies On reception@wellieson.com Parent Carers	Bi-weekly gatherings, workshops, and therapeutic sessions at Wellies-On Care Farm for parent carers of children with SEND.	2
St Helena Hospice keen@sthelena.org.uk Adult Carers	A new, part time Carer Support Coordinator role to support the unpaid carers of people who are in their last phase of life.	1

Colchester United Edward.king@colchesterunited.net Young Carers	Providing a Young Carers Club to support young carers with a break within a safe, inclusive, and non-judgemental environment.	2
Tiptree Volunteers clarehowlett@sky.com Adult Carers	Supporting older and working age carers in the community by providing activities that offer respite and support from their caring role.	3
Changing Lives d.simmons@clcs.org.uk Young Carers	Supporting young carers through fun and engaging programmes which include a range of activities.	3
Blossome kim.moore@blossome.support Adult Carers	Peer support group for carers supporting a loved one battling addiction.	2
The Mindful Life Group annabelmindfulaterlife@gmail.com Adult Carers	Online mindfulness exercises, peer discussions and carer specific psychoeducation for older carers.	3
Headway Emma.mccullagh@headwayessex.org.uk Adult Carers	Tools and strategies to support the carer of someone with an acquired brain injury and help them maintain their wellbeing.	3
Tending Specialist Stroke Services Indira.allen@tendingstroke.org.uk Adult Carers	Supporting carers to enjoy their time away from caring duties and to be able to relax in a supportive environment.	2
Age Well East Martin.jones@agewelleast.org.uk Adult Carers	Carer Navigator to provide person-centred support and access to advice, information, specialist services and facilitate peer to peer networks.	2
SOUTH EAST		
Canvey Island Youth Project info@cyp-yellowdoor.org.uk Young Carers	Increased peer support opportunities/activities for young carers.	3
Headway Emma.mccullagh@headwayessex.org.uk Adult Carers	Tools and strategies to support the carer of someone with an acquired brain injury and help them maintain their wellbeing.	3
The Mindful Life Group annabelmindfulaterlife@gmail.com Adult Carers	Pocket size mindfulness guides for older carers.	3
Restitute Rebecca@restitute.org Adult Carers	Promoting support for people caring for victims of violent and sexual crimes.	3
Carers Choices paul@carerschoices.org All Age Carers	Cooking & general activity group for all age carers.	3
SOUTH WEST		
Dance Network Association info@dancenetworkassociation.org.uk Adult Carers	Dance and social peer support group for individuals with dementia and their caregivers.	3
SNAP info@snapcharity.org Parent Carers	Training courses to support parents/carers of school aged children who are on the path to or have just received a diagnosis.	2
Limbless Association deborah@limbless-association.org Adult Carers	Improving access to information, support, peer networking and development opportunities for carers of amputees.	2
The Peaceful Place ceo@peacefulplace.co.uk Adult Carers	Providing peer-led support groups for carers of people with dementia to access peer social networks, education about dementia, advice and support for health and financial issues.	2
Restitute Rebecca@restitute.org Adult Carers	Promoting support for people caring for victims of violent and sexual crimes.	3
Kool Carers Rachel Tungate rachel.tungate@koolcarers.co.uk Young Carers	Young carers peer support club.	3
The Grange School iblack@grange.essex.sch.uk Young Carers	Weekly after school club for young carers.	3
BP4P Basildon.parent4parent@outlook.com Parent Carers	Term time activities to connect parents with neurodivergent children with each other.	1
Families in Focus russell@fifessex.org.uk Parent Carers	Tools and peer support for parents caring for a child with SEND.	1
Grant A Smile joyce.obaseki@grantasmile.org.uk Adult Carers	Caring for Carers delivers targeted support through mental health activities, community-building and educational programs on life skills and wellness.	3

