

Welcome to Essex

An information pack for Homes for Ukraine sponsors in Essex.

Firstly, we want to say thank you for offering your home or property as a safe place for a Ukrainian person or family.

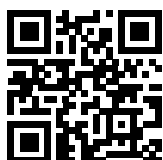
It is a reminder of the extraordinary generosity of local people. We are sure you will provide the safety and sanctuary that those arriving from Ukraine need at this time.

This pack has been created to support you in your role as a sponsor. It has a range of information for both you and the Ukrainian national you are hosting. Translated packs are available for your guests. We hope it will help you prepare for their arrival, make their transition as smooth as possible and support your whole household throughout the sponsorship.

For all of the latest information about the Homes for Ukraine scheme in Essex, visit: www.essex.gov.uk/information-for-sponsors-welcoming-a-ukrainian-person-or-family

We encourage you and your guest(s) to access any services you need.

Councillor Kevin Bentley, Leader, Essex County Council
Councillor Stephen Robinson, Leader, Chelmsford City Council



To view this document online,
scan the QR code.

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Homes for Ukraine scheme

Here are some quick facts for sponsors about the Homes for Ukraine scheme.

If you haven't had them already, there will be checks (background and in-person) on you, your family and the accommodation that you will provide.

Current government guidance is that any benefits entitlements remain unchanged if you take in a Ukrainian person or people.

If you receive single person discount on your council tax, this remains unchanged if you take in a Ukrainian person or people.

Ukrainian nationals arriving under the scheme will be able to:

- live and work in the UK for up to three years
- access healthcare, benefits, employment support, education, and English language tuition

For more information about the scheme and related support, visit:
www.homesforukraine.campaign.gov.uk

For frequently asked questions about the scheme, visit:
www.gov.uk/guidance/homes-for-ukraine-scheme-frequently-asked-questions

The government has produced a welcome guide for Ukrainians arriving in the UK, visit:
www.gov.uk/government/publications/welcome-a-guide-for-ukrainians-arriving-in-the-uk

Tell us when your guests have arrived

If you haven't already done so, when your guest(s) arrive, please email:

BusinessSupport.FamilyOps@essex.gov.uk

with the following information:

- your name
- your address
- name(s) of the guest(s)
- whether your guests include children aged 0 to 18 year old
- date of arrival
- the name of the district, city or borough council, that covers the area you live in

In the subject line put: Homes for Ukraine Arrival Notification: and add your surname.

If you do not have access to email, please phone Essex County Council on 0345 603 7627 and ask to speak to our Homes for Ukraine team.

Homes for Ukraine scheme

DBS and home checks

All sponsors and family members aged 16 years or over who live at the address will require safeguarding and home checks.

To begin completing these necessary checks, we are contacting all sponsors as quickly as possible.

The checks will include:

- safeguarding checks
- Disclosure and Barring Service (DBS) checks
- a check of the suitability of the home (carried out by your local district, borough or city council)

These checks need to be passed in order for guests to stay with you and payments to be made. There is no charge for these checks.

For more information about the checks, visit www.essex.gov.uk/information-for-sponsors-welcoming-a-ukrainian-person-or-family/dbs-and-home-checks

Payments to sponsors and guests

Payments to guests

Under the scheme, the government is offering a one-off £200 interim payment for each guest to help with living costs, until they receive their first payment of Universal Credit.

For your guests to receive their payment, you must tell us when your guests have arrived.

At the moment, local councils arrange the £200 payment to guests as soon as they are advised that they have arrived. Payment methods vary between councils.

Essex County Council will shortly be taking over responsibility for this payment in some districts. For details visit:

www.essex.gov.uk/information-for-sponsors-welcoming-a-ukrainian-person-or-family/payments-to-sponsors-and-guests

Payments to sponsors

The government is offering an optional 'thank you' payment of £350 per month to people who can accommodate one or more guests.

Essex County Council is responsible for administering these payments in Essex, excluding Southend and Thurrock Councils who are responsible for their areas.

The payment will be made once all the checks have been passed. Payment will be backdated to when the guests first arrive, paid monthly in arrears.

