

# Children & Families' Hub Directory of Services

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All updates / changes should be emailed to:

[update.directoryofservices@essex.gov.uk](mailto:update.directoryofservices@essex.gov.uk)



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# Ukraine/BAME / Immigration / Religious Support Countywide Services

**AFIUK**

**Website: [www.afiuk.org](http://www.afiuk.org)**

## Our Vision

The vision of AFIUK is to equip African and other ethnic minority families in the UK to take their rightful place as fruitful members of our society, and to make the most of the available opportunities in their adopted country without adversely affecting the strong family and community networks that Africans are known for.

## Aims

To be the one-stop place for families of African and other ethnic minority origin, resident in the UK, seeking advice or information, on matters relating to parenting, children's education and any family-friendly activities that enrich family life. To offer consultation and expert knowledge to professionals and practitioners from Local Authorities and other family support agencies.

## How

- Helping to set up and run children's clubs focused on various interests, as indicated by parents and their children
- Helping to set up self-help parenting groups
- Offering parenting training on pertinent subjects such as cross-cultural parenting, and effective parenting at the different ages and stages of family life
- Training volunteers for befriending
- Setting up teams to run parallel children's programmes at community events such as church functions, school cultural days, community celebrations & National days, or conferences.

	<ul style="list-style-type: none"> <li>• Linking with other agencies such as Health, Social Services and Education to provide tailored training and information seminars to families</li> <li>• Facilitating open dialogue workshops between practitioners and users of public services</li> <li>• Running cultural awareness workshops for practitioners of public services</li> </ul>
<p><b>BOLOH – The Black, Asian and Minority Ethnic family COVID-19 Helpline</b></p> <p>Webchat: <a href="http://www.helpline.barnardos.org.uk">www.helpline.barnardos.org.uk</a>  Tel: 08001512605  Email: <a href="mailto:Boloh.helpline@barnardos.org.uk">Boloh.helpline@barnardos.org.uk</a></p>	<p>Have you or your family been affected by the pandemic and need someone to talk to?</p> <p>You can contact one of our specialist support advisors for free between Monday and Friday, 10am-8pm, Saturday and Sunday 10am-3pm.</p> <p>BOLOH Helpline is a service launched on the 1st October by Barnardo's with funding from the National Emergencies Trust. The Helpline is a response to the impact of the pandemic on Black, Asian and minority ethnic communities who have been disproportionately affected. Helpline staff are either Black, Asian and Minority Ethnic community, or have prior professional experience of delivering services to children, young people and their families from these communities.</p>
<p><b>CAST</b></p> <p>Website: <a href="https://www.castsanctuary.com/">https://www.castsanctuary.com/</a></p>	<p>CAST is a grassroots community activist group based in Southend-on-Sea which aims to support the self-determined needs of asylum seekers and refugees.</p>
<p><b>Citizenship and nationality enquiries</b></p> <p>Tel: 0300 790 6268  Email: <a href="mailto:nationalityenquiries@homeoffice.gov.uk">nationalityenquiries@homeoffice.gov.uk</a></p>	<p>Advice line regarding citizenship and nationality enquiries.</p>
<p><b>Citizen Advice – Immigration</b></p> <p>Website: <a href="http://www.citizensadvice.org.uk/immigration">www.citizensadvice.org.uk/immigration</a></p>	<p>Links to various immigration support pages.</p>
<p><b>Essex Interpreting Ltd</b></p>	<p>Essex Interpreting provides language solutions, offering the following services:</p>

<p><b>Tel: 01206 822080</b>  <b>Email: <a href="mailto:info@essexinterpreting.com">info@essexinterpreting.com</a></b>  <b>Website: <a href="http://www.essexinterpreting.com">www.essexinterpreting.com</a></b></p>	<ul style="list-style-type: none"> <li>• Interpreting services in over 60 languages, including sign language for deaf people</li> <li>• Translation services in over 60 languages, including Braille and audio tape services for blind people</li> </ul>
<p><b>Essex Integration</b></p> <p><b>Email:</b>  <a href="mailto:admin.ww4ri@refugeecouncil.org.uk">admin.ww4ri@refugeecouncil.org.uk</a>  <a href="mailto:abdul@essexintegration.org">abdul@essexintegration.org</a>  <a href="mailto:jan@essexintegration.org">jan@essexintegration.org</a></p> <p><b>07436 309103 / 07783 124614 / 07783 124620</b></p>	<p>PATHWAYS TO WELL-BEING AND WORK FOR RESETTLED AND OTHER REFUGEES, THEIR DEPENDANTS, SOME THIRD COUNTRY NATIONALS AND UASC.</p> <ul style="list-style-type: none"> <li>• Driving theory, IT skills, study skill and job search courses</li> <li>• Work experience opportunities</li> <li>• Programmes for construction industry</li> <li>• Well-being support</li> </ul>
<p><b>Essex Police – What is hate crime?</b></p> <p><b>Website:</b>  <a href="http://www.essex.police.uk/advice/advice-and-information/hco/hate-crime/what-is-hate-crime/">www.essex.police.uk/advice/advice-and-information/hco/hate-crime/what-is-hate-crime/</a></p>	<p>Police information about hate crime</p>
<p><b>EU Settlement Resolution Centre</b></p> <p><b>Tel: 0300 123 7379</b></p>	<p>Advice line regarding EU Settlement Resolution Centre.</p>
<p><b>Enquiries from European citizens</b></p> <p><b>Tel: 0300 790 6268</b></p>	<p>Advice line for European citizens.</p>
<p><b>Find an Immigration Adviser</b></p> <p><b>Website: <a href="http://www.gov.uk/find-an-immigration-adviser">www.gov.uk/find-an-immigration-adviser</a></b></p>	<p>At this website you can find advice and guidance about how to find a immigration adviser.</p>

<p><b>Integration Support Services</b></p> <p>Website: <a href="http://www.iss.org.uk">www.iss.org.uk</a></p>	<p>Integration Support Services was founded in May 2004. Since then, we've helped thousands of migrants, refugees, asylum seekers and BME community members identify and overcome several barriers to integration.</p> <p>ISS was established by a group of migrants who had personally experienced difficulties after moving to the UK. The founders wanted to help others who had trouble accessing local services and making the most of new opportunities. Originally a community group, ISS became a registered charity in 2007, allowing us to diversify our work.</p> <p>Though based in Harlow, we work with service users from across Essex, Hertfordshire and surrounding areas. We are able to deliver advice sessions on a range of issues. We also provide affordable immigration advice and English courses. In addition, we host several social activities and trips throughout the year. Please visit Our Work for more details.</p>
<p><b>Jan Trust</b></p> <p>Website: <a href="http://www.jantrust.org">www.jantrust.org</a></p>	<p>Since 1989 we have worked with vulnerable women and young people from BAMER and Muslim backgrounds to help them overcome barriers to integration and inclusion, so they can improve their prospects. These barriers include lack of key skills such as English, together with social isolation, lack of self-confidence, low emotional well-being and poor awareness of options open to them. Discriminatory practices including refugee and faith-based hate-crime make things even worse for many.</p>
<p><b>Migrant Help</b></p> <p>Telephone: 080 8801 0503  Website: <a href="https://www.migranhelpuk.org/">https://www.migranhelpuk.org/</a>  Email: <a href="mailto:ASCorrespondence@migranhelpuk.org">ASCorrespondence@migranhelpuk.org</a></p>	<p>Here at Migrant Help, we exist to protect people affected by displacement and exploitation, helping them thrive as individuals and recover from their trauma. We support those most in need and least likely to find support elsewhere, whilst aiming to bridge community gaps and bring services and support together.</p>
<p><b>Muslim Women's Network</b></p> <p>Website: <a href="http://www.mwnhelpline.co.uk">www.mwnhelpline.co.uk</a>  Tel: 0800 999 5786</p>	<p>The MWN Helpline has been set up by and is operated by the Muslim Women's Network UK (MWNUK). MWNUK Chair Shaista Gohir set up the MWN Helpline in January 2015. MWNUK a registered award-winning charity (number 1155092) that promotes social justice and equality for Muslim women and girls through research, campaigning and advocacy. To find out more about MWNUK and the board of trustees, visit the website: <a href="http://www.mwnuk.co.uk">www.mwnuk.co.uk</a>. The charity also has a</p>

	membership portal, MWN Hub ( <a href="http://www.mwnhub.com">www.mwnhub.com</a> ), where women can share content such as discussions, blogs and video content.
<p><b>Liberty – Immigration Support Page</b></p> <p><b>Website:</b>  <a href="http://www.libertyhumanrights.org.uk/advice_information/i-need-immigration-advice">www.libertyhumanrights.org.uk/advice_information/i-need-immigration-advice</a></p>	At this website you can find advice and guidance about immigration services.
<p><b>Right to Remain</b></p> <p><b>Website: <a href="http://www.righttoremain.org.uk">www.righttoremain.org.uk</a></b></p>	<p>Right to Remain’s vision is a world in which everyone can exercise their right to remain with dignity and humanity, where they need to be.</p> <p>People leave their homes and come to the UK for many reasons. People are fleeing war, persecution and poverty; are coming to join family in the UK; are coming here to work or study. It’s not easy to make it here, and when people arrive the struggle isn’t over. People are faced with a Hostile Environment denying them basic rights, and major obstacles to establishing their legal rights to stay.</p> <p>Right to Remain works with communities, groups and organisations across the UK. We provide information, resources, training and assistance to help people to establish their right to remain. We challenge injustice in the immigration and asylum system.</p> <p>We produce accessible resources – such as the Right to Remain Toolkit and our legal updates blog – and deliver community training, so that people can navigate the UK asylum and immigration system and take practical action in their legal case (or in the case of someone they are supporting).</p> <p>We support the work of grassroots asylum and migrant groups across the UK, and bring communities together to share their struggles, expertise and learning.</p> <p>We campaign for positive change in the asylum and immigration system, with a focus on ending immigration detention.</p>

<p><b>The Joint Council for The Welfare of Immigration</b></p> <p>Website: <a href="http://www.jcwi.org.uk">www.jcwi.org.uk</a></p>	<p>We want to live in a country in which immigration law and policy are based on sound evidence, promote the rule of law and are underpinned by respect for human rights and human dignity.</p> <p>Offering:</p> <ul style="list-style-type: none"> <li>- Legal advice</li> <li>- Resources</li> <li>- Training</li> </ul>
<p><b>Turn 2 Us – Migrant Support Page</b></p> <p>Website: <a href="http://www.turn2us.org.uk/Your-Situation/A-Migrant">www.turn2us.org.uk/Your-Situation/A-Migrant</a></p>	<p>If you are a migrant to the UK, find out what help might be available to you.</p>
<p><b>Visas and immigration</b></p> <p>Tel: 0300 790 6268</p> <p>Website: <a href="http://www.gov.uk/browse/visas-immigration">www.gov.uk/browse/visas-immigration</a></p>	<p>Government website providing visa and immigrations advice and guidance.</p> <p>Advice line regarding general visa and immigration queries.</p>
<p><b>Changing Pathways – MAYA Project</b></p> <p>Tel: 0330 333 7 444</p> <p>Website: <a href="http://changingpathways.org">changingpathways.org</a></p>	<p>Specialist support service for BAME women experiencing honour-based violence, forced marriage, insecure immigration status, NRPF.</p>
<p><b>Refugee Council</b></p> <p>Website: <a href="http://www.refugeecouncil.org.uk">www.refugeecouncil.org.uk</a></p>	<p>We work directly with thousands of refugees each year. We support them from the moment they arrive in the UK. We provide crisis advice and practical support, help them to integrate into their new communities and offer mental health counselling to help them come to terms with the trauma so many of them have experienced.</p> <p>We are the only organisation providing a national service in support of refugee children and young people who arrive in the UK alone.</p>



	<p>We also speak up for refugees using our work as an evidence base and ensure refugees have a stronger and more influential voice in decisions that will affect them. We work with a range of partners and in collaboration to ensure we can best support our clients.</p>
<p><b>Migrant Help</b></p> <p><b>Website: <a href="http://www.migranthehelpuk.org">www.migranthehelpuk.org</a></b></p>	<p>Here at Migrant Help, we exist to protect people affected by displacement and exploitation, helping them thrive as individuals and recover from their trauma. We support those most in need and least likely to find support elsewhere, whilst aiming to bridge community gaps and bring services and support together.</p> <p>Our core services include:</p> <ul style="list-style-type: none"> <li>• Asylum Support</li> <li>• Victims of Slavery and Human Trafficking Support</li> <li>• Refugee Resettlement</li> <li>• EU Settlement Scheme</li> <li>• Clear Voice Interpreting Services</li> </ul>
<p><b>Salvation Army</b></p> <p><b>Website: <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a></b></p>	<p>The Salvation Army expresses its faith through charitable action by working at the heart of communities across the UK and the Republic of Ireland. We have 650 churches and community centres where we offer friendship, practical help and support to some of the most disadvantaged people in our communities.</p> <p>Motivated by our Christian faith we offer practical support and services to all who need them, regardless of ethnicity, religion, gender or sexual orientation. Our work includes:</p> <ul style="list-style-type: none"> <li>• Homelessness</li> <li>• Modern slavery</li> <li>• Poverty</li> <li>• Addiction</li> <li>• Campaigning and social policy</li> <li>• Older people</li> <li>• Community - debt advice, unemployment, isolation</li> </ul>
<p><b>Sikh Women's Aid</b></p> <p><b>Tel: 0333 090 1220</b></p>	<p>Sikh Women's Aid, a new charity which will "empower victims to take control of their own lives by breaking free of toxic cultural practices that seek to disempower vulnerable members of the Sikh</p>

**Email: [info@sikhwomensaid.org.uk](mailto:info@sikhwomensaid.org.uk)**  
**Website: [sikhwomensaid.org.uk](http://sikhwomensaid.org.uk)**

and South-Asian community, especially those with language barriers, that prevent them from accessing the right kind of help and support.”

Their aim is to reduce the extent of harm and violence to vulnerable people, with greater emphasis on women and children with language barriers, in the Sikh and South-Asian community are subjected to. They will achieve this via five key strands of service delivery:

- Crisis Intervention and support.
- Prevention via awareness, community workshops and training.
- Mental health support and resilience building in women and children.
- Act as a lead voice for empowering victims from a Sikh and South-Asian background who have experienced domestic abuse, sexual abuse and violence by producing report and gather data and statistics to ensure the female Sikh and south Asian experience in relation to VAWG has a platform.
- Feed into policy at a local, regional and national level to bring about positive change for victims.

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# Bereavement/Loss Countywide Services

## Child Bereavement UK

Tel: 0800 028 8840

Website: [www.childbereavementuk.org](http://www.childbereavementuk.org)

Our vision is for all families to have the support they need to rebuild their lives, when a child grieves or when a child dies. Find a Child Bereavement UK support service near you.

## Childhood Bereavement Network

Website:

[www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

Information regarding help and support for children and young people affected by bereavement, and their parents / carers.

## Cruse Bereavement Care

Essex Tel: 0845 2669710

National Helpline: 0808 808 1677

Email: [essex@cruse.org.uk](mailto:essex@cruse.org.uk)

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

We offer support, advice and information to children, young people and adults when someone dies. Our services are free of charge and we support anyone who has been bereaved whenever or however the death has occurred.

## Coronavirus Crisis Bereavement Line

Website:

[www.havenshospices.org.uk/crisisline](http://www.havenshospices.org.uk/crisisline)

For adults and children who have lost loved ones through coronavirus.

## Down to Earth

Call: 020 8983 5055

Practical support with funeral costs.

<p>Email: <a href="mailto:downtoearth@qsa.org.uk">downtoearth@qsa.org.uk</a></p> <p>Website:  <a href="https://quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth">https://quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth</a></p>	
<p><b>Essex Child and Family Wellbeing Service</b></p> <p>Website: <a href="http://www.essexfamilywellbeing.co.uk">www.essexfamilywellbeing.co.uk</a>  Mid Essex Tel: 0300 247 0014  North Essex Tel: 0300 247 0015  South Essex Tel: 0300 247 0013  West Essex Tel: 0300 247 0122</p>	<p>On behalf of Essex County Council and the NHS, Virgin Care and Barnardo's provide a range of child and family services throughout Essex that are free at the point of delivery.</p>
<p><b>Farleigh Hospice Bereavement Support</b></p> <p>Website: <a href="http://www.farleighhospice.org/advice-support/support-for-families-and-carers">www.farleighhospice.org/advice-support/support-for-families-and-carers</a></p> <p>The advice line is available between 8am and 8pm, 7 days a week, on 01245 455478.</p>	<p>Experiencing the loss of a family member can be extremely distressing. Our Bereavement Support team are on hand to help you through the emotional impact of grief. We recognise that bereavement affects everyone differently, so we offer a range of support options to best suit you or your family member. We provide support for anyone who lives in the mid Essex area; you do not need to have a previous connection with Farleigh.</p> <p>Yo-Yo is a community service for children and young people aged 4 to 18. The service is partly funded by Children in Need.</p> <p>The options for support are:</p> <ul style="list-style-type: none"> <li>• 1 to 1 support</li> <li>• Counselling/art therapy</li> <li>• Group work – we have a range of groups:</li> <li>• Mini HUB (Help Understanding Bereavement) - a 5 week course for 7 -11 year olds, looking at bereavement, how it's affected you and to meet with others in a similar situation</li> <li>• Outdoor activity days</li> <li>• Art gallery</li> <li>• Family meal</li> <li>• Memorial service</li> <li>• Workshops for parents and carers to understand the impact of loss and bereavement and how to support your child/young person</li> </ul>

<p><b>Griefftalk (Grief Encounter)</b></p> <p>Tel: 0808 802 0111  Email: <a href="mailto:griefftalk@griefencounter.org.uk">griefftalk@griefencounter.org.uk</a>  Website: <a href="http://www.griefencounter.org.uk">www.griefencounter.org.uk</a></p>	<p>Grief Encounter’s griefftalk helpline is open 9am-9pm, Monday to Friday. This free service offers support to those who need a confidential space to chat and be heard. You can get in touch with grief talk in several ways:</p> <ul style="list-style-type: none"> <li>• By phone – call us now on 0808 802 0111</li> <li>• By instant webchat – through the top right-hand corner of our website: <a href="http://www.griefencounter.org.uk">www.griefencounter.org.uk</a></li> <li>• By email - <a href="mailto:griefftalk@griefencounter.org.uk">griefftalk@griefencounter.org.uk</a></li> </ul>
<p><b>Hope Again</b></p> <p>Website: <a href="http://www.hopeagain.org.uk">www.hopeagain.org.uk</a></p>	<p>Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies.</p>
<p><b>Little Havens Hospice</b></p> <p>Tel: 01702 220350  Website: <a href="http://www.havenshospices.org.uk">www.havenshospices.org.uk</a>  Email: <a href="mailto:info@havenshospices.org.uk">info@havenshospices.org.uk</a></p>	<p>Little Havens Hospice provides care for children who are life-limited, are life-threatened or have palliative care needs. What this means is that the child has been diagnosed with a condition, meaning that their life may be shortened. We can care for children and young people under the age of 19. We care for children, young people and their families from Essex and the surrounding London boroughs.</p>
<p><b>SSAFA – The Armed Forces Charity</b></p> <p>Website: <a href="https://www.ssafa.org.uk/get-help/military-families/bereavement-support-groups">https://www.ssafa.org.uk/get-help/military-families/bereavement-support-groups</a>  Tel: 0800 260 6767</p>	<p>SSAFA offers three support groups, providing events which facilitate peer support, a safe space to grieve and an opportunity for respite.</p> <p>SSAFA's support groups provide a network of people who have been through a similar tragedy, giving you the opportunity to talk though your emotions with an understanding compassionate group.</p> <p>Each support group runs one or two day events throughout the year, where beneficiaries can meet up together and receive peer-to-peer support, facilitated in a safe environment.</p> <ul style="list-style-type: none"> <li>• Bereaved Support Group - This group is for anyone in the family unit (18+) who has suffered a bereavement of a veteran or Serving Armed Forces Personnel.</li> </ul>

	<ul style="list-style-type: none"> <li>• Military Families Affected by Suicide - For anyone in the family unit (18+) who have been affected by the loss of a loved one through suicide of a veteran or Serving Armed Forces Personnel.</li> <li>• Families of Wounded Injured and Sick Personnel - The FISP support group is for a spouse/partner/parent or carer (18+) of Armed Forces personnel who have been wounded or suffered an injury, or sickness.</li> </ul>
<p><b>Support After Suicide Partnership</b></p> <p>Website: <a href="http://www.supportaftersuicide.org.uk">www.supportaftersuicide.org.uk</a></p>	<p>Emotional support, practical support and resources for those affected or bereaved by suicide, provided by a network of organisations.</p>
<p><b>Survivors of Bereavement by Suicide</b></p> <p>Website: <a href="http://www.uksoobs.org">www.uksoobs.org</a>          Helpline: 0300 111 5065 (9am-9pm)</p>	<p>We exist to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.</p>
<p><b>The Rainbow Trust</b></p> <p><a href="http://www.rainbowtrust.org.uk">www.rainbowtrust.org.uk</a></p> <p>Tel: 01372363438</p>	<p>The Rainbow Trust is a nationwide charity , who have a team in Essex .          Rainbow Trust Children’s Charity supports families who have a child aged 0-18 years with a life-threatening or terminal illness.</p> <p>When a child has a serious illness, family life is turned upside down and time becomes more precious than ever. Rainbow Trust pairs each family with an expert Family Support Worker who enables them to make the most of time together, giving them practical and emotional support, whenever they need it, for as long as is needed.</p> <p>They support the whole family including parents, carers, the unwell child, brothers, sisters and grandparents. Support is hugely varied and depends on the needs of the family. It can include:</p> <ul style="list-style-type: none"> <li>• listening to a family’s fears and anxieties</li> <li>• helping to explain illnesses, diagnoses and treatments</li> <li>• keeping a seriously ill child company during hospital stays</li> <li>• driving families to medical appointments to help save time and money</li> </ul>

	<ul style="list-style-type: none"> <li>organising fun activities to help sick children, their brothers and sisters</li> <li>support through bereavement and grief</li> </ul> <p>Anyone can refer a family to them (for example, a family member, friend, health, education or social care professional) provided consent from the family has been given for the referral to be made</p>
<p><b>Website – Cbeebies – Talking about Death With Your Little Ones</b></p> <p>Website:  <a href="http://www.bbc.co.uk/cbeebies/grownups/our-family-talking-about-death-with-your-little-one">www.bbc.co.uk/cbeebies/grownups/our-family-talking-about-death-with-your-little-one</a></p>	<p>Advice and guidance about speaking to young children about death.</p>
<p><b>When Someone Very Special Dies – Book by Marge Heegaard</b></p> <p>Available at <a href="#">Amazon</a></p>	<p>A practical format for allowing children to understand the concept of death and develop coping skills for life, this book is designed for young readers to illustrate.</p>
<p><b>When Someone Has a Very Serious Illness – Book by Marge Heegaard</b></p> <p>Available at <a href="#">Amazon</a></p>	<p>This book will help families communicate and evaluate a child's understanding and feelings about family change while teaching basic concepts of illness and healthy coping skills.</p>
<p><b>When Something Terrible Happens – Book by Marge Heegaard</b></p> <p>Available at <a href="#">Amazon</a></p>	<p>Creates ways for children to explore the fright, confusion, and insecurity caused by traumatic events in their lives. The 'Drawing Out Feelings' series has been designed to provide parents, educators and counsellors with an organized approach to helping children cope with grief, family loss and change. A workbook to help children work out feelings about a traumatic event. Traumatic events in the lives of their families, friends or community leave children feeling confused, insecure and frightened. Recreating the event on paper reduces the child's terror and creates feelings of empowerment. Drawing puts the child in charge, providing the opportunity for exploring feelings. With the help of this book, nightmares and post-traumatic stress symptoms can be relieved.</p>

OFFICIAL-SENSITIVE



# Child Behavioural Difficulties Countywide Services

## **Bounce Forward**

**Website:** [www.bounceforward.com](http://www.bounceforward.com)

### Online Resilience Course for Parents

The coronavirus lockdown has caused millions of children to be home for an indefinite amount of time, not to mention the connotations of a 'lockdown period.' Children and teenagers can find this difficult for a whole host of reasons – leaving them feeling stressed, overwhelmed, or exhausted.

### Helping Children Thrive at Home

There is an immediate need to preserve children's wellbeing and build resilience at this point in history, where it is genuinely needed. To support this need, Bounce Forward has scheduled a series of sessions to help parents with children aged 9 years and above coping with uncertainty to thrive. Each hour-long session will be hosted by Lucy Bailey – Chief Executive Officer & Co-founder of Bounce Forward with the content based on the science of resilience.

The sessions provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour. Parents will learn how to build vital skills to help their children be more resilient during this uncertain time.

## **Challenging Behaviour Foundation**

**Website:** [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

Charity providing practical information for families and professionals about understanding and supporting children and adults whose behaviour challenges.

<p><b>Child Accident Prevention Trust</b></p> <p><b>Website:</b> <a href="http://www.capt.org.uk">www.capt.org.uk</a></p>	<p>Charity offering free child safety advice to parents and carers, and support to professionals working with children and families</p>
<p><b>Community 360</b></p> <p><b>Tel:</b> 01206 505250</p> <p><b>Email:</b> <a href="mailto:families@community360.org.uk">families@community360.org.uk</a></p> <p><b>Website:</b> <a href="http://www.community360.org.uk/efss/">www.community360.org.uk/efss/</a></p>	<p>Community360 are working in partnership and collaboration with other Voluntary and Community Sector organisations across Essex to deliver this Service as part of the wider Essex Child and Family Wellbeing Service.</p> <p>Essex Family Support Service:</p> <p>The service will provide support to families Essex wide (excluding Southend and Thurrock) which include school-aged children and young people aged 8 – 19 years. This will include families who are not already receiving support from specialist and statutory services (for families with children under 8 years, support will be provided by other Voluntary organisations</p> <p>The Essex Family Support Service uses a strengths based approach when working with families to support them to improve their overall wellbeing and resilience. By capitalising on existing family assets and also exploring other professional &amp; community sources of support we are able to:</p> <ul style="list-style-type: none"> <li>• Support families &amp; young people to make safe choices that promote positive wellbeing</li> <li>• Support families &amp; young people to develop and retain positive relationships</li> <li>• Support families &amp; young people to link in with their peers/communities</li> </ul> <p>Areas we can offer support on include:</p> <ul style="list-style-type: none"> <li>• Signposting to a wide range of services that fit the needs of the family. Such as wellbeing support, volunteering or training opportunities</li> </ul>

	<ul style="list-style-type: none"> <li>• Supporting family members to build their confidence and enable them to actively participate in meaningful activities within their community</li> <li>• Accessing volunteer family mentoring for up to 10 weeks</li> </ul> <p>Access to the service will be via a single point of access. For those wishing to make a referral on behalf of a family please contact us for a referral form by emailing <a href="mailto:families@community360.org.uk">families@community360.org.uk</a></p> <p>Families are also able to self-refer by contacting us on: 01206 505 250, by emailing us at <a href="mailto:families@community360.org.uk">families@community360.org.uk</a></p> <p>We also, offer a wide range of community work such as Local walks, Drop in sessions, Building on that Bond training sessions, plus much more! If you would like to find out more information on any of the above please send all enquires to <a href="mailto:families@community360.org.uk">families@community360.org.uk</a> and a member the team will be happy to assist.</p>
<p><b>Essex Boys and Girls Clubs</b></p> <p><b>Tel: 01245 264783</b>  <b>Website: <a href="http://www.essexboysandgirlsclubs.org">www.essexboysandgirlsclubs.org</a></b>  <b>Address: Harway House, Rectory Lane, Chelmsford, Essex. CM1 1RQ</b></p>	<p>We support young people's clubs across Essex.</p> <p>Our clubs are diverse, ranging from the small rural youth clubs with under 20 members who meet once a fortnight, to large multi-facility clubs with over 500 members and open almost 24 hours a day.</p> <p>These clubs affiliate to us to access our club support services and our activity program which help both volunteers and club members to develop themselves and their club.</p> <ul style="list-style-type: none"> <li>• <a href="#">The Clubs Projects</a></li> </ul>
<p><b>Essex Child and Family Wellbeing Service</b></p> <p><b>Website: <a href="http://www.essexfamilywellbeing.co.uk">www.essexfamilywellbeing.co.uk</a></b>  <b>Mid Essex Tel: 0300 247 0014</b>  <b>North Essex Tel: 0300 247 0015</b>  <b>South Essex Tel: 0300 247 0013</b>  <b>West Essex Tel: 0300 247 0122</b></p>	<p>Essex Child and Family Wellbeing Service brings together a range of children's community services. It's provided by Virgin Care in partnership with Barnardo's on behalf of Essex County Council, West Essex CCG and the NHS.</p> <p>The Healthy Family Service is made up of a collection of different professionals, including Health Visitors, School Nurses, and Healthy Family Support Practitioners. We support children and families in Essex with parenting and their health and wellbeing. We're able to see children and families in the community, your own home or at school. We can support Families who are worried about their children's behaviours.</p>

	<p>After discussing your concerns with you, we may offer; Family Support - One to one support in the family home, targeted parenting programmes or workshops, evidence-based parenting interventions, or a referral to another service we work alongside.</p>
<p><b>Essex Community Development</b></p> <p><b>Tel: 01268 967 690</b>  <b>Email: <a href="mailto:info@EssexCommunityDevelopment.org">info@EssexCommunityDevelopment.org</a></b>  <b>Website: <a href="http://www.essexcommunitydevelopment.org">www.essexcommunitydevelopment.org</a></b></p>	<p>ECD is an independent voluntary organisation that offers early intervention mentoring and support to children aged 8 to 18 and their families. Our services include but are not limited to children with</p> <ul style="list-style-type: none"> <li>•mild learning difficulties</li> <li>•poor social skills</li> <li>•at risk of drug and alcohol misuse / addiction</li> <li>•low self esteem</li> <li>•children with challenging behaviour</li> <li>•have been victims of bullying</li> </ul> <p>We aim to support our service users in the development of skills and knowledge they may require to overcome any challenges or barriers they may face in the home, community or in school, as it is our strong belief that every young person deserves a fair chance in life.</p> <p>We accept tier 2 referrals from schools, GPs and Social Services. Families can also self refer. Please contact us for a referral form. Our services are as follows:</p> <ul style="list-style-type: none"> <li>•one to one coaching and mentoring</li> <li>•family coaching and mentoring</li> <li>•consultancy</li> <li>•counselling</li> <li>•advice and/or signposting</li> </ul>
<p><b>Essex County Fire &amp; Rescue Service – Juvenile Fire-Setters</b></p> <p><b>Tel: 01376 576022</b>  <b>Email: <a href="mailto:jfs@essex-fire.gov.uk">jfs@essex-fire.gov.uk</a></b></p>	<p>Many children and young people have a fascination with fire, but for some this fascination can take a dangerous turn and lead to fire setting. This is where Essex County Fire and Rescue Service’s Juvenile Fire-Setters Scheme can help.</p> <p>The Juvenile Fire-setter scheme (JFS) is a free service that aims to deter children from becoming involved with fire-setting behaviour. Our trained advisors can offer help and guidance to young people up to and including 17 years of age. Our advisors work in</p>

<p><b>Website: <a href="http://www.essex-fire.gov.uk/Community_Development/Juvenile_Fire-setters/">www.essex-fire.gov.uk/Community_Development/Juvenile_Fire-setters/</a></b></p>	<p>pairs and can visit children in their homes, at school or a designated place of safety. The scheme has been in existence since 1997 in that time, we have engaged with thousands of children.</p> <p>Signs of fire setting include:</p> <ul style="list-style-type: none"> <li>• Small burn holes in carpets</li> <li>• Charred paper in sinks or bins</li> <li>• Matches or lighters in your child's bedroom, school bag or coat</li> <li>• An unusual fascination with fire</li> <li>• Unexplained fires in the home</li> </ul> <p>Anyone can make a direct referral to the Juvenile Fire-Setter scheme. Historically we have received referrals from families, schools and other related agencies. An intervention can only take place with the permission of the parent / guardian of the child.</p>
<p><b>Essex County Fire Service</b></p> <p><b>Website: <a href="http://www.essex-fire.gov.uk/Home_Fire_Safety">www.essex-fire.gov.uk/Home_Fire_Safety</a></b></p>	<p>Provides useful information about the common causes of fire in the home and how to prevent them. The service offer free home safety visits from a Local Fire Safety Officer. This can be arranged via the website or by contacting 0300 303 0088.</p>
<p><b>Family Lives Parents Helpline and Website</b></p> <p><b>Tel: 0808 800 2222 / 01702 554782</b>  <b>Website: <a href="http://www.familylives.org.uk">www.familylives.org.uk</a></b>  <b>Address: Endway House, Endway, Hadleigh, Essex SS7 2AN</b></p>	<p>Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life. We know that many people play active roles in raising children, from dads and mums, grandparents, stepparents and non-resident parents. Our role is to support all of you to achieve the best relationship possible with the children that you care about, as well as supporting parenting professionals.</p> <p>We recognise that the best way to support families is to provide professional, non-judgmental support and advice in a way that all members of the family can freely access. We provide this through our helpline, extensive advice on our website, befriending services, and parenting/relationship support groups. Nearly all of our services are accessible at no charge to parents and you can contact us 365 days a year.</p> <p>People contact us about all aspects of family life including child development, issues with schools and parenting/relationship support. We also respond when life becomes</p>

	<p>complicated and provide support around family breakdown, aggression in the home, bullying, risky teenage behaviour and mental health concerns of both parents and their children. It is good to talk and we can help you find solutions and recommend further support within our own wider services and/or from our many partner organisations.</p>
<p><b>FIF Funded Project - Kids Inspire, Children’s Society and Southend YMCA (joint project)</b></p> <p>Email: <a href="mailto:fifreferrals@childrenssociety.org.uk">fifreferrals@childrenssociety.org.uk</a>          Tel: 01245 493400 or 01245 493311          Referral form available here.</p>	<p>The Essex County Council funded Family Innovation Fund (FIF) services are for Children, Young People and Parents/Carers with low level needs who can’t be supported by services such as Schools, and GPs alone. FIF provides that little bit of extra help should a difficulty occur and those services cannot respond appropriately.</p> <p>. Referrals can be made for children and young people aged 8-19 years and/or a parent or carer where they;</p> <ul style="list-style-type: none"> <li>• are exhibiting risky behaviours (of self or others) that jeopardise personal safety</li> <li>• are at risk of going on to part-time school timetables or at risk of exclusion</li> <li>• are home educated where early help can have a positive impact</li> <li>• have moderate learning difficulties (without an Education and Health Care Plan)</li> <li>• have low level behavioural issues (without an Education and Health Care Plan)</li> </ul> <p>There are some restrictions to accessing this support and that is if the person(s) being referred are already being supported by specialist and/or statutory services</p>
<p><b>Good Man Project</b></p> <p>Email: <a href="mailto:Youth.work@essex.gov.uk">Youth.work@essex.gov.uk</a></p>	<p>Good Man is a five week male mentoring programme for boys and young men who are at risk of entering into abusive relationships in the future and/or are at current risk within an abusive relationship. It can be delivered on either a group work or 1:1 basis, depending on need. The areas covered include:</p> <ul style="list-style-type: none"> <li>• Making relationships work</li> <li>• Relationships in a digital world</li> <li>• Confidence</li> <li>• Manners and respect</li> <li>• Consequences</li> <li>• Healthy relationships</li> </ul>

	<p>The project looks to educate young people about the value of respect and the characteristics of healthy and unhealthy relationships. Equipping them with the necessary skills to develop and maintain healthy relationships, recognise how to break up in an appropriate way when necessary and maintaining appropriate open lines of communication.</p>
<p><b>Healing Connections</b></p> <p><b>Tel: 01245 348707</b></p> <p><b>Email: <a href="mailto:clinicaladmin@kidsinspire.org.uk">clinicaladmin@kidsinspire.org.uk</a></b></p>	<p>A new therapeutic service for 10-14-year olds based in Essex (excluding Southend and Thurrock) has been funded by the Youth Endowment Fund and is ready for referral now.</p> <p>Children’s mental health charity Kids Inspire is offering referred* young people (and by approach, their parents/ carers too) 20 to 30 weekly one hour sessions online. It will offer space to understand and explore what lies beneath behaviours that can lead to crime and violence.</p> <p>The referred* child will be known to Police, but they are on the edge of crime/gangs/violence and not actually committing serious crime. The aim is to try and alter behaviour before they do get in too deep.</p> <p>*We anticipate that referrals into this service will come from:</p> <ul style="list-style-type: none"> <li>• Essex Police</li> <li>• GPs</li> <li>• Schools</li> <li>• Social Care and other professional services</li> </ul>
<p><b>Home-Start Essex</b></p> <p><b>Tel: 01245 847410</b></p> <p><b>Email: <a href="mailto:info@home-startessex.org.uk">info@home-startessex.org.uk</a></b></p> <p><b>Website: <a href="http://www.home-start.org.uk">www.home-start.org.uk</a></b></p>	<p>Home-Start Essex is a leading family support charity working across Essex to build the confidence and skills of parents/carers to achieve healthy and positive outcomes for children. Our work comprises a long established volunteer home visiting service, offering emotional and practical help to families experiencing difficulties, alongside a range of family groups, well-being programmes, courses and events.</p>

Family Groups: We are delivering weekly family groups via online sessions and in some areas, in outdoor spaces, such as a parks.

Volunteer Face to face support: Where appropriate volunteers can meet with a family on a weekly basis in an outdoor space. We can also combine this with telephone support if the weather conditions make it difficult to meet outside. We are following all Government C19 guidelines for all face to face support.

Telephone Befriender: Our professionally trained volunteers offer weekly phone or video calls providing friendship, guidance and a listening ear and to help a family through a difficult time.

School Readiness: Volunteers provide an 8 week school readiness course via phone or zoom. Activity packs are provided to families together with online guidance and resources.

Wellbeing: Online groups are continuing for parents to maintain their wellbeing, physical and mental health, throughout Essex, alongside our Fitness and Fun and Walk & Talk programmes.

**Prison No Way**

**Email:** [youth.work@essex.gov.uk](mailto:youth.work@essex.gov.uk)

**Website:**

[www.youth.essex.gov.uk/schools/prison-no-way](http://www.youth.essex.gov.uk/schools/prison-no-way)

Prison No Way is an interactive, practical and varied programme for young people who are becoming increasingly susceptible to being drawn into criminal activity, whether they are aware of this or not.

Across the programme, we aim to:

- Teach young people to avoid participation in criminal activity by enabling them to make better/more informed decisions
- Explore lifelong consequences of criminal activity to individuals and wider circles
- Increase awareness of the impact of crime on local communities and the wider society
- Ensure young people are aware of the dangers of being involved with County Lines and identify risk prevention strategies
- The project looks to educate young people by exploring the realities of crime and offering insights into the consequences and relevant processes.



	<p>How is it delivered? We deliver the programme across ten sessions in partnership with Criminal Justice Service agencies and can be tailored to ensure that all elements meet the needs of the group.</p> <p>Who is it aimed at?</p> <ul style="list-style-type: none"> <li>• Young people aged 13 – 16 years</li> <li>• Young people willing to take part in group work.</li> <li>• Those identified of being at risk of youth violence and offending behaviour</li> </ul>
<p><b>TurnAround Essex – Wilderness Foundation</b></p> <p><b>Website: <a href="http://www.wildernessfoundation.org.uk">www.wildernessfoundation.org.uk</a></b>  <b>Tel: 0300 1233073</b>  <b>Email: <a href="mailto:info@wildernessfoundation.org.uk">info@wildernessfoundation.org.uk</a></b></p>	<p>Youth ages 15–21 who struggle with family, social, and personal problems find a new way of living through the Wilderness Foundation’s six month long TurnAround programme</p> <p>Participants typically face multiple barriers to success, such as poverty, abusive or ineffective families, drug and alcohol abuse, school failure, and youth offending orders. Through outdoor adventures and intensive mentoring, TurnAround empowers young people to build a brighter future.</p> <p>TurnAround uses wilderness therapy, challenging outdoor experiences, one-on-one life coaching, and educational activities to enable vulnerable young people to overcome their challenges and take control of their lives.</p> <p>Our success rate averages 83% of our graduates entering further education or employment and sustaining this into the future. We remain in contact with many young graduates on a regular basis.</p>

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# Crime/Anti-Social Behaviour Countywide Services

## ACT Early (Prevent Radicalisation)

**Website:** [www.actearly.uk](http://www.actearly.uk)

Is someone close becoming a stranger? It can be hard to know what to do if you're worried someone close is expressing extreme views or hatred, which could lead to them harming themselves or others. Working with other organisations, the police protect vulnerable people from being exploited by extremists through a Home Office programme called Prevent. Act early and tell us your concerns in confidence. You won't be wasting our time and you won't ruin lives, but you might save them.

## Dare to Care (The Children's Society)

**Tel:** 01245 493311

**Email:**

[daretocarereferrals@childrenssociety.org.uk](mailto:daretocarereferrals@childrenssociety.org.uk)

**Website:** <https://www.childrenssociety.org.uk/>

**Address:** 114 Springfield Road, Chelmsford, Essex CM2 6LF

Dare to care supports children and young people aged between 8 and 19 years (25 if SEN) who are affected by parental mental health (including dual diagnosis), witness to domestic violence and whose parents are offenders. Dare to care is based in Mid- Essex and funded by Essex County Council and the Mid Essex Clinical Commissioning Group and works alongside CHHAT (Community Hidden Harm Awareness Team).

## Essex County Fire & Rescue Service – Juvenile Fire-Setters

**Tel:** 01376 576022

**Email:** [jfs@essex-fire.gov.uk](mailto:jfs@essex-fire.gov.uk)

**Website:** [www.essex-fire.gov.uk](http://www.essex-fire.gov.uk)

Many children and young people have a fascination with fire, but for some this fascination can take a dangerous turn and lead to fire setting. This is where Essex County Fire and Rescue Service's Juvenile Fire-Setters Scheme can help.

The Juvenile Fire-setter scheme (JFS) is a free service that aims to deter children from becoming involved with fire-setting behaviour. Our trained advisors can offer help and guidance to young people up to and including 17 years of age. Our advisors work in pairs and can visit children in their homes, at school or a designated place of safety. The scheme has been in existence since 1997 in that time, we have engaged with thousands of children.

	<p>Signs of fire setting include:</p> <ul style="list-style-type: none"> <li>• Small burn holes in carpets</li> <li>• Charred paper in sinks or bins</li> <li>• Matches or lighters in your child's bedroom, school bag or coat</li> <li>• An unusual fascination with fire</li> <li>• Unexplained fires in the home</li> </ul> <p>Anyone can make a direct referral to the Juvenile Fire-Setter scheme. Historically we have received referrals from families, schools and other related agencies. An intervention can only take place with the permission of the parent / guardian of the child.</p>
<p><b>Essex Health &amp; Justice Service (Part of Phoenix Futures)</b></p> <p><b>Clacton – 07542 943178</b>  <b>Colchester – 07542 943206</b>  <b>Basildon – 07749 434783</b>  <b>Chelmsford – 07542 943179</b>  <b>Harlow – 07547 657552</b></p>	<p>Supporting young people in the criminal justice system. Essex Health &amp; Justice Service works with young people (10 to 17) involved in the criminal justice system who need some extra support.</p> <p>We can support you with:</p> <ul style="list-style-type: none"> <li>- Substance misuse</li> <li>- Mental health and emotional support</li> <li>- Training and qualifications</li> <li>- Sexual health</li> <li>- Going to appointments</li> <li>- Positive activities</li> </ul>
<p><b>Essex Police CYP Police Officer</b></p> <p><b><u>Braintree</u></b>  <b>73656 Andy Holmes</b>  <b>Email: <a href="mailto:42073656@essex.pnn.police.uk">42073656@essex.pnn.police.uk</a></b>  <b>Ext: 400336</b></p> <p><b><u>Chelmsford &amp; Maldon</u></b>  <b>1376 Clare Martinez</b></p>	<p>There are 13 CYP officers across the force and at least one in each policing district. The role is very much focused on safeguarding and diverting children and young people away from negative behaviours.</p> <p>CYP officers work closely with partner agencies, including Youth Offending Teams and ensure the correct referrals and interventions are offered to young people at risk of offending or becoming victims.</p> <p>Their overarching aim is to identify and resolve issues involving young people within the community who are most at risk of becoming repeat offenders or victims, or at risk of harm from Child Sexual Exploitation.</p>
<p><b>Essex Victims' Gateway</b></p>	<p>The Essex Victims' Gateway offers:</p>

<p><b>Website:</b> <a href="http://essexvictimsgateway.org">essexvictimsgateway.org</a></p>	<ul style="list-style-type: none"> <li>• Free help, information and advice for victims of crime across the whole of the county, including Southend and Thurrock</li> <li>• A comprehensive list of charities and support groups near you</li> <li>• Support tailored to your needs, including specialist services for victims of the most serious crimes such as rape, sexual violence and domestic abuse</li> </ul> <p>Help is available to all, including those who have not reported the crime to police or where offences happened in the past</p>
<p><b>Essex Young People's Drug and Alcohol Service</b></p> <p><b>Tel:</b> 01245 493311  <b>Email:</b> <a href="mailto:eypdas@childrenssociety.org.uk">eypdas@childrenssociety.org.uk</a>  <b>Website:</b>  <a href="http://www.childrenssocietyeast.org.uk/eypdas">www.childrenssocietyeast.org.uk/eypdas</a></p> <p><a href="http://www.childrenssociety.org.uk/information/young-people/east">www.childrenssociety.org.uk/information/young-people/east</a></p> <p><b>Address:</b> Project 114, 114 Springfield Road,</p>	<p>Essex Young People's Drug and Alcohol Service works with children, young people and families affected by drug or alcohol use. <a href="#">Read more...</a></p>
<p><b>Essex Youthbuild</b></p> <p><b>Email:</b> <a href="mailto:viv.bed@essexyouthbuild.co.uk">viv.bed@essexyouthbuild.co.uk</a>  <b>Address:</b> Unit 8, Hoffmanns Way, Chelmsford, Essex CM1 1GU  <b>Tel:</b> 01245 264177  <b>Website:</b> <a href="http://essexyouthbuild.co.uk">essexyouthbuild.co.uk</a></p>	<p>Essex Youthbuild are a small organisation offering practical training activities to disadvantaged young people who are at risk of offending or re-offending and who find it difficult to obtain or sustain places at colleges or other training providers.</p> <p>They deliver personalised Level 1 City and Guilds Construction courses, complimented with 1 to 1 numeracy and literacy tuition and other work ready activities such as Health and Safety, First Aid training and work experience.</p>
<p><b>Healing Connections</b></p> <p><b>Tel:</b> 01245 348707</p> <p><b>Email:</b> <a href="mailto:clinicaladmin@kidsinspire.org.uk">clinicaladmin@kidsinspire.org.uk</a></p>	<p>A new therapeutic service for 10-14-year olds based in Essex (excluding Southend and Thurrock) has been funded by the Youth Endowment Fund and is ready for referral now.</p> <p>Children's mental health charity Kids Inspire is offering referred* young people (and by approach, their parents/ carers too) 20 to 30 weekly one hour sessions online. It will offer space to understand and explore what lies beneath behaviours that can lead to crime and violence.</p>

	<p>The referred* child will be known to Police, but they are on the edge of crime/gangs/violence and not actually committing serious crime. The aim is to try and alter behaviour before they do get in too deep.</p> <p>*We anticipate that referrals into this service will come from:</p> <ul style="list-style-type: none"> <li>• Essex Police</li> <li>• GPs</li> <li>• Schools</li> <li>• Social Care and other professional services</li> </ul>
<p><b>PREVENT</b></p> <p>Tel: 03000 3334444 ext: 180521 / 01245 452133</p> <p>Email: <a href="mailto:prevent@essex.pnn.police.uk">prevent@essex.pnn.police.uk</a></p> <p>Website: <a href="http://www.essex.police.uk">www.essex.police.uk</a></p>	<p>PREVENT is part of Essex Police's counter-terrorist strategy and aims to stop people becoming terrorists or supporting terrorism by working with individuals and communities to address issues before they become a criminal matter and to stop people moving from extremism into terrorist-related activity. <a href="#">Read More...</a></p>
<p><b>Prison No Way</b></p> <p>Email: <a href="mailto:youth.work@essex.gov.uk">youth.work@essex.gov.uk</a></p> <p>Website: <a href="http://www.youth.essex.gov.uk/schools/prison-no-way">www.youth.essex.gov.uk/schools/prison-no-way</a></p>	<p>Prison No Way is an interactive, practical and varied programme for young people who are becoming increasingly susceptible to being drawn into criminal activity, whether they are aware of this or not.</p> <p>Across the programme, we aim to:</p> <ul style="list-style-type: none"> <li>• Teach young people to avoid participation in criminal activity by enabling them to make better/more informed decisions</li> <li>• Explore lifelong consequences of criminal activity to individuals and wider circles</li> <li>• Increase awareness of the impact of crime on local communities and the wider society</li> <li>• Ensure young people are aware of the dangers of being involved with County Lines and identify risk prevention strategies</li> <li>• The project looks to educate young people by exploring the realities of crime and offering insights into the consequences and relevant processes.</li> </ul> <p>How is it delivered?</p> <p>We deliver the programme across ten sessions in partnership with Criminal Justice Service agencies and can be tailored to ensure that all elements meet the needs of the group.</p>

	<p>Who is it aimed at?</p> <ul style="list-style-type: none"> <li>• Young people aged 13 – 16 years</li> <li>• Young people willing to take part in group work.</li> <li>• Those identified of being at risk of youth violence and offending behaviour</li> </ul>
<p><b>Reach Every Generation</b></p> <p><b>Tel: 07956 760862</b>  <b>Email:</b>  <a href="mailto:gavin.mckenna@reacheverygeneration.com">gavin.mckenna@reacheverygeneration.com</a>  <b>Website:</b> <a href="http://reacheverygeneration.co.uk">reacheverygeneration.co.uk</a></p>	<p>Reach Every Generation exists to shape a better future for tomorrow's generation, winning back those caught up in gang culture. To do this, we equip you, the people on the frontline working with young people and their families on a daily basis, encouraging you and empowering you to transform lives.</p> <p>Our vision is to instigate change, drawing on 'real-life' experiences that we impart to others. From us, you can expect up to date knowledge on the issues affecting young people involved in gangs, and access to valuable resources that we know will make a difference to those lives you touch.</p> <p><a href="#">Read more...</a></p>
<p><b>Safe In Essex (The Children's Society)</b></p> <p><b>Tel: 01245 493311</b>  <b>Email:</b> <a href="mailto:FIFreferrals@childrenssociety.org.uk">FIFreferrals@childrenssociety.org.uk</a>  <b>Website:</b> <a href="https://www.childrenssociety.org.uk/www.childrenssociety.org.uk/information/young-people/east">https://www.childrenssociety.org.uk/</a>  <a href="http://www.childrenssociety.org.uk/information/young-people/east">www.childrenssociety.org.uk/information/young-people/east</a></p> <p><b>Address: 114 Springfield Road, Chelmsford, Essex CM2 6LF</b></p>	<p>Providing awareness and interventions for children and young people identified at risk of, or already engaging in low level risky behaviours, in order to prevent further risky behaviour e.g.</p> <ul style="list-style-type: none"> <li>• Drugs, alcohol and smoking</li> <li>• Gangs &amp; Trafficking</li> <li>• Domestic abuse and victims of violence</li> <li>• E-safety</li> <li>• At risk of sexual exploitation</li> <li>• Risky sexual behaviour</li> </ul> <p>Antisocial behaviour and crime</p>
<p><b>Sexual Assault Referral Centre (SARC)</b></p> <p><b>Tel: 01277 240620</b>  <b>Website:</b> <a href="http://www.oakwoodplace.org.uk">www.oakwoodplace.org.uk</a></p>	<p>A Sexual Assault Referral Centre (SARC) provides services to victims of rape or sexual assault regardless of whether the victim reports the offence to the police or not.</p> <p>SARCs are designed to be comfortable and multi-functional, providing private space for interviews and examinations, and some may also offer counselling services. Sexual Assault Referral Centres have specialist staff that are trained to help you make informed decisions about what you want to do next.</p>

<p><b>Seen and Heard</b></p> <p><b>Email:</b> <a href="mailto:info@childrenheardandseen.co.uk">info@childrenheardandseen.co.uk</a>  <b>Telephone:</b> 07557 339258  <b>Website:</b> <a href="http://www.childrenheardandseen.co.uk">www.childrenheardandseen.co.uk</a></p>	<p>Children Heard and Seen is a charity which provides support and interventions for children with a parent in prison. The charity was set up in 2014, with a focus on reducing intergenerational offending, and mitigating the impacts of parental imprisonment for children and young people. Whilst we are primarily based in Oxfordshire, the introduction of online support during the pandemic means that we are now able to accept referrals to support families across the country.</p>
<p><b>The POWER Project</b></p> <p><b>Tel:</b> 03330 138926</p> <p><b>To make a referral –</b>  <a href="#">POWER Referral Portal - Essex County Council - Citizen Space</a></p> <p><b>Email:</b> <a href="mailto:jethro.bogdanov@essex.gov.uk">jethro.bogdanov@essex.gov.uk</a> or  <a href="mailto:Chloe.Bond@essex.gov.uk">Chloe.Bond@essex.gov.uk</a></p>	<p>The POWER project (<b>P</b>romoting <b>O</b>pportunities <b>W</b>ith <b>E</b>motional <b>R</b>esilience) is a targeted early intervention project working across Southend, Essex and Thurrock (SET). POWER practitioners offer direct support to children and young people aged 8-13 and their parent/carers to help them develop ways of coping with challenging situations at home, at school and in their local communities. POWER also seeks to support schools to develop effective methods to enable children and young people to be successful in school.</p> <p>Typically, the children and young people POWER seeks to help will be struggling to engage at school, attending irregularly and will have had contact with or be known to the police. However, they will not yet have been criminalised (i.e. they will not have been charged for an offence).</p> <p>Children and young people who are already being supported by Social Care or the Youth Offending Service are not eligible for support from the POWER project.</p>
<p><b>Victim Support Essex</b></p> <p><b>Essex Team:</b> 08081781694, Monday-Friday 8am till 5pm</p> <p><b>Support line:</b> 08081689111, open 24/7</p> <p><b>Or email</b> <a href="mailto:essex@victimsupport.org.uk">essex@victimsupport.org.uk</a></p>	<p>Victim Support provide emotional support to anyone affected by crime, not only victims and witnesses, but their friends, family and any other person impacted. We also provide direct support to children and young people between 4 and 17 years. Because we're an independent charity, you can talk to us whether or not you reported the crime to the police. Our support is free and confidential, our aim is to help people to cope and recover from the impact of crime. Call the Essex Team on 08081781694 Monday-Friday 8am till 5pm or Support line 24/7 on 08081689111. Or email <a href="mailto:essex@victimsupport.org.uk">essex@victimsupport.org.uk</a></p> <p>Victim Support now also have our online support website called My Support Space. It is a safe, secure and confidential space which contains interactive guides, videos, techniques, activities and tips, and can be completed at your own pace. There is also a pathway for family or friends who are supporting a victim of crime for them to get support and advice. See <a href="http://mysupportspace.org.uk/MoJ">mysupportspace.org.uk/MoJ</a> for more information.</p>



We now also offer iMatter course, which is an online 10 week course for women who have experienced domestic abuse in the past. The programme is designed to help with self-esteem and confidence, and understanding of safety within intimate and close relationships. The programme is designed for a group of up to 12 women at a time. We run the groups in Bengali, Gujarati, Polish, Urdu and Welsh as well as in English. Ask any professional working with you, to refer you into the programme. See <https://www.victimsupport.org.uk/more-us/why-choose-us/specialist-services/imatter/> for more information. Alternatively contact the iMatter team on 03003035881 or email [iMatterprogramme@victimsupport.org.uk](mailto:iMatterprogramme@victimsupport.org.uk)

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# Domestic Abuse Countywide Services

## Alpha Vesta

Tel: 01245 791281

enquiries@alphavesta.com

We deliver on our vision with our mission to engage, educate and empower communities and workforces to recognise the early indicators, respond effectively and create safe spaces for adults or children affected to reach out at the earliest point – preventing that crisis, when successful, sustainable changes **can** be made, where we **can** actually break that cycle.

## Compass (Essex Domestic Abuse Helpline)

Tel: 0330 333 7 444

Website: [www.essexcompass.org.uk](http://www.essexcompass.org.uk)

COMPASS will go live on 1st April 2019 and is the new point of access for victims of domestic abuse across Southend, Essex and Thurrock; providing information, advice and guidance and where appropriate assessment and access to specialist services.

COMPASS will also provide information, advice and guidance to the public and professionals who have concerns about family and friends and people they work with who may be victims of domestic abuse.

COMPASS will be accessible 24hrs a day. Callers can speak with a trained member of staff and there will also be an online form for both public and professionals wishing to make a referral via the website.

COMPASS will be delivered by Southend on Sea Domestic Abuse Projects.

<p><b>Essex Community Rehabilitation Company</b> (part of The Change Project – single point of access)</p> <p>Tel: 07568432146</p>	<p>As part of this single point of access pathway, the below service is available:</p> <p>A prison intervention programme: an educational behaviour change programme to challenge and underpin the attitudes of abusive behaviours for people who are in custody.</p> <p>Delivered by Essex Community Rehabilitation Company.</p>
<p><b>Essex DA Service Directory</b></p> <p>Website: <a href="http://www.setdab.org.uk">www.setdab.org.uk</a></p>	<p>This is the pan Essex DA website which hosts the service directory.</p>
<p><b>Essex Police Domestic Abuse Central Referral Unit</b></p> <p>Tel: 0800 3580351 Tel: 101 Extension 180340 Website: <a href="http://www.essex.police.uk">www.essex.police.uk</a></p>	<p>We encourage you to report domestic abuse to us.</p> <p>Not knowing exactly what will happen when you call us can be worrying and prevent you from seeking help, so we've put together a step-by-step explanation.</p> <p>If you decide not to speak to us, please don't suffer in silence. Confide in someone you trust and contact one of the support organisations on our <a href="#">Help in Essex</a> or <a href="#">Help across the UK</a> pages.</p>
<p><b>Essex Child and Family Wellbeing Service</b></p> <p><a href="http://www.essexfamilywellbeing.co.uk">www.essexfamilywellbeing.co.uk</a></p> <p>0300 247 0014 (Mid Essex), 0300 247 0015 (North Essex), 0300 247 0013 (South Essex), 0300 247 0122 (West Essex)</p>	<p>Essex Child and Family Wellbeing Service brings together a range of children's community services. It's provided by Virgin Care in partnership with Barnardo's on behalf of Essex County Council, West Essex CCG and the NHS.</p> <p>The Healthy Family Service is made up of a collection of different professionals, including Health Visitors, School Nurses, and Healthy Family Support Practitioners. We support children and families in Essex with parenting and their health and wellbeing.</p> <p>We're able to see children and families in the community, your own home or at school.</p> <p>If you are experiencing domestic abuse there are many different people who can support you and your children. Your Healthy Family Team will also be able to support you and your children if you are suffering from domestic abuse.</p> <p>All your local family hubs will have a safe space where you and your children can go if needed.</p>

<p><b>Essex Youth Service</b> (part of The Change Project – single point of access)</p> <p><b>Tel: 07568432146</b></p>	<p>As part of this single point of access pathway, the below service is available:</p> <p>A mentoring programme to work with young men aged 13-18 who are at risk currently using abusive behaviours within an abusive relationship.</p> <p>Delivered by Essex Youth Service.</p>
<p><b>Freedom Project (Dogs Trust)</b></p> <p><b>Website:</b> <a href="http://www.moretodogstrust.org.uk/freedom-project-contact-us/contact-us">www.moretodogstrust.org.uk/freedom-project-contact-us/contact-us</a></p> <p><b>T: 0800 298 9199</b> <b>F: 020 7833 8798</b> <b>E: <a href="mailto:freedomproject@dogstrust.org.uk">freedomproject@dogstrust.org.uk</a></b></p>	<p>Providing temporary foster care for dogs belonging to families fleeing domestic violence.</p>
<p><b>GamCare</b></p> <p><b>Tel: 0808 80 20 133</b> <b>Website: <a href="http://www.gamcare.org.uk">www.gamcare.org.uk</a></b></p>	<p>The relationship between gambling addiction and domestic abuse is complex and often a hidden issue. GamCare highlight that women and children are disproportionately experiencing gambling related harm in the UK. GamCare offers free support, information and advice to those affected by gambling addiction. They support around 40,000 individuals a year through the helpline and treatment services. GamCare run a women’s support group and offer support for other family members whether gamblers or victims of a family members’ addiction. GamCare offer the following services and treatment options:</p> <ul style="list-style-type: none"> <li>• One to one telephone and live chat support, including brief interventions, through the National Gambling Helpline.</li> <li>• One-to one face-to-face, online and telephone therapeutic support and treatment for people with gambling problems as well as family and friends who are impacted by gambling.</li> <li>• Group based Gambling Recovery Courses delivered face to face or online for between six to eight weeks.</li> <li>• Guided online treatment modules for gamblers which can be accessed at a time and place convenient for the client over the course of eight weeks, with additional telephone support from a GamCare practitioner.</li> <li>• Relapse Prevention support groups.</li> </ul>

	<ul style="list-style-type: none"> <li>• Self-help resources for people who would like to change their relationship with gambling, available to download via our website.</li> <li>• A moderated online Forum and daily online group chatrooms to enable those affected by gambling problems to connect with others in similar situations, share their experience and support one another.</li> </ul>
<p><b>Good Man - Male Mentoring</b></p> <p><b>Email:</b> <a href="mailto:youth.work@essex.gov.uk">youth.work@essex.gov.uk</a></p> <p><b>Website:</b> <a href="http://www.youth.essex.gov.uk/schools/good-man-male-mentoring">www.youth.essex.gov.uk/schools/good-man-male-mentoring</a></p>	<p>Good Man is a five week male mentoring programme for boys and young men who are at risk of entering into abusive relationships in the future and/or are at current risk within an abusive relationship. It can be delivered on either a groupwork or 1:1 basis, depending on need. The areas covered include:</p> <ul style="list-style-type: none"> <li>• Making relationships work</li> <li>• Relationships in a digital world</li> <li>• Confidence</li> <li>• Manners and respect</li> <li>• Consequences</li> <li>• Healthy relationships</li> </ul> <p>The project looks to educate young people about the value of respect and the characteristics of healthy and unhealthy relationships. Equipping them with the necessary skills to develop and maintain healthy relationships, recognise how to break up in an appropriate way when necessary and maintaining appropriate open lines of communication.</p> <p>Who is eligible?</p> <ul style="list-style-type: none"> <li>• Young males aged 10 – 18 years</li> <li>• Living in Greater Essex</li> <li>• Willing to take part in groupwork or 1:1 interventions</li> <li>• Displaying signs of unhealthy relationships / coercive behaviours (can include signs such as lack of empathy, dishonesty, manipulative, dismissive of others views)</li> </ul>
<p><b>Paws Protect</b></p> <p><b>Website:</b> <a href="http://www.cats.org.uk/what-we-do/paws-protect/accessing-paws-protect">www.cats.org.uk/what-we-do/paws-protect/accessing-paws-protect</a></p> <p><b>Tel:</b> 0345 260 1280</p> <p><b>Email:</b> <a href="mailto:pawsprotect@cats.org.uk">pawsprotect@cats.org.uk</a></p>	<p>Paws Protect is a service offering help to the cats of families torn apart by domestic abuse. The service is open to anyone fleeing domestic abuse, regardless of their gender identity.</p> <p>We provide a free fostering service, taking care of cats until their owners are in a position to reclaim them. The cats referred will be health checked before going to the home of one of our foster carers, where they will be treated as a family pet.</p>

<p><b>PEGS - Parental Education Growth Support</b></p> <p>Email: <a href="mailto:hello@pegssupport.com">hello@pegssupport.com</a>  Website: <a href="http://www.pegssupport.co.uk">www.pegssupport.co.uk</a></p>	<p>PEGS is committed to supporting families impacted by Child to Parent Abuse. We believe in creating a safe place where you can talk openly about your experiences, where you will always be listened to, always believed, and never judged. ....Parent Educational Growth Support (PEGS) was created in 2019 in response to a lack of support available for both parents experiencing Child to Parent Abuse, and professionals who are working with families where CPA has been identified or is suspected. Founded by 'experts by experience', we aim to raise awareness, and give a platform for the voices of these currently unseen and unheard victims of abuse. There are two main strands to our work: supporting parents, and training professionals.</p>
<p><b>SSAFA – The Armed Forces Charity</b></p> <p>Tel: 0800 260 6767  Website: <a href="https://www.ssafa.org.uk/get-help/military-families/sheltered-housing-for-women-and-children">https://www.ssafa.org.uk/get-help/military-families/sheltered-housing-for-women-and-children</a></p>	<p>Women of the Armed Forces community may find themselves without somewhere to live or require a place of safety. That's why we've got our Stepping Stone Home.</p> <p>SSAFA's Stepping Stone home provides a comfortable, secure and female-only place to stay for as long as you need to get back on your feet. From our clean and well-maintained communal spaces and garden to private areas for each resident to make their own, we want our guests to feel like they are in a home from home.</p> <p>Our experienced Stepping Stone home staff are ready to make your stay as relaxing and comfortable as possible, and are constantly on hand to provide someone to listen to your worries, or provide advice and guidance - whether you plan to move on or reconcile your previous relationship.</p>
<p><b>Sexual Assault Referral Centre (SARC)</b></p> <p>Tel: 01277 240620  Website: <a href="http://www.oakwoodplace.org.uk">www.oakwoodplace.org.uk</a></p>	<p>A Sexual Assault Referral Centre (SARC) provides services to victims of rape or sexual assault regardless of whether the victim reports the offence to the police or not.</p> <p>SARCs are designed to be comfortable and multi-functional, providing private space for interviews and examinations, and some may also offer counselling services. Sexual Assault Referral Centres have specialist staff that are trained to help you make informed decisions about what you want to do next.</p>
<p><b>Sisters In Strength - Female mentoring</b></p>	<p>Sisters In Strength is a five week mentoring programme for girls and young women aged 13 to 18 who are at risk of entering into an abusive relationship or are currently in an abusive relationship. It can be delivered on either a groupwork or 1:1 basis, depending on need.</p>

<p>Email: <a href="mailto:youth.work@essex.gov.uk">youth.work@essex.gov.uk</a>  <b>Website:</b>  <a href="http://www.youth.essex.gov.uk/schools/sisters-in-strength-female-mentoring/">www.youth.essex.gov.uk/schools/sisters-in-strength-female-mentoring/</a></p>	<p><u>Who is eligible?</u></p> <ul style="list-style-type: none"> <li>• Young females aged 10 – 18 years</li> <li>• Living in Greater Essex</li> <li>• Willing to take part in groupwork or 1:1 interventions</li> <li>• Displaying signs of unhealthy relationships / coercive behaviours (can include signs such as lack of empathy, dishonesty, manipulative, dismissive of others views)</li> </ul> <p><u>The programme will cover:</u></p> <ul style="list-style-type: none"> <li>• Making relationships work</li> <li>• Relationships in a digital world</li> <li>• Confidence</li> <li>• Manners and respect</li> <li>• Consequences</li> <li>• Healthy relationships</li> </ul> <p>The programme will educate girls and young women about the importance of having high self-esteem and self-confidence. Empowering girls and young women to understand the characteristics of a healthy and unhealthy relationship, enhancing self-worth and improving self-image. The programme concludes with goal setting and the importance of having hopes and dreams, motivating the learners to seek the best for themselves.</p>
<p><b>The Change Project</b></p> <p><b>Tel: 01245 258680 / 0845 372 7701</b></p> <p><b>Text: 07872 541982</b></p> <p><b>Email: <a href="mailto:tcp@thechange-project.org">tcp@thechange-project.org</a></b></p> <p><b>Website: <a href="http://www.thechange-project.org">www.thechange-project.org</a></b></p>	<p>The Change Hub is a community domestic abuse service in Southend and Essex for male and female perpetrators aged 16 and above who want to make positive changes in how they behave in relationships with others, regardless of gender, ethnicity or sexuality. Domestic Violence Awareness Practitioners deliver one-to-one behaviour change interventions matched to the level of risk and the client’s individual circumstances.</p> <p>Victims/survivors are offered support throughout our interventions by an in-house partner support team (Integrated Support Service).</p> <p>For further information, please contact <a href="mailto:sarah.griffin@thechangeportfolio.org">sarah.griffin@thechangeportfolio.org</a>.</p>
<p><b>The Silent Solution</b></p>	<p>WHEN YOU CALL</p>

**Website:**

**[https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent\\_solution\\_guide.pdf](https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent_solution_guide.pdf)**

999 All 999 calls are directed to call centres and will be answered by BT operators. They will ask which service you need. If no service is requested but anything suspicious is heard throughout the process, BT operators will connect you to a police call handler.

**IF YOU CALL 999 FROM A MOBILE**

It is always best to speak to the operator if you can, even by whispering. You may also be asked to cough or tap the keys on your phone in response to questions. If making a sound would put you or someone else in danger and the BT operator cannot decide whether an emergency service is needed, your call will be transferred to the Silent Solution system. The Silent Solution is a police system used to filter out large numbers of accidental or hoax 999 calls. It also exists to help people who are unable to speak, but who genuinely need police assistance. You will hear an automated police message, which lasts for 20 seconds and begins with 'you are through to the police'. It will ask you to press 55 to be put through to police call management. The BT operator will remain on the line and listen. If you press 55, they will be notified and transfer the call to the police. If you don't press 55, the call will be terminated. Pressing 55 does not allow police to track your location.

**WHAT THEN?**

When transferred to your local police force, the police call handler will attempt to communicate with you by asking simple yes or no questions. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

**IF YOU CALL 999 FROM A LANDLINE** Because it's less likely that 999 calls are made by accident from landlines, the Silent Solution system is not used.

If, when an emergency call on a landline is received: - there is no request for an emergency - the caller does not answer questions - only background noise can be heard and BT operators cannot decide whether an emergency service is needed, then you will be connected to a police call handler as doubt exists. If you replace the handset, the landline may remain connected for 45 seconds in case you pick it up again.

If you pick up again during this 45 seconds and the BT operator is concerned for your safety, the call will be connected to police. When 999 calls are made from landlines, information about where you're calling from should be automatically available to the call handlers to help provide a response.



<p><b>The Wilderness Foundation – Domestic Violence Recovery Programme</b></p> <p><b>Website:</b>  <a href="http://www.wildernessfoundation.org.uk/domestic-violence-support">www.wildernessfoundation.org.uk/domestic-violence-support</a></p>	<p>Our FREE nature-based group therapy programme is set up to empower not only adult survivors of domestic abuse to learn strategies for self care that will cascade through their own families, but also teens to learn to cope with their past experiences in a healthy way that will prevent them repeating the cycles of abuse that they may have experienced.</p> <p>Participants will be in a position of wanting to move their lives forward positively, but require further resilience building, learning to build healthy relationships, development of boundaries, trauma support as required, and skills to be able to manage themselves positively and be independent of abusive relationships in the future. The project will be facilitated by outdoor therapists who will provide support for participants who have experienced trauma through domestic violence and also those with complex needs that continue to hold them back in life.</p> <p>The project’s outdoor facilitator offers training and skills in bush craft techniques, outdoor cooking skills, camp craft, outdoor volunteering such as tree planting or conservation. We will include visiting specialist support in areas such as money management, employability training and development, resilience training and other accreditations such as basic Neuro-linguistic training (NLP) and First Aid. There will be a graduation ceremony at the end of the 10 weeks and the offer of ongoing mentoring for up to 3 months post programme.</p> <p>Time: 10.00-15.00  Schedule: 1 day a week for 10 weeks  Group Size: Max 12 People  Location: Chatham Green/Mann Wood, Chelmsford, Essex  Equipment: Suitable clothing and footwear can be supplied if needed</p>
<p><b>Sikh Women’s Aid</b></p> <p><b>Tel: 0333 090 1220</b>  <b>Email: <a href="mailto:info@sikhwomensaid.org.uk">info@sikhwomensaid.org.uk</a></b>  <b>Website: <a href="http://sikhwomensaid.org.uk">sikhwomensaid.org.uk</a></b></p>	<p>Sikh Women’s Aid, a new charity which will “empower victims to take control of their own lives by breaking free of toxic cultural practices that seek to disempower vulnerable members of the Sikh and South-Asian community, especially those with language barriers, that prevent them from accessing the right kind of help and support.”</p> <p>Their aim is to reduce the extent of harm and violence to vulnerable people, with greater emphasis on women and children with language barriers, in the Sikh and South-Asian community are subjected to. They will achieve this via five key strands of service delivery:</p>



- Crisis Intervention and support.
- Prevention via awareness, community workshops and training.
- Mental health support and resilience building in women and children.
- Act as a lead voice for empowering victims from a Sikh and South-Asian background who have experienced domestic abuse, sexual abuse and violence by producing report and gather data and statistics to ensure the female Sikh and south Asian experience in relation to VAWG has a platform.
- Feed into policy at a local, regional and national level to bring about positive change for victims.

### **Victim Support Essex**

**Essex Team: 08081781694, Monday-Friday  
8am till 5pm**

**Supportline: 08081689111, open 24/7**

**Or email [essex@victimsupport.org.uk](mailto:essex@victimsupport.org.uk)**

Victim Support provide emotional support to anyone affected by crime, not only victims and witnesses, but their friends, family and any other person impacted. We also provide direct support to children and young people between 4 and 17 years. Because we're an independent charity, you can talk to us whether or not you reported the crime to the police. Our support is free and confidential, our aim is to help people to cope and recover from the impact of crime. Call the Essex Team on 08081781694 Monday-Friday 8am till 5pm or Supportline 24/7 on 08081689111. Or email [essex@victimsupport.org.uk](mailto:essex@victimsupport.org.uk)

Victim Support now also have our online support website called My Support Space. It is a safe, secure and confidential space which contains interactive guides, videos, techniques, activities and tips, and can be completed at your own pace. There is also a pathway for family or friends who are supporting a victim of crime for them to get support and advice. See [mysupportspace.org.uk/MoJ](https://mysupportspace.org.uk/MoJ) for more information.

We now also offer IMatter course, which is an online 10 week course for women who have experienced domestic abuse in the past. The programme is designed to help with self-esteem and confidence, and understanding of safety within intimate and close relationships. The programme is designed for a group of up to 12 women at a time. We run the groups in Bengali, Gujarati, Polish, Urdu and Welsh as well as in English. Ask any professional working with you, to refer you into the programme. See <https://www.victimsupport.org.uk/more-us/why-choose-us/specialist-services/imatter/> for more information. Alternatively contact the iMatter team on 03003035881 or email [iMatterprogramme@victimsupport.org.uk](mailto:iMatterprogramme@victimsupport.org.uk)

### **Your Best Friend**

**Website: [www.yourbestfriend.org.uk](http://www.yourbestfriend.org.uk)  
Email: [yourbestfriend@safelives.org.uk](mailto:yourbestfriend@safelives.org.uk).**

Young people often seek help from each other and online, rather than from traditional services. Your Best Friend will reach young people from every walk of life, empowering them with the knowledge and confidence to spot abuse in relationships and support their friends.

Young people's voices and experiences are shaping the solution at every step. Eleven organisations are working with them to solve this problem, from different angles: young people, ethnicity, gender, sexuality, culture and religion and digital impact. Research shows young people from all walks of life are disproportionately affected by domestic abuse. They see it at home and in their own relationships. According to the Crime Survey for England and Wales, 14% of women aged 16 to 19 reported experiencing some form of domestic abuse in the last year. This is 40% higher than the next age group (20-24)<sup>1</sup>. In a recent project in partnership with On Our Radar, My Story Matters, children and young people don't identify with the term 'domestic abuse', do not always know what is and isn't acceptable in their relationships, and do want help but do not always feel that services are designed with their needs in mind. The Your Best Friend project aims to address these gaps.

Your Best Friend will:

- Unite young people and experts to combine experiences with know-how
- Use the online world to reach young people wherever they are
- Provide existing support groups and networks with accessible and practical support

By doing this, Your Best Friend aims to give 10,000, and ultimately over 1 million other young people the knowledge, confidence and tools to keep themselves and their friends safe in their intimate relationships. The project also aims to give at least 40 young people's organisations, groups and networks across England and Wales grants, resources and tools to empower girls and young women, as well as supporting young people who want to step up to peer leadership to do this.

[Domestic Abuse Home Page](#)

[Go to Directory Home Page](#)

[Go to Front Page](#)

# Disability/Additional Needs/SEN Countywide Services

## Autistic Girls Network

<https://autisticgirlsnetwork.org/>

email: [hello@autisticgirlsnetwork.org](mailto:hello@autisticgirlsnetwork.org)

Our aim is to raise awareness of autism in girls with health, social care and educational professionals and to bring on change. Not only to the way that autistic girls are assessed and subsequently supported but to the narrative, with updated and positive terminology used to describe autistic traits



Keeping-it-all-inside.  
pdf

## BATIAS

Email: [Batias.grays@batias.com](mailto:Batias.grays@batias.com)

Website: [www.batias.com](http://www.batias.com)

BATIAS offers different services such as advocacy, works with some of the most vulnerable people enabling them to become active citizens, promoting positive social inclusion in their community and developing the clients social network and life opportunities

## Contact

Tel: 08088 083 555

Website: [www.contact.org.uk](http://www.contact.org.uk)

Contact is a UK based registered charity for families with disabled children, offering support, advice and information regardless of the child's medical condition or disability

## Community Agents Essex - Supporting Independent Living

Community Agents provide a free to access service across Essex (excluding Thurrock and Southend) aimed at supporting individuals who are older, have learning disabilities or Autism and

**Website:**  
[www.communityagentsessex.org.uk](http://www.communityagentsessex.org.uk)

their informal carers to maintain or regain their independence. These solutions are often from within their local community.

Community Agents Essex is a well-established countywide service supporting people who are older, have learning disabilities or Autism and informal carers. It is free to access and consists of a network of countywide agents and volunteers, based in local communities who can visit an individual's home to provide support to develop independent living solutions, often from within their local community.

It is an established partnership:

- Promoting health and independence
- Reducing social isolation
- Finding practical solutions to daily living
- Providing confidential trusted Information
- Informing choice and reducing confusion
- Increasing individual and community resilience

The service is delivered through a community and voluntary sector partnership consisting of Rural Community Council of Essex, British Red Cross and Essex Neighbourhood Watch.

## **Continuing Care for Children**

Website –  
[Continuing Care for Children - NHS Mid Essex CCG](#)

Some children and young people (aged up to 18) may have very complex health needs  
 congenital conditions

Disability

Long-term or life-limiting conditions

Serious illness or injury

We can offer support with routine GP, medical appointments and being out in the community

The referral can be completed by any health professional

**Essex Child and Family Wellbeing Service**

**Website:**

**[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)**

**Mid Essex Tel: 0300 247 0014**

**North Essex Tel: 0300 247 0015**

**South Essex Tel: 0300 247 0013**

**West Essex Tel: 0300 247 0122**

Essex Child and Family Wellbeing Service brings together a range of children’s community services. It’s provided by Virgin Care in partnership with Barnardo’s on behalf of Essex County Council, West Essex CCG and the NHS.

The Healthy Family Service is made up of a collection of different professionals, including Health Visitors, School Nurses, and Healthy Family Support Practitioners. We support children and families in Essex with parenting and their health and wellbeing.

We’re able to see children and families in the community, your own home or at school.

Our aim is to accurately identify all SEND children across Essex, working with families, the local authority and schools to offer an appropriate level of support. Any child identified with SEND will be guided through a bespoke pathway of interventions focused on preparing them for the next stage of life. The service offers support for young people with special educational needs and disabilities up to the age of 25

Essex Child and Family Wellbeing Service across Essex can offer; Education resources, Support and advice, Parenting support groups and Specialist equipment.

Additional services Essex Child and Family Wellbeing Service offer specifically for West Essex are: Children’s community nursing Services, Speech and Language therapy, Occupational and physiotherapy, Community developmental paediatricians, Allergy and Dietetics services.

**3H Fund**

**Email: [info@3hfund.org.uk](mailto:info@3hfund.org.uk)**

**Phone number: 01892 860207**

**Website: [www.3hfund.org.uk](http://www.3hfund.org.uk)**

**Operational locations: National**

If you have any concerns, please do not hesitate to telephone or email us. Following government advice 3H Fund has reduced the number of people in their office and therefore we may not be able to answer your call as promptly as we would like. We ask you to bear with us in these unusual times.

3H Fund organises subsidised group holidays for physically disabled children aged 13+ and adults with the support of volunteer helpers, so that family and carers can have a separate and much-needed period of respite. 3H Fund also run a grant programme for modest UK holidays for disabled families (or carers) on a low income.

Who the service provides for:  
Organised holidays – Ages 13+

	<p>Grants – Available from ages 0 upwards</p> <p>Hours of operation: Monday - Friday 9am - 3pm</p>
<p><b>Action for Kids (MyAFK)</b></p> <p><b>Website:</b> <a href="http://www.my-afk.org">www.my-afk.org</a></p> <p><b>Email:</b> <a href="mailto:info@afkcharity.org">info@afkcharity.org</a></p> <p><b>Tel:</b> 0208 347 8111</p>	<p>my AFK (formerly known as Action for Kids) is a national charity that supports disabled children, young people and their families. They help those with learning disabilities and autism to prepare for life after school through things such as training and work experience programmes. They also provide funding for children and young people (up to the age of 25) who need specialist equipment.</p>
<p><b>Active Essex</b></p> <p><b>Website:</b> <a href="http://www.activeessex.org/">www.activeessex.org/</a></p> <p>T: 03330 131620</p> <p>E: <a href="mailto:administration@activeessex.org">administration@activeessex.org</a></p>	<p>We're a publicly funded organisation, hosted by Essex County Council, whose aim is to make sport and physical activity accessible to all Essex residents.</p>
<p><b>ADHD+ Services Ltd</b></p> <p>W: <a href="http://www.adhd-support.org.uk">www.adhd-support.org.uk</a></p> <p>Email: <a href="mailto:steve@adhdplus.support">steve@adhdplus.support</a></p> <p>Tel: 07866 12 9728</p>	<p>Service provider for parents, schools, and local authority raising awareness of ADHD and its many coexisting and associated neurological conditions. All services are chargeable and services for those with ADHD and coexisting conditions, their families, schools, and local authority. Services for ADHD'ers and their families include self-help course, mentoring services, support for meetings with schools, and much more. Services for schools and local authority include staff training on conditions, mentoring services, and general support services.</p> <p>Who the service provides for: We cater for all ages and we restrict support criteria to those who have either been approved by an internal assessment or have a diagnosis of ADHD and/or a co-existing or related neurological condition(s); which inc. ODD, Tourette's Syndrome, OCD, Bipolar, Anxiety Disorders, Learning Difficulties, Chiari etc.</p>

<p><b>Afasic – Unlocking Speech &amp; Language</b></p> <p>Website: <a href="http://www.afasic.org.uk">www.afasic.org.uk</a></p> <p>E: <a href="mailto:info@afkcharity.org">info@afkcharity.org</a></p> <p>T: 0208 347 8111</p>	<p>Afasic is the UK charity representing children and young people with speech, language and communication difficulties, working for their inclusion in society and supporting their parents and carers. Helpline and email support, free to download factsheets and access to local networks.</p> <p>Age 0 – 25 with speech, language and communication difficulties.</p> <p>Hours of operation: 9.00am - 5.00pm Monday to Friday</p>
<p><b>Royal National Institute of Blind People (RNIB)</b></p> <p>W. <a href="http://www.rnib.org.uk">www.rnib.org.uk</a></p> <p>E: <a href="mailto:helpline@rnib.org.uk">helpline@rnib.org.uk</a></p> <p>T: 0303 123 9999</p>	<p>An Activity club for sight impaired children from 4-16 years and their siblings and families. They run a wide variety of leisure, sports, social and family events across the county and East Anglia. The clubs offer a range of activities including music, drumming, ten pin bowling, art, dance, swimming, athletics, basketball, goalball, judo, skiing, climbing, pizza making and attraction visits. All activities are organised to ensure children can take part regardless of their vision.</p> <p>Who the service provides for: Sight impaired young people 4 to 16 year olds (under eights have to have a parent or carer with them)</p> <p>Hours of operation: Events run mainly at weekends and in the school holidays</p>
<p><b>Autism Anglia</b></p> <p>Tel: 01206 577678 Fax: 01206 578581 Email: <a href="mailto:info@autism-anglia.org.uk">info@autism-anglia.org.uk</a> Website: <a href="http://www.autism-anglia.org.uk">www.autism-anglia.org.uk</a> Address: Century House, Riverside Office Centre, North Station Road, Colchester, Essex. CO1 1RE</p>	<p>Autism Anglia is an independent charity which provides care and support to children, adults and families affected by autism. Services in Essex, managed from our Colchester office, offer personalised approaches that provide each individual with the necessary skills and strategies to enable them to realise their own strengths and abilities.</p> <p>The charity also seeks to promote a greater knowledge and understanding of autism through training, education and supplying information to the public and professionals.</p>
<p><b>Autism Hub: Living Well Essex County Council</b></p>	<p>The Living Well Essex Autism Hub is designed to support people with autism spectrum condition (ASC) across Essex, as well as parents, carers and professionals connected with the condition. If</p>

you're an employer or a member of the emergency services and ever have to support people with the condition, we want these pages to be helpful for you, too

**Beanstalk Children's Therapy**

**Hours of operation:**  
Monday to Friday, 9.00am-5.30pm

**Email address:**  
[info@beanstalktherapy.co.uk](mailto:info@beanstalktherapy.co.uk)  
**Phone number:** 01245 423827  
**Website:** [www.beanstalktherapy.co.uk](http://www.beanstalktherapy.co.uk)

Beanstalk Children's Therapy offers services to children and young people aged 0 to 16 years living in Essex. Our team comprises highly qualified and experienced Paediatric Occupational Therapists, who offer approaches including Sensory Integration Therapy and Therapeutic Listening.

Who the service provides for:  
All abilities aged 0-16 years including any of the following:

- Autistic Spectrum Disorders (ASD)
- Adopted or looked after children
- Acquired brain injury
- Cerebral Palsy
- Coordination difficulties
- Developmental delay
- Down syndrome
- Learning difficulties
- Neurological disorders
- Sensory processing difficulties
- And other additional needs

**Brainwave**

**Email address:**  
[enquiries@brainwave.org.uk](mailto:enquiries@brainwave.org.uk)

Tel: 01278-429089

**Website:** [www.brainwave.org.uk](http://www.brainwave.org.uk)

Helping children with disabilities reach their potential through specialist Therapy Programmes, delivered by qualified therapists. Brainwave aims to improve children's mobility, motor skills, communication skills and learning potential, through a range of educational and physical therapies and strategies.  
For children with additional needs from 5 months – 13 years.



<p><b>Caudwell Children's Charity</b></p> <p>Website: <a href="http://www.caudwellchildren.com">www.caudwellchildren.com</a></p>	<p>Provides support for disabled children and their families.</p> <ul style="list-style-type: none"> <li>• Family Support</li> <li>• Equipment</li> <li>• Treatment</li> <li>• Therapy</li> <li>• Supported Breaks</li> <li>• Autism Service</li> </ul>
<p><b>Cerebra</b></p> <p>Tel: 0800 328 1159</p> <p>Email: <a href="mailto:enquiries@cerebra.org.uk">enquiries@cerebra.org.uk</a></p> <p>Website: <a href="http://www.cerebra.org.uk">www.cerebra.org.uk</a></p>	<p>Cerebra help children in the UK living with brain conditions. They offer solutions and advice to help these children and their families to enjoy lives full of hope. The Cerebra Innovation Centre designs bespoke products to help disabled children engage with the world around them. They also offer support, factsheets, legal advice and a book and toy library.</p>
<p><b>Chatter Pack</b></p> <p>Website: <a href="https://chatterpack.net/">https://chatterpack.net/</a></p>	<p>ChatterPack is a voluntary-run, special educational needs and disabilities hub</p> <p>We work hard to support families, schools, and other professionals through our free monthly SEND newsletter, our free resources, and through sharing accurate, practical, respectful, advice and information</p>
<p><b>Children Today</b></p> <p>Tel: 01244 335622</p> <p>Email: <a href="mailto:info@childrentoday.org.uk">info@childrentoday.org.uk</a></p> <p>Website: <a href="http://www.childrentoday.org.uk">www.childrentoday.org.uk</a></p>	<p>By providing grants for vital, specialist equipment to families in need, the charity aims to help give these children more independence and the best possible quality of life.</p> <p>Will consider funding: Wheelchairs and wheelchair power packs, waling aids, specialist trikes, specialist car seats, hoists, sleep systems, sensory equipment, specialist seating including P Pod seating.</p> <p>Will not consider funding: Tablets, laptops, holidays, apps and communication aids.</p>

<p><b>Children’s Learning Disability Service</b></p> <p><b>Tel: 01206 334026</b></p> <p><b>Email: <a href="mailto:clds@nhs.net">clds@nhs.net</a></b></p>	<p>The Children’s Learning Disability Service is an NHS team of Learning Disability Nurses and Occupational Therapists, providing Specialist Behavioural Assessment and Treatment to children, with a focus on developing a Positive Behaviour Support Plan.</p>
<p><b>CHIPS (Children with Hearing Impairments)</b></p> <p><b>Website:</b>  <a href="http://www.essexlocaloffer.org.uk/listing/chips-children-hearing-impairment-play-and-stay/">www.essexlocaloffer.org.uk/listing/chips-children-hearing-impairment-play-and-stay/</a></p>	<p>CHIPS is a ‘Play and Stay’ communication session, led by Teachers of the Deaf and facilitated by Family Support Keyworkers from the Specialist Teaching and Preschool Service, for preschool children with a hearing impairment.</p>
<p><b>Disability 4 Sport</b></p> <p><b>Email address:</b>  <a href="mailto:info@disability4sport.co.uk">info@disability4sport.co.uk</a>  <b>Phone number: 01206 512595 / 07922885632</b>  <b>Website: <a href="http://www.disability4sport.co.uk">www.disability4sport.co.uk</a></b>  <b>Address: 11 Evergreen Drive, Colchester, CO4 0HU</b></p>	<p>Disability4Sport provide a wide range of sporting opportunities and activities that are aimed at engaging and empowering disabled people of all ages and abilities, with the intention of improving physical health and mental well-being. The experienced and highly qualified Disability4Sport team helps to introduce, train and develop skills for each participant through a wide range of popular, new and adapted sports. Driven by empathy and their own personal obstacles and challenges that their respective disabilities challenged them with, the founders of Disability4Sport were passionate about making sports available to people with any disability, especially encouraging those who had not previously had the opportunity to take part in physical activities. Working closely with schools, colleges and community groups, the D4S team provide regular, enjoyable sporting sessions designed to enhance self-empowerment, physical fitness and well-being.</p>
<p><b>Elifar Foundation</b></p> <p><b>Website: <a href="http://www.elifarfoundation.org.uk">www.elifarfoundation.org.uk</a></b></p>	<p>Every Life is for a Reason – A small charity which aims to improve the care, facilities and equipment available to profoundly disabled children and young adults both at home and in residential care.</p> <p>Will consider funding: Manual and powered wheelchairs, mobility aids, specialist seating and car seats, eating aids, specialist beds and sleep systems, trikes, hoists, communication devices, sensory equipment and specialist holidays.</p>

	Will not consider funding: Building or garden works, ordinary computers, laptops and tablets, ordinary domestic items, ordinary or family holidays, therapies and mobility scooters.
<b>Epilepsy Action</b> <b>Website:</b> <a href="http://www.epilepsy.org.uk">www.epilepsy.org.uk</a>	Epilepsy Society in East Anglia works to provide information for people with epilepsy, and for their families, carers and friends, in hospitals and healthcare settings throughout the region. Many of these services are run by Epilepsy Society volunteers.
<b>Essex Advocacy</b> <b>Tel:</b> 0300 3435736 <b>Email:</b> <a href="mailto:essexadvocacy@rethink.org">essexadvocacy@rethink.org</a> <b>Website:</b> <a href="http://www.rethinkessexadvocacy.org">www.rethinkessexadvocacy.org</a>	<p>Essex Advocacy is specialist service which supports people who are most vulnerable, or who find themselves at a particularly challenging point in their lives.</p> <p>Our professional advocates enable people without the right support around them to have their voice heard when:</p> <ul style="list-style-type: none"> <li>• Decisions are being taken about their health and social care</li> <li>• Support is needed to make informed choices about their life</li> <li>• They wish to make a complaint about NHS care or treatment</li> </ul>
<b>Essex Carers Network</b> <b>Website:</b> <a href="http://www.essexcarersnetwork.co.uk/">www.essexcarersnetwork.co.uk/</a>	The Network listens to carers who are caring for a family member with a learning disability in Essex.
<b>Essex Connects Online Directory</b> <b>Website:</b> <a href="http://www.essexconnects.org.uk">www.essexconnects.org.uk</a>	Essex Connects is a searchable directory to help you to get in touch with hundreds of local charities, voluntary groups, and community sector services, based in Braintree, Chelmsford, Colchester, Maldon, Uttlesford, Epping and Harlow.
<b>Essex Effective Support for Children &amp; Families</b>	Effective support for disabled children and young people and their families in Essex

<p><b>Website:</b>  <a href="http://www.essexeffectivesupport.org.uk/">www.essexeffectivesupport.org.uk/</a></p>	
<p><b>Essex Family Forum</b></p> <p><b>Email address:</b>  <a href="mailto:hello@essexfamilyforum.org">hello@essexfamilyforum.org</a></p> <p><b>Phone number:</b> 07742 958003 / 07707 110592</p> <p><b>Website:</b> <a href="http://www.essexfamilyforum.org">www.essexfamilyforum.org</a></p>	<p>Support for parents and carers of children and young people with any type of additional need and/or disability aged 0-25.</p>
<p><b>Essex Interpreting</b></p> <p><b>Website:</b> <a href="http://www.essexinterpreting.com/">www.essexinterpreting.com/</a></p>	<p>Essex Interpreting provides language solutions, offering the following services:</p> <ul style="list-style-type: none"> <li>• Interpreting services in over 60 languages, including British Sign Language for deaf people</li> <li>• Translation services in over 60 languages, including Braille and audio tape services for blind people</li> </ul>
<p><b>Essex Local Offer</b></p> <p><b>Email:</b> <a href="mailto:essex.localoffer@essex.gov.uk">essex.localoffer@essex.gov.uk</a></p> <p><b>Website:</b> <a href="http://www.essexlocaloffer.org.uk">www.essexlocaloffer.org.uk</a></p>	<p>The Essex Local Offer details the provision and services available in across Essex for children and young people with special educational needs and disabilities (SEND). The Local Offer holds information about the following;</p> <ul style="list-style-type: none"> <li>• Education</li> <li>• Entertainment &amp; Leisure</li> <li>• Equipment &amp; Resources</li> <li>• Family Support &amp; Community</li> <li>• Health</li> <li>• Money Matters</li> <li>• One Planning &amp; Education, Health &amp; Care Plan</li> <li>• Preparing for Adulthood</li> <li>• Social Care</li> <li>• Transport</li> </ul>
<p><b>Essex Respite and Care Association</b></p>	<p>ERCA provides one-to-one support at home and out in the community to build life skills, confidence, self-esteem and social inclusion for adults with a mental health diagnosis, supporting</p>

<p><b>Website:</b> <a href="http://essexrespite.org.uk/">http://essexrespite.org.uk/</a></p>	<p>them to engage in the community and learn valuable life skills. At the same time this provides invaluable respite to the carer. ERCA also provide the service to those with no Carer.</p>
<p><b>Essex SEND Information, Advice &amp; Support Service</b></p> <p><b>Tel:</b> 0333 013 8913</p> <p><b>Online referral form:</b> <a href="https://essex-self.achieveservice.com/service/SEND_Information__Advice_and_Support_Service_referral">https://essex-self.achieveservice.com/service/SEND_Information__Advice_and_Support_Service_referral</a></p> <p><b>Email:</b> <a href="mailto:send.iass@essex.gov.uk">send.iass@essex.gov.uk</a></p> <p><b>Website:</b> <a href="http://www.essexlocaloffer.org.uk">www.essexlocaloffer.org.uk</a></p>	<p>The Essex SENDIASS is a confidential and impartial information, advice and support service on issues related to special educational needs and disability (SEND). It is free and easy to access. We offer information, advice and support to:</p> <ul style="list-style-type: none"> <li>• children and young people (up to 25 years) with SEND</li> <li>• parents and carers of children with SEND</li> <li>• practitioners who might support children, young people or parents to access the service</li> </ul> <p>How we help:</p> <ul style="list-style-type: none"> <li>• listening to your concerns and explaining what options are available</li> <li>• explaining how education settings can support children and young people with special educational needs/a disability</li> <li>• giving you information about what the law is and what your choices are, to help you make your own decisions</li> <li>• supporting you at meetings and helping you to get your views across</li> <li>• finding voluntary groups and other agencies that can also support you, with the help of the Essex Local Offer</li> <li>• guiding you through the Education, Health and Care Needs assessment process</li> <li>• supporting you in discussions with education settings and the local authority where a child or young person is at risk of exclusion or has been excluded</li> <li>• advise you on processes for resolving disagreements, SEND Tribunal processes and means of redress</li> <li>• consulting parents, children and young people and ensuring your views influence the development of local policy and practice for children and young people with special educational needs and disability</li> </ul>
<p><b>FACE (Families Acting for Change Essex)</b></p> <p><b>Tel:</b> 01245 608231  <b>Text:</b> 07910 883337  <b>Email:</b> <a href="mailto:info@face-essex.org">info@face-essex.org</a></p>	<p>Families' Acting for Change Essex (FACE) is run by parents. We represent the views and experiences of parents and carers of children and young people with disabilities and additional needs to influence the services they receive in Essex. Membership of FACE is free and gives access to current information and the chance to contribute to focus groups and consultations and to become more involved in any way that suits you and your family.</p>

<p><b>Families in Focus</b></p> <p><b>Tel: 01245 353575</b></p> <p><b>Email:</b>  <a href="mailto:helpline@familiesinfocusessex.org.uk">helpline@familiesinfocusessex.org.uk</a></p> <p><b>Website:</b>  <a href="http://www.familiesinfocusessex.org.uk">www.familiesinfocusessex.org.uk</a></p> <p><b>Address: Moulsham Mill Parkway,  Chelmsford CM2 7PX</b></p> <p><b>Monday to Friday, 9am to 5pm.</b></p>	<p>Holistic independent support for any family in Essex who have a child or children (age 0-19) with any disability/special need, requiring advice, information and support, particularly at times of change and crisis.</p> <p>We offer:</p> <ul style="list-style-type: none"> <li>• A specialist one-stop information and advice service and helpline.</li> <li>• One to one support including assistance with Disability Living Allowance (DLA) applications.</li> <li>• Independent Parental Support on educational issues including assessments, education health care plans and exclusions.</li> <li>• Independent Support in partnership with the IS Essex consortium.</li> <li>• Support through group activities – Saturday Activity Club for all the family, Braintree Drop-in, workshops, social and training events.</li> <li>• Respite opportunities including parent/carers Indulgence Days and Sibling Support Group.</li> </ul>
<p><b>Family Fund</b></p> <p><b>Tel: 01904 550055</b></p> <p><b>Website:</b> <a href="http://www.familyfund.org.uk">www.familyfund.org.uk</a></p>	<p>Family Fund is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people. Last year, we provided 89,101 grants or services worth over £33 million to families across the UK.</p> <p><b>Our purpose</b> is to improve the lives of low-income families raising disabled or seriously ill children and young people.</p> <p><b>Our mission</b> is to provide items and services to all low-income families in the UK raising disabled or seriously ill children, that they could not otherwise afford or access, and that help improve their quality of life, realise their rights, and remove some of the barriers they face.</p> <p><b>Our vision</b> is that all families raising disabled or seriously ill children have the same choices, quality of life, opportunities and aspirations as other families.</p> <p>We provide grants for a wide range of items, such as washing machines, sensory toys, family breaks, bedding, tablets, furniture, outdoor play equipment, clothing and computers. It can be a struggle financially, emotionally and physically for families raising a disabled or seriously ill child, and these grants help break down many of the barriers families face, improving their quality of life and easing the additional daily pressures.</p>

<p><b>Family Lives</b></p> <p><b>Tel: 0204 522 8700 or 8701</b>  <b>Email: <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a></b></p>	<p>Family Lives is a national charity providing family support. Family Lives are now able to offer individual and group support services to both lone parents and to parents of children with SEN affected by the impact of Covid19. These services, delivered by phone or MS Teams, are now freely available to families living across all areas of Essex as part of the targeted well-being support grant funded by Essex County Council.</p> <p>Services available:</p> <ul style="list-style-type: none"> <li>• Parenting groups for Lone Parents</li> <li>• Parenting groups for Parents of Children with SEN</li> <li>• Individual support for Lone Parents</li> <li>• Individual support for Parents of Children with SEN</li> </ul>
<p><b>Fledglings</b></p> <p><b>Website: <a href="http://www.fledglings.org.uk">www.fledglings.org.uk</a></b></p>	<p>Part of the national charity, Contact. A non-profit shop that helps families with disabled children by supplying products and equipment that help with everyday challenges.</p>
<p><b>Florence Nightingale Aid in Sickness Trust</b></p> <p><b>Tel: 0207 9988817</b>  <b>Email: <a href="mailto:ann.griffiths@fnaist.org.uk">ann.griffiths@fnaist.org.uk</a></b>  <b>Website: <a href="http://www.fnaist.org.uk">www.fnaist.org.uk</a></b></p>	<p>Provides life enhancing grants to help people of all ages in need who are ill, convalescent or disabled. These grants are used to provide medical and household aids to alleviate sickness and improve people's ability to manage at home and live as independently as possible.</p> <p>Will consider funding: Medical aids, riser recliner chairs, wheelchairs and power packs, specialist buggies, hoists, sensory equipment, communication aids car seats and harnesses, therapeutic exercise machines, orthopaedic mattresses, computers, washing machines and tumble dryers convalescent and respite breaks.</p> <p>Will not consider funding: Adaptations to the home and garden, vehicle purchase, adaptations and repairs, holidays, debt repayments, general household furnishings, stair lift.</p>
<p><b>FIF Funded Project</b></p> <p><b><u>GROUP WORK</u></b></p>	<p>The Essex County Council funded Family Innovation Fund (FIF) services are for Children, Young People and Parents/Carers with low level needs who can't be supported by services such as</p>



<p><b>Kids Inspire Children's Society and Southend YMCA (joint project)</b></p> <p><b>Email:</b> <a href="mailto:fifreferrals@childrenssociety.org.uk">fifreferrals@childrenssociety.org.uk</a></p> <p><b>Telephone 01245 493400 or 01245 493311</b></p> <p><b>Referral form available <a href="#">here</a>.</b></p>	<p>Schools, and GPs alone. FIF provides that little bit of extra help should a difficulty occur and those services cannot respond appropriately.</p> <p>Referrals can be made for children and young people aged 8-19 years and/or a parent or carer where they;</p> <ul style="list-style-type: none"> <li>• are exhibiting risky behaviours (of self or others) that jeopardise personal safety</li> <li>• are at risk of going on to part-time school timetables or at risk of exclusion</li> <li>• are home educated where <b>early help</b> can have a positive impact</li> <li>• have moderate learning difficulties (without an Education and Health Care Plan)</li> <li>• have low level behavioural issues (without an Education and Health Care Plan)</li> </ul> <p>There are some restrictions to accessing this support and that is if the person(s) being referred are already being supported by specialist and/or statutory services</p>
<p><b>Gardening for Disabled Trust</b></p> <p><b>Website:</b> <a href="http://www.gardeningfordisabledtrust.org.uk">www.gardeningfordisabledtrust.org.uk</a></p>	<p>Gardening for Disabled Trust gives grants to people all over the United Kingdom in order that they may continue to garden, despite disability or advancing illness. A person of any age can apply. It is their love of gardening that counts!</p> <p>Money is given to successful grant applicants and often transforms the recipient as well as the garden, replacing a source of frustration by a valuable therapy and sense of satisfaction.</p> <p>The Trust can help by;</p> <ul style="list-style-type: none"> <li>• Adapting private gardens to meet the special needs of the disabled gardener.</li> <li>• Making grants towards tools, raised beds, paving, wheelchair access and greenhouses for disabled gardeners.</li> </ul>
<p><b>GeeWizz</b></p> <p><b>Website: <a href="http://www.geewizzcharity.com">www.geewizzcharity.com</a></b></p>	<p>The GeeWizz Charitable Foundation support children and young adults through East Anglia who suffer from life-threatening conditions, a disability or cancer. They provide support to families, help to fund specialist equipment, support education and research into cancer treatment, develop fundraising events and support local special needs schools.</p>
<p><b>Good Beginnings Course</b></p>	<p>Who is this course for?</p>



**Website:**  
[www.essexlocaloffer.org.uk/event/good-beginnings-course](http://www.essexlocaloffer.org.uk/event/good-beginnings-course)

For parents / carers of Early Years children aged 5 or under, who have autism or social communication needs.

The aim is to help parents / carers to enhance their understanding of their child's strengths and needs through:

- Current strategy and information sharing.
- Creating a foundation for a parent/carer support network.
- Supporting decision making and developing good practice.
- Supporting understanding regarding processes around education and health.