Carers Choice paul@carerschoices.org Young Carers	Support for Young Carers on a weekly basis via fun sessions, learning new skills and peer support from other young carers.	3
MyOTAS info@myotas.org Parent Carers	Family Support Worker to deliver a range of support to parent carers of neurodivergent children and young people.	3
The Next Chosen Generation thenextchosengenerationcic@gmail.com Young Carers (Global Majority Groups)	Supporting young carers through the delivery of training and workshops.	2
St Luke's Hospice sarahmarshall@stlukeshospice.co.uk Adult Carers	Expanded community offer through peer support groups and volunteer community champions	1
WEST		
St Clare Hospice iona.venus@stclarehospice.org.uk Adult Carers	Face to face support to mainly carers of people with dementia, including education workshops, practical advice, information and peer support.	3
Plant Pot & Wellies plantpotsandwellies@outlook.com Adult Carers	Providing a carers craft group with a range of activities and a carpentry group learning practical DIY skills.	2
Voluntary Action Epping Forest (VAEF) jsymes@vaeff.org.uk Adult Carers	Project providing benefits guidance to housebound carers ensuring access to support and resources.	1
Action For Family Carers (AFFC) https://affc.org.uk/make-a-referral/young-carer-referral/ Young Carers / Young Adult Carers	Enhanced delivery of young carers service by developing a 'Focus-on' programme increasing knowledge and skills and promoting mental health and wellbeing.	2
UCAN sue.game@ucan.org.uk lana.slade@ucan.org.uk Adult Carers	Project utilising virtual reality headsets to enable carers to participate in social, leisure and physical activities in the home setting.	1
Restitute Rebecca@restitute.org Adult Carers	Promoting support for people caring for victims of violent and sexual crimes.	3
Epping & Harlow Transport acanham@efcommunitytransport.org.uk All Age Carers	Community transport for carers.	3
BME Carers Support Service Ayfer.orhan@bmeccarers.org.uk Young Carers (Global Majority Groups)	THEMIS project provides workshops to gain peer support, practice and learn new skills. If you are a new carer, doing it for a while or do not think of yourself as a carer and what you do is just part of being a family member or friend then the THEMIS project wants to hear from you.	3
Enterprise East dani.saltmarsh@enterpriseeast.org Young Adult Carers / Parent Carers	Weekly sessions for young adult carers and parent carers across two groups: The Young Carers (a youth club for 11-25 years) and the SEN Sanctuary (specifically for parents of SEN individuals)	3
Matipo Arts Info@matipoarts.com Adult Carers	Providing wellbeing activities and sessions for working age and older carers.	2
The Loss Project Hello@thelossproject.com Young Carers/Young Adult Carers/Working Age Carers	RELEASE – a boxing programme tailored for carers in West Essex. Using boxing to help carers release stress, anxiety and improve physical, mental and emotional health amongst like minded peers.	1
Essex Carers Network Wendy@essexcarersnetwork.co.uk Parent Carers	Providing peer support for family carers of adults with learning disabilities to come together.	3
Buckhurst Hill Parish Council lcleverley@eppingforestdc.gov.uk Adult Carers	Providing community support for carers supporting loved ones with dementia.	1
Harlow Art Trust gallerly@harlowarttrust.org.uk All Age Carers	Making Space will provide art and nature wellbeing groups for unpaid carers in Harlow. The sessions will take place both where carers meet and new venues, including the Gibberd Gallery.	3
Rainbow Services Kelly@rainbowservices.org.uk Adult Carers	Project providing innovative ways of supporting, encouraging, empowering, and coaching family carers affected by dementia, to remain well in the caring role, through the support we can provide across Harlow.	2
Changing Lives (Harlow) b.doyle@changinglivescommunityservices.co.uk Young Carers	Targeting young carers to encourage increased access to mainstream local activities.	3
Grant a Smile Joyce.obaseki@grantasmile.org.uk Adult Carers	Caring for Carers delivers targeted support through mental health activities, community-building and educational programs on life skills and wellness.	3
Butterfly Effect Wellbeing Butterflyeffectwellbeing@yahoo.com Adult Carers	Social support peer group for carers supporting people with a mental health condition. Weekly sessions are run by those with lived experience.	3

This is a full list of projects, however for the sake of public promotion on the ECC website, we have removed Provide, Challenging MND and projects delivered in schools as they are either not currently delivering or not open to the public.