You can apply for the £350 thank you payment using the form at:

www.essex.gov.uk/information-for-sponsors-welcoming-a-ukrainian-person-or-family/payments-to-sponsors-and-guests

Homes for Ukraine scheme

Tell us if your guest(s) move out

If your guests move out you need to email
BusinessSupport.FamilyOps@essex.gov.uk

We will need to know:

- your name
- your address
- name(s) of guest(s)
- date the guest(s) moved out
- the name of the district, city or borough council that covers the area you live in

If your guest(s) move out for any reason we must stop payment. It is important that you tell us as soon as possible if they move out. Otherwise we will ask you to repay the money.

Finances, benefits and jobs

Universal Credit

Ukrainian nationals can access Universal Credit as soon as they arrive in the UK. Universal Credit is a monthly payment to help with living costs.

www.gov.uk/universal-credit

If you have questions about how Universal Credit works you can call:

- 0800 328 5644 to speak to Universal Credit Full Service
- 0800 144 8444 to speak to Citizens Advice Help to Claim

Other benefits

Ukrainian refugees are also eligible for:

- Housing Benefit
- Pension Credit
- Personal Independence Payment
- Child Disability Living Allowance
- Carers Allowance
- Attendance Allowance

Those who meet the criteria are eligible for the contributions-based Employment and Support Allowance and Jobseekers Allowance.

Ukrainian nationals do not need to go through certain checks, such as the Habitual Residency Test, which will speed up any claims they make.

Visit www.gov.uk to find out more and apply.

Finances, benefits and jobs

Setting up a bank account

To receive Universal Credit and other benefits, your guest will need to open a bank account. They can open a bank account by visiting any bank. They will need to have documents that show their identity, immigration status and address.

Food banks

Food banks can provide you with free food and other essential items.

Visit Trussell Trust to find a local food bank: www.trusselltrust.org/get-help/find-a-foodbank

Citizens Advice

You or your guest(s) can get advice on issues including benefits, employment, immigration, debt and legal advice from your local Citizens Advice. They also offer a Help to Claim scheme that can support people to apply for benefits.

Telephone: 03444 111 444

Visit: www.citizensadvice.org.uk

National Debtline

The National Debtline offers free, confidential and independent advice about debt and money problems.

Telephone: 0808 808 4000

Website: www.nationaldebtline.org

Find a job

For information about jobs and apprenticeships in Essex visit: www.essex.gov.uk/jobs-volunteering-apprenticeships/jobs

To find full or part-time jobs visit: www.gov.uk/find-a-job

Health services

Registering with a GP

Ukrainian arrivals can receive emergency treatment from a GP surgery for 14 days.

After that, they will need to register with a GP at: www.nhs.uk/nhs-services/gps

Getting a prescription

Ukrainian nationals will need to visit their new GP to get a prescription. They should then take their prescription to a pharmacy or chemist to receive the medication. They may need to pay for prescription medicines.

Pharmacists can give free advice on treating minor health problems, such as colds and coughs.

Find a local pharmacy: www.nhs.uk/service-search/pharmacy/find-a-pharmacy

Health advice from 111

Get free health advice from the NHS by phoning 111 or visit: www.nhs.uk/111
There is an interpreter service available.

Dentistry services

Ukrainian nationals can register with a dentist as either an NHS patient or a private patient.

Find a dentist at:

www.nhs.uk/service-search/find-a-dentist

If your guest is receiving Universal Credit, they should let the practice know and register as an NHS patient. Check-ups and necessary treatments will be free.

Maternity care and midwifery services

A GP can arrange appointments with maternity and midwifery services.

Covid-19 vaccine

Ukrainian nationals can get the Covid-19 vaccine and boosters for free through the NHS. They will need to be registered with a GP.

Find out how to get the Covid-19 vaccine at:

www.nhs.uk/covid-vaccine

Health services

Essex Child and Family Wellbeing Service

On behalf of Essex County Council and the NHS, HCRG Care Group and Barnardo's provide a range of child and family services throughout Essex that are free.

You can access services through a GP or make a self-referral using one of the numbers below.