Content includes:

Guidance and strategies for:

- Understanding autism
- Communication
- Play
- Sensory processing
- Behaviour is communication
- Eating, sleeping and toileting
- Managing Anxiety

Developed in collaboration with:

- Speech and Language Therapist
- Occupational Therapist
- Emotional Wellbeing and Mental Health Service
- Inclusion partners
- Engagement Facilitators
- Senior Specialist Educational Psychologists (Autism spectrum)

When:

	<p>This is a 10-week course which runs every term, via weekly pre-recorded webinars for parent / carers to watch at home.</p> <p>Each webinar is followed by live question and answer sessions on Tuesdays from 10am to 11am, and accessed via Microsoft Teams.</p>
<p><b>Good Futures programme</b></p> <p><b>Email address:</b>  <a href="mailto:good.futures@essex.gov.uk">good.futures@essex.gov.uk</a></p>	<p>The Good Futures programme is the approach by which the Specialist Teaching and Preschool Service supports school staff in Essex primary schools to work collaboratively with parents, to improve outcomes for children with autism.</p> <p>The aim of Good Futures is ...</p> <p>for education practitioners to work in partnership with parents/carers of children with autism to:</p> <ul style="list-style-type: none"> <li>• understand the four key areas of difference in autism and how they may impact on an individual child/pupil</li> <li>• share, develop and implement strategies that enable children with autism to receive an education that supports them to engage in society as active citizens</li> </ul> <p>The aims of the Good Futures programme are achieved by:</p> <ul style="list-style-type: none"> <li>• access to suitable learning materials and tools</li> <li>• effective implementation of the One Planning process</li> <li>• a modular programme of workshops led by a Specialist Teacher (Autism) and facilitated by the school's Autism Lead (as appropriate)</li> <li>• access to ongoing networking opportunities, for both practitioners and parents</li> </ul> <p>Good Futures is based on the well-regarded 'Moving on Together' course, which was revised during 2016 as part of the implementation of the Autism Education Trust programme (AET) in Essex, led by the Specialist Teaching and Preschool Service. The new programme of workshops incorporates the AET principles and resources for working with parents.</p> <p>Who the service provides for: Parents of primary-aged children with Autism and social communication needs, working in partnership with school staff.</p> <p><b>Hours of operation: Term time <u>only</u></b></p> <p>How the service is accessed: Essex primary schools can express an interest in the training for parents of children with autism who attend their school, as part of their consultations with the Specialist Teacher (ASC), and following discussions with those parents.</p>

<p><b>Guide Dogs</b></p> <p><b>Website:</b> <a href="http://www.guidedogs.org.uk/services-we-provide/children-and-young-peoples-services/">www.guidedogs.org.uk/services-we-provide/children-and-young-peoples-services/</a></p>	<p>We offer a range of services and activities for children and young people and provide valuable advice for parents and teachers.</p>
<p><b>Happy Hill Essex</b></p> <p><b>Tel: 07561399570</b>  <b>Email: <a href="mailto:happyhillessex@outlook.com">happyhillessex@outlook.com</a></b>  <b>Website: <a href="http://www.happyhillessex.com">www.happyhillessex.com</a></b></p>	<p>Our fun-filled Activity Clubs focus on emotional and social growth, enabling children with SEND, to play grow and feel empowered.</p> <p>We offer lots of exciting trips and activities, both in our hall, out in the local community and in our minibus!</p> <p>Saturdays Sessions: £25 + food, entry fees, etc.</p> <p>Mornings: 10 am to 1 pm  Afternoon Sessions: 1.30 pm to 4.30 pm.</p> <p>Holiday Sessions: £45.00</p> <p>Sessions are normally 10am to 3pm</p> <p>You can access our service using direct payment. We provide the PA (Personal Assistant) at the hourly rate set by your funder. At the end of each month we will invoice your funding provider direct for you.</p> <p>Any child/young adult can attend this session in accordance with our admissions and booking policy.</p>
<p><b>Hamelin Trust</b></p> <p><b>Website: <a href="https://hamelintrust.org.uk/">https://hamelintrust.org.uk/</a></b></p>	<p>A leading Essex based charity for supporting people with learning disabilities and/or people who have physical and/or sensory impairments, and their families. We do this by providing short break services, a resource centre, supported accommodation, and outreach services within the community and individuals homes. We also provide training and employment opportunities through a number of independent and joint ventures.</p>

<p><b>Hearing Help Essex</b></p> <p><b>Website:</b>  <a href="http://www.hearinghelpessex.org.uk/">www.hearinghelpessex.org.uk/</a></p>	<p>Hearing Help Essex exists to alleviate the isolation and loneliness that hearing loss can bring.</p>
<p><b>Hope and Encouragement for Lone Parents (HELP)</b></p> <p>Tel: 07960 975 736  Email: <a href="mailto:info@loneparenthelp.org.uk">info@loneparenthelp.org.uk</a>  Address: Connect House, Quayside Industrial Estate, Bates Road, Heybridge, CM9 5FA</p>	<p>HELP is a non profit organisation ran by lone parents for lone/access parents living in Essex. They offer fun, support, friendship, advice and courses They arrange educational courses for parents. Events and outings are arranged through the year.</p>
<p><b>In Car Safety Centre – Essex</b></p> <p><b>Telephone: 01702 808313</b>  <b>Email:</b> <a href="mailto:essex@incarsafetycentre.co.uk">essex@incarsafetycentre.co.uk</a>  <b>Website:</b>  <a href="http://www.incarsafetycentre.co.uk/contact/essex">www.incarsafetycentre.co.uk/contact/essex</a></p>	<p>The In Car Safety Centre offers the widest range of children’s car seats you will find anywhere in the UK. We offer more choice and more options, to perfectly suit your needs. We advise making an appointment for one of our Centres in order to get access to our fully trained advisors who will give advice, demonstrate and fit your seat. We encourage you to bring your child where possible, this gives you the opportunity to see your child in the most appropriate and suitable seat before purchase. We have a play area in all of our Centres, hopefully keeping your little ones occupied during your visit. Booking an appointment means you will get the undivided attention of one of our trained advisors, and your decision will not be rushed in any way.</p>
<p><b>Inclusive Communication Essex (ICE)</b></p> <p><b>Website:</b> <a href="http://www.essexice.co.uk">www.essexice.co.uk</a></p>	<p>Resource Service works to improve communication with children and adults who have learning disabilities.</p>

<p><b>Independence at Home</b></p> <p><b>Tel: 020 8427 7929</b>  <b>Email:</b>  <a href="mailto:iah@independenceathome.org.uk">iah@independenceathome.org.uk</a>  <b>Website:</b>  <a href="http://www.independenceathome.org.uk">www.independenceathome.org.uk</a></p>	<p>Aims to improve independence, comfort, safety, dignity and quality of life for people with long-term illness and disability. mobility and disability equipment, home adaptations and other essential items to make an immediate, practical and positive effect on daily life at home.</p> <p>Will consider funding - Wide variety of equipment including specialist beds, seating including P Pod chairs, medical equipment, environmental control equipment and car adaptations. Wide variety of home adaptations and repairs, garden adaptations including fencing, communication aids and equipment, white goods, furnishings, heating grants, toys and removal expenses.</p> <p>Will not consider funding - Holidays (except for those with neurological conditions)</p>
<p><b>Inner Resources</b></p> <p><b>Tel (Mobile): 07734 514710</b>  <b>Email:</b>  <a href="mailto:info@innerresourcestraining.co.uk">info@innerresourcestraining.co.uk</a>  <b>Website:</b>  <a href="http://www.innerresourcestraining.co.uk">www.innerresourcestraining.co.uk</a></p>	<p>Inner Resources provides person centred support for vulnerable children and adults with social difficulties including Asperger Syndrome, Autistic Spectrum Disorders and learning and mental health difficulties.</p> <p>They work with clients in their homes, schools, colleges and communities supporting engagement in a variety of activities, where necessary providing high level (crisis) support to families and individuals where circumstances have become extremely difficult.</p> <p>They aim to reduce feelings of distress, frustration  , anger and hopelessness.</p> <p><a href="#">What we do</a>  <a href="#">How we do this</a></p> <p><a href="#">Referral and Access</a></p>
<p><b>Jump Start Centre</b></p> <p><b>Who the service provides for: 0-18 years.</b>  <b>Hours of operation: Monday to Saturday, 9.00am - 6.00pm</b></p>	<p>Jump Start is a team of highly experienced and qualified occupational therapists offering specialist services to children, and young people. The purpose designed Jump Start Centre is based in Kelvedon and clients can be seen at the sensory gym, at home or in school. The dynamic team, led by Claire Pemrick, practise Sensory Integration Therapy, and have expanded to offer Sensory Attachment Intervention, Theraplay, Feeding Therapy, Listening Therapy and Sleep Counselling. The centre is visited by children with all levels of ability, including ASD (Autistic Spectrum Disorders), Attachment Difficulties, Challenging Behaviour, Cerebral Palsy, Developmental Disorders, Attention Deficit Disorders, Fine and Gross Motor Difficulties. The centre offers</p>

<p><b>Email address:</b>  <a href="mailto:info@jumpstartcentre.co.uk">info@jumpstartcentre.co.uk</a>  <b>Phone number:</b> 07885 732489  <b>Website:</b> <a href="http://www.jumpstartcentre.co.uk">www.jumpstartcentre.co.uk</a></p>	<p>assessments, treatment programmes, unique sensory diets, contracts and training for schools and other agencies as well as producing outstanding reports to support EHCPs. Training courses are also run for parents and professionals on topics such as Introduction to Sensory Processing Disorders, Toileting, Emotional Regulation and Sleep.</p>
<p><b>The Joseph Patrick Trust</b></p> <p><b>Tel:</b> 0207 8034814  <b>Email:</b>  JPTgrants@muscular dystrophyuk.org  <b>Website:</b>  <a href="http://www.muscular dystrophyuk.org">www.muscular dystrophyuk.org</a></p>	<p>The welfare fund within Muscular Dystrophy UK providing grants towards the costs of specialist equipment.</p> <p>Will consider funding - Wheelchairs, scooters, specialist beds, trikes, computers, vehicle adaptations, riser recliner chairs, mobile arm supports, therapy equipment, hoists, temporary ramps and discretionary payments (for relief of stress). Funding for some assistive technology items is also available as a pilot scheme.</p> <p>Will not consider funding - Holidays, household adaptations or building works, or domestic appliances, purchase or lease of vehicles; vehicle deposits, maintenance or repair of vehicles, and repair, up keep, liability (insurance) and disposal of equipment.</p>
<p><b>Kaleidoscope Occupational Therapy</b></p> <p><b>Who the service provides for: Young people and adults on the Autistic Spectrum (including Aspergers)</b></p> <p><b>Email address:</b>  <a href="mailto:louise@kaleidoscopeot.co.uk">louise@kaleidoscopeot.co.uk</a>  <b>Phone number:</b> 07422 556904  <b>Website:</b> <a href="http://www.kaleidoscopeot.co.uk">www.kaleidoscopeot.co.uk</a></p>	<p>Kaleidoscope was set up to help young people and adults on the Autistic Spectrum (including Aspergers Syndrome) to develop skills to manage difficulties associated with their condition. We offer functional and sensory assessments to establish how a person is managing their everyday activities as well as interventions to become more capable and confident. Kaleidoscope has a focus on helping people to achieve in academia and the workplace. This could be specific skills development, such as becoming more capable of living independently, improving abilities in the community and organising oneself. We also offer support around managing change, social interactions and social skills training (based on the NAS Socialeyes Programme). Kaleidoscope can liaise with Universities or Employers on how to best support a person on the Spectrum. We can offer advice and support around the Equality Act (2010) and potential reasonable adjustments.</p>
<p><b>KTM Care Ltd</b></p>	<p>Autism Specific Service – We support individuals on the Autistic Spectrum aged 8 years and upwards to live as independently as safely possible. We carry out extensive support to the family</p>

<p><b>Who the service provides for: Anyone on the Autistic Spectrum aged 8 years and upwards.</b></p> <p><b>Email address: <a href="mailto:info@ktmcare.co.uk">info@ktmcare.co.uk</a></b>  <b>Phone number: 01376 571152</b>  <b>Website: <a href="http://www.ktmcare.co.uk">www.ktmcare.co.uk</a></b></p>	<p>as a whole package, working with the individual to support them with the needs identified in their 'All About Me Book' but also support to the family to help them support consistently within the family home. We assist with College support, 1:1 independence training and support to do 'everyday' things, 2:1 Support to assist the individual to access the community safely, if required. We help individuals to find suitable accommodation and maintain a tenancy, support them to apply and gain the appropriate welfare benefits and assistance with budgeting. KTM, as part of the service, carry out sensory assessments and look at the best strategies to use to help the individual manage their own sensory needs. We work with anyone on the Autistic Spectrum... The service is very person centred and no one package are the same – as unique as you or I!</p>
<p><b>League of The Helping Hand</b></p> <p><b>Tel: 01444 236 099</b>  <b>Email: <a href="mailto:secretary@lhh.org.uk">secretary@lhh.org.uk</a></b>  <b>Website: <a href="http://www.lhh.org.uk">www.lhh.org.uk</a></b></p>	<p>Helps those who are living on a very low income, receiving the appropriate welfare benefits and who have exhausted all other funding sources including statutory funding, occupational, local and specialist charities.</p> <p>Will consider funding - Essential household items such as hob, cooker, washing machine, fridge, carpeting, and specialist equipment not available from statutory agencies.</p> <p>Will not consider funding – Electric wheelchairs, computers or IT equipment (except for the blind or those who are confined to their house due to disability).</p>
<p><b>Lenderhand</b></p> <p><b>Tel: 020 8532 5066</b>  <b>Email: <a href="mailto:contact@lenderhand.org">contact@lenderhand.org</a></b>  <b>Website: <a href="http://www.lenderhand.org">www.lenderhand.org</a></b></p>	<p>Provides families and individuals living in Essex with assistance by paying for goods or services that they could not otherwise afford, providing a helping hand through the challenging periods of their lives.</p>
<p><b>Living Well Essex</b></p> <p><b>Website: <a href="http://www.livingwellessex.org/">www</a></b>  <b><a href="http://www.livingwellessex.org/">.livingwellessex.org/</a></b></p>	<p>The Living Well website aims to help Essex people take care of their health and well-being, manage health conditions, and find information about support and services in the local area. We also provide information on benefits and finances, staying safe, and tips on staying healthy and active.</p>

<p><b>Lifeways</b></p> <p><u><a href="http://www.lifeways.co.uk">www.lifeways.co.uk</a></u></p> <p>Our Colchester office is at 780 The Crescent, Colchester Business Park Colchester Essex Essex CO4 9YB Tel: 01206 849888</p>	<p>We provide supported living and residential services across Essex for adults with autism, learning disabilities, mental health conditions, acquired brain injuries and physical disabilities</p>
<p><b>LOOK - National Federation of Families with VI</b></p> <p>Website: <u><a href="http://www.look-uk.org/">www.look-uk.org/</a></u></p>	<p>LOOK-UK supports young people and families living with a vision impairment</p>
<p><b>Network 81</b></p> <p>Tel: 0845 0774055 Email: <u><a href="mailto:Advice@network81.org.uk">Advice@network81.org.uk</a></u></p> <p>Website: <u><a href="http://www.network81.org.uk">www.network81.org.uk</a></u></p>	<p>Network 81 is a charity that supports, advises and trains parents and carers about the education of children with Special Educational Needs and Disabilities.</p>
<p><b>Lifeline 4 Kids</b></p> <p>Email: <u><a href="mailto:appeals@lifeline4kids.org">appeals@lifeline4kids.org</a></u> Website: <u><a href="http://www.lifeline4kids.org">www.lifeline4kids.org</a></u></p>	<p>Lifeline 4 Kids provides essential equipment to help improve the quality of life for children with disabilities and special needs. Will consider funding - Electric wheelchairs, mobility aids and items including specialised computers and sensory toys. Emergency and welfare grants also available.</p> <p>Will not consider funding - Therapy, home and garden improvements, furniture, white goods, driving lessons.</p>



<p><b>Newlife</b></p> <p>01543 462 777  <a href="http://www.newlifecharity.co.uk">www.newlifecharity.co.uk</a></p>	<p>Provides equipment grants to improve child health, reduce risk of significant injury and pain, as well as support delivery of care while enabling childhood experiences and encouraging independence. Also offers loan of emergency equipment.</p> <p>Will consider funding - Wide range of essential equipment including specialist seating, wheelchairs, beds and communication aids.</p> <p>Will not consider funding - Adaptations to cars or properties, therapy/treatment costs, white goods and holidays.</p>
<p><b>Nihal Armstrong Trust</b></p> <p><a href="mailto:info@nihalarmstrongtrust.org.uk">info@nihalarmstrongtrust.org.uk</a>  <a href="http://www.nihalarmstrongtrust.org.uk">www.nihalarmstrongtrust.org.uk</a></p>	<p>Provide children with essential pieces of equipment, communication aids or specific services that their local authority does not provide.</p> <p>Will consider funding - Specialist equipment and communication aids.</p> <p>Will not consider funding - Holidays, refurbishment costs and household appliances.</p>
<p><b>MENCAP</b></p> <p>Website: <a href="http://www.mencap.org.uk">www.mencap.org.uk</a></p>	<p>Mencap support people with learning disabilities, and their families and carers. They have a network of over 400 local groups to reach people across England, Northern Ireland and Wales. They want those with learning disabilities to be valued equally and included. They fund research and also campaign for a brighter future, as well as providing support.</p>
<p><b>Motability</b></p> <p>Website: <a href="http://www.motability.org.uk">www.motability.org.uk</a></p>	<p>Motability is a national charity that aims to help disabled people with their personal mobility. They provide charitable grants to those with disabilities who are unable to afford the vehicle or adaptations they need. They often provide grants for specialised car seats for children.</p>
<p><b>PARC Essex</b></p> <p>Tel: 01376 528999  Email: <a href="mailto:info@parc-essex.co.uk">info@parc-essex.co.uk</a>  Website: <a href="http://www.parc-essex.co.uk">www.parc-essex.co.uk</a></p>	<p>PARC exists to provide support to families who have a child or children with any type of additional need from a very early stage. We have a range of children on our books including those with speech and language difficulties, autistic spectrum, epilepsy and those with physical and learning difficulties.</p>

	<p>PARC offers services that cover a wide range of activities with children of every age and ability, including pre-school services, activities clubs, youth clubs, sports clubs and weekend and holiday respite. We also offer Sunday morning “stay and play”. Above all PARC is a place where Children can develop, learn and have fun, in a safe and friendly environment that caters for their special needs.</p> <p><a href="#">More About PARC Services</a></p>
<p><b>Positive Child Development</b></p> <p><b>Email address:</b> <a href="mailto:toni@positivechilddevelopment.co.uk">toni@positivechilddevelopment.co.uk</a> <b>Phone number:</b> 07708070077 <b>Website:</b> <a href="http://www.positivechilddevelopment.co.uk">www.positivechilddevelopment.co.uk</a></p>	<p><b>Who the service provides for:</b> A Parent of a child under 16 years of age.</p> <p>Offers family support for parenting challenges. We also Specialise in autism childcare and provide 1:1 sessions, telephone consultations, video feedback and training for carer’s and staff. Please see website for more information.</p>
<p><b>Premier Childrens Service</b></p> <p><b>Email address:</b> <a href="mailto:info@pcyp.co.uk">info@pcyp.co.uk</a> <b>Phone number:</b> 01702 389555</p> <p><b>Website:</b> <a href="http://www.premierchildrensservices.co.uk">www.premierchildrensservices.co.uk</a></p>	<p>Who the service provides for: All children and young people throughout the County of Essex and their families. Ages 0 – 25+</p> <ul style="list-style-type: none"> <li>• Respite care for parents/prime carers of children with disabilities</li> <li>• Support for families in crisis</li> <li>• Short breaks for children/young people to enable them to access the community, e.g. clubs, social activities</li> <li>• Respite care for families of children with complex health care needs</li> <li>• Support for families who have higher level needs</li> <li>• Support for children/young people with disabilities to access education opportunities</li> <li>• Respite services which offer parents/prime carers the opportunity to take an overnight break whilst their child is cared for in their home environment.</li> <li>• Developing and facilitating a time limited outcome focused bespoke plan for an individual to achieve a desired outcome</li> <li>• Support for young carers</li> </ul>

<p><b>Preparing for Adulthood Service</b></p> <p><b>Mid Essex (Braintree, Chelmsford, Halstead and Maldon):</b>  <b>kerry.surridge@essex.gov.uk or 03330131424</b></p> <p><b>North East Essex (Colchester and Tendring):</b>  <b>jan.giraudeau@essex.gov.uk or 03330137736</b></p> <p><b>South Essex (Basildon, Billericay, Brentwood, Castle Point, Rochford and Wickford):</b>  <b>joanna.johnson@essex.gov.uk or 03330134691</b></p> <p><b>West Essex (Epping, Harlow and Uttlesford):</b>  <b>richard.davies@essex.gov.uk or 03330321641</b></p>	<p>The Preparing for Adulthood (PfA) Service supports young people aged 14 to 25 with an Education, Health and Care plan, with preparing for adult life.</p> <p>The Preparing for Adulthood Advisors involve the young person’s family and their school, college, or other education provision in this preparation.</p> <p>PfA Advisors provide support at key transition points (such as moving from school to college, changing colleges or leaving education). They will explore:</p> <ul style="list-style-type: none"> <li>• what a young person likes at school/college;</li> <li>• their interests;</li> <li>• what they are good at;</li> <li>• their ideas for when they leave education.</li> </ul> <p>The advice and information is unbiased so that a young person identifies the best option for them. It is focused around the four Preparing for Adulthood areas:</p> <ul style="list-style-type: none"> <li>• employment</li> <li>• education and training</li> <li>• good health</li> <li>• community inclusion and independent living</li> </ul> <p>In year 9 - In year 9, the Preparing for Adulthood team will write to the young person to introduce themselves. They will either attend the young person’s annual review or meet with them individually.</p>
<p><b>Promise Dreams</b></p> <p><b>01902 212451</b>  <b>info@promisedreams.co.uk</b>  <b>www.promisedreams.co.uk</b></p>	<p>Aims to make a real difference to children who are seriously or terminally ill.</p> <p>Will consider funding - A one-off dream (e.g. trip of a lifetime or chance to meet a celebrity) or something that will make a difference to the child/family each and every day of their life such as medical equipment, home adaptations, and wheelchairs. Will consider funding air conditioning, wash-dry toilets, therapy rooms, sensory rooms, room padding, hot tubs and equipment maintenance.</p>

	Will not consider funding - Garden alterations not directly related to the child's needs. However occasionally able to assist with garden equipment e.g. sensory items, specialist play equipment, and making gardens wheelchair accessible.
<b>Promobility</b>  <b>Website:</b> <a href="http://www.promobility.ie">www.promobility.ie</a>	Promobility is a family run business that sets out to serve the needs of those with disabilities. They aim to provide honest advice as well as great service and quality products to their customers. They offer special needs child seats, harness systems, wheelchair safety and ramps.
<b>Quantum Leap</b>  <b>Website:</b> <a href="http://www.qlmentoring.com">www.qlmentoring.com</a>	Peer mentoring for bright kids with ASD and learning differences.
<b>Rapid Ramp</b>  <b>Tel:</b> 01424 714 646 <b>Email:</b> SALES@RAPIDRAMP.CO.UK <b>Website:</b> www.rapidramp.co.uk	We are a leading UK modular ramp and step manufacturer, supplier, and fitter; based in South-East England. Both access products are designed and made in Britain. Plus, our in-house team manage the whole process from quotation, site survey right through to installation. We continue to offer a UK wide service, working in a variety of sectors including commercial, residential, education, healthcare and the modular & portable building trade.
<b>REACT</b>  <b>Tel:</b> 020 8940 2575 <b>Email:</b> <a href="mailto:react@reactcharity.org">react@reactcharity.org</a> <b>Website:</b> www.reactcharity.org	<p>A dynamic charity working to improve the quality of life for children with life-limiting illnesses living in financially disadvantaged households. React works to give children comfort, dignity and where possible, greater independence.</p> <p>Will consider funding - Wheelchairs, beds, baths and mobility aids, domestic appliances, educational equipment e.g. tablets and communication aids, stays at REACT's mobile holidays homes, travel and subsistence costs, end of life costs, funeral expenses and memorial headstones.</p> <p>Will not consider funding - Overseas trips, structural building works, private treatment, purchase of vehicles.</p>

### **Roald Dahl's Marvellous Children's Charity**

**Tel: 01494 890465**

**Website: [www.roalddahl.com/charity](http://www.roalddahl.com/charity)**

Marvellous Family Grants are for families facing financial hardship while caring for a child with a serious illness. They provide support to help families to help them cope.

Will consider funding - Therapy, hospital travel, equipment, conference attendance, lessons/clubs, tablets and laptops where there is an educational need.

Will not consider funding - Grants for children with cancer or solely with autism and ADHD. Will not fund holidays, day trips, property adaptations, deposits for vehicles, garden works, shed/storage, utility bills, respite care or driving lessons.

### **SSAFA – The Armed Forces Charity**

**Tel: 0800 260 6767**

**Website: <https://www.ssafa.org.uk/get-help/military-families/short-breaks-and-holidays-for-service-families>**

Activity breaks for members of the Armed Forces and their families who have a child with a disability and/or an additional need.

These breaks are for Armed Forces families with children aged 5-18 years who have an additional need or disability. Siblings are also welcome! There must be at least one parent attending alongside their children. Daily activities for both breaks will include:

- Kayaking
- Archery
- Abseiling
- Low ropes
- Rock climbing

Families sleep in their own rooms on-site, most rooms are made up of twin and triple beds. We will make sure that families are in rooms next to one another if we cannot fit the whole family in one room. Three hot meals a day are provided.

Eligibility:

- All children within the family must be between 5-18 years.
- Children are dependents of a current Serving person or reservist.
- One child attending must have an additional need and/or disability.

	<ul style="list-style-type: none"> <li>• At least one parent must attend the break with their child/ren.</li> </ul>
<p><b>SCOPE</b></p> <p>Website: <a href="http://www.scope.org.uk">www.scope.org.uk</a></p>	<p>Scope are a disability equality charity in England and Wales who provide helpful information and emotional support to those affected by disabilities. They campaign to create a fairer society, provide their Scope helpline, have community engagement programmes, and more support services.</p>
<p><b>Short Breaks for disabled children in Essex</b></p> <p>Telephone: 03330 139 889  Email: <a href="mailto:shortbreaks@essex.gov.uk">shortbreaks@essex.gov.uk</a>  Website:  <a href="http://www.shortbreaks.essex.gov.uk">www.shortbreaks.essex.gov.uk</a>  Brochure:  <a href="http://www.shortbreaks.essex.gov.uk/media/1347/short_breaks_brochure_2020.pdf">www.shortbreaks.essex.gov.uk/media/1347/short_breaks_brochure_2020.pdf</a></p>	<p>Short Breaks gives families the chance to take a break from their normal routines and enjoy doing fun things together. They also give children and young people the chance to do fun and different activities. This can help build their confidence and independence.</p>
<p><b>SNAP (Special Needs &amp; Parents)</b></p> <p>Tel: 01277 211300  Email: <a href="mailto:info@snapcharity.org">info@snapcharity.org</a>  Website: <a href="http://www.snapcharity.org">www.snapcharity.org</a></p> <p>Address: The SNAP Centre, Pastoral Way, Warley, Brentwood, Essex. CM14 5WF</p>	<p>SNAP (Special Needs And Parents) helps Essex families with children and young people who have special needs and disabilities. No formal diagnosis or professional referral is necessary to access SNAP services.</p> <p>Our aims are to inform, encourage and support parents, so that they can grow in strength and knowledge and become better equipped to give the best possible help to their children.</p> <ul style="list-style-type: none"> <li>• <a href="#">Support Services</a></li> <li>• <a href="#">Activities</a></li> <li>• <a href="#">Centre Resources</a></li> <li>• <a href="#">SNAP Directory</a></li> </ul>
<p><b>SOS!SEN Charity Helpline</b></p> <p>Email address: <a href="mailto:admin@sossen.org.uk">admin@sossen.org.uk</a>  Phone number: 0208 538 3731  Website: <a href="http://www.sossen.org.uk">www.sossen.org.uk</a></p>	<p>Who the service provides for:  Parents of children and young people with SEND aged 3 – 25 Years</p> <p>The phone line is available:  Monday to Friday, from 9:30-12:30 and 14:00-17:00,</p>

	<p>Tuesday 20:00-22:00 (during term time)</p> <p>They offer a free, friendly, independent and confidential telephone helpline for parents and others looking for information and advice on Special Educational Needs and Disability (SEND). The number is 0300 302 3731. It is manned by volunteers during term time.</p> <p>They offer advice on:</p> <ul style="list-style-type: none"> <li>- getting the right educational help for your child</li> <li>- liaising with the school or local authority</li> <li>- interpreting official letters</li> <li>- finding independent expert professional advice</li> <li>- appealing to the Special Educational Needs and Disability Tribunal</li> </ul> <p>They also offer:</p> <ul style="list-style-type: none"> <li>- 10 walk in free advice centres in London, Manchester, Bristol, Surrey, Worcester Park, Oxford, Hampshire, and Kent</li> <li>- Workshops on SEN topics to empower parents</li> <li>- Document check and 1:1 advice</li> </ul> <p>Website with information sheets and useful tips</p>
<p><b>STEPS</b></p> <p>Website: <a href="http://www.steps-charity.org.uk">www.steps-charity.org.uk</a></p>	<p>Steps is a charity that works alongside those whose lives have been affected by childhood lower limb conditions. They support children and their families with helpful information and guidance, and are there throughout their journey to offer a listening ear. We work alongside Steps in providing our Loan Scheme which helps to support children who have had surgery and are now fitted with a Hip Spica Cast, Ring Splints or Pavlik Harness. We provide a modified seat to suit your children's needs to make this journey easier for you.</p>
<p><b>Strongbones Children's Charitable Trust</b></p> <p>Website: <a href="http://www.strongbones.org.uk">www.strongbones.org.uk</a></p>	<p>Strongbones Children's Charitable Trust are a national charity which offers emotional and practical support, provides disability equipment and educational opportunities and provides support for parents and carers. They provide grants for children with complex needs that also have a diagnosis of scoliosis, brittle bone disease, spina bifida, bone cancer or any other other serious condition of the bone.</p>
<p><b>Supporting Asperger Families in Essex SAFE</b></p> <p>Website: <a href="https://safeessex.org.uk/">https://safeessex.org.uk/</a></p>	<p>SAFE is a support group for individuals and families affected by Asperger Syndrome (AS) and High Functioning Autism (HFA) in Essex. They run monthly parent support groups, provide social skills training for children and adults, run youth groups for Asperger children, provide educational advice</p>



	and support and assistance with claiming benefits and obtaining a Statement of Special Educational Needs.
<b>Sullivan's Heroes</b>  <a href="mailto:hello@sullivansheroes.org">hello@sullivansheroes.org</a> <a href="http://www.sullivansheroes.org">www.sullivansheroes.org</a>	<p>Aims to relieve the needs of children with disabilities and their families by the provision of grants and financial assistance towards home adaptations to accommodate the child's needs as a way of improving their quality of life within their home environment.</p> <p>Will consider funding - Awards grants to help meet costs for building adaptation works. Enables families to promote fundraising activities for their own adaptations project by providing a website platform.</p> <p>Will not consider funding - Anything other than adaptations. Garden adaptations that would not usually be covered by a DFG.</p>
<b>The ACT Foundation</b>  <b>01753 753900</b> <b>info@theactfoundation.co.uk</b> <a href="http://www.theactfoundation.co.uk">www.theactfoundation.co.uk</a>	<p>Providing financial support that enables one or more of their 4 life 'themes' to be met – health and wellbeing, independent living at home, respite and transition.</p> <p>Will consider funding - Mobility aids, specialist seating and car seats, specialist beds and sleep systems, communication aids and software, respite breaks, vehicle adaptations.</p> <p>Will not consider funding - Building works (including DFG shortfalls), garden works, domestic items, holidays, deposits for vehicles.</p>
<b>The Art Ministry</b>  Website: <a href="http://www.theartministry.org.uk">www.theartministry.org.uk</a>	<p>We run arts and crafts groups and clubs for children and for adults with learning difficulties, adults with physical disabilities, partially sighted and blind adults and adults with mental health problems from across Essex. We complement these core activities with a group who work with fabrics to produce items for public display, a general public art club, sessions at day care centres, and sessions for young carers. We also provide arts and crafts activities at lots of community events.</p>
<b>The Boparan Charitable Trust</b>  <b>Tel: 01212 149364</b> <b>Email: <a href="mailto:applications@boparan.com">applications@boparan.com</a></b>	<p>Aims to help children and young people up to the age of 18, throughout the UK, who are disadvantaged either through poverty, disability or life-limiting conditions.</p>



<p><b>Website:</b> <b>www.theboparancharitabletrust.com</b></p>	<p>Will consider funding:</p> <ul style="list-style-type: none"> <li>- Wheelchairs</li> <li>- Specialist Equipment</li> <li>- Sensory equipment</li> </ul> <p>Will not consider funding:</p> <ul style="list-style-type: none"> <li>- Home adaptations</li> <li>- Garden equipment</li> <li>- Sheds</li> <li>- Flooring</li> <li>- Tablets</li> <li>- Holidays</li> <li>- Debt repayments</li> </ul>
<p><b>The Charlie Cookson Foundation</b> <b>Website:</b> <a href="http://www.charliecookson.org.uk">www.charliecookson.org.uk</a></p>	<p>The Charlie Cookson Foundation provides financial support to the families of children with life limiting conditions. They raise awareness surrounding the difficulties in which parents and carers face, and help by providing information, advice and support.</p>
<p><b>The Children's Trust</b> <b>Website:</b> <a href="http://www.thechildrenstrust.org.uk">www.thechildrenstrust.org.uk</a></p>	<p>The Children's Trust a charity for children with brain injury, who provide rehabilitation, education and community services using their skilled teams. They help children and young people restore lost skills or develop new ways of doing things, and provide therapeutic support in their home environment and at school.</p>
<p><b>The Hospital Saturday Fund</b> <b>Tel:</b> 0207 2021365 <b>Email:</b> <a href="mailto:charity@hsf.eu.com">charity@hsf.eu.com</a> <b>Website:</b> <a href="http://www.hospitalsaturdayfund.org">www.hospitalsaturdayfund.org</a></p>	<p>Individuals with a medical condition or disability who would benefit from assistance with the purchase of specialised equipment or for particular forms of treatment.</p> <p>Will consider funding: Wheelchairs, mobility scooters, car adaptations, hearing aids, nebulisers, specialised vision aids, orthopaedic beds, mattresses and pillows, riser recliner chairs, hoists, a range of therapies, adaptations (including walk in showers, bathroom adaptations, ramps, non-slip flooring, stair lifts) and respite breaks.</p>

	<p>Will not consider funding: Hospital costs, care costs, private medical treatment, car purchase, building works unrelated to disability, any gardening works, furniture, flooring, white goods, holidays, loan repayments, education fees, driving lessons.</p>
<p><b>The J's Hospice</b></p> <p>Tel: 01245 475474  Email: <a href="mailto:info@theishospice.org.uk">info@theishospice.org.uk</a>  Website: <a href="http://www.theishospice.org.uk">www.theishospice.org.uk</a>  Address: 36A Church Street, Great Baddow, Chelmsford, Essex. CM2 7HY</p>	<p>The J's Hospice provides hospice and respite care services to young adults aged 16-40 who are living with life limiting and life-threatening conditions. Their aim is to build the first environmentally friendly, stand-alone, age-appropriate hospice for 18 to 40 years olds with life-limiting conditions in the East of England. They will be providing emotional support and friendship, day visits, J's at home support and care, end-of-life care and bereavement support.</p>
<p><b>The Joseph Patrick Trust</b></p> <p><b>Website:</b>  <a href="http://www.musculardystrophyuk.org/get-the-right-care-and-support/equipment-grants/jpt-grants/">www.musculardystrophyuk.org/get-the-right-care-and-support/equipment-grants/jpt-grants/</a></p>	<p>The Joseph Patrick Trust is the welfare fund within Muscular Dystrophy UK that provides grants towards the costs of specialist equipment for children and adults with muscular dystrophy or a related neuromuscular condition.</p>
<p><b>Together for Short Lives</b></p> <p><b>Website:</b>  <a href="http://www.togetherforshortlives.org.uk">www.togetherforshortlives.org.uk</a></p> <p><b>Tel: 0808 8088 100</b></p>	<p>We are here to make sure that the 49,000 seriously ill children and their families across the UK can make the most of every moment they have together, whether that's for years, months or only hours.</p>
<p><b>Together Matters</b></p> <p><b>Email:</b> <a href="mailto:info@togethertomatters.org.uk">info@togethertomatters.org.uk</a>  <b>Website:</b> <a href="http://www.togethertomatters.org.uk">www.togethertomatters.org.uk</a></p>	<p>Together Matters is an organisation built on the belief that talking and working together helps to make better things happen in the lives of people with learning disabilities and their families. Together Matters works alongside people with learning disabilities, their families, practitioners, organisations that provide support, self-advocacy groups and anyone else interested in the work we are doing. Together Matters offers fresh ideas, sound knowledge, easy to use resources and skills to provide training and service development. Our aim is to challenge and complement existing support and services, making the best use of things that work and overcoming those that prevent people having a good life.</p>

<p><b>Tourette Alliance</b></p> <p>Website: <a href="http://www.tourettealliance.org">www.tourettealliance.org</a></p>	<p>Founded in 2016, the Tourette Alliance–based in Northern Ireland and providing support island wide–also serves as an advocacy and educational outreach program and offers In Service Presentations with the most up-to-date information on these disorders to schools, social services agencies and national healthcare networks.</p>
<p><b>Tourettes Action</b></p> <p>Website: <a href="http://www.tourettes-action.org.uk">www.tourettes-action.org.uk</a></p>	<p>Support for people with Tourette Syndrome can range from healthcare services, statutory benefits and school provision; through to Tourettes Action services - peer support, information resources, ID cards and grants.</p> <ul style="list-style-type: none"> <li>• Support based information and services for people with TS and their families.</li> <li>• Parents</li> <li>• Young people</li> <li>• Support in school</li> <li>• Support at work</li> <li>• Support in everyday life, including housing, benefits and transport.</li> </ul> <p>Tourettes Action Services</p> <ul style="list-style-type: none"> <li>• Helpdesk</li> <li>• Befriender network</li> <li>• Support groups</li> <li>• Identity cards and school passports</li> <li>• Grants</li> <li>• E-newsletter</li> </ul>
<p><b>Tree of Hope</b></p> <p>Website: <a href="http://www.treeofhope.org.uk">www.treeofhope.org.uk</a></p>	<p>Tree of Hope is a crowdfunding charity that helps children and young people with disabilities and illnesses by supporting families to raise money needed to pay for specialist care. They are an umbrella charity which has supported thousands of children’s campaigns through fundraising.</p>
<p><b>Virgincare</b></p> <p>Website: <a href="http://essexfamilywellbeing.co.uk/">http://essexfamilywellbeing.co.uk/</a></p>	<p>On behalf of Essex County Council and the NHS, Virgin Care and Barnardo’s provide a range of child and family services throughout Essex that are free at the point of delivery.</p>

<p><b>Variety</b></p> <p>0207 4288100  <a href="mailto:grants@variety.org.uk">grants@variety.org.uk</a>  <a href="http://www.variety.org.uk">www.variety.org.uk</a></p>	<p>Variety provides coaches and bespoke wheelchairs, specialist, sensory and recreational equipment for use in the home, school, children’s hospitals and youth centres and creates memorable experiences through “Variety Great Days Out”.</p> <p>Will consider funding - Specialist equipment e.g. wheelchairs, medical equipment, car seats, hoists.</p> <p>Will not consider funding - Home and garden adaptations, WAVs, computers holidays.</p>
<p><b>Well Child Helping Hands</b></p> <p>01242 530007  <a href="mailto:helpinghands@wellchild.org.uk">helpinghands@wellchild.org.uk</a>  <a href="http://www.wellchild.org.uk">www.wellchild.org.uk</a></p>	<p>Well Child is the national charity for children and young people with serious illnesses or complex care needs.</p> <p>Will consider funding - Helping Hands works with teams of volunteers from local companies to complete garden and bedroom makeovers over one or two days.</p> <p>Will not consider funding - Projects where a DFG application is outstanding. Projects taking longer than 2 days. Projects beyond skill level of their volunteers.</p>
<p><b>Wipe Away Those Tears</b></p> <p><a href="mailto:gail@wipeawaythosetears.org">gail@wipeawaythosetears.org</a>  <a href="http://www.wipeawaythosetears.org">www.wipeawaythosetears.org</a></p>	<p>Aims to grant a wish and bring a sparkle into the lives of terminally or seriously ill children in Essex.</p> <p>Will consider funding - Special wishes and equipment.</p> <p>Will not consider funding - Adaptations to homes or gardens.</p>
<p><b>Whizz-Kidz</b></p> <p>Website: <a href="http://www.whizz-kidz.org.uk">www.whizz-kidz.org.uk</a></p>	<p>Whizz-Kidz help to transform the lives of disabled children across the UK by supporting them to become independent young adults. They provide equipment, support and training that will teach them necessary life skills for the future.</p>

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# Early Years / Education Countywide Services

## Attendance Specialist Team

Tel: 03330322968

Email:

[neattendancespecialistteam@essex.gov.uk](mailto:neattendancespecialistteam@essex.gov.uk)

For advice on how to get your child to go to school.

## Bump to 5

Tel: 01279 724 515

Email: [enquiries@mrct.org.uk](mailto:enquiries@mrct.org.uk)

Website: [www.mrct.org.uk/bump-to-five/](http://www.mrct.org.uk/bump-to-five/)

Bump-to-five takes in donated items, including pre-loved clothing, cots, buggies and other essentials and gifts them to families who need support. We check, sort and redistribute to families referred by caring professionals.

## Complementary Education – Essex Youth Service

Tel: 03330 322800

Website:

[www.youth.essex.gov.uk/schools/complementary-education](http://www.youth.essex.gov.uk/schools/complementary-education)

Complementary Education Years 7, 8 and 9

Do you have students who are disengaged with their education?

This social education groupwork programme, based on early intervention, is for young people in Years 7, 8 and 9, who would benefit from additional support with issues that are affecting their lives and interrupting their education.

The learning will not be lesson-based but done through a variety of activities. These can include:

- outdoor-based sports
- cooking
- arts and crafts
- community projects

The informal education style creates an environment which is proven to create a relaxed atmosphere where young people will build trust and share problems. The learning might include:

- confidence building
- managing emotions
- child sexual exploitation
- online safety
- grooming
- healthy lifestyles and healthy eating
- living around gangs
- positive relationships

It is a flexible programme, where the young person can attend up to 2 days per week.

Complementary Education Years 10 and 11

Do you have pupils struggling to engage with mainstream education?

This programme aims to help young people increase their confidence, motivation and development. It runs two days per week from September to July (end of June in Year 11).

The daily hours are the same as schools, but set by each scheme (approx 9am – 3pm).

Maths and English – 3 hours - Learners have the opportunity to embed functional skills throughout the programme. Functional Skills Maths and English are taught throughout the year.

The qualifications:

We offer national and local accreditation from City & Guilds and Gateway Qualifications awarding bodies. These qualifications and awards help young people's development and prepares them for further education. These sit under Ofqual and carry credits.

We also provide short courses that meet the needs of the learners. These can include:

- Sex and relationship education
- Managing emotions
- Transitional and progression work
- Crime reduction
- Healthy lifestyles and healthy eating

Understanding consequences of crime, gangs, CSE

**Educational Psychology Parent Helpline**

Educational Psychology Service Parent Helpline provides parents and carers with direct telephone access to a qualified Educational Psychologist who will listen to their concerns and ideas, and help them find a positive way forward

<p><b>Tel: 01245 433293 (Available every Monday afternoon during term-time, 1pm-5pm)</b>  <b>Website: <a href="http://schools.essex.gov.uk">schools.essex.gov.uk</a></b></p>	<ul style="list-style-type: none"> <li>The helpline is confidential and personal details will not be recorded and nor will information be passed onto other services</li> </ul> <p>It is staffed by qualified educational psychologists who listen to parents concerns and work with them to find a positive way forward</p>
<p><b>Endeavour HQ</b>  <b>Website: <a href="http://www.endeavourhq.co.uk">www.endeavourhq.co.uk</a></b></p>	<p>Two of my greatest passions are education and music. At Endeavour HQ, I combine these things to provide virtual primary school lessons, bespoke group and individual tutoring, primary school consultancy and instrumental lessons on the piano and accordion.</p> <p>I would like to invite you to explore more about the services Endeavour HQ has to offer.</p>
<p><b>Essex Child and Family Wellbeing Service</b>  <b>Website: <a href="http://www.essexfamilywellbeing.co.uk">www.essexfamilywellbeing.co.uk</a></b>  <b>Mid Essex Tel: 0300 247 0014</b>  <b>North Essex Tel: 0300 247 0015</b>  <b>South Essex Tel: 0300 247 0013</b>  <b>West Essex Tel: 0300 247 0122</b></p>	<p>Essex Child and Family Wellbeing Service brings together a range of children's community services. It's provided by Virgin Care in partnership with Barnardo's on behalf of Essex County Council, West Essex CCG and the NHS.</p> <p>The Healthy Family Service is made up of a collection of different professionals, including Health Visitors, School Nurses, and Healthy Family Support Practitioners. We support children and families in Essex with parenting and their health and wellbeing. We're able to see children and families in the community, your own home or at school. Your child may be eligible to Free Early Education Entitlement for 2 Year Olds (FEEE2) and we can support you to apply.</p> <p>In addition to funding for three and four year olds some two year olds are also entitled to 15 hours of free early education a week until the term after their third birthday.</p> <p>For more information, please speak to a member of our staff from your local Healthy Family Team at your closest Family Hub.</p>
<p><b>Essex SEND Information, Advice &amp; Support Service</b>  <b>Tel: 0333 013 8913</b>  <b>Online referral form: <a href="https://essex-self.achieveservice.com/service/SEND_Information_Advice_and_Support_Service_referral">https://essex-self.achieveservice.com/service/SEND_Information_Advice_and_Support_Service_referral</a></b>  <b>Email: <a href="mailto:send.iass@essex.gov.uk">send.iass@essex.gov.uk</a></b></p>	<p>The Essex SENDIASS is a confidential and impartial information, advice and support service on issues related to special educational needs and disability (SEND). It is free and easy to access.</p> <p>We offer information, advice and support to:</p> <ul style="list-style-type: none"> <li>children and young people (up to 25 years) with SEND</li> <li>parents and carers of children with SEND</li> <li>practitioners who might support children, young people or parents to access the service</li> </ul> <p>How we help:</p> <ul style="list-style-type: none"> <li>listening to your concerns and explaining what options are available</li> </ul>

<p><b>Website: <a href="http://www.essexlocaloffer.org.uk">www.essexlocaloffer.org.uk</a></b></p>	<ul style="list-style-type: none"> <li>• explaining how education settings can support children and young people with special educational needs/a disability</li> <li>• giving you information about what the law is and what your choices are, to help you make your own decisions</li> <li>• supporting you at meetings and helping you to get your views across</li> <li>• finding voluntary groups and other agencies that can also support you, with the help of the Essex Local Offer</li> <li>• guiding you through the Education, Health and Care Needs assessment process</li> <li>• supporting you in discussions with education settings and the local authority where a child or young person is at risk of exclusion or has been excluded</li> <li>• advise you on processes for resolving disagreements, SEND Tribunal processes and means of redress</li> <li>• consulting parents, children and young people and ensuring your views influence the development of local policy and practice for children and young people with special educational needs and disability</li> </ul>
<p><b>FIF Funded Project</b></p> <p><b><u>GROUP WORK</u></b></p> <p><b>Kids Inspire Children's Society and Southend YMCA (joint project)</b></p> <p><b>Email:</b> <a href="mailto:fifreferrals@childrenssociety.org.uk">fifreferrals@childrenssociety.org.uk</a></p> <p><b>Telephone 01245 493400 or 01245 493311</b></p> <p><b>Referral form available <a href="#">here</a>.</b></p>	<p>The Essex County Council funded Family Innovation Fund (FIF) services are for Children, Young People and Parents/Carers with low level needs who can't be supported by services such as Schools, and GPs alone. FIF provides that little bit of extra help should a difficulty occur and those services cannot respond appropriately.</p> <p>. Referrals can be made for children and young people aged 8-19 years and/or a parent or carer where they;</p> <ul style="list-style-type: none"> <li>• are exhibiting risky behaviours (of self or others) that jeopardise personal safety</li> <li>• are at risk of going on to part-time school timetables or at risk of exclusion</li> <li>• are home educated where <b>early help</b> can have a positive impact</li> <li>• have moderate learning difficulties (without an Education and Health Care Plan)</li> <li>• have low level behavioural issues (without an Education and Health Care Plan)</li> </ul> <p>There are some restrictions to accessing this support and that is if the person(s) being referred are already being supported by specialist and/or statutory services</p>



<p><b>Future Ready – Essex Youth Service</b></p> <p><b>Website:</b>  <a href="http://www.youth.essex.gov.uk/schools/future-ready">www.youth.essex.gov.uk/schools/future-ready</a>  <b>Email:</b> <a href="mailto:youth.work@essex.gov.uk">youth.work@essex.gov.uk</a></p>	<p>A fully funded offer connecting Year 10-13 with a blend of wellbeing support and opportunities to consider their future post 16/18 plans.</p> <ul style="list-style-type: none"> <li>• Are you in school Year 10-13 or do you have students in this age range?</li> <li>• We are looking to support young people with levels of attendance below the expected average typical for them or their school</li> <li>• We want to hear from young people electively educated at home or whose parents/carers are considering this</li> <li>• Do you have young people identified as leaving school and at risk of becoming NEET when they leave school?</li> <li>•</li> </ul> <p>If any of the above apply, we want to support you. Through a mix of 1-1 or groupwork sessions over 6 weeks we will support your wellbeing and future employment aspirations with the help of a young person’s advisor. Future Ready will pair you with an advisor who will give you hands-on, support to help you find the right training, education and employment opportunity. It could help you regain that focus and passion in gaining valuable skills to secure your future and build a career.</p>
<p><b>Pandas Foundation UK</b></p> <p><b>Website:</b> <a href="http://www.pandasfoundation.org.uk">www.pandasfoundation.org.uk</a></p> <p><b>PANDAS Helpline:</b> 0808 1961 776</p> <p><b>Email:</b> <a href="mailto:info@pandasfoundation.org.uk">info@pandasfoundation.org.uk</a></p>	<p>The PANDAS Foundation is here to help support and advise any parent who is experiencing a perinatal mental illness. We are also here to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering.</p> <p>Our FREE helpline is open everyday between 9am-8pm. The PANDAS Helpline is manned by a team of trained volunteers who will be happy to chat to you and direct you to the right support for you.</p>
<p><b>Plan B - Essex Youth Service</b></p> <p><b>Call:</b> 033303 22800  <b>Email:</b> <a href="mailto:youth.work@essex.gov.uk">youth.work@essex.gov.uk</a>  <b>Website:</b> <a href="http://www.youth.essex.gov.uk/young-people/plan-b">www.youth.essex.gov.uk/young-people/plan-b</a></p>	<p>Plan B is a 10-week programme that maximises your potential and prepares you for the future. It runs three days a week and is delivered in our centres across Essex. Alternatively, we may have an online delivery option running for those that are unable to attend centres due to travel distances (please enquire using the details below to see if this is being offered at the time you wish to start).</p>

During the programme you will get:

- a work experience placement related to your preferred career.
- a chance to gain English and Maths qualifications
- a chance to gain qualifications in City & Guilds Level 1 Employability Skills, Level 1 Health and Safety In The Workplace, Level 2 Customer Services Award.
- sessions that will help improve your self-esteem, motivation and the confidence to make decisions.
- help with transport costs to the centre if needed.

Criteria

- Must have completed statutory education (off school roll last Friday in June)
- Not already have a L3 qualification
- Ideally not have a L2 (Grade C or 4 in new grading structure) or above in Maths and English (YP can be offered a place but would not need to attend Functional Skills days)
- Not currently enrolled on any other training programme
- Not completed a traineeship before
- Not have a job over 16 hrs a week & not earning more than £320 a month (may need to provide payslips to evidence this)
- Be able to commit to the 10 week programme
- Be capable of completing a work placement for minimum of 2 days a week for 4 weeks
- Be eligible to work in the UK/eligible for public funds (stamped in passport if asylum seeker)
- Have a National Insurance number

**Information Advice Service – Essex Youth Service (Careers Advice)**

**Website:**

[www.youth.essex.gov.uk/schools/information-advice-and-guidance](http://www.youth.essex.gov.uk/schools/information-advice-and-guidance)

**Email: [youth.work@essex.gov.uk](mailto:youth.work@essex.gov.uk)**

This service is designed to help young people make an informed decision about their future options. This statement briefly outlines the available services and facilities.

Our Clients

- Young People aged 13-19 (25 with SEND) engaging with Essex Youth Service
- Young People from partner agencies
- Employers
- Schools, Colleges and Educational Establishments

	<p><b>Our Services</b></p> <ul style="list-style-type: none"> <li>• A confidential, impartial and objective information and advice service concerning learning opportunities, skills and qualifications, career progression and how to access them.</li> <li>• Written information on all courses and opportunities</li> <li>• Support for your personal development</li> <li>• Advice and services to enable you to progress if you have a disability or additional requirement</li> <li>• Telephone / internet services providing information and advice</li> <li>• A signposting and referral service to other agencies if we are unable to offer the information or advice you require</li> </ul>
<p><b>Princes Trust Development Awards</b></p> <p><b>Tel:</b> 0800 842 842  <b>Website:</b> <a href="http://www.princes-trust.org.uk">www.princes-trust.org.uk</a></p>	<p>The Prince's Trust can help fund the following:</p> <ul style="list-style-type: none"> <li>- Course Fees up to level 3</li> <li>- Tools, equipment or uniforms for a job</li> <li>- Job license fees</li> <li>- Transport to a new job until your first pay slip</li> <li>- Training that will lead to employment, self employment or an apprenticeship.</li> </ul> <p>Development Awards can't support:</p> <ul style="list-style-type: none"> <li>- Living expenses eg. Rent or bills</li> <li>- Business start up costs</li> <li>- Costs for items that have already been paid for</li> <li>- Cap year or overseas projects</li> <li>- Level 4 course fees and beyond</li> </ul> <p>You have to be:</p> <ul style="list-style-type: none"> <li>- Aged 16 to 30 and living in the UK</li> <li>- Studying less that 14 hours per week or not in compulsory education</li> <li>- Unemployed or working less than 16 hours per week</li> </ul>
<p><b>Transitional Year 6 and 7 Support – Essex Youth Service</b></p> <p><b>Website:</b>  <a href="http://www.youth.essex.gov.uk/schools/year-6-7-transition/">www.youth.essex.gov.uk/schools/year-6-7-transition/</a></p>	<p>Making the move from primary to secondary school can be an exciting but emotional time for young people.</p> <p>Essex Youth Service can deliver a Transition Programme that can support young people making this transition.</p>

**Email: [youth.work@essex.gov.uk](mailto:youth.work@essex.gov.uk)  
Call: 033303 22800**

The programme will focus on developing the social and emotional skills needed to move into secondary school.

Topics covered could be:

- Coping with Change
- Building Resilience
- Friendships
- Making Good Choices

Young people will be able to:

- Celebrate their achievements
- Talk about thoughts, feelings and behaviour
- Say goodbye to primary school and move on in a positive mind set.

This programme can be delivered within a group or 1:1 if more appropriate.

## **Together With Baby**

**Email: [epunft.pimhs.eput@nhs.net](mailto:epunft.pimhs.eput@nhs.net)  
Tel: 01621 866900**

Together with Baby is a service designed to bring parents and their babies together.

We focus on the very special relationship between parents and infants that develops in the first 1001 days of life, from conception to age two.

Becoming and being a parent can be a time of great change and often a source of happiness and joy. But sometimes it can be unexpectedly difficult, and for a variety of reasons.

- are you finding things with your young baby more difficult than you expected?
- are you concerned you have not formed a bond with your baby in the way you had hoped ?
- has becoming a new parent stirred up some unexpected difficult feelings?

Our Parent Infant Therapists can meet with in your home or at a local children's centre. We'll work with you to better understand your baby's communications and strengthen your relationship.

	<p>These meetings will offer a safe and non-judgemental space to understand further the difficulties you and your baby are facing.</p>
<p><b>Wilderness Foundation</b></p> <p><b>Email:</b> <a href="mailto:info@wildernessfoundation.org.uk">info@wildernessfoundation.org.uk</a>  <b>Tel:</b> 03001233073  <b>Website:</b>  <a href="http://www.wildernessfoundation.org.uk">www.wildernessfoundation.org.uk</a></p>	<ul style="list-style-type: none"> <li>• The Wilderness Foundation UK’s primary site in Britain is located just an hour outside London on the A131 in the village of Chatham Green. This 400-acre property hosts:</li> <li>• The Chatham Green Project: curriculum-based education for primary and secondary school groups</li> <li>• Corporate training programmes that build leadership and teamwork skills</li> <li>• Out There Wilderness Academy for youth ages 13–15 who struggle with conventional schooling</li> <li>• One-to-one youth services and wilderness therapy for young people or adults</li> <li>• Monthly meetings of the Wild Swans leadership programme for young women and of TurnAround programme participants</li> <li>• Strutt &amp; Parker (Farms), a sustainable, environmentally conscious farm that produces wheat for 80% of all the bread in the UK</li> <li>• Our organisation headquarters</li> </ul>
<p><b>Childcare Family Information Service</b></p> <p><b>Website:</b> <a href="http://www.essex.gov.uk/fis">www.essex.gov.uk/fis</a></p>	<p>Find a childcare provider in Essex</p>
<p><b>Community 360</b></p> <p><b>Tel:</b> 01206 505250  <b>Email:</b> <a href="mailto:families@community360.org.uk">families@community360.org.uk</a>  <b>Website:</b> <a href="http://www.community360.org.uk/efss/">www.community360.org.uk/efss/</a></p>	<p>Community360 are working in partnership and collaboration with other Voluntary and Community Sector organisations across Essex to deliver this Service as part of the wider Essex Child and Family Wellbeing Service.</p> <p>Essex Family Support Service:  The service will provide support to families Essex wide (excluding Southend and Thurrock) which include school-aged children and young people aged 8 – 19 years. This will include families who are not already receiving support from specialist and statutory services (for families with children under 8 years, support will be provided by other Voluntary organisations)</p> <p>The aim of this service is to support families to work towards the following outcomes:</p>

- Emotionally healthy, happy and resilient- supporting families to develop and retain positive relationships
- Behaviour choices that promote safety and wellbeing – including reduction in participation of risky behaviours
- Socially connected, resilient and resourceful families- supporting people to connect with peers and communities
- Healthy inter-parental/guardian and family relationships- effective communication and conflict resolution

The Essex Family Support Service uses a strengths based approach when working with families to support them to improve their overall wellbeing and resilience. By capitalising on existing family assets and also exploring other professional & community sources of support we are able to:

- Support families & young people to make safe choices that promote positive wellbeing
- Support families & young people to develop and retain positive relationships
- Support families & young people to link in with their peers/communities

Areas we can offer support on include:

- Signposting to a wide range of services that fit the needs of the family. Such as wellbeing support, volunteering or training opportunities
- Supporting family members to build their confidence and enable them to actively participate in meaningful activities within their community
- Accessing volunteer family mentoring for up to 10 weeks

Access to the service will be via a single point of access. For those wishing to make a referral on behalf of a family please contact us for a referral form by emailing [families@community360.org.uk](mailto:families@community360.org.uk)

Families are also able to self-refer by contacting us on: 01206 505 250, by emailing us at [families@community360.org.uk](mailto:families@community360.org.uk)

- We also, offer a wide range of community work such as Local walks, Drop in sessions, Building on that Bond training sessions, plus much more! If you would like to find out more information on any of the above please send all enquires to [families@community360.org.uk](mailto:families@community360.org.uk) and a member the team will be happy to assist.

**Enjoy Your Baby**

Core Course (Free to Access)

<p><b>Website:</b> <a href="https://littf.com/home/enjoy-series/enjoy-your-baby-2">https://littf.com/home/enjoy-series/enjoy-your-baby-2</a></p>	<p>Why do I feel like I do? – Find out key information about what makes you tick.</p> <p>Making positive changes – Plan activities that make you feel happier.</p> <p>Building closeness to your baby – Some tried and trusted methods to build important bonds.</p> <p>Looking at things differently – Learn how to change negative or stressful thinking.</p>
<p><b>Essex Child and Family Wellbeing Service</b></p> <p><b>Website:</b> <a href="http://www.essexfamilywellbeing.co.uk">www.essexfamilywellbeing.co.uk</a></p>	<p>Essex Child and Family Wellbeing Service brings together a range of children’s community services. It’s provided by Virgin Care in partnership with Barnardo’s on behalf of Essex County Council, West Essex CCG and the NHS.</p> <p>The Healthy Family Service is made up of a collection of different professionals, including Health Visitors, School Nurses, and Healthy Family Support Practitioners. We support children and families in Essex with parenting and their health and wellbeing.</p> <p>We’re able to see children and families in the community, your own home or at school. Your child may be eligible to Free Early Education Entitlement for 2 Year Olds (FEEE2) and we can support you to apply.</p> <p>In addition to funding for three and four year olds some two year olds are also entitled to 15 hours of free early education a week until the term after their third birthday.</p> <p>For more information, please speak to a member of our staff from your local Healthy Family Team at your closest Family Hub.</p>
<p><b>Online Course – Enjoy Your Bump</b></p> <p><b>Website:</b> <a href="https://littf.com/home/enjoy-series/enjoy-your-bump-2/">https://littf.com/home/enjoy-series/enjoy-your-bump-2/</a></p>	<p>Core Course (Free to Access)</p> <p>Session 1: Expectations, Should’s and Ought’s – Work out where you are on your parent journey, your expectations, should and oughts</p> <p>Session 2: Understanding your feelings – Start to understand your feelings and find out that however confused we sometimes feel, we’re not alone!</p> <p>Session 3: The Vicious Cycle – Work out why you feel as you so and discover the thoughts behind our feelings and what you need to do to feel better</p> <p>Session 4: Bonding with your baby – Wherever you go, your baby goes, so why not start the conversation with them now</p>

	<p>Session 5: Planning for the arrival – Create a new birth plan to give you a sense of control throughout the birth and afterwards</p>
<p><b>Enjoy Your Baby</b></p> <p><b>Website:</b> <a href="https://littf.com/home/enjoy-series/enjoy-your-baby-2">https://littf.com/home/enjoy-series/enjoy-your-baby-2</a></p>	<p>Core Course (Free to Access)</p> <p>Why do I feel like I do? – Find out key information about what makes you tick.</p> <p>Making positive changes – Plan activities that make you feel happier.</p> <p>Building closeness to your baby – Some tried and trusted methods to build important bonds.</p> <p>Looking at things differently – Learn how to change negative or stressful thinking.</p>
<p><b>Enjoy Your Infant</b></p> <p><b>Website:</b> <a href="https://littf.com/home/enjoy-series/enjoy-your-infant-2/">https://littf.com/home/enjoy-series/enjoy-your-infant-2/</a></p>	<p>Core Course (Free to Access)</p> <p>Session 1: Understanding Feelings Reflect on your relationship with your infant and start to understand their feelings</p> <p>Session 2: Understanding and responding to your infant Make sense of why your child reacts the way they do and think about our response.</p> <p>Session 3: Becoming an expert builder Build on your relationship by looking at the helpful and unhelpful things we do.</p> <p>Session 4: Building through play Understand how you both lead play sessions and ways you can build your understanding and skills</p>
<p><b>Talk Listen Cuddle</b></p> <p><b>Website:</b> <a href="http://www.tlc-essex.info/">www.tlc-essex.info/</a></p>	<p>Talk listen and cuddle are the three ingredients needed to ensure young children get the best start in life.</p>



	<p>TLC is an Essex campaign that looks to help parents, carers and families of young children support their children’s communication development and learn how to help their children gain the best start to life through playful learning at home.</p> <p>This site will regularly post a range of ideas, top tips and games to support children’s language, physical and emotional development. Its aim is to ensure children start school ready to explore, learn and make friends.</p>
<p><b>Home-Start Essex</b></p> <p><b>Address: Unit 16d Reeds Farm Estate, Roxwell Road, Chelmsford, Essex, CM1 3ST</b></p> <p><b>Tel: 01245 847410</b> <b>Email: <a href="mailto:info@home-startessex.org.uk">info@home-startessex.org.uk</a></b> <b>Website: <a href="http://www.home-start.org.uk">www.home-start.org.uk</a></b></p>	<p>Home-Start Essex is a leading family support charity working across Essex to build the confidence and skills of parents/carers to achieve healthy and positive outcomes for children 0-7yrs. Our work comprises a long established volunteer home visiting service, offering emotional and practical help to families experiencing difficulties, alongside a range of family groups, well-being programmes, courses and events.</p> <p>Volunteer Face to face support: Where appropriate volunteers can meet with a family on a weekly basis in an outdoor space. We can also combine this with telephone support</p> <p>Telephone Befriender: Our professionally trained volunteers offer weekly phone or video calls providing friendship, guidance and a listening ear and to help a family through a difficult time.</p> <p>School Readiness: Volunteers provide an 8 week school readiness course via phone or zoom. Activity packs are provided to families together with online guidance and resources.</p> <p>Wellbeing: Online groups are continuing for parents to maintain their wellbeing, physical and mental health, throughout Essex, alongside our Fitness and Fun and Walk &amp; Talk programmes.</p>
<p><b>TimberTwig</b></p> <p><b>Email: <a href="mailto:office@timbertwig.co.uk">office@timbertwig.co.uk</a></b> <b>Facebook / Instagram: <a href="#">@timbertwig</a></b></p>	<p>10am to 3pm during school holidays.</p> <p>Forest school including tool work, campfires, nature learning, making swings and more.</p>

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# Employment Countywide Services

## Princes Trust – Health and Social Care Job Support

Register your interest now by  
emailing

[Enquiries.H&SC@princes-  
trust.org.uk](mailto:Enquiries.H&SC@princes-trust.org.uk)

WANT A JOB IN HEALTH & SOCIAL CARE?

GET FREE EMPLOYMENT SUPPORT WITH THE PRINCE'S TRUST

If you're in the East of England, aged 16-30 and aren't in full time education, employment or training, you're eligible

This mentoring programme will provide you with:

- 6 months of tailored support which can be worked around your schedule
- 1-2-1 direct support
- option to apply for a grant (usually £150) for work essentials, like travel costs
- help and access to FREE training courses and volunteering opportunities
- CV writing and confidence building
- Local job opportunities

## Heads Up

Website: [www.enableeast.org.uk/headsup](http://www.enableeast.org.uk/headsup)

Email: [headsup@enableeast.org.uk](mailto:headsup@enableeast.org.uk)

Tel: 01206 228627

Basildon: 07880035969

There are many reasons why people have time out of work including unemployment, raising a family or caring for loved ones. It's common to need help when the time comes to thinking about looking for a job or starting a training course and HeadsUp can provide just that! We offer a free programme of peer support and practical advice to people in Essex who may have experienced feelings of anxiety and depression, stress or maybe a lack of confidence.

You can work with one of our Peer Support Workers (someone who has been in your shoes) on a one-to-one basis. You might want to talk about how you are feeling, your goals, your concerns and ultimately the steps you need to take to move forward towards employment, training or job search. They will support you every step of the way at a pace that suits you.

<p><b>Colchester: 01206 861800</b></p> <p><b>Tendring: 01255 688683</b></p>	<p>Our 'Skill Pods' are designed to help you develop key employability skills. From basic IT to a brilliant CV or preparing for an interview, with sessions offered one-to-one or in small groups. We can arrange for participants to informally meet local employers for site visits or supported discussions and hear their 'top tips' or ask them questions. All can be accessed when the time is right.</p> <p>When you are ready you can attend our workshops. Each offers a different focus and covers things such as exploring emotional obstacles to finding a job, exploration of anxiety, lack of self-confidence and negative thought patterns. Through different discussions and activities, we can help you to boost your confidence, take charge of your well-being and learn tricks to increase your personal resilience.</p> <p>HeadsUp can work with people who:</p> <ul style="list-style-type: none"> <li>- Have experienced feelings such as anxiety, low self-confidence, depression</li> <li>- Live in Essex</li> <li>- Have the right to work in the UK</li> <li>- Are unemployed or not working for other reasons</li> <li>- Are committed to making a positive change to their life.</li> </ul>
<p><b>Building Better Opportunities – Community Connections Essex</b></p> <p><b>Telephone number: 07764-784469</b></p> <p><b>Email address:</b>  <a href="mailto:helen.stanley@papworthtrust.org.uk">helen.stanley@papworthtrust.org.uk</a></p>	<p>The Building Better Opportunities – Community Connections Essex project is funded by the European Social Fund and The National Lottery Community Fund. The project supports participants furthest from the Employment Market, supporting them to gain employability skills; including Education &amp; Training, Employment and gaining Job Search Skills. Support is available through 1:1 session's with an Employment Advisor; with the opportunity to look at overcoming barriers, understanding the employment market, creating or update CV's and in-depth at job searching skills. The project is currently funded until early 2022.</p> <p>Eligibility: for those who are currently unemployed and live within Essex</p>

# Family Conflict Countywide Services

## Better Divorce Course

Email: [info@betterdivorcecourse.org](mailto:info@betterdivorcecourse.org)

Website: [www.betterdivorcecourse.org](http://www.betterdivorcecourse.org)

The purpose of the course is for you to achieve a “better divorce” than you would if you weren’t on the course. It will help you to:

01. Transition to a life which comes after divorce/separation
02. Do what is best for any children in your family
03. Reduce the emotional and financial cost of the divorce/separation process

What will you do on the course?

- Learn about the divorce/separation process
- Approach divorce in terms of six key areas (children, home, finances, career, interests and relationships);
- Learn how to look after yourself during the divorce process by building your resilience;
- Define goals and plans as you move through the divorce process;
- Increase belief that you can achieve your goals and execute your plans;
- Join a network of people who are also experiencing divorce or separation and who can support and challenge you.

The Better Divorce Course is a 6 part, small group course held over 12 weeks. The course is offered free because we are kindly funded by Essex County Council. The next course starts on Tuesday 23 November and will be delivered using the Zoom video conference system.

The course is offered in two ways:

- Face to Face
- Over video

## **Cafcass – Parenting Together**

**Website: <https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/parenting-together/>**

This section helps separated families co-parent better. It provides information on how you can make arrangements for your children.

We have collected resources that we know separated parents find helpful. There is information, activities to improve communication skills, and help with planning for you and your children.

No matter what stage you are in your divorce proceedings or separation this information is designed to help you understand the needs of your children during separation and make the best arrangements for them.

It provides information on:

- Separated Parents Information Programme (SPIP);
- Mediation;
- Parenting Plan;
- Updating and agreeing arrangements;
- Listening to your children.

The tools and resources on this page have been developed by experts in the Family Justice System – Cafcass, the Ministry of Justice, working with lots of other organisations, mediation services, contact centres and information providers.

<p><b>Community 360</b></p> <p><b>Tel: 01206 505250</b>  <b>Email: <a href="mailto:families@community360.org.uk">families@community360.org.uk</a></b>  <b>Website: <a href="http://www.community360.org.uk/efss/">www.community360.org.uk/efss/</a></b></p>	<p>Community360 are working in partnership and collaboration with other Voluntary and Community Sector organisations across Essex to deliver this Service as part of the wider Essex Child and Family Wellbeing Service.</p> <p>The service will provide support to families which include school-aged children and young people aged 8 – 19 years. This will include families who are not already receiving support from specialist and statutory services (for families with children under 8 years, support will be provided by Home-start Essex and other Voluntary organisations) .</p> <p>The aim of this service is to support families to work towards the following outcomes:</p> <ul style="list-style-type: none"> <li>Emotionally healthy, happy and resilient- supporting families to develop and retain positive relationships</li> <li>Behaviour choices that promote safety and wellbeing – including reduction in participation of risky behaviours</li> <li>Socially connected, resilient and resourceful families- supporting people to connect with peers and communities</li> <li>Healthy inter-parental/guardian and family relationships- effective communication and conflict resolution</li> </ul>
<p><b>Essex Mediation Service</b></p> <p><b>Tel: 01245 492200</b>  <b>Email: <a href="mailto:info@essexmediation.co.uk">info@essexmediation.co.uk</a></b>  <b>Website: <a href="http://www.essexmediation.co.uk">www.essexmediation.co.uk</a></b></p>	<p>Essex Mediation Service provides services for families and couples at any stage of breakdown or conflict. They are experienced in meeting the needs of clients by helping them deal with the practical and emotional impact on the individual and the family. Main offices are in Chelmsford, Colchester and Harlow; however appointments in other locations can be offered by arrangement. The Service is free if someone is on benefits and they have a very short waiting list – about 1-2 weeks.</p>
<p><b>Gingerbread – Single Parents, Equal Families</b></p> <p><b>Website: <a href="http://www.gingerbread.org.uk">www.gingerbread.org.uk</a></b></p>	<p>The charity supporting single parent families to live secure, happy and fulfilling lives</p>

**When Mom and Dad Separate**

Available at [Amazon](#)

Divorce creates stressful feelings of grief from loss and change, and children who are unable to understand or verbally express their feelings often act them out in unhealthy ways. This book discusses basic concepts of marriage and divorce and offers young minds a creative way to sort out and express all the powerful feelings resulting from their parents' decision to separate.

## FIF Funded Project

**Kids Inspire  
Children's Society and Southend YMCA (joint project)**

**Email:** [earlysupport@kidsinspire.org.uk](mailto:earlysupport@kidsinspire.org.uk)

**Website:** [www.kidsinspire.org.uk](http://www.kidsinspire.org.uk)

**Telephone:** 01245 348707, or 07908 829550

**Referral form available** [here](#).

Family Innovation Fund (FIF) services are for Children, Young People and Parents/Carers with low level needs that cannot be supported by services such as Schools, and GPs alone. FIF provides that little bit of extra help **early help** to support children, young people and parents/carers to;

- have healthy inter-parental & family relationships
- be emotionally healthy, happy and resilient
- make behaviour choices that promote safety and wellbeing
- be socially connected and resourceful

Referrals can be made for children and young people aged 8-19 years and/or a parent or carer where they;

- are Parents/Carers in conflict (co-habiting/separated/step-parents)
- are exhibiting risky behaviors (of self or others) that jeopardise personal safety
- are home educated where early help can have a positive impact
- are at risk of going on to part-time school timetables or at risk of exclusion
- have moderate learning difficulties (without an Education and Health Care Plan)
- have low level behavioural issues (without an Education and Health Care Plan)

There are some restrictions to accessing this support and that is if the person(s) being referred are already being supported by specialist and/or statutory services.

If you are unsure and/or need some advice before referring you can telephone 01245 348707, or 07908 829550 for a confidential discussion.



**FIF Funded Project**

**GROUP WORK**

**Kids Inspire  
Children's Society and Southend YMCA (joint project)**

**Email:**  
[fifreferrals@childrenssociety.org.uk](mailto:fifreferrals@childrenssociety.org.uk)

**Tel: 01245 493400 or  
01245 493311**

**Referral form available [here](#).**

The Essex County Council funded Family Innovation Fund (FIF) services are for Children, Young People and Parents/Carers with low level needs who can't be supported by services such as Schools, and GPs alone. FIF provides that little bit of extra help should a difficulty occur and those services cannot respond appropriately.

Referrals can be made for children and young people aged 8-19 years and/or a parent or carer where they;

- are exhibiting risky behaviours (of self or others) that jeopardise personal safety
- are at risk of going on to part-time school timetables or at risk of exclusion
- are home educated where early help can have a positive impact
- have moderate learning difficulties (without an Education and Health Care Plan)
- have low level behavioural issues (without an Education and Health Care Plan)

There are some restrictions to accessing this support and that is if the person(s) being referred are already being supported by specialist and/or statutory services

<p><b>Live well Campaign</b></p> <p>Website: <a href="http://www.livewellcapaign.co.uk/healthyrelationships">www.livewellcapaign.co.uk/healthyrelationships</a></p> <p>Email: <a href="mailto:livewell@braintree.gov.uk">livewell@braintree.gov.uk</a></p>	<p>In Essex we believe that family stability is the key to delivering the best outcomes for children and young people, and that good parental relationships (whether you are living together or not) are at the heart of that stability.</p> <p>Arguments and conflict between parents occur for a number of reasons and when they are managed and resolved there are few, if any, lasting effects on the relationship or on children. However, where arguments are frequent, intense and poorly resolved, children can be affected in many different ways; they may feel responsible, become withdrawn, sad or angry. These effects can have many impacts including their ability to form and maintain healthy relationships of their own.</p> <p>Often, changing small things or responding in a different way during arguments can help. Try the healthy relationships questionnaire below to help you identify the strengths in your relationship and areas that may need a little more work.</p>
<p><b>OnePlusOne</b></p> <p>Website: <a href="https://click.clickrelationships.org/content/parenting-together/me-you-and-baby-too/">https://click.clickrelationships.org/content/parenting-together/me-you-and-baby-too/</a></p>	<p>Are you a parent needing some guidance and resources to help you with managing stress and conflict in your relationship?</p> <p>View the online courses –</p> <ul style="list-style-type: none"> <li>Me, you and baby – for new or expecting parents</li> <li>Arguing better - for parents who want help with stress and arguing</li> <li>Getting it right – for separated parents</li> </ul> <p>View website for more details</p>
<p><b>National Association of Child Contact Centres</b></p> <p>Website: <a href="http://www.naccc.org.uk/">www.naccc.org.uk/</a></p>	<p>More than a million children have no contact whatsoever with one or other parent after separation. Unfortunately some children experience behavioural issues including antisocial behaviour, distress, unhappiness, and both physical and emotional problems. The NACCC is the only charity in the UK dedicated to solving this problem, by providing safe spaces where children can meet the parents they don't live with. We oversee around 350 contact centres across the UK, run by a network of nearly 4000 volunteers.</p>

## **Reunite – International Child Abduction Centre**

**Advice Line: 0116 2556 234**

**Mediation: 0116 2555 345**

**Website: [www.reunite.org](http://www.reunite.org)**

We operate the only telephone advice line in the UK offering practical, impartial advice, information and support to parents, family members and guardians who are involved in cases of international parental child abduction – including those who have had their child abducted, or who may have abducted their child.

Our advice line also provides advice, information and support to parents who fear their child may be at risk of abduction and assist and advise in international contact cases and relocation cases.

We can also offer parents a truly specialist mediation service. Parental child abduction was always believed to be too contentious an issue to benefit from mediation. However, our initial research, and subsequent practice, has shown that parents can step outside of the court process to resolve their issues and come to amicable agreements that best meet the needs of their family.

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# Family Hubs

(School Nurses and Health Visitors)

## Countywide Services

### Family Hubs

Tel: 0300 247 0014

Website:

[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

Please see the [Local pages](#) for detail on individual Hubs.

All health visitors and School Nurses should now be contacted on the number to the left, which is the Admin Hub for the whole of Mid Essex.

Each website contains a calendar of classes and activities held at each site.

Family Hubs (formerly known as Children's Centres) are at the heart of our service and are from where we deliver and coordinate most of our services. There is one main Family Hub in each area and we also reach out from there to provide services from nearby Healthy Family Delivery Sites, which may be closer to home and more convenient to access for some residents.

Essex Child and Family Wellbeing Service help other organisations and families themselves to run services and activities from Family Hubs and Delivery Sites. For example, midwives from a maternity unit may run clinics there, as may the NHS service responsible for administering childhood immunisations.

We host an array of family support services who can help you such as the Citizen's Advice Bureau, Home-Start, Safer Places and Adult Community Learning.

We are proactively encouraging people from our local communities to play a role in our Family Hubs so if you are interested in leading a peer support group or becoming a volunteer please get in touch.

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# FGM / CALFAB Countywide Services

## National Centre for FGM

**Website:** [www.nationalfgmcentre.org.uk](http://www.nationalfgmcentre.org.uk)

The National FGM Centre's Vision is to keep children and young people safe from FGM and other Harmful Practices, including ending new cases of FGM by 2030. Through our work we aim to:

- Prevent new cases
- Protect children and young people
- Support those affected by FGM and other Harmful Practices
- Partner to deliver services and learn

We have had 450 case referrals between Sept 2015 – March 2019 from our Local Authorities in East England and London and 14 from other Local Authorities in England and Wales. We have supported the application of 28 FGM Protection Orders over this time.

As of October 2017, we have expanded our remit to include Breast Flattening and Child Abuse Linked to Faith or Belief.

**Muslim Womens Network UK**

**Website:** [www.mwnuk.co.uk](http://www.mwnuk.co.uk)

Muslim Women's Network UK (MWNUK) is the only national Muslim women's organisation in Britain. We work to improve the social justice and equality for Muslim women and girls. We find out about the experiences of Muslim women and girls through research and helpline enquiries.

Our specific projects can be found in the Our Work Section of the website and include:

- Helpline
- Counselling Service
- Research
- Resource Production
- Advocacy
- Campaigns
- Producing Resources
- Training Workshops
- Speaking at Events
- Role Models Project
- International linking to other initiatives

**Girls Empowerment Initiative**

**Tel:** 07956146951

**Website:** [www.girlsempowermentinitiative.co.uk](http://www.girlsempowermentinitiative.co.uk)

**Email:** [info@girlsempowermentinitiative.co.uk](mailto:info@girlsempowermentinitiative.co.uk)

Girls Empowerment Initiative UK CIC is a Community Interest Company based in Basildon, Thurrock and Essex. We are a non-profit voluntary organisation investing in programmes that providespecialist services to empowerBAME girls and young women aged 0 to 21to prevent and protect them risk of harmful cultural practices, beliefs and attitudes. Our aim is support to victims of such practices in sharing their experiences, seeking early support, and never falling victim again.

Girls Empowerment Initiative UK CIC has mobilized a team of experts to provide highly specialized support in this field, which is generally unrecognized and poorly understood in the UK. Our passionate and committed team is diverse, drawn from the five continents of the world. We have backgrounds in social work, community activism, legal, and mental health care. Perhaps most importantly, some of us are survivors of these harmful practices turned leaders, who offer a unique understanding of the beliefs and practices underlying the harmful behaviours and can offer ways to work with families to improve outcomes for the victims.

## Ashiana

Tel: **0208 539 0427**

Website: [www.ashiana.org.uk](http://www.ashiana.org.uk)

**Monday-Friday between 9.30am to 12pm and 1pm to 5pm**

### About Us

Ashiana started operating in 1989 and specialises in helping Black and Minority Ethnic women, in particular, women from South Asian, Turkish & Iranian communities, aged 16-30 years who are at risk of domestic violence and sexual violence.

### Our Services

Ashiana runs three refuges with a total of 20 bed-spaces; two specifically for women aged 16-35 fleeing forced marriage. This multi award winning project is a unique and innovative service, offering specialist support to women and girls affected by forced marriage. We also designate a number of bed-spaces for women with no recourse to public funds.

We offer an advice and support service to women and girls who are experiencing domestic violence/sexual violence, enabling them to make informed decisions and exit violent relationships.

We provide counselling for women and girls affected by domestic violence and sexual violence.

We deliver an education programme for young people in schools across East London aimed at preventing domestic violence and enabling young people experiencing domestic violence to access appropriate services.

We deliver a range of awareness raising workshops for women in the community and training on domestic violence, sexual violence and harmful practices for professionals in the voluntary and statutory sector.

## Karma Nirvana

UK Helpline: **0800 5999 247**

Email: [info@karmanirvana.org.uk](mailto:info@karmanirvana.org.uk)

Website: [www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

Karma Nirvana is an award-winning British Human Rights Charity supporting victims of honour-based abuse and forced marriage. Honour crimes are not determined by age, faith, gender or sexuality, we support and work with all victims.

We run a national helpline offering direct support and guidance to victims and professionals. Karma Nirvana provides training to the Police, NHS and Social Services. We act as expert witnesses in court, speak out in schools and attend awareness raising events nationally and internationally. In addition, our team lobby government and after ten years of campaigning, forced marriage became a criminal offence in 2014.

<p><b>Women of Grace UK</b></p> <p>Email: <a href="mailto:wograce@gmail.com">wograce@gmail.com</a></p> <p>Tel: 07980 099300</p> <p>Facebook: Women of Grace UK Instagram: @womenofgraceuk</p>	<p>Was founded in 2021 by Valerie Lolomari who is a survivor of Female Genital Mutilation (FGM). They are a female led organisation in the UK passionate and dedicated to supporting women and girls affected and those at risk.</p> <p>They work to advocate against the harmful practice of FGM, educating against their lasting consequences and harms. Women of Grace offer 1:1 and peer support as well as a masterclasses to women and girls who need support. They are passionate about supporting their community, making mental health mainstream and raising awareness about FGM and all forms of gender-based violence.</p> <p>For more information you can visit the Women of Grace UK <a href="#">website</a> or contact them for further information:</p>
<p><b>SAVERA</b></p> <p><a href="http://saverauk.co.uk">Home - Savera (saverauk.co.uk)</a></p> <p><b>Phone:</b> 0800 107 0726</p>	<p>We help survivors of 'honour'-based abuse and harmful practices to rebuild their lives. By providing emotional and practical support, we help them to gain economic independence and move forward into their future with confidence</p> <p>Anyone can contact our confidential helpline on 0800 107 0726, whether you are a professional seeking advice or a person at risk concerned for your own welfare</p>



# Financial Concerns Countywide Services

## **Buttle UK**

**Website:** [www.buttleuk.org](http://www.buttleuk.org)

Buttle UK is a charity dedicated to helping children and young people in the UK who have experienced crisis, living in financial hardship and dealing with multiple challenging social issues. We provide support designed to improve emotional, educational and social outcomes through our Chances for Children grants and, for some children whose home environment is disruptive and chaotic, grants which allow them to go to boarding school.

## **Christians Against Poverty**

**Website:** [www.capuk.org](http://www.capuk.org)

**Tel:** 01274 760720

We are on a mission to release thousands of families from grinding poverty through award winning debt counselling and community groups. By equipping and empowering local churches to reach out on their doorsteps, we're bringing hope to over 21,500 families every year.

Support includes:

- Local money courses - The CAP Money Course is a free course that will teach you budgeting skills and a simple, cash-based system that works. In just a few weeks, you will get to grips with your finances so you can budget, save and prevent debt.
- Job clubs - Your local CAP Job Club is a friendly place where you will get practical help as you seek employment. It's a relaxed environment with the chance to meet other jobseekers, get support and gain the tools you need to find work.
- Life skills - Money impacts all areas of our lives: what we can or can't afford, our relationships, what we eat, our health and wellbeing and much more. Your local CAP Life Skills is a friendly group where you'll gain practical skills and discover new ways to live for a

brighter future. If you want to see your money go further, find ways to save money, have more time and less hassle in your day to day life, then Life Skills is for you.

- Fresh Start - Is there something in your life that you just can't stop doing even though you want to? Maybe it's smoking, binge drinking, gambling or an Internet addiction? Do you feel like it's just too hard to tackle it on your own? If you would like help to break free, then Fresh Start is for you. Whatever it is you are struggling with, our groups provide a safe and confidential place where you can tackle the issue right at the core to break free and stay free.

### **Citizens Advice**

**Website:** [www.citizensadvice.org.uk/debt-and-money](http://www.citizensadvice.org.uk/debt-and-money)

Dealing with money issues can sometimes be off-putting, but if you don't understand how things like credit or mortgages work, you could end up losing out financially or getting yourself deep in debt. The following pages will give you the information you need to make the right choices, including help to deal with your debt problems, how to avoid losing your home and how to get your finances back into shape.

### **Community Money Advice**

**Website:** [www.communitymoneyadvice.com](http://www.communitymoneyadvice.com)

**Tel:** 01743 341929

**Email:** [info@communitymoneyadvice.com](mailto:info@communitymoneyadvice.com)

Asking for help can be difficult but all our CMA advisers do understand this. They will be able to discuss with you the different options you may have and help you choose what you would like to do. Whatever your problem however big or small it always seems so much better when you share it with someone. At CMA we will give you all the time and space you feel you need and will be alongside you for however long you want.

Please use the interactive map or Post Code search facility to find your local CMA debt advice centre. They will be more than happy to help. You can either phone or use the email link to request an appointment.

All CMA centres adhere to certain basic principles, including the following:

Advice is completely free.

Advice is unconditional & completely confidential

### **Essex Community Foundation**

We provide vital funding to local voluntary and community organisations in Essex through donations from individuals, companies, charitable trusts and public agencies. We invest these donations so that year on year we can award grants and make a real difference to the quality of life of local people.

<p><b>Tel: 01245 355947</b></p> <p><b>Email: <a href="mailto:hello@essexcf.org.uk">hello@essexcf.org.uk</a></b></p> <p><b>Website:</b> <a href="http://www.essexcommunityfoundation.org.uk">www.essexcommunityfoundation.org.uk</a></p>	
<p><b>Essential Living Fund</b></p> <p><b>Website (including Essex Application Form):</b> <a href="http://www.southend.gov.uk/info/200288/extra_financial_help/69/essential_living_fund">www.southend.gov.uk/info/200288/extra_financial_help/69/essential_living_fund</a></p>	<p>This scheme is a grant system and is open for anyone to claim. To see whether you qualify for the award you will need to answer questions about your income, earnings and savings. You also need to give proof of your financial situation. The scheme can cover applications for:</p> <ul style="list-style-type: none"> <li>• furniture</li> <li>• household furnishings</li> <li>• white goods</li> <li>• clothing and footwear</li> <li>• general living expenses - these are day to day living expenses such as groceries, nappies, toiletries, money for pay as you go fuel meters</li> </ul> <p>If you are awarded the grant you will not be paid in cash or into a bank account. Instead it will be:</p> <ul style="list-style-type: none"> <li>• food parcel / food voucher</li> <li>• AllPay cards</li> <li>• high quality recycled furniture from reputable charity</li> <li>• white goods from a reputable local dealer</li> </ul>
<p><b>Freegle</b></p> <p><b>Website: <a href="http://www.ilovefreegle.org">www.ilovefreegle.org</a></b></p>	<p>Freegle is an online platform that helps people give and get items for free in their local community! It's a great way to support your local community and save items from being thrown away . The types of items you can give and get on Freegle ranges from furniture, clothing and children's toys to soil, rubble or even pre-loved garden ornaments. You can pass almost anything on using Freegle!</p>
<p><b>Glasspool</b></p>	<p>Our vision is of a society where everyone has the basics they need for a good life.</p>

<p><b>Website:</b> <a href="http://www.glasspool.org.uk/grants/grants">www.glasspool.org.uk/grants/grants</a></p>	<p>We are one of the few UK-wide charities providing grants support for people experiencing financial hardship, that has no restrictions on who we can help</p> <p>We provide timely, small, one-off grants to individuals, couples and families for everyday items to help them cope when things get tough, equip them to manage better day-to-day and enable them to build a stronger future.</p> <p>We invite applications from support agencies on behalf of the people they support, as we believe that by working with others we can provide greater support.</p>
<p><b>Green Doctor</b></p> <p><b>Website:</b> <a href="http://www.groundwork.org.uk/cadent-foundation-green-doctor">www.groundwork.org.uk/cadent-foundation-green-doctor</a></p> <p><b>Call: 07702 941 440</b></p> <p><b>Email:</b> <a href="mailto:greendoctoreast@groundwork.org.uk">greendoctoreast@groundwork.org.uk</a></p>	<p>FREE TELEPHONE ADVICE - Independent energy advice to help save money on utility bills</p> <p>Practical Solutions To Reduce Your Energy Costs</p> <ul style="list-style-type: none"> <li>• Free low energy light bulbs, draught proofing, hot water bottles &amp; water saving shower heads</li> <li>• Fix issues with utility suppliers e.g. energy debts, high water bills</li> <li>• Help with switching suppliers</li> <li>• Grants for boilers &amp; insulation</li> <li>• Advice to use heating controls effectively</li> </ul>
<p><b>Healthy Start - Get help to buy food and milk</b></p> <p><a href="http://www.healthystart.nhs.uk">www.healthystart.nhs.uk</a></p>	<p>You'll qualify for the Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child that's under 4.</p> <p>In addition, you must be receiving any of the following:</p> <ul style="list-style-type: none"> <li>• Child Tax Credit (only if your family's annual income is £16,190 or less)</li> <li>• Income Support</li> <li>• Income-based Jobseeker's Allowance</li> <li>• Pension Credit (which includes the child addition)</li> <li>• Universal Credit (only if your family's take-home pay is £408 or less per month from employment)</li> </ul>

	<p>You will also be eligible for Healthy Start if:</p> <ul style="list-style-type: none"> <li>• you're under 18 and pregnant, even if you are not claiming any benefits</li> <li>• you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant</li> <li>• you or your partner get Working Tax Credit run-on only. (Working Tax Credit run-on is the Working Tax Credit you receive in the 4 weeks immediately after you have stopped working for 16 hours or more per week)</li> <li>• To find out if your family earns £408 or less per month from employment whilst claiming Universal Credit, look at your 'take-home pay for this period' on your monthly Universal Credit award notice.</li> </ul>
<p><b>HopeWorx</b></p> <p>Website: <a href="http://www.hopeworx.org.uk">www.hopeworx.org.uk</a></p>	<p>Provides furniture and white goods at reduced/affordable prices and work with agencies to help those who are struggling with day to day living.</p>
<p><b>The Hygiene Bank</b></p> <p>Website: <a href="http://www.thehygienebank.com">www.thehygienebank.com</a></p>	<p>At The Hygiene Bank, we believe it is not right that feeling clean should be a luxury or a privilege for anyone in our society, yet many are living in poverty and cannot afford to stay clean. That is why our network of projects exists – to give people access to the basics they need.</p> <p>We are a grassroots, people-powered charity and social movement, grounded in community. Our passion stems from the injustice that people may be unable to fully participate in society due to hygiene poverty. This is why we work to inspire social change.</p>
<p><b>Lighthouse Furniture Project</b></p> <p>Website: <a href="http://www.lighthousefurniture.org">www.lighthousefurniture.org</a></p>	<p>Lighthouse Furniture Project as a Charity that assist families by providing low cost furniture. We are one of the main providers for the Essential Living Fund and use our profits to give families in crisis reduce or furniture and electrical appliances free of charge.</p>
<p><b>Mental Health and Money Advice</b></p> <p>Website: <a href="http://www.mentalhealthandmoneyadvice.org/en">www.mentalhealthandmoneyadvice.org/en</a></p>	<p>Clear, practical advice and support for people experiencing issues with mental health and money. Helping you understand, manage &amp; improve your mental health and money issues</p>

<p><b>Mind - Money and Mental Health Advice Page</b></p> <p><b>Website:</b> <a href="http://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health">www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health</a></p>	<p>Gives information about the relationship between money worries and mental health, with suggestions on how to address them</p>
<p><b>Money Advice Service</b></p> <p><b>Website:</b> <a href="http://www.moneyadvice.org.uk">www.moneyadvice.org.uk</a></p> <p><b>Tel:</b> 0800 138 7777</p> <p><b>Type Talk:</b> 18001 0800 915 4622</p> <p><b>WhatsApp Text Chat:</b> 07701 342744</p>	<p>Free and impartial money advice, set up by government</p> <ul style="list-style-type: none"> <li>• Advice and guides to help improve your finances</li> <li>• Tools and calculators to help keep track and plan ahead</li> <li>• Support over the phone and online</li> <li>• Web chat available online</li> </ul>
<p><b>Money and Pension Service</b></p> <p><b>Email:</b> <a href="mailto:contact@maps.org.uk">contact@maps.org.uk</a></p> <p><b>Tel:</b> 01159 659570</p>	<p>The Money and Pensions Service (MaPS) is an arm's-length body sponsored by the Department for Work and Pensions, established at the beginning of 2019, and also engages with HM Treasury on policy matters relating to financial capability and debt advice.</p>
<p><b>Money for Life</b></p> <p><b>Website:</b> <a href="http://www.moneyforlife.org.uk">www.moneyforlife.org.uk</a></p>	<p>Money for Life is a three-year programme inspiring a generation to make the most of their money. From empowering you to feel confident and start talking openly about money to providing high-quality training and crucial support systems; Money for Life equips 16-25 year olds across the UK with the knowledge, life skills and provision needed to manage their money.</p>

<p><b>Money Saving Expert</b></p> <p>Website: <a href="http://www.moneysavingexpert.com">www.moneysavingexpert.com</a></p>	<p>Advice and articles about how you can save money, reduce costs and get better deals.</p>
<p><b>National Debtline</b></p> <p>Tel: 0808 808 4000</p> <p>Website: <a href="http://www.nationaldebtline.org">www.nationaldebtline.org</a></p>	<p>Giving free, impartial and confidential debt advice for over 25 years. We are an independent charity, dedicated to providing free debt advice by phone and online to people across the UK. Webchat available online.</p>
<p><b>SSAFA – The Armed Forces Charity</b></p> <p>Tel: 0800 260 6767</p> <p><a href="https://www.ssafa.org.uk/get-help/military-families/buying-household-goods">https://www.ssafa.org.uk/get-help/military-families/buying-household-goods</a></p>	<p>Providing essential domestic goods and items to the armed forces community.</p> <p>No-one in the veteran community should be without a bed to sleep on, a cooker to cook on, or a sofa to sit on. If you're in need of essential household items, including white and brown goods, then our volunteers can help you to get hold of them.</p> <p>Contact us today and we'll put you in touch with one of our specially trained volunteer caseworkers. Your caseworker will visit you to find out more about what items you need and your circumstances. Then they will look into the ways in which SSAFA can help you.</p> <p>SSAFA's services are only available to people who have received at least one day's pay from the Armed Forces (British Army, Royal Navy, Royal Air Force, Royal Marines, including Reserves), or are in the immediate family of someone who served.</p>
<p><b>StepChange Debt Charity</b></p> <p>Tel: 0800 138 1111</p> <p>Website: <a href="http://www.stepchange.org">www.stepchange.org</a></p>	<p>Money issues can be hard to talk about, but you can get personalised help any time, with our free online advice tool. How we help you:</p> <ul style="list-style-type: none"> <li>• You can get free, confidential and expert debt advice online or over the phone</li> <li>• We'll recommend the best debt solutions for your individual circumstances</li> </ul>

- We'll support you while you deal with your debt problems, for as long as you need our help
  - We also campaign on your behalf to reduce the risk of problem debt and the harm it causes
- Webchat available online.

### **TAKE FIVE TO STOP FRAUD**

**Website:** [www.takefive-stopfraud.org.uk](http://www.takefive-stopfraud.org.uk)

Take Five is a national campaign that offers straight-forward and impartial advice to help everyone protect themselves from preventable financial fraud. This includes email deception and phone-based scams as well as online fraud – particularly where criminals impersonate trusted organisations.

### **The Eaton Fund**

**Tel:** 020 3289 3209

**Email:** [admin@eatonfund.org.uk](mailto:admin@eatonfund.org.uk)

**Website:** [www.eaton-fund.co.uk](http://www.eaton-fund.co.uk)

The Eaton Fund can help women over the age of 18 who face financial hardship. Applicants must live in the UK. The Eaton Fund can make one-off grants to help purchase specific items such as white goods, carpets or essential furniture. We can also help disabled women by contributing towards an item that improves quality of life or independence.

The Eaton Fund can help nurses, male and female, working in all healthcare fields. Our grants support nurses and retired nurses facing financial hardship. Applicants must be living in the UK. We make one-off grants to support nurses with specific items such as white goods, carpets and essential furniture. Former nurses with disabilities may apply for aids to support their quality of life.

### **The Trussell Trust**

**Website:** [www.trusselltrust.org](http://www.trusselltrust.org)

We support a nationwide network of food banks and together we provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK.

Our website includes:

- Find your local foodbank
- Emergency food
- Benefits calculator
- Grants search



<p><b>Turn2Us</b></p> <p><b>Tel: 0808 802 2000</b></p> <p><b>Website: <a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a></b></p> <p><b>Email: <a href="mailto:info@turn2us.org.uk">info@turn2us.org.uk</a></b></p>	<p>National charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services.</p>
<p><b>Uniformly</b></p> <p><b>Website: <a href="http://www.uniformly.co.uk">www.uniformly.co.uk</a></b></p>	<p>Buy, Sell &amp; Recycle outgrown school uniform at your school for free. PTAs can raise funds whilst parents cut costs &amp; make money.</p>
<p><b>Warm Homes Essex</b></p> <p><b>Tel: 0300 3033 789</b></p> <p><b>Website: <a href="http://www.warmhomesessex.org.uk">www.warmhomesessex.org.uk</a></b></p>	<p>You may have high heating costs as a result of a health condition, or because your house is drafty and loses a lot of heat, or your boiler is old and inefficient.</p> <p>You may be on a low income.</p> <p>All of these things can mean that people cut back on their heating use, or get into serious arrears with their supplier or cut back in other areas – such as food or essentials. None of these consequences are good for your physical, financial, or emotional wellbeing.</p> <p>Essex Warm Homes is here to help.</p> <p>Staffed by experienced, professional advisers, based in local Citizens Advice offices around Essex, our service is resourced by the Warm Homes Fund.</p> <p>We can help with:</p> <ul style="list-style-type: none"> <li>• Maximising your income to make sure you are receiving all the benefits you are entitled to</li> <li>• Helping you with fuel debt – if you have already fallen to arrears (in some cases we can apply to trusts and foundations to help pay these off – giving you a fresh start)</li> <li>• Energy saving around the home</li> </ul>

OFFICIAL-SENSITIVE

- Energy tariffs - are you on the best one for you?
- Access to grants for energy saving improvements – we can help you find the best scheme and help you apply
- Access to emergency fuel payments
- We can also provide free energy saving devices around the home.

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# Housing Concerns Countywide Services

## **Charlies Boy's Angels**

**Website:**

[www.facebook.com/charlieboysangels1](http://www.facebook.com/charlieboysangels1)

**Email:**

[charlieboyangels@gmail.com](mailto:charlieboyangels@gmail.com)

Charlie Boys Angels support homeless and vulnerable individuals with their animals in the Southend and surrounding areas of Essex by providing essential items, access to free veterinary treatment and support to find pet friendly accommodation

## **Peabody - Essex Outreach Support**

**Tel: 0800 28 888 83**

**Email: [efsco-ordinator@peabody.org.uk](mailto:efsco-ordinator@peabody.org.uk)**

**Website:**

**[www.peabodycareandsupport.org.uk/essexoutreach-support](http://www.peabodycareandsupport.org.uk/essexoutreach-support)**

**Who we support:**

**People over the age of 16 who need support, guidance or advice.**

We provide a free and confidential support service to people over the age of 16 years of age. We can give information, advice and support to help resolve issues affecting you so that you can feel more confident, are able to live more independently and access services within your local community.

We can work with anyone regardless of their housing status, for example currently homeless, living in local authority homes, privately rented properties, as a housing association tenant or being an owner/occupier.

Depending on the support needed, you will be allocated a member of the team to work with you.

Our service is divided into three different streams to make sure you get the right level of support:

Stream 1 – Information, Advice & Guidance: we will provide you with information and advice that will help you access support, either by email, over the phone or face to face at one of our drop in sessions.

	<p>Stream 2 – Short-term Support: if your issue is likely to take longer to resolve, we will provide you with additional short-term support of between 4-6 weeks.</p> <p>Stream 3 – Longer-term Support: if your issue is expected to take longer to resolve, we will provide you with ongoing support for up to six months.</p> <p>However, you may access our service as many times as is needed.</p>
<p><b>HARP</b></p> <p><b>Website:</b> <a href="http://www.harpsouthend.org.uk">www.harpsouthend.org.uk</a></p>	<p>Hostels for rough sleepers, short term accommodation, access to emergency shelters. Provision of food, advice and help for rough sleepers, homelessness or sofa surfing</p>
<p><b>Off the Streets</b></p> <p><b>Website:</b> <a href="https://www.offthestreetsessex.org.uk/">https://www.offthestreetsessex.org.uk/</a></p> <p><b>Website 2:</b> <a href="https://www.facebook.com/groups/428932964206560/">https://www.facebook.com/groups/428932964206560/</a></p>	<p>Off the streets are a group of concerned residents who felt that more needed to be done to help the rough sleepers, and to give them a better chance to move along in their journey.</p>
<p><b>Shelter</b></p> <p><b>Tel:</b> 0808 800 4444</p> <p><b>Website (including online chat):</b> <a href="http://www.england.shelter.org.uk/get_help/helpline">www.england.shelter.org.uk/get_help/helpline</a></p>	<p>Talk to an expert housing adviser if you're in urgent need of housing advice.</p> <p>You should use this line if:</p> <ul style="list-style-type: none"> <li>You have nowhere to sleep, or might be homeless soon</li> <li>You have somewhere to sleep, but nowhere to call home</li> <li>You are/could be at risk of harm</li> </ul> <p>Our helpline is open every day of the year:</p> <ul style="list-style-type: none"> <li>8am - 8pm on weekdays</li> <li>9am - 5pm on weekends</li> </ul> <p>What to expect</p> <p>Having relevant documents (tenancy agreements, council letters etc.) to hand will help us deal with your problem. When you do call, we'll ask you to explain what's going on – and</p>

	<p>these documents can help us understand the situation. Having a pen and paper can also be helpful.</p>
<p><b>Your Living Room</b></p> <p>Tel: <b>07710 709637 – Danny</b>          Tel: <b>07710 709635 – Harry</b>          Tel: <b>07710 709632 – Diane</b>          Email: <a href="mailto:danny@yourlivingroomcic.co.uk">danny@yourlivingroomcic.co.uk</a> - Danny          Email: <a href="mailto:harry@yourlivingroomcic.co.uk">harry@yourlivingroomcic.co.uk</a> - Harry          Email: <a href="mailto:diane@yourlivingroomcic.co.uk">diane@yourlivingroomcic.co.uk</a> - Diane          Website: <a href="http://yourlivingroomcic.co.uk">yourlivingroomcic.co.uk</a></p>	<p>'Your Living Room' delivers a service that is accessible to all and that exists to make homes as functional, comfortable and organised as possible, according to the preferences and personality of the individual client. We aim to improve their quality of life and maintain their dignity at all times. <a href="#">Read More</a></p>
<p><b>StreetLink</b></p> <p><b>Website: <a href="http://www.streetlink.org.uk">www.streetlink.org.uk</a></b></p>	<p>If you are concerned about someone sleeping rough download the Streetlink app or visit the website to connect them to local services for support. It is important to note that if you think the person you are concerned about is under 18 please do not contact StreetLink but instead call the police.</p>
<p><b>TEAM</b></p> <p><b>Sacred Heart Church, 418 Southchurch Road. SS1 2QB</b></p>	<p>Drop-In for homeless people every Sunday 3pm-6pm at Sacred Heart Church, 418 Southchurch Road. SS1 2QB</p>

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# LGBT+

## Countywide Services

### Action for Trans Health

Website: [www.actionfortranshealth.org.uk](http://www.actionfortranshealth.org.uk)

Action for Trans Health are a national organisation who promote trans people's access to healthcare, from providing a list of trans-friendly GPs to campaigning for changes to the law.

### Albert Kennedy Trust

Tel: 020 7831 6562

Email: [supporters@akt.org.uk](mailto:supporters@akt.org.uk)

Website: [www.akt.org.uk](http://www.akt.org.uk)

AKT supports lgbtq+ young people (16 - 25) in the uk experiencing homelessness or living in hostile environments to find safe homes, employment, education or training and to celebrate their identities in order to improve their life outcomes.

ATK can help you to:

- Stay safe in a crisis
- Find emergency accommodation
- Access specialist support
- Develop skills, identify and achieve life goals

We do this by offering:

- Access to advice from one of our housing specialists
- Connection to a mentor for one to one support
- Access to our emergency support pack or tenancy starter pack
- Accommodation with a specially trained akt host
- A place to stay in our Purple Door accommodation service
- A safe place with one of our many housing provider partners
- Access to life skills training, events and peer support networks

### Beaumont - Help and support for the transgender community

We are the largest and longest established transgender support group in the UK, and have developed a support network which has been at the forefront of the transgender, transvestite, transsexual and cross-dressing community since 1966!

