

Newsletter

22nd May 2026 Issue 30



Dear Parents and Carers,

You may recall that some weeks ago I mentioned the Essex Teaching Awards. Well, I'm delighted to announce that Passmores has been shortlisted for an award in the category of *Making a Difference*. This is a significant achievement, and we are very proud to have been nominated. To be recognised in this way means a great deal to us, as making a positive difference to the lives of our students is at the heart of everything we aspire to do each and every day.

The awards ceremony will take place on Wednesday 17th June, where we will find out if we have been recognised as winners or highly commended.

Our Year 9 and 10 students will once again be heading out into the world of work on Thursday 2nd July for a work shadowing day. Thank you to those of you who are able to support these placements. Having done this previously, we know what an impact time in a workplace can have for young people in helping them to understand not only the expectations of being in work but also helping them to make informed decisions about life beyond Passmores.

If you are able to offer a young person a placement, please contact Julie Kay (j.kay@passmoresacademy.com) or Tammy Bassett (t.bassett@passmoresacademy.com).

Finally, if you haven't already done so, don't forget to sign up for one of our Chit Chat Coffee and Cake sessions on Thursday 11th June. Please use the link [here](#) to register your interest.

Wishing you all a very happy half-term — the forecast is looking promising! We start the final term of the year on Monday 1st June, and I look forward to seeing you all refreshed and raring to go ready for the final 7 exciting weeks of this academic year!

Natalie Christie
Principal of Passmores Academy

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www.passmoresacademy.com

TOP PASSMORES POINTS ACHIEVERS

Friday 15th to Thursday 21st May 2026

Cotorobai, Vlad	Year 7	73
Morrison, Evelyn	Year 7	68
Sidorencu, Emma	Year 7	64
Mustafa, Maya	Year 7	62
Goodson, Ayla	Year 7	60
Dixon, Sam	Year 7	58
Mulligan, Riley	Year 7	58
Luca, Daria	Year 7	57
Lauderdale, Amelia	Year 7	56
Tutka, Alicia	Year 7	56

Perez-Dusza, Cherry	Year 10	38
Benge, Maddie	Year 10	36
Hills, Ronnie	Year 10	32
Gough, Max	Year 10	31
Gunter, Noah	Year 10	31
Norburn, Amber	Year 10	31
Potgieter, Demar	Year 10	31
Keen, Rein	Year 10	30
Copas, Joe	Year 10	28
Owen, Esme	Year 10	28

Bricknell, Oscar	Year 8	53
Wang, Ivan	Year 8	51
Root, Riley	Year 8	49
Mickevic, Nikas	Year 8	46
Taylor, Jazmyn	Year 8	43
Wheatley, Emily	Year 8	43
Kowkabzadeh, Cayden	Year 8	41
Wilcox, Luke	Year 8	41
Jenkins, Ava	Year 8	39
Spiewak, Filip	Year 8	39

Applegate, Ronnie	Year 11	15
Edwards, Melissa	Year 11	15
Martin, Lewis	Year 11	15
Thornton, Lily-Mai	Year 11	15
Guiver, Laney	Year 11	13
Guiver, Lilly	Year 11	13
Clemente, Brian	Year 11	10
Cracknell, Lily	Year 11	10
Foster, Rosie	Year 11	10
Franklin, Sophia	Year 11	9

Wright, Megan	Year 9	63
Hanks, Liara	Year 9	51
Ricketts, Rachel	Year 9	51
Crutchlow, Sam	Year 9	50
Yusuf, Zahra	Year 9	45
Gjoni, Leart	Year 9	44
McCormick, Rosie	Year 9	44
Toku Appleton, Ethan	Year 9	41
Hards, Isabella	Year 9	39
Man, Rosie	Year 9	38
Wing, Lacey-Mae	Year 9	38

Year Group Attendance w/c 18 th May 2026	
Year 7	88%
Year 8	85.58%
Year 9	87.06%
Year 10	85.34%
Year 11	75.7%
All Students	84.3%

Thought for the Week...

This week, students marked Knife Crime Awareness Week, taking time to reflect on personal safety, the impact of choices, and the importance of looking out for one another. While the UK remains a country where most people feel safe, knife crime continues to be a serious issue, particularly amongst young people, and it is important that students understand both the risks and the consequences associated with it.