We provide the following support:

- health visiting such as antenatal contact, transition to parenthood, new baby review, maternal mental health, wellbeing and development of children under 1 year and 2 to 3 year old reviews and support to be ready for school
- parenting support including breastfeeding, weaning toilet training, school entry review and childcare confidence support
- school nursing including support for young people in schools with wellbeing and health concerns.
- family health including substance misuse, contraception advice, nutrition support, mental health (maternal & infant) and smoking cessation
- for ages 5 to 19 including dental care, review of immunisation status, support with any physical, emotional or developmental problems, provide children, parents and school staff with information on specific health issues and measuring height and weight
- for young people with special educational needs and disabilities up to the age of 25

Basildon, Brentwood, Rayleigh, Canvey and Rochford, telephone: 0300 247 0013

Chelmsford, Maldon and Braintree, telephone: 0300 247 0014

Colchester and Tendring, telephone: 0300 247 0015

Harlow, Uttlesford and Epping, telephone: 0300 247 0122 and select option 1

Website: www.essexfamilywellbeing.co.uk

Health information in other languages

The NHS has collated a range of health information that is available in different languages, including Ukrainian and Russian. The topics include babies, cancer, heart health and mental health.

www.nhs.uk/about-us/health-information-in-other-languages

Doctors of the World has health information in Ukrainian, including a guide on how the NHS works.

www.doctorsoftheworld.org.uk/translated-health-information

Psychology Tools has provided free resources about trauma and stress in Ukrainian, Polish and Russian. They might help people who have experienced the war in Ukraine.

www.psychologytools.com

Applying for a school place and childcare

Ukrainian nationals can apply for a school place for a child as soon as they arrive. Starting school can help children settle in and make friends.

A parent can apply for a school place for their child. Alternatively, you can complete the application on the parent's behalf.

You can apply for the child to start in the new school year in September or in the middle of the school year.

The application will be considered under Essex's school admission arrangements, as all applications are. The outcome will depend on the number of places available at local schools.

Find application forms, admissions information and more about Essex schools at:
www.essex.gov.uk/admissions

For advice and guidance, telephone School Admissions on 0345 603 2200.

Free home to school transport

Some children are eligible for home to school transport. For criteria and to apply for free school transport, visit:

www.essex.gov.uk/school-transport

Free school meals

Children in reception, Year 1 and Year 2 automatically get free school meals.

Children in Year 3 or above may be eligible for free school meals. This includes if their parent is receiving Universal Credit.

For more information and to apply for free school meals, visit:

www.essex.gov.uk/free-school-meals

Childcare

Ukrainian nationals will be able to get advice and support to find childcare from our Family Information Service.

Email: fis@essex.gov.uk

Website: www.essex.gov.uk/fis

Mental health and emotional wellbeing

There is help available if you think your guest(s) need support.

It is important to speak to someone as soon as possible so they can get the support they need.

Support for children and young people

Children and young people can get advice and support from the Child and Adolescent Mental Health service.

The service can help with things like low mood, anxiety, sleep problems, trauma and loss. The service may help directly or point towards more appropriate support.

Any child, young person, parent or professional can contact the service.

Telephone: 0800 953 0222 (9am to 5pm, Monday to Friday) or 0800 995 1000 (outside of these hours)

Email: SET-CAMHS.referrals@nelft.nhs.uk

Support for adults

Adults can get advice and support from the Adult Mental Health and Wellbeing team.

This service helps people who are experiencing mental health concerns like anxiety and depression. They provide practical advice on how to access appropriate local services.

If a mental health need is more severe, they will advise on the best next steps to ensure you get help as soon as possible.

Telephone: 0333 032 2958 (9am to 5pm, Monday to Friday)

Outside of these hours, call 111 and select option 2 for mental health crisis support.

Website: www.essex.gov.uk/mental-health

Email: MH.wellbeingteam@essex.gov.uk

Mental health organisations

These local and national organisations also offer confidential advice, guidance and support to people struggling with their mental health.