<p><b>Website:</b> <a href="http://www.beaumontsociety.org.uk/">www.beaumontsociety.org.uk/</a></p>	<p>We believe that transgendered people have the right to dignity. The internet often displays transgendered people as sexual objects – the Beaumont Society aims to dispel this myth and is not available for sexual liaisons!</p> <p>As well as being a support network, the society keenly promotes the better understanding of the conditions of transgender, transvestism and gender dysphoria in society, thereby creating and improving tolerance and acceptance of these conditions by a wider public.</p>
<p><b>Beyond the Binary</b></p> <p><b>Website:</b> <a href="http://www.beyondthebinary.co.uk">www.beyondthebinary.co.uk</a></p>	<p>Beyond the Binary is an online magazine for non-binary people, by non-binary people, sharing opinions and advice on everything from activism to healthcare to representation in the media.</p>
<p><b>Bi Community News</b></p> <p><b>Website:</b> <a href="http://www.bicommunitynews.co.uk">www.bicommunitynews.co.uk</a></p>	<p>The UK bisexual movement.</p>
<p><b>Bi.org</b></p> <p><b>Website:</b> <a href="http://www.bi.org">www.bi.org</a></p>	<p>Serving the world's bisexual community.</p>
<p><b>Bicon UK</b></p> <p><b>Website:</b> <a href="http://bicon.org.uk">bicon.org.uk</a></p>	<p>The UK national bisexual conference.</p>
<p><b>BiMedia</b></p> <p><b>Website:</b> <a href="http://www.bimedia.org">www.bimedia.org</a></p>	<p>BiMedia.org aims to provide a news outlet for bi comment and to act as a publicity resource for bi projects in the UK.</p>

<p><b>Biscuit</b></p> <p>Website: <a href="http://www.thisisbiscuit.co.uk">www.thisisbiscuit.co.uk</a></p>	<p>Biscuit is a magazine for bisexual women.</p>
<p><b>Bisexual Index</b></p> <p>Website: <a href="http://www.bisexualindex.org.uk">www.bisexualindex.org.uk</a></p>	<p>Bisexuality exists. It's real, and it's simple. The Bisexual Index is here to point this out to people, to highlight biphobia and to direct you to the UK's bisexual community.</p>
<p><b>BiUK</b></p> <p>Website: <a href="http://www.biuk.org">www.biuk.org</a></p>	<p>The UK national organisation for bisexual research and activism.</p>
<p><b>DrugRehab</b></p> <p>Website: <a href="http://www.drugrehab.com/guides/lgbtq">www.drugrehab.com/guides/lgbtq</a></p>	<p>Informative page on causes, resources &amp; solutions for the LGBTQ.</p>
<p><b>Empty Closets</b> <a href="https://www.emptyclosets.com/">https://www.emptyclosets.com/</a></p>	<p>Everyone wonders who they are, but not everyone is brave enough to seek the answer. Empty Closets is a place where you can figure out who you are, surrounded by other people just like you. Whether you're gay, lesbian, bisexual, transgender, curious, unsure or a friend of someone who is, Empty Closets will help you find the answer. We welcome new members of all ages from 13 upwards.</p> <p>Empty Closets offers a discussion forum where you can join in with a wide range of discussions or start your own, a chat room, useful articles and links. Members can also create their own galleries and blogs.</p>
<p><b>FFLAG</b></p>	<p>Support for friends and families of lesbian, gay and bisexual people.</p>



<p><b>Website:</b> <a href="http://www.fflag.org.uk">www.fflag.org.uk</a></p>	
<p><b>FFLAG – Families &amp; Friends of Lesbians and Gays</b></p> <p><b>Website:</b> <a href="http://www.fflag.org.uk">www.fflag.org.uk</a></p>	<p>We are a national voluntary organisation and charity dedicated to supporting parents and their lesbian, gay, bisexual and Trans sons and daughters</p>
<p><b>Galop – LGBT+ anti-violence charity</b></p> <p><b>Tel:</b> 0800 999 5428</p> <p><b>Email:</b> <a href="mailto:help@galop.org.uk">help@galop.org.uk</a></p> <p><b>Website:</b> <a href="http://www.galop.org.uk/domesticabuse/">www.galop.org.uk/domesticabuse/</a></p>	<p>Galop is the LGBT+ anti-violence charity, making life safe, just and fair for LGBT+ people.</p> <p><b>What Galop Does</b> Galop gives advice and support to people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse. We also support lesbian, gay, bisexual, trans and queer people who have had problems with the police or have questions about the criminal justice system.</p> <p><b>National LGBT+ Domestic Abuse Helpline</b> Emotional and practical support for LGBT+ people experiencing domestic abuse. Abuse isn't always physical- it can be psychological, emotional, financial and sexual too. Speak out, don't suffer in silence.</p> <p><b>Opening Times:</b> 10am – 5pm Monday 10am – 5pm Tuesday 10am – 8pm Wednesday 10am – 8pm Thursday 10am – 5pm Friday 1pm – 5pm Tuesday is trans specific service.</p> <p><b>Online chat:</b> 5pm - 8pm Wednesday 5pm - 8pm Thursday</p>

<p><b>Gay Essex Men's Social Group.</b></p> <p><b>Website:</b> <a href="http://www.gemsgroup.co.uk">www.gemsgroup.co.uk</a></p>	<p>Gay Essex Men's Social Group.</p>
<p><b>Gender Identity Development Service Referral Pathway</b></p> <p><b>Website:</b> <a href="http://www.gids.nhs.uk/referrals">www.gids.nhs.uk/referrals</a></p>	<p>This specialist service is unique to the NHS. We are commissioned to work with children and young people up until their 18th birthday. We have a multidisciplinary staff, with experts in child and adolescent psychiatry, psychology, social work, psychotherapy, family therapy and paediatric endocrinology. We aim to understand the nature of the obstacles in the development of gender identity, and to try minimise their negative influence.</p> <p>We think that relationships are as important as other factors in contributing to the patient's difficulties. We therefore pay attention in our work to what is happening within the patient's relationship with the family, school and other social agencies. We also understand that young people experiencing difficulties in this area (and their families) may not feel ready to accept help from us directly. In some cases it might also be impractical to attend. In these situations, we make ourselves available to consult with professionals already involved in the case, such as the patient's GP, mental health professionals, teachers or social workers.</p> <p>Children and young people who have disorders of sex development or intersex conditions and other endocrine conditions may be referred if there are associated concerns with gender identity development. If not, other services are available which local services can refer to.</p>
<p><b>Gender Trust</b></p> <p><b>Website:</b> <a href="http://www.gendertrust.org.uk/">www.gendertrust.org.uk/</a></p>	<p>A listening ear, a caring support and an information centre for anyone with any question or problem concerning their gender identity, or whose loved one is struggling with gender identity issues.</p>
<p><b>Gender Transitions</b></p> <p><b>Website:</b> <a href="http://www.gendertransitions.co.uk">www.gendertransitions.co.uk</a></p>	<p>Specialising in Transgender hair removal. Provides a weekly electrolysis practise at Charing Cross Gender Identity Clinic for clients undergoing gender reassignment.</p>
<p><b>Gendered Intelligence</b></p>	<p>Everyone can be more intelligent about gender. Gendered Intelligence is a not-for-profit charity, established in 2008. We work with the trans community and those who</p>

<p><b>Website:</b> <a href="http://www.genderintelligence.co.uk">www.genderintelligence.co.uk</a></p>	<p>impact on trans lives; we particularly specialise in supporting young trans people under the age of 21. We deliver trans youth programmes, support for parents and carers, professional development and trans awareness training for all sectors and educational workshops for schools, colleges, Universities and other educational settings. Our mission is to increase understandings of gender diversity. Our vision is of a world where people are no longer constrained by narrow perceptions and expectations of gender, and where diverse gender expressions are visible and valued.</p> <p>Our services include:</p> <ul style="list-style-type: none"> <li>• A series of youth group sessions for young trans people to meet, socialise, receive information and support.</li> <li>• One-on-one mentoring for trans students in education</li> <li>• Special projects and workshops themed around gender</li> <li>• Training sessions for professionals in organisations, schools and youth services that work with transgender students, clients or staff.</li> <li>• Resources for trans youth, their families and those who work with them. For example, the KA-POW! project.</li> </ul> <p>At the Gendered Intelligence website, you can access the “Trans Inclusive Residentials” guidance, aimed at Youth Workers, Schools and Organisations, The guidance covers a wide range of areas from changing facilities and sleeping arrangements, to outdoor activities, offsite visits, residentials abroad and how to support young people once the residential has come to an end. This guidance is aimed at youth workers, community workers and staff in educational settings who are likely to be running residential trips. However, it may also be a valuable resource for staff working on residential sites, parents/carers of young trans people and anyone else who is considering how to run or support a trans-inclusive residential.</p>
<p><b>GIRES</b></p> <p><b>Website:</b> <a href="http://www.gires.org.uk">www.gires.org.uk</a></p>	<p>Information for trans people, their families and the professionals who care for them.</p>
<p><b>GMFA (Gay Men's Health Charity)</b></p>	<p>Health Charity for gay men.</p>

<p>Website: <a href="http://www.gmfa.org.uk">www.gmfa.org.uk</a></p>	
<p><b>IMAAN</b></p> <p>Website: <a href="http://www.imaanlondon.wordpress.com">www.imaanlondon.wordpress.com</a></p>	<p>LGBTQI Muslim support group.</p>
<p><b>JGLG</b></p> <p>Website: <a href="http://www.jglg.org.uk">www.jglg.org.uk</a></p>	<p>Jewish Gay and Lesbian Group - Friendship and support for Jewish gays, lesbians, bisexuals and their partners.</p>
<p><b>LGBT Foundation</b></p> <p>Website: <a href="http://lgbt.foundation">lgbt.foundation</a> Tel: 0345 330 3030</p>	<p>LGBT Foundation is a national charity delivering advice, support and information services to lesbian, gay, bisexual and trans (LGBT) communities.</p>
<p><b>LYC London</b></p> <p>Website: <a href="http://www.lyclondon.com">www.lyclondon.com</a></p>	<p>Social, support and sports club for gay Asian men.</p>
<p><b>Mermaids</b></p> <p>Tel: 0808 801 0400 Email: <a href="mailto:info@mermaidsuk.org.uk">info@mermaidsuk.org.uk</a> Website: <a href="http://www.mermaidsuk.org.uk">www.mermaidsuk.org.uk</a></p>	<p>We work to:</p> <ul style="list-style-type: none"> <li>- Reduce isolation and loneliness for gender variant and transgender children, young people and their families.</li> <li>- Empower families and young people with the tools they need to negotiate the education and health services.</li> <li>- Reduce suicidality and self-harm in the young people who contact Mermaids, equip their parents to support their children to the same end.</li> </ul>

	<p>- Improve self-esteem and social functioning in gender variant and transgender children, young people. Improve awareness, understanding and practices of GP's, CAMHS, Social Services and other professionals.</p>
<p><b>Mind Out</b></p> <p>Website: <a href="http://www.mindout.org.uk">www.mindout.org.uk</a> Tel: 01273 234839 Email: <a href="mailto:info@mindout.org.uk">info@mindout.org.uk</a></p>	<p>MindOut is a mental health service run by and for lesbians, gay, bisexual, trans, and queer people. We are online for LGBTQ information and support tonight between 12pm and 2pm with a trans advocate and 9pm and 11pm. We are open most evenings from 5:30pm, and on Sundays 2pm until 4pm.</p>
<p><b>Mindline Trans+</b></p> <p>Tel: 0300 330 5468</p>	<p>Mindline Trans+ is a UK-wide helpline run by and for trans, non-binary, gender-diverse and gender-fluid people. They offer a confidential and non-judgemental listening service – just call 0300 330 5468 (Monday &amp; Friday, 8pm-midnight). The service is also available for friends and families of trans+ people in need of support and advice. Calls are occasionally answered by cisgender allies.</p>
<p><b>NHS Dysphoria Guide</b></p> <p>Website: <a href="http://www.nhs.uk/conditions/gender-dysphoria">www.nhs.uk/conditions/gender-dysphoria</a></p>	<p>Gender dysphoria is a condition where a person experiences discomfort or distress because there is a mismatch between their biological sex and gender identity.</p>
<p><b>NHS Gay Health Guide</b></p> <p>Website: <a href="http://www.nhs.uk/live-well/sexual-health/sexual-health-for-gay-and-bisexual-men/">www.nhs.uk/live-well/sexual-health/sexual-health-for-gay-and-bisexual-men/</a></p>	<p>Find out about the health issues that affect you if you're gay, lesbian or bisexual with practical advice on how to stay in good health.</p>

<p><b>NHS Guidance – How to Find a Gender Identity Clinic</b></p> <p><b>Website:</b> <a href="http://www.nhs.uk/live-well/healthy-body/how-to-find-an-nhs-gender-identity-clinic">www.nhs.uk/live-well/healthy-body/how-to-find-an-nhs-gender-identity-clinic</a></p>	<p>rans and non-binary people's general health needs are the same as anyone else's. But trans people may have specific health needs in relation to gender dysphoria.</p> <p>Your particular needs may be best addressed by transgender health services offered by NHS gender dysphoria clinics (GDCs).</p> <p>All NHS GDCs are commissioned by NHS England, who set the service specifications for how they work.</p> <p>A GP or another health professional can refer you directly to one of the 8 GDCs. You do not need an assessment by a mental health service first. Neither does the GP need prior approval from their Clinical Commissioning Group (CCG).</p> <p>The websites of the clinics listed on this page also have useful information for you to think about before you see a GP.</p>
<p><b>No Going Back</b></p> <p><b>Website:</b> <a href="http://www.stonewall.org.uk/system/files/No_Going_Back_2010_.pdf">www.stonewall.org.uk/system/files/No_Going_Back_2010_.pdf</a></p>	<p>Information and advice on asylum-seeking LGBT people.</p>
<p><b>Open Road LGBTQ+ Project</b></p> <p><b>Tel:</b> 07553 385580 <b>Email:</b> Sharon.Cox@openroad.org</p>	<p>Open Road support those struggling with drug and alcohol misuse and addiction. They are currently</p>
<p><b>Outhouse East</b></p> <p><b>Tel:</b> 01206 871394 <b>Email:</b> <a href="mailto:info@outhouseeast.org.uk">info@outhouseeast.org.uk</a> <b>Website:</b> <a href="http://www.outhouseeast.org.uk">www.outhouseeast.org.uk</a></p>	<p>Outhouse East provides opportunities for LGBT (lesbian, gay, bisexual and transgender) people in Essex.</p> <ul style="list-style-type: none"> <li>- Outhouse Youth Project for 13-21 year olds, every Monday from 4pm to 6:30pm</li> <li>- LBGTQ+ Awareness Sessions</li> <li>- Counselling</li> </ul>

	<ul style="list-style-type: none"> <li>- Social Groups</li> <li>- Support around Domestic Abuse</li> <li>- Support with HIV / AIDS</li> <li>- Support regarding Hate Crime</li> </ul>
<p><b>Outline</b></p> <p><b>Website:</b> <a href="http://www.outlinesurrey.org">www.outlinesurrey.org</a>  <b>Tel:</b> 01483 727667  <b>Email:</b> <a href="mailto:info@outlinesurrey.org">info@outlinesurrey.org</a></p>	<p>Are you Lesbian, Gay, Bisexual, Trans, curious or just not sure? Are you a parent or friend of a LGBT person? For support, advice, guidance or information for any reason, you can get in touch with Outline.</p> <p>The Outline LGBT helpline is a Lesbian, Gay, Bisexual, Trans, questioning (LGBTQ) helpline giving support, advice and information in confidence. The helpline is open from 7:30pm to 10:00pm every Tuesday and Sunday, or you can leave a message outside of these times and someone will call you back.</p> <p>Outline are based in Surrey but the helpline can be accessed by anyone, whether or not they live in the county.</p>
<p><b>Outreach Youth</b></p> <p><b>Phone:</b> 07895 342 202  <b>Email:</b> <a href="mailto:info@outreachyouth.org.uk">info@outreachyouth.org.uk</a></p>	<p>Outreach Youth supports and works with young people across Suffolk and North Essex, aged 13 to 19 years, who are gay, lesbian, bisexual, transgender or questioning their sexuality. We provide opportunities for gay, lesbian, bisexual, transgender or questioning young people to meet as a group and offer one-to-one support in safe, welcoming, non-judgemental settings in Ipswich, Lowestoft, Bury St Edmund and North Essex.</p> <p>Colchester - Please contact us for details of our meeting place and time.  Fortnightly Saturdays 3 – 4:30pm</p>
<p><b>Pink Therapy</b></p> <p><b>Website:</b> <a href="http://www.pinktherapy.com">www.pinktherapy.com</a></p>	<p>We are the UK's largest independent therapy organisation working with gender and sexual diversity clients. As an organisation we aim to promote high quality therapy and training services for people who are lesbian, gay, bisexual and transgender and others who identify as being gender or sexual diversities.</p>
<p><b>Podcast – “The YUNGBLUD Podcast”</b></p>	<p>Singer, songwriter and all-round musician Yungblud talks to friends and fans about the big stuff going on in their lives. Expect lots of fun, chaos and mischief.</p>

<p><b>Website:</b>  <a href="http://www.bbc.co.uk/sounds/brand/p08stzr6">www.bbc.co.uk/sounds/brand/p08stzr6</a></p>	<p>Episodes focus on speaking to young people about their experiences, including being gender fluid, gender transition, gender identity, sexuality &amp; many other topics.</p>
<p><b>Proud Trust</b></p> <p>Tel: 0161 660 3347  Email: <a href="mailto:info@theproudtrust.org">info@theproudtrust.org</a>  Website: <a href="http://www.theproudtrust.org">www.theproudtrust.org</a></p>	<p>The home of LGBT+ youth.  Information, advice and support for LGBT+ young people!</p>
<p><b>Queer Youth Network</b></p> <p>Website: <a href="http://www.lgbtyouth.org">www.lgbtyouth.org</a></p>	<p>The UK's National LGBT Youth Organisation.</p>
<p><b>RUComingOut</b></p> <p>Website: <a href="http://www.rucomingout.com">www.rucomingout.com</a></p>	<p>We know that when you make the decision to come out as lesbian, gay, bisexual or trans, it's not always an easy process. You may be scared to tell your family or friends because you might not know how they'll react. You might already be out to those close to you but are still in the closet at work, college, university or school. We know that there is no right or wrong way to come out, but we also know that reading about other people's experiences can help. It's comforting to know that someone else has been through what you are going through and that's the idea behind RUComingOut. This website has over 300 real life coming out stories written by people from all over the world. We also have some exclusive interviews with authors, actors and other public figures who wanted to share their experiences of coming out.</p>
<p><b>Schools Out</b></p> <p>Website: <a href="http://www.schools-out.org.uk">www.schools-out.org.uk</a></p>	<p>Schools OUT UK is an education charity that began life as The Gay Teachers Association in 1974. Our overarching goal is to make our schools and educational institutions safe spaces for our Lesbian, Gay, Bisexual and Trans (LGBT) communities as teachers, lecturers and trainers; as pupils and students; as parents; as teaching and learning support staff; as site-officers, catering and cleaning staff; and as headteachers, managers and governors. There is no other organisation that supports such a wide community in attaining such a wide, yet simple overarching goal.</p>



<p><b>Stonewall</b></p> <p>Website: <a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a></p>	<p>Help, support and resources for LGBT people.</p>
<p><b>Stonewall – Asylum</b></p> <p>Website: <a href="http://www.stonewall.org.uk/asylum">www.stonewall.org.uk/asylum</a></p>	<p>Help and advice on the asylum-seeking process.</p>
<p><b>Stonewall Housing</b></p> <p>Website: <a href="http://www.stonewallhousing.org">www.stonewallhousing.org</a></p>	<p>LGBT Housing support and advocacy</p>
<p><b>Switchboard LGBT+ Helpline</b></p> <p>Tel: 0300 330 0630</p> <p>Website (Including online chat): <a href="http://www.switchboard.lgbt">www.switchboard.lgbt</a></p> <p>Email: <a href="mailto:chris@switchboard.lgbt">chris@switchboard.lgbt</a></p>	<p>At Switchboard we provide an information, support and referral service for lesbians, gay men and bisexual and trans people – and anyone considering issues around their sexuality and/or gender identity.</p> <p>Our promise to you</p> <ol style="list-style-type: none"> <li>1. We talk things through. We don't finish a call until you tell us.</li> <li>2. Everything is confidential. You can trust us.</li> <li>3. We are you. All our volunteers self-define as LGBT+</li> </ol> <p>Our mission statement</p> <ul style="list-style-type: none"> <li>- We are Switchboard, the LGBT+ Helpline.</li> <li>- We are a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional wellbeing.</li> <li>- We support people to explore the right options for themselves.</li> <li>- We aspire to a society where all LGBT+ people are informed and empowered.</li> </ul> <p>Our values</p> <p>We are:</p> <ul style="list-style-type: none"> <li>• non-judgemental</li> </ul>

	<ul style="list-style-type: none"> <li>• inclusive</li> <li>• committed</li> <li>• empowering</li> <li>• supportive</li> <li>• informed</li> </ul>
<b>Terrence Higgins Trust</b>  <b>Website:</b> <a href="http://www.tht.org.uk">www.tht.org.uk</a>	<p>We're the UK's leading HIV and sexual health charity. We support people living with HIV and amplify their voices, and help the people using our services to achieve good sexual health.</p>
<b>TG Meds</b>  <b>Website:</b> <a href="http://www.tgmeds.org.uk">www.tgmeds.org.uk</a>	<p>Information on hormones and other trans-related health issues.</p>
<b>The Angels</b>  <b>Website:</b> <a href="http://www.angelsforum.co.uk">www.angelsforum.co.uk</a>	<p>An internet-based support group in form of a forum, aimed at promoting the positive side of transgenderism.</p>
<b>The Beaumont Society</b>  <b>Website:</b> <a href="http://www.beaumontsociety.org.uk">www.beaumontsociety.org.uk</a>	<p>The largest and longest established transgender support group in the UK - since 1966.</p>
<b>The Classroom</b>  <b>Website:</b> <a href="http://www.the-classroom.org.uk">www.the-classroom.org.uk</a>	<p>The Classroom enables teachers to find a range of resources to make Lesbian Gay Bisexual Trans people visible in education. We believe that to eradicate homophobia and transphobia, the lives and contributions of LGBT people need to be visible throughout education. This can be done by delivering a broad and balanced curriculum.</p> <p>We passionately believe in diversity being celebrated in all its forms. Therefore, we present a simple but effective method to enable you to be an inclusive practitioner and promoter of equality and diversity.</p> <p>The Classroom aims to:</p>

	<ol style="list-style-type: none"> <li>1. Provide new, free and user-friendly lesson plans to challenge homophobia/transphobia across the curriculum.</li> <li>2. Link to a wide range of resources, lessons, tool kits and guidance that supplement our lesson plans and offer alternative solutions.</li> <li>3. Present a user-friendly method that underpins our work.</li> </ol>
<b>The Gender Trust</b>  <b>Website:</b> <a href="http://www.gendertrust.org.uk">www.gendertrust.org.uk</a>	<p>A listening ear, a caring support and an information centre for anyone with any question or problem concerning their gender identity, or who's loved one is struggling with gender identity issues.</p>
<b>Them.</b>  <b>Website:</b> <a href="http://www.them.us">www.them.us</a>	<p>them. is an online magazine and platform written by and for the LGBT+ community. Its content covers news, politics, opinion and arts and culture.</p>
<b>Trans Road Map</b>  <b>Website:</b> <a href="http://www.transgendermap.com">www.transgendermap.com</a>	<p>Thinking of transitioning? This website lists all the aspects and issues you need to think ahead in the format of a travel guide to set priorities and choose your transition route. It's about making informed purchasing decisions and setting realistic, achievable transition goals.</p>
<b>Trans Unite UK</b>  <b>Website:</b> <a href="http://www.transunite.co.uk">www.transunite.co.uk</a>	<p>An up-to-date resource for trans people to find support groups in their area.</p>
<b>TransLiving</b>  <b>Website:</b> <a href="http://www.transliving.co.uk">www.transliving.co.uk</a>	<p>Supporting the Transgendered Community since 1980.</p>
<b>Transpire</b>	<p>Transpire is a voluntary community group supporting people who identify as trans. We are also one of Southend's largest LGBTQI+ peer support networks. Our core belief is</p>

<p><b>Tel: 01702 668060</b>  <b>Email: <a href="mailto:info@transpiresouthend.org">info@transpiresouthend.org</a></b>  <b>Website: <a href="http://www.transpiresouthend.org">www.transpiresouthend.org</a></b></p>	<p>that no one should feel isolated or alone. We help people of all ages and backgrounds to come together in a social safe space. Providing an environment where people can 'be themselves' without fear of prejudice or judgement.</p>
<p><b>TV Series – “Kids on The Edge”</b></p> <p><b>Website:</b>  <a href="http://www.channel4.com/programmes/kids-on-the-edge">www.channel4.com/programmes/kids-on-the-edge</a></p>	<p>Channel Four Documentary Episode focused on Tavistock and Portman Gender Clinic</p>
<p><b>UKIA</b></p> <p><b>Website: <a href="http://www.ukia.co.uk/">http://www.ukia.co.uk/</a></b></p>	<p>UK Intersex Association - Education, advocacy, campaigning and support organisation run for and by intersexed people</p>
<p><b>UKLGIG (UK Lesbian &amp; Gay Immigration Group)</b></p> <p><b>Website: <a href="http://www.uklgig.org.uk">www.uklgig.org.uk</a></b></p>	<p>The UK Lesbian &amp; Gay Immigration Group (UKLGIG) is a charity that promotes equality and dignity for lesbian, gay, bisexual, trans and intersex (LGBTI) people who seek asylum in the UK, or who wish to immigrate here to be with their same-sex partner.</p>
<p><b>Young Stonewall</b></p> <p><b>Website: <a href="http://www.youngstonewall.org.uk">www.youngstonewall.org.uk</a></b></p>	<p>Help, support and resources for young LGBT+ people.</p>

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# Legal Countywide Services

## Advice Now

Website: [www.advicenow.org.uk](http://www.advicenow.org.uk)

Guides, resources and advice regarding a variety of legal matters.

If you are going to court (or considering it) to sort out a family problem, like divorce or arrangements for your children, we want to help. We know that if you cannot get legal aid and cannot afford the help of a solicitor, it is very stressful and difficult. Our guides help you find your way confidently through the process and aim to make it more manageable for you. We now also provide a panel of solicitors offering help at a reduced, fixed fee for just the most complicated bits of child arrangements or financial cases. We link to the best information from other organisations, and we also highlight where you may be able to get free advice and support to deal with your case.

## Bar Pro Bono Unit

Website: [www.barprobono.org.uk](http://www.barprobono.org.uk)

The Bar Pro Bono Unit is a charity which helps to find pro bono (free) legal assistance from volunteer barristers.

[Read More...](#)

## Central Law Group

Tel: 01245 951300

Email: [enquiries@centrallawcic.co.uk](mailto:enquiries@centrallawcic.co.uk)

Website: [www.centrallawcic.co.uk](http://www.centrallawcic.co.uk)

Central Law Group offers free, no-obligation advice sessions to parties in family law matters needing advice on private family law issues, from private children matters to finance proceedings. In addition, they offer legal work and representation at rates starting from £120 per hour. This can include advising on consent orders or drafting documents such as child arrangement order applications or non-molestation order supporting statements. Their aim is to ensure everyone can access legal help, whatever their means.

## Civil Legal Advice (CLA)

Tel: 0345 3454345

Website: [www.gov.uk/civil-legal-advice](http://www.gov.uk/civil-legal-advice)

Get free and confidential legal advice in England and Wales **if you're eligible for legal aid.**

[Read More...](#)

[CHECK IF CALLER CAN GET LEGAL AID HERE](#)

<p><b>Family Rights Group</b></p> <p>Tel: 0808 8010366 Website: <a href="http://www.frg.org.uk">www.frg.org.uk</a></p>	<p>FRG provides free, confidential independent telephone and e-mail advice to family members who are involved with the local authority on the care of a child.</p> <p><a href="#">Read More...</a></p>
<p><b>Grandparents' Legal Centre</b></p> <p>Tel: 0843 2897130 Website: <a href="http://grandparentslegalcentre.co.uk">grandparentslegalcentre.co.uk</a></p>	<p>Specialist legal advice for grandparents, including local authority responsibilities and other issues affecting kinship carers.</p>
<p><b>LawWorks Clinics Network</b></p> <p>Website: <a href="http://www.lawworks.org.uk">www.lawworks.org.uk</a></p>	<p>If you have a problem and need legal advice to resolve it, you may be able to get help from a legal adviser or an organisation which specialises in your problem.</p> <p>The LawWorks Clinics Network provides free initial advice to individuals on various areas of social welfare law including employment law, housing matters, consumer disputes, debt and welfare rights.</p> <p>The clinics are for people who are not eligible for legal aid and cannot afford to pay for a lawyer.</p> <p>For an initial consultation with a solicitor please <a href="#">click here</a> to find your local <a href="#">clinic</a></p>
<p><b>NYAS</b></p> <p>Tel: 0808 8081001 Email: <a href="mailto:help@nyas.net">help@nyas.net</a> Website: <a href="http://www.nyas.net">www.nyas.net</a></p>	<p>NYAS is a UK charity providing socio-legal services. We offer information, advice, advocacy and legal representation to children, young people and vulnerable adults through a network of dedicated paid workers and volunteers throughout England and Wales.</p> <p><a href="#">Helpline</a> <a href="#">Children &amp; Vulnerable Adult Services</a> <a href="#">Legal Services</a></p>
<p><b>Rights of Women</b></p> <p>Tel: 0207 2516575 TypeTalk Service Available for deaf/hard of hearing Website: <a href="http://rightsofwomen.org.uk">rightsofwomen.org.uk</a></p>	<p>Rights of Women is a voluntary organisation committed to informing, educating and empowering women concerning their legal rights</p>
<p><b>Support Through Court</b></p>	<p>Every year, thousands of people in the UK face court alone. Without help, they have to represent themselves while they go through a divorce, seek custody of their children, or face</p>

<p><b>Website: <a href="http://www.supportthroughcourt.org">www.supportthroughcourt.org</a></b></p>	<p>eviction from their home. They are forced to navigate a complex legal system alone, often against the professional legal representation of the other party.</p> <p>The increase in cuts to legal aid over recent years has meant that thousands more people face the civil or family courts alone. Their access to justice is limited by how overwhelming the legal system can be to those who have never faced it before, and many struggle to represent themselves effectively in court.</p> <p>Our 800+ volunteers provide a free service across England and Wales, offering support and guidance before, during, and after court. We ensure that those facing court alone feel prepared and supported in accessing justice.</p>
<p><b>The Law Society</b></p> <p>Tel: <b>02073 205650</b></p> <p>Website: <a href="http://solicitors.lawsociety.org.uk">solicitors.lawsociety.org.uk</a></p>	<p>Use the Law Society's website or phone the number above to find a solicitor in your area who is accredited in children law.</p>

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# Socially Isolated Countywide Services

## Essex Befriends

Website: [www.essexbefriends.org.uk](http://www.essexbefriends.org.uk)

We offer a range of support including telephone, face to face, video calls and email/penpal befriending.

Your Befriender can help build your confidence, develop new connections and get back to doing something you love or find new interests.

Essex Befriends offers befriending services to people over 18 years of age who are carers, older people and those experiencing mental ill health or a learning disability.

## Essex Child and Family Wellbeing Service

Website: [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

Mid Essex Tel: 0300 247 0014  
North Essex Tel: 0300 247 0015  
South Essex Tel: 0300 247 0013  
West Essex Tel: 0300 247 0122

Essex Child and Family Wellbeing Service brings together a range of children's community services. It's provided by Virgin Care in partnership with Barnardo's on behalf of Essex County Council, West Essex CCG and the NHS.

The Healthy Family Service is made up of a collection of different professionals, including Health Visitors, School Nurses, and Healthy Family Support Practitioners. We support children and families in Essex with parenting and their health and wellbeing.

We're able to see children and families in the community, your own home or at school.

If you or your child/young person are feeling lonely or isolated, we can offer you support in your community.

For Children and Young People, we can offer; strategies and support at School Nurse drop in, Targeted groups – i.e. friendship skills or One to one support and guidance.

For Adults with a limited support network, first time parent, or those with social anxiety/poor emotional wellbeing, we can work with you to increase confidence, help you to link with community support or peers and offer opportunities to attend targeted support groups such as first time parents.

## Essex Youth Service

Get help with caring, find work experience, volunteering opportunities and have fun doing new things.



<p>Website: <a href="http://www.youth.essex.gov.uk">www.youth.essex.gov.uk</a></p>	
<p><b>Essex Advocacy</b></p> <p>Tel: 0300 3435736  Email: <a href="mailto:essexadvocacy@rethink.org">essexadvocacy@rethink.org</a>  Website: <a href="http://www.rethinkessexadvocacy.org">www.rethinkessexadvocacy.org</a></p>	<p>Essex Advocacy is specialist service which supports people who are most vulnerable, or who find themselves at a particularly challenging point in their lives.</p> <p>Our professional advocates enable people without the right support around them to have their voice heard when:</p> <ul style="list-style-type: none"> <li>• Decisions are being taken about their health and social care</li> <li>• Support is needed to make informed choices about their life</li> <li>• They wish to make a complaint about NHS care or treatment</li> </ul>
<p><b>Essex Boys and Girls Clubs</b></p> <p><u>Head Office</u>  Tel: 01245 264783  Website:  <a href="http://www.essexboysandgirlsclubs.org">www.essexboysandgirlsclubs.org</a>  Address: Harway House, Rectory Lane  Chelmsford, Essex. CM1 1RQ</p>	<p>We support young people's clubs across Essex.  Our clubs are diverse, ranging from the small rural youth clubs with under 20 members who meet once a fortnight, to large multi-facility clubs with over 500 members and open almost 24 hours a day.</p> <p>These clubs affiliate to us to access our club support services and our activity program which help both volunteers and club members to develop themselves and their club.</p> <ul style="list-style-type: none"> <li>• <a href="#">The Clubs</a></li> <li>• <a href="#">Projects</a></li> </ul>
<p><b>United in Kind</b></p> <p>Website: <a href="http://www.unitedinkind.org">www.unitedinkind.org</a></p>	<p>We're people around Essex who are committed to tackling loneliness and isolation through acts of kindness.</p> <p>Now, more than ever, isolation is affecting the people of Essex. The outbreak of coronavirus is forging physical barriers, but this doesn't have to mean loneliness.</p> <p>Together with hundreds of community, charity and voluntary groups around Essex, we're building an online community of kindness. We're helping people connect with friends, neighbours and strangers. We're working together to help everyone overcome feelings of isolation.</p> <p>Our social movement is inspiring people to be kind and support each other, even when we can't be together in the same physical space. Together, we can combat the effects of coronavirus.</p> <p>Together, we can connect our community with kindness.</p>

Our aims:

- Make sure everyone feels part of a community. Before coronavirus, more than one in four people said they are always or often lonely. As the virus continues to spread, this number is likely to be much higher.
- Inspire people to connect in new ways. Before the COVID-19 outbreak, half a million older people in the UK would go five or six days without seeing someone. Now, a lot more people will feel isolated for days or weeks at a time.
- Support and share our appreciation for workers in critical roles during the coronavirus outbreak. 8 out of 10 carers have felt lonely because of their caring role.

Start now. Do one kind thing a day. Even better, let's do it together and create even stronger communities in the face of adversity.

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# Mental Health - Children Countywide Services

**FIF Funded Project - Kids Inspire, Children's Society and Southend YMCA (joint project)**

Email: [earlysupport@kidsinspire.org.uk](mailto:earlysupport@kidsinspire.org.uk)

Website: [www.kidsinspire.org.uk](http://www.kidsinspire.org.uk)

Telephone: 01245 348707, or 07908 829550

Referral form available [here](#).

Family Innovation Fund (FIF) services are for Children, Young People and Parents/Carers with low level needs that cannot be supported by services such as Schools, and GPs alone. FIF provides that little bit of extra help **early help** to support children, young people and parents/carers to;

- have healthy inter-parental & family relationships
- be emotionally healthy, happy and resilient
- make behaviour choices that promote safety and wellbeing
- be socially connected and resourceful

Referrals can be made for children and young people aged 8-19 years and/or a parent or carer where they;

- are Parents/Carers in conflict (co-habiting/separated/step-parents)
- are exhibiting risky behaviours (of self or others) that jeopardise personal safety
- are home educated where early help can have a positive impact
- are at risk of going on to part-time school timetables or at risk of exclusion
- have moderate learning difficulties (without an Education and Health Care Plan)
- have low level behavioural issues (without an Education and Health Care Plan)

There are some restrictions to accessing this support and that is if the person(s) being referred are already being supported by specialist and/or statutory services.

If you are unsure and/or need some advice before referring you can telephone 01245 348707, or 07908 829550 for a confidential discussion.

**CHAT – Text your school nurse**

If you're 11-19 years old, text your school nurse.

<p><b>Mid Essex Tel: 07520 615731</b>  <b>North Essex Tel: 07520 615734</b>  <b>South Essex Tel: 07520 615732</b>  <b>West Essex Tel: 07520 615733</b></p>	<p>We help young people with all kinds of things like...</p> <ul style="list-style-type: none"> <li>- Relationships</li> <li>- Mental Health</li> <li>- Bullying</li> <li>- Self-Harm</li> <li>- Alcohol</li> <li>- Health Eating</li> <li>- Drugs</li> <li>- Smoking</li> </ul> <p>Text us for confidential advice and support.</p>
<p><b>CYP Support Project – Kids Inspire</b></p> <p><b>Website:</b> <a href="http://www.kidsinspire.org.uk/children-and-young-people">www.kidsinspire.org.uk/children-and-young-people</a></p> <p><b>Email:</b> <a href="mailto:cypcounselling.kidsinspire@nhs.net">cypcounselling.kidsinspire@nhs.net</a></p>	<p>An online joint initiative with Open Door and Mind for ages 5-19 for anxiety issues.</p> <p>Are able to take more complex cases and Social Care involvement.</p> <p>Online support only unless able to come to Head Office in Chelmsford.</p>
<p><b>SET CAMHS</b></p> <p>Tel: 0800 953 0222</p> <p>Email: <a href="mailto:SET-CAMHS.referrals@nelft.nhs.uk">SET-CAMHS.referrals@nelft.nhs.uk</a></p>	
<p><b>Child and Adolescence Mental Health Service (CAMHS)</b></p> <p><b>Tel: 0800 953 0222</b></p>	<p>Accessible 24 hours per day, 365 days of the year for all young people across Southend, Essex and Thurrock, NELFT's CAMHS is for anybody aged between 0-18, living in the Southend, Essex and Thurrock areas and is free at the point of entry.</p> <p>Any young person experiencing emotional wellbeing or mental health problems, or any parent, guardian, professional or teacher of a child who is experiencing emotional wellbeing and mental health difficulties, may access our service.</p>

<p><b>Essex Advocacy</b></p> <p><b>Tel: 0300 3435736</b>  <b>Email: <a href="mailto:essexadvocacy@rethink.org">essexadvocacy@rethink.org</a></b>  <b>Website: <a href="http://www.rethinkessexadvocacy.org">www.rethinkessexadvocacy.org</a></b></p>	<p>Essex Advocacy is specialist service which supports people who are most vulnerable, or who find themselves at a particularly challenging point in their lives.</p> <p>Our professional advocates enable people without the right support around them to have their voice heard when:</p> <ul style="list-style-type: none"> <li>• Decisions are being taken about their health and social care</li> <li>• Support is needed to make informed choices about their life</li> <li>• They wish to make a complaint about NHS care or treatment</li> </ul>
<p><b>Essex Child and Family Wellbeing Service</b></p> <p>Website: <a href="http://www.essexfamilywellbeing.co.uk">www.essexfamilywellbeing.co.uk</a></p> <p>Mid Essex Tel: 0300 247 0014  North Essex Tel: 0300 247 0015  South Essex Tel: 0300 247 0013  West Essex Tel: 0300 247 0122</p>	<p>Essex Child and Family Wellbeing Service brings together a range of children’s community services. It’s provided by Virgin Care in partnership with Barnardo’s on behalf of Essex County Council, West Essex CCG and the NHS.</p> <p>The Healthy Family Service is made up of a collection of different professionals, including Health Visitors, School Nurses, and Healthy Family Support Practitioners. We support children and families in Essex with parenting and their health and wellbeing.</p> <p>We’re able to see children and families in the community, your own home or at school.</p> <p>If you are worried about your emotional well-being you can contact Essex and Child Family Wellbeing Service. A school nurse will arrange to talk with you, and they can then refer you to specialist services, offer Targeted Intervention or support, or signpost you to self-help guides and resources. We will work with you, your family and School to ensure that we are working together to help you. Children and young people can also be referred by parents and carers.</p> <p>We may offer you/your parents/carer; Emotional Regulation Strategies, Relaxation Techniques, Managing Anxiety programme, Support for Low Self Esteem, Supporting adolescents with low mood and Challenging Behaviour Support.</p>
<p><b>Essex Health &amp; Justice Service (Part of Phoenix Futures)</b></p> <p><b>Clacton – 07542 943178</b>  <b>Colchester – 07542 943206</b>  <b>Basildon – 07749 434783</b>  <b>Chelmsford – 07542 943179</b>  <b>Harlow – 07547 657552</b></p>	<p>Supporting young people in the criminal justice system. Essex Health &amp; Justice Service works with young people (10 to 17) involved in the criminal justice system who need some extra support.</p> <p>We can support you with:</p> <ul style="list-style-type: none"> <li>- Substance misuse</li> <li>- Mental health and emotional support</li> <li>- Training and qualifications</li> <li>- Sexual health</li> <li>- Going to appointments</li> <li>- Positive activities</li> </ul>

<p><b>Essex Self-harm Management Toolkit</b></p> <p>Website:  <a href="https://schools.essex.gov.uk/pupils/Emotional_Wellbeing_and_Mental_Health_Information_Portal_for_Schools/Pages/Risk-Taking-Behaviour.aspx">https://schools.essex.gov.uk/pupils/Emotional_Wellbeing_and_Mental_Health_Information_Portal_for_Schools/Pages/Risk-Taking-Behaviour.aspx</a></p>	<p>Young people told us that when they are struggling they are usually told to see a professional. They don't often get much advice about how they could help themselves. So, we spoke to professionals and looked at academic research. Then we drew up a list of strategies young people use (you can see the process in this self-care infographic). We also published a report following a consultation with young people and their families online. We're sharing these strategies with you to help you to manage your wellbeing. It's up to you to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else. And you can help us build an evidence-base for these activities by letting us know what works by clicking on the 'Did this activity help your mental wellbeing' button on each page. This will help us decide which ones to research further. These activities are <i>not</i> a substitute for seeing a mental health professional. Sometimes we need outside help and advice. Getting help is good. No-one should feel bad about it. That's what this site is about.</p>
<p><b>Evolve Intervention</b></p> <p>Website: <a href="http://www.evolve-intervention.com">www.evolve-intervention.com</a>  Tel: 01245 526069  Email: <a href="mailto:info@evolve-intervention.com">info@evolve-intervention.com</a>  Emma Prince - <a href="mailto:e.prince@evolve-intervention.com">e.prince@evolve-intervention.com</a></p>	<p>Evolve Intervention provide 1:1 support through coaching and mentoring to children aged 5-18. We support with areas such as anxiety, self-esteem, risky behaviours, managing emotions, dealing with conflict, problem-solving, bullying, friendships/relationships, motivation, building resilience, coping with loss/grief, academic tuition and many others. We also deliver group work designed around the needs and requirements of those taking part, as well as providing support to parents and carers in areas such managing behaviour, establishing boundaries, or perhaps just being a 'listening ear'. Our staff come from a variety of backgrounds such as Education, Youth Work, Social Work, Police and Counselling. We build strong working relationships with those who engage in our service and seek to empower them to address any issues they make be struggling with. We have worked extensively across Essex and Southend on Sea and accept referrals from professionals or via self/private referral.</p> <p>Appointments available: Monday  Friday 9am to 6pm  Some availability between 6pm  8pm Saturdays by appointment only.</p>
<p><b>Families Empowered</b></p> <p><b>07917 440683</b></p> <p><a href="http://familiesempowered.co.uk">familiesempowered.co.uk</a></p>	<p>We provide help and support to families, schools and children who are having difficulties both at home and in school. Families Empowered is a team of professional therapists who work with children who have experienced trauma and attachment issues, and as a result require expert help.</p> <p><b>Costs may apply</b></p>

<p><b>FCAMHS (Forensic Child and Adolescent Mental Health Service)</b></p> <p>Tel: 0300 300 9300          Website:  <a href="http://www.eastofenglandcamhs.co.uk/">www.eastofenglandcamhs.co.uk/</a></p>	<p><b>Please note: referrals to this service can only be made by professionals.</b></p> <p>FCAMHS is a regional specialist service, hosted by Cambridgeshire and Peterborough Foundation NHS Trust, for children and young people aged 0-18 whereby:</p> <ul style="list-style-type: none"> <li>• there is a concern about a young person's mental health (this may include neurodevelopmental disorder and/or learning disability)</li> <li>• the young person presents with high risk of harm to others and about whom there is major family or professional concern</li> <li>• the young person may be in contact with the criminal justice system or be likely to enter secure care.</li> </ul> <p><b>FCAMHS accepts referrals from any professional working with children and young people.</b> For further information on how to make a referral and to view a copy of the FCAMHS leaflets and privacy notice, please visit our webpage at:  <a href="http://www.eastofenglandcamhs.co.uk/">www.eastofenglandcamhs.co.uk/</a></p>
<p><b>FLASH – Understanding Self Harm</b></p> <p>Email: <a href="mailto:familymentoring@cavsorg.uk">familymentoring@cavsorg.uk</a>          Call: 01268 214000</p>	<p>FLASH is a FREE 10 week group for parents to learn practical skills to support their child or teenager who is displaying self harming behaviour</p> <p>Do you need a better understanding of why your child self harms?</p> <p>The sessions aim to help strengthen your relationship and promotes ways for you to relate to your child.</p> <p>The course will cover:</p> <ul style="list-style-type: none"> <li>• Explain self harm and how to relate</li> <li>• Demonstrate the developmental processes</li> <li>• Deliver practical strategies</li> <li>• Improve listening, praise and encouragement skills</li> <li>• Set realistic expectations of parents/ Carer</li> </ul>
<p><b>Good Mental Health Matters</b></p>	<p>Developed by the NHS in Kent, Good Mental Health Matters is a free resource for Primary and Secondary school teachers, parents and young people.</p>



<p><b>Website:</b> <a href="http://www.goodmentalhealthmatters.com">www.goodmentalhealthmatters.com</a></p>	<p>Online resources for secondary schools include educational videos, downloadable lesson activities and online quizzes. New for 2019, the Fantastic Fred Experience will be touring Primary Schools across Kent.</p>
<p><b>Hub of Hope</b></p> <p><b>Website:</b> <a href="https://hubofhope.co.uk/">https://hubofhope.co.uk/</a></p>	<p>The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.</p> <p>Initially a simple spreadsheet of local services populated at the kitchen table of Chasing the Stigma founder and CEO, Jake Mills, the Hub of Hope was born out of Jake's own lived experience of extreme mental and emotional distress. He witnessed first-hand the difficulties in finding relevant, accessible and nearby support when it was most needed and decided to take action.</p> <p>To date, the Hub of Hope has directed hundreds of thousands of people to life-changing and even life-saving support and it is now the UK's go-to mental health support signposting tool, with thousands of local, regional and national support groups and services listed.</p>
<p><b>Jed Foundation</b></p> <p><b>Website:</b> <a href="http://www.jedfoundation.org">www.jedfoundation.org</a></p>	<p>Transitioning into adulthood can bring big changes and intense challenges. The Jed Foundation (JED) empowers teens and young adults with the skills and support to grow into healthy, thriving adults.</p>
<p><b>Kooth</b></p> <p><b>Website:</b> <a href="http://www.kooth.com">www.kooth.com</a></p>	<p>Free, safe and anonymous online support for young people.</p> <p>Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.</p> <p>Kooth is a transformational digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors.</p> <p>Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.</p> <p>Launched in 2004 and accredited by the BACP, more than 1,500 children and young people across the country login to Kooth every day.</p>



<p><b>Livewell Campaign</b></p> <p><a href="http://www.livewellcampaign.co.uk">www.livewellcampaign.co.uk</a></p>	<p>The livewell campaign is designed to engage communities, families and individuals with the aim of providing information about all that is on offer in Essex to improve health and wellbeing. There is a real need to collectively find solutions that contribute towards wellbeing in order to reduce the cost of health and social care. All Essex Local Authorities and our partners have come together to collaborate on the health and wellbeing agenda and work towards achieving better health outcomes for people across Essex.</p>
<p><b>Live Well NHS</b></p> <p>Website: <a href="http://www.nhs.uk/live-well">http://www.nhs.uk/live-well</a></p>	<p>Free and confidential support of a non-medical nature who can help with:- Healthy living, quitting smoking, physical and mental wellbeing, independent living, mobility and equipment, home adaptations, safety and security, looking after someone, social inclusion, getting out and about, money worries.</p>
<p><b>Managing emotions programme – Essex Youth Service</b></p> <p>Website: <a href="http://www.youth.essex.gov.uk/schools/managing-emotions-programme">www.youth.essex.gov.uk/schools/managing-emotions-programme</a>  Email: <a href="mailto:youth.work@essex.gov.uk">youth.work@essex.gov.uk</a>  Call: 033303 22800</p>	<p>This is a 10-week programme that works with young people who struggle with their education due to emotional issues. We give information on why they feel, react or behave in certain ways when under emotional stress. We build trust and work with the young person in a neutral environment. We're able to help them realise what they feel is okay and look at coping mechanisms suited to their needs.</p> <p>The programme aims to:</p> <ul style="list-style-type: none"> <li>• educate about emotions</li> <li>• build young people's resilience</li> <li>• improve young people's wellbeing</li> <li>• address young people's negative behaviour</li> <li>• improve engagement in education</li> <li>• reduce risk-taking behaviour</li> <li>• gain a Gateway accreditation.</li> </ul>
<p><b>Mind Ed Hub</b></p> <p>Website: <a href="http://www.minded.org.uk">www.minded.org.uk</a></p>	<p>MindEd is a free educational resource on children and young people's mental health for all adults. This website provides information and resources to both parents &amp; carers, as well as professionals and volunteers.</p> <p>For Parents and Carers  Are you a parent or carer who is concerned about the mental health of your child or teenager? Do you just want some hints and tips on parenting? MindEd for Families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself. MindEd for Families is written by a team of specialists and parents, working together.</p>

	<p>For Professionals and Volunteers This is for you if you volunteer, work or are studying to work with infants, children or teenagers. MindEd has e-learning applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist.</p>
<p><b>Nows The Time for Change</b>  Tel: 0345 366 9755 Email: info@nowsthetimeforchange.com Website: www.nowsthetimeforchange.com</p>	<p>Please see attached information on Nows the Time for Change service that is based in South Essex. They provide therapeutic coaching and mentoring. They provide support in schools and are also funded by the CCGs in ECC and Southend. Their work is needs lead and they will accept referrals for children open at any tier.</p> <p>They also provide a 6 week resilience building course for families but that is only funded by North-East CCG.</p>
<p><b>Out of Hours Young People's Crisis Team (Mental Health Direct)</b>  Tel: 0300 555 1000</p>	<p>The Young People's Crisis Team Out of Hours is run by Mental Health Direct. During office hours Crisis calls should go through to <a href="#">EWMHS</a>.</p>
<p><b>Open Arts</b>  Website: <a href="http://www.openartsessex.org">www.openartsessex.org</a> Email: <a href="mailto:epunft.open.arts@nhs.net">epunft.open.arts@nhs.net</a> Tel: 07580 982462 Art House, 19 High St, Hadleigh, Benfleet, Essex, SS7 2PA, UK</p>	<p>Open Arts is a community arts and health programme, which helps manage and maintain mental health and wellbeing through creativity. The service has the aim of promoting positive well being and social inclusion for people with mental health difficulties and to carers who would like to engage with the wider community through the creative arts within a group setting. The courses offer an opportunity to learn new creative skills and techniques within a safe and supportive environment. No experience is necessary.</p> <p>All our participants are aged 16 or older, who have either experienced mental health problems or are a carer.</p>
<p><b>PHEW – Parenting Help for Emotional Wellbeing</b>  Tel: 0300 247 0014 Website: <a href="http://www.essexfamilywellbeing.co.uk">www.essexfamilywellbeing.co.uk</a></p>	<p>The Essex Child and Family Wellbeing service are offering a 30 minute virtual appointment for you to discuss your current challenges and offer strategies to best support your child or young person's emotional wellbeing. We can signpost you to online resources and recommend services that best support your child or young person's needs.</p>

<p><b>Promoting Positive Emotional Wellbeing &amp; Reducing the Risk of Suicide guidance</b></p> <p>Website:  <a href="https://schools.essex.gov.uk/pupils/Emotional_Wellbeing_and_Mental_Health_Information_Portal_for_Schools/Pages/default.aspx">https://schools.essex.gov.uk/pupils/Emotional_Wellbeing_and_Mental_Health_Information_Portal_for_Schools/Pages/default.aspx</a></p>	<p>Toolkit for schools regarding managing self-harm.</p>
<p><b>The POWER Project</b></p> <p><b>Tel: 03330 138926</b></p> <p><b>Email: <a href="mailto:jethro.bogdanov@essex.gov.uk">jethro.bogdanov@essex.gov.uk</a> or <a href="mailto:frederick.vanheerden@essex.gov.uk">frederick.vanheerden@essex.gov.uk</a></b></p> <p><b>Website: <a href="#">Refer to POWER Project</a></b></p>	<p>The POWER project (<b>P</b>romoting <b>O</b>pportunities <b>W</b>ith <b>E</b>motional <b>R</b>esilience) is a targeted early intervention project working across Southend, Essex and Thurrock (SET). POWER practitioners offer direct support to children and young people aged 8-13 and their parent/carers to help them develop ways of coping with challenging situations at home, at school and in their local communities. POWER also seeks to support schools to develop effective methods to enable children and young people to be successful in school.</p> <p>Typically, the children and young people POWER seeks to help will be struggling to engage at school, attending irregularly and will have had contact with or be known to the police. However, they will not yet have been criminalised (i.e. they will not have been charged for an offence).</p> <p>Children and young people who are already being supported by Social Care or the Youth Offending Service are not eligible for support from the POWER project.</p>
<p><b>Soul Focused</b></p> <p><b>Tel: 01702 832080</b>  <b>Email: <a href="mailto:hannah@soulfocused.co.uk">hannah@soulfocused.co.uk</a></b>  <b>Website: <a href="http://www.soulfocused.co.uk">www.soulfocused.co.uk</a></b></p>	<p>Mental health training for parents and adults working with kids.</p>
<p><b>The Butterfly Project (The Gifted)</b></p> <p><b>Website: <a href="http://www.thegifted.org.uk/the-butterfly-project">www.thegifted.org.uk/the-butterfly-project</a></b></p>	<p>Aimed at young women and girls, The Butterfly Project is a six-week programme of activities designed to increase confidence, raise aspirations, and develop a sense of community.</p>

	<p>There are lots of reasons why girls may benefit from becoming a Butterfly. It could be that they are from an area of deprivation or a marginalised background, or they could be experiencing anxiety, self-confidence issues or just need some extra support.</p> <p>The Butterfly Project covers many topics which affect girls and young women, including:</p> <ul style="list-style-type: none"> <li>- Identity</li> <li>- Self Esteem</li> <li>- Health and wellbeing</li> <li>- Relationships</li> <li>- Future Prospects</li> </ul>
<p><b>Talk Together – Kids Inspire</b></p> <p><b>Website: <a href="http://www.kidsinspire.org.uk/talk-together">www.kidsinspire.org.uk/talk-together</a></b></p>	<p>Online support via Zoom. Early Support for issues such as emerging anxiety and low level mental health issues. Limited sessions assigned to this project so not appropriate for complex cases. No other agency involvement. May be able to offer face to face support in school dependent upon capacity and availability of Therapists or at our Head office in Chelmsford.</p>
<p><b>Wilderness Foundation</b></p> <p><b><a href="http://www.wildernessfoundation.org.uk">www.wildernessfoundation.org.uk</a></b>  <b>0300</b>  <b>1233073info@wildernessfoundation.org.uk</b>  <b>Jo Roberts-</b>  <b>jo@wildernessfoundation.org.uk</b>  <b>Angely Webb-</b>  <b>angely@wildernessfoundation.org.uk</b></p>	<p>We work with clients of all ages from 0 to 19, including individuals, groups and families of all ages. Counsellors offer support for anxiety, depression, family and other relationships, addictions, self harm or suicidal thoughts, loss and bereavement, confidence, phobias, abuse, exploitation, trauma, stress, behaviour, gender dysphoria, SEN etc. We are non judgemental, and will support your building of coping strategies and resilience. Hours to be agreed between the client and therapist. We make phone or online counselling easy for you to engage with, and may bring nature, art and other practical/creative tools into sessions. Our team is professionally trained and abide by professional ethics, safeguarding vetted and trained. We commit to offer safe, and confidential help to everyone we engage and we will allocate the right therapist for your needs. Appointments available: 9am-5pm Monday -Friday  Evenings &amp; weekends by agreed appointment</p>
<p><b>YCT Counselling</b></p> <p><b>Tel: 01279 414090</b>  <b>Txt: 07956 887921</b>  <b>Email: <a href="mailto:admin@yctsupport.com">admin@yctsupport.com</a></b>  <b>Website: <a href="http://www.yctsupport.com">www.yctsupport.com</a></b></p>	<p>YCT is a counselling and therapeutic charity working with 5 – 25-year-olds offering counselling, group support, drama/art therapy, play therapy/theraplay, group programmes (relationships, risky behaviours, exam stress, self-esteem, aspirations etc.) the Forest School programme, workshops, training and family work. In addition we offer training, consultancy, clinical supervision and counselling to those working with children and young people.</p>

	<p>YCT works in the community with many different organisations, and in education settings including primary/secondary schools, academies, colleges, specialist schools and alternative education settings. We work across Essex, Herts and North London.</p>
<p><b>Zenith Minds</b></p> <p><b>Website:</b> <a href="http://www.zenithminds.co.uk">www.zenithminds.co.uk</a></p> <p><b>Tel:</b> 07780 657105</p> <p><b>Email:</b> <a href="mailto:zminds@zmat.co.uk">zminds@zmat.co.uk</a></p>	<p>Zenith Minds offers specialist provision for young people who need extra support to thrive. There are many reasons why they may need this, including mental health, safety and wellbeing issues.</p> <p><b>How young people are referred</b> - When school staff refer a pupil to us, we assess their circumstances and needs. If the young person is likely to benefit from the provision, they can access it within two weeks of referral.</p> <p><b>How support is given</b> - Each child's provision is shaped to their own needs. Much of it is provided via our welcoming, positive, calm and supportive environment. Zenith Minds can also provide additional support within a pupil's existing school, or create a plan that includes provision both at their own school and at our specialist provision.</p> <p><b>What does specialist support involve?</b> Support is designed to meet each individual young person's needs. It involves partnership between Zenith Minds, the pupil's school and their family or carers, plus relevant external services and agencies. The latter might include educational psychologists and counsellors. Permanent Zenith Minds staff include a Student Welfare Officer, Zenith Minds Support Assistant and Family Support Worker.</p>

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# Mental Health – Adult Countywide Services

## **AARCA - Assisting Adult Recovery from Childhood Abuse**

**Tel:** 07719 4325032

**Email:** [info@aarca.org.uk](mailto:info@aarca.org.uk)

**Website:** [www.aarca.org.uk](http://www.aarca.org.uk)

AARCA offers a non-judgemental recovery and self-help service for adult survivors of childhood abuse.

## **Able Futures**

**Freephone** 0800 321 3137

**Website:** [www.able-futures.co.uk](http://www.able-futures.co.uk)

Support for mental health at work - Nine months confidential, no cost advice, guidance and support from mental health professionals to help you cope with work while you manage a mental health condition such as anxiety, depression or stress.

## **Action for Happiness**

**Website:** [www.actionforhappiness.org](http://www.actionforhappiness.org)

Action for Happiness is a movement of people committed to building a happier and more caring society. We want to see a fundamentally different way of life - where people care less about what they can get just for themselves and more about the happiness of others.

## **Adult Community Learning - Health and Wellbeing Courses**

**Website:** [www.aclessex.com/mental-wellbeing](http://www.aclessex.com/mental-wellbeing)

**Email:** [lifelong.learning@essex.gov.uk](mailto:lifelong.learning@essex.gov.uk)

**Tel:** 0345 603 7635

We offer a FREE range of courses for anyone wishing to improve their mental wellbeing or recovering from a period of mental ill-health, or for anyone wishing to gain awareness of mental ill health or who are supporting or working with people who are experiencing mental health difficulties. The programme is available for those who live or work in Essex.

Courses take place online in a virtual classroom or in one of our classrooms with group teaching facilitated by two qualified specialist tutors who have professional and lived experience and knowledge of mental health. Each session lasts 2.5 hours and courses are offered at different days and times

	<p>Goal Setting For Wellbeing - Helps you clarify your goals in any aspect of life, helping you focus and get motivated towards working on a long- or short-term goal of your choice, to enhance your quality of life and gain a sense of achievement.</p> <p>Introduction To Building Resilience - An introduction to strategies and tools to help you develop your self-resilience, identifying what is resilience and the benefits of practicing resilience in our day to day interactions.</p> <p>Introduction to Mental Health - An introduction to the concept of mental wellbeing and the value of keeping well, looking at what it means to have a recovery from mental ill-health and how that journey can be started and achieved.</p>
<p><b>Adult Mental Health and Wellbeing Team</b></p> <p>Tel: 03330 322958 (10:00 am - 4:00 pm Monday – Friday)</p> <p>Email: mentalhealth.wellbeingservice@essex.gov.uk</p>	<p>The Adult Mental Health and Wellbeing Team provide short term support for people (aged 18 to 65) with mental health and emotional issues such as:</p> <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Low mood</li> <li>• Stress</li> <li>• Depression</li> </ul> <p>We can work with you to help you improve your wellbeing and quality of life. Services we provide include:</p> <ul style="list-style-type: none"> <li>• One-to-one support</li> <li>• Self-help advice and guidance</li> <li>• Helping you find other support for issues affecting your wellbeing such as debt or a physical health problem</li> <li>• Employment Specialist</li> <li>• Helping you access social groups in your area</li> <li>• Support for Carers</li> </ul> <p>How can I get support from the Adult Mental Health and Wellbeing Team? You will need to be aged 18 to 65 and live in Essex. We can work with you if you have mental health or emotional issues which are affecting your wellbeing, or you care for someone who does.</p> <p>What happens next?</p>



	<p>One of our friendly team will contact you to find out more about your situation and to make sure we can offer you the right support. We will call or email between 10:00 am - 4:00 pm Monday – Friday.</p> <p>Please note: We cannot work with you if you are receiving a service from Essex Partnership University NHS Foundation Trust (EPUT).</p>
<p><b>Anxiety UK</b></p> <p>Tel: 03444 775 774  Opening Hours: Monday to Friday, 9.30am to 5.30pm  Website: <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a></p>	<p>Charity providing support if you have been diagnosed with an anxiety condition.</p>
<p><b>ASSIST Trauma Care</b></p> <p>Website: <a href="http://www.assisttraumacare.org.uk">www.assisttraumacare.org.uk</a></p>	<p>ASSIST Trauma Care is a specialist Third Sector (Not-for-Profit) Organisation offering therapeutic help to adults and children, individuals and families, affected by a wide range of traumatic occurrences. Based at a central clinic in Rugby in the English Midlands, ASSIST therapists have been trained to use evidence-based models to help sufferers rebuild their lives and move on following a traumatic experience that has impacted them. We also have specialist Outreach Therapists located across England and Wales who may be able to provide more local help in some cases. ASSIST therapists work with both the symptoms of Post-traumatic Stress Disorder and also with Traumatic Bereavement and Grief.</p> <p>If you or a member of your family have experienced a traumatic incident and would like to discuss whether therapy from ASSIST can help you, please telephone 01788 551919</p>
<p><b>Beat - Eating disorders</b></p> <p>Tel: 0808 801 0677  Website: <a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a></p>	<p>Information, advice and support resources for people who have eating disorders and their loved ones.</p>
<p><b>Bipolar UK</b></p> <p>Website: <a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a></p>	<p>A charity helping people living with manic depression or bipolar disorder.</p>



## **The Birth Trauma Association**

### **Website:**

**[www.birthtraumaassociation.org.uk](http://www.birthtraumaassociation.org.uk)**

Welcome to the Birth Trauma Association (BTA). We're a charity that supports women who suffer birth trauma – a shorthand term for post-traumatic stress disorder (PTSD) after birth.

About 30,000 women a year, according to the most recent research, experience birth trauma in the UK. Instead of being joyful and happy, the experience of giving birth has been frightening. Perhaps the baby's heartrate dipped, leading to an emergency caesarean section. Maybe you or your baby suffered injuries as the result of the birth. Or maybe you felt that you weren't well looked after in labour, or you weren't told what to expect.

If something like this has happened to you, you might have felt scared that you or the baby were going to die. As with any other traumatic experience – a car accident, or a sexual assault, or seeing a bomb explode – a traumatic birth can lead to symptoms of PTSD: flashbacks, a sense of heightened anxiety, constantly feeling on the alert, avoiding anything that reminds you of the trauma.

Birth trauma means that it can be difficult to bond with your baby. You may find your symptoms are triggered by reminders of the birth: pregnant women, other babies, programmes such as One Born Every Minute.

Witnessing someone else's trauma can also be traumatic, so partners can experience PTSD too.

We're here to help people like you.

## **The Brain Charity**

**Website: [www.thebraincharity.org.uk](http://www.thebraincharity.org.uk)**

**Tel: 0800 008 6417**

The Brain Charity offers emotional support, practical help and social activities to anyone with a neurological condition and to their family, friends and carers.

### **OUR MISSION**

To enable all those affected by neurological conditions to live longer, healthier, happier lives. We will fight together for an inclusive and just society: a world where stigma, hardship and isolation are replaced by compassion and understanding.

### **OUR VISION**

The Brain Charity's vision is to develop as a leader in the field of neurological advice, and support services in a human and friendly way.

	<p>Support offered:</p> <ul style="list-style-type: none"> <li>- Practical help (help with money problems, employment, benefits, finding a specialist lawyer, finding the right equipment for you)</li> <li>- Emotional support (counselling, confidence building, befrienders, support groups).</li> <li>- Social activities (Coffee morning, support groups, arts and crafts, charity choir)</li> <li>- Help for carers (Young carers, advice around power of attorney, carer advocacy)</li> <li>- Dementia services</li> <li>- Children and Young Peoples Services</li> </ul>
<p><b>CALM</b></p> <p>Phone: 0800 58 58 58 (daily, 5pm to midnight)</p> <p>Website: <a href="http://www.thecalmzone.net">www.thecalmzone.net</a></p>	<p>The Campaign Against Living Miserably (CALM) is leading a movement against suicide, the single biggest killer of men under 45 in the UK and the cause of 18 deaths every day. Join the campaign to take a stand against suicide.</p>
<p><b>COMBAT STRESS</b></p> <p>Website: <a href="http://www.combatstress.org.uk">www.combatstress.org.uk</a></p> <p>24-hour Helpline: 0800 138 1619</p>	<p>WE ARE COMBAT STRESS, THE UK'S LEADING CHARITY FOR VETERANS' MENTAL HEALTH</p> <p>For over a century we've been helping former servicemen and women deal with issues like post-traumatic stress disorder (PTSD), anxiety and depression. Today we provide specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues related to their military service.</p>
<p><b>Depression UK</b></p> <p>Website: <a href="http://www.depressionuk.org">www.depressionuk.org</a></p> <p>Email: <a href="mailto:info@depressionuk.org">info@depressionuk.org</a></p>	<p>Depression UK is a national Self Help Organisation that offers support to its several hundred members. Most suffer from depression; others may be past sufferers, or care for those who have the illness.</p>
<p><b>Essex Child and Family Wellbeing Service</b></p> <p>Website: <a href="http://www.essexfamilywellbeing.co.uk">www.essexfamilywellbeing.co.uk</a></p>	<p>The Healthy Family Service is made up of a collection of different professionals, including Health Visitors, Essex with parenting and their health and wellbeing.</p> <p>We're able to see children and families in the com</p> <p>Your Health Visitor can offer 'listening visits' and support with relaxation and mindfulness.</p>

<p>Mid Essex Tel: 0300 247 0014  North Essex Tel: 0300 247 0015  South Essex Tel: 0300 247 0013  West Essex Tel: 0300 247 0122</p>	
<p><b>Every Mind Matters</b></p> <p><b>Website:</b> <a href="http://www.nhs.uk/oneyou/every-mind-matters">www.nhs.uk/oneyou/every-mind-matters</a></p>	<p>Every Mind Matters is where everyone can make a start. There are simple actions and steps we can all take that can help us manage feelings of stress, anxiety, low mood or when we are struggling to get to sleep. From tips on how to get more physical activity, to mindful breathing exercises and advice on how to reframe unhelpful thoughts, all the information and advice in Every Mind Matters has been developed with experts and approved by the NHS. Royal College of General Practitioners has endorsed Every Mind Matters.</p> <p>You can create a “Your Mind Plan” on the website, which is an interactive quiz that provides top tips and advice for you.</p>
<p><b>Futures in Mind</b></p> <p><b>Tel:</b> 01376 316126  <b>Email:</b>  <a href="mailto:fim.enquiries@futuresinmind.org.uk">fim.enquiries@futuresinmind.org.uk</a>  <b>Website:</b> <a href="http://www.futuresinmind.org.uk">www.futuresinmind.org.uk</a></p>	<p>Futures in Mind is a partnership of Phoenix Futures, Mind in West Essex and Mid and North East Essex Mind. Together we will support people with substance/alcohol misuse and mental ill health. This service is the first of its kind in England and offers an inclusive support for people with substance/alcohol misuse and mental ill health. The service has been commissioned by Essex County Council and has been co-produced with service users.</p>
<p><b>HAVOCA – Help for Adult Victims of Child Abuse</b></p> <p><b>Website:</b> <a href="http://www.havoca.org">www.havoca.org</a></p>	<p>HAVOCA is run by survivors for adult survivors of child abuse. We provide support, friendship and advice for any adult whose life has been affected by childhood abuse.</p>
<p><b>Heads Together</b></p> <p><b>Website:</b> <a href="http://www.headstogether.org.uk">www.headstogether.org.uk</a></p>	<p>Heads Together is a mental health initiative spearheaded by The Royal Foundation of The Duke and Duchess of Cambridge and The Duke and Duchess of Sussex, which combines a campaign to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services.</p> <p>Programmes include:</p> <ul style="list-style-type: none"> <li>- Workplace wellbeing</li> </ul>

	<ul style="list-style-type: none"> <li>- Mentally healthy schools</li> <li>- Armed forces community</li> <li>- Mental health innovations</li> <li>- Supporting maternal mental health</li> </ul>
<p><b>Heads Up</b></p> <p>Tel: 01206 228628</p> <p>Email: <a href="mailto:enableeast@enableeast.org.uk">enableeast@enableeast.org.uk</a></p> <p>Website: <a href="http://www.enableeast.org.uk/headsup-what-is-it">www.enableeast.org.uk/headsup-what-is-it</a></p>	<p>HeadsUp provides support and advice to people in Essex with common mental health problems to help them get back into the workplace after a period of unemployment. HeadsUp is funded by the European Social Fund and the National Lottery Community Fund.</p>
<p><b>Hub of Hope</b></p> <p>Website: <a href="https://hubofhope.co.uk/">https://hubofhope.co.uk/</a></p>	<p>The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.</p> <p>Initially a simple spreadsheet of local services populated at the kitchen table of Chasing the Stigma founder and CEO, Jake Mills, the Hub of Hope was born out of Jake's own lived experience of extreme mental and emotional distress. He witnessed first-hand the difficulties in finding relevant, accessible and nearby support when it was most needed and decided to take action.</p> <p>To date, the Hub of Hope has directed hundreds of thousands of people to life-changing and even life-saving support and it is now the UK's go-to mental health support signposting tool, with thousands of local, regional and national support groups and services listed.</p>
<p><b>Get Self Help</b></p> <p>Website: <a href="http://www.getselfhelp.co.uk">www.getselfhelp.co.uk</a></p>	<p>Free CBT self-help therapy resources, including worksheets and self-help MP3's</p>
<p><b>Men's Health Forum</b></p>	<p>24/7 stress support for men by text, chat and email.</p>

<p>Website: <a href="http://www.menshealthforum.org.uk">www.menshealthforum.org.uk</a></p>	
<p><b>Mens Sheds</b></p> <p>Website: <a href="http://www.menssheds.org.uk">www.menssheds.org.uk</a></p>	<p>We are UK Men's Sheds Association, the support body for Men's Sheds across the UK. We work hard to inspire and support the development of as many Men's Sheds as possible, for the benefit of men's health and wellbeing.</p> <p>We are a member organisation, representing UK-based Men's Sheds.</p> <p>We raise awareness of the Men's Sheds movement and the many benefits of Shedding and we support Men's Sheds in getting off the ground and thriving as community-driven, member-led entities.</p> <p>We don't own or manage Men's Sheds, but we champion them for miles around.</p> <p>Our mission is to enable access to a Men's Shed for every man that would benefit from one and we won't stop until we've achieved it.</p>
<p><b>Life Centre</b></p> <p>Website: <a href="http://www.lifecentre.uk.com">www.lifecentre.uk.com</a>          Freephone: 0808 802 0808          Text: 07717 989 022</p>	<p>Supporting survivors of rape and sexual abuse.</p> <p>We are a UK based charity that supports survivors of rape and sexual abuse of all ages and genders. We offer a national helpline and a counselling team based in Sussex, England.</p>
<p><b>Live Well NHS</b></p> <p>Website: <a href="http://www.nhs.uk/live-well">http://www.nhs.uk/live-well</a></p>	<p>Free and confidential support of a non-medical nature who can help with:- Healthy living, quitting smoking, physical and mental wellbeing, independent living, mobility and equipment, home adaptations, safety and security, looking after someone, social inclusion, getting out and about, money worries.</p>
<p><b>Mental Health Foundation</b></p> <p>Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a></p>	<p>Provides information and support for anyone with mental health problems or learning disabilities.</p>

<p><b>Mental Health Foundation</b></p> <p>Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a></p>	<p>Prevention is at the heart of what we do. Our vision is good mental health for all. Our mission is to help people understand, protect and sustain their mental health.</p> <p><u>Our approach</u> We take a public mental health approach to prevention, finding solutions for individuals, those at risk and for society, in order to improve everyone's mental wellbeing.</p> <p><u>The practical things we do</u></p> <ul style="list-style-type: none"> <li>• Community and peer programmes; we test and evaluate the best approaches to improving mental health in communities and then roll them out as widely as possible.</li> <li>• Research; we publish studies and reports on what protects mental health and the causes of poor mental health and how to tackle them.</li> <li>• Public engagement; we give advice to millions of people on mental health. We are most well known for running Mental Health Awareness Week across the UK each year.</li> <li>• Advocacy; we propose solutions and campaign for change to address the underlying causes of poor mental health.</li> </ul> <p><u>What we don't do</u></p> <ul style="list-style-type: none"> <li>• We are not an academic think tank or research institute. We generate and apply evidence in real world settings.</li> <li>• We are not a mental health service provider for when people are unwell.</li> <li>• We don't only focus on individual actions and steps - we look at both the personal and societal changes that can improve and protect everyone's mental health.</li> </ul>
<p><b>Mind</b></p> <p>Tel: 0300 123 3393 Opening hours: Monday to Friday, 9am to 6pm) Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a> Website: <a href="http://www.mind.org.uk/information-support/helplines">www.mind.org.uk/information-support/helplines</a></p>	<p>Promotes the views and needs of people with mental health problems. National Mind provide a great list of resources and places to go when you are in need. They also give the right advice for those in crisis on their website link below.</p>

<p><b>NAPAC</b></p> <p>Website: <a href="http://www.napac.org.uk">www.napac.org.uk</a>  Support line: 0808 801 0331  Email: <a href="mailto:support@napac.org.uk">support@napac.org.uk</a></p>	<p>NAPAC (the National Association for People Abused in Childhood) offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect.</p>
<p><b>No Panic</b></p> <p>Tel: 0844 967 4848  Opening Hours: 10am to 10pm  Website: <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a></p>	<p>Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.</p>
<p><b>OCD UK</b></p> <p>Tel: 0845 120 3778  Opening Hours: Monday to Friday, 9am to 5pm  Website: <a href="http://www.ocduk.org">www.ocduk.org</a></p>	<p>A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.</p>
<p><b>OCD Action</b></p> <p>Tel: 0845 390 6232  Opening Hours: Monday to Friday, 9.30am to 5pm  Website: <a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a></p>	<p>Support for people with OCD. Includes information on treatment and online resources.</p>
<p><b>Pandas Foundation UK</b></p> <p>Website: <a href="http://www.pandasfoundation.org.uk">www.pandasfoundation.org.uk</a></p> <p>PANDAS Helpline: 0808 1961 776</p> <p>Email: <a href="mailto:info@pandasfoundation.org.uk">info@pandasfoundation.org.uk</a></p>	<p>The PANDAS Foundation is here to help support and advise any parent who is experiencing a perinatal mental illness. We are also here to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering.</p> <p>Our FREE helpline is open everyday between 9am-8pm. The PANDAS Helpline is manned by a team of trained volunteers who will be happy to chat to you and direct you to the right support for you.</p>

<p><b>PTSD999</b></p> <p><b>Website: <a href="http://www.ptsd999.org.uk">www.ptsd999.org.uk</a></b></p>	<p>We are the only organisation in the UK that supports all members of the emergency services, both serving and retired, voluntary, family and friends. PTSD999 is completely independent and funded by private donations, sales through the shop and service or products that we deliver.</p> <p>PTSD999 is unique in the way it provides support; the majority of its trustees, administrators and most importantly doctors and counselling staff have served in the Emergency Services and/or Military and suffered PTSD, or have close ties with someone who has. This enables us to understand exactly the unique un-written bond that ties us all together.</p> <p>We are also the only organisation in the UK that provides Trauma Response Awareness Training, that includes simple, complex and vicarious, Psychological Health and Safety, assessment and treatment of PTSD.</p>
<p><b>PTSD Resolution</b></p> <p><b>Website: <a href="http://www.ptsdresolution.org">www.ptsdresolution.org</a></b>  <b>Tel: 0300 302 0551</b></p>	<p>PTSD Resolution enables veterans with limited resources to have rapid, effective and local help.</p>
<p><b>PTSD Support</b></p> <p><b>Website: <a href="http://www.ptsduk.org">www.ptsduk.org</a></b></p>	<p>PTSD UK is the only charity in the UK dedicated to raising awareness of post-traumatic stress disorder – no matter the trauma that caused it.</p> <p>Our mission is to provide support and information for anyone experiencing PTSD. We campaign to improve services, raise awareness and promote understanding of the condition and treatments available.</p> <p>While striving towards this mission, we undertake a variety of activities:</p> <p>We reach out to high-risk communities to ensure that people are aware that they are at risk (or that they work in an environment where they will come into contact with high risk individuals) so should be aware of the symptoms to look out for, and the treatment options available.</p> <p>We support those with the condition (and those around them) to lead to successful treatments through knowledge and providing the correct tools</p>



	Where possible, we influence organizations, policies and guidelines relating to the care and awareness of those with PTSD, ensuring that we're all driving towards the same goal – a world where PTSD is recognized, and effectively treated in as short a timescale as possible.
<b>Rethink Mental Illness</b>  <b>Tel: 0300 5000 927</b> <b>Opening Hours: Monday to Friday, 9.30am to 4pm</b> <b>Website: <a href="http://www.rethink.org">www.rethink.org</a></b>	Support and advice for people living with mental illness.
<b>RoadPeace</b>  <b>Website: <a href="http://www.roadpeace.org">www.roadpeace.org</a></b> <b>Tel: 08454500355</b> <b>Email: <a href="mailto:info@roadpeace.org">info@roadpeace.org</a></b>	RoadPeace is here to support you if you have been bereaved or injured because of a crash.
<b>SANE</b>  <b>Open every day of the year from 4.30pm to 10.30pm on 0300 304 7000.</b>	<p>SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. We are open every day of the year from 4.30pm to 10.30pm on 0300 304 7000.</p> <p>Our helpline is here to support you when you feel you have reached a moment of crisis. We know that moment of crisis is different for everybody – some people can reach that point daily, and for some people it is a rare occurrence.</p> <p>Our helpline volunteers are empathic and non-judgemental, providing a space and time for you to talk about your mental health, or the mental health of someone close to you.</p>
<b>The Survivors Trust</b>  <b>Helpline: 0808 801 0818</b>	The Survivors Trust is the largest umbrella agency for specialist rape and sexual abuse services in the UK and has been providing infrastructure support to our members for the past 15 years. We have 124 member agencies based in the UK and Ireland providing information, advice, support and therapy to over 80,000 individual survivors each year. Our services work

<p><b>Website:</b> <a href="http://www.thesurvivorstrust.org">www.thesurvivorstrust.org</a></p>	<p>with victims and survivors of all ages, all genders, of all forms of sexual violence, sexual abuse and sexual exploitation, including support for partners and family members.</p>
<p><b>The Blurt Foundation</b></p> <p><b>Website:</b> <a href="http://www.blurtitout.org">www.blurtitout.org</a></p>	<p>We are a social enterprise dedicated to helping those affected by depression. We really understand how devastating depression can be. Jobs come to an end, relationships break down and lives can be lost, all through the effect of depression. That's why the work we do here at Blurt is so important – it not only changes lives, but saves them.</p> <p>The Blurt website includes resources and details of support services, as well as Blurt's "Mental Health Tool Kit". The contents of our Toolkit will vary from person to person, but will broadly focus on areas like our physical health, relationships, mindset and self-care.</p> <p>Used regularly, our Mental Health Toolkit can help us manage our condition, reduce the severity of our symptoms, and boost our overall well-being. We strongly believe that everyone – no matter where they sit on the mental wellness scale – can benefit from putting one together.</p>
<p><b>The Samaritans</b></p> <p><b>Tel:</b> 01245 357357 / 08457 909090</p> <p><b>Website:</b> <a href="http://www.samaritans.org">www.samaritans.org</a></p>	<p>The Samaritans offer a listening service to those going through a personal crisis and wanting to talk about their despair or suicidal feelings. There is someone to talk to 24 hours a day. Calls made to the national helpline are charged at local call rates from anywhere in the country.</p>
<p><b>The Silver Line</b></p> <p><b>Tel:</b> 0800 470 8090</p> <p><b>Website:</b> <a href="http://www.thesilverline.org.uk">www.thesilverline.org.uk</a></p>	<p>The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year.</p>
<p><b>Together With Baby</b></p> <p><b>Email:</b> <a href="mailto:epunft.pimhs.eput@nhs.net">epunft.pimhs.eput@nhs.net</a></p> <p><b>Tel:</b> 01621 866900</p>	<p>Together with Baby is a service designed to bring parents and their babies together.</p> <p>We focus on the very special relationship between parents and infants that develops in the first 1001 days of life, from conception to age two.</p> <p>Becoming and being a parent can be a time of great change and often a source of happiness and joy. But sometimes it can be unexpectedly difficult, and for a variety of reasons.</p>

	<ul style="list-style-type: none"> <li>• are you finding things with your young baby more difficult than you expected?</li> <li>• are you concerned you have not formed a bond with your baby in the way you had hoped ?</li> <li>• has becoming a new parent stirred up some unexpected difficult feelings?</li> </ul> <p>Our Parent Infant Therapists can meet with in your home or at a local children’s centre. We’ll work with you to better understand your baby’s communications and strengthen your relationship.</p> <p>These meetings will offer a safe and non-judgemental space to understand further the difficulties you and your baby are facing.</p>
<p><b>UK Psychological Trauma Society</b></p> <p><b>Website: <a href="http://www.ukpts.org">www.ukpts.org</a></b></p>	<p>The UKPTS is a not-for-profit membership organisation which exists to promote evidence-based, trauma-informed approaches to public policy and treatment.</p> <p>Our aims are:</p> <ul style="list-style-type: none"> <li>- To provide a forum for multi-disciplinary professionals working in the field of psychotrauma to share ideas and knowledge relevant to their work in the field</li> <li>- To provide considered, and evidence based, comment on psychological trauma on behalf of the membership in order to aid those who might be affected by traumatic events</li> <li>- To provide a forum for health professionals that lead clinical traumatic stress services to meet and share best practice and informal peer supervision (this forum is called the UK Trauma Group; it is now a subgroup of the UKPTS)</li> <li>- To provide members with access to quality, affordable CPD events that will support the continuing development of best practice in the field of psych traumatology</li> <li>- To promote practice, guidance and policy which has as its aim the alleviation of suffering as a result of psychological trauma through dissemination of evidence based prevention, early detection and treatment</li> <li>- To maintain a close relationship with the European Society for Traumatic Stress Studies and other organisations with an interest in traumatic stress</li> </ul>
<p><b>Virtual support for Males</b></p>	<p>Man Up? – <a href="http://www.manup.how">www.manup.how</a></p> <p>Guy Cry Club – <a href="http://www.guycryclub.com">www.guycryclub.com</a></p> <p>These are ways of virtual support and have proven very benefit to the male population.</p>

# Parental Routine/Boundaries Countywide Services

## ACL Essex – Community and Family Learning

Website: [www.aclessex.com/community-family-learning-online/](http://www.aclessex.com/community-family-learning-online/)

Support your family - group based learning opportunities, with trained, qualified teachers.

- Wellbeing
- Understanding English & Maths
- Parenting
- ESOL
- Early Years
- SEND
- Specialist workshops
- Qualifications and Employment

## Bounce Forward

Website: [www.bounceforward.com](http://www.bounceforward.com)

Online Resilience Course for Parents - The coronavirus lockdown has caused millions of children to be home for an indefinite amount of time, not to mention the connotations of a 'lockdown period.' Children and teenagers can find this difficult for a whole host of reasons – leaving them feeling stressed, overwhelmed, or exhausted.

Helping Children Thrive at Home - There is an immediate need to preserve childrens' wellbeing and build resilience at this point in history, where it is genuinely needed. To support this need, Bounce Forward has scheduled a series of sessions to help parents with children aged 9 years and above coping with uncertainty to thrive. Each hour-long session will be hosted by Lucy Bailey – Chief Executive Officer & Co-founder of Bounce Forward with the content based on the science of resilience.

The sessions provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour. Parents will learn how to build vital skills to help their children be more resilient during this uncertain time.

	<p>Session Topics</p> <p>Session 1: Introduction to resilient parenting</p> <p>Session 2: Optimism during uncertainty</p> <p>Session 3: Developing the mental muscle</p> <p>Session 4: Compassionate communication</p> <p>Session 5: Mindsets and energy</p> <p>Session 6: Parenting to strengths</p>
<p><b>Childcare Family Information Service</b></p> <p><b>Website:</b> <a href="http://www.essex.gov.uk/fis">www.essex.gov.uk/fis</a></p>	<p>Find a childcare provider in Essex</p>
<p><b>Community 360</b></p> <p><b>Tel:</b> 01206 505250</p> <p><b>Email:</b> <a href="mailto:families@community360.org.uk">families@community360.org.uk</a></p> <p><b>Website:</b> <a href="http://www.community360.org.uk/efss/">www.community360.org.uk/efss/</a></p>	<p>Community360 are working in partnership and collaboration with other Voluntary and Community Sector organisations across Essex to deliver this Service as part of the wider Essex Child and Family Wellbeing Service.</p> <p>Essex Family Support Service: The service will provide support to families Essex wide (excluding Southend and Thurrock) which include school-aged children and young people aged 8 – 19 years. This will include families who are not already receiving support from specialist and statutory services (for families with children under 8 years, support will be provided by other Voluntary organisations)</p> <p>The aim of this service is to support families to work towards the following outcomes:</p> <ul style="list-style-type: none"> <li>• Emotionally healthy, happy and resilient- supporting families to develop and retain positive relationships</li> <li>• Behaviour choices that promote safety and wellbeing – including reduction in participation of risky behaviours</li> <li>• Socially connected, resilient and resourceful families- supporting people to connect with peers and communities</li> <li>• Healthy inter-parental/guardian and family relationships- effective communication and conflict resolution</li> </ul> <p>The Essex Family Support Service uses a strengths based approach when working with families to support them to improve their overall wellbeing and resilience. By capitalising on</p>

existing family assets and also exploring other professional & community sources of support we are able to:

- Support families & young people to make safe choices that promote positive wellbeing
- Support families & young people to develop and retain positive relationships
- Support families & young people to link in with their peers/communities

Areas we can offer support on include:

- Signposting to a wide range of services that fit the needs of the family. Such as wellbeing support, volunteering or training opportunities
- Supporting family members to build their confidence and enable them to actively participate in meaningful activities within their community
- Accessing volunteer family mentoring for up to 10 weeks

Access to the service will be via a single point of access. For those wishing to make a referral on behalf of a family please contact us for a referral form by emailing [families@community360.org.uk](mailto:families@community360.org.uk)

Families are also able to self-refer by contacting us on: 01206 505 250, by emailing us at [families@community360.org.uk](mailto:families@community360.org.uk)

- We also, offer a wide range of community work such as Local walks, Drop in sessions, Building on that Bond training sessions, plus much more! If you would like to find out more information on any of the above please send all enquires to [families@community360.org.uk](mailto:families@community360.org.uk) and a member the team will be happy to assist.

**Enjoy Your Baby**

**Website:** <https://littf.com/home/enjoy-series/enjoy-your-baby-2>

Core Course (Free to Access)

Why do I feel like I do? – Find out key information about what makes you tick.

Making positive changes – Plan activities that make you feel happier.

Building closeness to your baby – Some tried and trusted methods to build important bonds.

Looking at things differently – Learn how to change negative or stressful thinking.

<p><b>Enjoy Your Infant</b></p> <p><b>Website:</b> <a href="https://littf.com/home/enjoy-series/enjoy-your-infant-2/">https://littf.com/home/enjoy-series/enjoy-your-infant-2/</a></p>	<p>Core Course (Free to Access)</p> <p>Session 1: Understanding Feelings Reflect on your relationship with your infant and start to understand their feelings</p> <p>Session 2: Understanding and responding to your infant Make sense of why your child reacts the way they do and think about our response.</p> <p>Session 3: Becoming an expert builder Build on your relationship by looking at the helpful and unhelpful things we do.</p> <p>Session 4: Building through play Understand how you both lead play sessions and ways you can build your understanding and skills</p>
<p><b>Essex Child and Family Wellbeing Service</b></p> <p><b>Website:</b> <a href="http://www.essexfamilywellbeing.co.uk">www.essexfamilywellbeing.co.uk</a></p>	<p>Essex Child and Family Wellbeing Service brings together a range of children’s community services. It’s provided by Virgin Care in partnership with Barnardo’s on behalf of Essex County Council, West Essex CCG and the NHS.</p> <p>The Healthy Family Service is made up of a collection of different professionals, including Health Visitors, School Nurses, and Healthy Family Support Practitioners. We support children and families in Essex with parenting and their health and wellbeing.</p> <p>We’re able to see children and families in the community, your own home or at school.</p> <p>We work with Families who feel they would benefit from support with Parenting.</p> <p>After discussing your concerns with you, we may offer; Family Support - One to one support in the family home, targeted parenting programmes and workshops, evidence-based parenting interventions, or a referral to another service we work alongside.</p>
<p><b>Home-Start Essex</b></p> <p><b>Address:</b> Unit 16d Reeds Farm Estate, Roxwell Road, Chelmsford, Essex, CM1 3ST</p> <p><b>Tel:</b> 01245 847410</p>	<p>Home-Start Essex is a leading family support charity working across Essex to build the confidence and skills of parents/carers to achieve healthy and positive outcomes for children.</p> <p>Our work comprises a long established volunteer home visiting service, offering emotional and practical help to families experiencing difficulties, alongside a range of family groups, well-being programmes, courses and events.</p>



<p><b>Email:</b> <a href="mailto:info@home-startessex.org.uk">info@home-startessex.org.uk</a>  <b>Website:</b> <a href="http://www.home-start.org.uk">www.home-start.org.uk</a></p>	<p>Family Groups: We are delivering weekly family groups via online sessions and in some areas, in outdoor spaces, such as a parks.</p> <p>Volunteer Face to face support: Where appropriate volunteers can meet with a family on a weekly basis in an outdoor space. We can also combine this with telephone support if the weather conditions make it difficult to meet outside. We are following all Government C19 guidelines for all face to face support.</p> <p>Telephone Befriender: Our professionally trained volunteers offer weekly phone or video calls providing friendship, guidance and a listening ear and to help a family through a difficult time.</p> <p>School Readiness: Volunteers provide an 8 week school readiness course via phone or zoom. Activity packs are provided to families together with online guidance and resources.</p> <p>Wellbeing: Online groups are continuing for parents to maintain their wellbeing, physical and mental health, throughout Essex, alongside our Fitness and Fun and Walk &amp; Talk programmes.</p>
<p><b>InterAct</b></p> <p><b>Tel:</b> 01245 608201  <b>Fax:</b> 01245 608310  <b>Email:</b> <a href="mailto:training@interact.org.uk">training@interact.org.uk</a>  <b>Website:</b> <a href="http://www.interact.org.uk">www.interact.org.uk</a>  <b>Address:</b> Moulsham Mill, Parkway,  Chelmsford, Essex. CM2 7PX</p>	<p>InterAct enables disadvantaged people and groups to improve their lives and communities. Providing training, resources, experience and support to those with mental health issues and learning difficulties.</p> <p>We are committed to providing social inclusion opportunities, and provide a range of services which 'help others to help themselves'.</p> <p>Based at Moulsham Mill in Chelmsford, InterAct reaches out to cover the entire county of Essex.</p>
<p><b>National Association of Child Contact Centres</b></p> <p><b>Website:</b> <a href="http://www.naccc.org.uk/">www.naccc.org.uk/</a></p>	<p>More than a million children have no contact whatsoever with one or other parent after separation. Unfortunately some children experience behavioral issues including antisocial behaviour, distress, unhappiness, and both physical and emotional problems. The NACCC is the only charity in the UK dedicated to solving this problem, by providing safe spaces where children can meet the parents they don't live with. We oversee around 350 contact centres across the UK, run by a network of nearly 4000 volunteers.</p>
<p><b>Online Course – Enjoy Your Bump</b></p>	<p>Core Course (Free to Access)</p>



<p><b>Website:</b> <a href="https://littf.com/home/enjoy-series/enjoy-your-bump-2/">https://littf.com/home/enjoy-series/enjoy-your-bump-2/</a></p>	<p>Session 1: Expectations, Should's and Ought's – Work out where you are on your parent journey, your expectations, should and oughts</p> <p>Session 2: Understanding your feelings – Start to understand your feelings and find out that however confused we sometimes feel, we're not alone!</p> <p>Session 3: The Vicious Cycle – Work out why you feel as you so and discover the thoughts behind our feelings and what you need to do to feel better</p> <p>Session 4: Bonding with your baby – Wherever you go, your baby goes, so why not start the conversation with them now</p> <p>Session 5: Planning for the arrival – Create a new birth plan to give you a sense of control throughout the birth and afterwards</p>
<p><b>Parent Zone</b></p> <p><b>Website:</b> <a href="http://www.parentzone.org.uk">www.parentzone.org.uk</a></p>	<p>Parent Zone are the experts in digital family life. We provide support and information to parents, children and schools, working globally to help families to navigate the internet safely and confidently. We work with parents, schools, governments and businesses to study, understand and address the impact of emerging technologies on young people.</p>
<p><b>Pause</b></p> <p><b>Website:</b> <a href="http://www.pause.org.uk">www.pause.org.uk</a>  <b>Email:</b> <a href="mailto:info@pause.org.uk">info@pause.org.uk</a>  <b>Tel:</b> 020 3011 1949</p>	<p>Pause works with women who have experienced, or are at risk of, repeated pregnancies that result in children needing to be removed from their care. Through our intense, relationship-based programme, we aim to give women the chance to pause and take control of their lives.</p> <p>Pause seeks to work with women in a way which addresses everybody in their lives – fathers of their children, partners, family members and friends – as well as professionals such a social service, housing, the NHS and the justice system. Partnership underpins our work, with the women, with local areas and with policy-makers and service providers.</p>
<p><b>Essex Peer to Parent Network</b></p> <p><a href="http://www.essexp2p.org.uk">www.essexp2p.org.uk</a></p> <p>email <a href="mailto:essexp2p@parents1st.org.uk">essexp2p@parents1st.org.uk</a></p>	<p>The Essex Peer to Parent Network has been created in response to a request from parents for more peer support during pregnancy, birth and beyond. We work to strengthen emotional wellbeing during this important time through easier access to quality peer support.</p>

**Emotional highs and lows during pregnancy or after becoming a parent are natural and normal.**

Parents may feel unsupported or isolated from friends and family, have feelings of loneliness, anxiety, other worries, or just feel like they would benefit from someone reliable and trustworthy by their side.

Peer support is about building trusting parent - to - parent relationships. A good peer supporter is someone who listens to any worries, big or small, shares reliable information, and helps parents emotionally and practically prepare for birth and adjust to parenthood. A peer supporter is someone informal, who is not a professional, but different to family or friends.

**How the Essex Peer to Parent Network can help pre and after birth.**

Organisations offering peer support during pregnancy, birth or the first-year post birth are invited to join the network so that parents can find out what's going on where more easily, whether one -to-one, groups or informal activities.

Peer Support Link Workers can respond to individual requests for peer support (from parents or professionals)and help expectant and post birth parents to navigate local activities, groups, and services.

The network will also offer learning events to help build knowledge, skills, opportunities to offer peer support, and strengthen the quality of peer support on offer. Most importantly, we want to share the experiences of mums, pregnant people, dads, and partners across the whole of Essex.

By working alongside each other we can help make pregnancy, birth, and parenthood the best experience it can be for families across Essex.

**Special Guardianship Support Services**

**Tel: 03330 139860**

**Email: [sgo.support@essex.gov.uk](mailto:sgo.support@essex.gov.uk)**

We are here for special guardianship families who may need specialist support on issues they may face whilst their child is growing up. Every family has a few problems along the way and special guardianship families do as well.

To find out whether our service is the right one for you we will do an assessment. There is no automatic entitlement to services but together we will explore what is available to meet your needs. This may be either through us or another service/agency.

<p><b>Address: Essex County Council, SGO Support Team, PO Box 11, County Hall, Chelmsford, Essex. CM1 1QH</b></p>	
<p><b>Talk Listen Cuddle</b></p> <p><b>Website: <a href="http://www.tlc-essex.info/">www.tlc-essex.info/</a></b></p>	<p>Talk listen and cuddle are the three ingredients needed to ensure young children get the best start in life.</p> <p>TLC is an Essex campaign that looks to help parents, carers and families of young children support their children's communication development and learn how to help their children gain the best start to life through playful learning at home.</p> <p>This site will regularly post a range of ideas, top tips and games to support children's language, physical and emotional development. Its aim is to ensure children start school ready to explore, learn and make friends.</p>
<p><b>Together With Baby</b></p> <p><b>Email: <a href="mailto:epunft.pimhs.eput@nhs.net">epunft.pimhs.eput@nhs.net</a></b> <b>Tel: 01621 866900</b></p>	<p>Together with Baby is a service designed to bring parents and their babies together.</p> <p>We focus on the very special relationship between parents and infants that develops in the first 1001 days of life, from conception to age two.</p> <p>Becoming and being a parent can be a time of great change and often a source of happiness and joy. But sometimes it can be unexpectedly difficult, and for a variety of reasons.</p> <ul style="list-style-type: none"> <li>• are you finding things with your young baby more difficult than you expected?</li> <li>• are you concerned you have not formed a bond with your baby in the way you had hoped ?</li> <li>• has becoming a new parent stirred up some unexpected difficult feelings?</li> </ul> <p>Our Parent Infant Therapists can meet with in your home or at a local children's centre. We'll work with you to better understand your baby's communications and strengthen your relationship.</p> <p>These meetings will offer a safe and non-judgemental space to understand further the difficulties you and your baby are facing.</p>
<p><b>Healthier Together - a community initiative</b></p>	<p>The Healthier Together programme relies upon patients and healthcare professionals working together to improve how local healthcare is delivered. The website provides advice for parents, young people and pregnant women, and clinical resources to support healthcare professionals</p>

**Website: [hwehealthiertogether.nhs.uk](https://hwehealthiertogether.nhs.uk)**

– which means that your child is likely to receive consistently high-quality care, irrespective of which healthcare professional they see.

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# Safeguarding Countywide Services

## Children & Families Hub

Request for support to be completed online – Family Solutions and Children’s Social Care

[Report a concern about a child - Essex County Council](#)

Consultation line – 0345 603 7627

## Essex Safeguarding Children Board (ESCB)

Tel: 03330 138936

Email: [escb@essex.gov.uk](mailto:escb@essex.gov.uk)

Website: [www.escb.co.uk](http://www.escb.co.uk)

Address: Room C228, County Hall,  
Chelmsford CM1 1QH

The Essex Safeguarding Children Board is a statutory body which acts as a mechanism for agreeing how relevant organisations within Essex co-operate to safeguard and promote the welfare of children and young people. The Board will also ensure the effectiveness of work undertaken by the partners in this area.

[Find out more about the ESCB](#)

## Local Authority Designated Officer (LADO)

Tel: 03330 139797

Email:  
[childrens.safeguarding@essex.gov.uk](mailto:childrens.safeguarding@essex.gov.uk)

The role of the Local Authority Designated Officer is to:

- Act as the initial point of contact for organisations when an allegation, complaint of concern arises about an adult working with children;
- Be involved in the management and oversight of individual cases;
- Provide advice and guidance to employers and voluntary organisations;
- Liaise with the police and other agencies;
- Monitor the progress of cases to ensure that they are dealt with as quickly as possible consistent with a thorough and fair process;
- Report to the Local Safeguarding Children Board and DE at regular intervals on the management of allegations.