Students explored the reality that knife crime destroys lives and impacts not only victims, but also families, friends and wider communities. Discussions focused on some of the reasons young people may feel pressured to carry knives, including fear, peer pressure, or the belief that carrying a weapon offers protection or respect. Importantly, students learned that carrying a knife actually increases danger rather than reducing it.

Discussions also reinforced the message that there are always alternatives and sources of support available, even when situations may feel difficult or unsafe. Students were encouraged to be active bystanders, to protect themselves and others by speaking up if they suspect someone may be involved in dangerous situations. Reporting concerns is not “snitching”; it is about keeping people safe and making responsible choices that protect our communities.

In the News



This week's *In the News* session was delivered through BBC Newsround, helping students stay informed about current affairs locally, nationally and globally. These sessions provide valuable opportunities for students to engage with the wider world, develop awareness of important issues, and discuss events shaping society today.

Encouraging students to follow the news also helps build critical thinking, communication skills and a broader understanding of the world around them, ensuring they remain informed and engaged citizens.

In Other News

A cohort of Year 9 students headed off early on Thursday morning for their exciting trip to France and Belgium. We are sure they are having a fantastic time and look forward to hearing all about their experiences when they return.

On Friday, we also celebrated with a well-earned non-uniform day for students who achieved five or fewer behaviour points this half-term. It was wonderful to recognise the many students who consistently demonstrate positive behaviour and uphold our school values on a daily basis. For students who narrowly missed out this time, there will be another opportunity next half-term, with the criteria changing to achieving a positive conduct score overall (positive points minus behaviour points) across the half-term.

Meanwhile, Year 11 students continue to impress with their focus, resilience and determination as they progress through the GCSE examination season. Their maturity and commitment throughout this demanding period has been commendable, and with the end now in sight, we hope they are able to enjoy some well-earned rest over the half-term break.

We would like to wish all students, staff and families a restful and enjoyable half-term holiday. We look forward to welcoming everyone back to school on Monday 1st June for the final term of this academic year—a term that is always packed with exciting events and opportunities, including end-of-year assessments, Mersea, Sports Day, Prom, and much more.



Weekly Winners

Skylar Thompson
Scarlett Staples
Willow Gunter
Oscar Taylor
Molly Pioch
Ava Rollinson
Drew Smith
Daria Luca
Mia Shraka
Eden Felstead