Inspire

Telephone: 028 9032 8474

Email: hello@inspirewellbeing.org

Mind

Telephone: 0300 123 3393

Email: info@mind.org.uk

Website: www.mind.org.uk

NHS

Telephone: 111

Website: www.nhs.uk/mental-health

Peabody South East

Telephone: 0800 288 8883

Website: www.essexlocaloffer.org.uk/peabody-south-east-essex-outreach-support-service

Samaritans

Telephone: 116 123

Website: www.samaritans.org

Getting support for a vulnerable adult

Our Adult's Social Care service aims to help vulnerable adults stay healthy, well and safe.

Adults who have fled Ukraine may be vulnerable and our services could help them.

Contact us

If you are concerned that an adult may be at risk of harm please contact us.

During 8.45am to 5pm, Monday to Thursday and 8.45am to 4.30pm, Friday, please contact us by:

Telephone: 0345 603 7630

Textphone: 0345 758 5592

Email: socialcaresdirect@essex.gov.uk

Call 0345 606 1212 outside of the above hours to speak to our Emergency Duty Service.

More information

Find out who can access Adult Social Care services: www.scie.org.uk/care-act-2014/assessment-and-eligibility

For more adult social care and health services: www.essex.gov.uk/topic/adult-social-care-and-health

Get help accessing health and social care services: www.healthwatchessex.org.uk

Support for people with special or educational needs and disability: www.essexlocaloffer.org.uk

Getting support for a vulnerable child

Fleeing the warzone in Ukraine may place particular strain on children, and it might create difficulties within family relationships.

The purpose of our Children's Social Care service is to keep children safe and well. We intervene if a child is suffering and also provide parents with help and support. This might be if a parent is too unwell to look after their child, or if their child has additional or special needs.

Find a children or family support service

There are lots of local and national organisations that can provide support to families. They cover a range of needs, including bereavement and loss, mental health, social isolation, and financial concerns.

Website:
www.essex.gov.uk/directory-of-services

Request support for more complex needs

If you have concerns about a child's wellbeing, you or their parent/carer can make a request for intensive support.

This might include: if a child is at risk of harm or neglect; if they have significant behavioural difficulties; or if family members are involved in crime, substance misuse or domestic violence.

Website:
www.essex.gov.uk/request-support-from-us

If you have serious concerns about a child's welfare

If you are worried that a child is being abused, neglected or has been abandoned, please call.

0345 603 7627 (9am to 5pm, Monday to Friday) to speak to our Children and Families Hub.

0345 606 1212 (all other times) to speak to our Emergency Duty Service.

More information

Find more advice for children, young people and families at: www.essex.gov.uk/topic/children-young-people-and-families

Read more about the issues affecting the safety and welfare of children at: www.escb.co.uk

Emergency services

Call 999 and ask to speak to the police

Please advise your guest(s) that in an emergency they should call 999 and speak to the police if:

- a serious offence is in progress or has just been committed
- someone is in immediate danger or harm
- property is in danger of being damaged
- a serious disruption to the public is likely

They should call 101 for non-emergencies.

Submit a crime report online at:

www.essex.police.uk or use the 'Live Chat' button to speak to an online operator between 7am-11pm.

Essex County Fire and Rescue Service

The Essex County Fire and Rescue Service is here to keep everyone safe. Here is some guidance that can help you and your guest stay safe.

Fire safety

Fires at home are more common than you might think. To stay safe from fire, make sure to:

- have smoke alarms on every floor of your home and test them regularly
- avoid leaving cooking unattended or using chip pans and lots of hot oil
- avoid overloading electric sockets – most can take a maximum of 13 amps
- keep matches and lighters away from children
- keep clothes away from heaters and open fires
- put out and dispose of cigarettes properly
- avoid charging mobile phones, tablets or e-cigarettes overnight, or longer than the recommended charging time
- plan an escape route in the case of a fire and make sure everyone in the property knows how they can get out

We offer free home fire safety visits to any Essex resident. If you do not have working smoke alarms, or have working smoke alarms but would like more information about how to live safely and securely at home, you can book a free visit at: www.essex-fire.gov.uk/Home_Fire_Safety or call 0300 303 0088.

Water safety

If you go swimming or are near water, remember:

- only swim at the beach and other places if lifeguards are present
- even on a warm day, the water is colder than it looks which can affect your ability to swim – enter the water slowly
- don't go too far and always swim parallel to the shore
- if you get caught in a rip current, swim parallel to the shore until you are free. Call for help.
- don't swim alone – always take someone with you

If you are in trouble in water, float on your back then call for help or swim to safety.