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# Exploitation (including online safety) Countywide Services

<p><b>Barnardos</b></p> <p>Website: <a href="http://www.barnardos.org.uk/what_we_do/our_work/sexual_exploitation/about-cse/cse-our-work.htm">www.barnardos.org.uk/what_we_do/our_work/sexual_exploitation/about-cse/cse-our-work.htm</a></p>	<p>Signs to look out for. CSE parental awareness video. Parents guide for download. Counselling/support</p>
<p><b>Brook</b></p> <p>Website: <a href="http://www.brook.org.uk">www.brook.org.uk</a></p>	<p>Help and Advice around a number of topics – contraception, STI's, pregnancy, sex, gender, sexuality, your body, abuse, relationships, wellbeing &amp; staying safe online.</p>
<p><b>Canvey Island Yellow Door</b></p> <p>Website: <a href="http://www.canveyislandyouthproject.org.uk/">www.canveyislandyouthproject.org.uk/</a></p>	<p>We provide free counselling to anyone aged 11-25 for any issue. You can refer them, or they can self-refer. Just give us a call on 01268 514792. All we need is their full name, contact number, age, reason for referral, and days/times available. On Tuesday mornings from 10am-1pm we have a drop-in for parents of young people aged 11-25, or for young parents aged 25 and under. They can just stop by and have someone to talk to.</p>
<p><b>CARE - The Childrens Society</b></p> <p>Telephone: 01245 493311 Email: <a href="mailto:CSE.referrals@childrenssociety.org.uk">CSE.referrals@childrenssociety.org.uk</a> Website: <a href="http://www.childrenssocietYEAST.org.uk">www.childrenssocietYEAST.org.uk</a></p>	<p>The CARE team provides specialist support to children and young people aged 8-24 years who are victims, or at risk of Child Sexual Exploitation (CSE) across Essex. Methods of service delivery include:</p> <ul style="list-style-type: none"> <li>• One to one intensive support - Individual therapeutic work with children and young people to provide support and understanding to ensure they receive a needs led service, helping them to move forward, increase their emotional wellbeing and keep them safe.</li> <li>• Targeted group work sessions- Young people identified to be at risk of child sexual exploitation will have access to our 8 week targeted therapeutic group work provision.</li> </ul>

	<ul style="list-style-type: none"> <li>• Positive activities - A positive activities programme led by young people will develop social skills and confidence.</li> <li>• Parenting support - Advice and guidance for parents and carers, enabling them to provide safe environments within the family context. We also provide signposting and can work with transitioning families into additional support where required.</li> </ul>
<p><b>Barnardos - DICE Parenting Support Programme</b></p> <p><a href="http://www.barnardos-parenting.org.uk/dice_programme">www.barnardos-parenting.org.uk/dice_programme</a>  <b>01274 513300</b>  <a href="mailto:admin.listerhills@barnardos.org.uk">admin.listerhills@barnardos.org.uk</a></p>	<p>The Dice programme is a four-week early help parenting support programme offering an understanding of the risks young people face in modern society.</p> <p>The four sessions cover:</p> <ul style="list-style-type: none"> <li>• Introductions and thinking of life as a teenager</li> <li>• The exploitation of children and young people</li> <li>• Digital dangers</li> <li>• Parenting top tips</li> </ul> <p>What can I get from DICE?</p> <ul style="list-style-type: none"> <li>• Increased knowledge of the teenage brain &amp; risks in modern society</li> <li>• Provide the opportunity to meet other parents and create a support network</li> <li>• Direct you to relevant resources, locally and nationally</li> <li>• Develop a practical toolkit to support your child</li> <li>• Know how to support your child</li> <li>• Know how to support your child to stay safe on line</li> <li>• Develop a confident parenting style</li> </ul>
<p><b>Catch 22</b></p> <p>Website: <a href="http://www.catch-22.org.uk/offers/missing-and-cse/">www.catch-22.org.uk/offers/missing-and-cse/</a></p>	<p>Therapeutic sessions</p>

<p><b>Centre for Action on Rape &amp; Abuse (CARA)</b></p> <p>Website: <a href="http://www.caraessex.org.uk">www.caraessex.org.uk</a></p>	<p>One to one sessions for parents and carers of children who have been sexually abused; referrals for children 12 and under - parents and professionals</p>
<p><b>CEOP</b></p> <p>Website: <a href="http://www.ceop.police.uk/safety-centre">www.ceop.police.uk/safety-centre</a></p>	<p>Details on reporting online abuse of children and other resources such as the 'online safety at home activity pack' which professionals can share with parents/carers.</p>
<p><b>Childline</b></p> <p>Website: <a href="http://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online">www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online</a></p>	<p>Safety advice for children of all ages about online grooming.</p>
<p><b>Childline – Online and Mobile Safety</b></p> <p>Website: <a href="http://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety">www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety</a></p>	<p>Having a mobile phone and going online is great for lots of reasons. But it's important to be aware of the dangers too. Learn how to stay safe online.</p>
<p><b>Childnet</b></p> <p>Website: <a href="http://www.childnet.com">www.childnet.com</a></p>	<p>Welcome to Childnet International, a non-profit organisation working with others to help make the internet a great and safe place for children.</p>



<p><b>CSE Risk Assessment &amp; Information Reporting</b></p> <p>Email:  <a href="mailto:oc.triage.team.essex@essex.pnn.police.uk">oc.triage.team.essex@essex.pnn.police.uk</a></p> <p>CSE Hotline Tel: 01245 452058</p>	<p>This document is for all professionals who work with children and young people who are at risk of or being sexually exploited.</p> <p><a href="https://www.escb.co.uk/media/2577/set-partnership-child-exploitation-pathway-final-v3.pdf">https://www.escb.co.uk/media/2577/set-partnership-child-exploitation-pathway-final-v3.pdf</a></p>
<p><b>Digizen.org</b></p> <p>Website: <a href="http://www.Digizen.org">www.Digizen.org</a></p>	<p>Internet safety tips, more info on social medias etc.</p>
<p><b>ESCB – Online Safety</b></p> <p>Website:  <a href="http://www.escb.co.uk/parentcarer/online-safety">www.escb.co.uk/parentcarer/online-safety</a></p>	<p>Information for parents/carers to help them understand online safety and general exploitation.</p>
<p><b>ESCB – Operation Henderson</b></p> <p>Website:  <a href="http://www.escb.co.uk/campaigns/operation-henderson">www.escb.co.uk/campaigns/operation-henderson</a></p>	<p>Operation Henderson, is a joint initiative being run by the Essex Safeguarding Children Board, Southend Safeguarding Children Partnership and Thurrock Safeguarding Children Partnership, British Transport Police, Essex Police, the Violence and Vulnerability Unit, The Railway Children, Reach Every Generation, rail operators and local councils. It aims to raise awareness of the vulnerability of young people to exploitation and abuse at stations and transport networks in parts of Essex.</p>
<p><b>Essex Police</b></p> <p>Website:  <a href="http://www.essex.police.uk/advice/child-sexual-exploitation/">www.essex.police.uk/advice/child-sexual-exploitation/</a></p>	<p>Emergency situations. Parent hotline for concerns CE 01245 452058. It is open Monday to Friday between 8am and 4pm and you can leave a voicemail outside of these hours.</p>

<p><b>Fearless.org</b></p> <p>Website: <a href="http://www.Fearless.org">www.Fearless.org</a></p>	<p>Online resources for CSE, gangs, grooming, trafficking - doesn't specifically state it is for parents (is under professionals <a href="https://www.fearless.org/en/professionals/resources/cse">https://www.fearless.org/en/professionals/resources/cse</a>)</p>
<p><b>Get Safe Online</b></p> <p>Website: <a href="http://www.getsafeonline.org">www.getsafeonline.org</a></p>	<p>Get Safe Online is the UK's leading source of unbiased, factual and easy-to-understand information on online safety.</p>
<p><b>Internet Matters</b></p> <p>Website: <a href="http://www.internetmatters.org">www.internetmatters.org</a></p>	<p>Helping parents keep their children safe online. Get expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.</p>
<p><b>Internet Matters.org</b></p> <p>Website: <a href="http://www.InternetMatters.org">www.InternetMatters.org</a></p>	<p>Internet safety. Guides on age ranges of children as to what they may be doing online. Video on 'e-safety' parental controls online</p>
<p><b>Internet Watch Foundation</b></p> <p>Website: <a href="http://www.saferinternet.org.uk/blog/iwf-warning-during-coronavirus-outbreak">www.saferinternet.org.uk/blog/iwf-warning-during-coronavirus-outbreak</a></p>	<p>Details about increased risks of child exploitation due to Covid-19 and advice on safety online.</p>
<p><b>It's Okay Not to be Okay</b></p> <p>Website: <a href="http://www.itsnotokay.co.uk/parents/advice_for_parents_and_carers/">www.itsnotokay.co.uk/parents/advice_for_parents_and_carers/</a></p>	<p>Missing and exploitation advice.</p>
<p><b>Marie Collins Foundation</b></p> <p>Website: <a href="http://www.mariecollinsfoundation.org.uk">www.mariecollinsfoundation.org.uk</a></p>	<p>Marie Collins Foundation was created with the aim of developing an organisation that had the skills and experience to equip agencies and professionals with the knowledge and understanding they need to respond to children who have been abused via the internet and mobile technologies.</p> <p>Our Vision</p>

	<p>All children who suffer sexual abuse via the internet and mobile technologies are enabled to recover and live safe and fulfilling lives</p> <p>Our Aim To ensure that the response to children and their families who have suffered harm via the internet and mobile technologies is based on sound, evidence based practice.</p> <p>Our expertise We do this by using our expertise to:</p> <ul style="list-style-type: none"> <li>• Work in partnership with other agencies, both within the UK and internationally, to raise awareness regarding the abuse of children and young people via the internet and mobile technologies</li> <li>• Offer services to children, young people and their families affected in this way</li> <li>• Provide training for professionals who work with children and young people - social workers, teachers, health professionals, police, NGOs and those working in other related disciplines</li> <li>• Offer consultancy to professionals assisting children and young people in their recovery from harms they have experienced via the new technologies</li> <li>• Influence both national and international governments and stakeholders to better protect children and young people when online and to provide appropriate responses to their recovery needs when harmed</li> <li>• Engage the media in responsible and informed debate regarding the impact of abuse on children and young people when harmed via the internet and mobile technologies</li> </ul>
<p><b>Missing People</b></p> <p>Website: <a href="http://www.missingpeople.org.uk">www.missingpeople.org.uk</a></p>	<p>Call, text or email 116 000. helpline. Request a call. Telephone counselling service; advice if child is missing, return home interviews, posters, publicity to help find them ; help with finances and legal advice</p>
<p><b>Mosac</b></p> <p>Website: <a href="http://www.mosac.org.uk/how-we-help">www.mosac.org.uk/how-we-help</a></p>	<p>Helpline/email service; workshops, training. support groups, advice, advocacy service</p>

<p><b>National Online Safety</b></p> <p>Website: <a href="http://www.nationalonlinesafety.com">www.nationalonlinesafety.com</a></p>	<p>We equip school staff, parents and pupils with the knowledge they need to understand online dangers.</p> <p>Including #wakeupwednesday fact sheets for parents, regarding various online platforms and issues faced by young people using the internet.</p>
<p><b>Net Aware</b></p> <p>Website: <a href="http://www.net-aware.org.uk">www.net-aware.org.uk</a></p>	<p>Internet advice for parents</p>
<p><b>Net Aware (NSPCC)</b></p> <p>Website: <a href="http://www.net-aware.org.uk">www.net-aware.org.uk</a></p>	<p>Explains latest games and apps used by children to parents/carers and tips on keeping children safe online.</p>
<p><b>NSPCC</b></p> <p>Website: <a href="http://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/">www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/</a></p>	<p>Advice for professionals on how to remain in contact with children and families during pressures of Covid-19 and spotting signs of abuse.</p>
<p><b>NSPCC – Online Safety Guide</b></p> <p>Website: <a href="http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/">www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/</a></p>	<p>The internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. But with the digital world changing all the time, how can you make sure your child's staying safe? That's where we come in. Whether you're an online expert or you're not sure where to start, our tools and advice will help you keep your child safe.</p>
<p><b>NWG Network</b></p> <p>Website:  <a href="https://www.nwgnetwork.org/for-parents/">https://www.nwgnetwork.org/for-parents/</a>  <a href="https://www.nwgnetwork.org/discover-visible-signs-sexual-exploitation/">https://www.nwgnetwork.org/discover-visible-signs-sexual-exploitation/</a></p>	<p>CE warning signs (physical, behavioural &amp; psychological); Infograph - how CSE happens, timeline of events; who to contact if child goes missing</p>

<p><b>Lucy Faithfull</b>  <b>Tel: 08081000900</b>  <b>Website: <a href="http://www.lucyfaithfull.org.uk">www.lucyfaithfull.org.uk</a></b></p>	<p>The Lucy Faithfull Foundation is the only UK-wide child protection charity dedicated solely to preventing child sexual abuse. We work closely with frontline workers and professionals such as police officers, social workers and education staff to ensure children are as safe as they can be. We keep children safe in all our work. We work with entire families that have been affected by sexual abuse including: young people with inappropriate sexual behaviours; adult male and female sexual abusers; victims of abuse and other family members. Drawing on our expert knowledge, we offer a broad range of services for professionals and members of the public and we run the confidential Stop It Now! helpline.</p>
<p><b>On the Ropes (Part of Invisible Lives)</b>   <b>Email: <a href="mailto:Invisible.lives@barnardos.org.uk">Invisible.lives@barnardos.org.uk</a></b></p>	<p>On the Ropes is a new eight week course the service has devised aimed at vulnerable young people aged 11-15 who are displaying risky behaviours and need some awareness raising.</p> <p>The course covers various topics such as; Criminal and Sexual Exploitation, effects of energy drinks and legal highs, dealing with anger, social media awareness, consequences of having a criminal record, knife crime, drugs and others.</p> <p>We have three other professionals who come in and speak to the students; Tommy Jacobs who was in prison himself and now a professional boxer; he tells them his story and how it has affected him, Mick Carter from MCLA who talks to them about Prison life and consequences of getting in trouble and the Police have attended one of the courses to answer questions that the students have and also talk to them about how these behaviours and the law.</p> <p>We have currently run two courses in the Chelmsford area which had great outcomes for both the students who attended and for Invisible Lives – they have generated further funding for the course to be delivered in more schools in other areas such as Braintree. We are nearly at the end of our 3rd course which has also gone really well and the students seem to be really enjoying it. We have one further course currently booked in and will be booking more in in due course in the Tendring area.</p> <p>If anyone would like further information regarding On the Ropes then please contact Invisible Lives.</p>
<p><b>Open Door</b>   Website: <a href="http://www.opendoorthurrock.org">www.opendoorthurrock.org</a>  Tel: 01375 390040</p>	<p>Open Door has been commissioned by Essex County Council Family Innovation Fund to provide: Coaching (14yrs+) and Mentoring (8yrs+) as an early intervention with the purpose of improving outcomes by reducing and/or preventing:</p> <ul style="list-style-type: none"> <li>• Negative behaviour</li> </ul>

<p>Email: <a href="mailto:Fifxtra@opendoorservices.org">Fifxtra@opendoorservices.org</a></p>	<ul style="list-style-type: none"> <li>• Risky behaviour</li> <li>• Aggressive behaviour</li> <li>• The breakdown of relationships</li> <li>• Social isolation</li> </ul>
<p><b>PACE (Parents Against Sexual Exploitation)</b></p> <p><b>Website: <a href="http://www.paceuk.info">www.paceuk.info</a></b></p>	<p>1:1 telephone advice; Parent Network Days (country wide); Information and advice centre - website; PACE secure online forum, training about CE. Advice and support, facilitating meetings with other parents. Befriending</p>
<p><b>Parents Protect Website</b></p> <p><b>Website: <a href="http://www.parentsprotect.co.uk">www.parentsprotect.co.uk</a></b></p>	<p>Create a family safety plan i.e. take precautions with people who are around your children, set boundaries etc., what to do if your child tells you about abuse; harmful behaviour in young people and children. Contacts given such as police, social care. Stop it now helpline</p>
<p><b>Runaway Helpline</b></p> <p><b>Call or Text: 116000</b></p> <p><b>Website: <a href="http://www.runawayhelpline.org.uk/">www.runawayhelpline.org.uk/</a></b></p>	<p>Whatever you tell us at Runaway Helpline we'll listen and offer support. Not judge or tell you what to do. It's your call.</p> <p>Runaway Helpline is here if you are thinking about running away, if you have already run away, or if you have been away and come back. You can also contact us if you are worried that someone else is going to run away or if they are being treated badly or abused.</p> <p>Runaway Helpline has been supporting young people for many years and is run by the UK charity Missing People. Our staff and volunteers are trained professionals who want to help you through anything you are finding tough. Watch the video below to meet a few of the team.</p>
<p><b>Safe in Essex (The Children's Society)</b></p> <p><b>Website:</b>  <a href="https://www.childrenssociety.org.uk/">https://www.childrenssociety.org.uk/</a>  <a href="http://www.childrenssociety.org.uk/information/young-people/east">www.childrenssociety.org.uk/information/young-people/east</a></p> <p><b>Tel: 01245 348707 / 07908 829550</b>  <b>Group Work Tel: 01245 493311</b></p>	<p>Safe in Essex is a project delivered by the Children's Society East that works at an early intervention level to provide information and support to young people aged 8-19 years old who are identified as at risk of, or already engaging in, low-level risky behaviour. The main delivery of support is through structured group work which is an intervention for up to 15 young people in a group running at 4-8 sessions. This support can then lead on to 1:1 support if a further need is identified for an individual in that particular group.</p> <p>This service delivers support on the following identified needs:</p>

	<ul style="list-style-type: none"> <li>• Awareness around substance misuse (not for young people who are using but for young people who may be a risk of going down that route. Those who are using can be referred to our EYPDAS team)</li> <li>• Developing and maintaining healthy relationships</li> <li>• E-safety</li> <li>• Exam stress</li> <li>• Gangs, trafficking and exploitation</li> <li>• Peer pressure and bullying</li> <li>• Self-esteem and resilience</li> <li>• Risky sexual behaviour and sexual health</li> <li>• Consent</li> <li>• Managing difficult emotions including stress, anger and conflict</li> <li>• Anti-social behaviour and crime</li> </ul>
<p><b>Safer Derbyshire</b></p> <p><b>Website:</b>  <a href="https://saferderbyshire.gov.uk/news-and-events/news-items/staying-safe-online-during-the-covid-19-pandemic.aspx">https://saferderbyshire.gov.uk/news-and-events/news-items/staying-safe-online-during-the-covid-19-pandemic.aspx</a></p>	<p>Practical advice for parents/carers about online safety, such as setting parental controls and keeping up to date with new apps.</p>
<p><b>SERICC</b></p> <p><b>Website:</b>  <a href="http://www.sericc.org.uk/pdfs/0059_packmotherscarers.pdf">www.sericc.org.uk/pdfs/0059_packmotherscarers.pdf</a></p>	<p>Information pack for Mothers and carers - if child has been sexually abused signs to look out for, how to discuss it</p>
<p><b>Smart Training and Consultancy</b></p> <p><b>Website:</b> <a href="http://www.smarttc.co.uk">www.smarttc.co.uk</a></p>	<p>We offer a range of packages including: Gangs and Serious Youth Violence Training, County Lines Training, De-escalation Conflict training, Action Learning Sessions and actual Consultancy Time to resolve issues at both 'front-line' and strategic levels.</p> <p>We are dedicated to building strong partnerships that enable our services to make a lasting difference and add real skills to the ability of your staff and practitioners who work with young people.</p>

<p><b>Step Up, Speak Up</b></p> <p><b>Website:</b>  <a href="http://www.childnet.com/resources/step-up-speak-up">www.childnet.com/resources/step-up-speak-up</a></p>	<p>A practical campaign toolkit to address the issue of online sexual harassment amongst young people aged 13 – 17 years. Step Up, Speak Up! includes a range of resources for young people and the professionals who work with them, including teachers, pastoral teams, senior school leadership and police forces.</p>
<p><b>Stop CSE</b></p> <p><b>Website:</b> <a href="http://www.stop-cse.org/helpful-resources/">http://www.stop-cse.org/helpful-resources/</a></p>	<p>Parents leaflet on CSE; online safety advice</p>
<p><b>Stop in Now</b></p> <p><b>Website:</b> <a href="http://www.stopitnow.org.uk">www.stopitnow.org.uk</a></p>	<p>We are at the forefront of work to prevent child sexual abuse. As a child protection charity, we campaign and raise awareness across the UK to help adults to do their part to stop child sexual abuse by addressing personal, family and community concerns.</p> <p>Wherever we work, we build community strength and help families to know the steps to keep their children safe from sexual abuse.</p> <p><u>How we prevent child sexual abuse</u>  Our confidential helpline, live chat and secure messaging service are here for anyone with concerns about child sexual abuse and its prevention – whether they're worried about their own thoughts, feelings and behaviour, or about another adult or young person.</p> <p>Callers do not need to give identifying information, so can remain anonymous. We speak to thousands of people every year, and help them take action to protect children and young people from sexual abuse and exploitation.</p> <p><u>We work across the UK</u>  We work with politicians, the police, professionals and members of the public in Wales and in Scotland so that everyone knows what they can do to keep children safe.</p> <p><u>We help people worried about themselves</u>  We have online self-help resources for people concerned about their online behaviour, and for people concerned about their thoughts and behaviour towards children. Our national campaign works to deter people from online offending, and so keeps children safe.</p>



	<p><u>We support parents and families</u> Our Parents Protect website has support and information for parents, grandparents and carers who want to know what they can do to protect their children offline and online.</p>
<p><b>STOP / SO</b></p> <p><b>Website: <a href="http://www.stopso.org.uk">www.stopso.org.uk</a></b></p>	<p>As the Specialist Treatment Organisation for Perpetrators and Survivors of Sexual Offending, we work with those at risk of turning thought into action.</p> <p>There are practically no NHS services available for people who have, or might, commit sexual offences. Access to professional support and help is limited and most therapists don't want to work with these clients.</p> <p>We believe prevention is better than cure, so StopSO provides specialist therapy across the UK to sex offenders and those who have yet to act on their 'troubling thoughts'. We also work with families, helping them come to terms with being related to a sex offender.</p>
<p><b>Survivors UK</b></p> <p><b>Website: <a href="http://www.survivorsuk.org">www.survivorsuk.org</a></b></p>	<p>At SurvivorsUK we know male sexual abuse has profound effects on those who experience it and can deeply affect their mental health and relationships.</p> <p>But we are here to help sexually abused men as well as their friends and family, no matter when the abuse happened, and challenge the silence and attitudes.</p>
<p><b>Synergy Essex</b></p> <p><b>Website: <a href="http://synergyessex.org.uk">synergyessex.org.uk</a></b></p>	<p>Parents can self refer for counselling &amp; Independent Sexual Violence Adviser service (ISVA)</p>
<p><b>The Breck Foundation</b></p> <p><b>Website: <a href="http://www.breckfoundation.org">www.breckfoundation.org</a></b></p>	<p>Self-funding charity, raising awareness of playing safe whilst using the internet.</p>
<p><b>Think U Know</b></p> <p><b>Website: <a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a></b></p>	<p>Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.</p>

<p><b>UK Safer Internet Centre</b></p> <p>Website: <a href="http://www.saferinternet.org.uk">www.saferinternet.org.uk</a></p>	<p>Welcome to the UK Safer Internet Centre, where you can find online safety tips, advice and resources to help children and young people stay safe online.</p>
<p><b>UK Safer Internet Centre</b></p> <p>Website: <a href="http://www.saferinternet.org.uk/">www.saferinternet.org.uk/</a></p>	<p>Games, storybooks, films and quizzes for 3-19 years olds to help them explore ways to stay safe online.</p>
<p><b>Victim Support Essex</b></p> <p><b>Essex Team: 08081781694, Monday-Friday 8am till 5pm</b></p> <p><b>Supportline: 08081689111, open 24/7</b></p> <p><b>Or email <a href="mailto:essex@victimsupport.org.uk">essex@victimsupport.org.uk</a></b></p>	<p>Victim Support provide emotional support to anyone affected by crime, not only victims and witnesses, but their friends, family and any other person impacted. We also provide direct support to children and young people between 4 and 17 years. Because we're an independent charity, you can talk to us whether or not you reported the crime to the police. Our support is free and confidential, our aim is to help people to cope and recover from the impact of crime. Call the Essex Team on 08081781694 Monday-Friday 8am till 5pm or Support line 24/7 on 08081689111. Or email <a href="mailto:essex@victimsupport.org.uk">essex@victimsupport.org.uk</a></p> <p>Victim Support now also have our online support website called My Support Space. It is a safe, secure and confidential space which contains interactive guides, videos, techniques, activities and tips, and can be completed at your own pace. There is also a pathway for family or friends who are supporting a victim of crime for them to get support and advice. See <a href="http://mysupportspace.org.uk/MoJ">mysupportspace.org.uk/MoJ</a> for more information.</p> <p>We now also offer IMatter course, which is an online 10 week course for women who have experienced domestic abuse in the past. The programme is designed to help with self-esteem and confidence, and understanding of safety within intimate and close relationships. The programme is designed for a group of up to 12 women at a time. We run the groups in Bengali, Gujarati, Polish, Urdu and Welsh as well as in English. Ask any professional working with you, to refer you into the programme. See <a href="https://www.victimsupport.org.uk/more-us/why-choose-us/specialist-services/imatter/">https://www.victimsupport.org.uk/more-us/why-choose-us/specialist-services/imatter/</a> for more information. Alternatively contact the iMatter team on 03003035881 or email <a href="mailto:iMatterprogramme@victimsupport.org.uk">iMatterprogramme@victimsupport.org.uk</a></p>
<p><b>Young Concern Trust</b></p> <p>Website: <a href="http://www.yctsupport.com">www.yctsupport.com</a></p>	<p>one to one counselling, group work, drama and art therapy, play therapy and therapeutic play, the Forest School programme, group sessions and programmes, workshops, training and assemblies.</p> <p>YCT also provides parent-child therapeutic work, and also offers counselling, supervision, consultancy, training, stress and relaxation technique sessions to professionals.</p>

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# Substance Misuse Countywide Services

## Action on Addiction

**Tel: 01376 349237**

**Email:**

**[crbraintree@actiononaddiction.org.uk](mailto:crbraintree@actiononaddiction.org.uk)**

**Website:**

**[www.actiononaddiction.org.uk/essex](http://www.actiononaddiction.org.uk/essex)**

Action on Addiction offers abstinence-based therapeutic support to people who live anywhere in the county. This is a structured treatment programme which aims to help people understand their addiction and support them as they begin – or continue – their journey of recovery. The 48-day treatment programme takes place in both Braintree and Wickford, and is run over the course of eight weeks, with an additional week for induction.

## ADFAM

**Website: [www.adfam.org.uk](http://www.adfam.org.uk)**

Adfam is the only national charity tackling the effects of alcohol, drug use or gambling on family members and friends. We improve life for thousands of people. Our mission is to do this by:

- empowering families and friends to get the support they need.
- building the confidence, capacity and capability of frontline practitioners to provide effective services.
- influencing decision-makers to understand the needs of thousands of people coping with a family member or friend's drink, drug or gambling problem

## Addaction

**Website: [www.addaction.org.uk](http://www.addaction.org.uk)**

We're Addaction. We're one of the UK's leading drug, alcohol and mental health charities. We believe everyone can change.

We run a number of specialised services to support people into recovery. These include:

One to one sessions  
 Medical prescribing  
 Structured day programme  
 Group sessions

	<p>Needle exchange Education, training and employment</p>
<p><b>Breaking free</b></p> <p><a href="https://www.breakingfreeonline.com/">https://www.breakingfreeonline.com/</a></p>	<p>Breaking Free Online is a comprehensive digital treatment and recovery programme that allows people to recognise and address the psychological and lifestyle issues that are driving their use of alcohol and/or drugs, so helping them to conquer their dependence once and for all.</p> <p>The programme gives people a comprehensive toolkit of practical resources and evidence-based coping strategies that will support their long-term recovery.</p> <p>Use the access code: openroad2020 to complete the required fields.</p>
<p><b>Cocaine Anonymous - Online Meetings</b></p> <p><a href="https://www.ca-online.org/">https://www.ca-online.org/</a></p>	<p>Details of online CA meetings.</p> <p>View website for meetings near you</p>
<p><b>Essex Arc (Alcohol Recovery Community) - Provided by Phoenix Futures</b></p> <p><b>Website: <a href="http://www.essexarc.org.uk">www.essexarc.org.uk</a></b> <b>Tel: 01376 316 126</b> <b>Email: <a href="mailto:essex.arc@phoenixfutures.org.uk">essex.arc@phoenixfutures.org.uk</a></b></p>	<p>We provide support, advice and information around alcohol use.</p> <p>If you are finding that alcohol is causing problems in your life, we can help. Whether you want to reduce the amount you drink, or how often you drink, or abstain completely, we provide a range of support that is designed around your personal needs and aspirations.</p> <p>We know it's not easy to address problems with alcohol but our experienced team will guide you through the support on offer. We use tried and tested methods to help you to work towards your personal goals.</p> <p>You can benefit from support on a one to one basis, including counselling and group support, where you can share experiences with other people with similar experiences.</p> <p>We also support family or friends affected by a loved one's drinking.</p>
<p><b>Essex Health &amp; Justice Service (Part of Phoenix Futures)</b></p> <p><b>Clacton – 07542 943178</b> <b>Colchester – 07542 943206</b> <b>Basildon – 07749 434783</b></p>	<p>Supporting young people in the criminal justice system. Essex Health &amp; Justice Service works with young people (10 to 17) involved in the criminal justice system who need some extra support.</p> <p>We can support you with:</p> <ul style="list-style-type: none"> <li>- Substance misuse</li> </ul>

<p><b>Chelmsford – 07542 943179</b>  <b>Harlow – 07547 657552</b></p>	<ul style="list-style-type: none"> <li>- Mental health and emotional support</li> <li>- Training and qualifications</li> <li>- Sexual health</li> <li>- Going to appointments</li> <li>- Positive activities</li> </ul>
<p><b>Essex STARS (Specialist Treatment and Recovery Service)</b></p> <p><b>South Essex STaRS (Basildon)</b>  <b>Telephone: 01268 534475 – 9.00-17.00</b></p> <p><b>Mid Essex STaRS (Chelmsford)</b>  <b>Telephone: 01245 348837 – 9.00-17.00</b></p> <p><b>North Essex STaRS (Colchester)</b>  <b>Telephone: 01206 710757 – 9.00-17.00</b></p> <p><b>West Essex STaRS (Harlow)</b>  <b>Telephone: 01279 425989 – 9.00-17.00</b></p>	<p>In Essex we have introduced a new way of delivering care to substance misusers in the community called Essex Specialist Treatment and Recovery Service (Essex STaRS), under which all our services users will be looked after by one of a number of new specialist teams.</p> <p>The service provides:</p> <ul style="list-style-type: none"> <li>• Comprehensive assessment and recovery care planning</li> <li>• 1:1 support and care co-ordination</li> <li>• Advice and information</li> <li>• Stabilisation</li> <li>• Counselling and relapse prevention</li> <li>• Motivational interviewing</li> <li>• Community detoxification</li> <li>• Support for service users, relatives and carers</li> <li>• Substitute prescribing for opiate addiction</li> <li>• Assessments for residential detoxification and rehabilitation</li> <li>• Pre-sentence reports and liaison with criminal justice services for those who have drug or alcohol related offences</li> <li>• Liaison with GPs, hospitals and rehabilitation units</li> <li>• Hepatitis B vaccinations and Hepatitis C testing and referral to treatment</li> <li>• Facilitation of rehabilitation</li> <li>• Care management</li> </ul>
<p><b>Essex Young People's Drug and Alcohol Service</b></p> <p><b>Tel: 01245 493311</b>  <b>Email: <a href="mailto:eypdas@childrenssociety.org.uk">eypdas@childrenssociety.org.uk</a></b></p>	<p>Essex Young People's Drug and Alcohol Service works with children, young people and families affected by drug or alcohol use.</p>

<p><b>Website:</b>  <a href="http://www.childrenssocietyeast.org.uk/eypdas">www.childrenssocietyeast.org.uk/eypdas</a></p>	
<p><b>Full Circle - Provided by Phoenix Futures</b></p>	<p>On 1st April 2016, the Full Circle service (delivered by Phoenix Futures) was commissioned to work with offenders with complex and additional needs across the whole of Essex (excluding Thurrock &amp; Southend unitary authorities).</p> <p>The complex and additional needs we work with could include:</p> <ul style="list-style-type: none"> <li>• substance misuse</li> <li>• mental health</li> <li>• learning disabilities</li> <li>• or any other need that, if left unmet, is likely to increase the risk of reoffending.</li> <li>•</li> </ul> <p>Under this contract, if an offender is referred to us we take action to ensure that this unmet need is addressed. In order to do this, Full Circle staff develop a sound knowledge and understanding of the existing services across Essex and support service users to navigate these services to meet their outcomes.</p> <p>The Full Circle staff make referrals and signpost to these services, accompany service users to their appointments, advocate on behalf of service users, and take an assertive and creative approach to ensure that service users are able to access the support they need and make full use of existing services in the County.</p> <p>Full Circle staff support the client until they are engaged with the relevant services, at which point we take a step back. Full Circle also case coordinate for service users on Drug Rehabilitation Requirements, Alcohol Treatment Requirements &amp; Mental Health Treatment Requirements, as well as offering Required Assessments for clients identified through Drug Testing on Arrest.</p> <p>Full Circle's Prison Link staff also track service users across the prison system and work tirelessly to ensure that anyone who is in substance misuse treatment in custody continues to engage in treatment in the community if required.</p>
<p><b>Futures in Mind</b>   <b>Tel: 01376 316126</b></p>	<p>Futures in Mind is a partnership of Phoenix Futures, Mind in West Essex and Mid and North East Essex Mind. Together we will support people with substance/alcohol misuse and mental ill health. This service is the first of its kind in England and offers an inclusive support for</p>

<p><b>Email:</b>  <a href="mailto:fim.enquiries@futuresinmind.org.uk">fim.enquiries@futuresinmind.org.uk</a>  <b>Website:</b> <a href="http://www.futuresinmind.org.uk">www.futuresinmind.org.uk</a></p>	<p>people with substance/alcohol misuse and mental ill health. The service has been commissioned by Essex County Council and has been co-produced with service users.</p>
<p><b>Open Road</b></p> <p><b>Tel:</b> 0844 499 1323  <b>Website:</b> <a href="http://www.openroad.org.uk">www.openroad.org.uk</a></p>	<p>Open Road is an established Drug and Alcohol Recovery support charity in Essex and Medway. Open Road provides services to support individuals on their journey to recovery from drug and alcohol addiction.</p> <p>You can get help from Open Road at our centres, on the streets and at festivals, within the criminal justice system and working with businesses. You can reach out to us in person, over the phone, online via our website and social media platforms or via a professional you are currently engaging with such as a GP.</p>
<p><b>Phoenix Futures</b></p> <p><b>Website:</b> <a href="http://www.phoenix-futures.org.uk/essex-alcohol-recovery-community">www.phoenix-futures.org.uk/essex-alcohol-recovery-community</a>  <b>Tel:</b> 01376 316126  <b>Email:</b> <a href="mailto:essex.arc@phoenixfutures.org.uk">essex.arc@phoenixfutures.org.uk</a></p>	<p>We provide support, advice and information around alcohol use. If you are finding that alcohol is causing problems in your life, we can help. Whether you want to reduce the amount you drink, or how often you drink, or abstain completely, we provide a range of support that is designed around your personal needs and aspirations. We know it's not easy to address problems with alcohol but our experienced team will guide you through the support on offer. We use tried and tested methods to help you to work towards your personal goals. You can benefit from support on a one to one basis, including counselling and group support, where you can share experiences with other people with similar experiences. We also support family or friends affected by a loved one's drinking.</p> <p>Self referrals can be made by phone, or by sending a referral form to <a href="mailto:essex.arc@phoenixfutures.org.uk">essex.arc@phoenixfutures.org.uk</a></p> <p>Referrals can also be made by professionals.</p> <p>Once a referral is made, Phoenix Futures will then open an account for the service user and write to them informing them of their drop-in sessions, and will nominate a day for them to attend in order to complete their assessment.</p> <p>Following their assessment, the service user will complete 4 sessions of Motivation Enhancement. These sessions will help the facilitator to get an understanding of what the service user would like to achieve from their treatment.</p>



There should not be a waiting list for these sessions. It will be a rolling programme delivered 2 days a week.

After the four Motivation Enhancement sessions, they will complete 6 sessions of Preparation for Change. These sessions are for 'dependant drinkers'. The sessions will include, Cycle of Change, Body Memory effects and the effect alcohol has on their body.

'Recovery Capital' – there are 2 options available.

To qualify for detox options, the service user must have completed Preparation for Change and be committed to completing a Drink Diary if they would like to be considered for detox.

Option 1: Home detox or Rehab detox programmes.

Option 2: Relapse prevention (for 8 weeks).

The final step is Recovery Support. This can be in the form of either monthly check-ins, or the use of the drop-in sessions. Sometimes Phoenix Futures will refer service users to 'Futures in Mind'.

In addition, twelve-week 1-2-1 counselling sessions can be explored. However, this will depend on the level of engagement from the service user.

If the service user is anxious about attending groups. I recommend that you state this in the referral form. Phoenix Futures will explore the options available to them. They will arrange a 1-2-1 to encourage them to engage in groups, or explore alternatives until they feel comfortable enough to attend their groups.

**M-Pact**

**Website:**

[www.actiononaddiction.org.uk/addiction-treatment/families-and-children/m-pact](http://www.actiononaddiction.org.uk/addiction-treatment/families-and-children/m-pact)

**Tel: 0300 330 0659**

**Email:**

[enquiries@actiononaddiction.org.uk](mailto:enquiries@actiononaddiction.org.uk)

M-PACT is a programme that helps children and young people aged 8-17, with parents who are or have been suffering from drug and/or alcohol problems.

Support takes the form of an 8 week group programme. The sessions provide a safe space to talk about difficult things and to learn how to cope better and move forward positively.



	<p>M-PACT is run by people who understand how families are affected by drug and/or alcohol problems. They help make it possible for parents and children to understand each other better.</p> <p><b>Criteria:</b></p> <ul style="list-style-type: none"> <li>• One or both parents have suffered or are suffering from problems with alcohol or drugs</li> <li>• Have children between the ages of 8-17 (sometimes younger children will be considered)</li> <li>• Those attending M-PACT sessions must be free from all mood altering substances* for each session</li> </ul>
<p><b>Rehab Guide</b></p> <p><b>Advice Tel: 02072052845</b>  <b>Email: <a href="mailto:info@rehabguide.co.uk">info@rehabguide.co.uk</a></b>  <b>Website: <a href="http://www.rehabguide.co.uk">www.rehabguide.co.uk</a></b></p>	<p>Rehab Guide is a free help and assessment service to help you choose the best alcohol rehab for you. We will give you guidance on the best treatment options for your circumstances. We provide professional alcohol and drug addiction treatment including detox, rehab and counselling – both inpatient and outpatient – for all parts of the UK, including London, Wales, England, Scotland and Ireland, as well as overseas.</p> <p>Our 24/7 helpline allows people to phone and chat with our team of addiction counsellors regarding their own sobriety or a loved one in need of help.</p> <p>We currently help with the following advice:</p> <ul style="list-style-type: none"> <li>• Library of addiction advice and information for specific members of the community such as students, veterans and more</li> <li>• Where to find local Alcoholics Anonymous (AA &amp; NA) meetings</li> <li>• Locate local addiction one-to-one counsellors</li> <li>• Advice on maintaining sobriety</li> <li>• Set up of sober companions “Buddy System” to support through the first part of early recovery</li> <li>• Information on free and private rehabilitation</li> <li>• Large database of information on drug types, symptoms and how to detox safely from them</li> </ul>
<p><b>Recovery Foundation</b></p>	<p>Essex Recovery Foundation supports anyone in recovery from substance misuse and addiction.</p>

<p><a href="http://www.revolutionising-recovery.org.uk/">www.revolutionising-recovery.org.uk/</a></p> <p><a href="mailto:s.muylders@revolutionising-recovery.org.uk">s.muylders@revolutionising-recovery.org.uk</a></p> <p>Tel: 07939462966</p>	<p>Find them on Face book or view website for local activities/sessions</p>
<p><b>Smart recovery</b></p> <p><a href="https://smartrecovery.org.uk/about-our-organisation/">https://smartrecovery.org.uk/about-our-organisation/</a></p>	<p>UK SMART Recovery (UKSR) is a registered charity which promotes choice in recovery through a national network of mutual aid meetings and online training programmes with comprehensive teaching materials and manuals. Our programme teaches rational, easy to learn and self-empowering skills to help participants abstain from any addictive behaviour and to develop a lifestyle that supports sustained recovery.</p>
<p><b>The Matthew Project – Outside the Wire</b></p> <p><b>Website:</b> <a href="http://www.matthewproject.org/outsidethewire">www.matthewproject.org/outsidethewire</a></p> <p><b>Tel: 01603 626 123</b> <b>Email:</b> <a href="mailto:outsidethewire@matthewproject.org">outsidethewire@matthewproject.org</a></p>	<p>Our highly-trained and experienced workers, who are themselves ex-Forces, have a particular understanding of the needs and issues faced by veterans, current serving personnel, and their families.</p> <p>We offer innovative, comprehensive support which includes confidential meetings at the location of your choice across Norfolk, Suffolk and Essex. We are sensitive to the complexities of military life and the often understandable resistance to admitting the extent of any personal issues, especially those relating to: PTSD and other mental health; alcohol and drug use; domestic violence and family related issues.</p>
<p><b>UKNA – Narcotics Anonymous Meetings (Online and Physical)</b></p> <p><a href="https://meetings.ukna.org/">https://meetings.ukna.org/</a></p>	<p>We are Narcotics Anonymous in the United Kingdom &amp; Channel Islands. If you have a problem with drugs, we are recovering drug addicts who can help you get and stay clean.</p>
<p><b>Westminster Drug Project - Passmores House</b></p>	<p>Passmores House is a recovery community for men and women aged 18 years and above with drug/alcohol problems and all levels/types of dependency. Passmores House is registered by the Care Quality Commission (CQC) to deliver our detoxification and residential</p>

**Tel: 01279 634200**

**Website: [www.wdp.org.uk/find-us/passmores-house](http://www.wdp.org.uk/find-us/passmores-house)**

**Email: [passmores@wdp.org.uk](mailto:passmores@wdp.org.uk)**

rehabilitation programmes which help you return to a full and active lifestyle, free from dependency.

Recovery from addiction is possible and we structure our specialist care in a way that allows you to take the lead in your recovery. Our care package is fully comprehensive, including detoxification, rehabilitation and reintegration.

Passmores House is nationally recognised as a leader and model treatment unit, and our residential rehabilitation retention rate is one of the highest in the UK (85%). Our inpatient detoxification completion rates are also 90%.

We specialise in

- Inpatient detoxification off alcohol, opiates, stimulants and other substances
- We can manage very complex and complicated detoxifications
- 24/7 nursing care and access to a Consultant Addictions Psychiatrist
- Helping our residents understand why alcohol and/or drugs have become their coping strategy
- Providing a secure environment in which residents can reflect and change
- A comprehensive group and individual programme
- (Re)building and (re)connecting with family and friends that will support recovery
- Supporting access to housing and recovery support services in the community
- Enabling and supporting steps towards training, education and work that will ensure long-lasting change
- We are aware, supportive and friendly for LGBTQ communities, working in partnership with London Friend

Services provided at Passmores House :

- Abstinence - based therapy
- Alcohol services
- Clinical services
- Detox and rehab
- Psychosocial services
- Reintegration and aftercare

<p><b>Wize Up</b></p> <p>Tel: 01375 376 111  Email: <a href="mailto:thurrock.wize-up@cgl.org.uk">thurrock.wize-up@cgl.org.uk</a>  Website: <a href="http://www.changegrowlive.org/young-people/wize-up-thurrock">www.changegrowlive.org/young-people/wize-up-thurrock</a></p>	<p>Wize-Up are a Thurrock based outreach service who offers advice, information and support for children and young people to help them cut down or stop using substances (alcohol and drugs). They also work with young people affected by parental/carer's substance misuse.</p>
<p><b>When a Family is in Trouble – Book by Marge Eaton Heegaard</b></p> <p>Available at <a href="#">amazon</a></p>	<p>When a family member has an addiction to alcohol or other drugs, the entire family is effected. This text gives parents, counselors and other professionals an organized approach to help children ages 6-12 understand and cope with the problems addicted families face.</p>
<p><b>Drugs, alcohol and parenting – A workbook for parents</b></p> <p>Available from <a href="#">Exchange</a></p>	<p>A workbook for parents about Drugs, Alcohol and Parenting</p>
<p><b>Apps available</b></p> <p><b>May have cost</b></p>	<p><b>LetGOH – Addiction Recover</b>  Are you addicted to some habits that you want to kill and get into addiction recovery mode? Looking for a motivation to become addiction free and track your addiction recovery steps? Here is an amazing app that includes a 12-step addiction recovery process by supporting you with powerful inventory tools, meditations, and active sponsorship. This anti-addiction app is called “LetGOH - Addiction Recovery” and is built for everyone who wants to get rid of their addiction habits. With the LetGOH, you can also quit your drinking habits step-by-step.  Cost: £2.99 per month  <a href="https://apps.apple.com/gb/app/letgoh-addiction-recovery/id1444080609">https://apps.apple.com/gb/app/letgoh-addiction-recovery/id1444080609</a></p> <p><b>Sober Time</b>  Sober Time: A beautifully accurate sobriety counter with a vibrant community. Sober Time helps you track your addictions, stay motivated, and interact with others in recovery.  Here's what you can do with Sober Time:  - Track as many addictions as you want  - Built-in Goals with the option to add your own</p>

- Daily motivational messages
- Vibrant sober community forum
- Personalize your addictions with beautiful backgrounds and icons
- Tons of timer options
- Track your relapses and add notes to them
- See how much money you've saved
- Share your progress
- Style your app with 15+ colour themes

<https://apps.apple.com/gb/app/sober-time-sobriety-counter/id1158895079>

[https://play.google.com/store/apps/details?id=com.sociosoft.sobertime&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.sociosoft.sobertime&hl=en_GB)

### **Sober Grid**

Sober Grid is the #1 sober social network for people recovering from drugs and alcohol.

- Sobriety counter - Unlock badges as you get more clean & sober time!
- Track your recovery - Check-ins and Quests make it easy to keep recovery a daily habit.
- Discover sober people near you - Easily find other people in your neighbourhood that aren't drinking or using drugs.
- Privacy - Choose what you share, remain completely anonymous (if you want to).
- 24/7 peer support - Build your sober network and access it wherever you are and whenever you need it.

Sober Grid is an essential tool for your recovery — providing access to peer-support and other resources critical to staying sober. Join the community on Sober Grid and begin your journey today!

<https://apps.apple.com/gb/app/sober-grid-social-network/id912632260>

[https://play.google.com/store/apps/details?id=com.sobergrid&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.sobergrid&hl=en_GB)

### **Pocket Rehab**

Pocket Rehab is a recovery assistance app.

Connect with peers anonymously 24/7. Completely private. Get help anytime via text/call/video chat. Volunteer to help other users. Keep a private journal, find meetings nearby, explore a community Q&A, and more!

. This will provide that extra edge for anyone looking to change his/her life and better themselves.

<https://apps.apple.com/gb/app/pocket-rehab-sobriety-time/id112441494>

[https://play.google.com/store/apps/details?id=com.getpocketrehab.app&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.getpocketrehab.app&hl=en_GB)

### **Drink Coach**

DrinkCoach is for those wanting to cut down, or simply keep an eye on, their drinking.

With DrinkCoach you will be able to:

- Keep track of units, calories & cost
- View & share seven day summaries of your drinking
- Book a one-to-one session with a specialist Drink Coach
- Set location and time based reminders
- Set & share goals
- Track hangovers, arguments, cravings and accidents associated with your drinking via a CBT diary
- Watch bespoke video covering mindfulness and breathing exercises to manage cravings and help you achieve your goals

<https://apps.apple.com/us/app/drinkcoach/id849022698>

[https://play.google.com/store/apps/details?id=com.td.drinkcoach&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.td.drinkcoach&hl=en_GB)

### **My Drink Aware**

Change your drinking habits with MyDrinkaware, your in-pocket support system. From the UK's leading alcohol education charity, Drinkaware's free alcohol tracker app is the first step in changing your drinking habits and leading a healthier life. We're here whenever you need us.

<https://apps.apple.com/gb/app/drinkaware-track-calculate/id901389586>

[https://play.google.com/store/apps/details?id=uk.co.drinkaware&hl=en\\_GB](https://play.google.com/store/apps/details?id=uk.co.drinkaware&hl=en_GB)

### **NHS Drink Free Days**

This is the latest edition of the Drink Free Days app and is an opportunity for you to try out a new look and feel and a new typical week journey whilst we work on improving the functionality and cost calculation over the following months.

Make a pledge to take a few days off and you're more likely to follow it through and reach your goals. Drink Free Days is for people who like a drink but want some support in tracking and cutting down on the booze. It also helps you understand more about your current drinking and risk levels as it common for people to underestimate how much they drink.

Health guidelines recommend we all take at least 3 days off drinking a week, so simply pledge and nominate a specific number of drink free days each week and get practical, daily support

to help you stick to it and be more successful in reaching your goals. Feel healthier, lose weight and save money with the FREE Drink Free Days app today. It can be dangerous to stop drinking too quickly without proper help. You can get advice from your GP or from your local alcohol support service.

<https://apps.apple.com/gb/app/one-you-days-off/id1196694906>

[https://play.google.com/store/apps/details?id=com.phe.daysoff&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.phe.daysoff&hl=en_GB)

### **Drinks Meter**

Drinks Meter offers anonymous, objective feedback on your alcohol use and comparison to thousands of people's drinking habits worldwide.

It's not just about the drinks — it's about who you are, how you drink and the impact it has on your life.

So, if you want to see what your drinking equates to in cheeseburgers, your score on a medical alcohol screener or just how it all adds up, Drinks Meter shows how you compare. Your drinking in cost, calories and units

<https://play.google.com/store/apps/details?id=com.drinksometer.alcohol>

[https://play.google.com/store/apps/details?id=com.drinksometer.alcohol&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.drinksometer.alcohol&hl=en_GB)

### **I Am Sober**

I Am Sober is more than just a free sobriety counter app.

Along with tracking your sober days, it helps you build new habits and provides ongoing motivation by connecting you to a wide network of people all striving for the same goal: staying sober one day at a time.

Through our growing sober community you can learn from others and contribute by sharing insights and tactics that have helped you quit your addiction.

[https://play.google.com/store/apps/details?id=com.thehungrywasp.iamsobber&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.thehungrywasp.iamsobber&hl=en_GB)

<https://apps.apple.com/gb/app/i-am-sober/id672904239>

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# Bullying Countywide Services

<p><b>Anti-Bullying Alliance</b></p> <p>Website: <a href="http://www.anti-bullyingalliance.org.uk/tools-information">www.anti-bullyingalliance.org.uk/tools-information</a></p>	<p>We are a unique coalition of organisations and individuals, working together to achieve our vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn. The website provides advice and information for parents &amp; children affected by bullying.</p>
<p><b>Bullies Out</b></p> <p>Tel: 02920 492 169 Email: <a href="mailto:mail@bulliesout.com">mail@bulliesout.com</a> Website: <a href="http://www.bulliesout.com">www.bulliesout.com</a></p>	<p>BulliesOut, one of the UK's most dedicated anti-bullying charities, provides help, support and information to individuals, schools, youth and community settings and the workplace. Our award winning work directly addresses one of the core issues that affects a person's emotional, social and academic well-being.</p>
<p><b>Bullying UK</b></p> <p>Tel: 0808 800 2222 / 01702 389576 Website: <a href="http://www.bullying.co.uk">www.bullying.co.uk</a></p>	<p>Advice, support and information regarding bullying.</p>
<p><b>Ditch the Label</b></p> <p>Website: <a href="http://www.ditchthelabel.org">www.ditchthelabel.org</a></p>	<p>We are one of the largest anti-bullying charities in the world. You can talk to us about bullying and anything else that you have on your mind for advice and support. We don't just talk about bullying, we also talk about things that are connected such as body image, mental health and sexuality.</p>
<p><b>Essex Child and Family Wellbeing Service</b></p> <p>Website: <a href="http://www.essexfamilywellbeing.co.uk">www.essexfamilywellbeing.co.uk</a></p>	<p>Essex Child and Family Wellbeing Service brings together a range of children's community services. It's provided by Virgin Care in partnership with Barnardo's on behalf of Essex County Council, West Essex CCG and the NHS.</p>



<p><b>Mid Essex Tel: 0300 247 0014</b>  <b>North Essex Tel: 0300 247 0015</b>  <b>South Essex Tel: 0300 247 0013</b>  <b>West Essex Tel: 0300 247 0122</b></p>	<p>The Healthy Family Service is made up of a collection of different professionals, including Health Visitors, School Nurses, and Healthy Family Support Practitioners. We support children and families in Essex with parenting and their health and wellbeing.</p> <p>We're able to see children and families in the community, your own home or at school.</p> <p>School nurses support school-aged children and young people. Working together with schools, we provide drop-in sessions for young people to talk about any health or wellbeing concerns</p> <p>The school nursing service accepts self-referrals through school drop-ins by the young person themselves. Children and young people can also be referred by parents and carers.</p>
<p><b>Kids Inspire</b></p> <p><b>Tel: 01245 348707</b>  <b>Email: <a href="mailto:admin@kidsinspire.org.uk">admin@kidsinspire.org.uk</a></b>  <b>Website: <a href="http://kidsinspire.org.uk">kidsinspire.org.uk</a></b></p>	<p>Kids Inspire helps disadvantaged young people turn their lives around and gives them back their future.</p> <p>We support young people across Essex who are at an educational, social and/or economic disadvantage resulting from trauma or emerging mental health issues. For example they may have experienced sexual or domestic abuse, separation anxiety or significant loss.</p> <p>Many young people are referred to Kids Inspire because other support agencies consider them 'too complex' to help. Thanks to the specialist services we are able to offer, Kids Inspire has assisted Social Care in closing numerous cases.</p>
<p><b>Kidscape</b></p> <p><b>Parent Advice Line: 020 7823 5430</b>  <b>Open: Monday - Thursday, 9am til 1pm</b>  <b>Tel: 020 7730 3300</b>  <b>Email: <a href="mailto:info@kidscape.org.uk">info@kidscape.org.uk</a></b>  <b>Website: <a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a></b></p>	<p>Help, support, advice and resources for those affected by bullying.</p>
<p><b>National Bullying Helpline</b></p> <p><b>Tel: 0845 2255 787</b>  <b>Email: <a href="mailto:admin@nationalbullyinghelpline.co.uk">admin@nationalbullyinghelpline.co.uk</a></b>  <b>Website: <a href="http://www.nationalbullyinghelpline.co.uk">www.nationalbullyinghelpline.co.uk</a></b></p>	<p>Information and advice about bullying related to workplace bullying or bullying at school</p>

## **Victim Support Essex**

**Essex Team: 08081781694, Monday-Friday  
8am till 5pm**

**Support line: 08081689111, open 24/7**

**Or email [essex@victimsupport.org.uk](mailto:essex@victimsupport.org.uk)**

Victim Support provide emotional support to anyone affected by crime, not only victims and witnesses, but their friends, family and any other person impacted. We also provide direct support to children and young people between 4 and 17 years. Because we're an independent charity, you can talk to us whether or not you reported the crime to the police. Our support is free and confidential, our aim is to help people to cope and recover from the impact of crime. Call the Essex Team on 08081781694 Monday-Friday 8am till 5pm or Supportline 24/7 on 08081689111. Or email [essex@victimsupport.org.uk](mailto:essex@victimsupport.org.uk)

Victim Support now also have our online support website called My Support Space. It is a safe, secure and confidential space which contains interactive guides, videos, techniques, activities and tips, and can be completed at your own pace. There is also a pathway for family or friends who are supporting a victim of crime for them to get support and advice. See [mysupportspace.org.uk/MoJ](https://mysupportspace.org.uk/MoJ) for more information.

We now also offer iMatter course, which is an online 10 week course for women who have experienced domestic abuse in the past. The programme is designed to help with self-esteem and confidence, and understanding of safety within intimate and close relationships. The programme is designed for a group of up to 12 women at a time. We run the groups in Bengali, Gujarati, Polish, Urdu and Welsh as well as in English. Ask any professional working with you, to refer you into the programme. See <https://www.victimsupport.org.uk/more-us/why-choose-us/specialist-services/imatter/> for more information. Alternatively contact the iMatter team on 03003035881 or email [iMatterprogramme@victimsupport.org.uk](mailto:iMatterprogramme@victimsupport.org.uk)

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# Young Carer Countywide Services

## **Carers First**

**Website:** [www.carersfirst.org.uk](http://www.carersfirst.org.uk)

**Tel :** 0300 303 1555

Providing support for people who look after a relative or friend who could not manage without their support.

## **CODA UK & Ireland**

**Website:** [www.codaukireland.co.uk](http://www.codaukireland.co.uk)

If either one (or both) of your parents are Deaf, then you're a CODA. Regardless of whether you sign or not. We would love to hear from you! CODAs are Children of Deaf Adults. Most people with Deaf parents are themselves hearing - an often quoted figure places the proportion of hearing CODAs at 90% of the Deaf-parented population. As the only national organisation representing solely Children of Deaf Adults, CODA UK and Ireland was established in 2011 in order to:

- Facilitate social interaction of CODAs with their peers
- Provide peer support
- Celebrate our heritage

## Essex Youth Service

Email: [young.carers@essex.gov.uk](mailto:young.carers@essex.gov.uk)

Website: [www.youth.essex.gov.uk](http://www.youth.essex.gov.uk)

Online referral form [here](#)

Essex Young Carers support children and young people from 0 to the age of 24 for anyone who provides regular and on-going care to another person who is physically or mentally ill, disabled or misuses substances.

An allocated Key Worker will meet with the family to complete the statutory Young Carer's assessment. They will then offer bespoke support based on the needs of the young carer and their caring responsibilities. Our service offers confidential one to one support, training opportunities, respite opportunities – a chance to meet other Young Carers and support to access other services.

We also offer support to young adult carers aged 16-24 particularly preparing them for the future with key life skills, educational support and helping to transition to adult carer services.

Referrals can come from professionals or as a self-referral using the following link

<https://youth.essex.gov.uk/young-people/young-carers/>

## Essex Carers Support

**Tel: 01255 474410**

**Email: [admin@essexcarerssupport.org.uk](mailto:admin@essexcarerssupport.org.uk)**

**Website: [www.essexcarerssupport.org.uk](http://www.essexcarerssupport.org.uk)**

Essex Carers Support provide a wide variety of flexible support services directly to family carers.

As a community based organisation we work closely with a wide variety of health and social care services to promote and advocate for carers to make sure that their experiences are taken into account and used to improve services when they are being designed and delivered.

- **Community Outreach** - We are working at a very local community level developing innovative and creative ways to connect with family carers. We focus on connecting with community groups to identify and reach out to people who may not identify themselves as a carer and/or be connected to support services. If you are a community group who suspect you may have members who are caring for others, we might be able to help you to help your membership.
- **Time 4 You** - We are keen to work with carers to achieve truly personalised break opportunities. Our Time 4 You project is available for Carers who live in Colchester, Chelmsford, Braintree, Maldon and Tendring. Carers are asked to identify ways that they can carve out some time for themselves in their caring role - either individually or, alongside the person that they care for and a small grant is available to support these to become a reality.
- **Carer Respite Break Scheme** - Working in partnership with Colchester Catalyst Charity we can help carers who live in the CO postcode area to access grants of up to £600 to arrange a break from caring, specifically where assistance is not available from statutory organisations.
- **Self Care for Carers** - Carer Breaks are an essential part of maintaining health and wellbeing. At Essex Carers Support we believe breaks from the caring role don't always have to mean a break away from the person that you care for, something that is particularly difficult at the moment. We've compiled a number of resources that Carers can tap into that provide information about the support that it available and to help to connect to the world outside of their caring role.

- 2Can - 2Can is a partnership project delivered by SUMMIT and Essex Carers Support in Tendring, Essex. Together we help support the health and emotional wellbeing of vulnerable people and their carers who may be at risk of harm and self-neglect and enable people to identify the solutions, support and services that will assist their recovery and support their long term wellbeing.

**SIBS**

For brothers and sisters of disabled children and adults

Website: [www.sibs.org.uk](http://www.sibs.org.uk)

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# BAME / Immigration / Religious Support Nationwide Services

## Asylum Support

Website: [www.gov.uk/asylum-support](http://www.gov.uk/asylum-support)

Support and Advice regarding seeking Asylum in the UK.

## Consonant (formerly Asylum Aid and Migrants Resource Centre)

Email: [hello@consonant.org.uk](mailto:hello@consonant.org.uk)

Tel: 0207 354 9631

Website: [www.consonant.org.uk](http://www.consonant.org.uk)

Consonant helps you achieve your ambitions. Whether you want to improve your English, get a job, secure your immigration status, or get more involved in your community, we're here for you.

## Destitute Domestic Violence Concession

Website:

[www.gov.uk/government/publications/application-for-benefits-for-visa-holder-domestic-violence](http://www.gov.uk/government/publications/application-for-benefits-for-visa-holder-domestic-violence)

Form for people on a UK partner visa to claim public funds (benefits) while applying to settle in the UK because of domestic violence.

## Modern Slavery

Refer potential victims of modern slavery/human trafficking to the national referral mechanism.

<p><b>Website:</b>  <a href="http://www.gov.uk/government/publications/human-trafficking-victims-referral-and-assessment-forms">www.gov.uk/government/publications/human-trafficking-victims-referral-and-assessment-forms</a></p>	
<p><b>Refugee Council</b></p> <p>Tel: 0207 3466700  Website: <a href="http://www.refugeecouncil.org.uk">www.refugeecouncil.org.uk</a></p>	<p>The Refugee Council provides free advice and information to asylum seekers and refugees in the UK.  <a href="#">Read More...</a></p>
<p><b>Report Immigration Crime</b></p> <p>Website: <a href="http://www.gov.uk/report-immigration-crime">www.gov.uk/report-immigration-crime</a></p>	<p>Contact the Home Office if you think someone is:</p> <ul style="list-style-type: none"> <li>• living or working in the UK illegally</li> <li>• employing someone who isn't allowed to work in the UK</li> <li>• involved in smuggling</li> <li>• involved in illegal immigration</li> </ul> <p>In an emergency, dial 999 and ask for the police.</p>
<p><b>Seeking Asylum</b></p> <p>Website: <a href="http://www.gov.uk/claim-asylum">www.gov.uk/claim-asylum</a></p>	<p>Information and Advice regarding seeking Asylum in the UK.</p>
<p><b>Voluntary Returns Service</b></p> <p>Website: <a href="http://www.gov.uk/return-home-voluntarily/apply">www.gov.uk/return-home-voluntarily/apply</a></p>	<p>You can apply for help to return to your home country. This is known as 'voluntary return'.</p> <p>You can still get help if you're already making your own plans to return to your home country.</p> <p>If you're eligible for financial support, you can apply for up to £2,000 which you can use to find somewhere to live, find a job or start a business in your home country.</p>

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# Bereavement/Loss Nationwide Services

## Child Bereavement Network

Tel.: 0800 0288840

Website:

[www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

A hub for those working with bereaved children, young people and their families across the U.K. supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

- generating new ideas
- supporting professionals
- signposting families
- advocating for bereaved children

## Griefftalk

Tel: 0808 802 0111

Email: [griefftalk@griefcounter.org.uk](mailto:griefftalk@griefcounter.org.uk)

Website: [www.griefcounter.org.uk](http://www.griefcounter.org.uk)

Are you a child, teenager or adult who has experienced the death of a loved one? Are you a caregiver who needs advice on how to support young people following the death of a parent or sibling? Do you need to talk? You can call, email or instant chat with trained professionals at griefftalk, 5 days a week, 9am – 9pm.

## The Samaritans

Tel: 01245 357357 (Local Helpline)

Tel: 08457 909090 (National Helpline)

Website: [www.samaritans.org](http://www.samaritans.org)

The Samaritans offer a listening service to those going through a personal crisis and wanting to talk about their despair or suicidal feelings. There is someone to talk to 24 hours a day. Calls made to the national helpline are charged at local call rates from anywhere in the country.

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# Child Behavioural Difficulties Nationwide Services

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# Crime/Anti-Social Behaviour Nationwide Services

<p><b>Action for Prisoners Families</b> Website: <a href="http://www.prisonersfamilies.org.uk">www.prisonersfamilies.org.uk</a></p>	<p>Information and resources for families of prisoners and offenders.</p>
<p><b>National Information Centre For Children Of Offenders (NICCO)</b>  Website: <a href="http://www.nicco.org.uk">www.nicco.org.uk</a></p>	<p>NICCO lists comprehensive information from voluntary and statutory agencies across England and further afield. The three Directories enable practitioners to search for Services, Resources or Research to inform their practice with children and families of offenders.</p>
<p><b>Paladin – National Stalking Advocacy Service</b>  Tel: 0207 8408960 Email: <a href="mailto:info@paladinservice.co.uk">info@paladinservice.co.uk</a> Website: <a href="http://paladinservice.co.uk">paladinservice.co.uk</a></p>	<p>Paladin assists high risk victims of stalking throughout England and Wales. A number of Independent Stalking Advocacy Caseworkers (ISACs) ensure high risk victims of stalking are supported and that a coordinated community response is developed locally to keep victims and their children safe.</p>
<p><b>Families Outside</b>  Website: <a href="http://www.familiesoutside.org.uk">www.familiesoutside.org.uk</a> CALL FREE : 0800 254 0088 Email : <a href="mailto:support@familiesoutside.org.uk">support@familiesoutside.org.uk</a> or text FAMOUT to 60777</p>	<p>Families Outside is the only national charity in Scotland working exclusively on behalf of families affected by imprisonment. We speak to thousands of families each year, providing information and support on issues such as housing, finance, and emotional support.</p> <p>Our Helpline, 0800 254 0088, provides impartial information and support and is often the first port of call for families looking for help.</p> <p>If family members require more in-depth support, our Regional Family Support team is on hand throughout Scotland and can offer direct, 1:1 support until a positive outcome is reached. Families Outside Who we Are What we do Front Cover</p>

Our booklet entitled Who We Are & What We Do summarises the work of Families Outside and why we believe that it is so important. Click on the booklet to read more.

We also provide tools, resources, and training to those individuals and groups who come into contact with families affected by imprisonment. From prison staff and social workers to health care professionals and teachers, our bespoke training sessions increase the awareness of the issues and challenges faced by families and ensure that they continue receive the support they need.

For more information or to access the support you need, please call 0800 254 0088.

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# Domestic Abuse Nationwide Services

## Ashiana

Tel: **0208 539 0427**

Website: [www.ashiana.org.uk](http://www.ashiana.org.uk)

**Monday-Friday between 9.30am to 12pm and  
1pm to 5pm**

## About Us

Ashiana started operating in 1989 and specialises in helping Black and Minority Ethnic women, in particular, women from South Asian, Turkish & Iranian communities, aged 16-30 years who are at risk of domestic violence and sexual violence.

## Our Services

Ashiana runs three refuges with a total of 20 bed-spaces; two specifically for women aged 16-35 fleeing forced marriage. This multi award winning project is a unique and innovative service, offering specialist support to women and girls affected by forced marriage. We also designate a number of bed-spaces for women with no recourse to public funds.

We offer an advice and support service to women and girls who are experiencing domestic violence/sexual violence, enabling them to make informed decisions and exit violent relationships.

We provide counselling for women and girls affected by domestic violence and sexual violence.

We deliver an education programme for young people in schools across East London aimed at preventing domestic violence and enabling young people experiencing domestic violence to access appropriate services.

We deliver a range of awareness raising workshops for women in the community and training on domestic violence, sexual violence and harmful practices for professionals in the voluntary and statutory sector.

## Childline

Tel: **0800 1111**

Website: [www.childline.org.uk](http://www.childline.org.uk)

A 24 hour free confidential helpline for children and young people.

<p><b>Chinese Information &amp; Advice Centre</b></p> <p>Tel: 08453 131868  Email: <a href="mailto:info@ciac.co.uk">info@ciac.co.uk</a>  Website: <a href="http://www.ciac.co.uk">www.ciac.co.uk</a></p>	<p>Confidential support for Chinese women who are victims of domestic violence on a range of issues. The specially trained bilingual female volunteers speak English, Mandarin and Cantonese.</p>
<p><b>Galop – LGBT+ anti-violence charity</b></p> <p><b>National LGBT+ Domestic Abuse Helpline</b></p> <p>Tel: 0800 999 5428  Email: <a href="mailto:help@galop.org.uk">help@galop.org.uk</a>  Website: <a href="http://www.galop.org.uk/domesticabuse/">www.galop.org.uk/domesticabuse/</a></p>	<p>Galop is the LGBT+ anti-violence charity, making life safe, just and fair for LGBT+ people.</p> <p><b>What Galop Does</b>  Galop gives advice and support to people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse. We also support lesbian, gay, bisexual, trans and queer people who have had problems with the police or have questions about the criminal justice system.</p> <p><b>National LGBT+ Domestic Abuse Helpline</b>  Emotional and practical support for LGBT+ people experiencing domestic abuse. Abuse isn't always physical- it can be psychological, emotional, financial and sexual too. Speak out, don't suffer in silence.</p> <p><b>Opening Times:</b>  10am – 5pm Monday  10am – 5pm Tuesday  10am – 8pm Wednesday  10am – 8pm Thursday  10am – 5pm Friday  1pm – 5pm Tuesday is trans specific service.</p> <p><b>Online chat:</b>  5pm - 8pm Wednesday  5pm - 8pm Thursday</p>
<p><b>Jewish Women's Aid</b></p> <p>Tel: 0808 8010500  Website: <a href="http://jwa.org.uk">jwa.org.uk</a></p>	<p>Jewish Women's Aid is an organisation run by Jewish Women for Jewish women and children who have been subjected to domestic violence. They offer a range of support and information for victims.</p>

<p><b>Karma Nirvana</b></p> <p>UK Helpline: <b>0800 5999 247</b>  Email: <a href="mailto:info@karmanirvana.org.uk">info@karmanirvana.org.uk</a>  Website: <a href="http://www.karmanirvana.org.uk">www.karmanirvana.org.uk</a></p>	<p>Karma Nirvana is an award-winning British Human Rights Charity supporting victims of honour-based abuse and forced marriage. Honour crimes are not determined by age, faith, gender or sexuality, we support and work with all victims.</p> <p>We run a national helpline offering direct support and guidance to victims and professionals. Karma Nirvana provides training to the Police, NHS and Social Services. We act as expert witnesses in court, speak out in schools and attend awareness raising events nationally and internationally. In addition, our team lobby government and after ten years of campaigning, forced marriage became a criminal offence in 2014.</p>
<p><b>ManKind Initiative</b></p> <p>Tel: <b>01823 334244</b>  Website: <a href="http://www.mankind.org.uk">www.mankind.org.uk</a>  <b>Weekdays 10am to 4pm</b></p>	<p>Our confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner).</p> <p>This can range from actual violence or object throwing to mental abuse such as constant bullying or constant insults.  We provide both emotional support and practical information.  We receive calls from male victims across all age ranges and professions:</p> <ul style="list-style-type: none"> <li>• From dustmen and doctors to bankers and builders,</li> <li>• From men in their 20s to men in their 80s,</li> <li>• From men across England, Northern Ireland, Scotland and Wales.</li> </ul> <p>We welcome calls from mothers, sisters and friends of male victims seeking information. We also receive calls from support organisations, charities and statutory agencies such as local authorities and police forces.</p>
<p><b>Men's Advice Line</b></p> <p>Tel: <b>0808 8010327</b>  Email: <a href="mailto:info@mensadviceline.org.uk">info@mensadviceline.org.uk</a>  Website: <a href="http://www.mensadviceline.org.uk">www.mensadviceline.org.uk</a></p>	<p>A confidential helpline for any man experiencing domestic violence and abuse from a partner (or ex-partner).</p> <p>We are a team of skilled professionals offering practical advice, information and emotional support to male victims of domestic violence, as well as to concerned friends and family and frontline workers.</p> <p>Our focus is to increase the safety of men experiencing domestic violence (and the safety of their children) and help them reduce the risk.  The Men's Advice Line is open Monday-Friday 9am-5pm.</p>

<p><b>Muslim Community Helpline</b></p> <p>Tel: <b>0208 904 8193</b>  Tel: <b>0208 908 6715</b>  Website:  <a href="http://www.muslimcommunityhelpline.org.uk">www.muslimcommunityhelpline.org.uk</a></p>	<p>The Muslim Community Helpline is a national organisation for women, men, youth and children which was launched in 2007. We began our work as the nationwide Muslim Women's Helpline (1987) but changed status to reflect the growing number of calls from all members of the community.</p> <p>We are here to help and support , whatever your needs, and have trained volunteers with many years of experience on hand five days a week. We aim to provide a listening and emotional support service for members of the community in the United Kingdom.</p>
<p><b>National Centre for Domestic Violence (NCDV)</b></p> <p>Tel: <b>0844 8044999</b>  Text: <b>NCDV to 60777 and they will call back</b>  Email: <a href="mailto:office@ncdv.org.uk">office@ncdv.org.uk</a>  Website: <a href="http://www.ncdv.org.uk">www.ncdv.org.uk</a></p>	<p>The National Centre for Domestic Violence (NCDV) provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.</p> <p>Our service allows anyone to apply for an injunction within 24 hours of first contact (in most circumstances). We work in close partnership with the police, local firms of solicitors and other support agencies (Refuge, Women's Aid etc) to help survivors obtain speedy protection.</p>
<p><b>National Domestic Violence Helpline</b></p> <p>Tel: <b>0808 2000 247</b>  Website:  <a href="http://www.nationaldomesticviolencehelpline.org.uk">www.nationaldomesticviolencehelpline.org.uk</a></p>	<p>The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.</p> <p>The Helpline can give support, help and information over the telephone, wherever the caller might be in the country. The Helpline is staffed 24 hours a day by fully trained female helpline support workers and volunteers. All calls are completely confidential. Translation facilities for callers whose first language is not English and a service for callers who are deaf or hard of hearing are available.</p>
<p><b>NSPCC</b></p> <p>Tel: <b>0808 8005000</b>  Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p><b>Respect Phonenumber</b></p> <p>Tel: <b>0808 8024040</b>  Email: <a href="mailto:info@respectphonenumber.org.uk">info@respectphonenumber.org.uk</a>  Website: <a href="http://www.respectphonenumber.org.uk">www.respectphonenumber.org.uk</a></p>	<p>A confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner.</p> <p>We are a team of skilled professionals offering advice, information and support to domestic violence perpetrators, as well as to their (ex) partners and frontline workers. We are a helpline and email service.</p>



	Our key focus is to increase the safety of those experiencing domestic violence through promoting effective interventions with perpetrators. The Respect Phoneline is open Monday-Friday 9am-5pm.
<b>Restored (Ending violence against women)</b>  Tel: 02089 437706 Email: <a href="mailto:info@restoredrelationships.org">info@restoredrelationships.org</a>	We aim to answer two questions of 'where is the Church?' and 'where are the men in the church?' when it comes to ending violence against women. We work with and through the church at international, national, regional and local level providing training and resources to equip churches and its members to respond effectively and appropriately to violence against women.
<b>Southall Black Sisters Helpline</b>  Tel: 0208 5710800 Website: <a href="http://www.southallblacksisters.org.uk">www.southallblacksisters.org.uk</a>	Southall Black Sisters provide information, advice, advocacy, practical help, counselling and support to Asian and African-Caribbean women and children experiencing domestic violence.
<b>The Hideout</b>  Website: <a href="http://www.thehideout.org.uk">www.thehideout.org.uk</a>	A website specifically designed for children and young people who are experiencing domestic violence.
<b>The Kiran Project</b>  Tel: 0208 5581986 Email: <a href="mailto:kiran.admin@kiranproject.org.uk">kiran.admin@kiranproject.org.uk</a> Website: <a href="http://www.kiranproject.org.uk">www.kiranproject.org.uk</a>	The Kiran Project provides safe, temporary accommodation for Asian women and their children escaping domestic violence. It offers confidential advice for women fleeing various forms of abuse including physical, mental and sexual abuse, or from financial exploitation.
<b>Women's Aid</b>  Tel: 0808 2000247 (National Helpline)	Provides a refuge for women and their families and advice on housing, legal issues and benefits. The charity also employs child care professionals who can help get your children to and from school safely and arrange free lunches if necessary.

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# Disability/Additional Needs/SEN Nationwide Services

<p><b>Action on Hearing Loss (RNID)</b></p> <p>Website: <a href="http://www.actiononhearingloss.org.uk/">www.actiononhearingloss.org.uk/</a></p>	<p>Action on Hearing Loss, known until 2011 by its official title, the Royal National Institute for Deaf People, is a charitable organization working on behalf of the UK's 9 million people who are deaf or have hearing loss.</p>
<p><b>ADHD+ Support</b></p> <p>Website: <a href="http://www.adhd-support.org.uk/">www.adhd-support.org.uk/</a></p>	<p>To provide information and practical advice and support for those who care for, live with, work with or have ADHD. Dealing with ADHD, ODD/CD, Tourette Syndrome / OCD. Meetings, social events, online services, mentoring etc</p>
<p><b>British Blind Sport</b></p> <p>Website: <a href="https://britishblindsport.org.uk/">https://britishblindsport.org.uk/</a></p>	<p>British Blind Sport is a British charity that makes sport and recreational activities accessible to people who are visually impaired. The charity enables blind and partially sighted people to experience the same sporting opportunities as sighted people.</p>
<p><b>Deafblind UK</b></p> <p>Website: <a href="https://deafblind.org.uk/">https://deafblind.org.uk/</a></p>	<p>Deafblind UK is a national charity supporting people with sight and hearing loss, enabling them to live the lives they want.</p>
<p><b>Disability Essex</b></p> <p>Website: <a href="http://www.disabilityessex.org/">www.disabilityessex.org/</a></p>	<p>To enable people with any disability to control their own lives and enjoy to the full the opportunities which society, the economy and the environment offer.</p>

<p><b>ECL Sensory Service</b></p> <p><b>Website:</b>  <a href="http://www.eclsensoryservice.org/ecl-sensory-service/">www.eclsensoryservice.org/ecl-sensory-service/</a></p>	<p>We are a team of sensory specialists delivering services across Essex and beyond. Our aim is to ensure that people can access the correct information, advice and support at the right time, in the right place and in the right way.</p> <p>We achieve this by effectively working in partnership making the best use of local and national resources in order to deliver co-produced high quality services that are focused on prevention, early intervention and maximising independence.</p>
<p><b>Epilepsy Action</b></p> <p>Tel: <b>07513 330749</b>  Website: <a href="http://www.epilepsy.org.uk">www.epilepsy.org.uk</a></p>	<p>Epilepsy Action is the UK's largest epilepsy membership organisation, aiming to support the 600,000 people across the country with the condition, as well as educating the wider public and helping to break down the stigma that still exists about epilepsy.</p> <p>In Essex, our local branches acts as support groups to people with epilepsy, their families and friends, as well as leading the charge in informing and educating the public about the condition.</p>
<p><b>Family Lives</b></p> <p><b>Helpline: 0808 800 2222</b>  <b>Email</b> <a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a>  <b>Website:</b> <a href="http://www.familylives.org.uk">www.familylives.org.uk</a></p>	<p>Family Lives is a national charity providing family support. We know that parents want to do the best they can for their children, but family life sometimes can be difficult or stressful, no more so than during the current pandemic.</p> <p>We encourage parents to see that asking for help is a sign of strength. There is no one right way to do things and we try to help empower parents to manage particular situations and difficulties more effectively.</p> <p>We offer this support through an range of innovative free, flexible, responsive services – shaped by parents for parents</p>
<p><b>Grandparents Plus</b></p> <p>Tel: <b>03000 337015</b>  Email: <a href="mailto:info@grandparentsplus.org.uk">info@grandparentsplus.org.uk</a>  Website: <a href="http://www.grandparentsplus.org.uk">www.grandparentsplus.org.uk</a></p>	<p>Grandparents Plus is the national charity which champions the vital role of grandparents and the wider family in children's lives – especially when they take on the caring role in difficult family circumstances. We do this because we want to make children's lives better.</p>
<p><b>Hearing Dogs</b>  <b>Website:</b> <a href="http://www.hearingdogs.org.uk/">www.hearingdogs.org.uk/</a></p>	<p>Hearing Dogs for Deaf People train hearing dogs who change the lives of deaf adults and children across the UK.</p>
<p><b>Homestart</b></p>	<p>Home-Start Essex supports parents to build confidence and strengthen their relationships with their children 0-7 years. Through a combination of volunteer peer support, group support and</p>

<p>Home-Start Essex Unit 16d Reeds Farm Estate Chelmsford Essex CM1 3st</p> <p>Tel: 01245 847410 Email: <a href="mailto:info@home-startessex.org.uk">info@home-startessex.org.uk</a></p> <p>Web: <a href="http://www.home-startessex.org.uk">www.home-startessex.org.uk</a></p>	<p>family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally.</p> <p>Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.</p> <p>Our Support includes:</p> <ul style="list-style-type: none"> <li>• Home-Visiting</li> <li>• Telephone Support</li> <li>• Family Groups</li> <li>• Nursery/School Readiness</li> <li>• Wellbeing Groups</li> <li>• Other Specialist Support</li> </ul>
<p><b>Macular Society</b></p> <p>Website: <a href="http://www.macularsociety.org/">www.macularsociety.org/</a></p>	<p>The Macular Society supports those with Macular Degeneration, their families and their carers; offering counselling and other services.</p>
<p><b>The Movement centre</b></p> <p>E-mail: <a href="mailto:ann@themovementcentre.co.uk">ann@themovementcentre.co.uk</a> Tel: 01691 404288 <a href="http://www.the-movement-centre.co.uk">www.the-movement-centre.co.uk</a></p>	<p>We provide life changing children's physiotherapy called Targeted training. We help children from those with Cerebral Palsy, Down Syndrome and other conditions to achieve new skill through strength and control of their movement</p>
<p><b>Partially Sighted Society</b></p> <p>Website: <a href="http://www.partsight.org.uk/">www.partsight.org.uk/</a></p>	<p>The Partially Sighted Society provides information, advice, training, magnifiers and electronic low vision aids and clear print material for anybody with a visual impairment to help them to make the best use of their remaining sight.</p>
<p><b>RAD -Royal Association for Deaf People</b></p> <p>Website: <a href="http://www.royaldeaf.org.uk/">www.royaldeaf.org.uk/</a></p>	<p>We recognise that growing up in a hearing world can be challenging for Deaf children. Our programme of events and services have been developed with your child in mind; improving communication, building friendships, increasing access and supporting the development of skills.</p>

<b>Remap</b> Website: <a href="http://www.remap.org.uk/">www.remap.org.uk/</a>	Essex Central Panel - Design and make or adapt equipment to help people with disabilities providing it is not available commercially.
<b>Retina UK</b> Website: <a href="https://retinauk.org.uk/about/">https://retinauk.org.uk/about/</a>	We support people affected by inherited progressive sight loss and we invest in medical research to ensure that people can lead a fulfilling life. Retina UK was formerly known as RP Fighting Blindness
<b>Royal London Society for Blind Children</b> Website: <a href="https://www.rsbc.org.uk/">https://www.rsbc.org.uk/</a>	We provide a range of services in London and across England and Wales for blind and partially sighted children and young people, their families, and the professionals who work alongside them.
<b>Royal National Institute of Blind People (RNIB)</b> Website: <a href="https://www.rnib.org.uk/">https://www.rnib.org.uk/</a>	The Royal National Institute of Blind People is a UK charity offering information, support and advice to almost two million people in the UK with sight loss.
<b>Self-Management UK</b> Tel: 03333 455840 Email: <a href="mailto:hello@selfmanagemnetuk.org">hello@selfmanagemnetuk.org</a> Website: <a href="http://selfmanagementuk.org">selfmanagementuk.org</a>	<p>Self-Management UK will be delivering 60 self-management programmes for approx. 1000 adults and elderly people living with physical and/or mental long-term conditions for all Essex localities, utilising general practice risk stratification to identify suitable patients. The training programmes are endorsed by NHS England and the King's Fund to help people:</p> <ul style="list-style-type: none"> <li>• Take ownership of their health with greater confidence and empowerment</li> <li>• Facilitate shared decision making with Healthcare Professionals (HCPs)</li> <li>• Choose alternative options to achieve good health than NHS resources</li> </ul> <p>Self-management awareness programmes will also be run for 100 HCPs to support clinicians to meet project objectives.</p> <p>Programmes will be delivered close to patient's homes, facilitated by local people who live with long-term conditions who are fully supported trained and mentored to quality framework standards. Many participants become tutors after their programme, contributing to their community and enhancing their personal networks as they lead more positive lives.</p>

<p><b>Sense</b></p> <p>Website: <a href="http://www.sense.org.uk">www.sense.org.uk</a></p>	<p>For everyone living with complex disabilities. For everyone who is deafblind. Sense is here to help people communicate and experience the world. We believe that no one, no matter how complex their disabilities, should be isolated, left out, or unable to fulfil their potential.</p>
<p><b>Shaw Trust</b></p> <p>Website: <a href="http://www.shaw-trust.org.uk">www.shaw-trust.org.uk</a></p>	<p>Shaw Trust is a national charity helping people, enter work, gain an education, develop their career, improve their wellbeing and rebuild their lives.</p>
<p><b>Signs of Hope (Caritas)</b></p> <p>Website: <a href="http://www.caritaswestminster.org.uk/deaf-service-signs-of-hope.php">www.caritaswestminster.org.uk/deaf-service-signs-of-hope.php</a></p>	<p>A Counselling service for Deaf, deafblind or hard of hearing people, or for relatives of Deaf people who would like Deaf-Aware counselling. Counselling is available in BSL, SSE, Deafblind Manual Alphabet, hands-on-Signing or spoken English</p>
<p><b>Talking Newspaper Association</b></p> <p>Website: <a href="http://www.tnauk.org.uk/">www.tnauk.org.uk/</a></p>	<p>RNIB Newsagent delivers more than 200 popular and best-selling publications in a format to suit you.</p>
<p><b>Torch Fellowship - Vision for those with sight loss</b></p> <p>Website: <a href="http://www.torchtrust.org/">www.torchtrust.org/</a>  Tel: 01268 522476  Email: <a href="mailto:seagerjohne@yahoo.co.uk">seagerjohne@yahoo.co.uk</a>  Address: Basildon Torch, Sunnymede Chapel, Thynne Road, Billericay, CM11 2HH</p>	<p>Torch Trust is a Christian organisation with a worldwide vision for people with sight loss</p> <p>We do this through offering services and resources to people with sight loss.</p> <p>We provide Christian literature in large print, braille and audio both to buy and through our free lending library.</p> <p>We offer Sight Loss Friendly Christian holidays at our specially designed holiday centre near Brighton.</p> <p>We work with churches, Christian organisations and sight loss professionals offering our experience, training, advice and guidance.</p>
<p><b>Total Sensory</b></p> <p>Website: <a href="http://www.totalsensory.co.uk/shop/index.php">www.totalsensory.co.uk/shop/index.php</a></p>	

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<b>VICTA</b>  <b>Website:</b> <a href="http://www.victa.org.uk/">www.victa.org.uk/</a>	<p>VICTA supports children and young people who are blind or partially sighted and their families across the UK. If you are the parent of a blind or partially sighted child or young person or you are visually impaired yourself and under the age of 29 then VICTA can help.</p>
<h1>Education Nationwide Services</h1>	
<b>ABCYA</b>  <b>Website:</b> <a href="http://www.abcya.com">www.abcya.com</a>	<p>ABCya provides over 400 fun and educational games for grades PreK through 6. Our activities are designed by parents and educators, who understand that children learn better if they are having fun. Games are categorized by grade and subject, and cover topics such as multiplication, parts of speech, typing, pattern recognition, and more. We even have games that are just plain fun (and safe) to play! With so much variety, there is sure to be something for kids at all learning levels and styles.</p>
<b>Advisory Centre for Education (ACE)</b>  <b>Tel:</b> 0300 0115142 <b>Website:</b> <a href="http://www.ace-ed.org.uk">www.ace-ed.org.uk</a>  <b>Normal opening hours: Monday to Wednesday from 10am to 1pm. Term time only</b>	<p>ACE Education Advice &amp; Training is a new organisation that provides independent advice and information for parents on education issues in England. High quality training and consultancy services covering education law and guidance are provided to a wide range of education professionals.</p>
<b>ALL-IN-ONE HOMESCHOOL</b>	<p>A COMPLETE, FREE ONLINE CHRISTIAN HOMESCHOOL CURRICULUM FOR YOUR FAMILY AND MINE</p>

<p><b>Website: <a href="http://www.allinonehomeschool.com">www.allinonehomeschool.com</a></b></p>	
<p><b>BBC Bitesize</b></p> <p>Website: <a href="http://www.bbc.co.uk/learning/coursesearch">www.bbc.co.uk/learning/coursesearch</a></p>	<p>From 20 April, you'll be able to access regular daily lessons in English and Maths, as well as other core subjects, in an expanded version of our website and also on special programmes broadcast on BBC iPlayer and BBC Red Button.</p> <p>We've worked with our colleagues in other parts of the BBC and education experts from around the UK to make sure everyone who needs it can access learning resources during this uncertain time. You can also expect some of it to be delivered by well-known faces.</p>
<p><b>Be Awesome, Go Big - Transition Resources for Year 6 Pupils</b></p> <p>Website: <a href="http://www.hachetteschools.co.uk/landing-page/hachette-schools/be-awesome-go-big-resources-for-year-6/">www.hachetteschools.co.uk/landing-page/hachette-schools/be-awesome-go-big-resources-for-year-6/</a></p>	<p>These resources have been created to prepare Year 6 pupils for the transition to secondary school.</p> <p>The lessons are based on the books You Are Awesome by Matthew Syed and Go Big by Matthew Burton. Each session will take pupils through some big ideas to help them on their way to secondary school.</p>
<p><b>Beast Academy</b></p> <p>Website: <a href="http://beastacademy.com">beastacademy.com</a></p>	<p>Our interactive online platform guides students through elementary-school math with fun puzzles and problem-solving practice at every step.</p>
<p><b>Big History Project</b></p> <p>Website: <a href="http://www.bighistoryproject.com/home">www.bighistoryproject.com/home</a></p>	<p>Aimed at Secondary age. Multi-disciplinary activities.</p>
<p><b>Blocky Games</b></p> <p><a href="http://www.blockly.games">www.blockly.games</a></p>	<p>Learn computer programming skills - fun and free.</p>



<b>Brain Pop</b> Website: <a href="http://www.brainpop.com">www.brainpop.com</a>	Make Any Room a Classroom. BrainPOP is here to help you and your curious learners stay informed and on-track.
<b>British Council</b> Website: <a href="http://www.britishcouncil.org/school-resources/find">www.britishcouncil.org/school-resources/find</a>	Resources for English language learning
<b>Cbeebies Radio</b> Website: <a href="http://www.bbc.co.uk/cbeebies/radio">www.bbc.co.uk/cbeebies/radio</a>	Listening activities for the younger ones.
<b>Cool Maths 4 Kids</b> Website: <a href="http://www.coolmath4kids.com">www.coolmath4kids.com</a>	Maths games for kids, teachers and parents.
<b>Crash Course</b> Website: <a href="http://www.thecrashcourse.com">www.thecrashcourse.com</a>	You Tube videos on many subjects
<b>Crash Course Kids</b> Website: <a href="http://www.youtube.com/user/crashcoursekids">www.youtube.com/user/crashcoursekids</a>	As above for a younger audience
<b>Creative Bug</b>	Online classes and courses in various creative areas, including sewing, knitting, crochet, art, jewellery and quilting. Kids specific courses available!

<b>Website: <a href="http://www.creativebug.com">www.creativebug.com</a></b>	Paid resource but free trial available.
<b>Crest Awards</b>  Website: <a href="http://www.crestawards.org">www.crestawards.org</a>	Science awards you can complete from home.
<b>Discovery Education</b>  <b>Website:</b> <b><a href="http://www.discoveryeducation.co.uk">www.discoveryeducation.co.uk</a></b>	Discovery Education is a trusted partner for schools, supporting them in realising their vision and achieving their goals with curriculum-matched content, professional development solutions and professional networking opportunities.  Paid resource but free trial available.
<b>DK Find Out</b>  Website: <a href="http://www.dkfindout.com">www.dkfindout.com</a>	Educational activities and quizzes for children
<b>Duolingo</b>  Website: <a href="http://www.duolingo.com">www.duolingo.com</a>	Learn languages for free. Web or app.
<b>eLearning for Kids</b>  <b>Website: <a href="http://www.e-learningforkids.org">www.e-learningforkids.org</a></b>	Free and fun digital education for children worldwide.
<b>Fun Brain</b>  <b>Website: <a href="http://www.funbrain.com">www.funbrain.com</a></b>	Created for kids in grades Pre-K through 8, Funbrain.com has been the leader in free educational games for kids since 1997. Funbrain offers hundreds of games, books, comics, and videos that develop skills in math, reading, problem-solving and literacy.

<p><b>Future Learn</b></p> <p>Website: <a href="http://www.futurelearn.com">www.futurelearn.com</a></p>	<p>Get access to high quality learning wherever you are, with online courses, programs and degrees created by leading universities, business schools and specialist organisations.</p>
<p><b>Geography Games</b></p> <p>Website: <a href="http://www.world-geography-games.com/world.html">www.world-geography-games.com/world.html</a></p>	<p>Geography gaming!</p>
<p><b>Gojimo Revision</b></p> <p>Website: <a href="http://www.gojimo.com">www.gojimo.com</a></p>	<p>Gojimo Revision is the free app that helps you pass exams.</p> <p>Access over 40,000 practice questions for free.</p> <p>28 GCSE subjects (AQA, CCEA, Edexcel, OCR, WJEC)  20 A Level subjects (AQA, CCEA, Edexcel, OCR, WJEC)  11+ and 13+ Common Entrance  Ireland's Junior Certificate  USA's SAT, ACT and APs  South African Matric  Gojimo allows you to:</p> <p>Download quizzes for offline use  Track your progress, strengths and weaknesses  Check off each topic as you learn it</p>
<p><b>Highlights Kids</b></p> <p>Website: <a href="http://www.highlightskids.com">www.highlightskids.com</a></p>	<p>Activities, jokes and games for kids online.</p>

<p><b>Home Learning UK</b></p> <p>Website: <a href="http://homelearninguk.weebly.com">homelearninguk.weebly.com</a></p>	<p>'HomeLearningUK' is being led by educators who have come together to offer time and expertise to support colleagues, parents and students in the UK and beyond.</p> <p>In light of the Covid19 pandemic and potential school closure this website is designed to share ideas, solutions, plans and support.</p>
<p><b>iDEA Awards</b></p> <p>Website: <a href="http://www.idea.org.uk">www.idea.org.uk</a></p>	<p>Digital enterprise award scheme you can complete online.</p>
<p><b>Khan Academy</b></p> <p>Website: <a href="http://www.khanacademy.org">www.khanacademy.org</a></p>	<p>Online learning resource.</p>
<p><b>Kids Activities Blog</b></p> <p>Website: <a href="http://www.kidsactivitiesblog.com">www.kidsactivitiesblog.com</a></p>	<p>Parent run blog detailing various activities for children.</p> <p>Currently has recommendations for activities to do whilst self-isolating due to COVID-19, as well as a comprehensive list of educational resources offering free subscriptions, available at: <a href="https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/">https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/</a></p>
<p><b>Learning by Questions</b></p> <p>Website: <a href="http://www.lbq.org">www.lbq.org</a></p>	<p>With hundreds of scaffolded Question Sets covering basic understanding through fluency, reasoning and problem solving leading to mastery, you can develop classes with mixed abilities and stretch every pupil.</p>
<p><b>Literative</b></p> <p>Website: <a href="http://www.literative.com">www.literative.com</a></p>	<p>Literative is the leading provider of reading material for pre-school, kindergarten and grade 1 students available online. The program is comprised of carefully levelled guided readers, comprehensive phonic activities and a wealth of supplemental reading material which gradually develop a child's reading skills in a sequential and enjoyable manner. Developed and approved by teachers and parents across the United States, Literative is the acknowledged leader in early learning online. All the material is available for free from this site but you need to register.</p>

<b>Mystery Science</b>  Website: <a href="http://www.mysteryscience.com">www.mysteryscience.com</a>	Free science lessons
<b>National Geographic Kids</b>  Website: <a href="http://www.natgeokids.com">www.natgeokids.com</a>	Articles, games and resources for young people to learn at home.
<b>Nature Detectives</b>  Website: <a href="http://www.naturedetectives.woodlandtrust.org.uk/naturedetectives">www.naturedetectives.woodlandtrust.org.uk/naturedetectives</a>	A lot of these can be done in a garden, or if you can get to a remote forest location!
<b>Open Learn (Free courses from the Open University)</b>  Website: <a href="http://www.open.edu/openlearn/free-courses/full-catalogue">www.open.edu/openlearn/free-courses/full-catalogue</a>	From 1 to 100 hours of learning - discover hundreds of free courses to inspire and inform everyone.
<b>OutSchool</b>  Website: <a href="http://www.outschool.com">www.outschool.com</a>	Live Online Classes for Ages 3-18
<b>Oxford Owl for Home</b>  Website: <a href="http://www.oxfordowl.co.uk/for-home">www.oxfordowl.co.uk/for-home</a>	Lots of free resources for Primary age

<p><b>Paw Print Badges</b></p> <p>Website: <a href="http://www.pawprintbadges.co.uk">www.pawprintbadges.co.uk</a></p>	<p>Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.</p>
<p><b>PBS Kids</b></p> <p>Website: <a href="http://www.pbskids.org">www.pbskids.org</a></p>	<p>Activities and games to help kids play and learn at home.</p>
<p><b>Prodigy Maths</b></p> <p>Website: <a href="http://www.prodigygame.com">www.prodigygame.com</a></p>	<p>Is in U.S. grades, but good for UK Primary age.</p>
<p><b>Red Ted Art</b></p> <p>Website: <a href="http://www.redtedart.com">www.redtedart.com</a></p>	<p>Easy arts and crafts for little ones</p>
<p><b>Revision Buddies</b></p> <p>Website: <a href="http://www.revisionbuddies.com">www.revisionbuddies.com</a></p>	<p>Revisionbuddies.com can provide short bursts of revision for many GCSE topics and tracks progress too. It even allows the pupils to access past papers and mark schemes.</p>
<p><b>Scholastic – Learn at Home!</b></p> <p>Website: <a href="http://www.classroommagazines.scholastic.com/support/learnathome.html">www.classroommagazines.scholastic.com/support/learnathome.html</a></p>	<p>Day-by-day projects to keep kids reading, thinking and growing.</p>
<p><b>Science Kids</b></p>	<p>Science Kids is the home of science &amp; technology on the Internet for children around the world.</p>

<b>Website:</b> <a href="http://www.sciencekids.co.nz">www.sciencekids.co.nz</a>	Learn more about the amazing world of science by enjoying our fun science experiments, cool facts, online games, free activities, ideas, lesson plans, photos, quizzes, videos & science fair projects.
<b>Scratch</b>  Website: <a href="http://www.scratch.mit.edu">www.scratch.mit.edu</a>	Creative computer programming for children!
<b>Seneca Learning</b>  Website: <a href="http://www.senecalearning.com">www.senecalearning.com</a>	Join 3,000,000 students using Seneca as the most fun way to learn at KS2, KS3, GCSE & A Level. And it's free!
<b>Seussville</b>  Website: <a href="http://www.seussville.com">www.seussville.com</a>	Explore, watch & play with the world of Dr Seuss.
<b>Splash Brain</b>  Website: <a href="http://www.splashlearn.com">www.splashlearn.com</a>	The Complete K-5 Math Learning Program Built for Your Child
<b>Starfall</b>  Website: <a href="http://www.starfall.com">www.starfall.com</a>	<p>Starfall.com® opened in September 2002 as a free public service to teach children to read. Since then it has expanded to include language arts and mathematics for preschool, kindergarten, first grade, second grade, and third grade. Starfall's emphasis on phonemic awareness, systematic sequential phonics, and common sight words in conjunction with audiovisual interactivity has proven effective in teaching emergent readers. Starfall activities are research-based and align with Individual and Common Core State Standards in English language arts and mathematics.</p> <p>The program emphasizes exploration, play, and positive reinforcement—encouraging children to become confident and intrinsically motivated. Starfall is an educational alternative to other</p>

	<p>entertainment choices for children and is especially effective for special education, homeschooling, and English language development (ELD, ELL, ESL). It is widely used in schools that serve children with special needs and learning difficulties.</p> <p>Our low-cost membership program expands the free content to include animated songs, mathematics, and reading activities spanning K-3. Membership also supports the production of new books, songs, educational games, and movies.</p> <p>The program, provided by the Starfall Education Foundation, a non-profit organization, was conceived by Dr. Stephen Schutz. As a child, Stephen had difficulty learning to read due to dyslexia. He wanted to create a website with untimed, multisensory interactive games that allow children to see, hear, and touch as they learn.</p>
<p><b>Storyline Online</b></p> <p>Website: <a href="http://www.storylineonline.net">www.storylineonline.net</a></p>	<p>Children’s books read aloud by celebrities and familiar faces.</p>
<p><b>Switch Zoo</b></p> <p>Website: <a href="http://www.switchzoo.com">www.switchzoo.com</a></p>	<p><b>Make and Play</b>          Make new animals, play animal games, solve animal puzzles, take a guided tour, and join a zoo quest.</p> <p><b>Teach and Learn</b>          Build a biome and an online habitat, play other learning games, read animal facts, get lesson plans.</p> <p><b>Watch and Listen</b>          Listen to music performed by animals, watch a dog’s dream, and uncover the Mystery of Switch Zoo.</p>
<p><b>TED Ed</b></p> <p>Website: <a href="http://www.ed.ted.com">www.ed.ted.com</a></p>	<p>All sorts of engaging educational videos</p>



<b>The Artful Parent</b> Website: <a href="http://www.facebook.com/artfulparent/">www.facebook.com/artfulparent/</a>	Good, free art activities
<b>The Imagination Tree</b> Website: <a href="http://www.theimaginationtree.com">www.theimaginationtree.com</a>	Creative art and craft activities for the very youngest.
<b>The Kids Should See This</b> Website: <a href="http://www.thekidshouldseethis.com">www.thekidshouldseethis.com</a>	Wide range of cool educational videos
<b>Tinkercad</b> Website: <a href="http://www.tinkercad.com">www.tinkercad.com</a>	All kinds of making.
<b>Toy Theatre</b> Website: <a href="http://www.toytheater.com">www.toytheater.com</a>	Educational online games
<b>Twinkl</b> Website: <a href="http://www.twinkl.co.uk">www.twinkl.co.uk</a>	The trusted home of teacher-created planning and assessment materials and teaching resources! Perfect for inside and outside the classroom.
<b>Tynker</b>	Coding Made Easy - Everything needed to learn computer programming the fun way! Ages 5+

<b>Website: <a href="http://www.tynker.com">www.tynker.com</a></b>				
<b>Udemy</b> <b>Website: <a href="http://www.udemy.com">www.udemy.com</a></b>	The world's largest selection of courses Choose from over 100,000 online video courses with new additions published every month			
<b>Unite for Literacy</b> <b>Website: <a href="http://www.uniteforliteracy.com">www.uniteforliteracy.com</a></b>	Online picture books.			
<table border="1" style="width: 100%;"><tr><td data-bbox="91 608 736 687" style="text-align: center;"><a href="#">Education Home Page</a></td><td data-bbox="736 608 1491 687" style="text-align: center;"><a href="#">Go to Directory Home Page</a></td><td data-bbox="1491 608 2150 687" style="text-align: center;"><a href="#">Go to Front Page</a></td></tr></table>		<a href="#">Education Home Page</a>	<a href="#">Go to Directory Home Page</a>	<a href="#">Go to Front Page</a>
<a href="#">Education Home Page</a>	<a href="#">Go to Directory Home Page</a>	<a href="#">Go to Front Page</a>		
<h1>Employment Nationwide Services</h1>				
<b>National Careers Service</b> Tel: <b>0800 100900</b> Website: <a href="http://nationalcareersservice.direct.gov.uk">nationalcareersservice.direct.gov.uk</a>	The National Careers Service provides information, advice and guidance to help you make decisions on learning, training and work opportunities. The service offers confidential and impartial advice. This is supported by qualified careers advisers. <a href="#">Read More...</a>			

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# Family Conflict Nationwide Services

## National Family Mediation

**Website:** [www.nfm.org.uk](http://www.nfm.org.uk)

**Telephone:** 0300 4000 636

**Email:** [general@nfm.org.uk](mailto:general@nfm.org.uk)

**Address:** National Family Mediation,  
1st Floor, Civic Centre, Paris St,  
Exeter EX1 1JN.

Family mediation typically involves the couple attending a series of face to face meetings. And the discussions are facilitated by a professional, trained mediator.

If you face divorce or separation, and don't know which way to turn, family mediation can help. That's because it can enable you to sort arrangements for children, property, finance and other important matters.

Family mediation is open to anybody affected by family breakdown including separation, divorce and dissolution of civil partnership.

Mediation is also available to other family members. Grandparents may be having difficulties over contact arrangements, for example. And step-parents can use the process if they would like to support their new partner.

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# Financial Concerns Nationwide Services

## BBC Children in Need – Emergency Essentials Programme

Tel: 01904 550011

Email:  
[emergencyessentials@familyfundsolutions.co.uk](mailto:emergencyessentials@familyfundsolutions.co.uk)

Website:  
[www.familyfundsolutions.co.uk/emergency-essentials](http://www.familyfundsolutions.co.uk/emergency-essentials)

**Please note: all applications must be made by a registered referrer.**

BBC Children in Need Emergency Essentials Programme supports children and young people who are facing exceptionally difficult circumstances and is delivered by Family Fund Business Services. The programme provides items that meet a child's most basic needs such as a bed to sleep in, a cooker to provide a hot meal and other items or services critical to child's wellbeing.

### Who can we help?

- Vulnerable children and young people up to the age of 18 who are experiencing a crisis or emergency.
- UK or EU citizens who are normally resident in the UK.

Applications must be completed by a registered referrer who is part of an organisation that is supporting the family or young person and capable of assessing their needs. The referrer's organisation should also be able to administer and supervise the grant on our behalf.

Family Fund Business Services has to work within specific criteria whilst aiming to provide a flexible grant programme to assist those most in need. Please read our guidelines before applying.

## Buttle UK

Buttle UK is named after Frank Buttle, a remarkable man whose hard work and personal sacrifice helped to establish our grant programmes, which have been helping children and young people in need across the UK since 1953.

<p>Tel: <b>02078 287311</b>  Email: <a href="mailto:info@buttleuk.org">info@buttleuk.org</a>  Website: <a href="http://www.buttleuk.org">www.buttleuk.org</a></p>	<p>We do this by providing practical solutions that give children a fighting chance in life.</p> <p>Direct support is based on individual need, either to overcome immediate crisis or ensure the best possible chance of a successful education. A grant could be for a bed so a child no longer has to share with a sibling, and has a better night's sleep to help them concentrate in class. Or to fund a place at boarding school for a 13 year old with alcoholic parents, where they can get the structure and support missing at home.</p> <p>We also look at more strategic ways to improve the life chances of those we help, by influencing opinion formers, policy makers and practitioners. We do this through research projects, as well as initiatives like our Quality Mark for Care Leavers in Further and Higher Education.</p> <p>Through all this work our goal is to give more children and young people living in poverty the power to shape their own future.</p> <p><a href="#">Find out what help is available</a></p>
<p><b>Freecycle</b></p> <p>Website: <a href="http://uk.freecycle.org">uk.freecycle.org</a></p>	<p>This is a website where people give and get free items in their towns in an effort to keep good things out of landfills.</p>
<p><b>The Money Advice Service</b></p> <p>Tel: <b>0300 5005000</b>  Website: <a href="http://www.moneyadviceservice.org.uk">www.moneyadviceservice.org.uk</a></p>	<p>Free, unbiased money advice.</p>
<p><b>National Debtline</b></p> <p>Tel: <b>0808 8084000</b>  Website: <a href="http://www.nationaldebtline.org">www.nationaldebtline.org</a></p>	<p>Debt advice.</p>

<b>Payplan</b> Tel: <b>0800 2802816</b> Tel (for Mobiles): <b>0207 7608980</b> Email: <a href="#">Via Website</a> Website: <a href="http://www.payplan.com">www.payplan.com</a>	Payplan offers a fresh approach to dealing with financial difficulties. We are proud to be the UK's largest provider of free debt solutions, including free debt management plans and Individual Voluntary Arrangements or IVAs.
<b>The Salvation Army</b> <a href="#">Click for Local Church Information</a> Website: <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a>	The Salvation Army extends a helping hand to those who are homeless, friendless and in need. We passionately believe that no one is beyond hope, however great their problems. That disadvantaged people are given respect and access to the practical, social and spiritual support they need to realise their God-given potential and recover their personal dignity.
<b>Turn2us</b> Tel: <b>0808 8022000</b> Email: <a href="mailto:info@turn2us.org.uk">info@turn2us.org.uk</a> Website: <a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a>	Turn2us is a free service that helps people in financial need to access welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations.  Our website can help you find financial support, quickly and easily, based on your circumstances. It features a free and easy to use Benefits Calculator, Grants Search and other information and resources. <ul style="list-style-type: none"><li>• <a href="#">Benefits Calculator</a></li><li>• <a href="#">Grants Search</a></li></ul>

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# Housing Concerns Nationwide Services

<p><b>National Homelessness Advice Service (NHAS)</b></p> <p>Website: <a href="http://www.nhas.org.uk/">www.nhas.org.uk/</a></p> <p>Contact form available on the <a href="#">website</a>.</p>	<p><b>Service for <u>Professionals</u> to gain advice on Housing.</b></p> <p>Offers free high-quality housing advice service for professionals. Essex is registered - all services are free. They have webinars on Homeless Reduction Act and whole range of housing issues. There is a consultancy line – accessed by webchat, enquiry form or telephone. Trained advisers will give you written response to complex housing queries</p>
<p><b>The Mix</b></p> <p>Tel: 0808 808 4994</p> <p>Website: <a href="http://www.themix.org.uk/housing">www.themix.org.uk/housing</a></p>	<p><b>The Mix provides Essential support for under 25s</b></p> <p>Coping with housing problems can be stressful but we're here to help.</p>
<p><b>Shelter</b></p> <p>Tel: 0808 800 4444</p> <p>Email: <a href="mailto:info@shelter.org.uk">info@shelter.org.uk</a></p> <p>Website: <a href="http://shelter.org.uk">shelter.org.uk</a></p>	<p>Shelter is a charity that works to alleviate the distress caused by homelessness and bad housing.</p> <p>Shelter provides free, confidential advice to people with all kinds of housing problems through our online housing information and our face to face local services.</p>
<p><b>The Salvation Army</b></p> <p><a href="#">Click for Local Church Information</a></p> <p>Website: <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a></p>	<p>The Salvation Army extends a helping hand to those who are homeless, friendless and in need. We passionately believe that no one is beyond hope, however great their problems. That disadvantaged people are given respect and access to the practical, social and spiritual support they need to realise their God-given potential and recover their personal dignity</p>

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# LGBT+

# Nationwide Services

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# Legal Nationwide Services

<b>Bar Pro Bono Unit</b> Website: <a href="http://www.barprobono.org.uk">www.barprobono.org.uk</a>	The Bar Pro Bono Unit is a charity which helps to find pro bono (free) legal assistance from volunteer barristers. <a href="#">Read More...</a>
<b>Civil Legal Advice (CLA)</b> Tel: 0345 3454345 Website: <a href="http://www.gov.uk/civil-legal-advice">www.gov.uk/civil-legal-advice</a>	Get free and confidential legal advice in England and Wales <b>if you're eligible for legal aid.</b> <a href="#">Read More...</a> <a href="#">CHECK IF CALLER CAN GET LEGAL AID HERE</a>
<b>Family Rights Group</b> Tel: 0808 8010366 Website: <a href="http://www.frg.org.uk">www.frg.org.uk</a>	FRG provides free, confidential independent telephone and e-mail advice to family members who are involved with the local authority on the care of a child. <a href="#">Read More...</a>
<b>Grandparents' Legal Centre</b> Tel: 0843 2897130 Website: <a href="http://grandparentslegalcentre.co.uk">grandparentslegalcentre.co.uk</a>	Specialist legal advice for grandparents, including local authority responsibilities and other issues affecting kinship carers.
<b>The Law Society</b> Tel: 02073 205650 Website: <a href="http://solicitors.lawsociety.org.uk">solicitors.lawsociety.org.uk</a>	Use the Law Society's website or phone the number above to find a solicitor in your area who is accredited in children law.
<b>LawWorks Clinics Network</b> Website: <a href="http://www.lawworks.org.uk">www.lawworks.org.uk</a>	If you have a problem and need legal advice to resolve it, you may be able to get help from a legal adviser or an organisation which specialises in your problem.  The LawWorks Clinics Network provides free initial advice to individuals on various areas of social welfare law including employment law, housing matters, consumer disputes, debt and welfare rights.