Half-Termly Winners

Year 7

Jamie Donovan
Sam Dixon

Year 8

George Euesden
Grayson Ford

Year 9

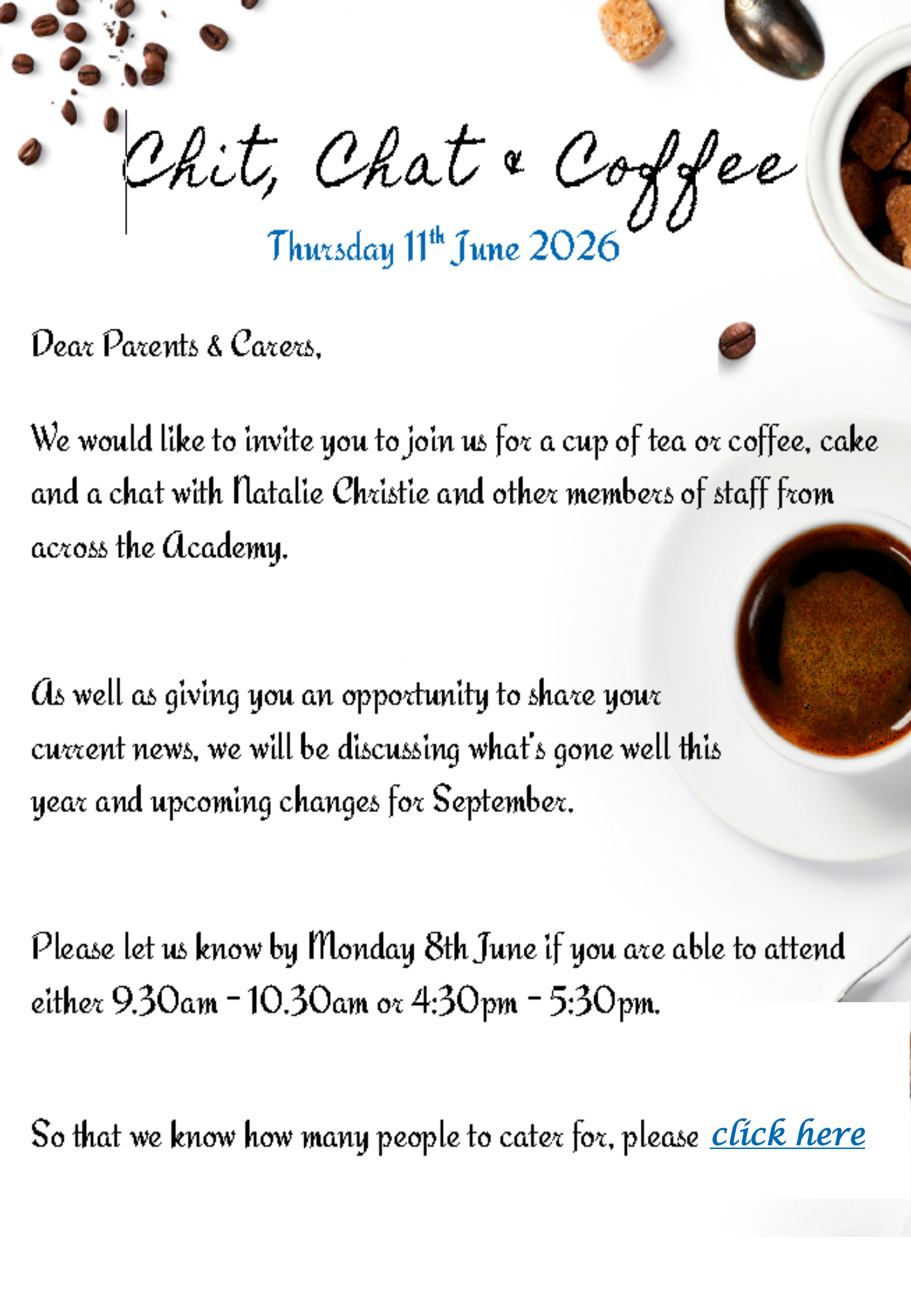
Faye Golding
David Postelnicu

Year 10

Maddie Benge
Dylan Piggott

Year 11

Elissa Morris
Dylan Theophil



Chit, Chat & Coffee

Thursday 11th June 2026

Dear Parents & Carers,

We would like to invite you to join us for a cup of tea or coffee, cake and a chat with Natalie Christie and other members of staff from across the Academy.

As well as giving you an opportunity to share your current news, we will be discussing what's gone well this year and upcoming changes for September.

Please let us know by Monday 8th June if you are able to attend either 9.30am - 10.30am or 4.30pm - 5.30pm.

So that we know how many people to cater for, please [click here](#)

SUBJECT/INFORMATION UPDATES

YEAR 11

MAY HALF TERM REVISION SESSIONS

<u>SUBJECT</u>	<u>TIME</u>	<u>ROOM</u>
TUESDAY 26 TH MAY 2026		
SCIENCE BIOLOGY PAPER 2	10AM - 12NOON	L001
SCIENCE CHEMISTRY	10AM - 12NOON	
WEDNESDAY 27 TH MAY 2026		
MATHS FOUNDATION	10AM - 11.30AM	G002
THURSDAY 28 TH MAY 2026		
ENGLISH LANGUAGE PAPER 2	10AM - 12NOON	U101 U104 U105 U107
FRIDAY 29 TH MAY 2026		
MATHS FOUNDATION	10AM - 12NOON	G002
MATHS HIGHER		G005