If someone else is in trouble in water, **call 999 immediately**. Throw them something that floats so they can hold onto it.

Road safety

To drive in England, your guest(s) need a valid driver's license and valid insurance. The vehicle should be taxed and roadworthy. Remember Ukrainian nationals will be used to driving on the right side of the road.

To stay safe on the road:

- don't drive under the influence of alcohol or drugs
- don't use a mobile phone while driving
- stay within the speed limit
- wear your seatbelt and make sure passengers do too
- call 999 if you are involved in a collision and it is an emergency
- download the What3Words app so emergency services can find you

Connecting with the local community

The Essex Wellbeing Service

The Essex Wellbeing Service (EWS) helps people connect with support services for a range of reasons and to people in their local communities.

The EWS can also help with emotional wellbeing, mental health and physical health.

Telephone: 0300 303 9988 (8am to 7pm, Monday to Friday; 10am to 2pm Saturday)

If you are calling for your guest, please ensure they are with you when you phone.

Learn English for Speakers of Other Languages

These courses can help people to settle in the UK, gain employment, progress onto other training courses or just be more confident in communicating with other people.

www.aclessex.com/esol-campaign

‘Essex is United for Ukraine’ Facebook group

‘Essex is United for Ukraine’ is a Facebook group for people who want to support sponsors, Ukrainian people and other individuals who have been impacted by the war.

Join the group to connect with local people who are United for Ukraine.

www.facebook.com/groups/eiuforukraine

Transport and travel links

Visit Essex Highways for information about public transport, cycling and walking routes in Essex.

www.essexhighways.org/getting-around

Immigration support

Migrant Help UK

Migrant Help UK provides advice and support to asylum seekers, refugees and victims of modern slavery and trafficking.

Telephone: 0808 801 0503

Email: info@migranthehelpuk.org

Website: www.migranthehelpuk.org

Modern Slavery & Exploitation Helpline

This helpline provides information and remediation support to people who have suffered labour exploitation and labour abuse.

Telephone: 08000 121700

British Red Cross

British Red Cross supports refugees, providing emergency provisions for those facing severe hardship to giving orientation support and friendly advice to the most vulnerable.

Telephone: 0808 196 3651

Email: info@britishredcross.org.uk

Website: www.redcross.org.uk

Refugee Council

Refugee Council provides support and advice to refugees and asylum seekers.

Telephone: 0207 346 6700

Website: www.refugeecouncil.org.uk

The Salvation Army

The Salvation Army provides support and advice to refugees and asylum seekers and specialist support to victims of modern slavery.

Telephone: 0800 808 3733

Website: www.salvationarmy.org.uk



Chelmsford

Welcome to Chelmsford, county town of Essex and one of England's newest cities. The information in this pack is designed to help you settle in and find your way around.

Chelmsford's message to people fleeing the invasion is: you are welcome here. The city's motto is 'Many Minds, One Heart' and right now, our heart is with Ukraine and with all those who have had their lives uprooted by the Russian invasion.

I cannot begin to imagine what your journey has been like, but I hope that you will find warmth, support and safety in our city.

Nick Eveleigh
Chief Executive of Chelmsford City Council

About our city

Chelmsford is a small city in the county of Essex. It has a busy city centre with plenty of shops, restaurants, parks and places to go.

Chelmsford is a very green city, surrounded by countryside and with 17 award-winning parks.

You can get to Liverpool Street or Stratford stations in London in around 35 minutes by train.

Some local services (like housing, parks, car parks, and collection of rubbish bins and recycling from homes) are run by Chelmsford City Council and some (like roads, schools and social care) are run by Essex County Council.

Local services and support

Broomfield Hospital

The main hospital for Chelmsford is Broomfield Hospital.

Broomfield Hospital has an accident and emergency department, where you can go if you need urgent treatment. If it is not urgent, visit your doctor (see below) or call 111. The 111 service will give you advice over the phone and refer you to medical professionals who can help.

If you need an ambulance, call 999.