	<p>The clinics are for people who are not eligible for legal aid and cannot afford to pay for a lawyer.</p> <p>For an initial consultation with a solicitor please <a href="#">click here</a> to find your local <a href="#">clinic</a></p>
<p><b>NYAS</b></p> <p>Tel: <b>0808 8081001</b> Email: <a href="mailto:help@nyas.net">help@nyas.net</a> Website: <a href="http://www.nyas.net">www.nyas.net</a></p>	<p>NYAS is a UK charity providing socio-legal services. We offer information, advice, advocacy and legal representation to children, young people and vulnerable adults through a network of dedicated paid workers and volunteers throughout England and Wales.</p> <p><a href="#">Helpline</a> <a href="#">Children &amp; Vulnerable Adult Services</a> <a href="#">Legal Services</a></p>
<p><b>Rights of Women</b></p> <p>Tel: <b>0207 2516575</b> <a href="#">TypeTalk Service Available for deaf/hard of hearing</a> Website: <a href="http://rightsofwomen.org.uk">rightsofwomen.org.uk</a></p>	<p>Rights of Women is a voluntary organisation committed to informing, educating and empowering women concerning their legal rights</p>

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# Socially Isolated Nationwide Services

<p><b>Childline</b></p> <p>Tel: <b>0800 1111</b>          Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a></p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p><b>NSPCC</b></p> <p>Tel: <b>0808 8005000</b>          Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p><b>The Salvation Army</b></p> <p><a href="#">Click for Local Church Information</a>          Website: <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a></p>	<p>The Salvation Army extends a helping hand to those who are homeless, friendless and in need. We passionately believe that no one is beyond hope, however great their problems. That disadvantaged people are given respect and access to the practical, social and spiritual support they need to realise their God-given potential and recover their personal dignity.</p>
<p><b>The Samaritans</b></p> <p>Tel: <b>01245 357357 (Local Helpline)</b>          Tel: <b>08457 909090 (National Helpline)</b>          Website: <a href="http://www.samaritans.org">www.samaritans.org</a></p>	<p>The Samaritans offer a listening service to those going through a personal crisis and wanting to talk about their despair or suicidal feelings. There is someone to talk to 24 hours a day. Calls made to the national helpline are charged at local call rates from anywhere in the country.</p>

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# Mental Health – Children Nationwide Services

<b>Childline</b> Tel: 0800 1111 Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a>	A 24 hour free confidential helpline for children and young people.
<b>Help for Hoarders</b>  Website: <a href="http://www.helpforhoarders.co.uk">www.helpforhoarders.co.uk</a>	Help for compulsive hoarders and their families.
<b>NSPCC</b>  Tel: 0808 8005000 Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>	A 24 hour free confidential helpline for children and young people.
<b>Mind</b>  Website: <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>	We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.
<b>The Mix</b>  Tel: 0808 808 4994 Website: <a href="http://www.themix.org.uk/mental-health">www.themix.org.uk/mental-health</a>	Understanding mental health can be tricky but The Mix is here to make sure you don't have to do it alone. Whether you're worried about your mental health, or someone else's, we have everything you need to know about mental health, from anxiety and depression to self care and counselling.
<b>Papyrus</b>  Tel: 01925 572 444 Website: <a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a>	The work we do centres around three key principles; Support Equip and Influence.  SUPPORT:  We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

	<p><b>EQUIP:</b></p> <p>We engage communities and volunteers in suicide prevention projects and deliver training programmes to individuals and groups. This includes equipping local councils, healthcare professionals and school staff with suicide prevention skills.</p> <p><b>INFLUENCE:</b></p> <p>We aim to shape national social policy and make a significant contribution to the local and regional implementation of national suicide prevention strategies wherever we can. Our campaigning comes from our passion as individuals, parents, families and communities who have been touched personally by young suicide. We press for change in many places using hard-hitting and dynamic campaigns as well as presenting evidence to those in power so that lessons can be learned and learning implemented to help save young lives.</p>
<p><b>The Samaritans</b></p> <p>Tel: <b>01245 357357 (Local Helpline)</b>          Tel: <b>08457 909090 (National Helpline)</b>          Website: <a href="http://www.samaritans.org">www.samaritans.org</a></p>	<p>The Samaritans offer a listening service to those going through a personal crisis and wanting to talk about their despair or suicidal feelings. There is someone to talk to 24 hours a day. Calls made to the national helpline are charged at local call rates from anywhere in the country.</p>
<p><b>Young Minds Helpline</b></p> <p>Tel: <b>0808 8025544 (Parents Helpline)</b>          Tel: <b>0207 0895050 (General Enquiries)</b>          Email: <a href="mailto:parents@youngminds.org.uk">parents@youngminds.org.uk</a>          (For Parents)          Email:  <a href="mailto:ymentquiries@youngminds.org.uk">ymentquiries@youngminds.org.uk</a>          (General Enquiries)          Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p>	<p>Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.</p> <p>We also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications.</p>

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# Mental Health – Adult Nationwide Services

<p><b>Atrium</b></p> <p>Tel: 01702 332857</p> <p>Email: <a href="mailto:info@atriumclinic.co.uk">info@atriumclinic.co.uk</a></p>	<p>Atrium’s renowned wellbeing services have been delivering positive outcomes for clients for 20 years.</p> <p>We are committed to working with our NHS partners, the independent and voluntary sectors, communities and families to ensure an experience of seamless care. How we support you is decided by you and based on the changes you want to make. We believe you know yourself best and will work with you to help harness your strengths and move forward with the tools to deal independently with future struggles.</p>
<p><b>Education Support</b></p> <p>Website: <a href="http://www.educationsupport.org.uk">www.educationsupport.org.uk</a></p> <p>Tel: 08000 562 561</p>	<p>We are the only UK charity dedicated to improving the health and wellbeing of the entire education workforce.</p>
<p><b>Self help groups</b></p> <p><a href="http://www.Selfhelp.org.uk">www.Selfhelp.org.uk</a></p>	<p>Function to find Self Help groups by topic, local to your area.</p>
<p><b>Papyrus</b></p> <p>Tel: 01925 572 444</p> <p>Website: <a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a></p>	<p>The work we do centres around three key principles; Support Equip and Influence. We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.</p>

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# Parental Routine/Boundaries

## Nationwide Services

### Grandparents Plus

National helpline number: 0300 123 7015  
 Email: [advice@grandparentsplus.org.uk](mailto:advice@grandparentsplus.org.uk)  
 Website:  
<https://www.grandparentsplus.org.uk>

Grandparents Plus supports kinships carers -including grandparents and other relatives raising children who aren't able to live with their parents.

They offer a specialist advice service as well as local support groups and an online network.

National Association for people abused in childhood

NACAP <https://napac.org.uk/>

See website for more details

### Netmums

Website: [www.netmums.com](http://www.netmums.com)

### Drop in Clinic

Our Drop in Clinic is the online equivalent of a Baby Clinic. We run it with the help of Unite/CPHVA and help about 700 mums each month. Mums post about a wide variety of topics from suffering with PND or with a child with special needs, to day to day concerns regarding parenting, their relationship for people abused in childhood and coping with life in general. One of our trained Health Visitors will be online Monday to Friday from 7.30pm to 9.30pm every evening. [Visit Drop in Clinic Here](#)

### Online Courses

- [Helping with Depression](#)
- [Parenting Course](#)
- [Better Together Relationship Course](#)
- [Making Mums Happy](#)

- [Pregnancy Course](#)
- [Diet and Fitness](#)

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# Safeguarding Nationwide Services

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# Exploitation (including online safety) Nationwide Services

<p><b>Childline</b></p> <p>Tel: 0800 1111 Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a></p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p><b>Lucy Faithfull Foundation</b></p> <p>Helpline Tel: 0808 1000 900 Internet Services: 01372 847160 Website: <a href="http://www.lucyfaithfull.org.uk">www.lucyfaithfull.org.uk</a></p>	<p>The Lucy Faithfull Foundation (LFF) is the only UK-wide child protection charity dedicated solely to reducing the risk of children being sexually abused. We work with families that have been affected by sexual abuse including: adult male and female sexual abusers; young people with inappropriate sexual behaviours; victims of abuse and other family members.</p>
<p><b>NSPCC</b></p> <p>Tel: 0808 8005000 Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p><b>PACE (Parents Against Sexual Exploitation)</b></p> <p>Tel: 0113 2405226 Email: <a href="mailto:via@paceuk.info">Via Website</a> Website: <a href="http://www.paceuk.info">www.paceuk.info</a></p>	<p>Pace works alongside parents and carers of children who are – or are at risk of being – sexually exploited by perpetrators external to the family. We offer guidance and training to professionals on how child sexual exploitation affects the whole family.</p> <p><b>For Parents</b> Pace is a unique resource that helps parents to understand what is happening to their child and how parents are the prime agents in helping their child exit exploitative relationships. <a href="#">Read More...</a></p> <p><b>For Professionals</b> Pace has a long history of working collaboratively with the police and social services and looks forward to further cooperation with more agencies. We offer training and guidance as well as accept referrals from those working with affected families who could benefit from independent parent support. <a href="#">Read More...</a></p> <p><b>Keep them safe: an interactive CSE learning tool</b></p>

	<p>Keep them safe is a free online learning tool from Pace and Virtual College which has been accessed by more than 29,000 parents and professionals (as of March 2016). <a href="#">Read More...</a></p>
<p><b>Parents Protect Website</b></p> <p>Tel: <b>0808 1000900 (Stop it Helpline)</b>  Email: <a href="mailto:help@stopitnow.org.uk">help@stopitnow.org.uk</a>  Website: <a href="http://www.parentsprotect.co.uk">www.parentsprotect.co.uk</a></p>	<p>This website is an information and resources website which aims to raise awareness about child sexual abuse, answer questions and give adults the information, advice, support and facts, they need to help protect children.</p> <p>If you want to ask a question or talk through any issues or concerns, call the Stop it Now! Confidential, Freephone helpline on 0808 1000 900.</p> <p>The helpline is available from 9am-9pm Monday to Thursday and 9am-5pm Fridays. Alternatively you can contact us for help and advice via email.</p>
<p><b>Look At Me – Teens, Sexting and Risks Report</b></p> <p><b>Website:</b>  <a href="https://www.internetmatters.org/about-us/sexting-report-look-at-me">https://www.internetmatters.org/about-us/sexting-report-look-at-me</a></p>	<p><b>A glimpse of digital relationships today for young people</b></p> <p>This briefing paper – part of a series from The Cybersurvey – details both who shares nudes and why. It goes on to explore an ecology of related risks sharers encounter. Drawn from an anonymous sample of young people in schools across the country, here is a profile of life today as a young person. For some teens, technology enables and facilitates relationships without harm, but others suffer intensely. This complexity is a challenge when teaching online safety.</p>
<p><b>Survivors UK</b></p> <p>Tel: <b>0203 5983898</b>  Email: <a href="mailto:info@survivorsuk.org">info@survivorsuk.org</a>  Website: <a href="http://www.survivorsuk.org">www.survivorsuk.org</a></p>	<p>Help for men who have been sexually abused or raped</p>
<p><b>Synergy Essex</b></p> <p>Tel: <b>0300 0037777</b>  Email: <a href="mailto:support@synergyessex.org.uk">support@synergyessex.org.uk</a>  Website: <a href="http://synergyessex.org.uk">synergyessex.org.uk</a></p>	<p>Synergy Essex is the partnership of Essex Rape Crisis Centres and provides support and information to anyone who has been sexually abused or raped, or who has been affected by sexual violence at any time in their lives.</p> <p>You can call us and speak to a First Contact Navigator to find out more about our services or you can contact our centres directly.</p> <p>Services offered across Essex include:</p>

	<ul style="list-style-type: none"> <li>• One-to-one sexual violence counselling and emotional support for adults and children, supporters and carers</li> <li>• Independent Sexual Violence Advisers and specialist advocacy</li> <li>• Training and consultancy</li> </ul>
<p><b>Web based support for Parents and Young people</b></p>	<p><a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a> website that deals with internet safety and online child protection. There is an area for children and parents based upon age and understanding.</p> <p><a href="http://www.internetmatters.org">www.internetmatters.org</a> This is funded by internet companies and gives parents an idea on how to protect their children when they are using internet enabled devices. There are also articles on topics such as online grooming, cyberbullying and also information on e-safety.</p> <p><a href="http://www.ceop-police.uk">www.ceop-police.uk</a> The Child Exploitation and Online Protection Centre (CEOP) works across the UK tackling child sex abuse and providing advice for parents, young people and children. Any concerns around online abuse can be reported on the site.</p> <p><a href="http://www.nspcc.org">www.nspcc.org</a> UK Information for parents about how to keep children safe.</p> <p><a href="http://www.childnet.com">www.childnet.com</a> Childnet's mission is to work in partnership with others around the world to help make the internet a great and safe place for children. We work directly with children and young people from the ages of 3 to 18 on a weekly basis, as well as parents, carers, teachers and professionals, finding out about their real experiences online, and the positive things they are doing as well as sharing safety advice.</p> <p><a href="http://digizen.org">digizen.org</a> The Digizen website provides information for educators, parents, carers, and young people. It is used to strengthen their awareness and understanding of what digital citizenship is and encourages users of technology to be and become responsible DIGItal citiZENS. It shares specific advice and resources on issues such as social networking and cyberbullying and how these relate to and affect their own and other people's online experiences and behaviours.</p> <p><a href="http://www.saferinternet.org.uk">www.saferinternet.org.uk</a> Welcome to the UK Safer Internet Centre, where you can find e-safety tips, advice and resources to help children and young people stay safe online.</p>

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# Substance Misuse Nationwide Services

## AL-ANON Family Groups & ALATEEN

Tel: **02074 030888**

Email: [enquiries@al-anonuk.org.uk](mailto:enquiries@al-anonuk.org.uk)

Website: [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

Address: **57B Great Suffolk Street,  
London. SE1 0BB**

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.

For some of our members, the wounds still run deep, even if their loved one may no longer be a part of their lives or have died. We believe alcoholism affects the whole family, not just the drinker.

- [What is Al-Anon?](#)
- [What is Alateen?](#)
- [Meetings](#)

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## Frank

Tel: **0300 1236600**

Text: **Your question and FRANK to  
82111**

Email: [Via Website](#)

Website: [www.talktofrank.com](http://www.talktofrank.com)

Talk to Frank offers advice and information on drug related issues

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# Bullying Nationwide Services

## Childline

Tel: **0800 1111**

Website: [www.childline.org.uk](http://www.childline.org.uk)

A 24 hour free confidential helpline for children and young people.

## NSPCC

Tel: **0808 8005000**

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

A 24 hour free confidential helpline for children and young people.

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# Young Carer Nationwide Services

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# BAME / Immigration / Religious Support Mid Essex

## **Citizens Advice Bureau - Braintree**

Address: Collingwood Road, WITHAM, CM8 2DY

Website: [www.bhwcab.org.uk](http://www.bhwcab.org.uk)

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Tel: 0344 4994719

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

## **Citizens Advice Bureau - Chelmsford**

Address: Burgess Well House, Coval Lane, CHELMSFORD, CM1 1FW

Website: [www.chelmsfordcab.org/](http://www.chelmsfordcab.org/)

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Advice Line: 03444 111 444

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

## **Citizens Advice Bureau – Maldon**



Address: Council Offices Princes Road,  
MALDON, CM9 5DL

Website:

[www.citizensadvice.org.uk/maldoncab](http://www.citizensadvice.org.uk/maldoncab)

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Email: [bureau@maldoncab.cabnet.org.uk](mailto:bureau@maldoncab.cabnet.org.uk)

Tel: 01621 875774

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

[Free online resources for Ukrainians settling in the UK and Ireland - OpenLearn - Open University](#)

From free courses in the English language to articles on mental health and wellbeing, here are some free online resources from The Open University.

All of the content listed below is free to use, including all of our OpenLearn courses. Every course offers a free statement of participation on completion (which you can download as a PDF) and some courses give you the opportunity to earn a free digital badge, which you can display and share with potential employers.

In addition to the articles about mental health and wellbeing, you will find some external links to key refugee support organisations with useful resources towards the bottom of this page.

**[Безкоштовні онлайн-ресурси для українців, які проживають у Великобританії та Ірландії](#)**

# Bereavement/Loss

## Mid Essex

### Farleigh Hospice

Tel: 01245 457300

Fax: 01245 457333

Email: [info@farleighhospice.org](mailto:info@farleighhospice.org)  
[yoyoproject@farleighhospice.org](mailto:yoyoproject@farleighhospice.org)

Website: [www.farleighhospice.org](http://www.farleighhospice.org)

Address: **North Court Road,  
Chelmsford, Essex. CM1 7FH**

Farleigh Hospice offers bereavement support to adults, children and young people across mid Essex, regardless of whether or not their loss is related to a patient of the Hospice.

[Bereavement Support](#)

YoYo –

Here at the Yo-Yo Project, we try to offer something for everyone. • Using arts and crafts • Being creative • Playing games • Just talking • Sharing memories • Offering a comfortable and safe space You will have a chance to tell your story or just be you. Our sessions may be in person, online (virtual) or on the phone, and take place at school, college or at home – or maybe here at Farleigh Hospice in our Family Room, Art and Craft Room or a counselling room.

### Little Havens Hospice

Telephone: 01702 556645

Email

[lhreception@havenshospice.org.uk](mailto:lhreception@havenshospice.org.uk)

View website for more details

### The J's Hospice

Tel: 01245 475474

Email: [info@thejshospice.org.uk](mailto:info@thejshospice.org.uk)

Website: [www.thejshospice.org.uk](http://www.thejshospice.org.uk)

The J's provides tailored nursing, respite and end of life care, advice and advocacy, emotional care, bereavement support and a range of activities for the young adult and their family in the comfort and security of their own home. Our aim is to help young adults to live their life to the full, however short.

<p>Address: <b>36A Church Street, Great Baddow, Chelmsford, Essex. CM2 7HY</b></p>	<ul style="list-style-type: none"><li>• <a href="#">About the J's Hospice</a> <a href="#">What we Do</a></li></ul>
<p><b>Re-new Counselling</b></p> <p>Tel: <b>01245 359353</b> Email: <a href="mailto:sycamore@renew-us.org">sycamore@renew-us.org</a> Website: <a href="http://www.renew-us.org">www.renew-us.org</a> Address: <b>Sadler's House, 2 Legg Street, Chelmsford, Essex. CM1 1AH</b></p>	<p>Adults – <a href="http://www.renew-us.org/adult">www.renew-us.org/adult</a> Children – <a href="http://www.renew-us.org/children">www.renew-us.org/children</a> Young People – <a href="http://www.renew-us.org/young-people">www.renew-us.org/young-people</a> Schools – <a href="http://www.renew-us.org/schools">www.renew-us.org/schools</a></p>
<p><b>Victim support</b> Mon to Fri – 08081781694 Out of hours – 0808 1689111 <a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a></p> <p>Email: <a href="mailto:SNEE.bereavedbysuicide@victimsupport.org.uk">SNEE.bereavedbysuicide@victimsupport.org.uk</a></p>	<p>Bereavement is a painful experience for anyone, but when you lose someone to suicide, it can be particularly devastating. Talking about what you're going through and how you feel can't change what's happened, but it can make things a little easier</p>

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# Child Behavioural Difficulties Mid Essex

## **FAST (Families and Schools Together)**

**Tel: 01787 374246**

**Email: [fast@bulmer-st-andrews.essex.sch.uk](mailto:fast@bulmer-st-andrews.essex.sch.uk)**

**Website: [www.fast.eschools.co.uk/website/home/8761](http://www.fast.eschools.co.uk/website/home/8761)**

**Schools supported:  
Belchamp St Paul, Bulmer St Andrews,  
Colne Engaine, De Vere, Gosfield, Kelvedon  
St Mary, Richard de Clare, Ridgewell, St  
Andrews Halstead, St Andrews Gt Yeldham,  
St Giles Gt Maplestead, St John the Baptist  
Pebmarsh, St Margarets Toppesfield, St  
Peters Coggeshall, St Peters Sible  
Hedingham, Stanley Drapkin Steeple  
Bumpstead.**

Our criteria are that children need to be attending one of the schools on our list. They don't need to live within the catchment area - just attend. Our referrals come from schools/direct from families/GP's/other services etc. We are a team of trained Family Support Workers, dedicated to early intervention and preventative work. Many families run into difficulties from time to time – it's part of the stresses and strains of modern family life.

- Domestic and relationship breakdowns
- Bereavement
- Anxiety and stress
- Anger management
- Parenting problems and behaviour
- Self-esteem...the list is endless, and common to all communities!

We offer ...

- Direct work: We aim to improve social and emotional well being in children in school and at home. We can offer help and support with behaviour, school attendance and other issues. This could be through an individual or group-work approach with children, young people, parents and families.
- Drop-ins: one to one sessions with parents at their local school offering signposting and information.
- Signposting: we can help you access further services.
- Information: support and advocacy for all.

<p><b>Home-Start Essex</b></p> <p>Home-Start Essex Unit 16d Reeds Farm Estate Chelmsford Essex CM1 3st</p> <p>Tel: 01245 847410 Email: <a href="mailto:info@home-startessex.org.uk">info@home-startessex.org.uk</a> Web: <a href="http://www.home-startessex.org.uk">www.home-startessex.org.uk</a></p>	<p>Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally.</p> <p>Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.</p> <p>Our Support includes:</p> <ul style="list-style-type: none"> <li>• Home-Visiting</li> <li>• Telephone Support</li> <li>• Family Groups</li> <li>• Nursery/School Readiness</li> <li>• Wellbeing Groups</li> <li>• Other Specialist Support.</li> </ul>
<p><b>PEGS - Child to parent abuse</b></p>	<p><a href="http://pegsupport.co.uk">Child to parent abuse   Parental Education Growth Support (PEGS) (pegsupport.co.uk)</a></p> <p>View website for referral form and more details on support being offered</p>
<p><b>CAPA - Child to parent abuse</b></p> <p><a href="https://www.capafirstresponse.org/">https://www.capafirstresponse.org/</a></p>	<p><b>YOU ARE NOT ALONE -</b></p> <p>We support families and professionals impacted by child or adolescent on parent abuse.</p> <p>View website for more details</p>

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# Crime/Anti-Social Behaviour Mid Essex

<p><b>Braintree District Council</b></p> <p>Tel: 01376 552525          Email: <a href="mailto:csc@braintree.gov.uk">csc@braintree.gov.uk</a>          Website: <a href="http://www.braintree.gov.uk">www.braintree.gov.uk</a></p>	<p>Community safety advice</p>
<p><b>Chelmsford City Council</b></p> <p>Tel: 01245 606606          Website: <a href="http://www.chelmsford.gov.uk">www.chelmsford.gov.uk</a></p>	<p>Community safety advice</p>
<p><b>Embrace</b></p> <p><b>Website:</b> <a href="#">Children's Charity, Supporting Child Victims of Crime   Embrace CVoC</a></p>	<p>We don't believe any child needing specialist help should have to go on a waiting list          Everything we do aims to help children, young people and their families recover from their experiences of crime          We provide face-to-face <u>emotional support and counselling</u> in schools to children who've witnessed or been victims of crime          We provide telephone and online emotional support to help young people understand their feelings, rebuild their self-confidence and self-esteem.          We give <u>practical support</u> to help families, whose lives have been devastated by crime, get back on their feet. We provide everyday essentials from food and clothing vouchers to books, toys, mobile phones and tablets          And more .....</p>
<p><b>Maldon District Council</b></p> <p>Tel: 01621 854477          Email: <a href="mailto:contact@maldon.gov.uk">contact@maldon.gov.uk</a>          Website: <a href="http://www.maldon.gov.uk">www.maldon.gov.uk</a></p>	<p>Community safety advice</p>

<p><b>Mid Essex Youth Offending Team</b></p> <p>Tel: <b>01245 358092</b>          Fax: <b>01245 358337</b>          Email: <a href="mailto:yot.chelmsford.ecc@essex.gov.uk">yot.chelmsford.ecc@essex.gov.uk</a>          Address: <b>Suite 2, Empire House, Victoria Road, Chelmsford, Essex. CM1 1PA</b></p>	<p>The aim of Essex Youth Offending Service (YOS) is to work with children and young people who have offended and to help prevent them getting into further trouble. We achieve this by working together with young people and their parents or carers, the victims of crime and other agencies and organisations in the local community.</p>
<p><b>Ormiston at HMP Chelmsford</b></p> <p>Tel: <b>01245 552452</b>          Website: <a href="http://www.ormiston.org">www.ormiston.org</a></p>	<p>Our friendly team at HMP Chelmsford will do all they can to help you and your family with their visit to the prison. We organise regular children’s visits too so that children can visit their relative in a more family-friendly environment. We also run an accredited parenting course for fathers in prison. Our staff can also help with family liaison and work with other Ormiston teams to provide support to families in their homes, schools, children’s centres and in their communities.</p>
<p><b>Turn around programme</b>          Essex YOS HQ          Suite 4, Empire House,          Victoria Road, Chelmsford,          Essex, CM1 1PA</p> <p><a href="#">Crime/Anti-Social Behaviour Home Page</a></p>	<p>Turnaround support is different for everyone on the programme, as it is <b>specific</b> to you. It might include.</p> <ul style="list-style-type: none"> <li>- Working towards <b>healthier relationships</b> at home, in education or with friends</li> <li>- Finding <b>activities that you enjoy</b> such as the gym, sports activities etc.</li> <li>- Helping with <b>anxiety</b>, or feelings of low mood</li> </ul> <p>The programme aims to <b>reduce</b> the chances of you coming to <b>Police attention</b> again, via an <b>individual package of support.</b></p> <p><a href="#">Go to Directory Home Page</a>      <a href="#">Go to Front Page</a></p>
<p><b>Victim Support</b></p> <p>Email: <a href="mailto:linda.macgilivary@victimsupport.org">linda.macgilivary@victimsupport.org</a>  <a href="#">Home - Victim Support</a></p>	<p>They are launching a peer support group for young people aged 13-17 who are or have experienced crime. It’s a 6 week programme currently running and another is due to start in January. They are virtual sessions from 6-7pm via zoom and include safety planning and exploring emotions and trauma. Young people are welcome to join quietly or interact if they wish.</p>

# Domestic Abuse Mid Essex

## **Braintree Advice Services Partnership**

Tel.: 03337 778087

Email: [enquiries@brainteeasp.org.uk](mailto:enquiries@brainteeasp.org.uk)

collaborative partnership helping to support people and provide advice to communities around debt, housing, employment, DV

## **Next Chapter**

**Address:** PO Box 40, Colchester, CO1 2XJ

**Website:** [www.thenextchapter.org.uk](http://www.thenextchapter.org.uk)

**Email:** [info@thenextchapter.org.uk](mailto:info@thenextchapter.org.uk)

### Refuge:

Crisis accommodation for women and children experiencing domestic abuse and at risk of harm.

### Recovery Refuge:

Our recovery refuge offers a housing solution for women who are experiencing domestic abuse along with other influences of using drug or alcohol as way coping with the trauma experienced.

### Resettlement Worker:

Supporting service users moving on from refuge accommodation, to assist with sustaining a tenancy and signposting to activities within the local community.

### Community Support (Domestic Abuse Practitioner & IDVA):



Emotional, physical & practical support for women, men and children in the local authority areas of Colchester, Tendring, Braintree, Maldon, Chelmsford and Uttlesford.

**Children and Young People's Services:**

Provide a range of services including emotional support for children and young people, parenting support, family work, group work as well as 1:1's.

**Group-work (online and in community settings):**

- The Freedom Programme
- Healthy Relationships
- Tribe (CYP)
- Hand in hand (CYP)

**Referral Criteria:**

Refuge – any women and their children (boys up to age of 16) at risk of harm from domestic abuse.

Recovery Refuge – any single women with alcohol or drug misuse and at risk of harm from domestic abuse.

Community – men, women and their children living in the local authority areas suffering from domestic abuse that require support.

**Referral Process**

Complete referral form and send to [referrals@thenextchapter.org.uk](mailto:referrals@thenextchapter.org.uk) or contact the Duty team on 01206 500585 (option 2). Referrals can also be made through Compass who can be contacted on 0330 333 7444.

**You and Me, Mum**

A Next Chapter Programme

Tel: **01206 761276 option 3 or 07495 408308**

Email: [jocelynvb@thenextchapter.org.uk](mailto:jocelynvb@thenextchapter.org.uk)

Next Chapter are excited to be offering a new programme in addition to their current services. We believe that we need to work with both parent and child to strengthen and stabilise their relationship following domestic abuse and the Children, Young Persons and Family Service are delighted to be offering a programme that does just that.

You and Me, Mum is a twelve-week programme that has been designed to support mothers and their children to recover from their experiences of domestic abuse together. The sessions will help mothers to understand how violence and abuse affects them as a parent, gain an understanding of the effects of abuse on their children and provide strategies to strengthen the mother and child relationship.

Mother and child groups run in parallel therefore recovering together. Parent groups are weekly for two hours and will be made up of 8 to 10 participants. The children's groups will be offered according to age – infants 5 – 8 years old and juniors 9 to 12 years old and will last for up to two hours. During the programme, parents will have the opportunity to see what the children are doing in their sessions and will be supported to gain insight into their child's progress. Mothers will need to be attending the parent group if they wish their child to be in the children's group.

The programme will be offered in line with the academic year – so one course per term. Our programme will start Autumn Term 2020.

### **ELIGIBILITY CRITERIA**

We know that every child is different, every family is different and every situation different. We want to ensure we have the right family in the right service at the right time. To be eligible for this programme we require:-

- Perpetrator is not in the home
- At least three months cessation of abusive relationship
- Mother not in MARAC or considered high risk
- Children are not under Children's Social Care
- Support needs of the child/ren are linked to the domestic abuse in some way
- Family are in secure accommodation

Families that are going through Family Court or have CAFCASS involvement will need to be assessed on a case by case basis as one to one work may be more appropriate.

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# Disabilities/Additional Needs

## Mid Essex

[Home - Essex Local Offer](#)[Essex Local Offer](#)

View for more in depth pathway/signposting to SEND

### Action For Family Carers

Tel: **01621 851640**

Fax: **01621 874817**

Email: [enquiries@affc.org.uk](mailto:enquiries@affc.org.uk)

Website: [www.affc.org.uk/services/young-carers](http://www.affc.org.uk/services/young-carers)

Address: **Brickhouse Farm, Poulton Close, Maldon Essex. CM9 6NG**

Young Carers are children as young as five years old, and any young person aged under 18, whose life is restricted in some way because they look after someone else on a regular basis.

There are approximately 10,000 Young Carers in Essex and 700,000 across the UK. They may be the main Carer, or provide partial care for their mother, father, brother, sister or other family member due to mental or physical illness, old age or disability.

- One-to-one support sessions in school giving Young Carers the opportunity to talk confidentially to somebody who understands.
- Practical support such as providing support in meetings with teachers to explain why, for example, they have fallen behind with their homework.
- Informal drop-in groups where Young Carers can meet others in the same situation and access information and advice.
- Information on how to access Respite Clubs in the local area where Young Carers can meet other young people in the same situation.
- Raising awareness of Young Carers to both staff and students through PSHE lessons, assemblies and Teacher Training.

### Citizens Advice Bureau - Braintree

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

<p>Collingwood Road, WITHAM, CM8 2DY</p> <p><a href="http://www.bhwcab.org.uk">www.bhwcab.org.uk</a></p> <p>Telephone: 0344 4994719</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	
<p><b>Citizens Advice Bureau - Chelmsford</b></p> <p>Burgess Well House Coval Lane CHELMSFORD Essex CM1 1FW</p> <p><a href="http://www.chelmsfordcab.org/">http://www.chelmsfordcab.org/</a></p> <p>03444 111 444 Advice Line</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Citizens Advice Bureau – Maldon</b></p> <p>Council Offices Princes Road MALDON Essex CM9 5DL</p> <p><a href="http://www.citizensadvice.org.uk/maldoncab">http://www.citizensadvice.org.uk/maldoncab</a></p> <p><a href="mailto:bureau@maldoncab.cabnet.org.uk">bureau@maldoncab.cabnet.org.uk</a></p> <p>01621 875774</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>

Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>	
<p><b>Corner Club</b></p> <p><b>Chelmsford Only</b> Galleywood Youth service</p> <p>Email: <a href="mailto:emma.cavanagh@essex.gov.uk">emma.cavanagh@essex.gov.uk</a></p>	<p>SEND group for 13-17 yr olds</p> <p>4-6p.m</p> <p>Contact Emma for more details</p>
<p>Children's Continuing Healthcare</p> <p>T: 01268-594350</p> <p>E: <a href="mailto:meccg.chc@nhs.net">meccg.chc@nhs.net</a></p>	<p>Children and young people with additional health needs which are very complex because of:</p> <ul style="list-style-type: none"> <li>• Congenital conditions</li> <li>• Long-term or life-limiting conditions</li> <li>• Disability</li> <li>• Serious illness or injury</li> </ul> <p>may be entitled to an assessment by Children's Continuing Healthcare Service (NHS). Please discuss a referral with your child/young person's healthcare professional or social worker.</p>
<p><b>Crossroads Care Braintree District &amp; Chelmsford (Young Carers)</b></p> <p>Address: 8 Witham Rd, Cressing, Braintree CM77 8PB</p> <p>Tel: 01376 529985</p> <p><a href="http://www.braintreecrossroadscare.org.uk">www.braintreecrossroadscare.org.uk</a></p>	<p>Young carers are children who care or help care for someone who may have a physical or learning disability, a long-term illness or mental illness. They may have help with their caring role, or they may be the sole carer. Young Carers Club offers support to young carers from the age of 8 to 18 in their caring role, giving them a break whilst also giving them a chance to experience activities that they may not normally have the opportunity to take part in.</p>
<p><b>First Stop Centre</b></p> <p>Tel: <b>01376 346535</b></p> <p>Address: <b>29 Bocking End, Braintree CM7 9AE</b></p>	<p>One stop organisation for the disadvantaged of Braintree, Essex and the surrounding communities. It serves the Braintree community and its surrounding area; From Maldon, Witham, Halstead, Chelmsford, Dunmow and all of the surrounding villages First Stop works with people who are disadvantaged, in a non-judgemental way, in order to improve their lives. All the staff respect confidentiality, equal opportunities and practice in a non-judgemental manner. It encourages awareness of rights and responsibilities to promote independence with</p>

<p>www.facebook.com/firststopcentre</p>	<p>support. First Stop offers services, such as counselling and anger management, that they would otherwise not be able to access and our education services can help anyone, from those who cannot read at all to those who want to improve their literacy, numeracy and IT skills. Their aim is to relieve the condition of disadvantaged persons in mid-Essex experiencing difficulties with homelessness, joblessness, substance misuse, physical and mental health and related problems, learning disabilities by the provision of support services, to assist such persons in maintaining normal relationships with and within the community in which they reside.</p>
<p><b>InterAct</b></p> <p>Tel: <b>01245 608 201</b>  Address: <b>Moulsham Mill, Parway, Chlemsford, CM2 7PX</b></p> <p>Email:  <b>youngpeopleteam@interact.org.uk</b></p>	<p>They offer training for families, young people and professionals.  They run evening and holiday activities for young people with SEND ages 10-25. (e.g. cooking, going out for meals, the zoo, jump street)  Parents can join a waiting list or book these activities through their website</p> <p><a href="#">InterAct - working with people to fulfil their potential, improve their lives and their communities.</a></p>
<p><b>Maldon &amp; District Vision Impaired Club</b></p> <p>Tel: <b>01621 842 854 / 01621 842727</b>  Address: <b>Plantation Hall, Colchester Road, Maldon, CM9 4AL</b></p>	<p>A small friendly social group for people with varying degrees of visual impairment. Meet on the 1st &amp; 3rd Thursday of each month. Varied programme of entertainment. Tea, coffee &amp; cakes are served.</p>
<p><b>Provide – Speech &amp; Language Therapy – Children’s</b></p> <p>Tel: <b>01245 546313</b> or <b>01245 546335</b></p> <p>Website: <a href="http://www.provide.org.uk">www.provide.org.uk</a></p>	<p>We provide family-centred support for children, of pre-school and primary school age, which have difficulties with speech, language, communication and feeding.</p>
<p><b>Alphabake Cookery</b></p>	<p>Alphabake Cookery is a group of people who get together over a delicious dinner or tasty treat. We are open to people of all ages and abilities to get hands-on in</p>

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<p><b>Email address:</b>  <a href="mailto:team@alphabakecookery.co.uk">team@alphabakecookery.co.uk</a>  <b>Phone number:</b> 07906 158895  <b>Website:</b> <a href="http://www.alphabakecookery.co.uk">www.alphabakecookery.co.uk</a>  <b>Operational locations:</b> Braintree</p>	<p>the kitchen, and discover a love of cooking that will last for life. Cracking eggs, making dough and making a mess – it's all part of the learning experience.</p> <p>Cooking classes for Learning Disabilities – SEN:          Alphabake Cookery regularly run workshops through charities, such as Mencap, helping students with learning disabilities to also experience and enjoy cooking. Cooking can be used as a sensory experience for those who are less able or mobile. It can also be used to help improve motor skills and co-ordination. With the understanding and support of experienced tutors, Alphabake Cookery deliver relaxed workshops in a supervised and safe environment. By preparing simple, healthy recipes every student gets to experience a range of different tastes and learn vital kitchen skills.</p> <p>Private sessions are also on offer for people who find it difficult working in a group environment.</p>
<p><b>Ark Centre</b></p> <p><b>Email address:</b> <a href="mailto:admin@thearkcentre.org">admin@thearkcentre.org</a>  <b>Phone number:</b> 07542 925633  <b>Website:</b> <a href="http://www.thearkcentre.org">www.thearkcentre.org</a></p>	<p>Who the service provides for:          For families who have children with a diagnosis of Autistic Spectrum Disorder and/or communication difficulties</p> <p>The Ark Centre in Chelmsford, Essex, opened in June 2015, offering an unrivalled multidisciplinary therapy for children between 2 – 8 years old who have an autism diagnosis or complex social and communication difficulties.</p> <p>We have a dedicated team of therapists focused on unlocking your child's potential through behavioral, speech and language and occupational therapy. This early intervention approach is delivered through fun and play with 1:1 support in a social context. Our therapists use the following techniques to inform their practice;</p> <ul style="list-style-type: none"> <li>- Verbal Behaviour (VB), Applied Behaviour Analysis (ABA) and Positive Behaviour Management.</li> <li>- Makaton, PECS, Talktools, Augmentative and Alternative Communication (Proloquo2go)</li> <li>- Intensive interaction</li> <li>- Full sensory integration therapy and Therapeutic Listening'?</li> </ul> <p>We offer between 3 and 5 sessions for 50 weeks of the year and limit the intake to 8 children at the centre in any one session.</p>

<p><b>Discovery Club</b></p> <p><b>Email address:</b>  <a href="mailto:slambert@columbusschoolandcollege.org">slambert@columbusschoolandcollege.org</a></p> <p><b>Phone number: 01245 491492 ext.445</b></p> <p><b>Website:</b>  <a href="http://www.columbusschoolandcollege.org">www.columbusschoolandcollege.org</a></p> <p><b>Address: Columbus School and College,  Oliver Way, Chelmsford, CM1 4ZB</b></p>	<p>Discovery Club  Holiday Clubs, after school club, youth club and Saturday club for children with profound and multiple learning difficulties, Autism, complex health needs and life-limiting conditions. Holiday clubs operate in the school holidays, after school and youth clubs in term time providing activities including swimming, cooking, arts and crafts, sensory and trips out. Saturday club is a chance for children to enjoy swimming, sensory sessions, ball park and play opportunities in a caring and safe environment, parents or careers need to stay with their children at these sessions.</p> <p>Who the service provides for:</p> <ul style="list-style-type: none"> <li>- Holiday club is for 3-19 years.</li> <li>- After school club is for 11-16 years.</li> <li>- Youth club is 16-24 years.</li> <li>- Saturday club is for families.</li> </ul> <p>Hours of operation:</p> <ul style="list-style-type: none"> <li>- Holiday Club, 9.30am to 3.30pm</li> <li>- After school club 3.30pm to 6pm (Thursdays)</li> <li>- Youth club 6pm to 9pm (Thursdays)</li> <li>- Saturday club 1.30pm to 4.30pm term time</li> </ul>
<p><b>Family Lives</b></p> <p><b>Tel: 0204 522 8700 or 8701</b></p> <p><b>Email: <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a></b></p>	<p>Family Lives is a national charity providing family support. Family Lives are now able to offer individual and group support services to both lone parents and to parents of children with SEN affected by the impact of Covid19. These services, delivered by phone or MS Teams, are now freely available to families living across all areas of Essex as part of the targeted well-being support grant funded by Essex County Council.</p> <p>Services available:</p> <ul style="list-style-type: none"> <li>• Parenting groups for Lone Parents</li> <li>• Parenting groups for Parents of Children with SEN</li> <li>• Individual support for Lone Parents</li> <li>• Individual support for Parents of Children with SEN</li> </ul>
<p><b>Hamelin Trust – Clubs</b></p>	<p>Hamelin Trust is an Essex based charity offering a diverse range of person centred support to children, young people and adults with disabilities and their families.</p>



**Email address:**

[clubs@hamelintrust.org.uk](mailto:clubs@hamelintrust.org.uk)

**Phone number:** 01277 651266

**Website:** [www.hamelintrust.org.uk](http://www.hamelintrust.org.uk)

**Operational locations:** Basildon,  
Castlepoint, Chelmsford, Rochford

**Challenge Club**

Ages 12-25

Mondays during term time, 3.30pm-7.30pm

Learn new skills, make friends and take up a new challenge. Fun activities such as bowling, football, computer games and art and craft activities. A light tea is provided. Local school pick-ups available.

Ages 10-18

Two Sundays per month, 11.45am-4.45pm

A small, unique and friendly club for children and young people with sensory and complex needs, who enjoy a quiet and relaxing environment. It gives young people the opportunity to make friends and have fun. A light lunch and refreshments are included.

**Family Play Sessions**

Ages 0-5 and 6-11 years

Tuesdays during term time, 1.00pm-3.00pm & 3.30pm-5.50pm (respectively)

There are plenty of activities, including: outdoor play, soft play area, arts and crafts, messy play and a sensory room. Siblings welcome and refreshments provided.

**Who the service provides for:**

Individual clubs provide for ages between 0-25

**How the service is accessed:**

£3.50 for family drop in sessions, £5.00 for all other clubs

**MiLi Holiday Club**

**Email address:**

[milichelmsford@gmail.com](mailto:milichelmsford@gmail.com)

**Phone number:** 07598 199284 or 07707  
520630

**Operational locations:** Chelmsford

MiLi Holiday Club provides a safe place for young people to meet up with old friends or make new friends with similar interests. MiLi Club is very person-centred and will provide a stimulating activity or a relaxed atmosphere. Activities can include Arts & Crafts, Sport, Team Games, Quizzes, Films, Local Walks, Park, Town, Relaxation with Music, Beauty etc. The choice will always be the young person's whether to join in or sit back and watch. MiLi Club understand how difficult socialising can be for some people. Supervised and supported by people with over 30 years' experience working with young people. Experience includes Pastoral, Autism (including those with PDA), Cerebral Palsy, Down Syndrome, Epilepsy and Anaphylaxis. MiLi Club is all-inclusive of drinks, snacks, lunch and activities. There is an all-inclusive charge of £40 per day.

**Who the service provides for:**

	<p>Ages 16 – 25 years with Moderate Learning Difficulties</p> <p>Hours of operation:            Holiday Sessions only - including Summer, October Half-Term, Christmas, February Half-Term and Easter. 10am - 4pm</p>
<p><b>Nurture in Nature Dramatherapy</b></p> <p><b>Email address:</b>  <a href="mailto:nurtureinnaturedramatherapy@gmail.com">nurtureinnaturedramatherapy@gmail.com</a></p> <p><b>Phone number: 07732 818397</b></p> <p><b>Operational locations: Braintree, Uttlesford</b></p>	<p>Dramatherapy, a type of psychotherapy, can support children and young people with issues and needs. Nurture in Nature dramatherapy provides creative, non-direct approach to therapy which supports children and young people with issues and traumas. Nature in nurture offers 1:1 or group dramatherapy with a qualified dramatherapist who specialises in working with children, young people and families. The therapy is tailored to a specific aim or need and sessions are led by the child, using creative tools such as games, role plays and art to work through issues.</p> <p>Who the service provides for            Nature in Nurture dramatherapy supports children aged 0-25 and their families, specialising in:</p> <ul style="list-style-type: none"> <li>• Social, emotional mental health issues such as ASD and ADHD.</li> <li>• LAC and adopted children</li> <li>• Bereavement</li> <li>• Trauma- both physical and emotional</li> </ul> <p>Hours of operation            Tuesdays, Wednesdays and Thursdays</p>
<p><b>Torchlight</b></p> <p><b>Phone number: 01376 559630</b></p> <p><b>Operational locations: Braintree</b></p> <p><b>Address: Carousel Centre, Chapel Hill, Braintree, CM7 3QZ</b></p>	<p>Torchlight is a club for young people with special needs and provides stimulating and entertaining activities.</p> <p>Who the service provides for            The session caters for young people with special needs aged 9 – 18 years old.</p> <p>Hours of operation            Mondays 7.00 - 9.30pm</p>
<p><b>Upwards With Downs</b></p>	<p>Upwards with Downs is a Harlow based registered charity no 1158649. We offer support and guidance to people with Down Syndrome along with their families. We support new mums after</p>

<p><b>Email address:</b> <a href="mailto:upwardswithdowns@hotmail.com">upwardswithdowns@hotmail.com</a> <b>Phone number:</b> 07733392064 <b>Website:</b> <a href="http://www.upwardswithdowns.co.uk">www.upwardswithdowns.co.uk</a></p>	<p>diagnosis, either in hospital or at home and give support to pregnant mums after being given the diagnosis prenatally, in order to make an informed choice. By working alongside health care professionals, educational specialists and offering social evenings such as our monthly discos, we aim to ensure that both children and adults with Down Syndrome are well supported to reach their full potential in life.</p> <p>Who the service provides for: Anybody with Down Syndrome of all ages, as well as giving support to family members.</p>
<p><b>Rapid Ramp – Modular Access Ramps &amp; steps</b></p> <p><b>Email:</b> <a href="mailto:sales@rapidramp.co.uk">sales@rapidramp.co.uk</a></p> <p><b>Website:</b> <a href="https://www.rapidramp.co.uk/">https://www.rapidramp.co.uk/</a></p> <p><b>Telephone:</b> 0142414646</p>	<p>A UK leading <a href="#">modular ramp</a> and <a href="#">step</a> manufacturer.</p> <p>Both systems comply with DDA, Part K and M of the Building Regulations.</p> <p>Varying lengths and widths are available to suit different areas and applications. Plus, platforms can be designed in both straight-through and turning configurations.</p> <p>We offer a nationwide supply, rental and installation service. Free quotations are provided, and site surveys can be arranged.</p>

[Disabilities/Additional Needs Home Page](#)

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# Early Years & Education Mid Essex

[CLICK HERE FOR MID ESSEX PRIMARY SCHOOLS DIRECTORY](#)

[CLICK HERE FOR ESSEX SECONDARY SCHOOLS DIRECTORY](#)

## Missing Education & Child Employment

Tel: 03330 139944

Email: [ME&CE.mid@essex.gov.uk](mailto:ME&CE.mid@essex.gov.uk)

Advice for Schools, professionals and parents who have any queries regarding School Attendance, Home Education, or Child Employment and Entertainment.

## Provide – Speech & Language Therapy – Children’s

Tel: 01245 546313 or 01245 546335

Fax: 01245 546331

Website: [www.provide.org.uk](http://www.provide.org.uk)

We provide family-centred support for children, of pre-school and primary school age, which have difficulties with speech, language, communication and feeding.

[Our Children's Speech & Language Therapy Service Explained](#)

## Red Balloon Learner Centres – Braintree Serving Mid & North Essex

Tel: 07823 556842

Website: [redballoonlearner.co.uk](http://redballoonlearner.co.uk)

Increasing numbers of Young people are missing from education, not because they are not interested in learning or have been excluded but because of they suffer from severe depression, social anxiety. The cause of these mental states of mental trauma differs for all individuals – bullying, abuse, life long conditions, and mental health problems are the most common

See website for service available

## Re-new Counselling

Adults – [www.renew-us.org/adult](http://www.renew-us.org/adult)

<p><b>Tel: 01245 359353</b>  <b>Email: <a href="mailto:sycamore@renew-us.org">sycamore@renew-us.org</a></b>  <b>Website: <a href="http://www.renew-us.org">www.renew-us.org</a></b>  <b>Address: Sadler's House, 2 Legg Street, Chelmsford, Essex. CM1 1AH</b></p>	<p>Children – <a href="http://www.renew-us.org/children">www.renew-us.org/children</a>          Young People – <a href="http://www.renew-us.org/young-people">www.renew-us.org/young-people</a>          Schools – <a href="http://www.renew-us.org/schools">www.renew-us.org/schools</a></p>
<p><b>Home-Start Essex</b></p> <p><b>Maldon District Council Offices</b>  <b>Princes Road</b>  <b>MALDON</b>  <b>Essex</b>  <b>CM9 5DL</b></p> <p>Tel: 01245 847410</p> <p>Email: <a href="mailto:info@home-startessex.org.uk">info@home-startessex.org.uk</a></p> <p>Web: <a href="http://www.home-startessex.org.uk">www.home-startessex.org.uk</a></p>	<p>Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally.</p> <p>Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.</p> <p>Our Support includes:</p> <ul style="list-style-type: none"> <li>• Home-Visiting</li> <li>• Telephone Support</li> <li>• Family Groups</li> <li>• Nursery/School Readiness</li> <li>• Wellbeing Groups</li> <li>• Other Specialist Support</li> </ul>
<p><b>Employability and Skills Team – Essex Youth Service</b></p> <p><b>Website:</b>  <a href="https://youth.essex.gov.uk/young-people/education-employment-and-training-support/">https://youth.essex.gov.uk/young-people/education-employment-and-training-support/</a></p> <p><b>Email:</b>  <a href="mailto:keepincontactteam@essex.gov.uk">keepincontactteam@essex.gov.uk</a></p> <p><b>Tel: 0800 707 6384</b></p>	<p><b>Education, Employment and Training Support</b></p> <p>If you are 16-18 years old, live in Essex and are not in education, employment or training, an Employability and Skills Adviser can help you with your next steps. We also offer support to young people who are in home education or off school roll from (what would be) Year 11.</p> <p>If you are a young person in school or college please contact your school or college Careers Coordinator or Careers Adviser. They are responsible for working with you to find education, employment or training.</p>

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[Education Home Page](#)

Our experienced and friendly advisers are here for you and can help you research your options and understand qualifications to make sure you have all the information you need and are confident about your post-16 plans.

**We can support you into:**

- College
- Apprenticeships & traineeships
- Training opportunities
- Foundation learning programmes including English and Maths
- Jobs
- Volunteering

**Work with us to receive:**

- Careers guidance for young people who are not in education, employment or training
- CV and letter writing advice
- Help completing application forms
- Advice around personal marketing techniques and how to access the hidden job market
- Advice around interview techniques
- Registering eligible 16/17-year olds for extension to child benefit claims with advice for parents and carers also provided
- Up to date vacancies and training opportunities

Introductions to training providers and referral into study programs

# Employment Mid Essex

## **Citizens Advice Bureau - Braintree**

Collingwood Road, WITHAM, CM8 2DY

[www.bhwcab.org.uk](http://www.bhwcab.org.uk)

0344 4994719

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

## **Citizens Advice Bureau - Chelmsford**

Burgess Well House Coval Lane  
CHELMSFORD  
Essex  
CM1 1FW

<http://www.chelmsfordcab.org/>

03444 111 444 Advice Line

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

### **Citizens Advice Bureau – Maldon**

Council Offices Princes Road  
MALDON  
Essex  
CM9 5DL

<http://www.citizensadvice.org.uk/maldoncab>

[bureau@maldoncab.cabnet.org.uk](mailto:bureau@maldoncab.cabnet.org.uk)

01621 875774

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

### **Employability and Skills Team – Essex Youth Service**

**Website:** <https://youth.essex.gov.uk/young-people/education-employment-and-training-support/>

**Email:** [keepincontactteam@essex.gov.uk](mailto:keepincontactteam@essex.gov.uk)

**Tel: 0800 707 6384**

### **Education, Employment and Training Support**

If you are 16-18 years old, live in Essex and are not in education, employment or training, an Employability and Skills Adviser can help you with your next steps. We also offer support to young people who are in home education or off school roll from (what would be) Year 11.

If you are a young person in school or college please contact your school or college Careers Coordinator or Careers Adviser. They are responsible for working with you to find education, employment or training.

Our experienced and friendly advisers are here for you and can help you research your options and understand qualifications to make sure you have all the information you need and are confident about your post-16 plans.

#### **We can support you into:**

- College
- Apprenticeships & traineeships
- Training opportunities
- Foundation learning programmes including English and Maths



- Jobs
- Volunteering

**Work with us to receive:**

- Careers guidance for young people who are not in education, employment or training
- CV and letter writing advice
- Help completing application forms
- Advice around personal marketing techniques and how to access the hidden job market
- Advice around interview techniques
- Registering eligible 16/17-year olds for extension to child benefit claims with advice for parents and carers also provided
- Up to date vacancies and training opportunities
- Introductions to training providers and referral into study programs

**Jobcentre Plus Braintree**

Tel: 0800 0556688 (New Benefit Claims)  
 Tel: 0345 6043719 (General Enquiries)  
 Address: The Old Post Office, Fairfield Rd, Braintree, Essex. CM7 3HA

Benefit and employment advice

**Jobcentre Plus Chelmsford**

Tel: 0345 6060234  
 Address: 88 New London Road, Chelmsford, Essex. CM2 0PD

Benefit and employment advice

**Jobcentre Plus Witham**

Tel: 0345 6043719  
 Address: 2-3 Freebournes Court, Witham, Essex. CM8 2BL

Benefit and employment advice

**Rural training**

Tel: 01245 975777

Training courses from  
 Land based studies – ponds, woodlands and gardens  
 Rural crafts – countryside skills, smallholdings and project with recycled materials

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Website – <a href="http://abbertonruraltraining.org">abbertonruraltraining.org</a>	Countryside and Environment
Venues across Mid – Maldon, Braintree, Witham and Chelmsford	

# Family Conflict Mid Essex

<b>Relate</b>  Tel: 01245 676930 Email: <a href="mailto:enquiries@relatelnene.org.uk">enquiries@relatelnene.org.uk</a> Website: <a href="http://www.relate.org.uk">www.relate.org.uk</a> Address: Chelmsford Relate Parkside Community Hub, Melbourne Avenue, Chelmsford CM1 2DX	We're the UK's largest provider of relationship support, and every year we help over a million people of all ages, backgrounds and sexual orientations to strengthen their relationships. Find out more about what we do and how we can help you here. <a href="#">Read More...</a>
<b>Re-new Counselling</b>  Tel: 01245 359353 Email: <a href="mailto:sycamore@renew-us.org">sycamore@renew-us.org</a> Website: <a href="http://www.renew-us.org">www.renew-us.org</a> Address: Sadler's House, 2 Legg Street, Chelmsford, Essex. CM1 1AH	Adults – <a href="http://www.renew-us.org/adult">www.renew-us.org/adult</a> Children – <a href="http://www.renew-us.org/children">www.renew-us.org/children</a> Young People – <a href="http://www.renew-us.org/young-people">www.renew-us.org/young-people</a> Schools – <a href="http://www.renew-us.org/schools">www.renew-us.org/schools</a>

OFFICIAL-SENSITIVE

# Family Hubs Mid Essex

## Braintree

Acorn Delivery Site, Halstead

Tel: 0300 247 0014

Website:

[www.essexfamilywellbeing.co.uk/centre/acorn-family-hub](http://www.essexfamilywellbeing.co.uk/centre/acorn-family-hub)

Address: Old School Hall, Beridge Road, Halstead, Essex, CO9 1JH

Carousel Family Hub, Braintree

Tel: 0300 247 0014

Webpage:

[www.essexfamilywellbeing.co.uk/centre/carousel-family-hub](http://www.essexfamilywellbeing.co.uk/centre/carousel-family-hub)

Address: Chapel Hill, Braintree, Essex, CM7 3QZ

Harlequin Delivery Site, Witham

Tel: 0300 247 0014

Webpage:

[www.essexfamilywellbeing.co.uk/centre/harlequin-family-hub](http://www.essexfamilywellbeing.co.uk/centre/harlequin-family-hub)

Address: Spa Road, Witham, Essex, CM8 1NA

All health visitors and School Nurses should now be contacted on the number to the left, which is the Admin Hub for the whole of Mid Essex.

Each website contains a calendar of classes and activities held at each site.

Family Hubs (formerly known as Children's Centres) are at the heart of our service and are from where we deliver and coordinate most of our services. There is one main Family Hub in each area and we also reach out from there to provide services from nearby Healthy Family Delivery Sites, which may be closer to home and more convenient to access for some residents.

Essex Child and Family Wellbeing Service help other organisations and families themselves to run services and activities from Family Hubs and Delivery Sites. For example, midwives from a maternity unit may run clinics there, as may the NHS service responsible for administering childhood immunisations.

We host an array of family support services who can help you such as the Citizen's Advice Bureau, Home-Start, Safer Places and Adult Community Learning.

We are proactively encouraging people from our local communities to play a role in our Family Hubs so if you are interested in leading a peer support group or becoming a volunteer please get in touch.

**Seesaw Outreach Site, Braintree**

**Tel: 0300 247 0014**

**Webpage:**

[www.essexfamilywellbeing.co.uk/centre/seesaw-family-hub](http://www.essexfamilywellbeing.co.uk/centre/seesaw-family-hub)

**Address: Lancaster Way, Braintree, Essex, CM7 5UL**

**Silver End Delivery Site**

**Tel: 0300 247 0014**

**Webpage:**

[www.essexfamilywellbeing.co.uk/centre/silver-end-family-hub](http://www.essexfamilywellbeing.co.uk/centre/silver-end-family-hub)

**Address: Silver End Village Hall, Broadway, Silver End, Essex, CM8 3RQ**

## **Chelmsford**

**Chelmsford Central Family Hub**

**Tel: 0300 247 0014**

**Webpage:**

[www.essexfamilywellbeing.co.uk/centre/chelmsford-central-family-hub](http://www.essexfamilywellbeing.co.uk/centre/chelmsford-central-family-hub)

**Address: Chelmsford Library, Market Road, Chelmsford, Essex, CM1 1QH**

**Chelmsford West Delivery Site**

**Tel: 0300 247 0014**

**Webpage:**

[www.essexfamilywellbeing.co.uk/centre/chelmsford-west-family-hub](http://www.essexfamilywellbeing.co.uk/centre/chelmsford-west-family-hub)

**Address: Dixon Avenue, Chelmsford, Essex, CM1 2AQ**

**NEW ROLE -**

**WHO ARE WE?** We are a team of coordinators who provide a single point of access ensuring that you have access to quality information and resources. We will ensure consistency of individualised support until your needs have been fully met at any point of your pathway journey

**WHO IS OUR SERVICE FOR?** Our service is for children, young people up to the age of 25 and families

**HOW CAN YOU CONTACT US?** The coordinators are available Monday to Friday from 9:00am to 5:00pm (excluding public holidays). Referrals can be from professionals, families, children and young people who can self-refer.

Contact your local Hub for support

**Chetwood Delivery Site, South Woodham Ferrers**

Tel: 0300 247 0014

Webpage:

[www.essexfamilywellbeing.co.uk/centre/chetwood-family-hub](http://www.essexfamilywellbeing.co.uk/centre/chetwood-family-hub)

Address: Shirebourn Vale, Off Gandalf's Ride, South Woodham Ferrers, Essex, CM3 5ZX

**Maldon**

**Dengie Delivery Site, Burnham on Crouch**

Tel: 0300 247 0014

Webpage:

[www.essexfamilywellbeing.co.uk/centre/dengie-family-hub](http://www.essexfamilywellbeing.co.uk/centre/dengie-family-hub)

Address: Ormiston Rivers Academy, Southminster Road, Burnham-on-Crouch, Essex. CM0 8QB

**Maldon Family Hub**

Tel: 0300 247 0014

Webpage:

[www.essexfamilywellbeing.co.uk/centre/maldon-family-hub](http://www.essexfamilywellbeing.co.uk/centre/maldon-family-hub)

Address: Maldon Library, Carmelite Way, Maldon, Essex. CM9 5FW

[Family Hubs Home Page](#)

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# Financial Concerns Mid Essex

## Braintree Area Foodbank

Tel: 01376 330694

Email: [info@braintreearea.foodbank.org.uk](mailto:info@braintreearea.foodbank.org.uk)

Website: [braintreearea.foodbank.org.uk](http://braintreearea.foodbank.org.uk)

Areas Covered: Braintree, Halstead, Witham

[About the Foodbank Network  
Locations & Opening Times](#)

## Braintree District Council

Tel: 01376 557882

Email: [benefits@braintree.gov.uk](mailto:benefits@braintree.gov.uk)

Website: [www.braintree.gov.uk](http://www.braintree.gov.uk)

Address: Causeway House, Braintree, Essex. CM7 9HB

Benefits & debt advice

## Baby Stuff Braintree

We are open 1st and 3rd Thursdays of the month 9-30 to 11.30 am, during which time a playgroup also runs. We are at the Carousel Family Hub, Chapel hill, Braintree, CM7 3QZ.

We are "BabyStuffBraintree" a small independent charity in Braintree, working in conjunction with Barnado's and Virgin Care. We provide free 0-5 clothes and equipment for parents / carers in need in the Braintree area.

**Donations can be dropped off at that address Monday to Friday 9-5.**

## Christians Against Poverty Debt Centre

Telephone: 0800 328 0006

Based in Chelmsford.

This is a free face to face debt advice service. More information can be found at [www.capuk.org](http://www.capuk.org)

<p><b>Citizens Advice Bureau - Braintree</b></p> <p>Collingwood Road, WITHAM, CM8 2DY</p> <p><a href="http://www.bhwcab.org.uk">www.bhwcab.org.uk</a></p> <p>0344 4994719</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Chelmsford Community Kindness</b></p> <p><b>Website:</b> <a href="https://www.facebook.com/groups/216876509690115">www.facebook.com/groups/216876509690115</a></p>	<p>Registered with Covid Mutual Aid, locally based community support group.</p> <p>The idea behind this group is, if you are in need of something and can't find it in shops (formula, nappies, pasta, toilet roll) whatever it may be, post and ask if anyone has any.</p> <p>Also, if you have spare of anything and would like to offer some amongst the community, please post up what you have. This page will not tolerate asking for extortionate amounts of money for something. It must be either free or offered for the original buying price!</p>
<p><b>Citizens Advice Bureau - Chelmsford</b></p> <p>Burgess Well House Coval Lane CHELMSFORD Essex CM1 1FW</p> <p><a href="http://www.chelmsfordcab.org/">http://www.chelmsfordcab.org/</a></p> <p>03444 111 444 Advice Line</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>



<p><b>Citizens Advice Bureau – Maldon</b></p> <p>Council Offices Princes Road MALDON Essex CM9 5DL</p> <p><a href="http://www.citizensadvice.org.uk/maldoncab">http://www.citizensadvice.org.uk/maldoncab</a></p> <p><a href="mailto:bureau@maldoncab.cabnet.org.uk">bureau@maldoncab.cabnet.org.uk</a></p> <p>01621 875774</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Chelmsford Foodbank</b></p> <p><b>Website:</b> <a href="http://www.chelmsford.foodbank.org.uk">www.chelmsford.foodbank.org.uk</a> <b>Tel:</b> 07512 574542 <b>Email:</b> <a href="mailto:info@chelmsford.foodbank.org.uk">info@chelmsford.foodbank.org.uk</a></p> <p><b>Address:</b> Chelmsford YMCA, Victoria Road, Chelmsford CM1 1NZ</p>	<p>Open Mon 10am-12pm</p>
<p><b>Chelmsford Foodbank</b></p> <p><b>Address:</b> Moulsham Methodist Church, Lime Walk, Chelmsford CM2 9NJ</p> <p><b>Website:</b> <a href="http://www.moulshammethodist.org.uk/foodbank">www.moulshammethodist.org.uk/foodbank</a></p>	
<p><b>Chelmsford Foodbank</b></p> <p><b>Website:</b> <a href="http://www.chelmsford.foodbank.org.uk">www.chelmsford.foodbank.org.uk</a></p>	<p>Open Tues 10am-12pm</p>

<p><b>Tel:</b> 07512 574542  <b>Email:</b> <a href="mailto:info@chelmsford.foodbank.org.uk">info@chelmsford.foodbank.org.uk</a></p> <p><b>Address:</b> St Andrews Parish Church, Chignal Road, Chelmsford CM1 2JB</p>	
<p><b>Chelmsford Foodbank</b></p> <p><b>Website:</b> <a href="http://www.chelmsford.foodbank.org.uk">www.chelmsford.foodbank.org.uk</a>  <b>Tel:</b> 07512 574542  <b>Email:</b> <a href="mailto:info@chelmsford.foodbank.org.uk">info@chelmsford.foodbank.org.uk</a></p> <p><b>Address:</b> Grove Road Evangelical Church, Grove Road, Chelmsford CM2 0EY</p>	<p>Open Weds 10am-12.30pm Fri 10am-12.30pm</p>
<p><b>Chelmsford CVS</b></p> <p><b>Tel:</b> 01245 280731  <b>Website:</b> <a href="http://www.chelmsfordcvs.org.uk">www.chelmsfordcvs.org.uk</a></p>	<p>Chelmsford Centre Supporting Voluntary Action is an independent support and development organisation (sometimes called CVS) set up to champion, support and strengthen local charities, voluntary and community groups. We work locally and in collaboration with other partners across Essex, Southend and Thurrock to maximise voluntary and community action, develop strong communities and enhance local wellbeing. We host numerous different projects across Chelmsford City, its villages, South Woodham Ferrers and beyond. From Social Prescribing to a Mens Shed. Find out about each individual project below.</p> <p>Visit website for more details</p>
<p><b>Dengie and surrounding areas support group</b></p> <p><b>Website:</b>  <a href="https://www.facebook.com/groups/2568865096575635/?ref=br_rs">www.facebook.com/groups/2568865096575635/?ref=br_rs</a></p>	<p>Online community support group.</p>
<p><b>Foodcycle</b></p> <p><b>At Springfield Park Methodist Church (CM2 6EB)</b></p>	<p>Foodcycle offer a weekly, free, communal meal. Service over 60 Projects across England and Wales, and everyone is warmly welcomed to enjoy our delicious vegetarian meals – there is no voucher system or referral mechanism. Our local volunteers utilise suitable Community kitchens to cook the fresh surplus food</p>

<p><b>Email:</b> <a href="mailto:chelmsford@foodcycle.org.uk">chelmsford@foodcycle.org.uk</a></p> <p><b>Thursday evening at 5.30 p.m</b></p>	<p>(often donated to us), producing healthy, hot, three course meals for anyone who would like one. Typically, our guests include low income families, isolated older people, the vulnerably housed and people struggling to 'make ends meet'. Our kindly local volunteers create a warm and welcoming atmosphere so that people can chat together comfortably over a shared meal – food for the body and the mind. Our volunteer Hosts will also talk with interested guests around simple recipe ideas, veg prep and so on, so that there is an element of light-touch food education too.</p>
<p><b>Great Baddow Foodbank</b></p> <p><b>Website:</b> <a href="http://www.chelmsford.foodbank.org.uk">www.chelmsford.foodbank.org.uk</a>  <b>Tel:</b> 07512 574542  <b>Email:</b> <a href="mailto:info@chelmsford.foodbank.org.uk">info@chelmsford.foodbank.org.uk</a></p> <p><b>Address:</b> Bell Street Hall, Bell Street, Great Baddow CM2 7JS</p>	<p>Open Tues 1-3pm</p>
<p><b>Great Notley Foodbank</b></p> <p><b>Website:</b> <a href="http://braintreearea.foodbank.org.uk">braintreearea.foodbank.org.uk</a>  <b>Tel:</b> 01376 330694  <b>Email:</b> <a href="mailto:info@braintreearea.foodbank.org.uk">info@braintreearea.foodbank.org.uk</a></p> <p><b>Address:</b> The Church in Great Notley, Bridge End Lane, Great Notley CM77 7GN</p>	<p>Open Tues 10am-12pm</p>
<p><b>Halstead Foodbank</b></p> <p><b>Website:</b> <a href="http://braintreearea.foodbank.org.uk">braintreearea.foodbank.org.uk</a>  <b>Tel:</b> 01376 330694  <b>Email:</b> <a href="mailto:info@braintreearea.foodbank.org.uk">info@braintreearea.foodbank.org.uk</a></p>	<p>Open Mon 10am-2pm</p>

<p><b>Address:</b> St Andrew's Church Hall, Parsonage Street, Halstead CO9 2LD</p>	
<p><b>Live Well Link Well</b></p> <p><b>Call: 0300 303 9988 (Monday to Friday from 8am – 7pm)</b></p> <p><b>Email: <a href="mailto:livewell.linkwell@nhs.net">livewell.linkwell@nhs.net</a></b></p> <p><b>Self-care and self-referrals – <a href="http://connectwellessex.org.uk">connectwellessex.org.uk</a></b></p>	<p>Live Well Link Well is a free and confidential Social Prescribing service that provides practical or emotional support of a non-medical nature. Our team of friendly Live Well Link workers work in partnership with GP surgeries across mid Essex. They will give you time, and can help you to access appropriate support within the local community which will:</p> <ul style="list-style-type: none"> <li>• Help you make positive changes to your personal health and wellbeing</li> <li>• Identify and link you into appropriate support in the community</li> <li>• Assist you in developing personal goals focused on what matters to you</li> </ul> <p>Live Well Link Well can help you to access support with the following:</p> <ul style="list-style-type: none"> <li>• Healthy living</li> <li>• Weight management</li> <li>• Lifestyle advice</li> <li>• Maintaining physical and mental wellbeing</li> <li>• Supporting independence</li> <li>• Mobility and equipment</li> <li>• Looking after someone</li> <li>• Getting out and about</li> <li>• Home adaptations</li> <li>• Money worries</li> <li>• Social Inclusion</li> </ul>
<p><b>Maldon Citizen Advise</b></p> <p><b>Phone: 01621 875774</b></p> <p><b><a href="https://maldoncitizensadvice.org.uk/contact">https://maldoncitizensadvice.org.uk/contact</a></b></p>	<p>People come to us with all sorts of issues. You may have <b><u>money</u></b>, <b><u>benefit</u></b>, housing or employment problems. You may be facing a crisis, or just considering your options</p>
<p><b>Maldon Foodbank</b></p> <p><b>Email: <a href="mailto:rob_sefton@hotmail.com">rob_sefton@hotmail.com</a></b></p> <p><b>Tel: 07940830855</b></p>	<p>Open Wednesday between 9:30 am and 13:00 pm.</p>

<p><b>Address:</b> Elim Pentacostal Church, 17 Wantz Road, Maldon, Essex. CM9 5DB</p>	
<p><b>Maldon CVS – Request Help</b></p> <p><b>Tel:</b> 01621 851997  <b>Website:</b> www.maldoncv.org.uk</p>	<ul style="list-style-type: none"> <li>• Contact us for help with:</li> <li>• Food Parcels</li> <li>• Prescription Collection</li> <li>• Pet Food Parcels</li> <li>• Child Care bundles</li> <li>• Hot meals</li> <li>• Safe and Well checks</li> <li>• Telephone befriending</li> <li>• Business signposting</li> </ul>
<p><b>Salvation Army – Braintree</b></p> <p>Anglia Way, Braintree, CM7 3RG</p> <p>Tel: 01376 425 900</p>	<p>We supply essential living items in good quality used condition. We can only supply what is available in store. These will be picked out by a member of our team.</p>
<p><b>Steeple Village Essex Community Group</b></p> <p><b>Website:</b> www.facebook.com/groups/steeplesexgroup</p>	<p>Online community support group.</p>
<p><b>South Woodham Ferrers Foodbank</b></p> <p><b>Website:</b> <a href="http://www.chelmsford.foodbank.org.uk">www.chelmsford.foodbank.org.uk</a>  <b>Tel:</b> 07512 574542  <b>Email:</b> info@chelmsford.foodbank.org.uk</p> <p><b>Address:</b> New Life Church, Clements Green Lane, South Woodham Ferrers CM3 5JP</p>	<p>Open Weds 10am-12pm</p>

<p><b>Witham Foodbank</b></p> <p><b>Website:</b> braintreearea.foodbank.org.uk <b>Tel:</b> 01376 330694 <b>Email:</b> info@braintreearea.foodbank.org.uk</p> <p><b>Address:</b> Witham Methodist Church, Guithavon Street, Witham CM8 1BJ</p>	<p>Open Fri 10am-12pm</p>
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# Housing Concerns Mid Essex

<p><b>Clutter score –</b></p> <p>Hoarding or poor home conditions</p>	<p>A clear visual to gage the rating of home conditioners</p> <p>Helpful when sharing your concerns with other services</p> <p><a href="#">Microsoft PowerPoint - cir pictures.ppt [Compatibility Mode] (hoardingdisordersuk.org)</a></p>
<p><b>Braintree District Council</b></p> <p>Tel: 01376 557882          Email: <a href="mailto:housing@braintree.gov.uk">housing@braintree.gov.uk</a>          Website: <a href="http://www.braintree.gov.uk">www.braintree.gov.uk</a>          Address: Causeway House, Braintree, Essex. CM7 9HB</p>	<p>Housing information &amp; advice</p>
<p><b>Chess Homeless</b></p> <p>Website: <a href="http://www.chesshomeless.org">www.chesshomeless.org</a>          Telephone: 01245 281104</p>	<p>Based in Chelmsford, Chess provide benefit advice, Homelessness and Housing, Counselling support, Debt management and more.</p>
<p><b>Chelmsford Borough Council</b></p> <p>Tel: 01245 606606          Website: <a href="http://www.chelmsford.gov.uk">www.chelmsford.gov.uk</a></p>	<p>Housing information &amp; advice</p>
<p><b>Citizens Advice Bureau - Braintree</b></p> <p>Collingwood Road, WITHAM, CM8 2DY</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>

[www.bhwcab.org.uk](http://www.bhwcab.org.uk)

0344 4994719

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Citizens Advice Bureau - Chelmsford**

Burgess Well House Coval Lane  
CHELMSFORD  
Essex  
CM1 1FW

<http://www.chelmsfordcab.org/>

03444 111 444 Advice Line

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

**Citizens Advice Bureau – Maldon**

Council Offices Princes Road  
MALDON  
Essex  
CM9 5DL

<http://www.citizensadvice.org.uk/maldoncab>

[bureau@maldoncab.cabnet.org.uk](mailto:bureau@maldoncab.cabnet.org.uk)

01621 875774

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.



<p><b>Eastlight Community Homes</b></p> <p>Eastlight House, Charter Way, Braintree, Essex, CM77 8FG  Email: <a href="mailto:customer.services@eastlighthomes.co.uk">customer.services@eastlighthomes.co.uk</a>  Website: <a href="http://www.eastlighthomes.co.uk">www.eastlighthomes.co.uk</a></p>	<p>Greenfields Community Housing has merged with Colne Housing to become Eastlight Community Homes.</p>
<p><b>Maldon District Council</b></p> <p>Tel: 01621 854477  Email: <a href="mailto:contact@maldon.gov.uk">contact@maldon.gov.uk</a>  Website: <a href="http://www.maldon.gov.uk">www.maldon.gov.uk</a></p>	<p>Housing information &amp; advice</p>
<p><b>Maldon Citizen Advise</b></p> <p>Phone: 01621 875774</p> <p><a href="https://maldoncitizensadvice.org.uk/contact">https://maldoncitizensadvice.org.uk/contact</a></p>	<p>People come to us with all sorts of issues. You may have money, benefit, housing or employment problems. You may be facing a crisis, or just considering your options.</p>
<p><b>Moat</b></p> <p>Tel: 0300 3230011  Email: <a href="mailto:customer@moat.co.uk">customer@moat.co.uk</a>  Website: <a href="http://www.moat.co.uk">www.moat.co.uk</a></p>	<p>Moat is a housing association employing over 300 people and providing affordable homes in thriving communities for people in the South East. For over forty years, we've delivered high quality general needs homes for affordable rent, retirement housing, and independent living, and we have a strong affordable home ownership offer.</p> <p><a href="#">Read More...</a></p>
<p><b>Nacro</b></p> <p><b>Bartletts Parent and Child</b>  Tel: 01245 351336  Address: 2a Coval Avenue, Chelmsford, Essex.  CM1 1TF</p> <p><b>Chelmsford &amp; Maldon Single Homeless</b>  Tel: 01245 505882  Address: 134 New Writtle Street, Chelmsford,  Essex. CM2 0RR</p>	<p>Nacro provides homes for people and supports them to keep stable living arrangements.</p> <p><b>Nacro Bartletts Parent and Child</b> provides supported housing to 16-25 year olds in the Chelmsford area who are homeless single parents with a child/children or pregnant.</p> <p><b>Nacro's Chelmsford &amp; Maldon Single Homeless Project</b> provides supported housing to 16-25 year olds in the Chelmsford area who are homeless.</p>

<p><b>Mental Health Service – Mid Essex</b> Tel: 01376 331170 Address: 5 Julien Court Road, Braintree, Essex. CM7 9BN</p> <p>Website: <a href="http://www.nacro.org.uk">www.nacro.org.uk</a> Please see website for email contact form</p>	<p>The projects provide support and temporary accommodation for up to 2 years, preparing users for a more permanent, independent accommodation in the community.</p> <p><b>Nacro Mental Health Service - Mid Essex</b> is a supported housing project for single people in Braintree and the surrounding area who have experiences mental health and who may also have social problems.</p> <p>The project provides temporary accommodation with support that aims to maximise an individual's independent living skills, preparing them for more permanent accommodation in the community.</p>
<p><b>Peabody</b></p> <p>Tel: 0800 28 888 83 Email: <a href="mailto:efsco-ordinator@peabody.org.uk">efsco-ordinator@peabody.org.uk</a> Website: <a href="http://www.peabodycareandsupport.org.uk/essex-outreach-support/">www.peabodycareandsupport.org.uk/essex-outreach-support/</a></p>	<p>Please see the <a href="#">Countywide Housing Concerns</a> Page for more information.</p>
<p><b>Sanctus Homeless Charity</b></p> <p>Phone: 01245 257985</p> <p>30-32 Broomfield Road, Chelmsford, Essex County Council CM1 1SW</p> <p><a href="#">Home   Chelmsford Homeless Charity   Sanctus (sanctus-home.com)</a></p>	<p>We offer advice, guidance, resources, food and practical support to anyone who is in any way vulnerable, in addiction, homeless or a victim of domestic violence. We turn no-one away regardless of their situation.</p> <p>Sanctus is Chelmsford based but we welcome visitors from all areas of Essex who are able to travel to us</p> <p>We are open 365 days a year</p>

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# LGBT+

# Mid Essex

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# Socially Isolated Mid Essex

## Farleigh Helpers

Phone - 01245 933800

Email – [farleigh.helpers@farleighhospice.org](mailto:farleigh.helpers@farleighhospice.org)

[WWW.farleighhospice.org/farleighhelpers](http://WWW.farleighhospice.org/farleighhelpers)

Providing friendship and support for everyone in Mid Essex

Need a friend or listening ear, Farleigh helpers are here for you, offering friendly conversation and support

Farleigh Helpers is a new online and phone support and befriending service available to everyone in the community

Run by volunteers, the service provides a friendly, listening ear to those who are ill, isolated, lonely or bereaved and in need of someone to talk to  
Farleigh helpers offer non – medical support – they will listen, converse and signpost to relevant information and professionals' services where needed

Calls can be arranged on a regular basis to suit the person or just a one off call.

It is open to people of all ages and circumstances, the service is available to anyone locally who needs friendship and support

## Home-Start Essex

Unit 16d Reeds Farm Estate  
Chelmsford  
Essex  
CM1 3ST

Tel: 01245 847410

Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally.

Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.

Our Support includes:

Email: [info@home-startessex.org.uk](mailto:info@home-startessex.org.uk)

Web: [www.home-startessex.org.uk](http://www.home-startessex.org.uk)

- Home-Visiting
- Telephone Support
- Family Groups
- Nursery/School Readiness
- Wellbeing Groups
- Other Specialist Support

### **Essex Welfare Service**

**Tel: 0300 303 9988**

**Email:**

[Provide.essexwelfareservice@nhs.net](mailto:Provide.essexwelfareservice@nhs.net)

website [Essex Wellbeing Service](#).

Help Find & access support during the COVID – 19 challenges.  
If members of the public need support with advice, daily living tasks & wellbeing.

Mon – Fri 8am – 7pm

Saturday 9am-12pm

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# Mental Health – Children Mid Essex

## Chat 1<sup>st</sup>

Email: <https://www.chat1st.co.uk/>

Our Youth Wellbeing Hubs are a great environment for 12-18 year olds who would like a safe place to exercise and meet new people, without any judgement.

Our two hour sessions will include 45 minutes of exercise and 45 minute enrichment activities.  
Chelmsford – Wednesday Evenings  
Galleywood Youth Centre, Watchhouse Road, Chelmsford  
5.30pm-7.30pm”

## FIF Funded Project

Kids Inspire  
Children’s Society and Southend YMCA  
(joint project)

Email: [earlysupport@kidsinspire.org.uk](mailto:earlysupport@kidsinspire.org.uk)

Website: [www.kidsinspire.org.uk](http://www.kidsinspire.org.uk)

Telephone: 01245 348707, or 07908 829550

For more information see the [Countywide Mental Health page](#).

## FIF Funded Project

GROUP WORK

Kids Inspire

For more information see the [Countywide Mental Health page](#).

<p><b>Children's Society and Southend YMCA (joint project)</b></p> <p>Email: <a href="mailto:fifreferrals@childrenssociety.org.uk">fifreferrals@childrenssociety.org.uk</a></p> <p>Tel: 01245 493400 or 01245 493311</p>	
<p><b>Re-new Counselling</b></p> <p>Tel: 01245 359353 / 07958 076001</p> <p>Email: <a href="mailto:sycamore@renew-us.org">sycamore@renew-us.org</a>          Website: <a href="http://www.renew-us.org">www.renew-us.org</a></p> <p>Address: Sadler's House, 2 Legg Street, Chelmsford, Essex. CM1 1AH</p>	<p><b>Who is it for?</b>          We work with any school-age child.</p> <p><b>How can counselling help my child?</b>          Children's social development and progress at school can be severely affected by emotional problems.</p> <p>These may include:</p> <ul style="list-style-type: none"> <li>• Anger and aggression.</li> <li>• Anxiety and worries.</li> <li>• Persistent sadness.</li> <li>• Low confidence.</li> <li>• Difficulties in friendships and family relationships, or becoming withdrawn.</li> </ul> <p>Difficulties may be triggered by events such as:</p> <ul style="list-style-type: none"> <li>• Family conflict.</li> <li>• Parental separation.</li> <li>• Bereavement.</li> <li>• Bullying at school.</li> <li>• The effects of trauma, abuse and neglect.</li> <li>• or there may be no clear 'reason' for the problem.</li> </ul> <p>....and lots of other issues – some young people just need to talk.</p>
<p><b>SET CAMHS</b></p> <p>Web: <a href="http://www.nelft.nhs.uk/set-camhs">www.nelft.nhs.uk/set-camhs</a></p>	<p><b>Southend, Essex and Thurrock Child and Adolescence Mental Health Service (SET CAMHS)</b> provides advice and support to children, young people and families who are in need of</p>



<p>Referrals: <a href="mailto:set-camhs.referrals@nelft.nhs.uk">set-camhs.referrals@nelft.nhs.uk</a></p> <p>Main number Monday - Friday 9:00 – 17:00 (excluding bank holidays): 0800 953 0222</p> <p>Out of Hours Crisis Support: 0800 995 1000</p>	<p>support with their emotional wellbeing or mental health difficulties. The service covers Southend, Essex and Thurrock and is open to young people between the ages of 0-18. Any child or young person experiencing mental health difficulties as well as any parent, guardian or professional can access the service for help and guidance.</p>
<p><b>Trust Links</b></p> <p>Address: Witham Road, Cressing, Braintree, CM7 7PD</p> <p><a href="#">REACH Recovery College - Trust Links</a></p>	<p>offer free online/face to face courses on managing anxiety, low mood and other things including drugs and alcohol.</p>

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# Mental Health – Adult Mid Essex

## ANDY'SMANCLUB

Writtle University Centre for Health & Sport,  
Lordship Rd, Writtle, Chelmsford CM1 3RR

[info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

Andy's man club was created to eliminate the stigma surrounding mental health and provide a judgement-free, confidential space where men can be open about the storms in their lives. We aim to achieve this through weekly, free to attend peer to peer support group for over 18

## North Essex Crisis Line Chelmsford, Maldon and Braintree

Tel: 0330 726 0130

## Mind - South East and Central Essex

Tel: 01702 601123

Email: [office@seandcessexmind.org.uk](mailto:office@seandcessexmind.org.uk)

Website: [www.seandcessexmind.org.uk](http://www.seandcessexmind.org.uk)

Our mission is to ensure everyone susceptible to or experiencing mental health issues is given all the help, support and guidance needed to enable them to cope more easily and effectively and to intervene as early as possible to ease the situation for those people and their families.

Our aims are to:

- To change outcomes for those we work with.
- To help more people.
- To become more organisationally effective.

Upholding our values are paramount to us. We will always operate in a professional and non-judgemental way in order to minimise stigma and fear of mental ill health. We will always respect others and not discriminate based on race, creed, colour, sex, language, religion, political or other opinion, national or social origin, birth or other status, disability, age, marital and family status, sexual orientation, gender identity, health status, place of residence, economic or social factors. We will be compassionate towards everyone we come into contact

	<p>with and will deliver our services with honesty, professionalism and accountability within a framework of a sustainable business model.</p> <p>Services include:</p> <ul style="list-style-type: none"> <li>- Drop ins</li> <li>- Individual support (Counselling &amp; talking therapies)</li> <li>- Peer support</li> <li>- Supported Housing</li> <li>- Trauma Programme</li> </ul>
<p><b>Mid and North Essex Mind</b></p> <p><b>Tel: 01206 764600</b>  <b>Email: <a href="mailto:enquiries@mnessexmind.org">enquiries@mnessexmind.org</a></b>  <b>Website: <a href="http://www.mnessexmind.org">www.mnessexmind.org</a></b></p>	<p>We believe no one should have to face a mental health problem alone. That's why we are here for you. Whether you're stressed, depressed or in crisis, we'll listen, give you support and advice and we'll push for a better deal and respect for everyone experiencing a mental health problem. We work with children from the age of 5 and adults of all ages. Some people use our services for only a little while and others might need help for longer.</p>
<p><b>Health in Mind - Mid Essex IAPT</b></p> <p><b>Tel: 01376 308704</b>  <b>Email: <a href="mailto:midessex.iapt@nhs.net">midessex.iapt@nhs.net</a></b>  <b>Website: <a href="http://www.northessexiapt.nhs.uk/mid-essex">www.northessexiapt.nhs.uk/mid-essex</a></b></p>	<p>Health in Mind provides access to a wide range of talking therapy treatments for adults with common mental health problems. Health in Mind is part of Hertfordshire Partnership University NHS Foundation Trust in partnership with Mid and North East Essex Mind and Chelmsford Counselling Foundation. Health in Mind is part of the national initiative Improving Access to Psychological Therapies (IAPT).</p>
<p><b>Live Well Link Well</b></p> <p><b>Call: 0300 303 9988 (Monday to Friday from 8am – 7pm)</b>  <b>Email: <a href="mailto:livewell.linkwell@nhs.net">livewell.linkwell@nhs.net</a></b>  <b>Self-care and self-referrals – <a href="http://connectwellessex.org.uk">connectwellessex.org.uk</a></b></p>	<p>Live Well Link Well is a free and confidential Social Prescribing service that provides practical or emotional support of a non-medical nature. Our team of friendly Live Well Link workers work in partnership with GP surgeries across mid Essex. They will give you time, and can help you to access appropriate support within the local community which will:</p> <ul style="list-style-type: none"> <li>• Help you make positive changes to your personal health and wellbeing</li> <li>• Identify and link you into appropriate support in the community</li> <li>• Assist you in developing personal goals focused on what matters to you</li> </ul> <p>Live Well Link Well can help you to access support with the following:</p> <ul style="list-style-type: none"> <li>• Healthy living</li> <li>• Weight management</li> <li>• Lifestyle advice</li> <li>• Maintaining physical and mental wellbeing</li> <li>• Supporting independence</li> </ul>

- Mobility and equipment
- Looking after someone
- Getting out and about
- Home adaptations
- Money worries
- Social Inclusion

**Reach out – mental health**

Email us at [info@reachoutfmh.co.uk](mailto:info@reachoutfmh.co.uk)

Call or text us on 07308 069 609

You can reach us by phone, text or email. We are NOT an emergency service so if we can't get to you straight away leave a message and we'll call you for a chat as soon as we can.

Our service operates Monday-Friday 9am-7pm

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# Parental Routine/Boundaries Mid Essex

<p><b>Oneplusone</b></p> <p><a href="#">OnePlusOne</a></p>	<p>Online Parental conflict courses</p>
<p><b>Home Start Essex</b></p> <p>Unit 16d Reeds Farm Estate Chelmsford Essex CM1 3ST</p> <p>Tel: 01245 847410</p> <p>Email: <a href="mailto:info@home-startessex.org.uk">info@home-startessex.org.uk</a></p> <p>Web: <a href="http://www.home-startessex.org.uk">www.home-startessex.org.uk</a></p>	<p>Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally.</p> <p>Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.</p> <p>Our Support includes:</p> <ul style="list-style-type: none"> <li>• Home-Visiting</li> <li>• Telephone Support</li> <li>• Family Groups</li> <li>• Nursery/School Readiness</li> <li>• Wellbeing Groups</li> <li>• Other Specialist Support</li> </ul>

<b>Next Chapter</b> <b>Child, adolescent to parent violence</b>	Contact for more details call 0330 3337444 or 01206 5000585
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# Safeguarding Mid Essex

## Mid Essex Hospital Safeguarding Children Team

**Website:** [www.meht.nhs.uk/patients-and-visitors/safeguarding-adults-children/safeguarding-children](http://www.meht.nhs.uk/patients-and-visitors/safeguarding-adults-children/safeguarding-children)

**Dr Manas Datta**  
Named Doctor for Safeguarding Children  
Ext 3260

**Sue Wright**  
Named Nurse Safeguarding Children and Young People  
01245 514728  
Pager : # 6400 896

**Diane Roberts**  
Named Midwife for Safeguarding Children  
01245 515167  
Mobile 07887 636751  
Fax : 3103

**Tracey Samuels**  
Specialist Midwife for Vulnerable Women  
01245 513351

**Mobile 0777 6453442**  
**Fax : 3103**

**Kelly Doran**  
**Safeguarding Burns Specialist Nurse**  
**01245 362000**  
**Pager #6555 3539**

**Julie Payne (CCG)**  
**Accident Reduction Specialist**  
**01245 514286**

**Karleigh Marsh**  
**Safeguarding Children Liaison Officer**  
**01245 514286**

**NSPCC**

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Organisation centered around keeping children safe from abuse.**

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# Exploitation (including online safety) & sexual abuse Mid Essex

## C.A.R.E (Children at Risk of Exploitation)

Telephone: 01245 493311

Email: [CSE.referrals@childrenssociety.org.uk](mailto:CSE.referrals@childrenssociety.org.uk)

Website: [www.childrenssocietyeast.org.uk](http://www.childrenssocietyeast.org.uk)  
[www.childrenssociety.org.uk/information/young-people/east](http://www.childrenssociety.org.uk/information/young-people/east)

Address: CSE Lead, 114 Springfield Road,  
Chelmsford, Essex. CM2 6LF

The CARE team provides specialist support to children and young people aged 8-24 years who are victims, or at risk of Child Sexual Exploitation (CSE) across Essex. Methods of service delivery include:

- **One to one intensive support** - Individual therapeutic work with children and young people to provide support and understanding to ensure they receive a needs led service, helping them to move forward, increase their emotional wellbeing and keep them safe.
- **Targeted group work sessions**- Young people identified to be at risk of child sexual exploitation will have access to our 8 week targeted therapeutic group work provision.
- **Positive activities** - A positive activities programme led by young people will develop social skills and confidence.
- **Parenting support** - Advice and guidance for parents and carers, enabling them to provide safe environments within the family context. We also provide signposting and can work with transitioning families into additional support where required.

## Centre for Action on Rape & Abuse (CARA)

CARA is a confidential support service run by women for women children and young people of both genders under the age of 19 who have suffered any form of sexual violence, past or present.



<p><b>Tel: 01206 769795</b>  <b>Email: <a href="mailto:info@caraessex.org.uk">info@caraessex.org.uk</a></b>  <b>Website: <a href="http://www.caraessex.org.uk">www.caraessex.org.uk</a></b>  <b>Address: PO Box 548, Colchester, Essex. CO1 1YP</b>  <b>Areas Covered: Mid &amp; North Essex</b></p>	<p>We provide formal counselling for rape and sexual assault, including child sexual abuse.          We also offer an advocacy service and can accompany women to the police, to court, to the GUM clinic, or to other meetings if they request it.</p> <p>We are continually looking at other ways in which we can expand our services, if possible or appropriate.</p>
<p><b>Essex Police CYP Police Officer</b></p> <p><b><u>Braintree</u></b>  <b>73656 Andy Holmes</b>  <b>Email: <a href="mailto:42073656@essex.pnn.police.uk">42073656@essex.pnn.police.uk</a></b>  <b>Ext: 400336</b></p> <p><b><u>Chelmsford &amp; Maldon</u></b>  <b>1376 Clare Martinez</b></p>	<p>There are 13 CYP officers across the force and at least one in each policing district. The role is very much focused on safeguarding and diverting children and young people away from negative behaviours.</p> <p>CYP officers work closely with partner agencies, including Youth Offending Teams and ensure the correct referrals and interventions are offered to young people at risk of offending or becoming victims.</p> <p>Their overarching aim is to identify and resolve issues involving young people within the community who are most at risk of becoming repeat offenders or victims, or at risk of harm from Child Sexual Exploitation.</p>
<p><b>Essex Police Missing Person Liaison Officer</b></p> <p><b><u>Chelmsford &amp; Maldon</u></b>  <b>74656 Carly Double</b>  <b>Email: <a href="mailto:42074656@essex.pnn.police.uk">42074656@essex.pnn.police.uk</a></b>  <b>Ext: 420386</b></p> <p><b><u>Braintree</u></b>  <b>76433 Anneliese Skinner</b>  <b>Email: <a href="mailto:42076433@essex.pnn.police.uk">42076433@essex.pnn.police.uk</a></b>  <b>Ext: 202202</b></p>	<p>The responsibility of the Missing Person Liaison Officers (MPLO) is to maintain a comprehensive overview of missing people within a defined area in order to identify those who are at risk of significant harm and to co-ordinate the response from Essex Police and its partners, so as to reduce the likelihood of harm occurring to vulnerable people. There are 10 MPLOs; one for each Essex Police District Policing Area.</p>
<p><b>24/7 Rape &amp; Sexual Abuse Support Line</b></p>	<p>Want to talk?          You can contact us and speak to one of our specialists – at any time of the day or night.          Support offered –</p>

**Telephone:** 0808 500 2222

Long term, such as counselling, group work and other therapies. As well as support for victims and survivors who have reported what happened to the police or thinking about it

Call free or go to the website to start a free online chat.

[Get help | Rape Crisis England & Wales](#)

## 'So you got naked online'

Guidance and support leaflet for SEND children & teen



So you got naked  
online - leaflet.pdf

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# Substance Misuse Mid Essex

## Open Road Chelmsford

Tel: 01245 284772  
Helpline: 0844 4991323  
Website: [openroad.org.uk](http://openroad.org.uk)  
Address: Mansard House, 107-109  
New London Road, Chelmsford,  
Essex. CM2 0PP

Open Road is a registered charity that provides support for individuals affected by drugs and alcohol across Essex.

### Available Services:

- [Open Access](#)
- [Needle & Syringe Programme](#)
- [Structured Recovery Programme](#)
- [Stimulant Service](#)
- [Counselling](#)
- [Family Support](#)
- [Body Therapy](#)

## Essex Welfare Service

Tel: 0300 303 9988  
Email:  
[Provide.essexwelfareservice@nhs.net](mailto:Provide.essexwelfareservice@nhs.net)  
website [Essex Wellbeing Service](#).

If members of the public need support with advice, daily living tasks & wellbeing

Stop smoking support

Mon – Fri 8am – 7pm  
Saturday 9am-12pm

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# Bullying Mid Essex

## Re-new Counselling

Tel: 01245 359353

Email: [sycamore@renew-us.org](mailto:sycamore@renew-us.org)

Website: [www.renew-us.org](http://www.renew-us.org)

Address: Sadler's House, 2 Legg  
Street, Chelmsford, Essex. CM1  
1AH

- [Children's Counselling](#)
- [Young People's Counselling](#)
- [Counselling in Schools](#)

## Victim Support

Phone: 01473 322683

For victims that have been impacted by bullying

# Young Carer Mid Essex

## Action For Family Carers

**Tel: 01621 851640**

**Fax: 01621 874817**

**Email: [enquiries@affc.org.uk](mailto:enquiries@affc.org.uk)**

**Website: [www.affc.org.uk/services/young-carers](http://www.affc.org.uk/services/young-carers)**

**Address: Brickhouse Farm, Poulton Close, Maldon Essex. CM9 6NG**

Young Carers are children as young as five years old, and any young person aged under 18, whose life is restricted in some way because they look after someone else on a regular basis.

There are approximately 10,000 Young Carers in Essex and 700,000 across the UK. They may be the main Carer, or provide partial care for their mother, father, brother, sister or other family member due to mental or physical illness, old age or disability.

- One-to-one support sessions in school giving Young Carers the opportunity to talk confidentially to somebody who understands.
- Practical support such as providing support in meetings with teachers to explain why, for example, they have fallen behind with their homework.
- Informal drop-in groups where Young Carers can meet others in the same situation and access information and advice.
- Information on how to access Respite Clubs in the local area where Young Carers can meet other young people in the same situation.
- Raising awareness of Young Carers to both staff and students through PSHE lessons, assemblies and Teacher Training.

## Crossroads Care Braintree Young Carers

**Tel: 01376 529985**

**Email: [braintreexroads@btconnect.com](mailto:braintreexroads@btconnect.com)**

**Website: [www.braintreexroads.wixsite.com/supporting-carers](http://www.braintreexroads.wixsite.com/supporting-carers)**

Our purpose is to provide respite care within our community to the growing number of adults who provide unpaid care to a relative or friend affected by disability, age, illness or mental ill health, who otherwise would not be able to manage without their support.

Our fully trained care support staff look after the person with care needs whilst their carer has a break from their caring responsibilities. Carers often have health issues of their own which are aggravated by the anxiety and stress of being a full-time carer to their loved ones themselves. Our aim is to help reduce the stress and improve

<p><b>Address:</b> Braintree &amp; District Crossroads The Pines, Lynderswood Farm, Lynderswood Lane, Braintree, Essex. CM7 8QN</p>	<p>their health and well-being. We provide regular weekly respite breaks lasting up to 4 hours per visit, on the same day, same time and same support worker. Either staying in the home with the 'supported' person while the carer goes out or taking the 'supported' person out to give the carer a break. Our objectives are to involve carers and 'supported' in the planning and delivery of the service, therefore providing the vital support to partners. We also run a Day Centre twice a week where the 'supported' can have a fun day of activities, craft, entertainment, bingo, raffle and a cooked lunch. The carer can have a well-earned break for 5 hours whilst they are relaxed knowing that their loved one is safe and having a good time</p>
<p><b>Essex Youth Service</b></p> <p><b>Email:</b> <a href="mailto:young.carers@essex.gov.uk">young.carers@essex.gov.uk</a></p> <p><b>Website:</b> <a href="http://www.youth.essex.gov.uk">www.youth.essex.gov.uk</a></p> <p><b>Online referral form</b> <a href="#">here</a></p>	<p>Essex Young Carers support children and young people from 0 to the age of 24 for anyone who provides regular and on-going care to another person who is physically or mentally ill, disabled or misuses substances.</p> <p>An allocated Key Worker will meet with the family to complete the statutory Young Carer's assessment. They will then offer bespoke support based on the needs of the young carer and their caring responsibilities. Our service offers confidential one to one support, training opportunities, respite opportunities – a chance to meet other Young Carers and support to access other services.</p> <p>We also offer support to young adult carers aged 16-24 particularly preparing them for the future with key life skills, educational support and helping to transition to adult carer services.</p> <p>Referrals can come from professionals or as a self-referral using the following link <a href="https://youth.essex.gov.uk/young-people/young-carers/">https://youth.essex.gov.uk/young-people/young-carers/</a></p>
<p><b>YMCA Chelmsford Young Carers</b></p> <p><b>Tel:</b> 01245 355677</p> <p><b>Email:</b> <a href="mailto:ben.gibbons@ymcachelmsford.org.uk">ben.gibbons@ymcachelmsford.org.uk</a></p> <p><b>Website:</b> <a href="http://www.chelmsfordymca.co.uk/youth">www.chelmsfordymca.co.uk/youth</a></p> <p><b>Address:</b> Victoria Road, Chelmsford, Essex. CM1 1NZ</p>	<p>Young Carers meet every Saturday, 1:00pm-3:00pm (7-17 year olds) at YMCA Chelmsford.</p> <p>Young Carers meet up to chill out, make new friends and take part in different activities each week. These can include movie nights, cooking, arts and crafts, pool competitions and trips out! We provide a meal every week, a listening ear and a chance for young carers to enjoy some time out.</p>

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# BAME / Immigration / Religious Support North Essex

## **African Families in the UK (AFIUK)**

**Telephone:** 07921 462949 or 07539 455974

[-info@afiuk.org](mailto:-info@afiuk.org)

**Address:** Townhouse, 39 - 42 East Stockwell Street, Colchester, CO1 1SS

*Our Vision -The vision of AFIUK is to equip African and other ethnic minority families in the UK to take their rightful place as fruitful members of our society, and to make the most of the available opportunities in their adopted country without adversely affecting the strong family and community networks that Africans are known for.*

*Aims - To be the one-stop place for families of African and other ethnic minority origin, resident in the UK, seeking advice or information, on matters relating to parenting, children's education and any family-friendly activities that enrich family life. To offer consultation and expert knowledge to professionals and practitioners from Local Authorities and other family support agencies.*

How-

- Helping to set up and run children's clubs focused on various interests, as indicated by parents and their children
- Helping to set up self-help parenting groups
- Offering parenting training on pertinent subjects such as cross-cultural parenting, and effective parenting at the different ages and stages of family life
- Training volunteers for befriending
- Setting up teams to run parallel children's programmes at community events such as church functions, school cultural days, community celebrations & National days, or conferences.

- Linking with other agencies such as Health, Social Services and Education to provide tailored training and information seminars to families
- Facilitating open dialogue workshops between practitioners and users of public services
- Running cultural awareness workshops for practitioners of public services

AFIUK Youth Club - Join us every Saturday from 11am to 1pm at our Youth Centre suitable for 13year to 19year olds

## **Community 360**

**Tel: 01206 505250**

**Website: [www.community360.org.uk](http://www.community360.org.uk)**

Community360 is an independent charity that aims to inspire and enable social action to improve people's quality of life. We have a strong track record of bringing people together, developing innovative approaches, and of delivering improved outcomes.

Our vision is for a more equal society. Our ambition is to use our efforts and influence to reduce inequalities and increase opportunities. The values by which we work are:

- Leadership: we seek to provide passionate, intelligent leadership for our communities
- Collaboration: we maximise our impact by building partnerships to work with communities
- Honesty: we maintain a reputation for integrity and trust
- Creativity: we are open-minded, we challenge how things are done and develop new approaches
- Inclusiveness: we seek to involve everyone, are friendly and caring
- Excellence: we value quality in everything we do

Our strategic ambitions for 2020-23 are to:

- Enable – to support and empower social action
- Connect – to identify need and develop new approaches
- Support – to improve the quality of people's lives directly
- Thrive – to ensure the sustainability of our work



<p><b>Citizen's Advice Bureau Tendring</b></p> <p>18 Carnarvon Road  <b>CLACTON ON SEA</b>  <b>Essex</b>  <b>CO15 6QF</b></p> <p><a href="https://cabtendring.org/get-advice">https://cabtendring.org/get-advice</a></p> <p>Email: <a href="https://cabtendring.org/email-advice-form">https://cabtendring.org/email-advice-form</a></p> <p>Telephone: 01255 377080</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>We're an independent local charity and part of the Citizens Advice network across England and Wales. We provide free, confidential and impartial advice and campaign on big issues affecting people's lives. Our goal is to help everyone find a way forward, whatever problem they face.</p>
<p><b>Citizen's Advice Bureau Colchester</b></p> <p>28 Middleborough, Colchester CO1 1TG</p> <p><a href="http://www.citizensadvice.org.uk/local/colchester">http://www.citizensadvice.org.uk/local/colchester</a></p> <p>telephone: 0300 330 2104</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p> <p>Email: <a href="mailto:advice@colchestercab.org.uk">advice@colchestercab.org.uk</a></p>	<p>We are an independent local charity who provides free, impartial, confidential advice to help Colchester residents with their problem.</p> <p>People come to us with all sorts of issues. You may have money, benefit, housing or employment problems. You may be facing a crisis, or just considering your options.</p> <p>We value diversity, promote equality and challenge discrimination wherever we see it.</p>
<p><b>Colchester Islamic Community Centre</b></p> <p>Tel: 07754480043 / 07870367552</p> <p>Website: <a href="http://www.ciccentre.org">www.ciccentre.org</a></p> <p>Email: <a href="mailto:info@ciccentre.org">info@ciccentre.org</a></p>	<p>Colchester Islamic Community Centre (CICC) is a registered charity that was set up in 2017 to meet the needs of local Muslims. Muslims in Colchester and North Essex are an ethnically diverse and active community. Our close-knit community exemplifies global unity with people from all over the world; from Europe, Central Asia, South Asia, the Middle East and Africa, calling Colchester their home.</p>

	<p>The number of Muslims in Colchester grew by 1581 people between 2001 and 2011, an increase of 133% according to the census. It is now estimated that there are over 4000 Muslims in Colchester.</p> <p>With this growth comes growing needs. Families need a space where children, women and men of all ages and backgrounds, can come together to practice their Islamic faith. CICC's vision is to establish a Mosque and community centre to become the hub for local Muslims by reviving the essence of the Sunnah (traditions of the Prophet Muhammad Peace be upon him) both in practice and in spirit through serving the Colchester community. We are fulfilling this through education, activities, charity and interfaith work. In the future, with the purchase of a dedicated space for prayer and community activities we will be able to fulfil our vision for generations to come.</p>
<p><b>Colchester Chinese Association</b></p> <p><b>Website:</b> <a href="http://www.colchesterchineseassociation.co.uk">www.colchesterchineseassociation.co.uk</a>  <b>Email:</b> <a href="mailto:secretary@cca.center">secretary@cca.center</a></p>	<p>CCA is a non-profit making organization. It is mainly funded by donations.</p> <p>Run by volunteers, it is set up to serve the local Chinese community and to support its integration into the society. This is an all inclusive association.</p> <p>We welcome members and volunteers from any background.</p>
<p><b>Refugee Action – Colchester</b></p> <p><b>Website:</b> <a href="http://www.refugeeactioncolchester.org.uk">www.refugeeactioncolchester.org.uk</a>  <b>Telephone:</b> 01206 638454 or 07503 027734  <b>Email:</b> <a href="mailto:enquiries@refugeeactioncolchester.org.uk">enquiries@refugeeactioncolchester.org.uk</a>  <b>Address:</b> 15 Queen Street, Colchester, CO1 2PH</p>	<p>Refugee Action – Colchester is a voluntary organisation working with refugees, asylum seekers and people with no recourse to public funds. Our goal is to encourage successful integration into a new society through empowerment, education and employment.</p>
<p><b>Essex Integration</b></p> <p><b>Website:</b> <a href="http://www.essexintegration.org">www.essexintegration.org</a></p> <p><b>Address:</b></p>	<p>Essex Integration is a non-profit organisation that provides essential support services to newly arriving refugees and migrants accepted under the Home Office VPR scheme to Essex.</p>

<p><b>76 East Hill, Colchester, Essex, CO1 2QW</b></p> <p><b>Phone:</b> <b>01206 861 180</b></p>	<p>While it works on a contract basis for Essex County Council to deliver the core requirements of the scheme, it also provides, as a charitable trust, wider integration support through a range of voluntary and community services.</p>
<p><b>Fresh Beginnings</b></p> <p><b>Website:</b> <a href="http://www.freshbeginnings.org">www.freshbeginnings.org</a></p> <p><b>Telephone:</b> 01206 879087</p> <p><b>Address:</b> 1 George Williams Way, Colchester CO1 2JS</p>	<p>Fresh Beginnings is a voluntary organisation providing practical help to refugees, asylum seekers and migrant workers around Essex. We offer a friendly face and understand the issues surrounding fitting into a new culture where systems are baffling and bureaucracy is overwhelming.</p> <p>Opening Hours: Monday – Friday 10:00 am – 16:00 pm</p>
<p><b>Tendring and Colchester Minority Ethnic Partnership</b></p> <p><b>Tel:</b> 01206 769789 <b>Email</b> <a href="mailto:info@tacmep.org.uk">info@tacmep.org.uk</a> <b>Website:</b> <a href="http://www.tacmep.org.uk">www.tacmep.org.uk</a></p>	<p>Tendring and Colchester Minority Ethnic Partnership (TACMEP) was formed in 2003 as a minority partnership to promote awareness and understanding of religious, ethnic and cultural difference in the administrative districts of Colchester and Tendring and to serve as a voice for ethnic minority issues for service providers.</p> <p>TACMEP Services &amp; Activities</p> <p>Help with the English language, such as informal classes, conversation practice, assistance with filling in forms and accessing interpreters.</p> <p>Advocacy and advice on matters of welfare, such as health, housing, education and the law.</p> <p>Casework provision of information and support.</p> <p>Organising events which celebrate all our cultures and the benefits of diversity.</p>
<p><b>University of Essex Islamic Society</b></p> <p><b>Website:</b> <a href="http://www.facebook.com/essexisoc">www.facebook.com/essexisoc</a></p>	<p>Support for University of Essex students.</p>

A society committed to positive dialogue and improving understanding of Islam. We create positive dialogue by bringing the wider community together through charitable projects whilst encouraging them to participate in our fun activities and stimulating seminars. We improve the understanding of Islam by creating a space where Muslims can uphold their religious values and obligations together through congregational prayers, knowledge building courses and social gatherings.