Summer Term 2026

After School Clubs

Department	Club	Day	Time	Room	Staffing
Art	KS4 Art and Design GCSE Club	Thursday	3:15 – 4:00	L105/104	GHS/VFX
English	Book Club	Thursday	3:15 – 4:00	English Dept	NVH and team
English	Creative Writing Club	Thursday	3:15 – 4:00	U107	EBG/EPE
English	Year 11 Homework Support	Tuesday A	1:45 – 2:15	English corridor	LKG
English	KS4 Drop-in support	Friday B	3:20 – 4:20	U103	LKG
French	French Homework Club	Wednesday	3:15 – 4:00	Y101	CFY
Geography	Geography Film Club	Thursday	3:20 – 4:15	U004	VNS
Music	Steel Pans - Student Group 1	Monday	3:30 – 4:30	L19	DBK/JDE
Music	Steel Pans - Student Group 2	Monday	4:30 – 5:30	L19	DBK/JDE
Music	Soul Band	Thursday	3:20 – 4:00	L19	DBR
Music	Piano Club & Music Technology	Thursday	3:20 – 4:00	L110	DBR
Music	Glee Vocal Club	Wednesday	3:20 – 4:00	L19	PTG
PE	Cricket	Monday - Break 1	10:55 – 11:20	Astro Turf	MGD
PE	Cricket	Monday - Break 2	11:20 – 11:45	Astro Turf	AMN
PE	Cricket	Tuesday - Break 1	10:55 – 11:20	Astro Turf	GCI
PE	Cricket	Tuesday - Break 2	11:20 – 11:45	Astro Turf	JWR
PE	Athletics	Tuesday	3.30 – 4:15	Sports Field	All Staff
PE	Cricket	Wednesday - Break 1	10:55 – 11:20	Astro Turf	RTR
PE	Cricket	Wednesday - Break 2	11:20 – 11:45	Astro Turf	JKG
PE	Tennis	Wednesday	3.30 – 4:15	Tennis Court	JWR/AMN
PE	Rounders	Wednesday	3.30 – 4:15	Sports Field	GCI/ARY
PE	Softball	Wednesday	3.30 – 4:15	Sports Field	MGD
PE	Cricket	Thursday - Break 1	10:55 – 11:20	Astro Turf	OWY
Science	Gardening Club	Wednesday	3:20 – 4:15	L006 / Science garden	SWT
Study Club	Study Club	Tues-Fri	3.15 – 4:15	G105/2	RKG
Youth Club	Youth Club	Tuesday	3.30 – 5:00	Heart Space	AOS

Cancer Research UK

Recently Cancer Research UK ran an event in Harlow and our very own Arthur Chatters signed up to compete.

A regular to Harlow Park Run, Arthur has been refining his form, pace and endurance on a weekly basis. All this hard work came to fruition when he came 1st on the 5K with a time of 21:57.

A massive congratulations to him and I am sure he will be sharing his tips and training plan with the staff who run park run to help them improve.



Young Economist of the year Competition (sponsored by KPMG)

For students in Years 10–13. Students can enter individually or in groups of up to 5.

- **Task:** Submit an essay, presentation, or video/audio answering one of five economics questions (e.g. GDP vs happiness, free trade, dynamic pricing, billionaires, or AI and growth).
- **Deadline:** 29 June 2026
- **What happens next:**
 - 5 shortlisted entries announced September 2026
 - Finalists present at KPMG offices in October 2026 (10-minute presentation + Q&A)
- **Purpose:** Encourage diverse students to engage with contemporary economic issues and share original ideas.



To find out more and apply, go to [Young Economist 2026 | Discover Economics](#)

Year 9 & 10 Work Shadowing Day, Thursday 2nd July

Work shadowing is a fantastic opportunity for students to gain a real insight into the world of work and to be given the chance to observe a job role which may be of specific interest for future career choices. Letters have gone out to year 9 and 10 parents/carers about this opportunity. Students will need to work with family or a close friend of the family. The deadline to find a placement is Friday 5th June 2026.

On the letters, there is a link to a google form, to be completed once the student knows where they are going. Any questions, please contact j.kay@passmoresacademy.com or t.bassett@passmoresacademy.com.

Are you aged 14+ and interested in a career in medicine or healthcare?

Premed Projects **Future Doctors Weekend** takes place on Sat 23rd and Sun 24th May 2026, delivered online from 12pm-2pm and is completely free. It will also result in gaining a certificate which can be added to a CV.

What students will gain:

- Real insight into **careers in medicine and surgery**
- Experience working through **clinical case studies**
- Understanding of **medical ethics and interview scenarios**
- Exposure to how doctors **think, diagnose and make decisions**
- A **signed certificate from doctors** (useful for applications & interviews)

Students can register here: www.premedprojects.co.uk/free



British Army Careers

Breaking down the Army Assessment

Tuesday 26 May 18:00 - 19:00

[Register Now](#)

Serving as LGBTQ+ In the British Army

Tuesday 9 June 18:00 - 19:00

[Register Now](#)

Joining the Army Series: Officer

Tuesday 23 June 18:00 - 19:00

[Register Now](#)

Joining the Army Series: Soldier

Wednesday 1 July 18:00 - 19:00

[Register Now](#)

Virtual Harrogate Open Day

Wednesday 8 July 18:00 - 19:00

[Register Now](#)

These sessions are a great opportunity to:

- Explore career pathways and apprenticeships
- Hear directly from serving soldiers
- Build confidence in making informed next steps



Don't wait
for autumn –
our Open Evenings
are summer-only!
Book now or
miss out.