If you don't need an ambulance, you can get to the hospital by bus or taxi.

- Address: Court Road, Broomfield, Chelmsford, Essex, CM1 7ET
- Telephone: 01245 362000
- Website: www.mse.nhs.uk/broomfield-hospital

You may also be able to use Chelmsford Community Transport. This is a patient transport scheme provided by volunteers for patients and their families who have difficulty getting to and from their hospital appointment. They offer an affordable door to door service with their wheelchair-accessible minibuses. All drivers go through a criminal records check. Assisted trips are also available.

For more information on how to book, visit their website: www.chelmsfordct.org or call 01245 477750.

Free advice from Citizens Advice Chelmsford

Citizens Advice Chelmsford offers free, confidential, impartial and independent advice and information on a wide range of subjects.

If your guest has questions about bills, benefits, consumer issues, debts, education, family matters, health, housing, immigration, tax, work and more, this is the best place to start.

Citizens Advice can also help Ukrainians get free legal advice through the Chelmsford Law Clinic.

- Address: Burgess Well House, Coval Lane, Chelmsford, CM1 1FW
- Telephone: 0800 144 88 48 (9am to 4.30pm, Monday to Friday)
- Website: www.chelmsfordcab.org

Housing support

If you or your guest has housing needs or worries, visit www.chelmsford.gov.uk/housing Ukrainians can complete the housing form here in their own language:

www.chelmsford.gov.uk/your-council/contacting-us/contacting-us-online/housing

Finding a job

If your sponsored person wants to find work, Chelmsford Jobcentre can help.

They can help with finding a job, creating a CV, applying for jobs and applying for benefits.

- Address: Chelmsford Jobcentre Plus,
The Gemini Centre, 88 New London Rd,
Chelmsford, CM2 0YN
- Telephone: 0845 604 3719
- Textphone: 01245 545046

Contact Chelmsford City Council

If you need to contact Chelmsford City Council about local council services, you can:

- Telephone: 01245 606606
- Go to the customer service centre at the Civic Centre, Duke Street, CM1 1JE
Opening hours are 10am to 4pm,
Monday to Friday.

Visit the website to find out about services and contact teams directly:

www.chelmsford.gov.uk

Getting around Chelmsford

By foot

The train and bus stations are located very centrally in Chelmsford, and it only takes around 5 to 10 minutes to walk there from the main High Street and Bond Street shopping areas.

There are stands with maps across the city centre to help visitors and new residents to find their way easily.

By bicycle

Chelmsford has a well-developed on and off-road cycle network. You can ask for a paper cycle map at County Hall on Market Road or find it online at: www.essexhighways.org

Cycle parking, generally in the form of a row of metal stands, is available all over the centre of Chelmsford. The largest cycle parking areas are at the Cycle Hub (on Duke Street, opposite the train station), on Marconi Square (to the south of the bus station) and by Chelmsford Library on Market Road.

By e-scooter

Electric scooters are being trialled in Chelmsford using a company called Spin. Only the orange and black scooters hired through Spin are legal to ride.

To hire and use the scooters, download the 'Spin' app at: www.spin.app/uk-city/chelmsford

More than 300 e-scooters are available from over 60 locations across Chelmsford.

By bus

Chelmsford has lots of buses that travel around the city, the neighbouring town of South Woodham Ferrers and villages around the district. You can travel by bus to other towns like Colchester, Braintree, Basildon, Brentwood and Harlow. There is also a bus to Stansted Airport and Southend called the X30.

You can find bus timetables and plan your journey using Google Maps or at: www.firstbus.co.uk/essex

By taxi

If you are in the centre of Chelmsford and need a taxi, you can get one without booking at the taxi rank behind the train station, off Railway Street.

You pay either a set fee, or an amount per minute. It's a good idea to get quotes from more than one company if you're going to travel far.

By train

Chelmsford railway station is on the Great Eastern Main Line and the rail operating company is called Greater Anglia.

Regular train services run to and from Liverpool Street station in London.

The journey takes around 35 minutes via Stratford. Sometimes trains stop at Shenfield and Ingatestone. There are also regular services between Chelmsford and Braintree, Clacton-on-Sea, Colchester, Norwich, Ipswich and Harwich.