Other than creating positive dialogue and improving the understanding of Islam across campus for both Muslims and Non Muslims alike, the society's foundations are based upon building and maintaining relationships. The unique atmosphere creates an authentic sense of brotherhood and sisterhood. You will usually find brothers and sisters chilling out in the Multi-Faith Chaplaincy having tea, coffee and food until it's time for prayers or one of our weekly activities.

As an ISOCer your university experience will be enriched through creating bonds with international friends, through dedication to charitable projects, through the knowledge gained from a variety of seminars and courses, through fulfilling your religious obligations, through engaging with the wider community and through the memories of all the laughs and thrills you shared when participating in the events and activities.

[Free online resources for Ukrainians settling in the UK and Ireland - OpenLearn - Open University](#)

From free courses in the English language to articles on mental health and wellbeing, here are some free online resources from The Open University.

All of the content listed below is free to use, including all of our OpenLearn courses. Every course offers a free statement of participation on completion (which you can download as a PDF) and some courses give you the opportunity to earn a free digital badge, which you can display and share with potential employers.

In addition to the articles about mental health and wellbeing, you will find some external links to key refugee support organisations with useful resources towards the bottom of this page.

**[Безкоштовні онлайн-ресурси для українців, які проживають у Великобританії та Ірландії](#)**

Free English Language courses

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# Bereavement/Loss North Essex

## The J's Hospice

Tel: 01245 475474

Email: [info@thejshospice.org.uk](mailto:info@thejshospice.org.uk)

Website: [www.thejshospice.org.uk](http://www.thejshospice.org.uk)

Address: 36A Church Street, Great Baddow,  
Chelmsford, Essex. CM2 7HY

The J's provides tailored nursing, respite and end of life care, advice and advocacy, emotional care, bereavement support and a range of activities for the young adult and their family in the comfort and security of their own home. Our aim is to help young adults to live their life to the full, however short.

- [About the J's Hospice](#)
- [What we Do](#)

## St. Helena Hospice

Tel: 01206 890360

Website: [www.sthelenahospice.org.uk](http://www.sthelenahospice.org.uk)

Address: Barncroft Close, Highwoods,  
Colchester, Essex. CO4 9JU

St Helena Hospice exists to meet the physical, emotional and spiritual needs of people with life-limiting illness, no matter what their diagnosis. We are here to support families, including children, before and after bereavement and to support people from every background and faith who need our services. [Read More](#)

## Victim Support

Phone: 01473 322683

Email:

[SNEE.bereavedbysuicide@victimsupport.org.uk](mailto:SNEE.bereavedbysuicide@victimsupport.org.uk)

We offer the Bereaved By Suicide Support Project. Providing emotional support, practical help and signposting to anyone who has lost a loved one by suicide.

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# Child Behavioural Difficulties North Essex

## Colchester & Tendring Youth Enquiry Service

### Colchester

Address: 9 Trinity Street, Colchester CO1 1JN

Tel: 01206 710771

### Tendring

Address: Hurlingham Chambers  
61 Station Road, Clacton-On-Sea CO15 1SD

Tel: 01255 434601

Email: [info@colchesteryes.org.uk](mailto:info@colchesteryes.org.uk)

y.e.s. provides a confidential, non-judgemental and informal service for young people between the ages of 11 and 25 within Colchester and Tendring, who are facing difficulties in their lives.

If you are facing homelessness and need housing advice, if you are having family problems, if you are feeling low, depressed or suicidal, if you need advice about debts or would like to check you are claiming all the benefits you are entitled to, if you are teenager and are pregnant, if you are a young family who needs support, or if you need a CV, training or work advice, then y.e.s. can help you.

y.e.s. can provide help and support with many problems that you may be experiencing – and if we can't help you ourselves then we will find someone who can, and will support you in getting that help.

### How We Can Help:

- Benefits and Debts
- Counselling
- Family Counselling
- Family Mediation
- Housing and Homelessness
- Money Talks
- Pregnancy and Support
- Young Parents Group
- Go Green @ y.e.s.

<p><b>The Affinity Programme</b></p> <p><b>HCRG Care Group</b></p> <p>Email: <a href="mailto:vcl.essex-affinityprogramme@nhs.net">vcl.essex-affinityprogramme@nhs.net</a></p>	<p>The Affinity Programme is a targeted early intervention project working across Essex, Southend and Thurrock. It will support children and young people age 5 up to their 16<sup>th</sup> birthday, who are at risk of exclusion from education due to emotional dysregulation.</p> <p>The Affinity Programme aims to:</p> <ul style="list-style-type: none"> <li>• Reduce the number of young people being excluded from education by working with young people, families and schools to develop support strategies.</li> <li>• Reduce high-risk behaviours that indicate potential for harm to self and others.</li> <li>• Reduce the frequency and severity of behaviours that could be described as challenging.</li> <li>• Reduce anxiety in young people, especially in education.</li> <li>• Provide tools for family members who find a young person's behaviours difficult.</li> <li>• Ensure families understand the needs of young people and how best to support them.</li> <li>• Restore relationships and repair harm.</li> </ul> <p>The Affinity Programme will receive referrals from schools and partner organisations, where concerns have been identified about a young person's behaviour. Children and young people referred to the programme will receive help to understand their triggers and the impact of their behaviours.</p>
<p><b>Child to parent abuse</b></p>	<p><a href="http://pegssupport.co.uk">Child to parent abuse   Parental Education Growth Support (PEGS) (pegssupport.co.uk)</a></p> <p>View website for referral form</p>
<p><b>EXTRA – Support For Families</b></p> <p>Tel: 01255 475001 / Text: 07794 991987</p> <p>Email: <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a></p> <p>Website: <a href="http://www.extrasupportforfamilies.co.uk">www.extrasupportforfamilies.co.uk</a></p> <p>Areas Covered: Tendring</p>	<p>Extra - Support for Families (EXTRA) is here to help anyone caring for children in the Tendring district to meet the challenges of parenting. We offer local opportunities for parents to meet at fun days, one-off workshops and a range of parenting programmes.</p> <p>Through these activities, EXTRA aims to help parents develop their parenting skills to bring out the best in their children, reduce conflict in the home, improve family relationships and build confidence in parents/carers to cope with future challenges.</p> <p>EXTRA acts as a central agency to co-ordinate the provision of parenting support throughout Tendring. We have a parenting platform every couple of months where</p>



practitioners involved in parenting, from Sure-Start Children's Centres, schools, adult community learning, health and so on, gather to share information on what is going on and to find ways to provide what parents need in the area.

Workshops include:

- Developing Resilience
- ADHD (Attention Deficit Hyperactivity Disorder)

Courses include:

- Step by Step (Early Years & Primary School options available)
- Building confidence
- CARE (for parents/carers that have experienced domestic abuse)
- Improving your emotional wellbeing
- SWAN (for parents of children who have additional needs).
- Coping with Loss (for any parent/carer that has experienced themselves or are supporting a child who has experienced loss)
- STOP (aims to support parents of children aged 11 – 16 in their relationship with their child and to help reduce family stress).
- Managing Anger
- Youth Mental Health First Aid

### **Inclusion Ventures**

**Tel: 01255 688685**

**Website: [www.inclusionventures.co.uk](http://www.inclusionventures.co.uk)**

**Address: Unit 8, Jaywick Enterprise Centre,  
Lotus Way, Jaywick Sands, CO15 2LU**

Our aim is to improve the lives of vulnerable young people from the most disadvantaged areas of West Clacton; supporting them to discover a wider prospective, and positive future that fulfils their potential! We offer young people a specialised staff team that understand the underlying issues that lead young people to challenge. With respect and trust, we gradually encourage them to understand the responsibility that goes hand in hand with their rights.

### **The Ministry of Parenting**

**Tel: 01206 562626**

**Email: [info@theministryofparenting.com](mailto:info@theministryofparenting.com)**

**Website: [www.theministryofparenting.com](http://www.theministryofparenting.com)**

**Address: The Colchester Business Centre,  
George Williams Way, Colchester, Essex.  
CO1 2JS**

The Ministry of Parenting is led by a team of experts with a proven track record of excellence in parent training, consultancy, community development and parental mental health. The individuals behind the business also have a large network of contacts and are able to access a range of consultants, facilitators and trainers to help deliver the Company's aims and objectives.

**Services Offered:**

**[STOP Parents of Teenagers](#)**

<a href="#">One-to-One Parent Coaching Programme</a> – Payment required for Programme	
<b>Teen Talk</b>  <b>Tel: 01255 504800</b> <b>Email: <a href="mailto:teentalk1@hotmail.co.uk">teentalk1@hotmail.co.uk</a></b> <b>Website: <a href="http://www.teentalkharwich.co.uk">www.teentalkharwich.co.uk</a></b> <b>Address: 17 Cliff Road, Dovercourt, Harwich, Essex. CO12 3PP</b>	<p>Based in Harwich, the service supports young people age 11-25 and their families, living in the Tendering area. The 1-1 sessions help build confidence, broaden their horizon, open doors and opportunities to help them find what they need to navigate life, whilst ensuring their voice is heard. This non therapeutic provision helps to develop good mental health.</p> <p>Services are available Monday to Friday.</p> <p>You can also follow us on Facebook.</p>
<b>Lads Need Dads</b>  <b>Tel: 01255 764603 / 07553 618033</b> <b>Email: <a href="mailto:info@ladsneeddads.org">info@ladsneeddads.org</a></b> <b>Website: <a href="http://www.ladsneeddads.org">www.ladsneeddads.org</a></b>	<p>Equip is a weekly self-development, group-work programme run in schools and in the community, which is aimed at boys age 11-15 with absent fathers or limited access to a male role model, delivered over a period of six months. Each cohort is made up of 8 boys. Boys are identified by parent referral and / or in conjunction with school staff. Equip is supported by bush-craft, sailing and outdoor activities which take place during the school holidays or weekends. Equip is led by a facilitator and a team of up to four trained and vetted male volunteer mentors. The weekly sessions cover a range of topics such as; anger and emotions, dealing with conflict, risk taking and consequences, managing stress, healthy v unhealthy relationships and much more. Boys will be required to complete an assessment before a place is considered.</p>

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# Domestic Abuse North Essex

## Centre for Action on Rape & Abuse (CARA)

Tel: 01206 769795

Email: [info@caraessex.org.uk](mailto:info@caraessex.org.uk)

Website: [www.caraessex.org.uk](http://www.caraessex.org.uk)

Address: PO Box 548, Colchester, Essex. CO1 1YP

CARA is a confidential support service run by women for women children and young people of both genders under the age of 19 who have suffered any form of sexual violence, past or present.

We provide formal counselling for rape and sexual assault, including child sexual abuse. We also offer an advocacy service and can accompany women to the police, to court, to the GUM clinic, or to other meetings if they request it.

We are continually looking at other ways in which we can expand our services, if possible or appropriate.

## Next Chapter

Address: PO Box 40, Colchester, CO1 2XJ

Website: [www.thenextchapter.org.uk](http://www.thenextchapter.org.uk)

Email: [info@thenextchapter.org.uk](mailto:info@thenextchapter.org.uk)

Refuge:

Crisis accommodation for women and children experiencing domestic abuse and at risk of harm.

Recovery Refuge:

Our recovery refuge offers a housing solution for women who are experiencing domestic abuse along with other influences of using drug or alcohol as way coping with the trauma experienced.

Resettlement Worker:

Supporting service users moving on from refuge accommodation, to assist with sustaining a tenancy and signposting to activities within the local community.

Community Support (Domestic Abuse Practitioner & IDVA):

Emotional, physical & practical support for women, men and children in the local authority areas of Colchester, Tendring, Braintree, Maldon, Chelmsford and Uttlesford.

Children and Young People's Services:

Provide a range of services including emotional support for children and young people, parenting support, family work, group work as well as 1:1's.

Group-work (online and in community settings):

- The Freedom Programme
- Healthy Relationships
- Tribe (CYP)
- Hand in hand (CYP)

Referral Criteria:

Refuge – any women and their children (boys up to age of 16) at risk of harm from domestic abuse.

Recovery Refuge – any single women with alcohol or drug misuse and at risk of harm from domestic abuse.

Community – men, women and their children living in the local authority areas suffering from domestic abuse that require support.

Referral Process

Complete referral form and send to [referrals@thenextchapter.org.uk](mailto:referrals@thenextchapter.org.uk) or contact the Duty team on 01206 500585 (option 2). Referrals can also be made through Compass who can be contacted on 0330 333 7444.

**Specialist Midwife Vulnerable Women (CHUFT)**

Tel: 07508 042625

Email: [annie.parker@nhs.net](mailto:annie.parker@nhs.net)

Address: Specialist Midwife Office,  
Constable Wing, CGH, Turner Road,  
Colchester CO4 5JL

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# Disabilities/Additional Needs

## North Essex

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View for more in depth pathway to SEND

### ABA Horizons

**Website:** [www.abahorizons.co.uk](http://www.abahorizons.co.uk)  
**Email:** [jspencer@abahorizons.com](mailto:jspencer@abahorizons.com)

We provide services to individuals up to the age of 11 with a diagnosis of ASD. We provide these at home or in the community, at a time that is convenient for you. We offer 1:1 sessions with your child, supervision and parent training. All of these services can be managed face to face or via computer technology.

### Ability Using Sport

**Tel:** Kevin Smith 07963 602330  
**Email:** [ozsports2@gmail.com](mailto:ozsports2@gmail.com)  
**Facebook:** @AbilityusingSport

A.U.S is a local and a non-profit sports club that specialises in disability sports, we cater for many disabilities including Learning Difficulties, Autism, SEND, physical disabilities and mental health issues. We currently offer Multisports, Football & Futsal clubs and adding more sessions all the time.

### Access Dignity Project Centre

**Email address:**  
[naomistancombe@accessdignitycare.co.uk](mailto:naomistancombe@accessdignitycare.co.uk)  
**Phone number:** 01255 852882  
**Website:**  
[www.accessdignityprojectcentre.co.uk](http://www.accessdignityprojectcentre.co.uk)  
**Operational locations:** Walton-on-the-Naze  
**Address:** Access Dignity Project Centre, 48 High Street, Walton on the Naze, CO14 8BD

At Access Dignity Project Centre they run various workshops that help people develop and learn new skills in a fun and relaxed environment. They run a variety of engaging workshops throughout the year as well as monthly adventure days where you can experience exiting trips out with new friends! Some of their workshops include, independent living, health and wellbeing, garden and nature, music and dance, cookery. Access Dignity can provide and pick up and a drop of service. Tea/ Coffee/ Squash and biscuits on the day  
 Who the service provides for: Adults with learning disabilities aged 14 onwards.  
 Hours of operation: Monday to Friday 9.00- 17.00

<p><b>Ace Music</b></p> <p><b>Tel: Amelia Clapham 07957225109</b>  <b>Email: <a href="mailto:info@acemusictherapy.co.uk">info@acemusictherapy.co.uk</a></b>  <b>Website: <a href="http://www.acemusictherapy.co.uk">www.acemusictherapy.co.uk</a></b></p>	<p>We provide music therapy both on an individual and group basis working with children and adults with a variety of needs and abilities. Some of the core aims we work with are: developing communication skills, providing an outlet for emotional expression, developing social interaction and developing self-confidence. You can have a look at our website.</p>
<p><b>Action For Family Carers</b></p> <p><b>Tel: 01621 851640</b>  <b>Fax: 01621 874817</b>  <b>Email: <a href="mailto:enquiries@affc.org.uk">enquiries@affc.org.uk</a></b>  <b>Website: <a href="http://www.affc.org.uk">www.affc.org.uk</a></b>  <b>Address: Brickhouse Farm, Poulton Close, Maldon Essex. CM9 6NG</b></p>	<p>An Essex charity which for 30 years has provided support to unpaid Carers. We hold the NCVO L3 PQASSO Quality Mark.</p> <p>We provide: Caring Friends: home visiting and counselling Essex Befriends: face-to-face and telephone befriending (Carers, older people, mental health problems, learning disabilities)</p> <p>Feeling Good, Caring Well: wellbeing project 'Way to Work': support with education, training and employment options.</p> <p>Young Carers Club Night, Tiptree Day Centre, Young Carer Support in schools  The day centre is chargeable, all other services are free.</p>
<p><b>Aspire Therapy</b></p> <p><b>Tel: 07415 595585</b>  <b>Email: <a href="mailto:amyjcarey@yahoo.com">amyjcarey@yahoo.com</a></b>  <b>Website: <a href="http://www.aspireot.com">www.aspireot.com</a></b></p>	<p>Amy Carey (Occupational Therapist) provides child centred assessment and therapy for children and young people with additional needs. This includes children with conditions such as autism, ADHD, development delay, sensory processing difficulties, cerebral palsy and those without a formal diagnosis. We aim to work with families to develop the child's skills and ability to engage in daily tasks at home and school. There is a fee for this service.</p>
<p><b>Aspire Therapy</b></p> <p><b>Hours of operation: Monday to Friday 9am to 4pm</b>  <b>Email address: <a href="mailto:amyjcarey@yahoo.com">amyjcarey@yahoo.com</a></b>  <b>Phone number: 07860173772</b>  <b>Website: <a href="http://www.aspireot.com">www.aspireot.com</a></b>  <b>Operational locations: Colchester</b></p>	<p>Aspire Therapy is a pediatrics Occupational Therapy service offering assessment and treatment for children and young people with additional needs. Amy is a qualified sensory integration practitioner and has a specialist therapy centre in Great Tey, Colchester. We work in collaboration with local charitable organisations to offer accessible services for families. In addition to our work with families, we can offer services to mainstream and special schools to support children with additional needs to access education. We can work with children with a variety of simple or complex conditions including cerebral palsy, sensory processing disorder, developmental delay, developmental coordination disorder, perceptual dysfunction, autistic</p>

	spectrum disorder, chromosome disorders or syndromes. No formal diagnosis is required to access the service.
<p><b>Aspire, Share, Create Youth Theatre</b></p> <p><b>Phone number:</b> 01206 573948  <b>Website:</b> www.mercurytheatre.co.uk</p>	<p>Who the service provides for: Anyone aged from 14 to 18 with an Autism Spectrum Condition</p> <p>Aspire, Share, Create Youth Theatre explores a variety of theatre-making skills, from drama and movement to lighting and sound. Activities promote social interaction, confidence building, skill learning, public speaking and a sense of self-worth. Participants also have the opportunity to complete an Arts Award, an accredited qualification which recognises a young person's involvement in and commitment to the arts. The group is for anyone aged from 14 to 18 with an Autism Spectrum Condition. Participants that require one-to-one care will need to be accompanied by their parent/guardian or carer. Sessions are held at the Mercury Theatre by professional arts practitioners who have experience of working with young people with autism. Aspire, Share, Create Youth Theatre is held on Wednesdays during term time from 4.30pm to 6pm, priced at £3 per session. Booking in termly blocks is essential.</p>
<p><b>Autism After School Club</b></p> <p><b>Email address:</b>  info@accessdignityprojectcentre.co.uk  <b>Phone number:</b> 01255 852882  <b>Website:</b>  www.accessdignityprojectcentre.co.uk  <b>Operational locations:</b> Walton-on-the-naze</p>	<p>Let your children's minds and bodies run free at this specialist after school club! Children with Autism can be misunderstood but at Access Dignity Project Centre your children with Autism can be exactly who they are. Children can access all engaging workshops as well as the Centre's fantastic sensory room. Booking is recommended to avoid disappointment.</p> <p>Who the service provides for:  Ages 4-14. Siblings are also welcome to join in.</p> <p>Hours of operation</p> <ul style="list-style-type: none"> <li>- Tuesdays: 4.30pm-6.30pm (£5 per child)</li> <li>- Fridays: 5.00pm-7.00pm (£5 per child)</li> </ul> <p>Alternate Saturdays: 10.00am-12.00pm and 2.00pm-4.00pm (£8 per child)</p>
<p><b>Bounceability</b></p> <p><b>Email address:</b> bounceability@hotmail.com  <b>Phone number:</b> 01206 240510 /  07776275029  <b>Operational locations:</b> Colchester  <b>Address:</b> Hill House Farm, 157 Colchester Road, West Bergholt, Colchester, CO6 3JX</p>	<p>Bounceability is a trampolining centre for adults and children with special needs and/or disabilities. One to one coaching offered on a regular basis. All moving/handling equipment on site.</p> <p>Who the service provides for:  All age ranges and disabilities.</p> <p>Hours of operation:</p>

	Monday to Friday, 9.00am-6.00pm
<b>Bright Lines CiC</b> <b>Tel: 01206 615165</b> <b>Website: <a href="http://www.brightlives.org.uk">www.brightlives.org.uk</a></b> <b>Email: <a href="mailto:michael@brightlives.org.uk">michael@brightlives.org.uk</a></b>	Bright Lives CIC is a not for profit enterprise that supports people with various additional learning needs including mental health difficulties autism and learning disabilities. Under the guidelines of the Care Act 2014 we offer day opportunities and training to live a full life which includes help and training to transition into Independent Living or Supported Living.
<b>Carolyn Rogers (OT)</b> <b>Tel: 07908 176301</b> <b>Email: <a href="mailto:Carolynr5000@gmail.com">Carolynr5000@gmail.com</a></b> <b>Website: <a href="http://www.carolynrogers.uk">www.carolynrogers.uk</a></b>	Sensory processing difficulties (SPD) are often misunderstood or not recognised. Full sensory assessments (including school visit) with written report and recommendations (also available without a school assessment).
<b>Citizen's Advice Bureau Colchester</b> <b>Blackburn House 32 Crouch Street</b> <b>COLCHESTER</b> <b>Essex</b> <b>CO3 3HH</b>  <b><a href="http://www.citizensadvice.org.uk/local/colchester">http://www.citizensadvice.org.uk/local/colchester</a></b>  <b>0300 330 2104</b>  <b>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></b>	The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.
<b>Citizen's Advice Bureau Tendring</b> <b>Tel: 03444 770808</b> <b>Email: <a href="mailto:bureau@cabtendring.org.uk">bureau@cabtendring.org.uk</a></b> <b>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></b>	The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.



<p><b>Address: 18 Carnarvon Road, Clacton-on-Sea, Essex. CO15 6QF</b></p>	
<p><b>Colchester and Tendring Deaf Children's Society</b></p> <p><b>Website:</b> <a href="http://www.ndcs.org.uk/">www.ndcs.org.uk/</a></p>	<p>A group of parents and carers from around the Colchester and Tendring area who have children with a hearing loss. Their aim is to provide a support network for families with children of all ages with all types and levels of hearing loss</p>
<p><b>Colchester Blind Club</b></p> <p><b>Tel: 01206 548196</b> <b>Website: www.essexsight.org.uk</b></p>	<p>The Society undertakes the support of all registered blind and partially sighted people in the Colchester borough.</p> <p>We have both sighted and visually impaired volunteers who will contact those in need, upon request, to advise and offer guidance on a wide range of issues concerning visibility.</p> <p>Activities: fortnightly social club, social activities, pre-Christmas lunch for around 100, occasional outings.</p> <p>Our friendly and knowledgeable staff and volunteers are on hand to offer advice and information.</p> <ul style="list-style-type: none"> <li>• Coffee and chat every Tuesday (10am till midday).</li> <li>• Mail reading every Wednesday (10am till midday).</li> <li>• Confidential help reading mail and filling in forms.</li> <li>• Knitting and art group.</li> <li>• Counselling available by appointment.</li> </ul>
<p><b>Colchester Catalyst Charity</b></p> <p><b>Tel: 01206 323420</b> <b>Email: info@colchestercatalyst.co.uk</b> <b>Website: www.colchestercatalyst.co.uk</b></p>	<p>Aims to help relieve the sick and suffering by making a positive and ongoing contribution to the improvement of healthcare in North East Essex.</p> <p>Eligibility criteria:</p> <ul style="list-style-type: none"> <li>- No age limit</li> <li>- North East Essex Residents</li> <li>- No means testing</li> <li>- Children and adults with medical conditions or disabilities.</li> </ul> <p>Will consider funding: Specialist equipment, respite and a counselling service are also offered.</p> <p>Will not consider funding: Anything other than equipment, respite and counselling.</p>

<p><b>Colchester Children's Charity</b></p> <p><b>Tel:</b> 01206 860384  <b>Email:</b> colchesterchildrenscharity@mail.com</p>	<p>A grant giving body for the relief of sickness and disability for children in the Colchester area who are suffering from sickness, disability or terminal illness.</p> <p><u>Eligibility criteria</u></p> <ul style="list-style-type: none"> <li>- Colchester / Tendring Residents</li> <li>- Under 18 y/o</li> <li>- No means testing</li> <li>- Children with medical conditions or disabilities</li> </ul> <p><u>Will consider funding:</u>  Wheelchairs, p-pod chairs, sensory equipment, hospital travel costs and days out.</p> <p><u>Will not consider funding:</u>  Flooring and home/garden adaptations.</p>
<p><b>Colchester Parent Support</b></p> <p><b>Facebook:</b> Colchester Parent Support Page  <b>Email:</b> Parentscolchester@gmail.com</p>	<p>Colchester Parent Support is a voluntary community group formed by trained MAZE Parent Mentors. Our aim is to provide ongoing and free peer to peer support for parents and carers of children with additional needs, working in collaboration with The MAZE Group CIC. Colchester Parent Support hold monthly coffee mornings. We provide a welcoming and friendly environment for parents and carers to meet for friendship, information, support and advice. Dates &amp; venue information can be found on our facebook page.</p>
<p><b>Children's Continuing Healthcare</b></p> <p>T: 01206-918700  E: <a href="mailto:neccg.enquiries@nhs.net">neccg.enquiries@nhs.net</a></p>	<p>Children and young people with additional health needs which are very complex because of:</p> <ul style="list-style-type: none"> <li>• Congenital conditions</li> <li>• Long-term or life-limiting conditions</li> <li>• Disability</li> <li>• Serious illness or injury</li> </ul> <p>may be entitled to an assessment by Children's Continuing Healthcare Service (NHS). Please discuss a referral with your child/young person's healthcare professional or social worker.</p>
<p><b>Community 360</b></p> <p><b>Autism Anglia</b></p> <p><b>Website:</b> <a href="http://Families@community360.org.uk">Families@community360.org.uk</a>  <b>Tel-</b> 01206 505250</p>	<p>Target Audience: Families</p> <p><b>Welfare Rights Service</b></p> <p>Autism Anglia's Welfare Rights service is available to people on the autism spectrum or their carers who are in need of financial advice &amp; information as a result of Covid-19. Families and</p>

	<p>professionals are able to refer directly to the service which offers a broad range of therapeutic and practical support through one to one and group sessions. Experienced welfare advisors are able to help with autism related benefit enquiries, changes in employment, housing advice, shielding / isolation support and more.</p>
<p><b>Diddi Dance</b></p> <p><b>Contact: Charlotte 07722 605 395</b>  <b>Email: <a href="mailto:charlotte.foxley@diddidance.com">charlotte.foxley@diddidance.com</a></b>  <b>Like and follow us on facebook:</b>  <b><a href="http://www.facebook.com/diddicolchester">www.facebook.com/diddicolchester</a></b></p>	<p>SEND sessions for children &amp; young people up to 19 years of age in Colchester, Clacton &amp; Hatfield Peverel. Places are partly funded through Essex Shortbreaks from £2.00, plus; wheelchair sensory movement sessions for those with PMLD run by a qualified Para Dance Instructor, afterschool sessions, school holiday sessions and festive parties. Children can be themselves and do not have to follow instruction. We use tactile props, are sensory aware with music volume, lighting and overstimulation. Behavioural challenges are met with understanding and absolute support.</p>
<p><b>Dream 100 Kids Charity</b></p> <p><b>Tel: 01206 764466</b>  <b>Email: <a href="mailto:charity@dream100.com">charity@dream100.com</a></b>  <b>Website: <a href="http://www.dream100.com/charity">www.dream100.com/charity</a></b></p>	<p>Dream 100 Kids Trust work with schools, youth groups, disabled children and more. They aim to make life better for less privileged children and their families.</p> <p><u>Eligibility criteria</u></p> <ul style="list-style-type: none"> <li>- Colchester / Tendring Residents</li> <li>- Under 18 y/o</li> <li>- No means testing</li> <li>- Children disadvantaged through disability and/or financial hardship.</li> </ul> <p><u>Will consider funding:</u>  Grants or pledges towards items or events that will improve the quality of life for disadvantaged children.  Will not consider funding  No sponsorship, no contributions towards running costs and no building refurbishments.</p>
<p><b>EXTRA – Support For Families</b></p> <p><b>Tel: 01255 475001</b>  <b>Text: 07794 991987</b>  <b>Email:</b>  <b><a href="mailto:extrasupportforfamilies@btconnect.com">extrasupportforfamilies@btconnect.com</a></b>  <b>Website:</b>  <b><a href="http://www.extrasupportforfamilies.co.uk">www.extrasupportforfamilies.co.uk</a></b></p>	<p>Extra - Support for Families (EXTRA) is here to help anyone caring for children in the Tendring district to meet the challenges of parenting. We offer local opportunities for parents to meet at fun days, one-off workshops and a range of parenting programmes. Through these activities, EXTRA aims to help parents develop their parenting skills to bring out the best in their children, reduce conflict in the home, improve family relationships and build confidence in parents/carers to cope with future challenges.</p>

<p><b>Address: Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, Clacton-on-Sea, Essex. CO15 2JP</b></p>	<p>EXTRA acts as a central agency to co-ordinate the provision of parenting support throughout Tendring. We have a parenting platform every couple of months where practitioners involved in parenting, from Sure-Start Children's Centres, schools, adult community learning, health and so on, gather to share information on what is going on and to find ways to provide what parents need in the area.</p> <ul style="list-style-type: none"> <li>• <a href="#">Courses</a></li> <li>• <a href="#">Workshops</a></li> </ul>
<p><b>Find Your Spark</b></p> <p><b>Email address:</b> info@findyourspark.co.uk  <b>Phone number:</b> 07834 552 514  <b>Website:</b> www.findyourspark.co.uk</p>	<p>Who the service provides for:  11- 25 years old who are at risk of developing mental health problems or who have ASD needs as well as their parents and professionals working with these young people.</p> <p>Low mental well-being and lack of aspiration are issues some young people face. This is what Find Your Spark aims to raise through positive coaching psychology and career coaching programmes.</p> <ul style="list-style-type: none"> <li>• Resilience training for at risk young people, parents &amp; professionals – a one day training which aims to boost one's resilience and wellbeing so that individuals feel they are able to cope better and feel better about themselves, others and the world in general. Dependent on client group this can be run in conjunction with an Autism and ADHD expert who will raise one's awareness in these areas.</li> <li>• Mental health awareness training for at risk young people, parents &amp; professionals – dependent on client group this can be run in conjunction with an Autism and ADHD expert who will raise one's awareness in these areas. Looking at positive mental health and mental health problems and how these problems exhibit themselves, what causes mental health problems and how one would identify poor mental health before it becomes a real problem. The training ends with looking at what treatments are available to help.</li> <li>• One to one coaching/career coaching/brief solution focused therapy for at risk young people, parents and professionals to help with a range of issues such as confidence, stress, relationships, motivation, career direction etc.</li> </ul> <p>Hours of operation:  Monday to Friday 9.00am-7.00pm</p>
<p><b>Family Lives</b></p>	<p>Family Lives is a national charity providing family support. Family Lives are now able to offer individual and group support services to both lone parents and to parents of children with SEN</p>

<p><b>Tel: 0204 522 8700 or 8701</b>  <b>Email: <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a></b></p>	<p>affected by the impact of Covid19. These services, delivered by phone or MS Teams, are now freely available to families living across all areas of Essex as part of the targeted well-being support grant funded by Essex County Council.</p> <p>Services available:</p> <ul style="list-style-type: none"> <li>• Parenting groups for Lone Parents</li> <li>• Parenting groups for Parents of Children with SEN</li> <li>• Individual support for Lone Parents</li> <li>• Individual support for Parents of Children with SEN</li> </ul>
<p><b>Harwich Parents Support</b>  <b>Email: <a href="mailto:harwich.ps@hotmail.com">harwich.ps@hotmail.com</a></b></p>	<p>We run a Coffee Morning on the third Thursday of the month, for all parents and carers, with a focus on those with additional needs and difficulties. We invite professionals to attend, who are able to advise and, along with the Parent Mentors, (who are also part of the MAZE team) can signpost parents to help and advice. Cuppas, cakes and chat.</p>
<p><b>InterAct</b>  <b>Tel: 01245 608 201</b>  <b>Address: Moulsham Mill, Parway, Chlemsford, CM2 7PX</b>  <b>Email: <a href="mailto:youngpeopleteam@interact.org.uk">youngpeopleteam@interact.org.uk</a></b></p>	<p>They offer training for families, young people and professionals. They run evening and holiday activities for young people with SEND ages 10-25. (e.g. cooking, going out for meals, the zoo, jump street)          Parents can join a waiting list or book these activities through their website: <a href="#">InterAct - working with people to fulfil their potential, improve their lives and their communities.</a></p>
<p><b>Little Life Development</b>  <b>Tel: 07376 605207</b>  <b>Email: <a href="mailto:info@littlelifedevelopment.co.uk">info@littlelifedevelopment.co.uk</a></b>  <b>Website: <a href="http://www.littlelifedevelopment.co.uk">www.littlelifedevelopment.co.uk</a></b>  <b>Facebook: <a href="http://www.facebook.com/LittleLifeDevelopment">www.facebook.com/LittleLifeDevelopment</a></b></p>	<p>Rebecca provides Occupational Therapy input for ages 0-16; children with a variety of conditions as well as no known diagnosis. Registered with RCOT &amp; HCPC.</p> <p>Initial Assessments: £240 (includes up to 2 hours assessment time, Programme of Interventions and a full report covering all developmental areas).</p> <p>Reassessments: £60/hour Sensory-based assessments, blocks of therapy for handwriting and interoceptive awareness can be provided.</p>

	Financial assistance is available.
<p><b>Mencap</b>  <b>Website:</b> <a href="http://www.mencap.org.uk/">www.mencap.org.uk/</a></p>	<p>The Voice of learning disability. Supporting people with a learning disability and their families and carers. 3b Queens Road, Colchester. CO3 3NP  For people with a learning disability and their families and carers. Provide a newsletter, helpline, advocacy and social activities. Also provide a play and activity scheme for children aged 5-19 and a Gateway Club for members over 19 years. They provide a Young Person's Social Group every Wed 7-9pm for 18 - 30 year olds.</p>
<p><b>Mersea Blind Spot</b>   <b>Tel: 01206 385854</b></p>	<p>Our club aims to provide an opportunity for Mersea Islanders with visual impairment to meet socially and keep abreast of current developments in research and equipment.  We have monthly meetings to which guest speakers are invited, covering a wide range of topics.  Throughout the year there are several social occasions and trips arranged.  Membership is open to anyone on the island who is registered as partially-sighted.  If you would like to find out more, please contact: Djin Griffiths on 01206 385854 or 07519 059949. Meetings: 1st Saturday of the month from 10.30am at Harrison Court, Barfield Road, West Mersea.</p>
<p><b>Mistley Kids' Club</b>   <b>Email address:</b> <a href="mailto:mistleykidsclub@live.co.uk">mistleykidsclub@live.co.uk</a>  <b>Phone number:</b> 07809 176252  <b>Website:</b> <a href="http://www.mistleykidsclub.co.uk">www.mistleykidsclub.co.uk</a>  <b>Address:</b> Mistley Kids' Club, Furze Hill Village Hall, Shrubland Road, Mistley, Essex, CO11 1HS</p>	<p>Who the service provides for:  Children aged from 4 years until 16 years. If the child has special or additional needs, then they can increase the age up to their 19th birthday.</p> <p>Mistley Kids Club is a fully inclusive childcare provider. Their aim is to meet the needs of all children with SEND. Mistley Kids Club has vast experience in caring for children with physical disabilities and children who have allergies and other medical conditions. They offer after school care and holiday care all year around apart from weekends and bank holidays. They offer pickups from local schools but there is a cost involved. The village hall is accessible with an accessible ramp to get into the building. There is parking right outside with a large free car park. There are two large accessible toilets and a newly built wet room with a shower and electric changing system. There is a charge for the service, which is £8.00 after school and £19.00 during school holidays. Activities for the children include outdoor play with the new canopy keeping children dry and in the shade. Role play, acting, group games, trips out, games machines, toys i.e., Lego, dolls, dressing up, arts and crafts, cooking &amp; gardening.</p>

	<p>They have use of the local park and skate ramp and have beautiful woods with lots of field. They provide lots of sports activities and the children love the new table tennis table. Mistleay Kids Club has a named SENCO who works closely with all parents and carers making sure all the needs of the child are met. Each child has their own individual plan which will include decision making of the child and parents/carers.</p>
<p><b>The Omnis centre</b></p> <p>Greensted Community Centre Hawthorne Ave, Colchester CO4 3QE</p>	<p><u>Embrace Neurodiversity</u> Parents supporting parents 2<sup>nd</sup> &amp; 4<sup>th</sup> Monday of the month 10-12p.m 1<sup>st</sup> Wednesday of the month 630p.m</p>
<p><b>Penny Meadow</b></p> <p><b>Email address:</b> Pennymeadowcentre@gmail.com <b>Phone number:</b> 01206 616164 <b>Website:</b> www.pennymeadow.org.uk <b>Operational locations:</b> Colchester <b>Address:</b> Penny Meadow Centre, 67 London Road, Marks Tey, Colchester, CO6 1EB</p>	<p>Who the service provides for: Young adults with learning difficulties</p> <p>At Penny Meadow Life Skills and Personal Development Centre, it is all about you. With the help of experienced and qualified staff and tailor-made timetables, you will be amazed by what you can achieve. At Penny Meadow you will find a friendly family atmosphere where you feel safe and secure; a home from home where your individual needs will be met. The focus is on practical, creative and socialisation skills, enabling you to gain confidence and self-esteem while acquiring new skills and greater independence.</p>
<p><b>Penny Hatton</b></p> <p><b>Tel:</b> 07795 363689 <b>Email:</b> pahatt09@gmail.com</p>	<p>Psychodynamic Counsellor - Sometimes you just need someone to talk to who can help make sense of often powerful and muddled feelings. Someone who understands the complex dynamics around life with SEN. I have 11yrs experience working with young people with SEN. I can also work with parents and families. Some funding is available if needed.</p>
<p><b>Phoenix Supported Housing</b></p> <p>Tel: 01206 561767 or 01206 546854 Email: <a href="mailto:info@phx.org.uk">info@phx.org.uk</a> Website: <a href="http://www.phx.org.uk">www.phx.org.uk</a> Address: 147 Straight Road, Colchester, Essex CO3 9DE</p>	<p>We offer supported housing services to people with mental health and/or learning difficulties. We provide help with accessing benefits and maintaining our client's mental health and wellbeing to ensure they can lead a full and independent life. Our properties are located throughout Colchester and offer different types of accommodation to people in need.</p> <p>Our services are offered free of charge and can be accessed by anyone living in Colchester or Tendring. We are happy to accept referrals from GPs, charities, partner organisations and other professionals, including self-referrals.</p>



	<p>Established in 1966, Phoenix Homes Colchester has been serving the people of Colchester and Tendring for over 50 years. Phoenix Homes Colchester is a Registered Charity No: 1119817 and Company Limited by Guarantee No: 6205036, registered in England and Wales, whose activities include Phoenix Supported Housing and Phoenix Alcohol Project. For more information, please visit our website on <a href="http://www.phx.org.uk">www.phx.org.uk</a></p>
<p><b>SEN Advice and Support meetups North Essex</b></p> <p><b>Tel: 07368 542941</b>  <b>Email: <a href="mailto:senas.northessex@gmail.com">senas.northessex@gmail.com</a></b></p>	<p>This group runs on the 2nd and 4th Fridays of the month in Colchester. This is a group to compliment and further the outreach from our Facebook group; SEN Advice and Support (Official).</p> <p>We offer education advice, benefits advice and all aspects of SEN and disabilities. We also offer peer to peer support in a warm and friendly environment.</p> <p>We have use of a sensory room and children welcome.</p>
<p><b>Shorefields Coffee Mornings</b></p> <p><a href="http://www.shorefields.essex.sch.uk">www.shorefields.essex.sch.uk</a> or  <a href="http://www.themazegroup.co.uk">www.themazegroup.co.uk</a></p>	<p>Shorefields School in Clacton hold monthly coffee mornings for local parents/carers of children with addition needs</p>
<p><b>Special Needs Counselling</b></p> <p><b>Tel: 07811 549463</b>  <b>Email: <a href="mailto:caroline@specialnedscounselling.co.uk">caroline@specialnedscounselling.co.uk</a></b>  <b>Website: <a href="http://www.specialneedscounselling.co.uk">www.specialneedscounselling.co.uk</a></b></p>	<p>Specialist counselling that supports individuals with disabilities or health conditions and their parents /carers in North East Essex. Counselling may help in managing feelings around assessment, diagnosis, or caring commitments by providing a safe, confidential space to talk, develop strategies, promote ability to resolve problems, or to manage things that cannot be changed. Direct, telephone or Zoom appointments available</p>
<p><b>Spectrum</b></p> <p><b>Siobhan Timmins: <a href="mailto:s.timmins2@ntlworld.com">s.timmins2@ntlworld.com</a></b>  <b>Jane Pearson: <a href="mailto:drjanepearson@hotmail.com">drjanepearson@hotmail.com</a></b></p>	<p>SPECTRUM is a friendly Parent Support Group run by parents for parents free of charge. It supports the families of children with social communication/autism spectrum difficulties. Together we work out solutions to problems and develop strategies that work, providing support for struggling parents. We share information on FACEBOOK. Meetings: monthly (Wednesday mornings) Quaker Meeting House, Colchester. All welcome.</p>



<p><b>(01206 210855)</b>  <b>Facebook page: Spectrum Parent Support Group – Colchester</b></p>	
<p><b>Stepping Stones After School Club</b></p> <p><b>Email address:</b>  info@steppingstonesplayandlearn.org</p> <p><b>Phone number:</b> 01206 860467</p> <p><b>Website:</b>  www.steppingstonesplayandlearn.org</p> <p><b>Operational locations:</b> Colchester</p>	<p>Who the service provides for:  Ages 5 – 19 years with challenging behaviours, limited communication, physical disabilities, sensory needs and complex health needs.</p> <p>Hours of operation:  Mon, Tues, Wed, Thurs 3.30pm – 6pm, Easter/Summer break</p> <p>Stepping Stones After School Club gives children and young people the opportunity to access activities in their community. It helps support them to develop life skills enabling them to participate in family outings and develop friendships in a social environment allowing the children to make choices as to how they would like to spend their leisure time. Children are picked up from a special school giving a full days respite to a parent. Within the base, there are a number of different activities including; cooking, crafts, games, access a range of toys, an interactive screen, cinema nights, a sensory room and an outside play area adapted for all needs, with a range of equipment including a trampoline and a sensory garden. In the community children/young people have the opportunity to access bowling, swimming, jumpstreet, soft play establishments, restaurants and shopping.</p>
<p><b>The MAZE Group</b></p> <p><b>Email address -</b> themaze@btinternet.com</p> <p><b>Phone number -</b> 07809 900161</p> <p><b>Website -</b> www.themazegroup.co.uk/for-parents</p> <p><b>Operational locations -</b> Brightlingsea, Clacton, Colchester, Harwich, Walton</p>	<p>The MAZE Group CiC is a Community Interest Company of parents who support other parents of children/young people with SEND. Our offer is a weekly specialist programme, which runs each term, online short videos, information and news via social media and additional workshops on a variety of specialist topics. We have a team of trained, experienced Parent Mentors who attend the sessions to offer support to those attending. We work in collaboration with Colchester and Harwich Parent Support and colleagues and parents in Clacton to provide monthly drop in sessions and coffee mornings for ongoing advice and support. The MAZE weekly programme is aimed at parents of children/young people with or without a diagnosis for an additional need. We offer a specialist programme for parents structured over 12 weeks. There are also sessions delivered by supporting professionals, such as Autism and ADHD specialist, Social Stories Trainer, Mental Health Practitioner, Child and Adolescent Psychotherapist, Psychologist, Continence Advisor and also by experienced parents.</p>

Additionally, there is support and involvement by other local agencies such as IPSEA, Essex Steps, Colchester/Harwich Parent Support and Families In Focus. A key strength of the programme is the multi-agency delivery and ongoing support for parents. On completion of the programme and the evaluation of it, parents report a marked improvement in their relationship with their child and 100% of participants expressed an improvement in their ability to cope with their child. Furthermore, 90% of parents rate the parenting programme very highly in meeting their needs and expectations. There are MAZE groups running each term.

**Willow Park Resource Centre**

**Email address:**

reception@willowparkresourcecentre.co.uk

**Phone number:** 01255 831636 / 831302

**Website:**

www.willowparkresourcecentre.co.uk

**Operational locations:** Clacton, Weeley

**Address:** Willow Park Resource Centre,  
Willow Park, The Street, Weeley, CO16 9JE

Who the service provides for:

People with learning disabilities, physical disabilities and sensory impairment.

Willow Park Resource Centre provides people with learning disabilities, physical disabilities and sensory impairment with a leisure environment.

The resource centre offers:

- Workshops-such as music & movement, drama, arts & crafts, health & wellbeing, health & fitness, gardening, interactive computers, dance, cooking and independent living.
- Sensory Rooms- including an energy room, space room and mellow room.
- Work Based Learning- catering, horticultural and computer training.
- Farm & Gardening- including lessons in husbandry, animal care, feeding, grooming and milking
- Caf?
- Hydro-pool & Swim Spa- including hoist, hand rail and fully accessible showers and toilets.
- Transport- to and from Willow Park, collecting from home or schools

They have a team of trained resource assistants to ensure service users can benefit from different methods of communication and the advice and support of a speech and language therapist as they develop and learn new skills.

**Rapid Ramp – Modular Access Ramps & steps**

**Email:** [sales@rapidramp.co.uk](mailto:sales@rapidramp.co.uk)

**Website:** <https://www.rapidramp.co.uk/>

A UK leading [modular ramp](#) and [step](#) manufacturer.

Both systems comply with DDA, Part K and M of the Building Regulations.

Varying lengths and widths are available to suit different areas and applications. Plus, platforms can be designed in both straight-through and turning configurations.

**Telephone: 0142414646**

We offer a nationwide supply, rental and installation service. Free quotations are provided, and site surveys can be arranged.

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# Early Years/Education North Essex

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[CLICK HERE FOR ESSEX SECONDARY SCHOOLS DIRECTORY](#)

## Bright Futures

Tel: 01255 429171

Email: [jonathan.marriott@essex.gov.uk](mailto:jonathan.marriott@essex.gov.uk)

Address: 5 Russell Road, Clacton-on-Sea, Essex. CO15 6BE

A Big Lottery funded project working with young people who are not in education, employment or training (NEET) or at risk of being NEET in the future.

## Employability and Skills Team – Essex Youth Service

**Website:** <https://youth.essex.gov.uk/young-people/education-employment-and-training-support/>

**Email:**  
[keepincontactteam@essex.gov.uk](mailto:keepincontactteam@essex.gov.uk)

**Tel: 0800 707 6384**

## Education, Employment and Training Support

If you are 16-18 years old, live in Essex and are not in education, employment or training, an Employability and Skills Adviser can help you with your next steps. We also offer support to young people who are in home education or off school roll from (what would be) Year 11.

If you are a young person in school or college please contact your school or college Careers Coordinator or Careers Adviser. They are responsible for working with you to find education, employment or training.

Our experienced and friendly advisers are here for you and can help you research your options and understand qualifications to make sure you have all the information you need and are confident about your post-16 plans.

**We can support you into:**

	<ul style="list-style-type: none"> <li>• College</li> <li>• Apprenticeships &amp; traineeships</li> <li>• Training opportunities</li> <li>• Foundation learning programmes including English and Maths</li> <li>• Jobs</li> <li>• Volunteering</li> </ul> <p><b>Work with us to receive:</b></p> <ul style="list-style-type: none"> <li>• Careers guidance for young people who are not in education, employment or training</li> <li>• CV and letter writing advice</li> <li>• Help completing application forms</li> <li>• Advice around personal marketing techniques and how to access the hidden job market</li> <li>• Advice around interview techniques</li> <li>• Registering eligible 16/17-year olds for extension to child benefit claims with advice for parents and carers also provided</li> <li>• Up to date vacancies and training opportunities</li> <li>• Introductions to training providers and referral into study programs</li> </ul>
<p><b>Red Balloon – Braintree</b>  <b>Serving Mid and North Essex</b></p> <p>Tel: <b>07823 556842</b>          Email: <a href="mailto:louise.miller@rbair.org.uk">louise.miller@rbair.org.uk</a>          Website: <a href="http://www.redballoonlearner.co.uk">www.redballoonlearner.co.uk</a></p>	<p>We are able to offer a safe learning environment to young people who have been bullied to the extent that they cannot attend school, and are missing out on their education.</p> <p>We work with local authorities and a range of other statutory and voluntary agencies that support children and young people.</p> <p>If you are a parent / carer or you work in these fields and know of a child or young person aged 10 - 17 who is missing from education because they are bullied, then please contact us.</p> <p><a href="#"><u>More About Red Balloon</u></a></p>
<p><b>Jump Start Project</b></p> <p>Email: <a href="mailto:admin@lifelinxs.co.uk">admin@lifelinxs.co.uk</a></p> <p><a href="#"><u>LifeLinxs Ltd</u></a></p>	<p><i>This project is due to launch early September, primarily for 16–25-year-olds in the Greenstead and Colchester Town Centre areas (although not exclusive).</i></p> <p><i>You can support this project in the following ways:</i></p> <ul style="list-style-type: none"> <li>• <i>Promotion of the project using the attached flyer</i></li> <li>• <i>Refer into the project if you are working with someone who could benefit/meets the criteria (Rob at LifeLinx would be happy to discuss any potential clients)</i></li> <li>• <i>Offer employment/training opportunities for clients engaged with this project</i></li> </ul>

- *Highlight any other projects/initiatives that are taking place, that could compliment/be of benefit to clients engaged with this project*

*For any queries or to make a referral, please contact Rob at LifeLinxs:*

**Provide – Speech and Language Therapist**

Tel: 03001310111

Email: [provide.ccc@nhs.net](mailto:provide.ccc@nhs.net)

Advised that the drop-in Communication Station for children aged 2-5 are being reopened. This means children do not need a referral and can be brought in by their parent/carer. Communication Stations are 15 minute appointments that involve meeting a Speech and Language Therapist to assess the child, review their progress if we have seen them before or referring onwards to the relevant therapy or professional.

Website has dates and locations for these stations - [Children's Speech & Language Therapy \(providechildrenandfamilyservices.co.uk\)](http://providechildrenandfamilyservices.co.uk)

**Not fine in school**

<https://notfineinschool.co.uk/>

*Not Fine in School* was created as a resource for the growing numbers of families with children experiencing school attendance barriers.

These barriers often relate to unmet Special Educational Needs & Disabilities (diagnosed or suspected), physical or mental illness, bullying & assault, trauma, excessive academic pressure, overly strict behaviour policies, a missing sense of belonging, and an irrelevant curriculum.

School attendance barriers are poorly understood, incorrectly managed, & are compounded by current challenges within education, health & local government systems. This problematic response often has severe consequences for both child and family.

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# Employment North Essex

## **C.A.N (Colchester Advice Network)**

Website: [www.colchesteradvicenetwork.org.uk](http://www.colchesteradvicenetwork.org.uk)

The Colchester Advice Network (C.A.N.) is an email advice service offering free, confidential and impartial advice for the residents of the Borough of Colchester. Nine local agencies are working together to provide debt, employment, housing and welfare benefits advice via email, once the advice form at [www.colchesteradvicenetwork.org.uk](http://www.colchesteradvicenetwork.org.uk) is completed.

## **Citizen's Advice Bureau Colchester**

**Blackburn House 32 Crouch Street  
COLCHESTER  
Essex  
CO3 3HH**

<http://www.citizensadvice.org.uk/local/colchester>

**0300 330 2104**

**Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

## **Citizen's Advice Bureau Tendring**

**18 Carnarvon Road  
CLACTON ON SEA  
Essex  
CO15 6QF**

<http://www.citizensadvice.org.uk/tendring/>

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

<p>supervisor@cabtendring.org.uk</p> <p>034 44 111 444</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	
<p><b>The Coastal Community Centre (Tendring)</b></p> <p>Tel: 01255 420707</p> <p>Email: <a href="mailto:ccc@clactoncoastalacademy.org.uk">ccc@clactoncoastalacademy.org.uk</a></p> <p>Address: Pathfields Road, Clacton-on-Sea, Essex. CO15 3JL</p>	<p>The Coastal Community Centre is open to anyone in the local area from 9am – 4pm. Anyone is welcome to drop in, have a cuppa, a chat or join in the activities. We have a team of very experienced support workers who are available to help or be able to direct people to those who can help. Drop in 1pm – 2:30pm</p> <p><b>What We Can Help With</b></p> <ul style="list-style-type: none"> <li>• Benefits</li> <li>• Housing</li> <li>• Debt and Money Management</li> <li>• Health issues</li> <li>• Family Matters</li> <li>• Completing Forms</li> <li>• Depression and Anxiety</li> </ul>
<p><b>Colchester Community Based Work Clubs</b></p> <p>Tel: 07984437468 (Sandra) 07826891121 (James)</p>	<ul style="list-style-type: none"> <li>• Help and advice with CVs, job applications, interview tips and techniques</li> <li>• Networking, experience sharing and job seeking ideas designed for the client</li> <li>• Simply Turn up on the day or call/text the number provided for information.</li> </ul>
<p><b>Employability &amp; Skills Intervention Team</b></p> <p>Tel: 03330138961</p> <p>Email: <a href="mailto:ESU.InterventionNorth@essex.gov.uk">ESU.InterventionNorth@essex.gov.uk</a></p>	<p>If you are aged 16 to 19 and looking for a job, education or training, you can contact Essex County Council's Employability &amp; Skills Team to discuss the options that are available to you.</p> <p>Our team of experienced and friendly advisers have access to opportunities in your local area and can assist you with planning your next steps. We have achieved over 3000 placements in the last two years into:</p> <ul style="list-style-type: none"> <li>• Apprenticeships – registering and support with applications</li> <li>• Jobs including access to current vacancies and job search techniques</li> </ul>



	<ul style="list-style-type: none"> <li>• College including full and part time courses – support with the application process and information about short vocational courses is also available</li> <li>• Volunteering opportunities with accredited training</li> </ul> <p>Our role can also involve supporting you with personal marketing skills such as interview techniques, CV and letter writing, developing confidence and advice on how to access the hidden job market.</p>
<p><b>Jobcentre Plus Clacton</b></p> <p>Tel: <b>0345 6060234</b>  Address: <b>55 Station Road, Clacton-on-Sea, Essex. CO15 1RS</b></p>	<p>Benefits &amp; employment advice</p>
<p><b>Jobcentre Plus Colchester</b></p> <p>Tel: <b>0345 6043719</b>  Address: <b>138 High Street, Colchester, Essex. CO1 1YJ</b></p>	<p>Benefits &amp; employment advice</p>
<p><b>Yarra Services</b></p> <p><b>Tel:</b> 07510 055378  <b>Email:</b> info@yarraservices.co.uk  <b>Address:</b> Stanway Green, Heath Road, Colchester, CO3 0RA.</p>	<p>We are a highly trained, family run facility. With our skilled, experienced care staff we give encouragement and support to working age adults in an exciting format to enable them to push themselves further than they have before. With a choice of 2 morning activities every day and full input into where we access the community. The day service provides reassurance and dependability to our families. The working farm group is designed to feel like a work placement. Our service users are working through outcomes to ensure they become knowledgeable and confident both working with animals and maintaining the farming environment. We provide dedicated staff, modern transport and a purpose-built farmhouse. Everything you need to feel reassured and safe both in the farmhouse and whilst accessing the community.</p>
<p><b>Mind / Autism Anglia Connect Team</b></p> <p><b>Tel:</b> 01206 764600  <b>Email:</b> enquiries@mnessexmind.org</p>	<p>Supporting young people aged 16 – 19 years with Autistic Spectrum Disorder through Connect. Connect offers wellbeing and employment support for young people aged 16 – 19 years with Autistic Spectrum Disorder (ASD). Support through the service will allow young people to reach their full potential, improve their mental health and wellbeing and access employment opportunities.</p>

**Website:** [www.mnessexmind.org/connect](http://www.mnessexmind.org/connect)

Wellbeing Support

The Connect Service works alongside young people to assess and identify the areas that may be impacting on their confidence and self-esteem. Specialist therapeutic support can be offered on a group or 1:1 basis and sessions will allow young people to explore and overcome any difficulties they may be facing to improve their confidence and emotional resilience. 8 sessions are offered and are available in Clacton or Colchester.

The Connect Service will also offer bespoke Social Skills Training on a group or 1:1 basis.

Our Young People's Forum provides the opportunity to help shape and improve the Service in the future and our mentorship programme enables those that have accessed our Service to support others

Employment Support

Young people with Autistic Spectrum Disorder can access support to go into further education; brush up on interviewing skills and CV writing and explore employment opportunities. The Connect Service is also able to engage with prospective employers in order to negotiate and agree suitable environment and practical support within the workplace.

**Art Rural training**

Tel: 01245 975777

The old Andrew's Primary school, Colchester CO6 3AZ

Training courses such as –  
Multi trade – basic skills of construction  
Introduction to carpentry  
Introduction to textiles – fabrics, fibres and techniques  
SEND horticulture – therapeutic and sensory projects

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# Family Conflict North Essex

## Colchester & Tendring Youth Enquiry Service

Tel: 01206 710771

Email: [info@colchesteryes.org.uk](mailto:info@colchesteryes.org.uk)

Website:

[www.yesyouthenquiryservice.org](http://www.yesyouthenquiryservice.org)

Address: 9 Trinity Street, Colchester, Essex. CO1 1JN

We provide a non-judgemental, informal, accessible and confidential service for young people between the ages of 11-25 years old.

### How We Can Help

[Family Counselling](#)

## FIF Funded Project

Kids Inspire  
Children's Society and Southend  
YMCA (joint project)

Email: [earlysupport@kidsinspire.org.uk](mailto:earlysupport@kidsinspire.org.uk)

Website: [www.kidsinspire.org.uk](http://www.kidsinspire.org.uk)

Telephone: 01245 348707, or 07908 829550

See the [Countywide Family Conflict page](#) for more information.

## FIF Funded Project

### GROUP WORK

See the [Countywide Family Conflict page](#) for more information.

<p>Kids Inspire Children's Society and Southend YMCA (joint project)</p> <p>Email: <a href="mailto:fifreferrals@childrenssociety.org.uk">fifreferrals@childrenssociety.org.uk</a></p> <p>Tel: 01245 493400 or 01245 493311</p>	
<p><b>Relate</b></p> <p>Tel: <b>01206932780</b> Email: <a href="mailto:enquiries@relatelnene.org.uk">enquiries@relatelnene.org.uk</a> Website: <a href="http://www.relate.org.uk">www.relate.org.uk</a> Address: Colchester Relate 20 Trinity Street, Colchester, Essex, CO1 1JN</p>	<p>We're the UK's largest provider of relationship support, and every year we help over a million people of all ages, backgrounds and sexual orientations to strengthen their relationships. Find out more about what we do and how we can help you here. <a href="#">Read More...</a></p>
<p><b>Teen Talk</b></p> <p>Tel: <b>01255 504800 / 01255 240024</b> Email: <a href="mailto:teentalk1@hotmail.co.uk">teentalk1@hotmail.co.uk</a> Website: <a href="http://www.teentalkharwich.co.uk">www.teentalkharwich.co.uk</a> Address: 17 Cliff Road, Dovercourt, Harwich, Essex. CO12 3PP Areas Covered: Tendring</p>	<p>Teen Talk is 'young person centred'.</p> <p>We are currently updating our website for information on our current services. Please call 01255 504800 Monday to Thursday between 12pm to 4pm.</p>

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# Family Hubs North Essex

## Colchester

### **Berechurch Family Hub**

Tel: **0300 247 0015**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/berechurch-family-hub-2](http://www.essexfamilywellbeing.co.uk/centre/berechurch-family-hub-2)

Address: **The Ormiston Centre, School Road, Monkwick, Colchester, Essex. CO2 8NN**

### **Greenstead Delivery Site**

Tel: **0300 247 0015**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/greenstead-family-hub](http://www.essexfamilywellbeing.co.uk/centre/greenstead-family-hub)

Address: **Greenstead Community Centre, Hawthorn Avenue, Colchester, Essex. CO4 3QE**

### **Little Hands Delivery Site**

Tel: **0300 247 0015**

**All health visitors and School Nurses should now be contacted on the number to the left, which is the Admin Hub for the whole of North Essex.**

**Each website contains a calendar of classes and activities held at each site.**

Family Hubs (formerly known as Children's Centres) are at the heart of our service and are from where we deliver and coordinate most of our services. There is one main Family Hub in each area and we also reach out from there to provide services from nearby Healthy Family Delivery Sites, which may be closer to home and more convenient to access for some residents.

Essex Child and Family Wellbeing Service help other organisations and families themselves to run services and activities from Family Hubs and Delivery Sites. For example, midwives from a maternity unit may run clinics there, as may the NHS service responsible for administering childhood immunisations.

We host an array of family support services who can help you such as the Citizen's Advice Bureau, Home-Start, Safer Places and Adult Community Learning. We are proactively encouraging people from our local communities to play a role in our Family Hubs so if you are interested in leading a peer support group or becoming a volunteer please get in touch.

Webpage:

[www.essexfamilywellbeing.co.uk/centre/little-hands-family-hub](http://www.essexfamilywellbeing.co.uk/centre/little-hands-family-hub)

Address: **Stanway Fiveways Primary School,  
Winstree Road, Colchester, Essex. CO3 0QG**

### **St Anne's and Castle Delivery Site**

Tel: **0300 247 0015**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/st-annes-and-castle-family-hub](http://www.essexfamilywellbeing.co.uk/centre/st-annes-and-castle-family-hub)

Address: **Harwich Road, Colchester, Essex. CO4 3DH**

## **Tending**

**Harwich Library Healthy Family Delivery Site**

Tel: **0300 247 0015**

Website:

[www.essexfamilywellbeing.co.uk/centre/harwich-library-healthy-family-delivery-site](http://www.essexfamilywellbeing.co.uk/centre/harwich-library-healthy-family-delivery-site)

Upper Kingsway, Dovercourt, Harwich, CO12 3JT

### **Rainbow Delivery Site, Walton**

Tel: **0300 247 0015**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/rainbow-family-hub](http://www.essexfamilywellbeing.co.uk/centre/rainbow-family-hub)

Address: **13 Old Pier Street, Walton-on-the-Naze,  
Essex. CO14 8AW**

### **St James and Holland Valley Delivery Site**

NEW ROLE -

**WHO ARE WE?** We are a team of coordinators who provide a single point of access ensuring that you have access to quality information and resources. We will ensure consistency of individualised support until your needs have been fully met at any point of your pathway journey

**WHO IS OUR SERVICE FOR?** Our service is for children, young people up to the age of 25 and families

**HOW CAN YOU CONTACT US?** The coordinators are available Monday to Friday from 9:00am to 5:00pm (excluding public holidays). Referrals can be from professionals, families, children and young people who can self-refer.

Contact your local Hub for support

Tel: **0300 247 0015**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/st-james-and-holland-valley-family-hub](http://www.essexfamilywellbeing.co.uk/centre/st-james-and-holland-valley-family-hub)

Address: **Unit 4, 30 Oxford Road, Clacton-on-Sea, Essex. CO15 3TB**

### **Sydney House Family Hub**

Tel: **0300 247 0015**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/sydney-house-family-hub](http://www.essexfamilywellbeing.co.uk/centre/sydney-house-family-hub)

Address: **Sydney House, 61a Langham Road, Clacton-on-Sea, Essex. CO16 7AG**

### **Windmill Outreach Site, Harwich**

Tel: **0300 247 0015**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/windmill-family-hub](http://www.essexfamilywellbeing.co.uk/centre/windmill-family-hub)

Address: **Mayes Lane, Ramsey, Harwich, Essex. CO12 5EL (Please note this is not for postal enquiries)**

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# Financial Concerns North Essex

## **Brightlingsea Foodbank**

**Website:** [www.colchester.foodbank.org.uk](http://www.colchester.foodbank.org.uk)  
**Tel:** 01206 621998  
**Email:** [info@colchester.foodbank.org.uk](mailto:info@colchester.foodbank.org.uk)  
**Address:** Brightlingsea Parish Hall, Victoria Place,  
Brightlingsea CO7 0BP

Open Weds 10.30am-12.30pm

## **Colchester Foodbank**

**Website:** [www.colchester.foodbank.org.uk](http://www.colchester.foodbank.org.uk)  
**Tel:** 01206 621998  
**Email:** [info@colchester.foodbank.org.uk](mailto:info@colchester.foodbank.org.uk)  
**Address:** 33 Moorside Business Park, Moorside,  
Colchester CO1 2ZF

Open Mon to Sat 10am-2pm

## **CAP Colchester (Christian's Against Poverty)**

**Website:** [www.capcolchester.org](http://www.capcolchester.org)

Whether it's money worries keeping you up at night, you just can't seem to shake that bad habit, or you're tired of going for job interviews that never get you anywhere – CAP has a service that can help you.

## **Citizen's Advice Bureau Colchester**

**Blackburn House 32 Crouch Street  
COLCHESTER  
Essex**

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.



<p><b>CO3 3HH</b></p> <p><a href="http://www.citizensadvice.org.uk/local/colchester">http://www.citizensadvice.org.uk/local/colchester</a></p> <p><b>0300 330 2104</b></p> <p><b>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></b></p>	
<p><b>Citizen's Advice Bureau Tendring</b></p> <p>18 Carnarvon Road, CLACTON ON SEA Essex, CO15 6QF</p> <p><a href="http://www.citizensadvice.org.uk/tendring/">http://www.citizensadvice.org.uk/tendring/</a></p> <p><a href="mailto:supervisor@cabtendring.org.uk">supervisor@cabtendring.org.uk</a></p> <p>034 44 111 444</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>The Coastal Community Centre (Tendring)</b></p> <p>Tel: <b>01255 420707</b> Email: <a href="mailto:ccc@clactoncoastalacademy.org.uk">ccc@clactoncoastalacademy.org.uk</a> Address: <b>Pathfields Road, Clacton-on-Sea, Essex. CO15 3JL</b></p>	<p>The Coastal Community Centre is open to anyone in the local area from 9am – 4pm. Anyone is welcome to drop in, have a cuppa, a chat or join in the activities. We have a team of very experienced support workers who are available to help or be able to direct people to those who can help. Drop in 1pm – 2:30pm</p> <p><b>What We Can Help With</b></p> <ul style="list-style-type: none"> <li>• Benefits</li> <li>• Housing</li> <li>• Debt and Money Management</li> <li>• Health issues</li> <li>• Family Matters</li> <li>• Completing Forms</li> <li>• Depression and Anxiety</li> </ul>
<p><b>Clacton Foodbank</b></p>	<p>Open Tues 9.30-11am Thurs 9.30-11am Fri 2-3.30pm</p>

<p><b>Website:</b> <a href="http://www.clacton.foodbank.org.uk">www.clacton.foodbank.org.uk</a>  <b>Tel:</b> 01255 431760  <b>Email:</b> <a href="mailto:Tracy.cooke@salvationarmy.org.uk">Tracy.cooke@salvationarmy.org.uk</a></p> <p><b>Address:</b> The Salvation Army Community Centre,          103 Old Road, Clacton-on-Sea CO15 1HN</p>	<p>Monday: 9am - 11am EMBRACE (Breakfast for the homeless and vulnerably housed)</p>
<p><b>Open Door</b></p> <p>Tel: <b>01206 769436</b>          Email: <a href="mailto:hello@opendoorcolchester.co.uk">hello@opendoorcolchester.co.uk</a>          Website: <a href="http://www.opendoorcolchester.co.uk">www.opendoorcolchester.co.uk</a></p> <p>Address: <b>Colchester Baptist Church, Eld Lane, Colchester, Essex. CO1 1LS</b></p> <p>Opening Times: <b>10.00am – 2.00pm Monday, Wednesday &amp; Friday</b></p>	<p>Open Door drop-in centre is based in the centre of Colchester and provides a safe and welcoming environment to all. We believe that everyone in life should be able to go somewhere to meet friends, make new ones, and receive support or advice if/when needed, regardless of their present or past circumstances.</p> <p><b>What Open Door Offer</b></p> <ul style="list-style-type: none"> <li>• A warm welcome to everyone in a relaxed café style setting</li> <li>• Friendship and a listening ear</li> <li>• Value-for-money food and drink</li> <li>• Crisis support</li> <li>• Advice on a wide range of issues (including welfare and housing)</li> <li>• Sign-posting and referrals to other agencies</li> <li>• Advocacy</li> <li>• Reconciliation and mediation</li> </ul> <p>Colchester Central Foodbank - Tuesday, Wednesday and Friday from 11am-1pm Open Door is working in partnership with Colchester Foodbank to offer food parcels to people who live in and around the town centre of Colchester.”</p>
<p><b>Greenstead Foodbank</b></p> <p><b>Website:</b> <a href="http://www.colchester.foodbank.org.uk">www.colchester.foodbank.org.uk</a>  <b>Tel:</b> 01206 621998  <b>Email:</b> <a href="mailto:info@colchester.foodbank.org.uk">info@colchester.foodbank.org.uk</a></p>	<p>Open Tues 10am-12pm</p>

**Address:** Colchester Foodbank at Greenstead, 7  
The Centre, Hawthorn Avenue, Colchester CO4  
3PX

**Wivenhoe Foodbank**

**Website:** [www.colchester.foodbank.org.uk](http://www.colchester.foodbank.org.uk)

**Tel:** 01206 621998

**Email:** [info@colchester.foodbank.org.uk](mailto:info@colchester.foodbank.org.uk)

**Address:** Congregational Church, High St,  
Wivenhoe CO7 9AB

Open Thurs 10am-12pm

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# Housing Concerns North Essex

<p><b>Clutter score –</b></p> <p>Hoarding or poor home conditions</p>	<p>A clear visual to gauge the rating of home conditioners</p> <p>Helpful when sharing your concerns with other services</p> <p><a href="#">Microsoft PowerPoint - cir pictures.ppt [Compatibility Mode] (hoardingdisordersuk.org)</a></p>
<p><b>Decluttering service</b></p> <p><a href="#">Decluttering Services — Your Living Room CIC</a></p> <p><a href="https://www.yourlivingroomcic.co.uk/services">https://www.yourlivingroomcic.co.uk/services</a></p>	<p>Once contact has been made, a home visit will be arranged, to discuss everything in full and complete an assessment.</p> <p>Service includes –</p> <ul style="list-style-type: none"> <li>Decluttering</li> <li>Organising</li> <li>Removal of rubbish</li> <li>Help with storage solutions</li> </ul> <p>COST may apply</p>
<p><b>April Centre</b></p> <p>Tel: (Main Office) <b>01206 578731</b></p> <p>Tel (Day Centre): <b>01206 761647</b></p>	<ul style="list-style-type: none"> <li>• Services for homeless people/people at risk of homelessness.</li> <li>• Walk-in advice centre 9.30am-1.30pm Mon-Fri offering advice on benefits, housing options, form filling, landlord/tenancy issues, and signposting.</li> <li>• Day centre 1-6pm Mon &amp; Thurs with food, recreational activities, internet access.</li> <li>• Food parcels for those moving to new accommodation.</li> <li>• Outreach work with rough sleepers in Colchester &amp; Clacton.</li> </ul>
<p><b>Beacon House</b></p>	<p>Beacon House is a Christian Charity that offers healthcare and wellbeing facilities to those who are homeless, in insecure accommodation, or at high risk of homelessness.</p>

Tel: **01206 761960 / 08000 186328**

Fax: **01206 762260**

Email: [admin@beaconhouseministries.org.uk](mailto:admin@beaconhouseministries.org.uk)

[clinic@beaconhouseministries.org.uk](mailto:clinic@beaconhouseministries.org.uk)

[lifeskills@beaconhouseministries.org.uk](mailto:lifeskills@beaconhouseministries.org.uk)

Website: [www.beaconhouseministries.org.uk](http://www.beaconhouseministries.org.uk)

Address: **90 – 91 East Hill, Colchester, Essex.**

**CO1 2QN**

Our main services include:

- A Primary Care Clinic
- Male and Female shower facilities
- Laundry services, Clothing and toiletries store
- Hot Food and Drink Cafe
- Life Skills Development Centre

Beacon House exists as a Christian agency to offer a wide range of services within an atmosphere of acceptance and care to those in need. Some of the services we provide include:

**Life Skills**

- Life Skills Training
- Anger Management Courses
- Cooking and Home Management
- IT Skills
- Benefit Applications

**Wellbeing**

- Counselling Service
- Stop Smoking service
- Laundry and Clothes store
- Showering facilities
- Toiletries Store

**Healthcare**

- Drop in clinic
- Flu Vaccination
- Sexual Health Clinic
- Needle Exchange
- HIV and Disease screening

**Additional**

- Women's Group
- Hot food and drink Cafe
- Barber
- Foot care specialist
- Postal Services

<p><b>Catch 22 - Colchester Housing Intervention Project</b></p> <p>Suite 25, The Colchester Centre (Weston Business Centre), Hawkins Way, Colchester, CO2 8JX</p> <p>Tel: 07850927811</p> <p>Email: Alex.Flook@catch-22.org.uk</p>	<ul style="list-style-type: none"> <li>• Computer Suite</li> </ul> <p>A practical and hands on intensive support programme for tenants of Colchester Borough Homes and Colne Housing. Service Users will generally be at risk of eviction or experiencing difficulties that are impacting on their tenancy and or the local community. The project supports both families and vulnerable individuals, seeking to address the root causes of their presenting issues.</p>
<p><b>Citizen's Advice Bureau Colchester</b></p> <p><b>Blackburn House 32 Crouch Street COLCHESTER Essex CO3 3HH</b></p> <p><b><a href="http://www.citizensadvice.org.uk/local/colchester">http://www.citizensadvice.org.uk/local/colchester</a></b></p> <p><b>0300 330 2104</b></p> <p><b>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></b></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Citizen's Advice Bureau Tendring</b></p> <p>18 Carnarvon Road CLACTON ON SEA Essex CO15 6QF</p> <p><b><a href="http://www.citizensadvice.org.uk/tendring/">http://www.citizensadvice.org.uk/tendring/</a></b></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>

<p>supervisor@cabtendring.org.uk</p> <p>034 44 111 444</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	
<p><b>The Coastal Community Centre (Tendring)</b></p> <p>Tel: 01255 420707</p> <p>Email: <a href="mailto:ccc@clactoncoastalacademy.org.uk">ccc@clactoncoastalacademy.org.uk</a></p> <p>Address: Pathfields Road, Clacton-on-Sea, Essex. CO15 3JL</p>	<p>The Coastal Community Centre is open to anyone in the local area from 9am – 4pm. Anyone is welcome to drop in, have a cuppa, a chat or join in the activities. We have a team of very experienced support workers who are available to help or be able to direct people to those who can help. Drop in 1pm – 2:30pm</p> <p><b>What We Can Help With</b></p> <ul style="list-style-type: none"> <li>• Benefits</li> <li>• Housing</li> <li>• Debt and Money Management</li> <li>• Health issues</li> <li>• Family Matters</li> <li>• Completing Forms</li> <li>• Depression and Anxiety</li> </ul>
<p><b>Colchester Borough Homes</b></p> <p>Tel: 01206 282514</p> <p>Email: <a href="mailto:info@cbhomes.org.uk">info@cbhomes.org.uk</a></p> <p>Website: <a href="https://cbhomes.org.uk/">https://cbhomes.org.uk/</a></p> <p>Address: First Floor, Rowan House, Sheepen Road, Colchester, Essex. CO3 3WG</p>	<p>Council Housing support and advice</p> <p><a href="https://cbhomes.org.uk/your-neighbourhood/antisocial-behaviour/">https://cbhomes.org.uk/your-neighbourhood/antisocial-behaviour/</a></p> <p><i>antisocial behaviour, please contact us on 01206 507341 or through customer services on 01206 282514, or email <a href="mailto:asb@cbhomes.org.uk">asb@cbhomes.org.uk</a>. All calls and conversations are confidential. Tell us and the Police immediately if you have been assaulted, threatened or are the victim of a hate crime. Contact</i></p>
<p><b>Colchester YMCA</b></p> <p>Tel: 01206 579415</p> <p>Website: <a href="http://www.ymcaessex.org.uk">www.ymcaessex.org.uk</a></p>	<p>Colchester YMCA has a 44-room supported housing unit. We house young people aged 16-25, supporting them to ensure that they will become responsible adults, working or in education/training, who are able to maintain a tenancy and look after themselves when they leave the YMCA. The residents are able to stay at the YMCA for</p>

	<p>a two year period, and after support and training we successfully move them on to independent living.</p>
<p><b>Emmaus</b></p> <p>Tel: <b>01206 431616 (Colchester)</b>  Tel: <b>01223 576103 (National)</b>  Email: <a href="mailto:info@emmauscol.org">info@emmauscol.org</a>  Website: <a href="http://www.emmaus.org.uk">www.emmaus.org.uk</a></p>	<p>Emmaus (pronounced em-MAY-us) is a homelessness charity with a difference. We don't just give people a bed for the night; we offer a home, meaningful work and a sense of belonging.</p> <p>Emmaus social enterprises generate revenue that pays for companions' home, food and upkeep, as well as providing a small weekly allowance. This is key to restoring feelings of self-worth, showing these individuals that their actions make a real difference, both to their own life, and the lives of others.</p>
<p><b>Korban</b></p> <p>Tel: <b>01206 869533</b>  Email: <a href="mailto:admin@korban.org.uk">admin@korban.org.uk</a></p> <p>Address: Bethany Place, St Anne's Vicarage,  Compton Road, Colchester, Essex CO4 0BQ</p>	<p>Colchester Korban Project provides providing supported housing for young homeless people aged 16-25.</p>
<p><b>Nacro</b></p> <p><b>Clacton</b>  Tel: <b>01255 688607</b>  Address: <b>57 Wellesley Road, Clacton-on-Sea, Essex. CO15 3PR</b></p> <p><b>Harwich</b>  Tel: <b>01255 240981</b>  Address: <b>1 Pepys Street, Harwich, Essex. CO12 3HG</b></p> <p><b>Colchester</b>  Tel: <b>01206 864209</b></p>	<p>Nacro provides homes for people and supports them to keep a stable home.</p> <p><b>Nacro's Clacton, Harwich &amp; Colchester and Tendring Single Homeless Projects</b> provide accommodation with structured support for young, single homeless individuals from 16-25 year old.</p> <p><b>Nacro Mental Health Service - North Essex</b> is a supported housing project for single people in Colchester and the surrounding area who have experienced mental health and who may also have social problems.</p> <p>The project provides temporary accommodation with support that aims to maximise an individual's independent living skills, preparing them for a more permanent independent accommodation in the community.</p>



<p>Address: <b>Suite 2, Unit 6 Challenge Way, Hythe Hill, Colchester, Essex. CO1 2LY</b></p> <p>Website: <a href="http://www.nacro.org.uk">www.nacro.org.uk</a></p>	
<p><b>Open Door</b></p> <p>Tel: <b>01206 769436</b>  Email: <a href="mailto:hello@opendoorcolchester.co.uk">hello@opendoorcolchester.co.uk</a>  Website: <a href="http://www.opendoorcolchester.co.uk">www.opendoorcolchester.co.uk</a></p> <p>Address: <b>Colchester Baptist Church, Eld Lane, Colchester, Essex. CO1 1LS</b></p> <p>Opening Times: <b>10.00am – 2.00pm Monday, Wednesday &amp; Friday</b></p>	<p><b>What Open Door Offer</b></p> <ul style="list-style-type: none"> <li>• A warm welcome to everyone in a relaxed café style setting</li> <li>• Friendship and a listening ear</li> <li>• Value-for-money food and drink</li> <li>• Crisis support</li> <li>• Advice on a wide range of issues (including welfare and housing)</li> <li>• Sign-posting and referrals to other agencies</li> <li>• Advocacy</li> <li>• Reconciliation and mediation</li> <li>• Debt management</li> <li>• Counselling</li> </ul> <p><i>Homeless prevention 5-7pm Wednesday Evenings by appointment only at Colchester Baptist Church – Eld Lane</i></p>
<p><b>Peabody (Formerly Family Mosaic)</b></p> <p>Tel: <b>0800 28 888 83</b>  Email: <a href="mailto:efsc-ordinator@peabody.org.uk">efsc-ordinator@peabody.org.uk</a>  Website:  <a href="http://www.peabodycareandsupport.org.uk/essex-outreach-support/">www.peabodycareandsupport.org.uk/essex-outreach-support/</a></p>	<p>Please see the <a href="#">Countywide Housing Concerns</a> Page for more information.</p>
<p><b>Phoenix Supported Housing</b></p> <p>Tel: <b>01206 561767 or 01206 546854</b>  Email: <a href="mailto:info@phx.org.uk">info@phx.org.uk</a>  Website: <a href="http://www.phx.org.uk">www.phx.org.uk</a>  Address: <b>147 Straight Road, Colchester, Essex CO3 9DE</b></p>	<p>We offer supported housing services to people with mental health and/or learning difficulties. We provide help with accessing benefits and maintaining our client's mental health and wellbeing to ensure they can lead a full and independent life. Our properties are located throughout Colchester and offer different types of accommodation to people in need.</p>

Our services are offered free of charge and can be accessed by anyone living in Colchester or Tendring. We are happy to accept referrals from GPs, charities, partner organisations and other professionals, including self-referrals.

Established in 1966, Phoenix Homes Colchester has been serving the people of Colchester and Tendring for over 50 years. Phoenix Homes Colchester is a Registered Charity No: 1119817 and Company Limited by Guarantee No: 6205036, registered in England and Wales, whose activities include Phoenix Supported Housing and Phoenix Alcohol Project. For more information, please visit our website on [www.phx.org.uk](http://www.phx.org.uk)

## Tendring District Council

Tel: **01255 686868**

Website: [www.tendringdc.gov.uk](http://www.tendringdc.gov.uk)

Housing advice and information

<https://www.tendringdc.gov.uk/community/crime-community-safety/report-anti-social-behaviour>

*An alternative option to report anti-social behaviour is to call our anti-social behaviour reporting answerphone on **01255 686359** or email [ASB@tendringdc.gov.uk](mailto:ASB@tendringdc.gov.uk)*

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# LGBT+

# North Essex

**The OutHouse**  
**19 East Hill**  
**Colchester**  
**Essex**  
**CO1 2QX**

<https://theouthouse.org.uk/>

[Tel:01206 871394](tel:01206871394)

Email: [info@theouthouse.org.uk](mailto:info@theouthouse.org.uk)

We are a registered charity providing opportunities for LGBTQ+ people in Essex. Our mission is to develop and promote a sustainable, fair and equal society where all lesbian, gay, bisexual and transgender people can achieve their full potential. Through our vast programme of services, including counselling, social events and support groups, we are committed to helping all members of our wonderful LGBTQ+ community

View website for details of local youth sessions

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# Legal North Essex

## Legal Advice – Frontline Solicitors

Email:  
[enquiries@frontlinesolicitors.co.uk](mailto:enquiries@frontlinesolicitors.co.uk)

Free legal advice regarding Housing, Family matters & employment.

Situated at Greenstead Community Centre

First Saturday of the month, by appointment only.

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# Socially Isolated North Essex

## Army Welfare Service

Tel: 01206 816581

Fax: 01206 816600

Address: Community Centre, Fallowfield Road, Colchester, Essex. CO2 9LL

Provides learning opportunities, programmes, activities and experiences for military personnel and their families. These will be social, recreational, educational and responsive to local needs. They will be locally accessible, affordable and of good quality.

## The Coastal Community Centre (Tendring)

Tel: 01255 420707

Email: [ccc@clactoncoastalacademy.org.uk](mailto:ccc@clactoncoastalacademy.org.uk)

Address: Pathfields Road, Clacton-on-Sea, Essex. CO15 3JL

The Coastal Community Centre is open to anyone in the local area from 9am – 4pm. Anyone is welcome to drop in, have a cuppa, a chat or join in the activities. We have a team of very experienced support workers who are available to help or be able to direct people to those who can help. Drop in 1pm – 2:30pm

### What We Can Help With

- Benefits
- Housing
- Debt and Money Management
- Health issues
- Family Matters
- Completing Forms
- Depression and Anxiety

## Colchester & Tendring Youth Enquiry Service

Tel: 01206 710771

Email: [info@colchesteryes.org.uk](mailto:info@colchesteryes.org.uk)

Website: [www.yesyouthenquiry.org](http://www.yesyouthenquiry.org)

Address: 9 Trinity Street, Colchester, Essex

We provide a non-judgemental, informal, accessible and confidential service for young people between the ages of 11-25 years old.

We offer an initial assessment meeting which gives an opportunity to talk through the problems or situation that you are facing. From that we can link you to the service that appropriate - either internally, or with one of the many other services that work with young people across Colchester.

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	<u><a href="#">How We Can Help</a></u>
<p><b>Community Youth Hangout</b></p> <p>Tel: 08727 255969            Email: <a href="mailto:jo.tandy@essex.gov.uk">jo.tandy@essex.gov.uk</a>            Address: Colchester Townhouse, 39/42 East Stockwell Street, Colchester, Essex, CO1 1SS</p>	<p>Youth hangout is on every Tuesday from 16:30 -18:30 at Colchester Townhouse. The session is free to all young people from 13-19 up to 25 (SEN).</p> <p>Youth Hangout is a well-established group and has been running successfully for a year. This term the group has been focussed around developing life skills. The volunteers who run the sessions alongside youth service staff wanted to facilitate sessions with young people that they would perhaps not normally be taught in schools/colleges. We have offered sessions around financial management in terms of budgeting, saving and paying bills.</p> <p>Each term a new programme is developed using ideas that the group have given volunteers, observations made during the previous term and forthcoming key events such as voting for elections or referendum, examination period or national days.</p> <p>The sessions are delivered using different methods including quizzes, role play or making posters. The group are encouraged to participate but engagement is optional.</p> <p>Working in partnership with Essex Youth Service.</p>
<p><b>Essex Advocacy</b></p> <p>Tel: 0300 3435736            Email: <a href="mailto:essexadvocacy@rethink.org">essexadvocacy@rethink.org</a>            Website: <a href="http://www.rethinkessexadvocacy.org">www.rethinkessexadvocacy.org</a></p>	<p>Essex Advocacy is specialist service which supports people who are most vulnerable, or who find themselves at a particularly challenging point in their lives.</p> <p>Our professional advocates enable people without the right support around them to have their voice heard when:</p> <ul style="list-style-type: none"> <li>• Decisions are being taken about their health and social care</li> <li>• Support is needed to make informed choices about their life</li> <li>• They wish to make a complaint about NHS care or treatment</li> </ul>
<p><b>Greenstead Community Youth Club</b></p> <p>Tel: 01206 791979            Email: <a href="mailto:info@greensteadcommunitycentre.org.uk">info@greensteadcommunitycentre.org.uk</a></p>	<p>Monday evenings 7:30 – 9.00pm the Greenstead Community Centre opens for 10 – 16 year olds to attend a youth club session – small charge of £1 per session</p> <p>The sessions provide a range of activities for members to get involved in including; inside sports, pool and arts and crafts.</p>

<p><b>Website:</b>  <a href="http://www.greensteadcommunitycentre.org.uk">www.greensteadcommunitycentre.org.uk</a>  <b>Address:</b> Greenstead Community Centre,          Hawthorn Avenue, Colchester, Essex, CO4          3QE</p>	<p>There is a small tuck shop for young people to buy refreshments. The session offers a separate area for the teenagers to chill out in and do activities without the younger members interrupting.</p> <p>The session is run by volunteers from the local community in partnership with Essex Youth Service.</p> <p>This session closes on Bank holidays</p>
<p><b>Open Door</b></p> <p>Tel: <b>01206 769436</b>          Email: <a href="mailto:hello@opendoorcolchester.co.uk">hello@opendoorcolchester.co.uk</a>          Website: <a href="http://www.opendoorcolchester.co.uk">www.opendoorcolchester.co.uk</a>          Address: <b>Colchester Baptist Church, Eld Lane, Colchester, Essex. CO1 1LS</b>          Opening Times: <b>10.00am – 2.00pm Monday, Wednesday &amp; Friday</b></p>	<p>Open Door drop-in centre is based in the centre of Colchester and provides a safe and welcoming environment to all.</p> <p>We believe that everyone in life should be able to go somewhere to meet friends, make new ones, and receive support or advice if/when needed, regardless of their present or past circumstances.</p> <p><b>What Open Door Offer</b></p> <ul style="list-style-type: none"> <li>• A warm welcome to everyone in a relaxed café style setting</li> <li>• Friendship and a listening ear</li> <li>• Value-for-money food and drink</li> <li>• Crisis support</li> <li>• Advice on a wide range of issues (including welfare and housing)</li> <li>• Sign-posting and referrals to other agencies</li> <li>• Advocacy</li> <li>• Reconciliation and mediation</li> <li>• Debt management</li> <li>• Counselling</li> </ul>
<p><b>Outreach Youth</b></p> <p>Tel: <b>07895 342202</b>          Email: <a href="mailto:andy@outreachyouth.org.uk">andy@outreachyouth.org.uk</a>          Email: <a href="mailto:info@outreachyouth.org.uk">info@outreachyouth.org.uk</a>          Website: <a href="http://www.outreachyouth.org.uk">www.outreachyouth.org.uk</a>          Address: <b>Contact for Address</b></p>	<p>Outreach Youth supports and works with young people across Suffolk and North Essex, aged 13 to 19 years, who are gay, lesbian, bisexual, transgender or questioning their sexuality.</p> <p>We provide opportunities for gay, lesbian, bisexual, transgender or questioning young people to meet as a group and offer one-to-one support in safe, welcoming, non-judgemental settings in Ipswich, Lowestoft, Bury St Edmund and North Essex.</p>

Colchester sessions are run fortnightly 3 – 4:30p.m. Outreach youth venues aren't shown on our publicity material or web site to ensure young people who are not 'out' can access a safe environment.

Outreach Youth offer the opportunity to catch up with each other in a fun and relaxed atmosphere, which allows you to be yourself. We also offer one to one support for young people who are (or think they might be) gay, lesbian, bisexual, transgender or questioning their sexuality, but would prefer the opportunity to meet up with an experienced gay youth worker.

The club works in partnership with Essex Youth Service.

### **Essex Welfare Service**

**Tel: 0300 303 9988**

**Email:**

[Provide.essexwelfareservice@nhs.net](mailto:Provide.essexwelfareservice@nhs.net)

website [Essex Wellbeing Service](#).

Help Find & access support during the COVID – 19 challenges.

If members of the public need support with advice, daily living tasks & wellbeing.

Mon – Fri 8am – 7pm

Saturday 9am-12pm

[Socially Isolated Home Page](#)

[Go to Directory Home Page](#)

[Go to Front Page](#)



# Mental Health – Children North Essex

## Best Days Vintage Counselling Sessions

Address: 40 Eld Ln, Colchester CO1 1LS

Thursday Mornings, 09:45 to 11am.

Free counselling sessions.

Group sessions, kind, gentle, low pressure.

## The Affinity Programme HCRG Care Group

Email: [vcl.essex-affinityprogramme@nhs.net](mailto:vcl.essex-affinityprogramme@nhs.net)

The Affinity Programme is a targeted early intervention project working across Essex, Southend and Thurrock. It will support children and young people age 5 up to their 16<sup>th</sup> birthday, who are at risk of exclusion from education due to emotional dysregulation.

The Affinity Programme aims to:

- Reduce the number of young people being excluded from education by working with young people, families and schools to develop support strategies.
- Reduce high-risk behaviours that indicate potential for harm to self and others.
- Reduce the frequency and severity of behaviours that could be described as challenging.
- Reduce anxiety in young people, especially in education.
- Provide tools for family members who find a young person's behaviours difficult.
- Ensure families understand the needs of young people and how best to support them.
- Restore relationships and repair harm.

The Affinity Programme will receive referrals from schools and partner organisations, where concerns have been identified about a young person's behaviour. Children and young people referred to the programme will receive help to understand their triggers and the impact of their behaviours.

<p><b>Colchester &amp; Tendring Youth Enquiry Service</b></p> <p>Tel: <b>01206 710771</b>  Email: <a href="mailto:info@colchesteryes.org.uk">info@colchesteryes.org.uk</a>  Website: <a href="http://www.yesyouthenquiry.org">www.yesyouthenquiry.org</a>  Address: <b>9 Trinity Street, Colchester, Essex. CO1 1JN</b></p>	<p>We provide a non-judgemental, informal, accessible and confidential service for young people between the ages of 11-25 years old.</p> <p>We offer an initial assessment meeting which gives an opportunity to talk through the problems or situation that you are facing. From that we can link you to the service that appropriate - either internally, or with one of the many other services that work with young people across Colchester.</p>
<p><b>Children and Young People's Private Counselling Service</b></p> <p>Email address:  <a href="mailto:enquiries@mnessexmind.org">enquiries@mnessexmind.org</a>  Phone number: <b>01206 764600</b></p>	<p>The Mid and North East Essex Mind Children &amp; Young People's Private Counselling Service offers therapy to children aged from 5 to 18 years. They provide a safe, contained and reflective space for young people to express, explore and process difficult emotions and experiences through creative and therapeutic interventions. They offer children a safe environment where they are free to play, draw and talk about their experiences in order to make sense of their emotional world, to grow and to develop. Each counselling session lasts for 30 to 45 minutes for a 5 to 8 year old, and up to 50 minutes for a 9 to 18 year old, depending on the needs of the young person. The fee per session is £40. There is no limit to the amount of sessions you can have.</p> <p>This service is available in Colchester and Clacton</p> <p>Who the service provides for:  Children aged 5 – 18 years</p> <p>Hours of operation:  Monday, Wednesday, Thursday 9am- 5pm  Tuesday 5pm to 7pm (Colchester Only)</p>
<p><b>Community 360</b></p> <p>Website: <a href="http://Families@community360.org.uk">Families@community360.org.uk</a>  Tel: 01206 505250</p>	<p>Target audience: Families</p> <ul style="list-style-type: none"> <li>• 8 contact sessions with therapist(s)</li> <li>• All sessions are over the telephone</li> <li>• One to one sessions work with parents and carers</li> <li>• Open to all families with all age children</li> <li>• Help reduce feelings of isolation</li> <li>• Encourage communication between family members</li> </ul>

- Explore any fears, anxieties, difficulty or distress
- Help with conflict and conflict resolution skills
- Gain insight, explore strategies to improve their situation
- Find practical solutions to the daily challenges

**Find your spark**

[Find Your Spark – Raising the wellbeing, aspiration and resilience levels in at-risk young people](#)

**Phone:** 07928132387

**Email:** [info@findyourspark.co.uk](mailto:info@findyourspark.co.uk)

Group or 1:1 sessions

Solution focused and to help them feel secure, safe and better in themselves

**FIF Funded Project**

**Kids Inspire**

Children’s Society and Southend YMCA (joint project)

Email: [earlysupport@kidsinspire.org.uk](mailto:earlysupport@kidsinspire.org.uk)

Website: [www.kidsinspire.org.uk](http://www.kidsinspire.org.uk)

Telephone: 01245 348707 or 07908 829550

For more information see the [Countywide Mental Health page](#).

**FIF Funded Project**

**GROUP WORK**

**Kids Inspire**

For more information see the [Countywide Mental Health page](#).

<p>Children's Society and Southend YMCA (joint project)</p> <p>Email: <a href="mailto:fifreferrals@childrenssociety.org.uk">fifreferrals@childrenssociety.org.uk</a></p> <p>Tel: 01245 493400 or 01245 493311</p>	
<p><b>Inclusion Ventures</b></p> <p>Tel: 01255 476947</p> <p>Website: <a href="http://www.inclusionventures.co.uk">www.inclusionventures.co.uk</a></p> <p>Address: <b>Coppins Hall Community Centre, Maldon Way, Clacton-on-Sea, Essex. CO16 7PA</b></p>	<p>Our aim is to improve the lives of vulnerable young people from the most disadvantaged areas of West Clacton; supporting them to discover a wider prospective, and positive future that fulfils their potential!</p> <p>We offer young people a specialised staff team that understand the underlying issues that lead young people to challenge. With respect and trust, we gradually encourage them to understand the responsibility that goes hand in hand with their rights.</p>
<p><b>Mid Tendring Education Partnership</b></p> <p>Tel: 07944 333685</p> <p>Address: <b>Brightlingsea Infant School, Eastern Road, Brightlingsea, Essex. CO7 0HU</b></p>	<p>MTEP will commission a qualified counsellor to support Primary aged children and their families who are presenting with emerging emotional, psychological and mental health difficulties, in order to attain real change for our children to be 'Emotionally well; free from, or experiencing a reduction in emotional distress'.</p> <p>The Counsellor will work with children and families to assist with the varied emotional and practical difficulties and help empower families and individuals through learning new skills and coping mechanisms to help them move forward and deal with future family difficulties, achieving positive change in self-esteem and emotional wellbeing.</p>
<p><b>NERIL (North Essex Resource &amp; Information Line for Mental Health)</b></p> <p>Tel: 0845 0900 909</p>	<p>NERIL is a voluntary telephone helpline staffed by trained workers who give information, support and advice about mental health. The line is open every day between 4pm and 8am.</p>
<p><b>SET CAMHS</b></p> <p>Web: <a href="http://www.nelft.nhs.uk/set-camhs">www.nelft.nhs.uk/set-camhs</a></p> <p>Referrals: <a href="mailto:set-camhs.referrals@nelft.nhs.uk">set-camhs.referrals@nelft.nhs.uk</a></p>	<p><b>Southend, Essex and Thurrock Child and Adolescence Mental Health Service (SET CAMHS)</b> provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties. The service covers Southend, Essex and Thurrock and is open to young people between the ages of 0-18.</p>

<p>Main number Monday - Friday 9:00 – 17:00 (excluding bank holidays): 0800 953 0222</p> <p>Out of Hours Crisis Support: 0800 995 1000</p>	<p>Any child or young person experiencing mental health difficulties as well as any parent, guardian or professional can access the service for help and guidance.</p>
<p><b>Teen Talk</b></p> <p>Tel: <b>01255 504800 / 01255 240024</b>          Email: <a href="mailto:teentalk1@hotmail.co.uk">teentalk1@hotmail.co.uk</a>          Website: <a href="http://www.teentalkharwich.co.uk">www.teentalkharwich.co.uk</a>          Address: <b>17 Cliff Road, Dovercourt, Harwich, Essex. CO12 3PP</b></p> <p>Areas Covered: <b>Tendring</b></p>	<p>Teen Talk is 'young person centred'.</p> <p>Based in Harwich, the service supports young people age 11-25 and their families, living in the Tendring area. The 1-1 sessions help build confidence, broaden their horizon, open doors and opportunities to help them find what they need to navigate life, whilst ensuring their voice is heard. This non therapeutic provision helps to develop good mental health.</p> <p>Services are available Monday to Friday.</p> <p>You can also follow us on Facebook.          Services available please list as, one-to-one support and activities</p> <p>Opening times: <b>Harwich</b> 9.30am-5.30pm Monday          9.30am-7pm Tuesday-Thursday          9.30am-5.30pm Friday</p> <p><b>Clacton</b> 1.45pm-4.45pm Tuesday-Thursday</p>
<p><b>YCT Counselling</b></p> <p>Tel: <b>01279 414090</b>          Txt: <b>07956 887921</b>          Email: <a href="mailto:admin@yctsupport.com">admin@yctsupport.com</a>          Website: <a href="http://www.yctsupport.com">www.yctsupport.com</a></p>	<p>YCT is a counselling and therapeutic charity working with 5 – 25 year olds offering counselling, group support, drama/art therapy, play therapy/theraplay, group programmes (relationships, risky behaviours, exam stress, self-esteem, aspirations etc.) the Forest School programme, workshops, training and family work. In addition we offer training, consultancy, clinical supervision and counselling to those working with children and young people.</p> <p>YCT works in the community with many different organisations, and in education settings including primary/secondary schools, academies, colleges, specialist schools and alternative education settings. We work across Essex, Herts and North London.</p>

# Mental Health - Adult North Essex

## North Essex Crisis Line Colchester and Tendring

Tel: 0330 726 1800

If you, a family member or friend, are in crisis and need help, please seek assistance by calling North Essex Crisis Line Colchester and Tendring.

## Community 360

Website: [Families@community360.org.uk](mailto:Families@community360.org.uk)

Tel: 01206 505250

Target audience: Families

- 8 contact sessions with therapist(s)
- All sessions are over the telephone
- One to one sessions work with parents and carers
- Open to all families with all age children
- Help reduce feelings of isolation
- Encourage communication between family members
- Explore any fears, anxieties, difficulty or distress
- Help with conflict and conflict resolution skills
- Gain insight, explore strategies to improve their situation
- Find practical solutions to the daily challenges

## Open Door

Tel: 01206 769436

Open Door drop-in centre is based in the centre of Colchester and provides a safe and welcoming environment to all.

<p><b>Email:</b> <a href="mailto:hello@opendoorcolchester.co.uk">hello@opendoorcolchester.co.uk</a>  <b>Website:</b> <a href="http://www.opendoorcolchester.co.uk">www.opendoorcolchester.co.uk</a>  <b>Address:</b> Colchester Baptist Church, Eld Lane, Colchester, Essex. CO1 1LS  <b>Opening Times:</b> 10:00am – 2:00pm, Monday, Wednesday &amp; Friday</p>	<p>We believe that everyone in life should be able to go somewhere to meet friends, make new ones, and receive support or advice if/when needed, regardless of their present or past circumstances.</p> <p>What Open Door Offer</p> <ul style="list-style-type: none"> <li>• A warm welcome to everyone in a relaxed café style setting</li> <li>• Friendship and a listening ear</li> <li>• Value-for-money food and drink</li> <li>• Crisis support</li> <li>• Advice on a wide range of issues (including welfare and housing)</li> <li>• Sign-posting and referrals to other agencies</li> <li>• Advocacy</li> <li>• Reconciliation and mediation</li> <li>• Debt management</li> <li>• Counselling</li> </ul>
<p><b>NERIL (North Essex Resource &amp; Information Line for Mental Health)</b></p> <p><b>Tel:</b> 0845 0900 909</p>	<p>NERIL is a voluntary telephone helpline staffed by trained workers who give information, support and advice about mental health. The line is open every day between 4pm and 8am.</p>
<p><b>Colchester Mind</b></p> <p><b>Tel:</b> 01206 579080  <b>Email:</b> <a href="mailto:enquiries@colchestermind.org">enquiries@colchestermind.org</a>  <b>Website:</b> <a href="http://www.colchestermind.org">www.colchestermind.org</a></p>	<p>We believe no one should have to face a mental health problem alone. That's why we are here for you. Whether you're stressed, depressed or in crisis, we'll listen, give you support and advice and we'll push for a better deal and respect for everyone experiencing a mental health problem. We work with children from the age of 5 and adults of all ages. Some people use our services for only a little while and others might need help for longer.</p>
<p><b>Mid and North Essex Mind</b></p> <p><b>Tel:</b> 01206 764600  <b>Email:</b> <a href="mailto:enquiries@mnessexmind.org">enquiries@mnessexmind.org</a>  <b>Website:</b> <a href="http://www.mnessexmind.org">www.mnessexmind.org</a></p>	<p>We believe no one should have to face a mental health problem alone. That's why we are here for you. Whether you're stressed, depressed or in crisis, we'll listen, give you support and advice and we'll push for a better deal and respect for everyone experiencing a mental health problem. We work with children from the age of 5 and adults of all ages. Some people use our services for only a little while and others might need help for longer.</p>

<p><b>Health in Mind - North Essex IAPT</b></p> <p><b>Tel:</b> 0300 330 5455  <b>Email:</b> <a href="mailto:hpft.healthinmind@nhs.net">hpft.healthinmind@nhs.net</a>  <b>Website:</b> <a href="http://www.northeessexiapt.nhs.uk/north-east-essex">www.northeessexiapt.nhs.uk/north-east-essex</a></p>	<p>Health in Mind provides access to a wide range of talking therapy treatments for adults with common mental health problems in and around Colchester and Tendring. Health in Mind is part of Hertfordshire Partnership University NHS Foundation Trust in partnership with Mid and North East Essex Mind. Health in Mind is part of the national initiative Improving Access to Psychological Therapies (IAPT).</p>
<p><b>Peabody - North Essex Mental Health Service</b></p> <p><b>Tel:</b> 0300 123 3456  <b>Email:</b> <a href="mailto:careandsupport@peabody.org.uk">careandsupport@peabody.org.uk</a>  <b>Website:</b> <a href="http://www.peabodycareandsupport.org.uk/north-essex-mental-health-service">www.peabodycareandsupport.org.uk/north-essex-mental-health-service</a></p>	<p>The North Essex Mental Health Service is a specialist service consisting of a range of supported housing for people that have experienced mental health problems. The service offers a range of supported housing, along with specialist support for people between the ages of 18 and 65, who have mental health issues, are vulnerable and in need of help to develop skills to live independently. Customers are supported by the service for up to two years. During this time, experienced support staff will assist you to manage your mental health recovery and improve your confidence and sustain your accommodation. We can help with things like:</p> <ul style="list-style-type: none"> <li>• Maintaining an independent tenancy</li> <li>• Linking in with healthcare services</li> <li>• Budgeting and managing money and benefits</li> <li>• Increasing social and living skills and broader support networks</li> <li>• Links into educations, training and work opportunities</li> <li>• Increase your self esteem</li> <li>• Better use of recreation time</li> </ul> <p>The service works in conjunction with statutory mental health services to provide a comprehensive support package. Every customer has a support plan that reflects your support needs and aspirations. Support workers regularly review your plan with you to make sure that it still reflects your needs. When it is agreed that you are ready for move on, staff will support you to approach the local authority or private landlords to move on to your own independent accommodation.</p>
<p><b>North Essex Perinatal Mental Health</b></p> <p><b>Website:</b> <a href="http://www.neessexccg.nhs.uk/perinatalmentalhealth">www.neessexccg.nhs.uk/perinatalmentalhealth</a></p>	<p>Perinatal mental health problems are those which occur during pregnancy or in the first year following the birth of a child. Perinatal mental illness affects up to 20% of women, and covers a wide range of conditions. If left untreated, it can have significant and long lasting effects on the woman and her family.</p>



Perinatal mental health problems can also have long-standing effects on children's emotional, social and cognitive development.

NHS England have produced a series of five short videos with women who have experience of perinatal mental health conditions. These videos are aimed at health professionals and women to help increase knowledge about perinatal mental illness. They are designed to be shown to perinatal women and their families during the course of antenatal and postnatal education.