—OPEN— EVENINGS

**For September 2027 entry
1st & 2nd July 2026, 4-9pm**



Attention year 10s
Scan here to book!



Year 11s welcome

Discover your future at
Long Road Sixth Form College!

Be Prepared. Be Inspired. Be Long

www.longroad.ac.uk


Ofsted
Good
Provider

ANY OTHER INFORMATION

KEY CONTACT INFORMATION

School Address

Passmores Academy, Tracys Road, Harlow, Essex, CM18 6JH

Main Telephone

01279 770800

passmores@passmoresacademy.com

Student Absence

Report via the app



Change of Contact Details

h.day@passmoresacademy.com

Student Services

pastudentservices@passmoresacademy.com

First Aid

pafirstaid@passmoresacademy.com

Extra-Curricular Clubs

h.day@passmoresacademy.com

Account / Trips

s.hodges@passmoresacademy.com

Homework

datateam@passmoresacademy.com

Free School Meals

pastudentservices@passmoresacademy.com

For a full list of staff contact details, click [here](#)

Reporting An Absence

If you need to report your child absent from school, please ensure you are following the correct procedure on Arbor.



If notifying us via the app:

- Click on the 3 lines (at the bottom left of the dashboard).
- Log Absence (green bar at the top)
- Complete the information and click 'Log Absence'

If notifying us from a web browser:

- Click on the 'Quick Actions' button
- Click 'Attendance'

FORTHCOMING EVENTS

Monday 25th – Friday 29th May	Half-Term
Monday 1st June – Friday 17th July	Summer Term 2
Wednesday 10 th June	Sports Presentation Evening
Friday 19 th June	District Sports
Friday 26 th June	Sports Day
Thursday 25 th June	Year 11 Prom
Tuesday 7 th , Wednesday 8 th , Thursday 9 th July	School Production of <i>Matilda Jr.</i>
Monday 13 th July	DRAGON Celebration Assembly
Tuesday 14 th July	GRIFFIN Celebration Assembly
Wednesday 15 th July	LION Celebration Assembly
Wednesday 15 th July	Principal's Challenge Trip; Year 6-8 Rounders, BBQ & Disco
Thursday 16 th July	UNICORN Celebration Assembly
Friday 17th July	End of Term Early Finish for Students

Your School Nursing Service

Someone you know and can trust...

Your School Nursing Service can work both in and out of School to help provide or find you support about:

Keeping Healthy

Immunisations

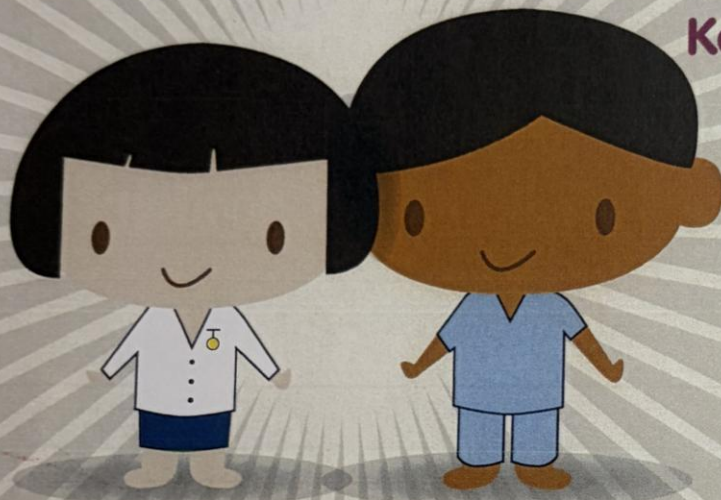
Emotional Health

Weight Management

Sexual Health

Drugs and Alcohol

Smoking



We can also help make sure that young people with disabilities, long term illness, or other needs can receive extra support when they need it. If we can't provide the help ourselves, we will connect you with someone who can.

Confidential

We provide a confidential service. This means that you can discuss personal information in confidence. We will not discuss your personal information with anyone else without your permission. This includes parents and teachers. We would only pass on your information in order to protect you or someone else from serious harm. Whenever possible we would discuss this with you first.

