

# Carers First Essex

**Here are some of the ways the Community Action Projects funding helped a programme with Carers First - Essex**

“A trip to the WWII aerodrome & museum in Stow Maries, for 7 men in the Harlow/West Essex area, with an interest in WW2/planes. They all thoroughly enjoyed themselves and got to spend quality time together, away from their loved ones who they care for and support, for a few precious hours and a lovely long chat together over lunch. Well done to Maria, one of our Carer Support Advisors, for organising and for her tenacity in getting so many men to come along and join in the fun!

One of our "men's club brunches" - an opportunity to have some "man banter" and chat with other men in their area, in a similar caring situation as themselves. This one in Epping recently was so very much enjoyed by 5 men who attended and Lucia, the host, reports the men all opened up to each other and one in particular, who was going through a very challenging time, opened up and the others all came around him with support, empathy and advice. She said it was so incredibly moving.

Magazine subscriptions/vouchers in hobby or interest of choice, for those men that could not attend the WWII day, along with letters and phone calls to them; and to many other men registered as carers who do not tend to engage as much, to keep in touch with them and remind them of our service and events.”