## The Stockwell Centre

**Tel:** 01206 768211

**Email** [admin@stockwellcentre.com](mailto:admin@stockwellcentre.com)

**Website:** [www.stockwellcentre.com](http://www.stockwellcentre.com)

The Stockwell Centre, just off Colchester's High Street, provides counselling and psychotherapy for individuals, couples and groups. Stockwell Centre counsellors and psychotherapists can help with a wide range of difficulties including depression, anxiety, stress and panic attacks; they can also help with difficulties arising from relationship breakdown, bereavement and loss and childhood events such as abuse or trauma.

### WHAT HAPPENS IN THERAPY?

The counsellor or psychotherapist will be non-judgemental and try to understand you in a way that enables you to reflect on your situation differently. You may be encouraged to talk about your childhood and dreams as well as day-to-day concerns. These may include fears, anger and thoughts about current relationships at home and at work. Being listened to and understood in this setting can enable you to make positive changes in your life.

### FEES

Fees are negotiated individually with the therapist and currently range between £35 and £55 per session. We may be able to offer an assisted place for those with restricted means.

### HOW LONG DOES IT TAKE?

In many cases weekly sessions over a period of six to eight weeks will be appropriate for resolving the difficulties you are having. Some clients/patients feel that there have been long standing feelings of anxiety, depression or anger and longer term therapy for a year or more, once a week or more, will enable clients to address underlying feelings and experiences in an unhurried manner. In this way a person's natural capacity for self-healing can be given the time it needs. Stockwell Centre members work both short and long term.

**LOW FEE COUNSELLING**

We have a scheme for low cost counselling for those who are unable to afford the full fee. Places are offered in exceptional circumstances only and due to the longer term nature of the work, there is also likely to be a waiting list. Those with restricted means who are motivated to commit to weekly counselling for up to a year, and can pay a minimum of £10 per session, are assessed for suitability by a full member of the practice before being referred to one of our affiliates for counselling. The counselling is offered by recently qualified counsellors who wish to gain the additional experience they need for accreditation/registration. The counsellors are affiliated to The Stockwell Centre and are in supervision with one of our senior registered psychotherapists.

**Therapy for you**

**Website:** [www.therapyforyou.co.uk](http://www.therapyforyou.co.uk)

**Phone:** 01206 334001

**Email:**  
epunft.neeiaptcontactcentre.@nhs.net

Offer of support –

- Uses Low Intensity Cognitive Behavioural Therapy Interventions
- Works at Step 2 within the ‘stepped care model’
- Works alongside clients with mild-moderate depression and GAD, panic disorder, agoraphobia, stress
- Guided self-help – a supportive / coaching role
- Deliver treatments face to face or remotely (over the phone / via MS Teams)

**The Turner Centre**

**Tel:** 01206 544458

**Email:** info@theturnercentre.com

**Address:** 52 North Hill, Colchester

The Turner Centre is an independent private counselling & psychotherapy centre with over 34 highly experienced, professional and qualified counsellors, psychotherapists and clinical psychologists and counselling psychologists specialising in a range of emotional difficulties.

We also provide clinical supervision to practicing qualified therapists and students and other health care professionals as well as support workers in social care and education. We also hold seminars and workshops for practicing therapists as well as other health care professionals.

The centre occupies a large tudor style building located half way down North Hill in the centre of Colchester town, Essex, next to the Colchester Sixth Form College. It is easily accessible via public transport and there are several car parks nearby, the nearest being

the NCP car park which has a pedestrian entrance in North Hill opposite the Turner Centre.

The centre is comfortable and welcoming with a tranquil atmosphere making it the ideal environment for undertaking therapy.

**The Coastal Community Centre (Tendring)**

Tel: 01255 420707

Email: [ccc@clactoncoastalacademy.org.uk](mailto:ccc@clactoncoastalacademy.org.uk)

Address: Pathfields Road, Clacton-on-Sea, Essex. CO15 3JL

The Coastal Community Centre is open to anyone in the local area from 9am – 4pm. Anyone is welcome to drop in, have a cuppa, a chat or join in the activities.

We have a team of very experienced support workers who are available to help or be able to direct people to those who can help. Drop in 1pm – 2:30pm

**What We Can Help With**

- Benefits
- Housing
- Debt and Money Management
- Health issues
- Family Matters
- Completing Forms
- Depression and Anxiety

**Light Group**

Tel: 07791 592573 / 07538 129507

Email: [light\\_group2011@yahoo.co.uk](mailto:light_group2011@yahoo.co.uk)

**LIVING IN GREATER HOPE TOGETHER**

LIGHT is a client-centred therapeutic support group focusing on adults whose lives are affected by childhood abuse. The group is based in Colchester, North East Essex. It is open to both men and women and offers a secure and confidential place where all issues related to abuse, including sexual, physical and emotional abuse and neglect, can be addressed.

The group is supported by experienced group facilitators who are fully qualified. There is a minimal weekly charge for members of £5.

**Our Aims**

- To foster interaction amongst survivors of abuse in order to develop a network of mutual support.
- To provide a safe and confidential environment where issues of trust, emotion and coping can be explored.
- To help reduce the sense of isolation experienced by survivors of abuse.

	<ul style="list-style-type: none"> <li>• To work with group members in gaining a greater sense of personal growth and resolution.</li> <li>• To develop the potential of members to process their experiences and move toward a greater sense of resolution.</li> </ul>
<p><b>Early Intervention in Psychosis (EIP) Service</b></p> <p>Tel: <b>01206 333700</b>          Fax: <b>01206 544092</b>          Email: <a href="mailto:EIP.East@nepft.nhs.uk">EIP.East@nepft.nhs.uk</a>          Address: <b>14 Creffield Road, Colchester, Essex. CO3 3JA</b></p>	<p>We work with young people aged between 14 and 35 years who are, or may be, experiencing a psychotic illness for the first time. The Service aims to provide assessment, treatment and interventions as early as possible reducing the time it takes to recover, improving outcomes and reducing the risk of longer term problems. We also aim to provide support, education, assessment and advice to the young person's family, carers, friends and relatives.</p>
<p><b>TMHS – Tendring Mental Health Support</b></p> <p>Tel: <b>01255 429778</b>          Address: <b>Orwell Road, Clacton-on-Sea, Essex. CO15 1PP</b></p>	<p>Tendring Mental Health Support is a charity that has been offering services within Essex for over thirty years, working in partnership with statutory health authorities. Summit House is the base of one of the longest standing mental health advocacy services in the country.</p> <p>Upon the foundation on this service, the learning disability service was developed. Over the last fourteen years the Independent Advocacy Service for people with a learning disability has grown from a one person service working only in the Tendring Area to a team of eighteen members of staff covering Tendring, Colchester, Maldon, Chelmsford and Braintree.</p> <p>Advocacy is taking action to help people say what they want, secure their rights, represent their interests and obtain the services they need.</p> <p>Our aim is to offer help in a non-judgemental way to any adult with a mental health problem or a learning disability to enable them to play an active part in everyday life.</p> <p>Tendring Mental Health Support plays a fundamental role in supporting other user led groups within its premises.</p>
<p><b>Clacton and Colchester Crisis Café</b></p> <p><b>Clacton Address:</b> Trinity Methodist Church,</p>	<p>The Clacton and Colchester Crisis Café provides a safe and supportive space for people experiencing a crisis. The Café is there to support anyone experiencing a mental health crisis due to:</p>

<p>84D Pier Avenue, Clacton-on-Sea CO15 1NJ.</p> <p><b>Colchester Address:</b> The Constantine Centre, 272a Mersea Rd, Colchester CO2 8QZ</p>	<ul style="list-style-type: none"> <li>• anxiety and panic attacks.</li> <li>• suicidal thoughts</li> <li>• self-harm that does not require medical treatment</li> <li>• depression</li> <li>• hearing voices, and</li> <li>• post-traumatic stress disorder and associated crisis from complex trauma.</li> </ul> <p>The team will be available to talk through the issues that have led to crisis and identify trigger points. Together with the individual the team will work on coping mechanisms and put strategies in place to prevent a crisis reoccurring. Working with their networks individuals will be supported to take positive steps to leading a happier and healthier life. Individuals will be given information about other places to go during the day so they feel supported at all times. The Café offers breakaway rooms to facilitate one to one chats.</p> <p>Clacton is open 5pm – 1pm Colchester Café is open 6pm – 1am to residents every evening.</p> <p>Anyone wishing to attend Crisis Café will need a referral. Your referral may come from a GP or other healthcare professional, the emergency services or NHS 111 (option 2)</p>
<p><b>North East Essex Crisis Café</b></p> <p>SELF-REFERRAL by phone on 0300 330 9492 (Anytime between 5pm and 10pm) Via 111 – option 2 (calls will be triaged and directed as appropriate to the Crisis Café) Professional Referral by phone on 0300 330 9492 (Anytime between 4pm and 10pm) Email: epunft.northessexsanctuary@nhs.net</p>	<p>The North East Essex Crisis Café provides a safe, welcoming space where people experiencing emotional distress or mental health crisis can receive support outside of normal working hours. It provides a community-based alternative to attendance at Hospital Emergency Depts. and other statutory urgent care services. The Crisis Café will operate from a location in Colchester and in Clacton and be accessible to anyone in the Colchester or Tendring area. The service will be open from 4pm to 10pm for professionals and from 5pm to 10pm for self-referrals. There is an electronic PDF leaflet for service users that you can give out and we would encourage service users self-referring when they need support.</p>
<p><b>Find your spark</b></p>	<p>This programme is for parents who are facing challenges in their lives which may be affecting their parenting ability and thus would like support with this. These parents may have an additional need as well which may be impacting their ability to fulfil their potential.</p>

[Find Your Spark – Raising the wellbeing, aspiration and resilience levels in at-risk young people](#)

**Phone:** 07928132387

**Email:** [info@findyourspark.co.uk](mailto:info@findyourspark.co.uk)

### What will be the long-term benefits of the project?

- Improved interpersonal relationships
- Improved parenting Capacity and family functioning
- Reduction in Parent Child Conflicts
- Improved psychosocial functioning and quality of life
- Significant effect on health, conduct reduces intensity of negative feelings, improves mental health and externalising behavioural problems.

[Mental Health \(Adults'\) Home Page](#)

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# Parental Routine/Boundaries

## North Essex

### Essex Child and Family Wellbeing Service

Website: [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

For full information on local services, please see the website.

### EXTRA – Support For Families

Tel: 01255 475001

Text: 07794 991987

Email:

[extrasupportforfamilies@btconnect.com](mailto:extrasupportforfamilies@btconnect.com)

Website:

[www.extrasupportforfamilies.co.uk](http://www.extrasupportforfamilies.co.uk)

Address: **Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, Clacton-on-Sea, Essex. CO15 2JP**

Extra - Support for Families (EXTRA) is here to help anyone caring for children in the Tendring district to meet the challenges of parenting.

We offer local opportunities for parents to meet at fun days, one-off workshops and a range of parenting programmes.

Through these activities, EXTRA aims to help parents develop their parenting skills to bring out the best in their children, reduce conflict in the home, improve family relationships and build confidence in parents/carers to cope with future challenges.

EXTRA acts as a central agency to co-ordinate the provision of parenting support throughout Tendring. We have a parenting platform every couple of months where practitioners involved in parenting, from Sure-Start Children's Centres, schools, adult community learning, health and so on, gather to share information on what is going on and to find ways to provide what parents need in the area.

- [Courses](#)
- [Workshops](#)

### Home-Start Colchester

**Address: The Ark (Methodist Church)  
Jack Andrews Drive, Off Gavin Way  
Highwoods, Colchester  
CO4 9FF**

Telephone: **01206 854625 or 07504313955**

Website:  
[www.homestartcolchester.org.uk](http://www.homestartcolchester.org.uk)

Home-Start Essex is a leading family support charity working across Essex to build the confidence and skills of parents/carers to achieve healthy and positive outcomes for children. Our work comprises a long established volunteer home visiting service, offering emotional and practical help to families experiencing difficulties, alongside a range of family groups, well-being programmes, courses and events.

Family Groups: We are delivering weekly family groups via online sessions and in some areas, in outdoor spaces, such as a parks.

Volunteer Face to face support: Where appropriate volunteers can meet with a family on a weekly basis in an outdoor space. We can also combine this with telephone support if the weather conditions make it difficult to meet outside. We are following all Government C19 guidelines for all face to face support.

Telephone Befriender: Our professionally trained volunteers offer weekly phone or video calls providing friendship, guidance and a listening ear and to help a family through a difficult time.

School Readiness: Volunteers provide an 8 week school readiness course via phone or zoom. Activity packs are provided to families together with online guidance and resources.

Wellbeing: Online groups are continuing for parents to maintain their wellbeing, physical and mental health, throughout Essex, alongside our Fitness and Fun and Walk & Talk programmes.

## **The Ministry of Parenting**

Tel: **01206 562626**

Email: [info@theministryofparenting.com](mailto:info@theministryofparenting.com)

Website: [www.theministryofparenting.com](http://www.theministryofparenting.com)

Address: **The Colchester Business Centre,  
George Williams Way, Colchester, Essex.  
CO1 2JS**

The Ministry of Parenting is led by a team of experts with a proven track record of excellence in parent training, consultancy, community development and parental mental health. The individuals behind the business also have a large network of contacts and are able to access a range of consultants, facilitators and trainers to help deliver the Company's aims and objectives.

### **Services Offered:**

[STOP Parents of Teenagers](#)

[One-to-One Parent Coaching Programme](#) – Payment required for Programme

[Parental Routine/Boundaries Home Page](#)

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# Safeguarding North Essex

## Colchester Hospital Safeguarding Children Team

Tel: 01206 742267

Email: chu-  
ftr.SafeguardingChildren@nhs.net

Named Nurse – Stacey Westall 01206 742267

Named Midwife – Jo Jerrom 01206 742124

Safeguarding Children Practitioner – Vicky Dennett 01206 742267

## NSPCC

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

Organisation centered around keeping children safe from abuse.

## Essex Children & Families Hub

Request for Support for Family Solutions and Children's Social Care

[Report a concern about a child - Essex County Council](#)

Consultation line – 0345 603 7627

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# Exploitation (including online safety)

## North Essex

### Centre for Action on Rape & Abuse (CARA)

Tel: 01206 769795

Email: [info@caraessex.org.uk](mailto:info@caraessex.org.uk)

Website: [www.caraessex.org.uk](http://www.caraessex.org.uk)

Address: PO Box 548, Colchester, Essex. CO1 1YP

CARA is a confidential support service run by women for women, children, and young people of both genders under the age of 19 who have suffered any form of sexual violence, past or present.

We provide formal counselling for rape and sexual assault, including child sexual abuse.

We also offer an advocacy service and can accompany women to the police, to court, to the GUM clinic, or to other meetings if they request it.

We are continually looking at other ways in which we can expand our services, if possible or appropriate.

### CSE Champions Network

Alan Williams, a youth officer, is able to offer sessions free of charge around online safety in particular. These sessions can be delivered to parents/carers, professionals or young people.

Although based in Tendring he is able to work in Colchester on this specific issue, please contact him if you would like more information

[alan.williams@essex.pnn.police.uk](mailto:alan.williams@essex.pnn.police.uk)

### Essex Police CYP Police Officer

Named Officers

**Colchester** - Edward Baker, Kelly Metcalfe and Paul Rasor

**Tendring** - Cornelius Bowen (Clacton and Jaywick), Andy Perry (Frinton, Brightlingsea, Alresford, Walton, Harwich and Manningtree)

Please telephone 101 to request further information or intervention.

There are 13 CYP officers across the force and at least one in each policing district. The role is very much focused on safeguarding and diverting children and young people away from negative behaviours.

CYP officers work closely with partner agencies, including Youth Offending Teams and ensure the correct referrals and interventions are offered to young people at risk of offending or becoming victims.

Their overarching aim is to identify and resolve issues involving young people within the community who are most at risk of becoming repeat offenders or victims, or at risk of harm from Child Sexual Exploitation.

<p><b>Essex Police Missing Person Liaison Officer</b></p> <p><b><u>Colchester</u></b>  <b>6615 Amanda Tomlinson</b>  Email: <a href="mailto:42006615@essex.pnn.police.uk">42006615@essex.pnn.police.uk</a>  Ext: 430234</p> <p><b><u>Tendring</u></b>  <b>72656 Jamie Skipper</b>  Email: <a href="mailto:42072656@essex.pnn.police.uk">42072656@essex.pnn.police.uk</a>  Ext: 440356</p>	<p>The responsibility of the Missing Person Liaison Officers (MPLO) is to maintain a comprehensive overview of missing people within a defined area in order to identify those who are at risk of significant harm and to co-ordinate the response from Essex Police and its partners, so as to reduce the likelihood of harm occurring to vulnerable people. There are 10 MPLOs; one for each Essex Police District Policing Area.</p>
<p><b>Fresh Start – new beginnings</b></p> <p>Tel: 01473 353355  Email: <a href="mailto:diana@fsnb.org.uk">diana@fsnb.org.uk</a> / <a href="mailto:malcolm@fsnb.org.uk">malcolm@fsnb.org.uk</a>  Website: <a href="http://www.fsnb.org.uk">www.fsnb.org.uk</a></p>	<p>Fresh Start - new beginnings is a therapeutic treatment service based in Ipswich for children and young people. We work throughout Suffolk, Norfolk and North Essex to provide a therapeutic service for children and young people up to 18 years old, who have reported being sexually abused. In addition we offer advice and support to their families to assist them in coping with symptoms associated with this kind of trauma. We aim to help children and young people make sense of the confusion they feel and to teach them coping strategies to deal with the difficulties they face. By highlighting their strengths and potential we ensure that they are able to move from victim to survivor.</p> <ul style="list-style-type: none"> <li>• <a href="#">Criteria for Referral</a></li> <li>• <a href="#">Referral Forms</a></li> <li>• <a href="#">Resources</a></li> <li>• <a href="#">Training and Commissioned Work</a></li> <li>• <a href="#">Harmful Sexual Behaviour</a></li> </ul>
<p><b>24/7 Rape &amp; Sexual Abuse Support Line</b></p> <p><b>Telephone:</b> 0808 500 2222</p>	<p>Want to talk?  You can contact us and speak to one of our specialists – at any time of the day or night.  Support offered –  Long term, such as counselling, group work and other therapies. As well as support for victims and survivors who have reported what happened to the police or thinking about it</p>

Call free or go to the website to start a free online chat.

[Get help | Rape Crisis England & Wales](#)

## 'So you got naked online'



So you got naked  
online - leaflet.pdf

Printable leaflet for SEND children & teens

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# Substance Misuse North Essex

## Open Road Clacton

Tel: **01255 434186**  
 Helpline: **08444 991323**  
 Website: [openroad.org.uk](http://openroad.org.uk)  
 Address: **132a Wellesley Road,  
 Clacton-on-Sea, Essex. CO15 3QD**

Open Road is a registered charity that provides support for individuals affected by drugs and alcohol across Essex.

### Available Services:

- [Access to Nature](#)
- [Choices](#)
- [Needle & Syringe Programme](#)
- [Open Access](#)

## Open Road Colchester

Tel: **01206 766096**  
 Helpline: **08444 991323**  
 Website: [openroad.org.uk](http://openroad.org.uk)  
 Address: **5a Queen Street, Colchester,  
 Essex. CO1 2PG**

Open Road is a registered charity that provides support for individuals affected by drugs and alcohol across Essex.

### Available Services:

- [Access to Nature](#)
- [Choices](#)
- [Family Support](#)
- [Needle & Syringe Programme](#)
- [Open Access](#)

## Essex Welfare Service

Tel: **0300 303 9988**  
 Email:  
[Provide.essexwelfareservice@nhs.net](mailto:Provide.essexwelfareservice@nhs.net)  
 website [Essex Wellbeing Service](#).

If members of the public need support with advice, daily living tasks & wellbeing.

Stop smoking support

Mon – Fri 8am – 7pm  
 Saturday 9am-12pm

**Phoenix Futures**

<https://www.phoenix-futures.org.uk/>

Tel: 01376 316126

Support for those with addictions

[Substance Misuse Homepage](#)

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# Bullying North Essex

## Red Balloon – Braintree Serving Mid and North Essex

Tel: 07823 556842

Email: [louise.miller@rbair.org.uk](mailto:louise.miller@rbair.org.uk)

Website:

<https://www.redballoonlearner.org/>

We are able to offer a safe learning environment to young people who have been bullied to the extent that they cannot attend school, and are missing out on their education.

We work with local authorities and a range of other statutory and voluntary agencies that support children and young people.

If you are a parent / carer or you work in these fields and know of a child or young person aged 10 - 17 who is missing from education because they are bullied, then please contact us.

### [More About Red Balloon](#)

## Teen Talk

Tel: 01255 504800 / 01255 240024

Monday to Thursday between 12pm to 4pm.

Email: [teentalk1@hotmail.co.uk](mailto:teentalk1@hotmail.co.uk)

Website: [www.teentalkharwich.co.uk](http://www.teentalkharwich.co.uk)

Address: 17 Cliff Road, Dovercourt,  
Harwich, Essex. CO12 3PP

Based in Harwich, the service supports young people age 11-25 and their families, living in the Tendering area. The 1-1 sessions help build confidence, broaden their horizon, open doors and opportunities to help them find what they need to navigate life, whilst ensuring their voice is heard. This non therapeutic provision helps to develop good mental health.

Services are available Monday to Friday

We are currently updating our website, please contact us for information on our current services.

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# Children & Families Hub Directory of Services

## Young Carer

### North Essex

#### Action For Family Carers

Tel: **01621 851640**

Fax: **01621 874817**

Email: [enquiries@affc.org.uk](mailto:enquiries@affc.org.uk)

Website: [www.affc.org.uk/services/young-carers](http://www.affc.org.uk/services/young-carers)

Address: **Brickhouse Farm, Poulton Close, Maldon Essex. CM9 6NG**

Young Carers are children as young as five years old, and any young person aged under 18, whose life is restricted in some way because they look after someone else on a regular basis.

There are approximately 10,000 Young Carers in Essex and 700,000 across the UK. They may be the main Carer, or provide partial care for their mother, father, brother, sister or other family member due to mental or physical illness, old age or disability.

- One-to-one support sessions in school giving Young Carers the opportunity to talk confidentially to somebody who understands.
- Practical support such as providing support in meetings with teachers to explain why, for example, they have fallen behind with their homework.
- Informal drop-in groups where Young Carers can meet others in the same situation and access information and advice.
- Information on how to access Respite Clubs in the local area where Young Carers can meet other young people in the same situation.
- Raising awareness of Young Carers to both staff and students through PSHE lessons, assemblies and Teacher Training.

#### Essex Youth Service

Email: [young.carers@essex.gov.uk](mailto:young.carers@essex.gov.uk)

Website: [www.youth.essex.gov.uk](http://www.youth.essex.gov.uk)

Essex Young Carers support children and young people from 0 to the age of 24 for anyone who provides regular and on-going care to another person who is physically or mentally ill, disabled or misuses substances.

[Young Carer Home Page](#)

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Online referral form [here](#)

An allocated Key Worker will meet with the family to complete the statutory Young Carer's assessment. They will then offer bespoke support based on the needs of the young carer and their caring responsibilities. Our service offers confidential one to one support, training opportunities, respite opportunities – a chance to meet other Young Carers and support to access other services. We also offer support to adults aged 16-24 particularly preparing them for the future with key skills, educational support and helping them transition to adult carers services .

Referrals can come from professionals or as a self-referral using the following link  
<https://youth.essex.gov.uk/young-people/young-carers/>

# Ukraine/BAME / Immigration / Religious Support South Essex

## Citizens Advice Bureau - Basildon

The Basildon Centre, St Martins Square  
BASILDON  
Essex  
SS14 1DL

0300 330 2101

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

<p><b>Citizens Advice Bureau - Rochford</b></p> <p>Back Lane ROCHFORD Essex SS4 1AY</p> <p>0300 330 2101</p> <p><a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Klimax</b></p> <p>Tel:07575324839</p> <p>21A Down hall Road, Rayleigh, SS6 9JT</p>	<p>We are a group of people passionate about changing lives. We provide support from a cultural and community standpoint, to young people from the African communities at home and abroad</p>
<p><b>Mega Centre</b></p> <p>7 Brook Road, Rayleigh, Essex, SS6 7UT</p> <p>Tel: 01268 779999</p> <p>Website: <a href="mailto:UkraineCrisis@megacentrerayleigh.co.uk">UkraineCrisis@megacentrerayleigh.co.uk</a></p>	<p>Every Tuesday the Megacentre in Rayleigh are open to Ukrainian families and their host families, for fun and activities</p> <p>Other support available, please contact for more details</p> 
	<p>From free courses in the English language to articles on mental health and wellbeing, here are some free online resources from The Open University.</p> <p>All of the content listed below is free to use, including all of our OpenLearn courses. Every course offers a free statement of participation on completion (which you can download as a PDF) and some courses give you the opportunity to earn a free digital badge, which you can display and share with potential employers.</p>

In addition to the articles about mental health and wellbeing, you will find some external links to key refugee support organisations with useful resources towards the bottom of this page.

**[Безкоштовні онлайн-ресурси для українців, які проживають у Великобританії та Ірландії](#)**

Free English Language courses

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# Bereavement/Loss

## South Essex

### **Castle Point Association of Voluntary Services (CAVS) - Family Mentoring Service**

The Whitehouse, Kiln road, Benfleet, Essex, SS7 1BU

Tel: 01268 214000

Email: [familymentoring@cavsortg.uk](mailto:familymentoring@cavsortg.uk)

Website: [www.cavsortg.uk](http://www.cavsortg.uk)

The Family Mentoring service is a family-led service, that places the needs and voices of the family at the centre of what we do; supporting families towards safer, happier and healthier lives.

Who can refer?

- Anyone can refer, if they have the consent of the family
- Parents can self-refer
- Residents living in the Castlepoint areas or attending a school/college in the Castlepoint area

Who might benefit from the service?

If you are a family and have a child or young person aged between 0-19, and are struggling in areas such as, but not exclusive to:

- Routines and boundaries
- Conflict resolution
- Self-esteem and confidence
- Emotional wellbeing and mental health (anxiety, anger, bullying)
- Isolation
- Challenging behaviour
- Finances and budgeting
- Bereavement

We will be able to offer you support.

### **Canvey Island Youth Project - Yellow Door**

At Yellow Door we are committed to improving the mental health and emotional wellbeing of young people when they have experienced bereavement and loss.

<p><b>Telephone: 01268 683431</b> <b>Email: <a href="mailto:drop-in@cyp-yellowdoor.org.uk">drop-in@cyp-yellowdoor.org.uk</a></b> <b>Website: <a href="http://www.canveyislandyouthproject.org.uk">www.canveyislandyouthproject.org.uk</a></b></p>	<p>We offer free one-to-one counselling sessions with qualified and experienced counsellors, for 11 - 25 year olds in a safe, informal setting that helps the young people feel as ease. We also offer one-to-one mentoring. The link to our brochure for further details is <a href="https://www.canveyislandyouthproject.org.uk/ebrochure/">https://www.canveyislandyouthproject.org.uk/ebrochure/</a></p>
<p><b>Little Havens Hospice</b></p> <p>Tel: <b>01702 556645</b> Website: <a href="http://www.havenshospices.org.uk">www.havenshospices.org.uk</a> Address: <b>Daws Heath Road, Thundersley, Essex. SS7 2LH</b></p>	<p>Little Havens Hospice provides care for children who are life-limited, are life-threatened or have palliative care needs. What this means is that the child has been diagnosed with a condition, meaning that their life may be shortened. We can care for children and young people under the age of 19. We care for children, young people and their families from Essex and the surrounding London boroughs. <a href="#">Read More</a></p>
<p><b>St Luke's Hospice</b></p> <p>Tel: <b>01268 524973</b> Website: <a href="http://www.stlukeshospice.com">www.stlukeshospice.com</a></p>	<p>St. Luke's Hospice provides specialist palliative care for people living in the Basildon and Thurrock districts with any life threatening, life limiting disease. This often means cancer but also includes other illnesses that are no longer curative, such as Heart Failure, Multiple Sclerosis, Chronic Obstructive Pulmonary Disease or Motor Neurone Disease for example. Care and support is offered through a wide range of services that are tailor made to meet the needs of individuals. This care is extended to carers, families and friends.</p>

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# Child Behavioural Difficulties South Essex

## Castle Point Association of Voluntary Services (CAVS) - Family Mentoring Service

The Whitehouse, Kiln road, Benfleet, Essex, SS7  
1BU

Tel: 01268 214000

Email: [familymentoring@cavsorg.uk](mailto:familymentoring@cavsorg.uk)

Website: [www.cavsorg.uk](http://www.cavsorg.uk)

The Family Mentoring service is a family-led service, that places the needs and voices of the family at the centre of what we do; supporting families towards safer, happier and healthier lives.

for more details for referrals please view website

Who might benefit from the service?

If you are a family and have a child or young person aged between 0-19, and are struggling in areas such as, but not exclusive to:

- Routines and boundaries
- Conflict resolution
- Self-esteem and confidence
- Emotional wellbeing and mental health (anxiety, anger, bullying)
- Isolation
- Challenging behaviour
- Finances and budgeting
- Bereavement

We will be able to offer you support.

The Family Mentoring service offers a range of courses to reflect the needs of families, parents and young people. For example:

- STOP: the course is for parents of a young person aged 10-16 years old

for more details, view website

- FLASH (Families Living Amongst Self Harm): for more details, view website.

- Emotional Wellbeing for young people – for more details, view website.
- Emotional wellbeing for parents – for more details, view website.

<p><b>Child to Parent abuse</b></p>	<p><a href="#">Child to parent abuse   Parental Education Growth Support (PEGS) (pegsupport.co.uk)</a></p> <p>View website for referral form</p>
<p><b>Rochford Extended Services</b></p> <p><b>South Essex Extended Services</b>  email: <a href="mailto:kimchant@kes.essex.sch.uk">kimchant@kes.essex.sch.uk</a>  website: <a href="http://southessexextendedservices.org.uk">southessexextendedservices.org.uk</a></p> <p><b>Schools supported:</b>  Sweyne Park, King Edmund, James Hornsby, King John, Castleview, Ashingdon Primary, , Canewdon Primary, Down Hall, Laindon Park, Great Wakering, Holt Farm Infants, , Our Lady of Ransom, Plumberow, , Riverside, St Nicholas, St Teresas, Wyburns, Glebe</p>	<p>We are a local service, commissioned by individual schools to provide holistic support to their children, families and staff. If your child attends one of our partner schools you will also be able to access our parent groups.</p> <ul style="list-style-type: none"> <li>• parent support group for families with children with ASD, diagnosed and undiagnosed</li> <li>• Destination Autism w5 week workshops/courses</li> <li>• family support through the school (not accessed directly by parents)</li> <li>• counselling/mentoring support through the school (not accessed directly by parents)</li> </ul>
<p><b>Yellow Door</b></p> <p><b>Address:</b>  Canvey Island Youth Project (Yellow Door)  Yellow Door Youth Hub,  Poplar Road  Canvey Island  SS8 7BN</p> <p><b>Tel: 01268 683431</b>  <b>Tel: 01268 514792</b>  <b>Mobile: 07436 102825</b>  <b>Email: <a href="mailto:drop-in@cyp-yellowdoor.org.uk">drop-in@cyp-yellowdoor.org.uk</a></b></p>	<p>Our advice and information drop-in can help with a wide range of issues and problems so just walk through the yellow door and let us know how we can help you.</p> <p>Services include:</p> <ul style="list-style-type: none"> <li>• C-Cards</li> <li>• Mentoring</li> <li>• Foodbank</li> <li>• Access to phones and the internet</li> <li>• Advocacy</li> <li>• CV and life skills support, including budgetting.</li> <li>• Parenting support.</li> </ul>

**The Affinity Programme**  
**HCRG Care Group**  
**Email: [vcl.essex-affinityprogramme@nhs.net](mailto:vcl.essex-affinityprogramme@nhs.net)**

The Affinity Programme is a targeted early intervention project working across Essex, Southend and Thurrock. It will support children and young people age 5 up to their 16<sup>th</sup> birthday, who are at risk of exclusion from education due to emotional dysregulation.

The Affinity Programme aims to:

- Reduce the number of young people being excluded from education by working with young people, families and schools to develop support strategies.
- Reduce high-risk behaviours that indicate potential for harm to self and others.
- Reduce the frequency and severity of behaviours that could be described as challenging.
- Reduce anxiety in young people, especially in education.
- Provide tools for family members who find a young person's behaviours difficult.
- Ensure families understand the needs of young people and how best to support them.
- Restore relationships and repair harm.

The Affinity Programme will receive referrals from schools and partner organisations, where concerns have been identified about a young person's behaviour. Children and young people referred to the programme will receive help to understand their triggers and the impact of their behaviours.

**Home start Essex**

Home-Start Essex  
 Unit 16d Reeds Farm Estate  
 Chelmsford  
 Essex CM1 3st

Tel: 01245 847410 Email: [info@home-startessex.org.uk](mailto:info@home-startessex.org.uk)  
 Web: [www.home-startessex.org.uk](http://www.home-startessex.org.uk)

Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally.

Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.

Our Support includes:

- Home-Visiting
- Telephone Support
- Family Groups
- Nursery/School Readiness
- Wellbeing Groups



- Other Specialist Support

[Child Behavioural Difficulties Home Page](#)

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# Crime/Anti-Social Behaviour South Essex

## Bar N Bus

Tel: 07935 222113

Email: [hello@barnbus.org.uk](mailto:hello@barnbus.org.uk)

Website: <https://barnbus.org.uk/>

Bar 'n' Bus Youth Work seeks to engage and support young people in multiple contexts – e.g. in school, on the streets, in a structured programme. We want young people to know that each area of their life is important and offer easy access to support when and where they need it. In practice this means that a young people may meet workers on detached youth work session who needs additional support and arrangements can be made for them to link with a Bar 'n' Bus mentor within their school or catch up with a worker during a lunchtime session. In this way we can 'hold' young people at different stages of their lives, responding to the changes in their needs.

### Services:

In School Mentoring – Please contact the appropriate Area Development Youth Worker to find out if we have workers in the school concerned. Please Note: Unfortunately we are not in a position to take referrals from outside of the schools that we work in.

Detached – Street based Youth Work

In School Wellbeing Courses – BOOST

Targeted Programmes

Alternative Education

Open Girls Support Groups Drop in – Being Me (Chalkwell)

1-2-1 Youth Work

School Holiday Programme

## Basildon Council

Tel: **01268 533333**

Email: [customerservices@basildon.gov.uk](mailto:customerservices@basildon.gov.uk)

Website: [www.basildon.gov.uk](http://www.basildon.gov.uk)

Community safety advice

<p><b>Castle Point Council</b></p> <p>Tel: 01268 882200          Email: <a href="mailto:info@castlepoint.gov.uk">info@castlepoint.gov.uk</a>          Website: <a href="http://www.castlepoint.gov.uk">www.castlepoint.gov.uk</a></p>	<p>Community safety advice</p>
<p><b>Essex Police CYP Police Officer</b></p> <p><b>Castle Point, Rochford &amp; Rayleigh</b>  <b>2203 Esther Howitt</b>          Email: <a href="mailto:42002203@essex.pnn.police.uk">42002203@essex.pnn.police.uk</a>          Ext: 490540</p>	<p>There are 13 CYP officers across the force and at least one in each policing district. The role is very much focused on safeguarding and diverting children and young people away from negative behaviours.</p> <p>CYP officers work closely with partner agencies, including Youth Offending Teams and ensure the correct referrals and interventions are offered to young people at risk of offending or becoming victims.</p> <p>Their overarching aim is to identify and resolve issues involving young people within the community who are most at risk of becoming repeat offenders or victims, or at risk of harm from Child Sexual Exploitation.</p>
<p><b>Embrace</b></p> <p><a href="#">Children's Charity, Supporting Child Victims of Crime   Embrace CVoC</a></p>	<p>We don't believe any child needing specialist help should have to go on a waiting list Everything we do aims to help children, young people and their families recover from their experiences of crime</p> <p>We provide face-to-face <u>emotional support and counselling</u> in schools to children who've witnessed or been victims of crime</p> <p>We provide telephone and online emotional support to help young people understand their feelings, rebuild their self-confidence and self-esteem.</p> <p>We give <u>practical support</u> to help families, whose lives have been devastated by crime, get back on their feet. We provide everyday essentials from food and clothing vouchers to books, toys, mobile phones and tablets</p> <p>And more .....</p>
<p><b>Rochford District Council</b></p> <p>Tel: 01702 546366          Email: <a href="#">Via Website</a>          Website: <a href="http://www.rochford.gov.uk">www.rochford.gov.uk</a></p>	<p>View website for more details</p>

## Turn around programme

Essex YOS HQ  
Suite 4, Empire House,  
Victoria Road, Chelmsford,  
Essex, CM1 1PA

TEL: 03330 138926

EMAIL: [YOS.TURNAROUND@essex.gov.uk](mailto:YOS.TURNAROUND@essex.gov.uk)

Turnaround support is different for everyone on the programme, as it is **specific** to you. It might include.

- Working towards **healthier relationships** at home, in education or with friends
- Finding **activities that you enjoy** such as the gym, sports activities etc.
- Helping with **anxiety**, or feelings of low mood
- Support with **drugs or alcohol** (this can range from information about the effects on your body, to supporting you to cut down, if that is what you want to do).

The programme aims to **reduce** the chances of you coming to **Police attention** again, via an **individual package of support**.

## South Essex Youth Offending Team

Tel: 01268 520612

Fax: 01268 270924

Email: [yot.basildon.ecc@essex.gov.uk](mailto:yot.basildon.ecc@essex.gov.uk)

Address: 31, Battleswick, Basildon, Essex.  
SS14 3LA

The aim of Essex Youth Offending Service (YOS) is to work with children and young people who have offended and to help prevent them getting into further trouble. We achieve this by working together with young people and their parents or carers, the victims of crime and other agencies and organisations in the local community.

## Victim Support

Email: [linda.macgilivary@victimsupport.org](mailto:linda.macgilivary@victimsupport.org)

[Home - Victim Support](#)

They are launching a peer support group for young people aged 13-17 who are or have experienced crime.

It's a 6 week programme currently running and another is due to start in January. They are virtual sessions from 6-7pm via zoom and include safety planning and exploring emotions and trauma. Young people are welcome to join quietly or interact if they wish.

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# Domestic Abuse South Essex

## Bar N Bus

Tel: 07935 222113

Email: [hello@barnbus.org.uk](mailto:hello@barnbus.org.uk)

Website: <https://barnbus.org.uk/>

Bar 'n' Bus Youth Work seeks to engage and support young people in multiple contexts – e.g. in school, on the streets, in a structured programme. We want young people to know that each area of their life is important and offer easy access to support when and where they need it. In practice this means that a young person may meet workers on a detached youth work session who needs additional support and arrangements can be made for them to link with a Bar 'n' Bus mentor within their school or catch up with a worker during a lunchtime session. In this way we can 'hold' young people at different stages of their lives, responding to the changes in their needs.

### Services:

In School Mentoring – Please contact the appropriate Area Development Youth Worker to find out if we have workers in the school concerned. Please Note: Unfortunately we are not in a position to take referrals from outside of the schools that we work in.

Detached – Street based Youth Work

	<p>In School Wellbeing Courses – BOOST          Targeted Programmes          Alternative Education          Open Girls Support Groups Drop in – Being Me (Chalkwell)          1-2-1 Youth Work          School Holiday Programme</p>
<p><b>Changing Pathways (Formerly Basildon Women’s Aid)</b></p> <p>Tel: <b>01268 729707</b>          Email (enquiries): <a href="mailto:welcome@changingpathways.org">welcome@changingpathways.org</a>          Email (referrals): <a href="mailto:referrals@changingpathways.org">referrals@changingpathways.org</a>          Website: <a href="http://changingpathways.org">changingpathways.org</a></p>	<p>Changing Pathways (formerly known as Basildon Women’s Aid) is a domestic abuse charity working across the areas of Basildon, Brentwood, Castle Point, Rochford and Thurrock. We provide free and confidential services to support people who are currently experiencing, or have previously experienced domestic abuse.</p> <ul style="list-style-type: none"> <li>• <a href="#">Refuge</a></li> <li>• <a href="#">Adult Counselling</a></li> <li>• <a href="#">Children &amp; Young People Counselling</a></li> <li>• <a href="#">Outreach Service</a></li> <li>• <a href="#">EDAPP</a></li> <li>• <a href="#">Steps Programme</a></li> <li>• <a href="#">Children &amp; Young People</a></li> </ul>
<p><b>SOS (Southend-on-Sea) Domestic Abuse Projects</b></p> <p>Tel Dove Centre: <b>01702 351648</b>          Tel Women: <b>01702 302333</b>          Tel Male: <b>01702 343868</b>          Tel Children &amp; Families: <b>01702 343868</b>          mail: <a href="mailto:enquiries@sosdap.org">enquiries@sosdap.org</a>          Website:  <a href="http://www.savsmembers.org/sosdomesticabuseprojects">www.savsmembers.org/sosdomesticabuseprojects</a></p>	<p><b>Covers Rochford</b> providing advice and support for the victims of domestic violence. They have advice lines for women, men and children.</p>
<p><b>South Essex Rape &amp; Incest Crisis Centre</b></p> <p>Tel: Support &amp; Information: <b>01375 380609</b>          Tel: Office Telephone: <b>01375 381322 (no telephone counselling via this number)</b>          Email: <a href="mailto:sericc@sericc.org.uk">sericc@sericc.org.uk</a></p>	<p>SERICC provides specialist services any individual who has or who is experiencing any form of sexual violence at any time in their life. You can also phone if you are worried about your child, someone else in your family, or someone you know.</p>

**South Essex Domestic Abuse Hub**

**Tel: 01268 206798 (Monday-Friday 9am-5pm)**

*Drop in Hubs are situated in Basildon, Brentwood, Castle Point & Rochford. Each Hub is staffed by a team who can offer support by providing:*

- *Help & advice to find safe accommodation*
- *Help to remain safe in your home*
- *Access to legal advice & assistance*
- *Money & welfare advice*
- *Access to therapeutic & outreach support services*

# Disabilities/Additional Needs South Essex

[Home - Essex Local Offer](#)[Essex Local Offer](#)

View for more in depth pathway to SEND

**BOSP (Brighter Opportunities through Supported Play)**

**Tel: 01268 553117**

**Email: [enquiries@bosp.co.uk](mailto:enquiries@bosp.co.uk)**

**Website: [www.bosp.co.uk](http://www.bosp.co.uk)**

**Address: The BOSP Office, Wat Tyler Country Park, Pitsea Hall Lane, Pitsea, Basildon, Essex, SS16 4UH**

BOSP offers regular clubs at evenings, weekends and school holidays providing fun and exciting activities with social opportunities for children and young people with disabilities aged 4 years onwards.

BOSP aims to develop the children and young people's independence, self-esteem and social skills in a supportive environment. BOSP has a high staff ratio so that medical and behavioural needs can be met and to help foster independence and life skills. BOSP is based in Billericay, The Pioneer School in Basildon and offers Out and About activities.

[Activities & Services](#)

**Family Lives**

**Tel: 0204 522 8700 or 8701**

**Email: [services@familylives.org.uk](mailto:services@familylives.org.uk)**

Family Lives is a national charity providing family support. Family Lives are now able to offer individual and group support services to both lone parents and to parents of children with SEN affected by the impact of Covid19. These services, delivered by phone or MS Teams, are now freely available to families living across all areas of Essex as part of the targeted well-being support grant funded by Essex County Council.

	<p>Services available:</p> <ul style="list-style-type: none"> <li>• Parenting groups for Lone Parents</li> <li>• Parenting groups for Parents of Children with SEN</li> <li>• Individual support for Lone Parents</li> <li>• Individual support for Parents of Children with SEN</li> </ul>
<p><b>Cavs</b>  <b>Castlepoint Association of Voluntary Services</b></p> <p>The Whitehouse, Kiln road, Benfleet, Essex, SS7 1BU          Tel: 01268 214000          Email: <a href="mailto:familymentoring@cavsorg.uk">familymentoring@cavsorg.uk</a>          Website: <a href="http://www.cavsorg.uk">www.cavsorg.uk</a></p>	<p>The Family Mentoring service is a family-led service, that places the needs and voices of the family at the centre of what we do; supporting families towards safer, happier and healthier lives.</p> <p>Who might benefit from the service?          If you are a family and have a child or young person aged between 0-19, and are struggling in areas such as, but not exclusive to:</p> <ul style="list-style-type: none"> <li>- Routines and boundaries</li> <li>- Conflict resolution</li> <li>- Self-esteem and confidence</li> <li>- Emotional wellbeing and mental health (anxiety, anger, bullying)</li> <li>- Isolation</li> <li>- Challenging behaviour</li> <li>- Finances and budgeting</li> <li>- Bereavement</li> </ul> <p>We will be able to offer you support.</p>
<p><b>Crossroads Care</b></p> <p>Website:  <a href="http://www.braintreecrossroadscare.org.uk/">www.braintreecrossroadscare.org.uk/</a></p> <p>Tel: 01376 529985          Email: <a href="mailto:braintreexroads@btconnect.com">braintreexroads@btconnect.com</a>          Address: Unit 9-11 The Warehouse,          Charfleets Farm Way, Canvey Island, SS8 0PG</p>	<p>A provider of support for carers and the people they care for. We provide flexible services to people of all ages and with a range of disabilities and health conditions.</p>



<p><b>DIAL (Disablement Information &amp; Advice Line)</b></p> <p>Tel: 0333 366 1045 (10am to 4pm Mon-Fri)  Email: enquiries@dialsouthessex.co.uk  Website: dialsouthessex.co.uk  Address: THE BEEHIVE  WEST STREET  GRAYS  ESSEX  RM17 6XP</p>	<p>The services we normally provide are:  General information and advice, face to face, by our office in Grays</p> <ul style="list-style-type: none"> <li>• Home Visiting service for people unable to get to us for help with benefit applications and independent living advice (this is currently a limited service)</li> <li>• Welfare Rights Service to help people with appeals, casework, submissions and tribunals</li> <li>• Advice Desk at Pitsea Library on the 4th Wednesday of each month</li> <li>• Advice Desk at Wickford Library on the 4th Tuesday of each month</li> <li>• Advice Desk at Lifestyle &amp; Mobility Shop in Basildon on the 2nd and 4th Monday of each month</li> <li>• Advice Desk at Brentwood Community Hospital on the 2nd Tuesday of each month</li> <li>• Advice Desk at the South Ockendon Centre on the 1st and 3rd Monday of each month</li> <li>• Advice Desk at Chadwell St Mary Library on the 1st Tuesday of each month</li> <li>• Advice Desk at Tilbury Library on the 1st Wednesday of each month</li> <li>• Advice desk at Purfleet Hub on the 3rd Tuesday of each month</li> <li>• Information provided by telephone, Email, via our website, text</li> <li>• Social Clubs and Self-Help Groups in Basildon (call office for details)</li> <li>• Support, Information and Advice by friendly staff and volunteers</li> <li>• Benefit Checks, Benefit Enquiries, Benefit Appeals and Casework</li> <li>• Help with completion of various forms (hard copy and online)</li> <li>• Advice on a variety of disability related subjects, e.g. equipment, leisure, access, etc</li> <li>• Advocacy, Signposting and Referral, as necessary</li> </ul>
<p><b>InterAct</b></p> <p>Tel: 01245 608 201  Address: Moulsham Mill, Parway,  Chlemsford, CM2 7PX  Email:  <b>youngpeopleteam@interact.org.uk</b></p>	<p>They offer training for families, young people and professionals.  They run evening and holiday activities for young people with SEND ages 10-25. (e.g. cooking, going out for meals, the zoo, jump street)  arents can join a waiting list or book these activities through their website: <a href="#">InterAct - working with people to fulfil their potential, improve their lives and their communities.</a></p>

<p><b>The MegaCentre Rayleigh</b></p> <p>Tel: <b>01268 779100</b>  Email:  <a href="mailto:megastaff@megacentrerayleigh.co.uk">megastaff@megacentrerayleigh.co.uk</a>  Website: <a href="http://www.megacentrerayleigh.co.uk">www.megacentrerayleigh.co.uk</a>  Address: <b>7 Brook Road, Rayleigh, Essex. SS6 7UT</b></p>	<p>The MegaCentre Rayleigh, the home of Megazone Laser Tag, MegaPlay Soft Play, Music &amp; Conference Rooms, Theatre and S-Kape Youth Centre, is a not-for-profit social enterprise owned by the registered charity ACT (Active Christian Trust).</p> <p>The Interactive Sensory Room is a great facility that is manned by trained staff to help stimulate young children in their development and learning. Suitable for babies to under-4's and can also be booked for exclusive use sessions, including for Special Needs individuals and groups.  <a href="#">Read More</a></p>
<p><b>Papworth Trust Home Solutions</b></p> <p>Tel: <b>01277 503 101</b>  Address: <b>South West Essex Centre, 3rd Floor Town Hall, Ingrave Road, Brentwood, CM15 8AY</b></p>	<p>Papworth Trust is a charity and registered social landlord working with people with disabilities across the East of England. We provide a range of services for disabled people to ensure they have more equality, choice and independence in their lives.</p> <p>The Papworth Trust Community Support Service is a home care (domiciliary care) service, provided by an agency which is registered to provide personal care to its clients.</p>
<p><b>SCAFT - Supporting Carers &amp; Families Together</b></p> <p>Website: <a href="http://scaft.org/">http://scaft.org/</a></p>	<p>The object of our organisation is to relieve the social, emotional, mental, physical and educational needs of Carers and their families in the County of Essex through the provision of support, person and group centred interventions, advice, guidance and sign posting to other services as appropriate. We offer the following carer support</p> <ul style="list-style-type: none"> <li>• Young carers aged 6 – 18</li> <li>• Adult carers</li> </ul>
<p><b>SHARE (Safe Haven and Respite Environment)</b></p> <p>Tel: <b>01268 521691</b>  Address: <b>The Fryth, Basildon, Essex, SS14 3PE</b></p>	<p>Share offers a very superb environment and a very tranquil atmosphere. The facilities we offer are, soft play, Cooking, Art &amp; Crafts, Music, table tennis, pool, Outdoor sports, gardening...</p> <p>We have a cinema session once a week where the children can bring in their own CD's and enjoy watching their favourite TV with Popcorn.</p> <p>The Children benefit from the centre by learning Social Skills, they have a fantastic time and have the opportunity to learn new skills and meet Friends.</p> <p>For the parents we provide a sense of care and well-being for their children, giving them peace of mind and respite.</p>

	<p>We have Range of highly Qualified staff, and we like to get to know all the children's needs, as we understand the importance of individuality, and will care for each individual child accordingly.</p> <p>We run Afterschool clubs, Tuesdays and Thursdays from 3pm to 7pm.</p>
<p><b>Self-Management UK</b></p> <p>Tel: <b>03333 455840</b>  Email: <a href="mailto:hello@selfmanagemnetuk.org">hello@selfmanagemnetuk.org</a>  Website: <a href="http://selfmanagementuk.org">selfmanagementuk.org</a></p>	<p>Self-Management UK will be delivering 60 self-management programmes for approx. 1000 adults and elderly people living with physical and/or mental long-term conditions for all Essex localities, utilising general practice risk stratification to identify suitable patients. The training programmes are endorsed by NHS England and the King's Fund to help people:</p> <ul style="list-style-type: none"> <li>• Take ownership of their health with greater confidence and empowerment</li> <li>• Facilitate shared decision making with Healthcare Professionals (HCPs)</li> <li>• Choose alternative options to achieve good health than NHS resources</li> </ul> <p>Self-management awareness programmes will also be run for 100 HCPs to support clinicians to meet project objectives.</p> <p>Programmes will be delivered close to patient's homes, facilitated by local people who live with long-term conditions who are fully supported trained and mentored to quality framework standards. Many participants become tutors after their programme, contributing to their community and enhancing their personal networks as they lead more positive lives.</p>
<p><b>Side by Side</b></p>	
<p><b>Alpha Sigma Delta (Girls's Group) and Parents Group</b></p> <p>Tel: 01268 779100  Email: <a href="mailto:lucy.ramsay@megacentrerayleigh.co.uk">lucy.ramsay@megacentrerayleigh.co.uk</a>  Website: <a href="http://www.megacentrerayleigh.co.uk/family-support">www.megacentrerayleigh.co.uk/family-support</a></p>	<p>Alpha Sigma Delta is a youth group for secondary age girls with ASD (a formal diagnosis of Autism is not required).</p> <p>Meets at The Megacentre Rayleigh, 7 Brook Road, SS6 7UT twice a month on a Thursday evening, 7.00-8.30pm</p> <p>The group is free to attend and facilities include: arts and craft activities, PS4, Xbox1, Wii, Pool tables, music room, group games and other activities. Parents can meet in the adjoining coffee bar.</p>
<p><b>The Big Xperience</b></p> <p>Email address: <a href="mailto:info@thebigxperience.co.uk">info@thebigxperience.co.uk</a></p>	<p>Who the service provides for:  Young adults with learning disabilities aged 16 years +</p>

<p><b>Phone number:</b> 07411554264  <b>Website:</b> <a href="http://www.thebigxperience.co.uk">www.thebigxperience.co.uk</a>  <b>Operational locations:</b> Basildon  <b>Address:</b> Building 2 Lilliput Village, Burnt Mills Road, Basildon, SS13 1DY</p>	<p>Hours of operation:  9:30am – 3:30pm  We are an activity centre for young adults with learning disabilities. We are professional and person centred. Activities include accessing the community, life skills cooking, travel training, money skills, shopping and cleaning. Educational Activities – The Duke of Edinburgh Award, wildlife projects, creative cooking, basic computer skills and basic food hygiene. Leisure Activities – Archery, indoor rock climbing, dancasize, sports, gardening, water sports, cinema and many more.</p>
<p><b>Abacus Parent Support Group  Wickford</b></p> <p><b>Email address:</b>  <a href="mailto:info@abacusparentsupportgroupwickford.co.uk">info@abacusparentsupportgroupwickford.co.uk</a>  <b>Website:</b>  <a href="http://www.abacusparentsupportgroupwickford.co.uk">www.abacusparentsupportgroupwickford.co.uk</a>  <b>Operational locations:</b> Wickford</p>	<p>Who the service provides for:  Parents and Carers of Children who suffer from either Disability or Special Educational Needs (SEN).</p> <p>Abacus Parent Support Group is for parents and carers of children who suffer from either Disability or Special Educational Needs (SEN) in and around the Wickford, Essex area. The Parent Support Group aim to meet up at least once a month for coffee and cake to talk and support one another in a friendly environment. Guest speakers are often welcomed to meetings to talk to the group about their organisation or what it is they do and how they can offer support to those who need it. The Support Group also arranges group outings as well as planning and holding charity events to raise money for local charities.</p>
<p><b>Basildon Activity Club for age range  12-15</b></p> <p><b>Email address:</b>  <a href="mailto:essex.referrals@coreassets.com">essex.referrals@coreassets.com</a>  <b>Phone number:</b> Lydia 07970 081178, Akile 07423 527385  <b>Website:</b> <a href="http://www.corechildrensservices.co.uk">www.corechildrensservices.co.uk</a>  <b>Operational locations:</b> Basildon  <b>Address:</b> Trenham Community Centre, Wilner, Ashlyns, Basildon, SS13 1HE</p>	<p>Who the service provides for:  12-15 age range with special educational needs and disabilities  Core Children’s Services’ activity club is designed to give the children and young people to experience life enhancing experiences whilst increasing their independence, build self-esteem and confidence and improving their well-being.</p> <p>Activity Club  Come along and make new friends whilst having an exciting time doing</p> <ul style="list-style-type: none"> <li>• Arts and crafts</li> <li>• Cooking</li> <li>• Board games</li> <li>• Wii Competitions</li> <li>• Outdoor games</li> <li>• Foot spa/manicure</li> <li>• Table tennis</li> </ul>

	<ul style="list-style-type: none"> <li>• Pool tables games</li> </ul> <p>Cost: £3.30 per hour. Hours of operation: Fridays, 4 - 6pm</p>
<p><b>Bounce Village Club</b></p> <p><b>Email address:</b> <a href="mailto:Ginny@bouncevillage.co.uk">Ginny@bouncevillage.co.uk</a>  <b>Phone number:</b> 01702 549010  <b>Website:</b> <a href="http://www.bouncevillage.co.uk">www.bouncevillage.co.uk</a>  <b>Operational locations:</b> Rochford</p>	<p>An indoor trampoline park, especially for persons with Special or Additional Needs. The Bounce Village Club offer sessions where people can access the wall to wall trampoline park and cafe areas and also run ABC (Activity, Bounce and Craft) sessions which, as well as an hour's use of the trampolines, also offers a further hour of Crafts and Games in our party rooms. Please see below the days, times and costs for the various sessions available or visit the website for further details.</p> <p>Who the service provides for: Children with special and or additional needs over the age of 5 years old</p> <p>Hours of operation:</p> <ul style="list-style-type: none"> <li>• Craft Club ABC Club: Mondays 4-6pm,</li> <li>• Therapeutic play: Tuesday 10-12 am</li> <li>• Bouncing: 9am-9pm Every Day</li> </ul>
<p><b>Hamelin Trust – Clubs</b></p> <p><b>Email address:</b> <a href="mailto:clubs@hamelintrust.org.uk">clubs@hamelintrust.org.uk</a>  <b>Phone number:</b> 01277 651266  <b>Website:</b> <a href="http://www.hamelintrust.org.uk">www.hamelintrust.org.uk</a>  <b>Operational locations:</b> Basildon, Castlepoint, Chelmsford, Rochford</p>	<p>Hamelin Trust is an Essex based charity offering a diverse range of person-centred support to children, young people and adults with disabilities and their families.</p> <p><b>Challenge Club</b> Ages 12-25 Mondays during term time, 3.30pm-7.30pm Learn new skills, make friends and take up a new challenge. Fun activities such as bowling, football, computer games and art and craft activities. A light tea is provided. Local school pick- ups available.</p> <p><b>Sunday Chill</b> Ages 10-18 Two Sundays per month, 11.45am-4.45pm A small, unique and friendly club for children and young people with sensory and complex needs, who enjoy a quiet and relaxing environment. It gives young people the opportunity to make friends and have fun. A light lunch and refreshments are included.</p> <p><b>Family Play Sessions</b> Ages 0-5 and 6-11 years Tuesdays during term time, 1.00pm-3.00pm &amp; 3.30pm-5.50pm (respectively) There are plenty of activities, including: outdoor play, soft play area, arts and crafts, messy play and a sensory room. Siblings welcome and refreshments provided.</p>

	<p>Who the service provides for: Individual clubs provide for ages between 0-25          How the service is accessed: £3.50 for family drop-in sessions, £5.00 for all other clubs</p>
<p><b>Lambourne End Centre for Outdoor Learning</b></p> <p><b>Email address:</b> carolan.casey@lambourne-end.org.uk  <b>Phone number:</b> 020 8500 3047 extension 221  <b>Website:</b> www.lambourne-end.org.uk/shortbreaks  <b>Operational locations:</b> Canvey island, Epping forest, Harlow, Rochford, Uttlesford</p>	<p>At the Fun Days at Lambourne End, young people with additional needs will have the opportunity to take in a range of adventurous, farm and environmental activities. This is a great opportunity to try new activities and have a lot of fun! Activities available are: Archery, Sensory Trail, Goat Show, Climbing, Mini Beast Hunting, Kayaking, Caving, Bush Craft, Ropes Course, Raft Building and Rockets. There will be three different activities available each Fun Day. Transport can be provided from Saffron Walden, Bishops Stortford, Harlow, Epping, Rochford and Canvey Island.</p> <p>Who the service provides for:          The Fun Days are for any young person with a disability or additional need aged 8 or over in Essex.</p>
<p><b>The Music Man Project</b></p> <p><b>Email address:</b>  <a href="mailto:musicmanprojectsouthend@gmail.com">musicmanprojectsouthend@gmail.com</a></p> <p><b>Phone number:</b>          07786 864853,          01702 341250</p> <p><b>Website:</b> www.themusicmanproject.com</p>	<p>Who the service provides for:          Anyone with any form of learning disability. All ages catered for.</p> <p>A full-time music education service specifically for children and adults with learning disabilities. They run weekday music sessions for adults in the community and work with children and teachers in Special Schools and Colleges. They also operate a Saturday morning music school for ages 8-16 and 16+ in Southend. The Music Man focuses on enjoyment, education and performance and their students have performed at the London Palladium and the Royal College of Music as well as at numerous local concerts and events throughout Essex.. They treat their students as musicians rather than focusing on their disability and have only the highest aspirations for what they can achieve.</p> <p>The days, locations and hours of operation are as follows:</p> <p><u>Mondays</u>          Belfairs Methodist Church, Eastwood Road North, Leigh-on-Sea          Morning Session: 10am – 12pm          Afternoon Session: 1pm – 3.30pm</p> <p><u>Tuesdays</u>          St John Fisher Church, Manners Way, Southend-on-Sea          Morning Session: 10am – 12pm          Afternoon Session: 1pm – 3.30pm</p>

	<p><u>Thursdays</u> Benfleet Methodist Church, High Road, Benfleet Morning Session: 10am – 12pm Afternoon Session: 1pm – 3.30pm</p> <p><u>Fridays</u> St Laurence Church Hall, Eastwoodbury Lane, Eastwood Morning Session: 10am – 12pm</p>
<p><b>Gateway SEN Youth Club</b></p> <p>Tel: 07824867553</p> <p>Email: ashley.gillam@essex.gov.uk</p>	<p>Youth club for young people with additional needs aged 13-25yrs.</p> <p>Wednesday, 7-9pm weekly.</p> <p>Address: Timberlog Youth Centre, Timberlog Lane, Basildon, SS14 1UX</p>
<p><b>MyOTAS (My Own Time And Space)</b> Previously Takiwatanga</p> <p>Family support - <a href="mailto:Help@myotas.org">Help@myotas.org</a> Mobile : <a href="tel:07926426888">07926 426888</a></p> <p>General Enquiries - <a href="mailto:info@myotas.org">info@myotas.org</a> Mobile : <a href="tel:07840799718">07840 799718</a></p> <p>Website: <a href="http://www.myotas.org">www.myotas.org</a></p>	<p>MyOTAS Support Services is a South Essex based, registered charity. MyOTAS was set up to relieve the needs of autistic children (and/or children with social anxiety) and their families by:</p> <ul style="list-style-type: none"> <li>Providing information, signposting to relevant professional agencies and running emotional support groups to enable parents to help their children achieve their academic potential and minimise their child's social anxiety;</li> <li>Providing social activities and opportunities for autistic children, tailored to their particular needs, to boost their self-esteem and improve their social skills, whilst enabling them to make friends with other neuro-diverse children and mix socially with neurotypical peers and siblings;</li> <li>Providing educational activities, in small groups, for children who are home-schooled and/or school refusers, as a result of their autism and/or social anxiety issues;</li> <li>Providing training to education and health professionals, parents and the wider public regarding the autistic spectrum, the benefits, the challenges and the best methods to support and communicate with autistic children;</li> <li>Raising public awareness of autism.</li> </ul>



**Rapid Ramp – Modular Access Ramps & steps**

Email: [sales@rapidramp.co.uk](mailto:sales@rapidramp.co.uk)

Website: <https://www.rapidramp.co.uk/>

Telephone: 0142414646

A UK leading [modular ramp](#) and [step](#) manufacturer.

Both systems comply with DDA, Part K and M of the Building Regulations.

Varying lengths and widths are available to suit different areas and applications. Plus, platforms can be designed in both straight-through and turning configurations.

We offer a nationwide supply, rental and installation service. Free quotations are provided, and site surveys can be arranged.

[Disabilities/Additional Needs Home Page](#)

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# Early Years & Education South Essex

**Provide – Speech and Language Therapist**

Tel: 03001310111

Advised that the drop-in Communication Station for children aged 2-5 are being reopened.

This means children do not need a referral and can be brought in by their parent/carer. Communication Stations are 15 minute appointments that involve meeting a Speech and Language Therapist to assess the child, review their progress if we have seen them before or referring onwards to the relevant therapy or professional.

Website has dates and locations for these stations - [Children's Speech & Language Therapy \(providechildrenandfamilyservices.co.uk\)](http://providechildrenandfamilyservices.co.uk)

**Home-Start Essex**

Unit 16d Reeds Farm Estate  
Chelmsford  
Essex  
CM1 3st

Home-Start Essex supports parents to build confidence and strengthen their relationships with their children 0-7 years. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally. Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need



<p>Tel: 01245 847410          Email: <a href="mailto:info@home-startessex.org.uk">info@home-startessex.org.uk</a>          Web: <a href="http://www.home-startessex.org.uk">www.home-startessex.org.uk</a></p>	<p>support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.          Our Support includes:</p> <ul style="list-style-type: none"> <li>• Home-Visiting</li> <li>• Telephone Support</li> <li>• Family Groups</li> <li>• Nursery/School Readiness</li> <li>• Wellbeing Groups</li> <li>• Other Specialist Support</li> </ul>
<p><b>Bar N Bus</b></p> <p>Tel: 07935 222113</p> <p>Email: <a href="mailto:hello@barnbus.org.uk">hello@barnbus.org.uk</a></p> <p>Website: <a href="https://barnbus.org.uk/">https://barnbus.org.uk/</a></p>	<p>Bar 'n' Bus Youth Work seeks to engage and support young people in multiple contexts – e.g. in school, on the streets, in a structured programme. We want young people to know that each area of their life is important and offer easy access to support when and where they need it.</p> <p>Services:</p> <p>In School Mentoring – Please contact the appropriate Area Development Youth Worker to find out if we have workers in the school concerned. Please Note: Unfortunately we are not in a position to take referrals from outside of the schools that we work in.</p> <p>Detached – Street based Youth Work</p> <p>In School Wellbeing Courses – BOOST</p> <p>Targeted Programmes</p> <p>Alternative Education</p> <p>Open Girls Support Groups Drop in – Being Me (Chalkwell)</p> <p>1-2-1 Youth Work</p> <p>School Holiday Programme</p>
<p><b>Essex Youth Service – Enhanced Education Programme</b></p> <p>Website: <a href="https://youth.essex.gov.uk">mnishttps://youth.essex.gov.uk</a></p>	<p>To offer early intervention for year 10 students that schools identify as:</p> <ul style="list-style-type: none"> <li>• Likely to disengage with education during their GCSE studies</li> <li>• Predicted to achieve less than 5 GCSE's</li> <li>• At risk of leaving education NEET</li> </ul> <p>The 12-week fully funded, Enhanced Education Programme will focus on re-engaging young people with education, to see the benefits of gaining qualifications and to support with identifying their long-term aspirations. The programme would be delivered 2 days a week by qualified Youth work staff at our Southernhay youth centre in Basildon. The</p>

targeted group will be young people predicted to achieve less than 5 GCSE's and young people in care as these cohorts are more likely to experience disadvantage or struggle to fully engage in education during year 10 compared to their peers.

### **Employability and Skills Team – Essex Youth Service**

**Website:** <https://youth.essex.gov.uk/young-people/education-employment-and-training-support/>

**Email:** [keepincontactteam@essex.gov.uk](mailto:keepincontactteam@essex.gov.uk)

**Tel:** 0800 707 6384

### **Education, Employment and Training Support**

If you are 16-18 years old, live in Essex and are not in education, employment or training, an Employability and Skills Adviser can help you with your next steps. We also offer support to young people who are in home education or off school roll from (what would be)

Year 11.

If you are a young person in school or college please contact your school or college Careers Coordinator or Careers Adviser. They are responsible for working with you to find education, employment or training.

Our experienced and friendly advisers are here for you and can help you research your options and understand qualifications to make sure you have all the information you need and are confident about your post-16 plans.

#### **We can support you into:**

- College
- Apprenticeships & traineeships
- Training opportunities
- Foundation learning programmes including English and Maths
- Jobs
- Volunteering

#### **Work with us to receive:**

- Careers guidance for young people who are not in education, employment or training
- CV and letter writing advice
- Help completing application forms
- Advice around personal marketing techniques and how to access the hidden job market
- Advice around interview techniques

- Registering eligible 16/17-year olds for extension to child benefit claims with advice for parents and carers also provided
- Up to date vacancies and training opportunities
- Introductions to training providers and referral into study programs

## Rochford Extended Services

Tel: 01702 545771

Email: [extendedservices@kes.essex.sch.uk](mailto:extendedservices@kes.essex.sch.uk)

Website: [www.rochfordextendedservices.org.uk](http://www.rochfordextendedservices.org.uk)

We are a local service, commissioned by individual schools to provide holistic support to their children, families and staff. If your child attends one of our partner schools you will also be able to access our parent groups.

- parent support group for families with children with ASD, diagnosed and undiagnosed
- Destination Autism w5 week workshops/courses
- family support through the school (not accessed directly by parents)
- counselling/mentoring support through the school (not accessed directly by parents)

Schools we support –

Ashingdon, Barling, Canewdon, Down Hall, Glebe, Great Wakering, Holt Farm Infants, Our Lady of Ransom, Plumberow, Riverside, St Nicolas, St Teresa's, Wyburns, The King Edmund School, Sweyne Park School, The King John School, Castle View School, James Hornsby and Laindon Park School

## The Affinity Programme HCRG Care Group

Email: [vcl.essex-affinityprogramme@nhs.net](mailto:vcl.essex-affinityprogramme@nhs.net)

The Affinity Programme is a targeted early intervention project working across Essex, Southend and Thurrock. It will support children and young people age 5-16, who are at risk of exclusion from education due to emotional dysregulation.

The Affinity Programme aims to:

- Reduce the number of young people being excluded from education by working with young people, families and schools to develop support strategies.
- Reduce high-risk behaviours that indicate potential for harm to self and others.
- Reduce the frequency and severity of behaviours that could be described as challenging.
- Reduce anxiety in young people, especially in education.

- Provide tools for family members who find a young person's behaviours difficult.
- Ensure families understand the needs of young people and how best to support them.
- Restore relationships and repair harm.

The Affinity Programme will receive referrals from schools and partner organisations, where concerns have been identified about a young person's behaviour. Children and young people referred to the programme will receive help to understand their triggers and the impact of their behaviours.

## Trust links

Tel: 01702 213134

Website: [www.trustlinks.org](http://www.trustlinks.org)

47 Fairfax Drive, Westcliff-on-Sea, SS0 9AG

Trust Links House, College Gardens, Rochford SS4 1YL

**Learning Together** – is a 6-week programme for young people aged 11-16 who are struggling to attend school due to their mental health and/or special educational needs – both diagnosed and undiagnosed.

The programme provides 2 workshops each week at our tranquil Rochford site, offering an enriching learning experience focused on promoting positive mental health and wellbeing.

Each workshop is delivered by a range of mental health professionals and local specialists, with the aim to build confidence, resilience, and increase feelings of positive self-esteem. The workshops will be tailored to meet the individual needs of those attending to give them the best possible chance of success.

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# Employment South Essex

## Essex Working families

[Workingfamilies@essex.gov.uk](mailto:Workingfamilies@essex.gov.uk)

Website - [Essex Opportunities](#)

**Tel: 03330 320509**

Personalised employment support is available to parents. Parents can book an appointment at a time which suits them with a qualified Employment and skills advisor

## Able Futures

**Tel:** 0800 321 3137

**Website:** [www.able-futures.co.uk](http://www.able-futures.co.uk)

8am to 10.30pm Monday to Friday

The Access to Work Mental Health Support Service provides tailored mental health support for up to 9 months

Flexible, fast and easy to use service • 1-2-1 support from a mental health professional • Talk face-to-face or over the phone • 100% confidential with no cost to you

## Bar N Bus

**Tel:** 07935 222113

**Email:** [hello@barnbus.org.uk](mailto:hello@barnbus.org.uk)

**Website:** <https://barnbus.org.uk/>

Bar 'n' Bus Youth Work seeks to engage and support young people in multiple contexts – e.g. in school, on the streets, in a structured programme. We want young people to know that each area of their life is important and offer easy access to support when and where they need it. In practice this means that a young people may meet workers on detached youth work session who needs additional support and arrangements can be made for them to link with a Bar 'n' Bus mentor within their school or catch up with a worker during a lunchtime session. In this way we can 'hold' young people at different stages of their lives, responding to the changes in their needs.

Services:

	<p>In School Mentoring – Please contact the appropriate Area Development Youth Worker to find out if we have workers in the school concerned. Please Note: Unfortunately we are not in a position to take referrals from outside of the schools that we work in.</p> <p>Detached – Street based Youth Work</p> <p>In School Wellbeing Courses – BOOST</p> <p>Targeted Programmes</p> <p>Alternative Education</p> <p>Open Girls Support Groups Drop in – Being Me (Chalkwell)</p> <p>1-2-1 Youth Work</p> <ul style="list-style-type: none"> <li>• School Holiday Programme</li> </ul>
<p><b>Basildon Council</b></p> <p>Tel: <b>01268 533333</b></p> <p>Email: <a href="mailto:customerservices@basildon.gov.uk">customerservices@basildon.gov.uk</a></p> <p>Website: <a href="http://www.basildon.gov.uk">www.basildon.gov.uk</a></p>	<ul style="list-style-type: none"> <li>• <a href="#">Benefits</a></li> <li>• <a href="#">Housing Services</a></li> </ul>
<p><b>Castle Point Association of Voluntary Services (CAVS)</b></p> <p><b>Family Mentoring Service</b></p> <p>The Whitehouse, Kiln road, Benfleet, Essex, SS7 1BU</p> <p>Tel: 01268 214000</p> <p>Email: <a href="mailto:familymentoring@cavsorg.uk">familymentoring@cavsorg.uk</a></p> <p>Website: <a href="http://www.cavsorg.uk">www.cavsorg.uk</a></p>	<p>The Family Mentoring service is a family-led service, that places the needs and voices of the family at the centre of what we do; supporting families towards safer, happier and healthier lives.</p> <p>Who might benefit from the service?</p> <p>If you are a family and have a child or young person aged between 0-19, and are struggling in areas such as, but not exclusive to:</p> <ul style="list-style-type: none"> <li>- Routines and boundaries</li> <li>- Conflict resolution</li> <li>- Self-esteem and confidence</li> <li>- Emotional wellbeing and mental health (anxiety, anger, bullying)</li> <li>- Isolation</li> <li>- Challenging behaviour</li> <li>- Finances and budgeting</li> <li>- Bereavement</li> </ul> <p>We will be able to offer you support.</p> <p>The Family Mentoring service offers a range of courses to reflect the needs of families, parents and young people. For example:</p>

- STOP: the course is for parents of a young person aged 10-16 years old. View website for more details
- FLASH: view website for more details
- Emotional Wellbeing for young people – view website for more details
- Emotional wellbeing for parents – view website for more details

**Employability and Skills Team – Essex Youth Service**

**Website:** <https://youth.essex.gov.uk/young-people/education-employment-and-training-support/>

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- Training opportunities
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- Volunteering

**Work with us to receive:**

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- CV and letter writing advice
- Help completing application forms
- Advice around personal marketing techniques and how to access the hidden job market
- Advice around interview techniques
- Registering eligible 16/17-year olds for extension to child benefit claims with advice for parents and carers also provided
- Up to date vacancies and training opportunities
- Introductions to training providers and referral into study programs

**Citizens Advice Bureau - Basildon**

The Basildon Centre, St Martins Square  
 BASILDON  
 Essex  
 SS14 1DL

0300 330 2101

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

**Citizens Advice Bureau – Rayleigh**

Civic Suite Hockley Road  
 RAYLEIGH  
 Essex  
 SS6 8EB

0300 330 2101

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.



<p><b>Citizens Advice Bureau - Rochford</b></p> <p>Back Lane ROCHFORD Essex SS4 1AY</p> <p>0300 330 2101</p> <p><a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Jobcentre Plus Basildon</b></p> <p>Tel: 0845 6043719 Address: Regent House, The Gore, Basildon, Essex. SS14 2EE</p>	<p>Benefits &amp; employment advice</p>
<p><b>Signpost Resource Centre Basildon</b></p> <p>Tel: 07880 035969 Email: <a href="mailto:spb@sign-post.info">spb@sign-post.info</a> Website: <a href="http://www.sign-post.info">www.sign-post.info</a></p>	<p>We are an independent charitable organisation (not an Employment Agency or affiliated to Job Centre Plus) with 20 years of experience, helping people of all ages and from all walks of life to get back into work or to move on. Every day we're listening to the experiences of others who are looking for work, so we really know what's happening and what employers are looking for when they are recruiting new staff. We offer a relaxed and welcoming environment where it's up to you how long you stay.</p>
<p><b>South Essex College iLearn Courses</b></p> <p>Tel: 0345 52 12345 and ask for Workforce Adult Skills</p> <p>Address: Luckyn Lane Campus, Luckyn Lane, Basildon, Essex, SS14 3AX</p>	<p>These short courses are, on average, 3 weeks and designed to support work ready people in to employment by arming them with the qualifications that employers want to see on a CV.</p> <p>Courses include:</p> <ul style="list-style-type: none"> <li>- Health and Social Care</li> <li>- Hospitality</li> </ul>

- IT
- Office Skills
- Security
- Accounting
- Childcare
- CPC
- Forklift

**Canvey Island Youth Project - Yellow Door**

**Telephone: 01268 683431**

**Email: [drop-in@cyp-yellowdoor.org.uk](mailto:drop-in@cyp-yellowdoor.org.uk)**

**Website:**

**[www.canveyislandyouthproject.org.uk](http://www.canveyislandyouthproject.org.uk)**

At Yellow Door we can provide help and support creating a CV, interview skills and searching for employment.

This free service is for young people up to the age of 25 years.

The link to our brochure for further details is

<https://www.canveyislandyouthproject.org.uk/ebrochure/>

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# Family Conflict South Essex

## Bar N Bus

Tel: 07935 222113

Email: [hello@barnbus.org.uk](mailto:hello@barnbus.org.uk)

Website: <https://barnbus.org.uk/>

### Who we are:

We work in partnership with local churches, schools, councils and groups to provide professional, community-based youth work, seeking transformation and fullness of life for young people. We employ professional youth workers as well as recruiting, training and supporting teams of volunteers to offer a wider provision of community youth work.

Bar 'n' Bus Youth Work seeks to engage and support young people in multiple contexts – e.g. in school, on the streets, in a structured programme. We want young people to know that each area of their life is important and offer easy access to support when and where they need it. In practice this means that a young person may meet workers on a detached youth work session who needs additional support and arrangements can be made for them to link with a Bar 'n' Bus mentor within their school or catch up with a worker during a lunchtime session. In this way we can 'hold' young people at different stages of their lives, responding to the changes in their needs.

### Services:

In School Mentoring – Please contact the appropriate Area Development Youth Worker to find out if we have workers in the school concerned. Please Note: Unfortunately we are not in a position to take referrals from outside of the schools that we work in.

Detached – Street based Youth Work

In School Wellbeing Courses – BOOST

Targeted Programmes

Alternative Education

Open Girls Support Groups Drop in – Being Me (Chalkwell)

1-2-1 Youth Work

<p><b>Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service</b></p> <p>The Whitehouse, Kiln road, Benfleet, Essex, SS7 1BU</p> <p>Tel: 01268 214000  Email: <a href="mailto:familymentoring@cavsorg.uk">familymentoring@cavsorg.uk</a>  Website: <a href="http://www.cavsorg.uk">www.cavsorg.uk</a></p>	<p>School Holiday Programme</p> <p>The Family Mentoring service is a family-led service, that places the needs and voices of the family at the centre of what we do; supporting families towards safer, happier and healthier lives.</p> <p>Who can refer?</p> <ul style="list-style-type: none"> <li>- Anyone can refer, if they have the consent of the family</li> <li>- Parents can self-refer</li> <li>- Residents living in the Castlepoint areas or attending a school/college in the Castlepoint area</li> </ul> <p>Who might benefit from the service?</p> <p>If you are a family and have a child or young person aged between 0-19, and are struggling in areas such as, but not exclusive to:</p> <ul style="list-style-type: none"> <li>- Routines and boundaries</li> <li>- Conflict resolution</li> <li>- Self-esteem and confidence</li> <li>- Emotional wellbeing and mental health (anxiety, anger, bullying)</li> <li>- Isolation</li> <li>- Challenging behaviour</li> <li>- Finances and budgeting</li> <li>- Bereavement</li> </ul> <p>We will be able to offer you support.</p> <p>What it will look like?</p> <p>After a needs assessment is completed, a recommendation will be made to the family that may include:</p> <ul style="list-style-type: none"> <li>- Having direct intervention from a Family Support Worker towards goals determined by the family</li> <li>- Attending a parent/young person support group.</li> <li>- Being matched with a fully trained volunteer towards goals determined by the family</li> </ul> <p>The Family Mentoring service offers a range of courses to reflect the needs of families, parents and young people. For example:</p>
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	<p>- STOP: the course is for parents of a young person aged 10-16 years old, the course aims to improve the relationship and understanding between the parent and young person by increasing the parent’s knowledge of effective behaviour management skills that respond to your young person’s psychological, physical and emotional needs.</p> <p>- FLASH: the course is for parents of a young person aged 11 – 17 years old, the course aims to it aims to create better communication and personal relationships, between the parent and young person to better support their relationship and provide practical strategies to support their young person and manage the emotional impact of self harm.</p> <p>- Emotional wellbeing for parents – this is a 3 session workshop aimed at parents who have child/ young person who is affected by anxiety. The course aims to provide the parents with a new perspective and strategies to use with their child or young person that can be embedded in family life to support their child or young person achieve their goals, whilst managing their anxiety.</p>
<p><b>FIF Funded Project</b></p> <p>Kids Inspire Children’s Society and Southend YMCA (joint project)</p> <p>Email: <a href="mailto:earlysupport@kidsinspire.org.uk">earlysupport@kidsinspire.org.uk</a></p> <p>Website: <a href="http://www.kidsinspire.org.uk">www.kidsinspire.org.uk</a></p> <p>Telephone: 01245 348707, or 07908 829550</p>	<p>See the <a href="#">Countywide Family Conflict page</a> for more information.</p>
<p><b>FIF Funded Project</b></p> <p><b>GROUP WORK</b></p> <p>Kids Inspire</p>	<p>See the <a href="#">Countywide Family Conflict page</a> for more information.</p>

Children's Society and Southend YMCA (joint project)

Email: [fifreferrals@childrenssociety.org.uk](mailto:fifreferrals@childrenssociety.org.uk)

Tel: 01245 493400 or 01245 493311

## **Relate**

**South Essex Family Mediation Service**  
4 Cherrydown West, Basildon, Essex, SS16 5AT

Tel: 01268 286 577

Email: [enquiries.mediationse@gmail.com](mailto:enquiries.mediationse@gmail.com)

Website: [www.relate.org.uk](http://www.relate.org.uk)

We're the UK's largest provider of relationship support, and every year we help over a million people of all ages, backgrounds and sexual orientations to strengthen their relationships. Find out more about what we do and how we can help you here. [Read More...](#)

[Family Conflict Home Page](#)

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# Family Hubs (ECFWS) South Essex

## Basildon

### **All About Delivery Site, Laindon**

Tel: 0300 247 0013

Webpage:

[www.essexfamilywellbeing.co.uk/centre/all-about-family-hub](http://www.essexfamilywellbeing.co.uk/centre/all-about-family-hub)

Address: **James Hornsby High School, Leinster Road, Laindon, Essex. SS15 5NX**

### **Fryerns Farm Delivery Site, Basildon**

Tel: 0300 247 0013

Webpage:

[www.essexfamilywellbeing.co.uk/article/school-nursing](http://www.essexfamilywellbeing.co.uk/article/school-nursing)

Address: **Greenshoots Adult Community College, Ely Way, Basildon, Essex. SS14 2EQ**

### **Highcliffe Delivery Site, Wickford**

Tel: 0300 247 0013

Webpage:

[www.essexfamilywellbeing.co.uk/centre/highcliffe-family-hub](http://www.essexfamilywellbeing.co.uk/centre/highcliffe-family-hub)

**All health visitors and School Nurses should now be contacted on the number to the left, which is the Admin Hub for the whole of South Essex.**

**Each website contains a calendar of classes and activities held at each site.**

Family Hubs (formerly known as Children's Centres) are at the heart of our service and are from where we deliver and coordinate most of our services. There is one main Family Hub in each area and we also reach out from there to provide services from nearby Healthy Family Delivery Sites, which may be closer to home and more convenient to access for some residents.

Essex Child and Family Wellbeing Service help other organisations and families themselves to run services and activities from Family Hubs and Delivery Sites. For example, midwives from a maternity unit may run clinics there, as may the NHS service responsible for administering childhood immunisations.

We host an array of family support services who can help you such as the Citizen's Advice Bureau, Home-Start, Safer Places and Adult Community Learning. We are proactively encouraging people from our local communities to play a role in our Family Hubs so if you are interested in leading a peer support group or becoming a volunteer please get in touch.

Full details, including locations of all our Family Hubs and their affiliated Healthy Family Teams are shown below.

Address: **Rettendon View, Wickford, Essex. SS11 8JE**

### **Northlands Park Family Hub**

Tel: **0300 247 0013**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/northlands-family-hub](http://www.essexfamilywellbeing.co.uk/centre/northlands-family-hub)

Address: **Davenants, Basildon, Essex. SS13 1QX**

### **Sunnyside Delivery Site, Billericay**

Tel: **0300 247 0013**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/sunnyside-family-hub](http://www.essexfamilywellbeing.co.uk/centre/sunnyside-family-hub)

Address: **Rosebay Avenue, Billericay, Essex. CM12 0GH**

## **Castle Point**

### **Little Handprints Delivery Site, Thundersley**

Tel: **0300 247 0013**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/little-lions-family-hub](http://www.essexfamilywellbeing.co.uk/centre/little-lions-family-hub)

Address: **Thundersley Primary School, Dark Lane, Thundersley, Essex. SS7 3PT**

### **Little Lions Family Hub**

Tel: **0300 247 0013**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/little-lions-family-hub](http://www.essexfamilywellbeing.co.uk/centre/little-lions-family-hub)

NEW ROLE -

**WHO ARE WE?** We are a team of coordinators who provide a single point of access ensuring that you have access to quality information and resources. We will ensure consistency of individualised support until your needs have been fully met at any point of your pathway journey

**WHO IS OUR SERVICE FOR?** Our service is for children, young people up to the age of 25 and families

**HOW CAN YOU CONTACT US?** The coordinators are available Monday to Friday from 9:00am to 5:00pm (excluding public holidays). Referrals can be from professionals, families, children and young people who can self-refer.

Contact your local Hub for support



Address: **Northwick Park Primary School, Third Avenue, Canvey Island, Essex. SS8 9SU**

## **Rochford**

### **Oak Tree Family Hub**

Tel: **0300 247 0013**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/oak-tree-family-hub](http://www.essexfamilywellbeing.co.uk/centre/oak-tree-family-hub)

Address: **Groveswood Primary School, Grove Road, Rayleigh, Essex. SS6 8UA**

### **Seashells Delivery Site, Great Wakering**

Tel: **0300 247 0013**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/sea-shells-family-hub](http://www.essexfamilywellbeing.co.uk/centre/sea-shells-family-hub)

Address: **Great Wakering Primary School, High Street, Great Wakering, Essex. SS3 0EJ**

### **Willows Delivery Site, Hullbridge**

Tel: **0300 247 0013**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/willows-family-hub](http://www.essexfamilywellbeing.co.uk/centre/willows-family-hub)

Address: **Riverside Primary School, Ferry Road, Hullbridge, Essex. SS5 6ND**

### **Wishing Well Delivery Site, Rochford**

Tel: **0300 247 0013**

Webpage:

[www.essexfamilywellbeing.co.uk/centre/wishing-well-family-hub](http://www.essexfamilywellbeing.co.uk/centre/wishing-well-family-hub)

Address: **Waterman Primary School, The Boulevard,  
Rochford, Essex. SS4 1QF**

[Family Hubs Home Page](#)

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# Financial Concerns South Essex

## Basildon Council

Tel: 01268 533333

Email: [customerservices@basildon.gov.uk](mailto:customerservices@basildon.gov.uk)

Website: [www.basildon.gov.uk](http://www.basildon.gov.uk)

- [Benefits](#)
- [Housing Services](#)

## Billericay Baby Basics

Tel: 07537170350

Email: [billericaybabybasics@gmail.com](mailto:billericaybabybasics@gmail.com)

Website: [www.baby-basics.org.uk](http://www.baby-basics.org.uk)

Address: Baby Basics Billericay

Community Hub, 8-10 High Street, Billericay, CM12 9BQ

<https://www.facebook.com/BasildonBoroughBabyBank>

Baby Basics was founded in 2009 with the aim of providing some of the basics needed for life for vulnerable women with a newborn.

Baby Basics works with midwives, health visitors and other local organisations to provide starter packs for those in need.

We can help vulnerable groups such as teenage mums, families on low income, and women fleeing domestic abuse and trafficking.

Our Moses baskets provide a safer place to sleep and are packed full of toiletries such as nappies, wipes and maternity pads, as well as blankets, towels and baby clothes. For some these are the only items they have for their child.

Sorry, we cannot accept self-referrals – please ask your midwife/health visitor/social worker to refer you.

## Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service

The Whitehouse, Kiln road, Benfleet, Essex, SS7 1BU

The Family Mentoring service is a family-led service, that places the needs and voices of the family at the centre of what we do; supporting families towards safer, happier and healthier lives.

Who can refer?

Tel: 01268 214000

Email: [familymentoring@cavsorg.uk](mailto:familymentoring@cavsorg.uk)

Website: [www.cavsorg.uk](http://www.cavsorg.uk)

- Anyone can refer, if they have the consent of the family
- Parents can self-refer
- Residents living in the Castlepoint areas or attending a school/college in the Castlepoint area

Who might benefit from the service?

If you are a family and have a child or young person aged between 0-19, and are struggling in areas such as, but not exclusive to:

- Routines and boundaries
- Conflict resolution
- Self-esteem and confidence
- Emotional wellbeing and mental health (anxiety, anger, bullying)
- Isolation
- Challenging behaviour
- Finances and budgeting
- Bereavement

We will be able to offer you support.

### **Canvey Island Youth Project - Yellow Door**

**Telephone: 01268 683431**

**Email: [drop-in@cyp-yellowdoor.org.uk](mailto:drop-in@cyp-yellowdoor.org.uk)**

**Website: [www.canveyislandyouthproject.org.uk](http://www.canveyislandyouthproject.org.uk)**

At Yellow Door we can provide help and support to review finances and be an advocate for young people up to the age of 25 years

The link to our brochure for further details is

<https://www.canveyislandyouthproject.org.uk/ebrochure/>

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# Housing Concerns South Essex

<p><b>Clutter score –</b></p> <p>Hoarding or poor home conditions</p>	<p>A clear visual to gage the rating of home conditioners</p> <p>Helpful when sharing your concerns with other services</p> <p><a href="#">Microsoft PowerPoint - cir pictures.ppt [Compatibility Mode] (hoardingdisordersuk.org)</a></p>
<p><b>Basildon Council</b></p> <p>Tel: 01268 533333</p> <p>Email: <a href="mailto:customerservices@basildon.gov.uk">customerservices@basildon.gov.uk</a></p> <p>Website: <a href="http://www.basildon.gov.uk">www.basildon.gov.uk</a></p>	<ul style="list-style-type: none"> <li>• <a href="#">Benefits</a></li> <li>• <a href="#">Housing Services</a></li> </ul>
<p><b>Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service</b></p> <p>The Whitehouse, Kiln road, Benfleet, Essex, SS7 1BU</p> <p>Tel: 01268 214000</p> <p>Email: <a href="mailto:familymentoring@cavsorg.uk">familymentoring@cavsorg.uk</a></p> <p>Website: <a href="http://www.cavsorg.uk">www.cavsorg.uk</a></p>	<p>The Family Mentoring service is a family-led service, that places the needs and voices of the family at the centre of what we do; supporting families towards safer, happier and healthier lives.</p> <p>Who might benefit from the service?</p> <p>If you are a family and have a child or young person aged between 0-19, and are struggling in areas such as, but not exclusive to:</p> <ul style="list-style-type: none"> <li>- Routines and boundaries</li> <li>- Conflict resolution</li> <li>- Self-esteem and confidence</li> <li>- Emotional wellbeing and mental health (anxiety, anger, bullying)</li> <li>- Isolation</li> <li>- Challenging behaviour</li> <li>- Finances and budgeting</li> <li>- Bereavement</li> </ul>

	<p>We will be able to offer you support.</p> <p>What it will look like?          After a needs assessment is completed, a recommendation will be made to the family that may include:</p> <ul style="list-style-type: none"> <li>- Having direct intervention from a Family Support Worker towards goals determined by the family</li> <li>- Attending a parent/young person support group.</li> <li>- Being matched with a fully trained volunteer towards goals determined by the family .</li> </ul> <p>For more information on course dates please contact the team direct on 01268 214000</p>
<p><b>Castle Point Borough Council</b></p> <p>Tel: 01268 882200          Email: <a href="mailto:info@castlepoint.gov.uk">info@castlepoint.gov.uk</a>          Website: <a href="http://www.castlepoint.gov.uk">www.castlepoint.gov.uk</a></p>	<p>Housing information and advice</p>
<p><b>Peabody (Formerly Family Mosaic)</b></p> <p>Tel: 0800 28 888 83          Email: <a href="mailto:efSCO-ordinator@peabody.org.uk">efSCO-ordinator@peabody.org.uk</a>          Website:  <a href="http://www.peabodycareandsupport.org.uk/essex-outreach-support/">www.peabodycareandsupport.org.uk/essex-outreach-support/</a></p>	<p>Please see the <a href="#">Countywide Housing Concerns</a> Page for more information.</p>
<p><b>Rochford Housing</b></p> <p>Tel: 0300 1233511 or 0800 1313348          Email: <a href="mailto:contactus@sanctuary-housing.co.uk">contactus@sanctuary-housing.co.uk</a>          Website: <a href="http://www.rochfordhousing.co.uk">www.rochfordhousing.co.uk</a></p>	<p>Council housing information and advice</p>
<p><b>Swan House Foyer</b></p> <p>Tel: 01277 844700          Website: <a href="http://www.swan.org.uk">www.swan.org.uk</a></p>	<p>Swan House Foyer provides supported accommodation for single young people aged 16 to 24 who are in housing need and require support to acquire the skills to live independently.</p>

Referrals are accepted from Basildon Borough Council, Social Services, YOT, Probation and Basildon Community Resource Centre. All referrals must have a local verified connection to Basildon.

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# LGBT+

# South Essex

## Action for Trans Health

Website: [www.actionfortranshealth.org.uk](http://www.actionfortranshealth.org.uk)

Action for Trans Health are a national organisation who promote trans people's access to healthcare, from providing a list of trans-friendly GPs to campaigning for changes to the law.

## Albert Kennedy Trust

Tel: 020 7831 6562

Email: [supporters@akt.org.uk](mailto:supporters@akt.org.uk)

Website: [www.akt.org.uk](http://www.akt.org.uk)

AKT supports lgbtq+ young people (16 - 25) in the uk experiencing homelessness or living in hostile environments to find safe homes, employment, education or training and to celebrate their identities in order to improve their life outcomes.

ATK can help you to:

- Stay safe in a crisis
- Find emergency accommodation
- Access specialist support
- Develop skills, identify and achieve life goals

We do this by offering:

- Access to advice from one of our housing specialists
- Connection to a mentor for one to one support
- Access to our emergency support pack or tenancy starter pack
- Accommodation with a specially trained akt host
- A place to stay in our Purple Door accommodation service
- A safe place with one of our many housing provider partners

Access to life skills training, events and peer support networks

## Bar N Bus

Tel: 07935 222113

Who we are:

We work in partnership with local churches, schools, councils and groups to provide professional, community-based youth work, seeking transformation and fullness of life



<p>Email: <a href="mailto:hello@barnbus.org.uk">hello@barnbus.org.uk</a>                  Website: <a href="https://barnbus.org.uk/">https://barnbus.org.uk/</a></p>	<p>for young people. We employ professional youth workers as well as recruiting, training and supporting teams of volunteers to offer a wider provision of community youth work.</p> <p>Bar 'n' Bus Youth Work seeks to engage and support young people in multiple contexts – e.g. in school, on the streets, in a structured programme. We want young people to know that each area of their life is important and offer easy access to support when and where they need it. In practice this means that a young people may meet workers on detached youth work session who needs additional support and arrangements can be made for them to link with a Bar 'n' Bus mentor within their school or catch up with a worker during a lunchtime session. In this way we can 'hold' young people at different stages of their lives, responding to the changes in their needs.</p>
<p><b>LGBT/Trans Youth Support Group (Run by Essex Youth Service)</b></p> <p>Tel: 01206 871394                  Email: <a href="mailto:info@outhouseeast.org.uk">info@outhouseeast.org.uk</a> / <a href="mailto:Steven.conroy@essex.gov.uk">Steven.conroy@essex.gov.uk</a></p>	<p>Safe place for young people to get advice and information.</p> <p>Monday, 4.00-6.00pm – Weekly</p>
<p><b>Basildon and Thurrock Friend</b></p> <p>Website: <a href="http://www.basildonandthurrockfriend.co.uk">www.basildonandthurrockfriend.co.uk</a>                  Email: <a href="mailto:admin@basildonandthurrockfriend.co.uk">admin@basildonandthurrockfriend.co.uk</a></p>	<p>We provide information, support and guidance for the entire Lesbian, Gay and Bisexual community and all who are concerned with gay issues. This includes non-Gay persons who are in any way involved with those of a Gay sexual orientation. We deal with whole-body health, sexual health, emotional matters and relationship issues. You are welcome to cry on our shoulders too! We offer support primarily by email and call-back telephone in complete anonymity, but will also correspond confidentially by letter. If you require a call-back from a volunteer, then please provide your details by email, and you will be contacted as soon as possible.</p>
<p><b>Beaumont</b></p> <p><a href="#">The Beaumont Society   Help and support for the transgendered community</a></p>	<p>View website for more details</p>

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# Legal South Essex

## South Essex Law Clinic

Phone: 01268 219730  
Email: [lawclinic@citizensadvicesouthessex.org](mailto:lawclinic@citizensadvicesouthessex.org)

Tuesday and Thursday 9am-4.30pm

It covers South Essex and Thurrock with categories Employment, Family Conflict, Housing Concerns, Legal and Domestic Abuse.

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# Socially Isolated South Essex

## Bar N Bus

Tel: 07935 222113

Email: [hello@barnbus.org.uk](mailto:hello@barnbus.org.uk)

Website: <https://barnbus.org.uk/>

### Who we are:

We work in partnership with local churches, schools, councils and groups to provide professional, community-based youth work, seeking transformation and fullness of life for young people. We employ professional youth workers as well as recruiting, training and supporting teams of volunteers to offer a wider provision of community youth work.

Bar 'n' Bus Youth Work seeks to engage and support young people in multiple contexts – e.g. in school, on the streets, in a structured programme. We want young people to know that each area of their life is important and offer easy access to support when and where they need it. In practice this means that a young person may meet workers on a detached youth work session who needs additional support and arrangements can be made for them to link with a Bar 'n' Bus mentor within their school or catch up with a worker during a lunchtime session. In this way we can 'hold' young people at different stages of their lives, responding to the changes in their needs.

### Services:

In School Mentoring – Please contact the appropriate Area Development Youth Worker to find out if we have workers in the school concerned. Please Note: Unfortunately we are not in a position to take referrals from outside of the schools that we work in.

Detached – Street based Youth Work

In School Wellbeing Courses – BOOST

Targeted Programmes

Alternative Education

Open Girls Support Groups Drop in – Being Me (Chalkwell)

1-2-1 Youth Work

School Holiday Programme

## Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service

The Whitehouse, Kiln road, Benfleet, Essex, SS7 1BU

Tel: 01268 214000

Email: [familymentoring@cavsortg.uk](mailto:familymentoring@cavsortg.uk)

Website: [www.cavsortg.uk](http://www.cavsortg.uk)

The Family Mentoring service is a family-led service, that places the needs and voices of the family at the centre of what we do; supporting families towards safer, happier and healthier lives.

Who can refer?

- Anyone can refer, if they have the consent of the family
- Parents can self-refer
- Residents living in the Castlepoint areas or attending a school/college in the Castlepoint area

What it will look like?

After a needs assessment is completed, a recommendation will be made to the family that may include:

- Having direct intervention from a Family Support Worker towards goals determined by the family
- Attending a parent/young person support group.
- Being matched with a fully trained volunteer towards goals determined by the family

The Family Mentoring service offers a range of courses to reflect the needs of families, parents and young people. For example:

- STOP: the course is for parents of a young person aged 10-16 years old, the course aims to improve the relationship and understanding between the parent and young person by increasing the parent's knowledge of effective behaviour management skills that respond to your young person's psychological, physical and emotional needs.

, that allow the young person to progress and develop towards their goals

- Emotional wellbeing for parents – this is a 3 session workshop aimed at parents who have child/ young person who is affected by anxiety. The course aims to provide the parents with a new perspective and strategies to use with their child or young person that can be embedded in family life to support their child or young person achieve their goals, whilst managing their anxiety.

## Home-Start Essex

Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and

<p>Unit 16d Reeds Farm Estate Chelmsford Essex CM1 3ST</p> <p>Tel: 01245 847410</p> <p>Email: <a href="mailto:info@home-startessex.org.uk">info@home-startessex.org.uk</a></p> <p>Web: <a href="http://www.home-startessex.org.uk">www.home-startessex.org.uk</a></p>	<p>family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally.</p> <p>Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.</p> <p>Our Support includes:</p> <ul style="list-style-type: none"><li>• Home-Visiting</li><li>• Telephone Support</li><li>• Family Groups</li><li>• Nursery/School Readiness</li><li>• Wellbeing Groups</li><li>• Other Specialist Support</li></ul>
<p><b>Essex Welfare Service</b></p> <p>Tel: 0300 303 9988</p> <p>Email: <a href="mailto:Provide.essexwelfareservice@nhs.net">Provide.essexwelfareservice@nhs.net</a></p> <p>website <a href="#">Essex Wellbeing Service</a>.</p>	<p>If members of the public need support with advice, daily living tasks &amp; wellbeing.</p> <p>Mon – Fri 8am – 7pm Saturday 9am-12pm</p>

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# Mental Health – Children South Essex

## The Samaritans

Tel: **01245 357357** (Local Helpline)

Tel: **08457 909090** (National Helpline)

Website: [www.samaritans.org](http://www.samaritans.org)

The Samaritans offer a listening service to those going through a personal crisis and wanting to talk about their despair or suicidal feelings. There is someone to talk to 24 hours a day. Calls made to the national helpline are charged at local call rates from anywhere in the country.

## FIF Funded Project

### Kids Inspire

Children's Society and Southend YMCA (joint project)

Email: [earlysupport@kidsinspire.org.uk](mailto:earlysupport@kidsinspire.org.uk)

Website: [www.kidsinspire.org.uk](http://www.kidsinspire.org.uk)

Telephone: **01245 348707, or 07908 829550**

For more information see the [Countywide Mental Health page](#).

## Papyrus

Tel: **01925 572 444**

Website: <https://papyrus-uk.org/>

The work we do centres around three key principles; Support Equip and Influence. We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

<p><b>FIF Funded Project</b></p> <p><b>GROUP WORK</b></p> <p><b>Kids Inspire</b></p> <p>Children's Society and Southend YMCA (joint project)</p> <p>Email: <a href="mailto:fifreferrals@childrenssociety.org.uk">fifreferrals@childrenssociety.org.uk</a></p> <p>Tel: 01245 493400 or 01245 493311</p>	<p>For more information see the <a href="#">Countywide Mental Health page</a>.</p>
<p><b>Relate South Essex</b></p> <p>Tel: <b>01702 342901</b></p> <p>Email: <a href="mailto:enquiries@relatese.plus.com">enquiries@relatese.plus.com</a></p> <p>Website: <a href="http://www.relatesouthessex.co.uk">www.relatesouthessex.co.uk</a></p> <p>Address: <b>29 Harcourt Avenue, Southend-on-Sea, Essex. SS2 6HT</b></p>	<p>Relate South Essex provide counselling, sex therapy, youth counselling, mediation and training for the communities of Thurrock, Basildon and Southend. There is a charge of £45 per session for this service.</p> <ul style="list-style-type: none"> <li>• <a href="#">Couples</a></li> <li>• <a href="#">Young People</a></li> <li>• <a href="#">Family</a></li> <li>• <a href="#">Sex Therapy</a></li> <li>• <a href="#">Education &amp; Learning</a></li> <li>• <a href="#">Mediation</a></li> </ul>
<p><b>Re-new Counselling – Sadlers House</b></p> <p>Tel: <b>01268 822800</b></p> <p>Email: <a href="mailto:sycamore@renew-us.org">sycamore@renew-us.org</a></p> <p>Website: <a href="http://www.renew-us.org">www.renew-us.org</a></p>	<p>Adults – <a href="http://www.renew-us.org/adult">www.renew-us.org/adult</a></p> <p>Children – <a href="http://www.renew-us.org/children">www.renew-us.org/children</a></p> <p>Young People – <a href="http://www.renew-us.org/young-people">www.renew-us.org/young-people</a></p> <p>Schools – <a href="http://www.renew-us.org/schools">www.renew-us.org/schools</a></p>
<p><b>YCT Counselling</b></p> <p><b>Tel: 01279 414090</b></p> <p><b>Txt: 07956 887921</b></p> <p><b>Email: <a href="mailto:admin@yctsupport.com">admin@yctsupport.com</a></b></p>	<p>YCT is a counselling and therapeutic charity working with 5 – 25 year olds offering counselling, group support, drama/art therapy, play therapy/theraplay, group programmes (relationships, risky behaviours, exam stress, self-esteem, aspirations etc.) the Forest School programme, workshops, training and family work. In addition we offer training,</p>

<p><b>Website:</b> <a href="http://www.yctsupport.com">www.yctsupport.com</a></p>	<p>consultancy, clinical supervision and counselling to those working with children and young people.</p> <p>YCT works in the community with many different organisations, and in education settings including primary/secondary schools, academies, colleges, specialist schools and alternative education settings. We work across Essex, Herts and North London.</p>
<p><b>Young Persons Counselling Service (YPCS)</b></p> <p><b>Email address:</b> <a href="mailto:ypcs.brentwood@virgin.net">ypcs.brentwood@virgin.net</a>  <b>Phone number:</b> 01277 230831  <b>Website:</b> <a href="http://www.ypcs.org.uk">www.ypcs.org.uk</a>  <b>Operational locations:</b> Basildon, Billericay, Brentwood, Wickford</p>	<p>YPCS offer a safe and confidential environment for young people who are ready to take the opportunity to look at their difficulties and life experiences.</p> <p>YPCS are open Monday to Thursday 9am – 9pm.</p> <p>Assessment Appointments are held on Wednesdays at 4pm, 5pm or 6pm. Alternative days and times can be arranged if a young person is unable to attend at the above times.</p> <p>Counselling Appointments are held on Tuesday, Wednesday and Thursdays from 4pm until 9pm. When you are placed within our Service you will be given a day and time that you can attend on a weekly basis, the same day and time each week. Your availability will be checked out with you during the Assessment Appointment.</p> <p>Who the service provides for: Our Service is open to any young people aged 13- 25 who present with any form of emotional difficulties or concerns.</p>
<p><b>Canvey Island Youth Project - Yellow Door</b></p> <p><b>Telephone:</b> 01268 683431  <b>Email:</b> <a href="mailto:drop-in@cyp-yellowdoor.org.uk">drop-in@cyp-yellowdoor.org.uk</a>  <b>Website:</b>  <a href="http://www.canveyislandyouthproject.org.uk">www.canveyislandyouthproject.org.uk</a></p>	<p>We provide a holistic service to young people to improve their mental health and well-being. This includes counselling, mentoring, social skills, QT Clubs, Hope Box Project, sports sessions, drama group and youth cafe.</p> <p>We have found that a holistic approach to mental health and well being has an increased impact in improving confidence and self-esteem, in addition to reducing feelings of isolation and loneliness.</p> <p>The link to our brochure for further details is <a href="https://www.canveyislandyouthproject.org.uk/ebrochure/">https://www.canveyislandyouthproject.org.uk/ebrochure/</a>  Alternatively contact us for further information of the days and times of the different activities.</p>
<p><b>The Affinity Programme HCRG Care Group</b></p>	<p>The Affinity Programme aims to:</p>



<p><b>Email:</b> <a href="mailto:vcl.essexaffinityprogramme@nhs.net">vcl.essexaffinityprogramme@nhs.net</a></p>	<ul style="list-style-type: none"> <li>• Reduce the number of young people being excluded from education by working with young people, families and schools to develop support strategies.</li> <li>• Reduce high-risk behaviours that indicate potential for harm to self and others.</li> <li>• Reduce the frequency and severity of behaviours that could be described as challenging.</li> <li>• Reduce anxiety in young people, especially in education.</li> <li>• Provide tools for family members who find a young person's behaviours difficult.</li> <li>• Ensure families understand the needs of young people and how best to support them.</li> <li>• Restore relationships and repair harm.</li> </ul> <p>The Affinity Programme will receive referrals from schools and partner organisations, where concerns have been identified about a young person's behaviour. Children and young people referred to the programme will receive help to understand their triggers and the impact of their behaviours.</p>
<p><b>SET CAMHS</b></p> <p>Web: <a href="http://www.nelft.nhs.uk/set-camhs">www.nelft.nhs.uk/set-camhs</a>          Referrals: <a href="mailto:set-camhs.referrals@nelft.nhs.uk">set-camhs.referrals@nelft.nhs.uk</a>          Main number Monday - Friday 9:00 – 17:00          (excluding bank holidays): 0800 953 0222</p> <p>Out of Hours Crisis Support: 0800 995 1000</p>	<p><b>Southend, Essex and Thurrock Child and Adolescence Mental Health Service (SET CAMHS)</b> provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties. The service covers Southend, Essex and Thurrock and is open to young people between the ages of 0-18.</p> <p>Any child or young person experiencing mental health difficulties as well as any parent, guardian or professional can access the service for help and guidance.</p>
<p><b>Trust links</b></p> <p><b>Tel:</b> 01702 213134</p> <p>Website: <a href="http://www.trustlinks.org">www.trustlinks.org</a></p> <p>47 Fairfax Drive, Westcliff-on-Sea, SS0 9AG</p> <p>Trust Links House, College Gardens, Rochford SS4 1YL</p>	<p><b>Youth Links</b> – Trust Links runs 3 youth groups, 2 in Westcliff and 1 in Thundersley. Youth Links is a peer support group for young people aged 11-18. Youth Links offers a programme of therapeutic, creative and social activities designed to enhance and improve mental wellbeing. Our groups are lots of fun and they're open to anyone – regardless of gender, race, culture, size or sexual orientation.</p> <p>Youth Links focuses on early intervention and prevention. We offer a non-clinical safe space for young people experiencing mental health issues. We aim to provide a supportive environment where young people can talk to their peers and our staff about exam</p>

pressures, anxiety, or more specific issues like depression or self-harm. These sessions run from 5-7pm on Mondays and Wednesdays at Westcliff, and 5-7pm on Thursdays at Thundersley.