Qualified

School Nurses or Specialist Community Public Health Nurses are qualified nurses or midwives with specific graduate level education, and work with a team to support you.

Non Judgemental

We are here to help, not to judge.

When and Where can I Access my School Nursing Service?

Every Tuesday

10.55 – 11.45 am

In the A/C.



Always follow the

WATER SAFETY CODE

Whenever you are around water:



STOP AND THINK

Take time to assess your surroundings.

Look for the dangers and always research local signs and advice.



STAY TOGETHER

When around water always go with friends or family.

Swim at a lifeguarded venue.

In an emergency:



CALL 999

If you are at the coast, call 999 and ask for the Coastguard.

Don't enter the water to rescue.



FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.



Learn more about water safety.

Scan the QR code

ALWAYS FOLLOW THE WATER SAFETY CODE



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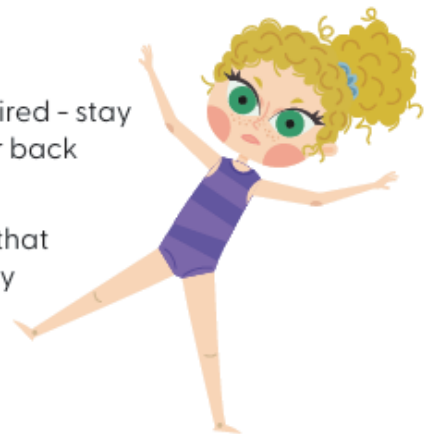
Don't enter the water to rescue.



FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.



ROYAL
LIFE SAVING
SOCIETY UK

Enjoy Water Safety | Free From Drowning



Learn more about water safety.

Scan the QR code

10 Top Tips for Parents and Educators

SAFETY ON THE ROAD

Traffic-related incidents are a significant risk for young pedestrians and cyclists, so understanding road safety is crucial for children's wellbeing. While all road users share responsibility for keeping one another safe, this guide offers strategies for empowering young people to navigate the roads confidently and responsibly.

1 TAKE PRACTICE JOURNEYS

Making 'practice' journeys with children is a great way to help them stay safe, thereby modelling responsible behaviours and having road safety conversations as they prepare to travel independently. Add hazard perception activities like spotting electric vehicles – which may have a green number plate – and point out how quiet they are. Children learn by watching others; remind them that their peers might not always be the best role models.

2 BE BRIGHT, BE SEEN

Visibility is lower during darker winter days, and drivers need to take extra care to look out for pedestrians. Wearing bright and reflective clothing can help make children more visible to drivers near roads. In poor daylight conditions, encourage children to wear light, bright or fluorescent clothing. When it's dark, wear reflective clothing or materials such as a reflective armband or jacket.

3 EYES UP

Encourage children to look up and keep their eyes on the road. Teach them to constantly watch for traffic and practise double-checking the road before crossing – looking right, left and then right again.

4 LIMIT DISTRACTIONS

Where possible, devices like phones should be kept away from children while out and about near roads. If they're carrying devices, these should be put away until they've reached their destination. Children must also avoid playing with toys or being distracted by friends. If a friend wants to show them something funny on their phone, there'll be time for that once they've safely arrived.

5 SLOW DOWN

Discuss the importance of waiting instead of crossing immediately. It can be tricky to judge the speed of traffic and spot obstacles that could cause a trip or a fall. For safety, children must stop and think before they get to the kerb and should always walk – not run – when crossing the road. They should avoid crossing until they're certain they have plenty of time. Even if traffic seems a long way off, it could still be approaching very quickly.

6 STOP BEFORE THE KERB

Teach children to stop before reaching the kerb – not right at the edge of it. Halting before they get to the kerb allows them to see if anything's coming, whereas getting too close to traffic is dangerous. If there's no pavement, children should stand back from the road's edge but ensure they can still see approaching traffic.

7 CROSS SAFELY

Children should always find a safe spot to cross the road, prioritising zebra crossings or pelican crossings, footbridges and subways. Find a place where they can see traffic coming from both directions. Avoid crossing near junctions, bends in the road, or obstacles that block their view, instead moving to somewhere they can see and be seen. Remind them to use their eyes and ears together when checking the road, as sometimes they can hear traffic before they can see it. Looking and listening while crossing helps them quickly spot traffic, including cyclists and motorcyclists driving between other vehicles.

