



**Are you ready to
shape the future
of carer support
in Essex?**

Are you an unpaid/informal carer in Essex?

Join us in developing a **groundbreaking mental health and wellbeing support programme** tailored specifically for unpaid/informal carers like you.

A three-month funded programme being led by Provide Community and Mid Essex Recovery College is starting soon – we need your insights and passion.

Join us today

For more information, or to take part in the programme please contact:



provide.midessexrc@nhs.net



0300 303 9954



Why get involved?

- **Full introduction**, project plan and development program facilitated by our warm and welcoming Recovery College team
- Support with **travel costs**
- **Food and beverages** when attending development sessions
- **Flexible approach** to involvement including options for online participation
- **Training courses** to support your input and participation
- **Certification** of your input on completion project – **plus an Amazon voucher as a gift of thanks!**
- Opportunities to **meet with other carers**, develop supportive live social networks - a range of future potentials



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Part of the

Provide
community

Commissioned by


Essex County Council