You can buy tickets online and find timetables here:

www.greateranglia.co.uk/travel-information/station-information/chm

There are also ticket machines and a ticket office at the station.

Things to do in Chelmsford

Shopping in Chelmsford city centre

Chelmsford's city centre has plenty of shops, restaurants and services. Most villages around Chelmsford have a small convenience shop like a Co-Operative, Premier or Spar. You can find your nearest one on Google Maps.

Chelmsford's main central shopping areas are the High Street, Bond Street, the High Chelmer and the Meadows shopping centres. There is also Moulsham Street, which is home to many independent shops and cafes.

There is a Boots pharmacy in the city centre, inside the High Chelmer Shopping Centre, off the High Street. You can also find local pharmacies in some villages and inside larger supermarkets.

Here is a list of some essential food retailers and banks in the city:

Tesco 47- 53 Springfield Road, CM2 6QT

Tesco Princes Road, CM2 9XW

Asda Chelmer Village Way, CM2 6RE

Aldi Parkway, CM2 7FS

Aldi Clock Tower retail park, CM1 3FJ

Aldi 471 Springfield Road, CM2 6AP

Lidl 2 Waterson Vale, CM2 9PB

Sainsbury White Hart Lane, CM2 5PA

Morrisons Copperfield Road, CM1 4UX

Iceland Springfield Road, CM2 6JY

Marks and Spencer 62 High Street, CM1 1DH

Specialist food suppliers

Polish Deli

Chelmsford, 5-6 Corn Hill, CM1 1XE

Oriental Emporium

2 Tindal Street, CM1 1ER

Tropiway Grocers

47a Duke Street, CM1 1JA

Banks

Lloyds 77-81 High Street, CM1 1DU

HSBC 99 High Street, CM1 1EQ

Halifax 21-22 High Street, CM1 1BE

Barclays 40-41 High Street, CM1 1BE

Natwest 4-5 High Street, CM1 1FZ

Metro 38 High Street, CM1 1BE

TSB 88-89 High Street, CM1 1DX

Nationwide 56-57 High Street, CM1 1DH

The Co-Operative Bank

11 Market Road, CM1 1XW

Santander 51A High Street, CM1 1EY

Libraries

The main library in Chelmsford is at County Hall, near the market and cathedral:
County Hall
Market Road
Chelmsford
CM1 1QH

With a free library card, you can:

- borrow books, DVDs and CDs
- use the computers and Wi-Fi
- carry out printing and photocopying
- join book groups
- attend family reading events and storytime sessions

You can help your sponsored person or family sign up for a free library card. Visit your local library or visit libraries.essex.gov.uk

There are smaller libraries in many of the villages and towns around Chelmsford:

- Broomfield (CM1 7AH)
- Galleywood (CM2 8PU)
- Great Baddow (CM2 7HH)
- South Woodham Ferrers (CM3 5JU)
- Springfield (CM1 6GX)
- Writtle (CM1 3DT)

Some areas also have a mobile library which visits every few weeks.

Find out more about libraries at:

libraries.essex.gov.uk

Parks and green spaces

Wherever you are in Chelmsford, you are only a short walk away from a park. A list of all the parks can be found at: loveyourchelmsford.co.uk/green-spaces/find-a-green-space

Some parks have outdoor gyms, which are free for anyone to use.

You can find play areas for children at: loveyourchelmsford.co.uk/green-spaces/play-areas

There is also a skate and BMX park in Central Park in the city centre, which is popular with older children and teens.

Several parks contain courts for tennis, basketball and football. You can book a court at: loveyourchelmsford.co.uk/green-spaces/sports-and-wellbeing

Chelmsford Museum

Chelmsford Museum is free to visit and has hands-on exhibits about Chelmsford's history. Displays often change, so you'll see different things each time you visit. It is located inside Oaklands Park, which has outdoor exhibits and a children's playground. There's a café on site too. It's open 10am to 5pm every day in summer (1 April to 30 September) and 10am to 4pm in winter.