8 PARKED VEHICLES

Crossing between parked vehicles is very dangerous. Teach children to use extra caution if crossing in this way, and, ideally, avoid it altogether. They should use the outside edge of a vehicle as if it were the kerb, waiting and checking for traffic before moving. They should ensure vehicles aren't about to move, by looking for drivers in the vehicles and listening for engines running – but remember that electric vehicles may move off silently. They should always make sure there is a gap between any parked vehicles on the other side, so they can reach the pavement.

9 REVERSING VEHICLES

Children must never cross behind a reversing vehicle – it's extremely dangerous. Remind them to look for white reversing lights and listen out for warning sounds. Can they hear the engine sound or a radio playing inside the vehicle?

10 WAIT FOR THE BUS TO LEAVE

When getting off a bus, children must wait for it to leave before crossing so they can have a clear view of the road in both directions. This also allows them to see and be seen by other road users. Crossing near large vehicles is particularly dangerous and should be avoided.

Meet Our Expert

THINK! is a year-round national campaign that aims to encourage safe road behaviours – whether we're driving, cycling, horse riding or walking – with the aim of reducing the number of people killed and injured on the UK's roads each year. Find out more at: <https://www.think.gov.uk/education-resources/>



#WakeUpWednesday®

The National College®

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7 JUNE
HARLOW
RUGBY CLUB**



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In partnership with
Harlow Rugby Club



stclarehospice.org.uk
Registered Charity No. 1063631





West Summer Term

The Essex SEND Local Offer Roadshow

Are you a parent or carer of a young person with special educational needs and disabilities (SEND) aged 0 to 25? Do you want to know what support is available in your area? Come along to one of our Essex SEND Local Offer Roadshows.

You can chat with teams from Education, Health and Social Care, as well as local support groups and activity providers.



The marketplace is free and there is no need to book. Children are welcome!



Drop in between 9:30am and 12:30pm



Wednesday 1 July 2026



Foakes Hall, 47 Stortford Road, Dunmow, Essex, CM6 1DG

Scan the QR Code for all the information, including dates and venues or visit the Essex Local Offer at:

<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>



In Partnership with





Essex County Council
Libraries

This is a digital poster, please do not print

Volunteer

for the
**Summer Reading
Challenge 2026!**

**Make
friends!**

**Boost
your CV!**

**Help
your local
community!**

Closing date 22 June



Apply online at libraries.essex.gov.uk

Open to age 14+

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★ EVERY WEDNESDAY EVENING ★

From now until September!

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QUIZ ONE WEEK – BINGO THE NEXT – ALTERNATING EVERY WEEK!



QUIZ NIGHT

TEST YOUR KNOWLEDGE
GREAT PRIZES TO BE WON!



BINGO NIGHT



EYES DOWN FOR FUN
GREAT PRIZES TO BE WON!

♥ RAISING MONEY FOR CHARITY ♥



CHOCOLATE RUN HARLOW

Supporting: Chocolate Run Harlow
helping homeless and vulnerably
housed people in Harlow.

AIDING HOMELESS PEOPLE
& THE VULNERABLY
HOUSED IN HARLOW

BECAUSE EVERYONE
DESERVES A CHANCE

OUR ANNUAL RIDE
**HARLOW
TO
CLACTON**

LONDON
TO
PARIS
2026

THE BIG CHALLENGE
**LONDON
TO
PARIS**



At The
POPLAR KITTEN

TAWNEYS ROAD, HARLOW, ESSEX, CM18 6PN



COME ALONG, HAVE FUN & HELP US MAKE A DIFFERENCE!

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SUPPORT GRAHAM & CHARLIE'S CHARITY RIDE

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Every donation helps us make a real difference.

DONATE
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Thank
you for
your
support!