Chelmsford Theatre

The city centre theatre offers free Lunchtime Concerts on Wednesdays at 1pm. You can see all kinds of musicians perform, from classical violinists to jazz bands. No need to book – just turn up to the main Theatre reception in Fairfield Road, CM1 1JG at 1pm on a Wednesday and staff will guide you.

Chelmsford Leisure Centres

There are lots of leisure centres and gyms in Chelmsford. Chelmsford City Council runs 4 leisure centres in and around the city with activities from ice skating to swimming and you don't need to have a monthly membership to use them.

You'll need to sign up for an ourChelmsford account before your first activity session, and you can either do this online or visit one of the centres and ask reception staff to help you.

The Lite account is free to join, and you can simply pay for sessions as you go. For a yearly fee of £12.50 you can also upgrade to a Plus account which lets you book further in advance and gives you a discount.

The leisure centres in Chelmsford are:

- Riverside Leisure Centre (CM1 1FG). Facilities include swimming pools, gym, exercise studios, ice rink, sports hall, soft play, creche, café, treatment rooms.
- Chelmsford Sport and Athletics Centre (CM1 2EH). Facilities include outdoor and indoor athletics facilities such as a 400m track
- South Woodham Ferrers Leisure Centre (CM3 5JU)
- Dovedale Sports Centre (CM2 9BP)

Leisure activities

Leisure centres in Chelmsford offer a range of activities and sessions that can help with both mental and physical health.

There are also informal activity sessions which can help you with wellbeing.

Chelmsford Sports & Athletics Centre (CM1 2EH) offers 'With You in Mind' sessions for £3 per session. The sessions are for people who want to improve their confidence, wellbeing and mental health.

Riverside Leisure Centre (CM1 1FG) offers 'Sport for Confidence' sessions. Sport for Confidence is run by trained coaches for people with mental health difficulties, learning disabilities, physical impairments or disabilities, and other health needs.

Heart and Sole Walks are free health walks where you can meet like-minded people and explore the local area. You can find a walk suitable for your location and fitness level at: www.chelmsford.gov.uk/leisure-centres/where/community-sport-and-wellbeing/heart-and-sole-walks

Free table tennis is available in 22 places around Chelmsford, including by the lake in Central Park and outside the indoor market. Bats and balls are provided for you. You can find a map of tables at: www.pingengland.co.uk/chelmsford

Activities for all ages are listed at: www.livewellcampaign.co.uk/activities
Many of these are free or low-cost.

Find out more at:
www.chelmsford.gov.uk/leisure-centres

Play in the Park

Play in the Park is a series of two-hour, multi-activity sessions for children at community venues during the school holidays (Easter and summer). They're suitable for everyone, including children with accessibility needs.

This year, the school Easter holidays are 4 - 18 April and the summer holidays are 22 July - 31 August. Play in the Park is free, but you must book in advance by calling 01245 606569 or at: www.chelmsford.gov.uk/leisure-centres/where/community-sport-and-wellbeing/play-in-the-park

Country Parks near Chelmsford

Bigger country parks around Chelmsford offer a full day out:

Hylands Estate (CM2 8WQ) is 574 acres of parkland with a country house, artists' studios, art, formal gardens and a big children's playground. You can get there by taxi, by the number 351 bus from the city centre, or by foot (1hr) or bicycle (30mins) from the city centre. hylandsestate.co.uk

Danbury Commons and Blakes Wood

(CM3 4NL) are 214 acres of heath and woodland. Blakes Wood sits on one of Essex's highest hills - the view from the top is spectacular and you can see carpets of bluebells and primroses in spring. You can also get to Backwarden Nature Reserve, on the south-western edge of Danbury, by foot from here:

www.nationaltrust.org.uk/danbury-commons-and-blakes-wood

The Commons can be reached by taxi or bus (31B, 31X or 36) from the city centre.

Danbury Country Park (CM3 4AW) is a historic park and gardens with lakes, ancient woodland, wildflower meadow and historic features. It's close to Danbury Commons. www.explore-essex.com/places-to-go/find-whats-near-me/danbury-country-park

Places of worship

Chelmsford has many different faith groups and places of worship around the city, find them at:

www.yell.com/s/places+of+worship-chelmsford.html