Harlow Mixed Ability Rugby 2026 Training Schedule

All sessions are Saturdays 9am - 10:30am

**Inclusive
Rugby for
ages 6-24**

**All
Welcome**

**No booking
required**

- 23 May 2026
- Tilly's 10s
- TagFest 2026
- 4 July
- 18 July
- 1 August
- 15 August
- 29 August
- 12 September
- 26 September
- 10 October
- 24 October
- 7 November
- 21 November

Free

**For more information please contact
mixedability@harlowrugby.club**

Essex Fire Museum

Open Day

2026



26th and 31st Of May

10:30AM To 4:00PM

Fire Station, Hogg Lane, Grays
RM17 5QS



Book Now
Free Entry



Museum@essex-fire.gov.uk

CARERS VOICES

To find out more, call: 0300 500 1895

healthwatch
Essex

The Carers Voices Team have continued to extend our reach across Essex, working with ECC to help shape, influence and improve services for unpaid carers. We have continued to engage at every opportunity and have linked with carers, connecting with them at groups, fairs, hospitals, community events and on the high street. We have targeted Young Carers and those in hard-to-reach communities, the length and breadth of the county. Our impact has been considerable; we have reached over **6000** unpaid carers to-date.



Carers face many challenges including; Isolation, loneliness, difficulty finding employment and understanding what support is available and where to find it. Each carer finds themselves in a unique and dynamic situation, one that changes constantly and where templated support services don't often suit their needs. We have been able to engage with carers and offer advice and guidance to bridge the gap and enable and empower them to take control and build their own appropriate support.

Our next engagement events:

- Proactive Patient Health and Wellbeing Event, The Baptist Church, Pier Avenue, Clacton-on-Sea, CO15 1NJ Wednesday 20th May 10am-1pm
- Princess Alexandra Hospital, Hamstel Rd, Harlow, England, CM20 1QX Wednesday 20th May 10am-2pm
- Living Well with Dementia Chipping Hill, Halstead, CO9 2BY Friday 22nd May 10am-3pm
- Basildon University Hospital, Nethermayne, Basildon, Essex, SS16 5NL Wednesday 27th May 10 am -2pm
- Braintree Dog Day & Community Safety Day Weavers Park, Braintree Saturday 30th May 10am -2pm

Please do come along and see us at any of these events.

Let us know, what do you think of this Newsletter

Email: carersvoices@healthwatchessex.org.uk



“

“I miss being a person and doing things for me”.

”

“

“You are not alone on this journey; never think you can't ask for help.”

”

“

“I feel really disempowered as a carer especially in hospital when staff don't listen to me and I've vital information to share with them about mum.”

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“I recently went three nights without sleep looking after Dad, it's hard when you are a lone carer, there is no one to turn to”.

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“Communication needs improving between agencies and the carer – as mum's carer I shouldn't be excluded from important information that I need to know.”

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To find out more, call: 0300 500 1895

The Essex County Council, discharge from hospital booklet was co-produced with the Experts by Experience. With valuable feedback from carers and patients it provides comprehensive information on the hospital discharge process, one that many carers find challenging.

It includes details of what to expect when going into the hospital, what happens during the stay and the steps to prepare for discharge.

The booklet also covers the importance of discharge planning, involving patients and their families in the process, and the importance of a care and support system in place to ensure a smooth transition from hospital to home.

It is a valuable resource for anyone needing information on hospital discharge and support after leaving.



Carers Identified Themes

The Carers Voices Team constantly speak to Carers; several identified themes continue to arise in conversation, and a few are highlighted below:

Inconsistent GP services across Essex – Highlighting the inconsistencies in support, for example: opening hours, differences in extended hours or weekend services, which may not accommodate carers' schedules. Lack of awareness of carers' needs and pressures, i.e., the emotional and physical toll of being a carer. Frequent GP changes resulting in carers repeatedly explaining their situations.

Mental Health – The negative impact for both the carer and cared for. Lack of support for the carer when the cared-for has a range of mental health disorders.

Carers Rights – There is a lack of awareness due to several barriers: Information barriers, insufficient communication, complexity of systems, cultural or personal barriers

Lack of recognition of Carers – not recognising individuals as carers or involving them in decision-making about the cared-for person's health.

Experts by Experience:

We are currently polling the Experts by Experience Ambassador group to find out whether they would be interested in a regular forum, where they can meet, share ideas, learn from each other and from external speakers. The Carers Voices team is currently collating their responses to understand the varied preferences.

The Carers Voices Team always values the lived experience, and insight carers tell us about. Whether you are a carer or know of other carers who do not know about us, please do pass on our contact details and encourage them to get in touch with us.

The Carers Voices Team would also love the opportunity to visit your support group or meeting to listen to, and learn from, the lived experiences of unpaid carers. If you are part of a support group in any part of Essex, please let us know when and where you meet and we will be happy to come along. carersvoices@healthwatchessex.org.uk