**Dig It Youth** – Dig It Youth is a seasonal outdoor activity club run for young people aged 9 to 14. Activities on offer include something for everyone: if you're an artist, you can try your hand at graffiti and brighten up the site, if you are green fingered, you can plant and grow fruit and vegetables, if you are a performer or writer, there are drama and poetry sessions. You might even be involved in a water fight or two! These sessions run from 3:30pm-5:30pm from April to October at Trust Links Shoeburyness.

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# Mental Health – Adult South Essex

## ANDYSMANCLUB

Lincewood Primary School, Berry Ln,  
Langdon Hills, Basildon SS16 6AZ

[info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

Andy's man club was created to eliminate the stigma surrounding mental health and provide a judgement-free, confidential space where men can be open about the storms in their lives. We aim to achieve this through weekly, free to attend peer to peer support group for over 18

## Basildon Mental Health Team

**Tel:** 01268 243500

**Crisis Resolution Team:** 01268 243514

South West Essex First Response Team  
Community Resource Centre  
Basildon Mental Health Unit  
Nethermayne  
Basildon  
Essex SS16 5NL

NHS SERVICES - <https://eput.nhs.uk/our-services/essex/essex-mental-health-services/>

Crisis Response Team – 111

First Response Team

## Rochford Mental Health Team

**Tel:** 01702 538000

Rochford Hospital  
Union Lane  
Rochford

NHS SERVICES - <https://eput.nhs.uk/our-services/essex/essex-mental-health-services/>

Crisis Response Team – 111

First Response Team

<p>Essex, SS4 1RB</p>	
<p><b>Rayleigh Mental Health Team</b></p> <p><b>Tel:</b> 01268 774850</p> <p>Coombewood Centre 1 Websters Way Rayleigh Essex SS6 8JQ</p>	<p>NHS SERVICES - <a href="https://eput.nhs.uk/our-services/essex/essex-mental-health-services/">https://eput.nhs.uk/our-services/essex/essex-mental-health-services/</a></p> <p>Crisis Response Team – 111</p> <p>First Response Team</p>
<p><b>Castle Point Mental Health Team</b></p> <p><b>Tel:</b> 01268 686730</p> <p>Knightswick Clinic Folksville Road Canvey Island Essex SS8 7AD</p>	<p>NHS SERVICES - <a href="https://eput.nhs.uk/our-services/essex/essex-mental-health-services/">https://eput.nhs.uk/our-services/essex/essex-mental-health-services/</a></p> <p>Crisis Response Team – 111</p> <p>First Response Team</p>
<p><b>Adult Community Learning online Mental wellbeing</b></p> <p>Based in Basildon and Rayleigh</p>	<p><a href="https://vle.essexacl.ac.uk/course/index.php?categoryid=24">https://vle.essexacl.ac.uk/course/index.php?categoryid=24</a> / Health and Wellbeing <a href="https://vle.essexacl.ac.uk/course/index.php?categoryid=17">https://vle.essexacl.ac.uk/course/index.php?categoryid=17</a></p>
<p><b>Vita Minds</b></p> <p><b>Areas covered:</b> Basildon and Brentwood <b>Tel:</b> 01268 977171 <b>Email:</b> enquiries@vhg.co.uk <b>Website:</b> <a href="http://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health">www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health</a></p>	<p>Vitaminds is the name of our NHS Mental Health Psychological Therapies (IAPT) Services. Improving Access to Psychological Therapies (IAPT) services have been developed to provide talking therapies to help. One in four of us will be affected by a mental health problem at some point in our lives. Vitaminds provides easy access to talking therapies near you.</p>

<p><b>Therapy for You</b></p> <p><b>Areas covered:</b> Rochford and Canvey Island  <b>Tel:</b> 01268 739 128  <b>Email:</b> epunft.contactcentre.iapt@nhs.net  <b>Website:</b> <a href="http://www.therapyforyou.co.uk">www.therapyforyou.co.uk</a></p>	<p>When you're experiencing mental health difficulties, you want to find help right away. We're committed to delivering professional support promptly, when and where it's needed. That's why we're helping to break down the barriers to accessing mental health support by exploring new technologies and new ways of delivering the help you need. We're the first NHS organisation to offer online video therapy courses, with sessions that deal with a wide range of feelings and symptoms. We're also able to arrange access to Psychological Wellbeing Practitioners, Counsellors and Cognitive Behavioural Therapists both remotely and in person. Provided by Essex Partnership University NHS Foundation Trust (EPUT), our service makes a range of CBT-based therapies available to anyone over the age of 18 who lives in South Essex and is not currently receiving secondary mental health care or crisis services.</p>
<p><b>Mind - South East and Central Essex</b></p> <p><b>Tel:</b> 01702 601123  <b>Email:</b> office@seandcessexmind.org.uk  <b>Website:</b> www.seandcessexmind.org.uk</p>	<p>Our mission is to ensure everyone susceptible to or experiencing mental health issues is given all the help, support and guidance needed to enable them to cope more easily and effectively and to intervene as early as possible to ease the situation for those people and their families. Our aims are to:</p> <ul style="list-style-type: none"> <li>- To change outcomes for those we work with.</li> <li>- To help more people.</li> <li>- To become more organisationally effective.</li> </ul> <p>Upholding our values are paramount to us. We will always operate in a professional and non-judgemental way in order to minimise stigma and fear of mental ill health. We will always respect others and not discriminate based on race, creed, colour, sex, language, religion, political or other opinion, national or social origin, birth or other status, disability, age, marital and family status, sexual orientation, gender identity, health status, place of residence, economic or social factors. We will be compassionate towards everyone we come into contact with and will deliver our services with honesty, professionalism and accountability within a framework of a sustainable business model.</p> <p>Services include:</p> <ul style="list-style-type: none"> <li>- Drop ins</li> <li>- Individual support (Counselling &amp; talking therapies)</li> <li>- Peer support</li> <li>- Supported Housing</li> <li>- Trauma Programme</li> </ul>
<p><b>Open Adult Counselling Service</b></p>	<p>ACS is a voluntary, independent, non-profitmaking and confidential counselling service provided by qualified, supervised counsellors.</p>

<p>Website: <a href="http://www.oacs.org.uk">www.oacs.org.uk</a></p> <p><b>Benfleet</b> Tel: <b>07963 279272</b> Email: <a href="mailto:info@oacs.org.uk">info@oacs.org.uk</a> Address: <b>Benfleet Methodist Church, 633 High Road, Benfleet, Essex. SS7 5LH</b></p> <p><b>Rayleigh</b> Tel: <b>07722 958017</b> Email: <a href="mailto:info@oacs.org.uk">info@oacs.org.uk</a> Address: <b>Citizens Advice Bureau, Civic Suite, Hockley Road, Essex. SS6 8EB</b></p>	<p>We provide a one to one counselling service for the community with both male and female counsellors.</p> <p>Our aim is to provide a counselling service which is accessible to everyone in the community whatever their financial status.</p> <p>We do not charge a set fee, but we do ask clients to make an agreed regular donation. This will be discussed at the first session.</p> <p>The service is available to any residents, aged 18 or over, who live in the South-East Essex area. (Benfleet &amp; Rayleigh)</p> <ul style="list-style-type: none"> <li>• <a href="#">What do we do?</a></li> <li>• <a href="#">How we can help?</a></li> </ul>
<p><b>Relate South Essex</b></p> <p>Tel: <b>01702 342901</b> Email: <a href="mailto:enquiries@relatese.plus.com">enquiries@relatese.plus.com</a> Website: <a href="http://www.relatesouthessex.co.uk">www.relatesouthessex.co.uk</a> Address: <b>29 Harcourt Avenue, Southend-on-Sea, Essex. SS2 6HT</b></p>	<p>Relate South Essex provide counselling, sex therapy, youth counselling, mediation and training for the communities of Thurrock, Basildon and Southend. There is a charge of £45 per session for this service.</p> <ul style="list-style-type: none"> <li>• <a href="#">Couples</a></li> <li>• <a href="#">Young People</a></li> <li>• <a href="#">Family</a></li> <li>• <a href="#">Sex Therapy</a></li> <li>• <a href="#">Education &amp; Learning</a></li> <li>• <a href="#">Mediation</a></li> </ul>
<p><b>Re-new Counselling (Bridge Centre)</b></p> <p>Tel: <b>01268 822800</b> Email: <a href="mailto:sycamore@renew-us.org">sycamore@renew-us.org</a> Website: <a href="http://www.renew-us.org">www.renew-us.org</a> Address: <b>Bodey House, Church Walk, Basildon, Essex. SS14 1WW</b></p>	<p>Adults – <a href="http://www.renew-us.org/adult">www.renew-us.org/adult</a> Children – <a href="http://www.renew-us.org/children">www.renew-us.org/children</a> Young People – <a href="http://www.renew-us.org/young-people">www.renew-us.org/young-people</a> Schools – <a href="http://www.renew-us.org/schools">www.renew-us.org/schools</a></p>

<p><b>Mens Sheds</b></p> <p><b>Website:</b> <a href="http://www.menssheds.org.uk">www.menssheds.org.uk</a></p> <p>7 Brook Rd, Rayleigh, SS6 7UT</p>	<p>Our task is to provide a safe place for men from all walks of life to meet and socialise whilst getting creative</p> <p>Mon-Thur 10-1p.m</p>
<p><b>Together With Baby</b></p> <p><b>Tel:</b> 01621 866900</p> <p><b>Email:</b> <a href="mailto:epunft.pimhs.eput@nhs.net">epunft.pimhs.eput@nhs.net</a></p>	<p>Together with Baby is a service designed to bring parents and their babies together.</p> <p>We focus on the very special relationship between parents and infants that develops in the first 1001 days of life, from conception to age two.</p> <p>Becoming and being a parent can be a time of great change and often a source of happiness and joy. But sometimes it can be unexpectedly difficult, and for a variety of reasons.</p>
<p><b>Therapy for You</b></p> <p><b>Phone:</b> 01268 739128</p> <p><b><a href="mailto:epunft.contactcentre.iapt@nhs.net">epunft.contactcentre.iapt@nhs.net</a></b></p>	<p>Offer of support –</p> <ul style="list-style-type: none"> <li>• Uses Low Intensity Cognitive Behavioural Therapy Interventions</li> <li>• Works at Step 2 within the ‘stepped care model’</li> <li>• Works alongside clients with mild-moderate depression and GAD, panic disorder, agoraphobia, stress</li> <li>• Guided self-help – a supportive / coaching role</li> <li>• Deliver treatments face to face or remotely (over the phone / via MS Teams)</li> </ul>
<p><b>Trust Links ‘growing together’</b></p> <p>Vange hill drive, Basildon, SS16 4DA</p> <p><a href="http://www.trustlinks.org/Basildon">www.trustlinks.org/Basildon</a></p> <p>face book - @trustlinksltd</p>	<p>Bringing people together for community gardening and positive activities. We aim to improve mental and physical health</p> <p>Referrals – self and professional accepted</p>

## Heads Up

Tel: 01206 228628

Email: [enableeast@enableeast.org.uk](mailto:enableeast@enableeast.org.uk)

Website:

[www.enableeast.org.uk/headsup-what-is-it](http://www.enableeast.org.uk/headsup-what-is-it)

We provide emotional support and practical job seeking advice. We believe that returning to work or education can provide you with lots of amazing benefits such as a boost in self-confidence, an opportunity to make new friends whilst learning new skills

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# Parental Routine/Boundaries South Essex

## Essex Child and Family Wellbeing Service

Website: [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

For full information on local services, please see the website.

## Essex Parents 1<sup>st</sup>

Website: <https://www.essex.parents1st.org.uk/>

Tel: 01268 525758

Email: [info@parents1st.org.uk](mailto:info@parents1st.org.uk)

Parents 1st are still here to help pregnant women and expectant dads during pregnancy, birth and beyond!

Our fantastic peer supporters offer a friendly listening ear, reassurance, and lots of information to help keep well, prepare for labour and birth and adjust to becoming parents. Free one-to-one phone or video support. Exercise routines, virtual coffee mornings and on-line workshops for dads are on the way!

Organisations and professionals can refer to us in the same way or complete our simple and secure online referral form: <https://www.tfaforms.com/420282>

Pregnancy and becoming a parent can be both a wonderful and a sometimes difficult journey to navigate at the best of times. Given the current situation, it is understandable that mums may be feeling lonely or worried.

Support available:

- Free one-to-one telephone/video support to pregnant mums and their families in Basildon, Billericay, Wickford, Thurrock and Canvey Island

	<ul style="list-style-type: none"> <li>• Antenatal and postnatal exercise routines – we are offering small group online exercise sessions with a fully qualified and experienced YMCA personal trainer who specialises in prenatal and postnatal exercise</li> <li>• Virtual coffee mornings – our peer supporters will be hosting virtual group coffee mornings to enable mums to meet, chat and share information</li> <li>• Online workshops for expectant dads</li> </ul>
<p><b>Billericay Parents Forum</b></p> <p>Tel: <b>01277 633910</b>          Email: <a href="mailto:info@billericayparents.com">info@billericayparents.com</a>          Website: <a href="http://billericayparentsforum.wordpress.com">billericayparentsforum.wordpress.com</a></p>	<p>The Billericay Parents Forum is a registered charity that offers support to local families. The organisation is run solely by parents, but works in close partnership with local schools, health and other professionals and many other organisations in the area.</p>
<p><b>Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service</b></p> <p>The Whitehouse, Kiln road, Benfleet, Essex, SS7 1BU</p> <p>Tel: 01268 214000          Email: <a href="mailto:familymentoring@cavsorg.uk">familymentoring@cavsorg.uk</a>          Website: <a href="http://www.cavsorg.uk">www.cavsorg.uk</a></p>	<p>The Family Mentoring service is a family-led service, that places the needs and voices of the family at the centre of what we do; supporting families towards safer, happier and healthier lives.</p> <p>Who can refer?</p> <ul style="list-style-type: none"> <li>- Anyone can refer, if they have the consent of the family</li> <li>- Parents can self-refer</li> <li>- Residents living in the Castlepoint areas or attending a school/college in the Castlepoint area</li> </ul> <p>Who might benefit from the service?</p> <p>If you are a family and have a child or young person aged between 0-19, and are struggling in areas such as, but not exclusive to:</p> <ul style="list-style-type: none"> <li>- Routines and boundaries</li> <li>- Conflict resolution</li> <li>- Self-esteem and confidence</li> <li>- Emotional wellbeing and mental health (anxiety, anger, bullying)</li> <li>- Isolation</li> <li>- Challenging behaviour</li> <li>- Finances and budgeting</li> <li>- Bereavement</li> </ul> <p>We will be able to offer you support.</p>

	<p>What it will look like?</p> <p>After a needs assessment is completed, a recommendation will be made to the family that may include:</p> <ul style="list-style-type: none"> <li>- Having direct intervention from a Family Support Worker towards goals determined by the family</li> <li>- Attending a parent/young person support group.</li> <li>- Being matched with a fully trained volunteer towards goals determined by the family</li> </ul> <p>The Family Mentoring service offers a range of courses to reflect the needs of families, parents and young people. For example:</p> <p>For more information on course dates please contact the team direct on 01268 214000</p>
<p><b>Childcare Family Information Service</b></p> <p>Website: <a href="http://www.essex.gov.uk/fis">www.essex.gov.uk/fis</a></p>	<p>Find a childcare provider in Essex</p>
<p><b>Essex Community Development</b></p> <p>Tel: <b>07575302124 / 07432115879</b></p> <p>Email: <a href="mailto:info@essexcommunitydevelopment.org">info@essexcommunitydevelopment.org</a></p> <p>Website: <a href="http://essexcommunitydevelopment.org">essexcommunitydevelopment.org</a></p>	<p>ECD is an independent voluntary organisation that offers early intervention mentoring and support to children aged 8 to 18 and their families. Our services include but are not limited to children with</p> <ul style="list-style-type: none"> <li>• mild learning difficulties</li> <li>• poor social skills</li> <li>• at risk of drug and alcohol misuse / addiction</li> <li>• low self esteem</li> <li>• children with challenging behaviour</li> <li>• have been victims of bullying</li> </ul> <p>We aim to support our service users in the development of skills and knowledge they may require to overcome any challenges or barriers they may face in the home, community or in school, as it is our strong belief that every young person deserves a fair chance in life.</p>

<p><b>Family Lives Parents Helpline and Website</b></p> <p>Tel: <b>0808 8002222</b>          Tel (Essex Office): <b>01702 554782</b>          Website: <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>          Address: <b>Endway House, Endway, Hadleigh, Essex SS7 2AN</b></p>	<p>Leading Charity providing a range of free services to support families including a 24/7 helpline</p> <p>Contact us about all aspects of family life including all stages of a child development, issues with school, parenting and relationship support.</p> <p>Group and individual support available</p>
<p><b>Home Start Essex</b></p> <p>Unit 16d Reeds Farm Estate          Chelmsford          Essex          CM1 3ST</p> <p>Tel: 01245 847410</p> <p>Email: <a href="mailto:info@home-startessex.org.uk">info@home-startessex.org.uk</a></p> <p>Web: <a href="http://www.home-startessex.org.uk">www.home-startessex.org.uk</a></p>	<p>Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally.</p> <p>Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.</p> <p>Our Support includes:</p> <ul style="list-style-type: none"> <li>• Home-Visiting</li> <li>• Telephone Support</li> <li>• Family Groups</li> <li>• Nursery/School Readiness</li> <li>• Wellbeing Groups</li> <li>• Other Specialist Support</li> </ul>
<p><b>InterAct</b></p> <p>Tel: <b>01245 608201</b>          Fax: <b>01245 608310</b>          Email: <a href="mailto:training@interact.org.uk">training@interact.org.uk</a>          Website: <a href="http://www.interact.org.uk">www.interact.org.uk</a>          Address: <b>Moulsham Mill, Parkway, Chelmsford, Essex. CM2 7PX</b></p>	<p>InterAct enables disadvantaged people and groups to improve their lives and communities. Providing training, resources, experience and support to those with mental health issues and learning difficulties.</p> <p>We are committed to providing social inclusion opportunities, and provide a range of services which 'help others to help themselves'.</p> <p>Based at Moulsham Mill in Chelmsford, InterAct reaches out to cover the entire county of Essex.</p>

<p><b>National Association of Child Contact Centres</b></p> <p>Tel: <b>0845 4500280</b>  Landline: <b>01159 484557</b>  Email: <a href="mailto:contact@naccc.org.uk">contact@naccc.org.uk</a>  Website: <a href="http://www.naccc.org.uk">www.naccc.org.uk</a></p>	<p>Child contact centres and services are neutral places where children of separated families can enjoy contact with their non-resident parents and sometimes other family members, in a comfortable and safe environment.</p> <p>Child contact services are classified into two distinct categories, supported and supervised, so that families can be referred to an appropriate environment and <a href="#">level of support</a>.</p> <p><b>Local Centres</b>  <a href="#">Billericay</a></p>
<p><b>Netmums</b></p> <p>Website: <a href="http://www.netmums.com">www.netmums.com</a></p>	<p><b>Drop in Clinic</b></p> <p>Our Drop in Clinic is the online equivalent of a Baby Clinic. We run it with the help of Unite/CPHVA and help about 700 mums each month. Mums post about a wide variety of topics from suffering with PND or with a child with special needs, to day to day concerns regarding parenting, their relationships and coping with life in general. One of our trained Health Visitors will be online between 9am and 12 noon Monday to Friday and from 7.30pm to 9.30pm every evening. <a href="#">Visit Drop in Clinic Here</a></p> <p><b>Online Courses</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Helping with Depression</a></li> <li>• <a href="#">Parenting Course</a></li> <li>• <a href="#">Better Together Relationship Course</a></li> <li>• <a href="#">Making Mums Happy</a></li> <li>• <a href="#">Pregnancy Course</a></li> <li>• <a href="#">Health, Happy Family Eating</a></li> </ul> <p><a href="#">Meet ups</a></p>
<p><b>Parents 1<sup>st</sup></b></p> <p>Tel: <b>01268 525758</b>  Website: <a href="http://www.parents1st.org.uk">www.parents1st.org.uk</a></p>	<p><b>Improving the physical and emotional health of expectant parents through pregnancy, birth and beyond</b></p> <p>Vulnerable pregnant women in Basildon and Canvey Island currently have poor access to personalised support to improve their physical and emotional wellbeing and build resilience in preparation for changes ahead. Further more many pregnant mothers feel negative about their community and distrustful of professionals.</p>

	<p>The project will build upon our previous successful project in Basildon, expanding the service to Canvey Island. 3yr funding secured from Henry Smith Foundation will support sustainability. A continuum of informal one-to-one peer support at home and in hospital, from early pregnancy, through childbirth and post birth.</p> <p>Volunteers with particular personal qualities and life experience will be recruited from the local area. They will receive on-going high quality accredited training and professional supervision that equips them to promote health and wellbeing and enable women to plan for the birth, manage their care and make informed decisions.</p> <p>A weekly group exercise programme that improves physical and emotional wellbeing facilitates social support networks and promotes self-care. Pregnant mothers experiencing back pain, mental health issues and obesity will benefit. A fully qualified fitness trainer and health promotion specialist will deliver the sessions.</p> <p>Peer support Volunteers will encourage marginalised families to participate</p>
<p><b>Oneplusone</b></p>	<p>Parental conflict online courses</p>
<p><b>Parents Aid</b></p> <p>Tel: <b>01268 763631</b>          Email: <a href="mailto:info@parents-aid.org.uk">info@parents-aid.org.uk</a>          Website: <a href="http://www.parentsaid.vpweb.co.uk">www.parentsaid.vpweb.co.uk</a>          Facebook: <a href="http://www.facebook.com/parentsaid.org">www.facebook.com/parentsaid.org</a>          Address: <b>11 Sonters Down, Rettendon Village, Chelmsford, Essex. CM3 8EU</b></p>	<p>Parents Aid (Southern Essex) is a charity that works locally, for and with parents and families at risk of social exclusion, to improve the quality of their lives. We achieve change by championing their voices and providing support services to meet their needs.</p> <p><a href="#"><u>Services Offered</u></a></p>
<p><b>Rochford Extended Services</b></p> <p>Tel: <b>01702 545771</b>          Email: <a href="mailto:extendedservices@kes.essex.sch.uk">extendedservices@kes.essex.sch.uk</a>          Website: <a href="http://www.rochfordextendedservices.org.uk">www.rochfordextendedservices.org.uk</a></p>	<p>We are a local service, commissioned by individual schools to provide holistic support to their children, families and staff. If your child attends one of our partner schools you will also be able to access our parent groups.</p> <ul style="list-style-type: none"> <li>• parent support group for families with children with ASD, diagnosed and undiagnosed</li> <li>• Destination Autism w5 week workshops/courses</li> <li>• family support through the school (not accessed directly by parents)</li> </ul>

Address: **The King Edmund School,  
Vaughan Close, Rochford, Essex. SS4 1TL**

- counselling/mentoring support through the school (not accessed directly by parents)

### **PEGS - Child to parent abuse**

[Child to parent abuse | Parental Education Growth Support \(PEGS\) \(pegsupport.co.uk\)](#)

View website for referral form and more details on support being offered

### **CAPA - Child to parent abuse**

<https://www.capafirstresponse.org/>

Support for parents experience abuse from their child

View website for referral form and more details on support being offered

[Parental Routine/Boundaries Home Page](#)

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# Safeguarding

### **Bar N Bus**

Tel: 07935 222113  
Email: [hello@barnbus.org.uk](mailto:hello@barnbus.org.uk)  
Website: <https://barnbus.org.uk/>

Who we are:

We work in partnership with local churches, schools, councils and groups to provide professional, community-based youth work, seeking transformation and fullness of life for young people. We employ professional youth workers as well as recruiting, training and supporting teams of volunteers to offer a wider provision of community youth work.

Bar 'n' Bus Youth Work seeks to engage and support young people in multiple contexts – e.g. in school, on the streets, in a structured programme. We want young people to know that each area of their life is important and offer easy access to support when and where they need it. In practice this means that a young people may meet workers on detached youth work session who needs additional support and arrangements can be made for them to link with a Bar 'n' Bus mentor within their school or catch up with a

	<p>worker during a lunchtime session. In this way we can 'hold' young people at different stages of their lives, responding to the changes in their needs.</p> <p>Services:</p> <p>In School Mentoring – Please contact the appropriate Area Development Youth Worker to find out if we have workers in the school concerned. Please Note: Unfortunately we are not in a position to take referrals from outside of the schools that we work in.</p> <p>Detached – Street based Youth Work</p> <p>In School Wellbeing Courses – BOOST</p> <p>Targeted Programmes</p> <p>Alternative Education</p> <p>Open Girls Support Groups Drop in – Being Me (Chalkwell)</p> <p>1-2-1 Youth Work</p> <p>School Holiday Programme</p>
<p><b>Essex Safeguarding Children Board (ESCB)</b></p> <p>Tel: 03330 138936</p> <p>Email: <a href="mailto:escb@essex.gov.uk">escb@essex.gov.uk</a></p> <p>Website: <a href="http://www.escb.co.uk">www.escb.co.uk</a></p> <p>Address: Room C228, County Hall, Chelmsford CM1 1QH</p>	<p>The Essex Safeguarding Children Board is a statutory body which acts as a mechanism for agreeing how relevant organisations within Essex co-operate to safeguard and promote the welfare of children and young people. The Board will also ensure the effectiveness of work undertaken by the partners in this area.</p> <p><a href="#">Find out more about the ESCB</a></p>
<p><b>Local Authority Designated Officer (LADO)</b></p> <p>Tel: 03330 139797</p> <p>Email: <a href="mailto:childrens.safeguarding@essex.gov.uk">childrens.safeguarding@essex.gov.uk</a></p>	<p>The role of the Local Authority Designated Officer is to:</p> <ul style="list-style-type: none"> <li>• Act as the initial point of contact for organisations when an allegation, complaint of concern arises about an adult working with children;</li> <li>• Be involved in the management and oversight of individual cases;</li> <li>• Provide advice and guidance to employers and voluntary organisations;</li> <li>• Liaise with the police and other agencies;</li> <li>• Monitor the progress of cases to ensure that they are dealt with as quickly as possible consistent with a thorough and fair process;</li> <li>• Report to the Local Safeguarding Children Board and DE at regular intervals on the management of allegations.</li> </ul>
<p><b>NSPCC</b></p>	<p>Organisation centered around keeping children safe from abuse.</p>



Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

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# Exploitation (including online safety) & sexual abuse

## South Essex

### Bar N Bus

Tel: 07935 222113

Email: [hello@barnbus.org.uk](mailto:hello@barnbus.org.uk)

Website: <https://barnbus.org.uk/>

#### Who we are:

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#### Services:

In School Mentoring – Please contact the appropriate Area Development Youth Worker to find out if we have workers in the school concerned. Please Note: Unfortunately we are not in a position to take referrals from outside of the schools that we work in.

Detached – Street based Youth Work

In School Wellbeing Courses – BOOST

Targeted Programmes

Alternative Education

Open Girls Support Groups Drop in – Being Me (Chalkwell)

1-2-1 Youth Work

<p><b>C.A.R.E (Children at Risk of Exploitation)</b></p> <p>Telephone: <b>01245 493311</b>  Email: <a href="mailto:CSE.referrals@childrenssociety.org.uk">CSE.referrals@childrenssociety.org.uk</a>  Website: <a href="https://www.childrenssociety.org.uk/www.childrenssociety.org.uk/information/young-people/east">https://www.childrenssociety.org.uk/www.childrenssociety.org.uk/information/young-people/east</a></p> <p>Address: <b>CSE Lead, 114 Springfield Road, Chelmsford, Essex. CM2 6LF</b></p>	<p>School Holiday Programme</p> <p>The CARE team provides specialist support to children and young people aged 8-24 years who are victims, or at risk of Child Sexual Exploitation (CSE) across Essex. Methods of service delivery include:</p> <ul style="list-style-type: none"> <li>• <b>One to one intensive support</b> Individual therapeutic work with children and young people to provide support and understanding to ensure they receive a needs led service, helping them to move forward, increase their emotional wellbeing and keep them safe.</li> <li>• <b>Targeted group work sessions</b> Young people identified to be at risk of child sexual exploitation will have access to our 8 week targeted therapeutic group work provision.</li> <li>• <b>Positive activities</b> A positive activities programme led by young people will develop social skills and confidence.</li> <li>• <b>Parenting support</b> Advice and guidance for parents and carers, enabling them to provide safe environments within the family context. We also provide signposting and can work with transitioning families into additional support where required.</li> </ul>
<p><b>Essex Police CYP Police Officer</b></p> <p><b>Basildon</b>  Tel: (Team Direct Dial (DDI)) <b>01268 245835</b>  Email: <a href="mailto:CYP.Basildon@essex.police.uk">CYP.Basildon@essex.police.uk</a></p> <p><b>Castle Point, Rochford &amp; Rayleigh</b>  <b>2203 Esther Howitt</b>  Email: <a href="mailto:42002203@essex.pnn.police.uk">42002203@essex.pnn.police.uk</a></p>	<p>There are 13 CYP officers across the force and at least one in each policing district. The role is very much focused on safeguarding and diverting children and young people away from negative behaviours.</p> <p>CYP officers work closely with partner agencies, including Youth Offending Teams and ensure the correct referrals and interventions are offered to young people at risk of offending or becoming victims.</p> <p>Their overarching aim is to identify and resolve issues involving young people within the community who are most at risk of becoming repeat offenders or victims, or at risk of harm from Child Sexual Exploitation.</p>

## Essex Police Missing Person Liaison Officer

### Basildon

Tel: (Team Direct Dial (DDI)) 01268 245835

Email: [CYP.Basildon@essex.police.uk](mailto:CYP.Basildon@essex.police.uk)

### Castle Point, Rochford & Rayleigh

8358 Maddy Hewitt

Email: [42008358@essex.pnn.police.uk](mailto:42008358@essex.pnn.police.uk)

Ext: 490163

The responsibility of the Missing Person Liaison Officers (MPLO) is to maintain a comprehensive overview of missing people within a defined area in order to identify those who are at risk of significant harm and to co-ordinate the response from Essex Police and its partners, so as to reduce the likelihood of harm occurring to vulnerable people. There are 10 MPLOs; one for each Essex Police District Policing Area.

## 24/7 Rape & Sexual Abuse Support Line

Telephone: 0808 500 2222

Want to talk?

You can contact us and speak to one of our specialists – at any time of the day or night. Support offered –

Long term, such as counselling, group work and other therapies. As well as support for victims and survivors who have reported what happened to the police or thinking about it

Call free or go to the website to start a free online chat.

[Get help | Rape Crisis England & Wales](#)

## 'So you got naked online'

Guidance and support leaflet for SEND children and teens



So you got naked online - leaflet.pdf

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# Substance Misuse South Essex

## Bar N Bus

Tel: 07935 222113  
Email: [hello@barnbus.org.uk](mailto:hello@barnbus.org.uk)  
Website: <https://barnbus.org.uk/>

### Who we are:

We work in partnership with local churches, schools, councils and groups to provide professional, community-based youth work, seeking transformation and fullness of life for young people. We employ professional youth workers as well as recruiting, training and supporting teams of volunteers to offer a wider provision of community youth work.

Bar 'n' Bus Youth Work seeks to engage and support young people in multiple contexts – e.g. in school, on the streets, in a structured programme. We want young people to know that each area of their life is important and offer easy access to support when and where they need it. In practice this means that a young person may meet workers on a detached youth work session who needs additional support and arrangements can be made for them to link with a Bar 'n' Bus mentor within their school or catch up with a worker during a lunchtime session. In this way we can 'hold' young people at different stages of their lives, responding to the changes in their needs.

## Open Road Basildon

Tel: **01268 531435**  
Helpline: **08444 991323**  
Website: [openroad.org.uk](http://openroad.org.uk)  
Address: **13 Southview Road, Vange,  
Basildon, Essex. SS16 4ER**  
Areas Covered: **South Essex**

Open Road is a registered charity that provides support for individuals affected by drugs and alcohol across Essex.

### Available Services:

- [Acupuncture](#)
- [Choices](#)
- [Counselling](#)
- [Family Support](#)
- [Needle & Syringe Programme](#)
- [Open Access](#)
- [Stimulant Service](#)

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<p><b>Essex Welfare Service</b></p> <p>Tel: 0300 303 9988</p> <p>Email: <a href="mailto:Provide.essexwelfareservice@nhs.net">Provide.essexwelfareservice@nhs.net</a></p> <p>website <a href="#">Essex Wellbeing Service</a>.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Structured Recovery Programme</a></li> </ul> <p>If members of the public need support with advice, daily living tasks &amp; wellbeing.</p> <p>Stop smoking programme</p> <p>Mon – Fri 8am – 7pm Saturday 9am-12pm</p>
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# Bullying South Essex

<p><b>Bar N Bus</b></p> <p>Tel: 07935 222113</p> <p>Email: <a href="mailto:hello@barnbus.org.uk">hello@barnbus.org.uk</a></p> <p>Website: <a href="https://barnbus.org.uk/">https://barnbus.org.uk/</a></p>	<p>Who we are:</p> <p>We work in partnership with local churches, schools, councils and groups to provide professional, community-based youth work, seeking transformation and fullness of life for young people. We employ professional youth workers as well as recruiting, training and supporting teams of volunteers to offer a wider provision of community youth work.</p> <p>Bar ‘n’ Bus Youth Work seeks to engage and support young people in multiple contexts – e.g. in school, on the streets, in a structured programme. We want young people to know that each area of their life is important and offer easy access to support when and where they need it. In practice this means that a young people may meet workers on detached youth work session who needs additional support and arrangements can be made for them to link with a Bar ‘n’ Bus mentor within their school or catch up with a worker during a lunchtime session. In this way we can ‘hold’ young people at different stages of their lives, responding to the changes in their needs.</p> <p>Services:</p>
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In School Mentoring – Please contact the appropriate Area Development Youth Worker to find out if we have workers in the school concerned. Please Note: Unfortunately we are not in a position to take referrals from outside of the schools that we work in.  
Detached – Street based Youth Work  
In School Wellbeing Courses – BOOST  
Targeted Programmes  
Alternative Education  
Open Girls Support Groups Drop in – Being Me (Chalkwell)  
1-2-1 Youth Work  
School Holiday Programme

**Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service**

The Whitehouse, Kiln road, Benfleet, Essex, SS7 1BU

Tel: 01268 214000

Email: [familymentoring@cavsorg.uk](mailto:familymentoring@cavsorg.uk)

Website: [www.cavsorg.uk](http://www.cavsorg.uk)

The Family Mentoring service is a family-led service, that places the needs and voices of the family at the centre of what we do; supporting families towards safer, happier and healthier lives.

Who can refer?

- Anyone can refer, if they have the consent of the family
- Parents can self-refer
- Residents living in the Castlepoint areas or attending a school/college in the Castlepoint area

Who might benefit from the service?

If you are a family and have a child or young person aged between 0-19, and are struggling in areas such as, but not exclusive to:

- Routines and boundaries
- Conflict resolution
- Self-esteem and confidence
- Emotional wellbeing and mental health (anxiety, anger, bullying)
- Isolation
- Challenging behaviour
- Finances and budgeting
- Bereavement

We will be able to offer you support.

What it will look like?

After a needs assessment is completed, a recommendation will be made to the family that may include:

- Having direct intervention from a Family Support Worker towards goals determined by the family
- Attending a parent/young person support group.
- Being matched with a fully trained volunteer towards goals determined by the family

The Family Mentoring service offers a range of courses to reflect the needs of families, parents and young people. For example:

- STOP: the course is for parents of a young person aged 10-16 years old, the course aims to improve the relationship and understanding between the parent and young person by increasing the parent's knowledge of effective behaviour management skills that respond to your young person's psychological, physical and emotional needs.
- FLASH: the course is for parents of a young person aged 11 – 17 years old, the course aims to it aims to create better communication and personal relationships
- Emotional Wellbeing for young people – this is aimed at young people aged 11 – 16 years old, who are struggling with their anxieties.
- Emotional wellbeing for parents – this is a 3 session workshop aimed at parents who have child/ young person who is affected by anxiety.

### **Canvey Island Youth Project - Yellow Door**

**Telephone: 01268 683431**

**Email: [drop-in@cyp-yellowdoor.org.uk](mailto:drop-in@cyp-yellowdoor.org.uk)**

**Website:**

**[www.canveyislandyouthproject.org.uk](http://www.canveyislandyouthproject.org.uk)**

At Yellow Door we are committed to improving the mental health and emotional wellbeing of young people being bullied.

We offer free one-to-one counselling sessions for 11 - 25 year olds in a safe, informal setting that helps the young people feel as ease.

We also offer one-to-one mentoring, and social skills support.

The link to our brochure for further details is

<https://www.canveyislandyouthproject.org.uk/ebrochure/>

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# Young Carers South Essex

## Carers Choices

Tel: 01268 881130

Email: [care@carerschoice.org](mailto:care@carerschoice.org)

Website: [www.carerschoices.org/young-carers](http://www.carerschoices.org/young-carers)

Address: **The White House, Rear of Council Offices, Kiln Road, Benfleet SS7 1BU (SS7 1TF)**

We support young carers in Castle Point, Basildon and Wickford. The project was developed in April 1997 to identify and support Young Carers. The scheme is part funded by ECC and works in partnership with social services, schools and local agencies ensuring that Young Carers have the opportunity to meet with their peers and gain valuable support. Since we began we have identified an increasing amount of Young Carers and thanks to the support of our team and funders will continue to do so.

## Essex Youth Service

Email: [young.carers@essex.gov.uk](mailto:young.carers@essex.gov.uk)

Website: [www.youth.essex.gov.uk](http://www.youth.essex.gov.uk)

Online referral form [here](#)

Essex Young Carers support children and young people from 0 to the age of 24 for anyone who provides regular and on-going care to another person who is physically or mentally ill, disabled or misuses substances.

An allocated Key Worker will meet with the family to complete the statutory Young Carer's assessment. They will then offer bespoke support based on the needs of the young carer and their caring responsibilities. Our service offers confidential one to one support, training opportunities, respite opportunities – a chance to meet other Young Carers and support to access other services.

We also offer support to young adult carers aged 16-24 particularly preparing them for the future with key life skills, educational support and helping to transition to adult carer services.

Referrals can come from professionals or as a self-referral using the following link <https://youth.essex.gov.uk/young-people/young-carers/>

## SCAFT (Supporting Carers and Families Together)

Tel: 01268 741811

**“Group respite sessions** – to provide young carers with a break from their caring responsibilities, these groups include a range of fun activities, both creative and sporting, as well as an opportunity to access support, advice and information. Groups are held in

<p>Email: <a href="mailto:info@scaft.org.uk">info@scaft.org.uk</a>          Website: <a href="http://www.scaft.org.uk">www.scaft.org.uk</a>          Address: <b>First Floor Offices, Rear of 140a High Street, Rayleigh, Essex. SS6 7BU</b></p>	<p>both Rayleigh and Rochford to make access easier and are split into Primary and Secondary aged groups.  <b>One2One school support</b> – we also provide individual support within a number of Rochford District’s Primary and Secondary schools. Please speak to your child’s school Pastoral Support staff or contact us direct.  <b>Young Carers Passports</b> – This scheme currently operates in Greensward Academy and The King Edmund School to ease conflicts between a young carers responsibilities and their educational life. Students do not have to be accessing SCAFT’s other services to make use of this scheme. Please speak to the school’s respective Pastoral Support staff.”  <a href="#">More Information</a></p>
<p><b>Kool Carers –</b>           Tel: 01268 555935          Website: <a href="http://www.koolcarers.co.uk">www.koolcarers.co.uk</a>          Email: <a href="mailto:Contact@KoolCarers.co.uk">Contact@KoolCarers.co.uk</a></p>	<p><b>NOT CURRENTLY TAKING REFERRALS</b>          Kool Carers South East Ltd (Charity No: 1179010) supports young carers aged 8 - 18 years and their families who reside in Brentwood and the Basildon borough. Kool Carers provides young carers with a safe environment to gain professional support and reduce the feelings of isolation that so many experience. It is through empowerment and guidance young carers will have the opportunity to develop their life-skills and build resilience, which enables positive participation within their own communities. Also offering respite opportunities.</p>
<p>The Support Sanctuary   <a href="mailto:geoffsjourney2019@gmail.com">geoffsjourney2019@gmail.com</a>           The Wellbeing Hub in Basildon          (Southfields Industrial Estate)</p>	<p>A weekly support group for people caring for their loved ones, family member or friend following a stroke or brain injury. A supportive group in a relaxed and confidential environment for people to come together to chat, socialise, share experiences, make friends and have some much need ‘YOU’ time.           Run every Thursday evening from 7 until 9pm</p>

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# BAME / Immigration / Religious Support West Essex

## **Citizen's Advice Bureau Brentwood**

Suite 4, Town Hall, Ingrave Road  
BRENTWOOD  
Essex  
CM14 9PJ

0300 330 2101

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

## **Citizens Advice Bureau Epping Forest District**

Ernest Wythes House, 50A Hemnall Street,  
EPPING  
Essex  
CM16 4LS

<http://www.citizensadviceefd.org.uk/>

0300 330 2107

<p><b>Citizen's Advice Bureau Harlow</b></p> <p>13-15 East Gate The High HARLOW Essex CM20 1HP</p> <p><a href="http://www.citizensadvice.org.uk/harlow/">http://www.citizensadvice.org.uk/harlow/</a></p> <p>03444770808</p> <p>01279 770189 (Appointment cancellations/changes only)</p> <p><a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Citizen's Advice Bureau Uttlesford District</b></p> <p>Barnard's Yard Uttlesford SAFFRON WALDEN Essex CB11 4EB</p> <p><a href="http://www.uttlesfordcab.org.uk/">http://www.uttlesfordcab.org.uk/</a></p> <p><a href="mailto:bureau@uttlesfordcab.cabnet.org.uk">bureau@uttlesfordcab.cabnet.org.uk</a></p> <p>01799 618840</p> <p><a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Mind – BAME Support Group</b></p>	<p>We are running an online BAME support groups, covering topics such as anxiety, isolation and racism facilitated by BAME staff from Mind in West Essex.</p>

<p><b>Website:</b>  <a href="http://www.mindinwestessex.org.uk/services/online-support-groups/">www.mindinwestessex.org.uk/services/online-support-groups/</a></p>	
<p><b>Harlow Islamic Centre</b></p> <p><b>Tel: 01279635227 / 07762550240</b>  <b>Website: <a href="http://www.harlowislamiccentre.org.uk">www.harlowislamiccentre.org.uk</a></b>  <b>Email: <a href="mailto:admin@harlowislamiccentre.org.uk">admin@harlowislamiccentre.org.uk</a></b></p>	<p>Harlow Islamic Centre is a mosque and community centre that is welcoming to everyone. We hold the daily five prayers with congregation and organise many community activities such as muslim scouts, school visits, charity fundraising, funeral prayers, weddings, Eid celebrations and much more. In addition Harlow Islamic Centre works closely with the public, schools, faith groups, public services and many other organisations to build bridges and be an active member of the community.</p>
<p><b>Dulzin Dragpa Kadampa Buddhist Centre</b></p> <p><b>Website: <a href="http://www.meditateinhertsandessex.org">www.meditateinhertsandessex.org</a></b></p>	<p>Dulzin Dragpa Centre in Epping is the principal Kadampa Buddhist Centre in East Herts and Essex. Its purpose is to give people the opportunity to practice meditation and Kadampa Buddhism. The Centre is a member of the International Kadampa Buddhist Union, an international association of Mahayana Buddhist study and meditation centres that follow the Kadampa Buddhist tradition founded by Geshe Kelsang Gyatso.</p> <p>The Centre offers weekly meditation classes, Foundation Programme (FP), chanted meditation sessions (pujas), Sunday Prayers &amp; Prayers for World Peace and Precepts days which are suitable for everyone.</p> <p>Weekly meditation classes are held at Billericay, Bishop's Stortford, Braintree, Chelmsford, Hoddesdon, Epping (coffee morning, lunchtime and evening), Leigh-on-Sea, Rayleigh, Romford, South Woodford and Westcliff-on-Sea. Classes include guided meditations so that you can learn how to meditate correctly, and advice on how to apply meditation in daily life to achieve inner peace and happiness.</p>
<p><b>Harlow Jewish Community</b></p> <p><b>Website: <a href="http://www.harlowjewishcommunity.org.uk">www.harlowjewishcommunity.org.uk</a></b></p>	<p>Harlow Jewish Community offers a warm and inclusive atmosphere, and strong community spirit to its members, friends and supporters. Since 1952 we have been serving Harlow town and the surrounding areas of Essex, Hertfordshire and North East London.</p> <p>Our synagogue is located on Harberts Road in Harlow town and is equipped with modern facilities including a sanctuary, a reception area and a fully furnished kitchen that allows us to cater for various events and occasions. In fact, when it comes to</p>

	<p>hospitality, over the years the synagogue hosted numerous wedding ceremonies and celebrations, Bar/Bat Mitzvah receptions and other joyous occasions. The synagogue has a generous rear garden where the community enjoys its summer BBQs and tea parties, and where we build our sukkah for Sukkot.</p> <p>The perimeter of the synagogue grounds is fenced, and we have secure automatic gates and CCTV in place that allow us to control the access to the synagogue grounds and the building itself. We comply with security standards and work closely with our local authority and protection officers to ensure the safety of our members and guests.</p> <p>Our modern facilities, regular services and convenient location make us the venue of choice for Jewish families and those seeking and exploring the Jewish faith in Essex, Hertfordshire and beyond.</p>
<p><b>Harlow Passmores Congregation of Jehovah's Witnesses</b></p> <p><b>Tel: 01279 437447</b>  <b>Address: Kingdom Hall Parnall Road, Staple Tye, Harlow, Essex, CM18 7NG</b></p>	<p>Jehovah's witness kingdom hall in Harlow, England</p>
<p><b>Ukraine Support</b></p>	<p><u><a href="#">ISS Harlow</a></u> - Supporting the successful integration of migrants, refugees and BME community members in Essex</p> <p><u><a href="#">Refugee Action</a></u> – are a voluntary organisation working with refugees, asylum seekers and people with no recourse to public funds</p> <p><u><a href="#">RAMFEL</a></u> (Refugee &amp; Migrant Forum of Essex and London) is a charity that supports vulnerable migrants to access justice and that provides vital support in moments</p>

## **Information for Schools**

**The Bell Foundation** - Advice for schools welcoming refugee children

[Click here](#)



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# Bereavement/Loss West Essex

## St Clare Hospice

01279 967670

[St Clare Hospice - West Essex and East Hertfordshire Border](#)

See website for more details

For more information for local cafes - [Bereavement Café - St Clare Hospice](#)

Our bereavement support Helpline – 9a.-5pm Monday to Friday

## St Francis Hospice

Tel: 01708 753319

Website: [www.sfh.org.uk](http://www.sfh.org.uk)

Saint Francis Hospice is a centre of excellence in the care of those with life limiting illnesses. Our team of specialist consultants, doctors, nurses and health care assistants provide practical and emotional support for adults of all ages and give specialist bereavement support to family members from as young as 20 months.



# Child Behavioural Difficulties West Essex

Child to parent abuse	<a href="#">Child to parent abuse   Parental Education Growth Support (PEGS) (pegsupport.co.uk)</a> View website for referral form
<b>Home Start Essex</b>  Home-Start Essex Unit 16d Reeds Farm Estate Chelmsford Essex CM1 3st  Tel: 01245 847410  Email: <a href="mailto:info@home-startessex.org.uk">info@home-startessex.org.uk</a>  Web: <a href="http://www.home-startessex.org.uk">www.home-startessex.org.uk</a>	Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally. Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children. Our Support includes: <ul style="list-style-type: none"> <li>• Home-Visiting</li> <li>• Telephone Support</li> <li>• Family Groups</li> <li>• Nursery/School Readiness</li> <li>• Wellbeing Groups</li> <li>• Other Specialist Support</li> </ul>

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# Crime/Anti-Social Behaviour West Essex

## Brentwood Borough Council

Tel: 01277 312500

Email: [enquiries@brentwood.gov.uk](mailto:enquiries@brentwood.gov.uk)

Website: [www.brentwood.gov.uk](http://www.brentwood.gov.uk)

Community safety advice

## Embrace

[Children's Charity, Supporting Child Victims of Crime | Embrace CVoC](#)

We don't believe any child needing specialist help should have to go on a waiting list. Everything we do aims to help children, young people and their families recover from their experiences of crime.

We provide face-to-face emotional support and counselling in schools to children who've witnessed or been victims of crime.

We provide telephone and online emotional support to help young people understand their feelings, rebuild their self-confidence and self-esteem.

We give practical support to help families, whose lives have been devastated by crime, get back on their feet. We provide everyday essentials from food and clothing vouchers to books, toys, mobile phones and tablets.

And more .....

## Epping District Council

Tel: 01992 564608

Website: [www.eppingforestdc.gov.uk](http://www.eppingforestdc.gov.uk)

Community safety advice

## Essex Police CYP Police Officer

Harlow

70922 Gemma Sunderland

Email: [42070922@essex.pnn.police.uk](mailto:42070922@essex.pnn.police.uk)

Ext: 300140

There are 13 CYP officers across the force and at least one in each policing district. The role is very much focused on safeguarding and diverting children and young people away from negative behaviours.

<p><b><u>Brentwood &amp; Epping</u></b>  <b>74030 Neil Ross</b>  Email: <a href="mailto:42074030@essex.pnn.police.uk">42074030@essex.pnn.police.uk</a>  Ext: 313607</p> <p><b><u>Uttlesford</u></b>  <b>73656 Andy Holmes</b>  Email: <a href="mailto:42073656@essex.pnn.police.uk">42073656@essex.pnn.police.uk</a>  Ext: 400336</p>	<p>CYP officers work closely with partner agencies, including Youth Offending Teams and ensure the correct referrals and interventions are offered to young people at risk of offending or becoming victims.</p> <p>Their overarching aim is to identify and resolve issues involving young people within the community who are most at risk of becoming repeat offenders or victims, or at risk of harm from Child Sexual Exploitation.</p>
<p><b>Harlow Council</b></p> <p>Tel: 01279 446655  Email: <a href="mailto:contact@harlow.gov.uk">contact@harlow.gov.uk</a>  Website: <a href="http://www.harlow.gov.uk">www.harlow.gov.uk</a></p>	<p>Community safety advice</p>
<p><b>Nacro</b>  Website: <a href="http://www.nacro.org.uk">www.nacro.org.uk</a></p> <p><b>Triangle Tenancy Service</b>  Tel: 01279 413314  Address: <b>Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR</b></p>	<p><b>Triangle Tenancy Service</b> is a partnership with Westminster Drugs Project and Essex County Council that provides housing and intensive housing management support to homeless offenders and other with substance misuse issues.</p>
<p><b>Turn around programme</b></p> <p>Essex YOS HQ  Suite 4, Empire House,  Victoria Road, Chelmsford,  Essex, CM1 1PA</p> <p><b>TEL:</b> 03330 138926</p> <p><b>EMAIL:</b> <a href="mailto:YOS.TURNAROUND@essex.gov.uk">YOS.TURNAROUND@essex.gov.uk</a></p>	<p>Turnaround support is different for everyone on the programme, as it is <b>specific</b> to you. It might include.</p> <ul style="list-style-type: none"> <li>- Working towards <b>healthier relationships</b> at home, in education or with friends</li> <li>- Finding <b>activities that you enjoy</b> such as the gym, sports activities etc.</li> <li>- Helping with <b>anxiety</b>, or feelings of low mood</li> <li>- Support with <b>drugs or alcohol</b> (this can range from information about the effects on your body, to supporting you to cut down, if that is what you want to do).</li> </ul> <p>The programme aims to <b>reduce</b> the chances of you coming to <b>Police attention</b> again, via an <b>individual package of support.</b></p>

<b>Uttlesford District Council</b> Tel: <b>01799 510510</b> Email: <a href="mailto:uconnect@uttlesford.gov.uk">uconnect@uttlesford.gov.uk</a> Website: <a href="http://www.uttlesford.gov.uk">www.uttlesford.gov.uk</a>	Community safety advice
<b>West Essex Youth Offending Team</b> Tel: <b>01279 427495</b> Fax: <b>01279 436494</b> Email: <a href="mailto:yot.harlow.ecc@essex.gov.uk">yot.harlow.ecc@essex.gov.uk</a> Address: <b>Suite 3-5, Level 10, Terminus House, The High, Harlow, Essex CM20 1XA</b>	The aim of Essex Youth Offending Service (YOS) is to work with children and young people who have offended and to help prevent them getting into further trouble. We achieve this by working together with young people and their parents or carers, the victims of crime and other agencies and organisations in the local community.
<b>Victim Support</b> Email: <a href="mailto:linda.macgilivary@victimsupport.org">linda.macgilivary@victimsupport.org</a> <a href="#">Home - Victim Support</a>	They are launching a peer support group for young people aged 13-17 who are or have experienced crime. It's a 6 week programme currently running and another is due to start in January. They are virtual sessions from 6-7pm via zoom and include safety planning and exploring emotions and trauma. Young people are welcome to join quietly or interact if they wish.

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# Domestic Abuse West Essex

## Safer Places

Tel: **03301 025811**

Email: [info@saferplaces.co.uk](mailto:info@saferplaces.co.uk)

Website: [www.saferplaces.co.uk](http://www.saferplaces.co.uk)

Safer Places is an independent charity which provides a comprehensive range of services to adults and children affected by domestic and sexual abuse who live in west Essex, mid Essex, east Hertfordshire and Southend.

### Services:

- [Safe Accommodation](#)
- [Outreach Community Support](#)
- [Additional Services](#)
- [Training](#)
- [Outreach Men and LGBT](#)
- [Male Victims](#)
- [Triple R Programme](#)

## J9 Network

Tel: **01992 564454**

Email: [scpadmin@vaef.org.uk](mailto:scpadmin@vaef.org.uk)

The J9 Network is for staff from public and voluntary sector organisations in West Essex whose work may bring them into contact with victims of domestic abuse. The purpose of the Network is to provide an opportunity to share information and stay up-to-date on domestic abuse issues.

Thrive survivors group

[TEL:0747056394](tel:0747056394)

[THRIVEGROUPEPPING@GMAIL.COM](mailto:THRIVEGROUPEPPING@GMAIL.COM)

Thrive group offers trauma informed facilitated, signposting, referral service, education and training professional guest speakers, mindfulness tools and peer support

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# Disabilities/Additional Needs/SEN

## West Essex

[Home - Essex Local Offer](#)[Essex Local Offer](#)

For a more in depth pathway to SEND

### Accuro

Tel: 01279 433667

Email: [enquiries@accuro.org.uk](mailto:enquiries@accuro.org.uk)

Website: [www.accuro.org.uk](http://www.accuro.org.uk)

Uttlesford - Open 09:00 – 16:00 Monday-Friday. A charity offering respite care to disabled children and adults residing in the Uttlesford District. Adult friendship scheme operating in Saffron Walden.

### Action For Family Carers

Tel: 01621 851640

Fax: 01621 874817

Email: [enquiries@affc.org.uk](mailto:enquiries@affc.org.uk)

Website: [www.affc.org.uk/services/young-carers](http://www.affc.org.uk/services/young-carers)

Address: **Brickhouse Farm, Poulton Close, Maldon Essex. CM9 6NG**

Young Carers are children as young as five years old, and any young person aged under 18, whose life is restricted in some way because they look after someone else on a regular basis.

There are approximately 10,000 Young Carers in Essex and 700,000 across the UK. They may be the main Carer, or provide partial care for their mother, father, brother, sister or other family member due to mental or physical illness, old age or disability.

- One-to-one support sessions in school giving Young Carers the opportunity to talk confidentially to somebody who understands.
- Practical support such as providing support in meetings with teachers to explain why, for example, they have fallen behind with their homework.
- Informal drop-in groups where Young Carers can meet others in the same situation and access information and advice.
- Information on how to access Respite Clubs in the local area where Young Carers can meet other young people in the same situation.
- Raising awareness of Young Carers to both staff and students through PSHE lessons, assemblies and Teacher Training.

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<p><b>Brentwood Club for Visually Impaired Persons</b></p> <p>Website: <b>33 Oakwood Avenue, Hutton, CM13 1PT</b> Tel: <b>01277 226 152</b></p>	<p>To relieve the condition of visually impaired persons in Brentwood and the surrounding district, in ways which may include one or both of the following: (i) the provision of facilities for recreation or other leisure-time occupation in the interests of social welfare, so that their conditions of life may be enhanced. (ii) the provision of educational services and/or facilities, particularly those which aim to relieve the condition of visual impairment.</p>
<p><b>Citizen's Advice Bureau Brentwood</b></p> <p>Suite 4, Town Hall, Ingrave Road BRENTWOOD Essex CM14 9PJ</p> <p>0300 330 2101</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Citizen's Advice Bureau Epping Forest District</b></p> <p>Ernest Wythes House, 50A Hemnall Street, EPPING Essex CM16 4LS</p> <p><a href="http://www.citizensadviceefd.org.uk/">http://www.citizensadviceefd.org.uk/</a></p> <p>0300 330 2107</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>

<p><b>Citizen's Advice Bureau Harlow</b></p> <p>13-15 East Gate The High HARLOW Essex CM20 1HP</p> <p><a href="http://www.citizensadvice.org.uk/harlow/">http://www.citizensadvice.org.uk/harlow/</a></p> <p>03444770808</p> <p>01279 770189 (Appointment cancellations/changes only)</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Citizen's Advice Bureau Uttlesford District</b></p> <p>Barnard's Yard Uttlesford SAFFRON WALDEN Essex CB11 4EB</p> <p><a href="http://www.uttlesfordcab.org.uk/">http://www.uttlesfordcab.org.uk/</a></p> <p><a href="mailto:bureau@uttlesfordcab.cabnet.org.uk">bureau@uttlesfordcab.cabnet.org.uk</a></p> <p>01799 618840</p> <p><a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Buffy Playbus</b></p> <p><b>Email address:</b> <a href="mailto:rose.juhl@btconnect.com">rose.juhl@btconnect.com</a></p>	<p>Who the service provides for: Children under 5 plus their parents and careers</p>



<p><b>Phone number:</b> 01799 522130  <b>Website:</b> <a href="http://www.buffybus.co.uk">www.buffybus.co.uk</a>  <b>Operational locations:</b> Uttlesford</p>	<p>Buffy Playbus is a fully equipped double 'decker which provides a fun environment with stimulating resources and learning opportunities which are linked to the Early Years Foundation Stage requirements, to educate and care for children under 5, including children with special educational needs and disabilities. Parents and carers are encouraged to learn alongside their children and to build supportive friendships, which in turn leads to stronger communities. We place a strong emphasis on equipping children with skills to have a more fluid transition to Primary education and success in future life</p>
<p><b>Children's Continuing Healthca</b></p> <p>Telephone : 01442-284105  Email: <a href="mailto:hvccg.cypcc@nhs.net">hvccg.cypcc@nhs.net</a></p>	<p>Children and young people with additional health needs which are very complex because of:</p> <ul style="list-style-type: none"> <li>• Congenital conditions</li> <li>• Long-term or life-limiting conditions</li> <li>• Disability</li> <li>• Serious illness or injury</li> </ul> <p>may be entitled to an assessment by Children's Continuing Healthcare Service (NHS). Please discuss a referral with your child/young person's healthcare professional or social worker.</p>
<p><b>Family Lives</b></p> <p><b>Tel:</b> 0204 522 8700 or 8701  <b>Email:</b> <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a></p>	<p>Family Lives is a national charity providing family support. Family Lives are now able to offer individual and group support services to both lone parents and to parents of children with SEN affected by the impact of Covid19. These services, delivered by phone or MS Teams, are now freely available to families living across all areas of Essex as part of the targeted well-being support grant funded by Essex County Council.</p> <p>Services available:</p> <ul style="list-style-type: none"> <li>• Parenting groups for Lone Parents</li> <li>• Parenting groups for Parents of Children with SEN</li> <li>• Individual support for Lone Parents</li> <li>• Individual support for Parents of Children with SEN</li> </ul>
<p><b>InterAct</b></p>	<p>They offer training for families, young people and professionals.</p>

<p>Tel: <b>01245 608 201</b>  Address: <b>Moulsham Mill, Parkway, Chlemsford, CM2 7PX</b></p> <p>Email: <b>youngpeopleteam@interact.org.uk</b></p>	<p>They run evening and holiday activities for young people with SEND ages 10-25. (e.g. cooking, going out for meals, the zoo, jump street)</p> <p>Parents can join a waiting list or book these activities through their website: <a href="#">InterAct - working with people to fulfil their potential, improve their lives and their communities.</a></p>
<p><b>Lambourne End Centre for Outdoor Learning</b></p> <p><b>Email address:</b> carolan.casey@lambourne-end.org.uk  <b>Phone number:</b> 020 8500 3047 extension 221  <b>Website:</b> www.lambourne-end.org.uk/shortbreaks  <b>Operational locations:</b> Canvey island, Epping forest, Harlow, Rochford, Uttlesford</p>	<p>Who the service provides for:  The Fun Days are for any young person with a disability or additional need aged 8 or over in Essex.</p> <p>At the Fun Days at Lambourne End, young people with additional needs will have the opportunity to take in a range of adventurous, farm and environmental activities. This is a great opportunity to try new activities and have a lot of fun! Activities available are: Archery, Sensory Trail, Goat Show, Climbing, Mini Beast Hunting, Kayaking, Caving, Bush Craft, Ropes Course, Raft Building and Rockets. There will be three different activities available each Fun Day. Transport can be provided from Saffron Walden, Bishops Stortford, Harlow, Epping, Rochford and Canvey Island.</p>
<p><b>My World Therapy</b></p> <p><b>Who the service provides for:</b> 0-18 years  <b>Email address:</b> info@myworldtherapy.co.uk  <b>Phone number:</b> 07380 286811  <b>Website:</b> www.myworldtherapy.co.uk  <b>Operational locations:</b> Bishops Stortford, Harlow, Saffron Walden, Uttlesford</p>	<p>My World Therapy provides highly specialist private Pediatric Occupational Therapy for children with Autistic Spectrum Disorder, ADHD, Developmental Delay, Developmental Coordination Disorder and syndromes such as such Down Syndrome, Rett Syndrome, William's Syndrome and Fragile X.</p>
<p><b>Nurture in Nature Dramatherapy</b></p> <p><b>Email address:</b>  nurtureinnaturedramatherapy@gmail.com  <b>Phone number:</b> 07732 818397</p>	<p>Dramatherapy, a type of psychotherapy, can support children and young people with issues and needs. Nurture in Nature dramatherapy provides creative, non-direct approach to therapy which supports children and young people with issues and traumas. Nature in nurture offers 1:1 or group dramatherapy with a qualified dramatherapist who specialises in working with children, young people and families.</p>

<p><b>Operational locations:</b> Braintree, Uttlesford</p>	<p>The therapy is tailored to a specific aim or need and sessions are led by the child, using creative tools such as games, role plays and art to work through issues.</p> <p>Who the service provides for Nature in Nurture dramatherapy supports children aged 0-25 and their families, specialising in:</p> <ul style="list-style-type: none"> <li>• Social, emotional mental health issues such as ASD and ADHD.</li> <li>• LAC and adopted children</li> <li>• Bereavement</li> <li>• Trauma- both physical and emotional</li> </ul> <p>Hours of operation Tuesdays, Wednesdays and Thursdays 9.00am -6.00pm</p>
<p><b>Parent4Parent</b></p> <p><b>Email address:</b> julie.chase@essex.gov.uk <b>Phone number:</b> 03330 138080 <b>Operational locations:</b> Great Dunmow <b>Address:</b> Dunmow Youth Centre, North Street, Dunmow, CM6 1AZ</p>	<p>Who the service provides for: Parents, carers and families of school age children or young people experiencing social communication difficulties.</p> <p>Parent4Parent is for a group of parents, carers and families of school age children or young people experiencing social communication difficulties. They operate as a forum for sharing experiences, knowledge, tips, signposting and to support each other. From time to time Parent4Parent invite professionals as observers, contributors or presenters to the group. They meet on the second Friday of every month at the Dunmow Youth Centre in school term time between 10am-12noon. Parents and carers are welcome to just turn up but it could also be useful to email before-hand using the address below. There is no crèche but people do bring their children with them on the occasion where childcare arrangements are difficult – Parent4Parent would rather you come along than miss the group. There is free parking outside the Youth Centre although demand can be great. People then usually manage to find spaces in the side streets nearby but need to be aware of parking restrictions. Tea and coffee are always offered to ensure a warm welcome.</p>
<p><b>Spargoland</b></p>	<p>Spargoland is a purpose built salon equipped with a sensory area, wheelchair access and adapted facilities for children and adults with physical, emotional and sensory</p>

<p><b>Email address:</b> office@spargoland.co.uk <b>Phone number:</b> 01277 210768 <b>Website:</b> www.spargoland.org/ <b>Address:</b> Spargo Hairdressing, Ground Floor Rear, 2 Weald Road, Brentwood CM14 4SX</p>	<p>needs/disabilities. The hairdressing service is available to anyone that is unable to have their needs met at a high street salon.</p> <p>Who the service provides for: Any age. Any physical, emotional, sensory need and/or disability.</p> <p>Hours of operation: Monday 10.00am-2.00pm Tuesday and Thursday 10.00am-9.00pm Wednesday and Friday 10.00am-6.00pm</p>
<p><b>Rapid Ramp – Modular Access Ramps &amp; steps</b></p> <p><b>Email:</b> <a href="mailto:sales@rapidramp.co.uk">sales@rapidramp.co.uk</a></p> <p><b>Website:</b> <a href="https://www.rapidramp.co.uk/">https://www.rapidramp.co.uk/</a></p> <p><b>Telephone:</b> 0142414646</p>	<p>A UK leading <a href="#">modular ramp</a> and <a href="#">step</a> manufacturer.</p> <p>Both systems comply with DDA, Part K and M of the Building Regulations.</p> <p>Varying lengths and widths are available to suit different areas and applications. Plus, platforms can be designed in both straight-through and turning configurations.</p> <p>We offer a nationwide supply, rental and installation service. Free quotations are provided, and site surveys can be arranged.</p>

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# Early Years & Education West Essex

[CLICK HERE FOR WEST ESSEX PRIMARY SCHOOLS DIRECTORY](#)  
[CLICK HERE FOR ESSEX SECONDARY SCHOOLS DIRECTORY](#)

## Employability and Skills Team – Essex Youth Service

### Website:

<https://youth.essex.gov.uk/young-people/education-employment-and-training-support/>

### Email:

[keepincontactteam@essex.gov.uk](mailto:keepincontactteam@essex.gov.uk)

**Tel: 0800 707 6384**

## Education, Employment and Training Support

If you are 16-18 years old, live in Essex and are not in education, employment or training, an Employability and Skills Adviser can help you with your next steps. We also offer support to young people who are in home education or off school roll from (what would be) Year 11.

If you are a young person in school or college please contact your school or college Careers Coordinator or Careers Adviser. They are responsible for working with you to find education, employment or training.

Our experienced and friendly advisers are here for you and can help you research your options and understand qualifications to make sure you have all the information you need and are confident about your post-16 plans.

### We can support you into:

- College
- Apprenticeships & traineeships
- Training opportunities
- Foundation learning programmes including English and Maths
- Jobs
- Volunteering

**Work with us to receive:**

- Careers guidance for young people who are not in education, employment or training
- CV and letter writing advice
- Help completing application forms
- Advice around personal marketing techniques and how to access the hidden job market
- Advice around interview techniques
- Registering eligible 16/17-year olds for extension to child benefit claims with advice for parents and carers also provided
- Up to date vacancies and training opportunities
- Introductions to training providers and referral into study programs

If you are unemployed, opportunity ready and not in school, college or approved training then please get in touch with our team.

**Home-Start Essex**

Unit 16d Reeds Farm Estate  
Chelmsford  
Essex  
CM1 3st

Tel: 01245 847410

Email: [info@home-startessex.org.uk](mailto:info@home-startessex.org.uk)

Web: [www.home-startessex.org.uk](http://www.home-startessex.org.uk)

Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally.

Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.

Our Support includes:

- Home-Visiting
- Telephone Support
- Family Groups
- Nursery/School Readiness
- Wellbeing Groups
- Other Specialist Support

**The Box**

Tel: **01992 577300**

Website: [www.theboxepping.org.uk](http://www.theboxepping.org.uk)

The Box aims to meet the needs of young people in the Epping area by providing:

- **An Alternative Education Programme**

The Box Education Programme allows some students from years 10 and 11 to complete their education, providing learning in a more informal setting for students who find it hard to learn in the structured environment of school.

Address: **134 High Street, Epping,  
Essex CM16 4AG**

**N.B. Runs in Term-time only**

**Healthier Together - a  
community initiative**

**Website:  
hwehealthiertogether.nhs.uk**

The Healthier Together programme relies upon patients and healthcare professionals working together to improve how local healthcare is delivered. The website provides advice for parents, young people and pregnant women, and clinical resources to support healthcare professionals – which means that your child is likely to receive consistently high-quality care, irrespective of which healthcare professional they see.

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# Employment West Essex

## The Box

Tel: 01992 577300

Website: [www.theboxepping.org.uk](http://www.theboxepping.org.uk)

Address: 134 High Street, Epping, Essex. CM16 4AG

The Box aims to meet the needs of young people in the Epping area by providing:

- Quality Information & Advice Services

The Box offers a range of information and advice services to enable young people to explore new opportunities and to make informed lifestyle choices and career decisions. Other agencies and professionals are available to provide specific advice where needed.

## Employability and Skills Team – Essex Youth Service

Website: <https://youth.essex.gov.uk/young-people/education-employment-and-training-support/>

Email: [keepincontactteam@essex.gov.uk](mailto:keepincontactteam@essex.gov.uk)

Tel: 0800 707 6384

## Education, Employment and Training Support

If you are 16-18 years old, live in Essex and are not in education, employment or training, an Employability and Skills Adviser can help you with your next steps. We also offer support to young people who are in home education or off school roll from (what would be)

Year 11.

If you are a young person in school or college please contact your school or college Careers Coordinator or Careers Adviser. They are responsible for working with you to find education, employment or training.

Our experienced and friendly advisers are here for you and can help you research your options and understand qualifications to make sure you have all the information you need and are confident about your post-16 plans.

## We can support you into:

- College
- Apprenticeships & traineeships
- Training opportunities
- Foundation learning programmes including English and Maths



	<ul style="list-style-type: none"><li>• Jobs</li><li>• Volunteering</li></ul> <p><b>Work with us to receive:</b></p> <ul style="list-style-type: none"><li>• Careers guidance for young people who are not in education, employment or training</li><li>• CV and letter writing advice</li><li>• Help completing application forms</li><li>• Advice around personal marketing techniques and how to access the hidden job market</li><li>• Advice around interview techniques</li><li>• Registering eligible 16/17-year olds for extension to child benefit claims with advice for parents and carers also provided</li><li>• Up to date vacancies and training opportunities</li><li>• Introductions to training providers and referral into study programs</li></ul> <p>If you are unemployed, opportunity ready and not in school, college or approved training then please get in touch with our team.</p>
<p><b>Citizen's Advice Bureau Brentwood</b></p> <p>Suite 4, Town Hall, Ingrave Road BRENTWOOD Essex CM14 9PJ</p> <p>0300 330 2101</p> <p><a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Citizen's Advice Bureau Epping Forest District</b></p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>

Ernest Wythes House, 50A Hemnall Street,  
EPPING  
Essex  
CM16 4LS

<http://www.citizensadviceefd.org.uk/>

0300 330 2107

### **Citizen's Advice Bureau Harlow**

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

13-15 East Gate The High  
HARLOW  
Essex  
CM20 1HP

<http://www.citizensadvice.org.uk/harlow/>

03444770808

01279 770189 (Appointment  
cancellations/changes only)

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

### **Citizen's Advice Bureau Uttlesford District**

Barnard's Yard Uttlesford  
SAFFRON WALDEN  
Essex  
CB11 4EB

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

<p><a href="http://www.uttlesfordcab.org.uk/">http://www.uttlesfordcab.org.uk/</a></p> <p>bureau@uttlesfordcab.cabnet.org.uk</p> <p>01799 618840</p> <p><a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	
<p><b>Jobcentre Plus Brentwood</b></p> <p>Tel: <b>0845 6043719</b></p> <p>Address: <b>Fairfield House, Fairfield Road, Brentwood, Essex. CM14 4SB</b></p>	<p>Benefits &amp; employment advice</p>
<p><b>Jobcentre Plus Harlow</b></p> <p>Tel: <b>0845 6043719</b></p> <p>Address: <b>Beaufort House, Crown Gate, Harlow, Essex. CM20 1NA</b></p>	<p>Benefits &amp; employment advice</p>

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# Family Conflict West Essex

## FIF Funded Project

Kids Inspire  
Children's Society and Southend YMCA  
(joint project)

Email: [earlysupport@kidsinspire.org.uk](mailto:earlysupport@kidsinspire.org.uk)

Website: [www.kidsinspire.org.uk](http://www.kidsinspire.org.uk)

Telephone: 01245 348707, or 07908  
829550

See the [Countywide Family Conflict page](#) for more information.

## FIF Funded Project

### GROUP WORK

Kids Inspire  
Children's Society and Southend YMCA  
(joint project)

Email:  
[fifreferrals@childrenssociety.org.uk](mailto:fifreferrals@childrenssociety.org.uk)

Tel: 01245 493400 or 01245 493311

See the [Countywide Family Conflict page](#) for more information.

## Relate

Tel: 01245 258680

Email: [enquiries@relatenene.org.uk](mailto:enquiries@relatenene.org.uk)

Website: [www.relate.org](http://www.relate.org)

Address: Loughton Relate  
9-11 High Beech Road, Loughton,  
Essex, IG10 4BN

We're the UK's largest provider of relationship support, and every year we help over a million people of all ages, backgrounds and sexual orientations to strengthen their relationships. Find out more about what we do and how we can help you here. [Read More...](#)

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# Family Hubs West Essex

## Epping Forest

### **Brambles Family Hub**

Epping Library, St Johns Road, Epping, CM16 5DN

Tel: **0300 247 0122**

Website:

[www.essexfamilywellbeing.co.uk/centre/brambles-family-hub](http://www.essexfamilywellbeing.co.uk/centre/brambles-family-hub)

### **Hazelwood Healthy Family Delivery Site**

Hillhouse Primary School, Ninefields,

Waltham Abbey, EN9 3EL

Tel: **0300 247 0122**

Website:

[www.essexfamilywellbeing.co.uk/centre/hazelwood-family-hub/](http://www.essexfamilywellbeing.co.uk/centre/hazelwood-family-hub/)

### **Little Oaks Healthy Family Delivery Site**

Loughton Resource Centre, Torrington Drive,

Loughton, IG10 3TD

Tel: **0300 247 0122**

Website:

[www.essexfamilywellbeing.co.uk/centre/little-oaks-family-hub](http://www.essexfamilywellbeing.co.uk/centre/little-oaks-family-hub)

**All health visitors and School Nurses should now be contacted on the number to the left, which is the Admin Hub for the whole of West Essex.**

**Each website contains a calendar of classes and activities held at each site.**

Family Hubs (formerly known as Children's Centres) are at the heart of our service and are from where we deliver and coordinate most of our services. There is one main Family Hub in each area and we also reach out from there to provide services from nearby Healthy Family Delivery Sites, which may be closer to home and more convenient to access for some residents.

Essex Child and Family Wellbeing Service help other organisations and families themselves to run services and activities from Family Hubs and Delivery Sites. For example, midwives from a maternity unit may run clinics there, as may the NHS service responsible for administering childhood immunisations.

We host an array of family support services who can help you such as the Citizen's Advice Bureau, Home-Start, Safer Places and Adult Community Learning. We are proactively encouraging people from our local communities to play a role in our Family Hubs so if you are interested in leading a peer support group or becoming a volunteer please get in touch.

**True Stars Healthy Family Delivery Site,**

The Limes Centre, Limes Farm,  
Chigwell, IG7 5LP

Tel: **0300 247 0122**

Website:

[www.essexfamilywellbeing.co.uk/centre/little-oaks-family-hub](http://www.essexfamilywellbeing.co.uk/centre/little-oaks-family-hub)

**Harlow**

**Tree House Family Hub,**

Parnall Road, Harlow, CM18 7NG

Tel: **0300 247 0122**

Website:

[www.essexfamilywellbeing.co.uk/centre/tree-house-family-hub](http://www.essexfamilywellbeing.co.uk/centre/tree-house-family-hub)

**The Meadows Healthy Family Delivery Site,**

Harberts Road, Harlow, CM194DL

Tel: **0300 247 0122**

Website:

[www.essexfamilywellbeing.co.uk/centre/the-meadows-family-hub](http://www.essexfamilywellbeing.co.uk/centre/the-meadows-family-hub)

**Potter Street Healthy Family Delivery Site,**

Carters Mead, Harlow, CM17 9EU

Tel: **0300 247 0122**

Website:

[www.essexfamilywellbeing.co.uk/centre/potter-street-family-hub](http://www.essexfamilywellbeing.co.uk/centre/potter-street-family-hub)

**NEW ROLE -**

**WHO ARE WE?** We are a team of coordinators who provide a single point of access ensuring that you have access to quality information and resources. We will ensure consistency of individualised support until your needs have been fully met at any point of your pathway journey

**WHO IS OUR SERVICE FOR?** Our service is for children, young people up to the age of 25 and families

**HOW CAN YOU CONTACT US?** The coordinators are available Monday to Friday from 9:00am to 5:00pm (excluding public holidays). Referrals can be from professionals, families, children and young people who can self-refer.

Contact your local Hub for support

## **Uttlesford**

### **Spangles Family Hub,**

Lower Street, Stansted, Mountfitchet, CM24 8LR

Tel: **0300 247 0122**

Website:

[www.essexfamilywellbeing.co.uk/centre/spangles-family-hub](http://www.essexfamilywellbeing.co.uk/centre/spangles-family-hub)

### **Little Goslings Healthy Family Delivery Site,**

North Street, Great Dunmow, CM6 1AZ

Tel: **0300 247 0122**

[www.essexfamilywellbeing.co.uk/centre/little-goslings-family-hub](http://www.essexfamilywellbeing.co.uk/centre/little-goslings-family-hub)

## **Brentwood:**

Larchwood Gardens Family Hub, Larchwood Primary,

Larchwood Gardens, Pilgrim's Hatch, CM15 9NG

Tel: 0300 247 0013

Address: [vcl.essexsouth-southwest@nhs.net](mailto:vcl.essexsouth-southwest@nhs.net)

[www.essexfamilywellbeing.co.uk/centre/larchwood-gardens-family-hub/](http://www.essexfamilywellbeing.co.uk/centre/larchwood-gardens-family-hub/)

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# Financial Concerns West Essex

## **Brentwood District Council**

Tel: **01277 312500**

Email: [enquiries@brentwood.gov.uk](mailto:enquiries@brentwood.gov.uk)

Website: [www.brentwood.gov.uk](http://www.brentwood.gov.uk)

Benefits and debt advice

## **Citizen's Advice Bureau Brentwood**

Suite 4, Town Hall, Ingrave Road  
BRENTWOOD  
Essex  
CM14 9PJ

0300 330 2101

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

## **Citizen's Advice Bureau Epping Forest District**

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Ernest Wythes House, 50A Hemnall  
Street,  
EPPING  
Essex

The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

<p>CM16 4LS</p> <p><a href="http://www.citizensadvicefd.org.uk/">http://www.citizensadvicefd.org.uk/</a></p> <p>0300 330 2107</p>	
<p><b>Citizen's Advice Bureau Harlow</b></p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p> <p>13-15 East Gate The High HARLOW Essex CM20 1HP</p> <p><a href="http://www.citizensadvice.org.uk/harlow/">http://www.citizensadvice.org.uk/harlow/</a></p> <p>03444770808</p> <p>01279 770189 (Appointment cancellations/changes only)</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Citizen's Advice Bureau Uttlesford District</b></p> <p>Barnard's Yard Uttlesford SAFFRON WALDEN Essex CB11 4EB</p> <p><a href="http://www.uttlesfordcab.org.uk/">http://www.uttlesfordcab.org.uk/</a></p> <p><a href="mailto:bureau@uttlesfordcab.cabnet.org.uk">bureau@uttlesfordcab.cabnet.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>

<p>01799 618840  <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	
<p><b>Daily Bread Café</b></p> <p>Tel: 01277 262864          (office open 9.30-1.30)</p>	<p>Café is open Tues to Fri (Thursday is Parents &amp; Carers for under 5's) 9.30 - 1pm.          The Food Hub continues to operate for anyone to collect food Mon to Sat 10am to 12noon.</p> <p>Email : <a href="mailto:dailybread@huttonparish.com">dailybread@huttonparish.com</a> for more details</p>
<p><b>Epping District Council</b></p> <p>Tel: <b>01992 564288</b>          Email:  <a href="mailto:contactus@eppingforestdc.gov.uk">contactus@eppingforestdc.gov.uk</a>          Website: <a href="http://www.eppingforestdc.gov.uk">www.eppingforestdc.gov.uk</a>          Address: <b>Civic Offices, High Street,          Epping, Essex CM16 4BZ</b></p>	<p>Benefits and debt advice.</p>
<p><b>Harlow District Council</b></p> <p>Tel: <b>01279 446655</b>          Email: <a href="mailto:contact@harlow.gov.uk">contact@harlow.gov.uk</a>          Website: <a href="http://www.harlow.gov.uk">www.harlow.gov.uk</a>          Address: <b>Civic Centre, Water Gardens,          Harlow, Essex. CM20 1WG</b></p>	<p>Benefits and debt advice</p>
<p><b>Lighthouse Furniture Project</b></p> <p>Tel: <b>01277 222050</b>          Website: <a href="http://www.lighthousefurniture.org">www.lighthousefurniture.org</a>          Address: <b>27 Tallon Road, Hutton,          Brentwood, Essex. CM13 1TE</b></p>	<p><b>What we do</b>          Prevent reusable items going to landfill and re-use them to help those in need by providing good quality second-hand furniture and household items at affordable prices. <a href="#">Read More...</a></p>
<p><b>Uttlesford District Council</b></p> <p>Tel: <b>01799 510335</b>          Email: <a href="mailto:benefits@uttlesford.gov.uk">benefits@uttlesford.gov.uk</a></p>	<p>Benefits and debt advice</p>

<p>Website: <a href="http://www.uttlesford.gov.uk">www.uttlesford.gov.uk</a>          Address: London Road, Saffron Walden, Essex. CB11 4ER</p>	
<p><b>Community Money Advice</b></p> <p><b>Website:</b>  <a href="http://www.communitymoneyadvice.com">www.communitymoneyadvice.com</a>  <b>Tel: 01743 341929</b>  <b>Email:</b>  <a href="mailto:info@communitymoneyadvice.com">info@communitymoneyadvice.com</a></p> <p><b>Address: CMA @ Buckhurst Hill, St Stephen's Church, Albert Road, Buckhurst Hill, IG9 6FD</b>  <b>Tel: 020 8505 0022</b></p> <p><b>Address: Bishops Stortford Money Advice Service, Charis Centre, Water Lane, Bishops Stortford, CM23 2JZ</b>  <b>Tel: 01279 652523</b>  <b>Website: <a href="http://www.bs-money-advice-service.org.uk">www.bs-money-advice-service.org.uk</a></b>  <b>Email:</b>  <a href="mailto:bsmoneyadvice@ntlworld.com">bsmoneyadvice@ntlworld.com</a></p>	<p>Asking for help can be difficult but all our CMA advisers do understand this. They will be able to discuss with you the different options you may have and help you choose what you would like to do. Whatever your problem however big or small it always seems so much better when you share it with someone. At CMA we will give you all the time and space you feel you need and will be alongside you for however long you want.</p> <p>Please use the interactive map or Post Code search facility to find your local CMA debt advice centre. They will be more than happy to help. You can either phone or use the email link to request an appointment.</p> <p>All CMA centres adhere to certain basic principles, including the following:</p> <ul style="list-style-type: none"> <li>• Advice is completely free</li> <li>• Advice is unconditional &amp; completely confidential</li> </ul>
<p><b>Matching Tye Foodbank</b></p> <p><b>Tel: 01279 724515</b>  <b>Email: <a href="mailto:harlowfoodbank@mrct.org.uk">harlowfoodbank@mrct.org.uk</a></b></p> <p><b>Address: MRCT Office, Unit 8 Housham Hall Farm, Harlow Road, Matching Tye CM17 0P</b></p>	<p>For more details, see website  <b>Website: <a href="http://www.mrct.org.uk">www.mrct.org.uk</a></b></p>

<p><b>Harlow Foodbank</b></p> <p><b>Tel:</b> 01279 724515 <b>Email:</b> <a href="mailto:harlowfoodbank@mrct.org.uk">harlowfoodbank@mrct.org.uk</a></p> <p><b>Address:</b> Salvation Army, Tendring Road, Harlow CM18 6RN</p>	<p>For more details, see website <b>Website:</b> <a href="http://www.mrct.org.uk">www.mrct.org.uk</a></p>
<p><b>Harlow Foodbank</b></p> <p><b>Tel:</b> 01279 724515 <b>Email:</b> <a href="mailto:harlowfoodbank@mrct.org.uk">harlowfoodbank@mrct.org.uk</a></p> <p><b>Address:</b> St Paul's Church, College Square, Harlow Town Centre, Harlow CM20 1LP</p>	<p>For more details, see website <b>Website:</b> <a href="http://www.mrct.org.uk">www.mrct.org.uk</a></p>
<p><b>Debden Foodbank</b></p> <p><b>Tel:</b> 0208 7877149 07402 032313 <b>Email:</b> <a href="mailto:info@eppingforest.foodbank.org.uk">info@eppingforest.foodbank.org.uk</a></p> <p><b>Address:</b> Debden Library, New City College, Borders Lane, Debden IG10 3SA</p>	<p>For more details, see website <b>Website:</b> <a href="http://www.eppingforest.foodbank.org.uk">www.eppingforest.foodbank.org.uk</a></p>
<p><b>Loughton Foodbank</b></p> <p><b>Tel:</b> 0208 7877149 07402 032313 <b>Email:</b> <a href="mailto:info@eppingforest.foodbank.org.uk">info@eppingforest.foodbank.org.uk</a></p>	<p>For more details, see website <b>Website:</b> <a href="http://www.eppingforest.foodbank.org.uk">www.eppingforest.foodbank.org.uk</a></p>

<p><b>Address:</b> Hope Centre, St Mary's Church, 201 High Road, Loughton IG10 1BB</p>	
<p><b>Epping Forest Foodbank</b></p> <p><b>Tel:</b> 0208 7877149 / 07402 032313</p> <p><b>Email:</b> <a href="mailto:info@eppingforest.foodbank.org.uk">info@eppingforest.foodbank.org.uk</a></p> <p><b>Address:</b> The Box, St. John's Road, Epping CM16 5DN</p>	<p>For more details, see website</p> <p><b>Website:</b> <a href="http://www.eppingforest.foodbank.org.uk">www.eppingforest.foodbank.org.uk</a></p>
<p><b>Uttlesford Food Bank</b></p> <p><b>Tel:</b> 07531 436335</p> <p><b>Email:</b> <a href="mailto:info@uttlesford.foodbank.org.uk">info@uttlesford.foodbank.org.uk</a></p> <p><b>Address:</b> Stansted House, 9 Shire Hall, Saffron Walden CB11 3AQ</p>	<p>All food parcels are delivered within 24 hours of a referral</p> <p>For more details, visit</p> <p><b>Website:</b> <a href="http://www.uttlesford.foodbank.org.uk">www.uttlesford.foodbank.org.uk</a></p>

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# Housing Concerns West Essex

<p><b>Clutter score –</b></p> <p>Hoarding or poor home conditions</p>	<p>A clear visual to gage the rating of home conditioners</p> <p>Helpful when sharing your concerns with other services</p> <p><a href="#">Microsoft PowerPoint - cir pictures.ppt [Compatibility Mode] (hoardingdisordersuk.org)</a></p>
<p><b>Brentwood District Council</b></p> <p>Tel: <b>01277 312500</b>          Email: <a href="mailto:enquiries@brentwood.gov.uk">enquiries@brentwood.gov.uk</a>          Website: <a href="http://www.brentwood.gov.uk">www.brentwood.gov.uk</a></p>	<p>Housing information and advice.</p>
<p><b>Citizen’s Advice Bureau Brentwood</b></p> <p>Suite 4, Town Hall, Ingrave Road          BRENTWOOD          Essex          CM14 9PJ</p> <p>0300 330 2101</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Citizen’s Advice Bureau Epping Forest District</b></p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>

<p>Ernest Wythes House, 50A Hemnall Street, EPPING Essex CM16 4LS</p> <p><a href="http://www.citizensadviceefd.org.uk/">http://www.citizensadviceefd.org.uk/</a></p> <p>0300 330 2107</p>	
<p><b>Citizen's Advice Bureau Harlow</b></p> <p>13-15 East Gate The High HARLOW Essex CM20 1HP</p> <p><a href="http://www.citizensadvice.org.uk/harlow/">http://www.citizensadvice.org.uk/harlow/</a></p> <p>03444770808</p> <p>01279 770189 (Appointment cancellations/changes only)</p> <p>Website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Citizen's Advice Bureau Uttlesford District</b></p> <p>Barnard's Yard Uttlesford SAFFRON WALDEN Essex CB11 4EB</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>



<p><a href="http://www.uttlesfordcab.org.uk/">http://www.uttlesfordcab.org.uk/</a></p> <p>bureau@uttlesfordcab.cabnet.org.uk</p> <p>01799 618840</p> <p><a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a></p>	
<p><b>Epping District Council</b></p> <p>Tel: <b>01992 564288</b></p> <p>Email: <a href="mailto:contactus@eppingforestdc.gov.uk">contactus@eppingforestdc.gov.uk</a></p> <p>Website: <a href="http://www.eppingforestdc.gov.uk">www.eppingforestdc.gov.uk</a></p>	<p>Housing information and advice.</p>
<p><b>Peabody (Formerly Family Mosaic)</b></p> <p>Tel: <b>0800 28 888 83</b></p> <p>Email: <a href="mailto:efsco-ordinator@peabody.org.uk">efsco-ordinator@peabody.org.uk</a></p> <p>Website: <a href="http://www.peabodycareandsupport.org.uk/essex-outreach-support/">www.peabodycareandsupport.org.uk/essex-outreach-support/</a></p>	<p>Please see the <a href="#">Countywide Housing Concerns</a> Page for more information.</p>
<p><b>Harlow District Council</b></p> <p>Tel: <b>01279 446655</b></p> <p>Email: <a href="mailto:contact@harlow.gov.uk">contact@harlow.gov.uk</a></p> <p>Website: <a href="http://www.harlow.gov.uk">www.harlow.gov.uk</a></p> <p>Address: <b>Civic Centre, Water Gardens, Harlow, Essex. CM20 1WG</b></p>	<p>Housing information and advice</p>

<p><b>Moat</b></p> <p>Tel: <b>0300 3230011</b>  Email: <a href="mailto:customer@moat.co.uk">customer@moat.co.uk</a>  Website: <a href="http://www.moat.co.uk">www.moat.co.uk</a>  Areas Covered: <b>Harlow</b></p>	<p>Moat is a housing association employing over 300 people and providing affordable homes in thriving communities for people in the South East. For over forty years, we've delivered high quality general needs homes for affordable rent, retirement housing, and independent living, and we have a strong affordable home ownership offer.</p> <p><a href="#">Read More...</a></p>
<p><b>Nacro</b></p> <p><b>Epping Single Homeless Project</b>  Tel: <b>01279 443303</b>  Address: <b>Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR</b></p> <p><b>Mental Health Service - West Essex</b>  Tel: <b>01279 443303</b>  Address: <b>Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR</b>  Website: <a href="http://www.nacro.org.uk">www.nacro.org.uk</a></p> <p><b>Triangle Tenancy Service</b>  Tel: <b>01279 413314</b>  Address: <b>Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR</b></p>	<p><b>Epping Single Homeless Project</b> provides supported accommodation within the Epping Forest district. The project helps young people aged 16-18, 19-21 and 22+ to further establish, maintain and develop their independent living skills.</p> <p>The accommodation provision varies from shared accommodation to single units.</p> <p><b>Nacro Mental Health Service - West Essex</b> offers accommodation and support for people with mental health problems aged from 16 to 64. Our focus is to support people to develop independent life skills, grow in confidence, take control of their lives and their mental health condition, and to break the cycle of hospitalisation and homelessness.</p> <p><b>Triangle Tenancy Service</b> is a partnership with Westminster Drugs Project and Essex County Council that provides housing and intensive housing management support to homeless offenders and other with substance misuse issues.</p>
<p><b>Uttlesford District Council</b></p> <p>Tel: <b>01799 510335</b>  Email: <a href="mailto:housingadmin@uttlesford.gov.uk">housingadmin@uttlesford.gov.uk</a>  Website: <a href="http://www.uttlesford.gov.uk">www.uttlesford.gov.uk</a>  Address: <b>London Road, Saffron Walden, Essex. CB11 4ER</b></p>	<p>Housing information and advice</p>

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# LGBT+

# West Essex

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# Legal West Essex

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# Socially Isolated West Essex

## The Box

Tel: 01992 577300

Website: [www.theboxepping.org.uk](http://www.theboxepping.org.uk)

Address: 134 High Street, Epping,  
Essex. CM16 4AG

The Box is a small local charity providing services for young people in the Epping area since 2005, including:

- a safe social space after school offering activities and advice
- a professional counselling service for young people
- dedicated clubs for young people needing extra help and support
- Open Box Education Centre is registered as an independent school with the DfE and provides a full time education programme for 14-16s, offering a range of GCSEs and other qualifications as an alternative to permanent exclusion.

The Box and Open Box Education Centre are situated on St John's Road in Epping, next door to the library. You can contact us on 01992 577 300.

## Home-Start Essex

Unit 16d Reeds Farm Estate  
Chelmsford  
Essex  
CM1 3ST

Tel: 01245 847410

Email: [info@home-startessex.org.uk](mailto:info@home-startessex.org.uk)

Web: [www.home-startessex.org.uk](http://www.home-startessex.org.uk)

Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally.

Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.

Our Support includes:

- Home-Visiting
- Telephone Support
- Family Groups
- Nursery/School Readiness

- Wellbeing Groups
- Other Specialist Support

### Essex Welfare Service

Tel: 0300 303 9988

Email:

[Provide.essexwelfareservice@nhs.net](mailto:Provide.essexwelfareservice@nhs.net)

website [Essex Wellbeing Service](#).

If members of the public need support with advice, daily living tasks & wellbeing.

Mon – Fri 8am – 7pm

Saturday 9am-12pm

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# Mental Health – Children West Essex

## Brentwood Catholic Children’s Society

Tel: **01268 784544**  
 Email: [headoffice@bccs.org.uk](mailto:headoffice@bccs.org.uk)  
 Website: [www.bccs.org.uk](http://www.bccs.org.uk)  
 Address: **Childcare House, Little Wheatley Chase, Rayleigh, Essex. SS6 9EH**

**£50 per hour charge for service**

Brentwood Catholic Children's Society provides counselling for children and young adults up to the age of eighteen, regardless of their beliefs, together with their families, who could be experiencing emotional difficulties.  
[Read More](#)

## The Box

Tel: **01992 577300**  
 Address: **134 High Street, Epping, Essex CM16 4AG**  
 Website: [www.theboxepping.org.uk](http://www.theboxepping.org.uk)

The Box aims to meet the needs of young people in the Epping area by providing:

- **A Confidential Counselling Service**

The Box counselling service provides a safe, confidential space for young people to express and explore emotions with our qualified counsellor.

## Chat 1<sup>st</sup>

<https://www.chat1st.co.uk/>

Our Youth Wellbeing Hubs are a great environment for 12-18 year olds who would like a safe place to exercise and meet new people, without any judgement. Our two hour sessions will include 45 minutes of exercise and 45 minute enrichment activities.

Brentwood – Tuesday Evenings  
 The Hermit, Shenfield Road, Brentwood  
 5.30pm-7.30pm

## FIF Funded Project

## Kids Inspire

For more information see the [Countywide Mental Health page](#).

<p>Children’s Society and Southend YMCA (joint project)</p> <p>Email: <a href="mailto:earlysupport@kidsinspire.org.uk">earlysupport@kidsinspire.org.uk</a></p> <p>Website: <a href="http://www.kidsinspire.org.uk">www.kidsinspire.org.uk</a></p> <p>Telephone: <b>01245 348707</b>, or <b>07908 829550</b></p>	
<p><b>FIF Funded Project</b></p> <p><b>GROUP WORK</b></p> <p><b>Kids Inspire</b></p> <p>Children’s Society and Southend YMCA (joint project)</p> <p>Email: <a href="mailto:fifreferrals@childrenssociety.org.uk">fifreferrals@childrenssociety.org.uk</a></p> <p>Tel: <b>01245 493400</b> or <b>01245 493311</b></p>	<p>For more information see the <a href="#">Countywide Mental Health page</a>.</p>
<p><b>YCT Counselling</b></p> <p><b>Tel: 01279 414090</b>  <b>Txt: 07956 887921</b>  <b>Email: <a href="mailto:admin@yctsupport.com">admin@yctsupport.com</a></b>  <b>Website: <a href="http://www.yctsupport.com">www.yctsupport.com</a></b></p>	<p>YCT is a counselling and therapeutic charity working with 5 – 25 year olds offering counselling, group support, drama/art therapy, play therapy/theraplay, group programmes (relationships, risky behaviours, exam stress, self-esteem, aspirations etc.) the Forest School programme, workshops, training and family work. In addition we offer training, consultancy, clinical supervision and counselling to those working with children and young people.</p> <p>YCT works in the community with many different organisations, and in education settings including primary/secondary schools, academies, colleges, specialist schools and alternative education settings. We work across Essex, Herts and North London.</p>
<p><b>M.A.S.H. Mums Against Self Harm</b></p> <p><b>Email address: <a href="mailto:mash@redballoonfamily.co.uk">mash@redballoonfamily.co.uk</a></b></p>	<p>M.A.S.H stands for Mums Against Self Harm and is a support group and online blog forum for parents whose children self- harm. It offers online information and personal one to one support. We are not trained counsellors but a group of Mums who have learnt together how to support our children through Self Harm. We offer friendship,</p>



<p><b>Phone number:</b> 07598743957 (24hr voicemail)  <b>Operational locations:</b> Loughton</p>	<p>advice and support through our own experiences. The Project leader has attended training sessions and conferences on the subject and is happy to attend/speak at any appropriate events. Please note we are not professional counsellors. We aim to help one another because of our personal experience of Self Harm within our own families.</p>
<p><b>Spark (a branch of Worth Unlimited)</b></p> <p><b>Loughton Youth Centre</b>  <b>106 Borders Lane, Loughton IG10 3SB</b>  <b>020 8508 6743</b>  <b>spark@worthunlimited.co.uk</b>  <b>www.worthunlimited.co.uk</b>  <b>Facebook: @sparkworthunlimited</b>  <b>Insta: @spark_mentoring_counselling</b></p>	<p>Spark is a charity based in Loughton, Epping Forest, which creates opportunities for young people aged 11-23 to receive emotional support, whenever it is needed, to enhance their wellbeing. We do this through 1:1 counselling and mentoring services for children and young people and their families, at our offices, in local primary and secondary schools and within the Epping Forest community. We also have a dedicated family support worker who offers 1:1 parent support, group parent support and family communication sessions, with the aim of promoting positive relationships within the family.</p> <p>Our clients present with all sorts of challenges ranging from low-level anxiety to self-harm and suicidal thoughts. We accept referrals from parents/carers, young people themselves if they are 16+, schools, GP services and local mental health services in the Epping Forest area, to name a few.</p> <p>Our service is free, although we do accept donations to further our charitable work.</p>
<p><b>Young Persons Counselling Service (YPCS)</b></p> <p><b>Email address:</b> ypcs.brentwood@virgin.net  <b>Phone number:</b> 01277 230831  <b>Website:</b> www.ypcs.org.uk/index.php  <b>Operational locations:</b> Basildon, Billericay, Brentwood, Wickford</p>	<p>YPCS offer a safe and confidential environment for young people who are ready to take the opportunity to look at their difficulties and life experiences.</p> <p>YPCS are open Monday to Thursday 9am – 9pm.</p> <p>Assessment Appointments are held on Wednesdays at 4pm, 5pm or 6pm. Alternative days and times can be arranged if a young person is unable to attend at the above times.</p> <p>Counselling Appointments are held on Tuesday, Wednesday and Thursdays from 4pm until 9pm. When you are placed within our Service you will be given a day and time that you can attend on a weekly basis, the same day and time each week. Your availability will be checked out with you during the Assessment Appointment.</p>

Who the service provides for: Our Service is open to any young people aged 13- 25 who present with any form of emotional difficulties or concerns.

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# Mental Health – Adult West Essex

## **The Luna Emporium Healing Centre**

Tel: 01279 445788

The Luna Emporium Healing Centre is an Ecco friendly establishment set in a characterful 18th Century Converted barn surrounded by beautiful Essex countryside bordering Old Harlow, Sawbridgeworth and Matching Green. Our aim is to build a community hub. We offer a wide range of Holistic treatments with our fully qualified Therapists, Yoga classes. Meditation and Workshops, aimed at children and adults. We run a cosy café offering home made cakes, open 11am to 5pm each Saturday, where we run a one a month Coffee and Compassion group. We are a fully Licensed Holistic practise.

**Low income concessions available.**

## **North Essex Crisis Line Harlow, Epping Forest and Uttlesford**

Tel: 0330 726 0110

## **Fitness In Mind™ Brentwood**

**Address: The Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NN**

**Tel: 01277 246057**

**Email: [fitnessinmind@brentwoodleisure.co.uk](mailto:fitnessinmind@brentwoodleisure.co.uk)**

**Website: [www.brentwood-centre.co.uk/sport-and-leisure/fitness-in-mind](http://www.brentwood-centre.co.uk/sport-and-leisure/fitness-in-mind)**

Starting in April 2016, Fitness In Mind™ Brentwood has consistently been providing FREE 12 week physical activity classes at The Brentwood Centre as an aid to improving mental and physical wellbeing. Our classes are a great way to get into exercise for the first time, try something new or getting back into it after time away. Our classes are run by coaches with mental health awareness, with Peer Activators and Peer Support Workers in attendance. Please contact Chris Hood.

<p><b>West Essex Mind</b></p> <p><b>Tel:</b> 01371 876 641  <b>Email:</b> <a href="mailto:admin@mindinwestessex.org.uk">admin@mindinwestessex.org.uk</a>  <b>Website:</b> <a href="http://www.mindinwestessex.org.uk">www.mindinwestessex.org.uk</a></p> <p>45 Stortford Road Great Dunmow Essex CM6 1DQ</p>	<p>We're Mind in West Essex, your expert mental health partner. Our network across England and Wales provide services that are practical and rooted in the reality of people's lives. We provide information and support to anyone who is affected by mental health problems, primarily in West Essex.</p> <p>Support for those suffering all types of Mental Health problems. A range of support services including available talking therapy sessions throughout Epping, Uttlesford and Harlow Districts. West Essex Talking Therapies Hub West Essex Mind</p>
<p><b>Health in Mind - West Essex IAPT</b></p> <p><b>Tel:</b> 0300 222 5943  <b>Email:</b> <a href="mailto:healthyminds.harlow@nhs.net">healthyminds.harlow@nhs.net</a>  <b>Website:</b> <a href="http://www.northessexiapt.nhs.uk/west-essex">www.northessexiapt.nhs.uk/west-essex</a></p>	<p>Healthy Minds provides access to a wide range of talking therapy treatments for adults with common mental health problems. Healthy Minds is part of Hertfordshire Partnership University NHS Foundation Trust in partnership with Mind in West Essex. Healthy Minds is part of the national initiative Improving Access to Psychological Therapies (IAPT).</p>
<p><b>West Essex Mind – Online Support Groups</b></p> <p><b>Tel:</b> 01371 876641  <b>Email:</b> <a href="mailto:talking@mindinwestessex.org.uk">talking@mindinwestessex.org.uk</a>  <b>Website:</b>  <a href="http://www.mindinwestessex.org.uk/services/online-support-groups/">www.mindinwestessex.org.uk/services/online-support-groups/</a></p>	<p>We recognise that how we connect has changed, we have all had to adapt and find new ways of staying in touch. The 5 ways to wellbeing includes Connect, so it is important we continue to find ways to look after our wellbeing.</p> <p>We have put together a timetable of online support groups that cover a range of topics and some more general groups. Click on the group heading to get the time and dates for each meet up.</p> <p>Joining an online group can be daunting, maybe even a little intimidating, but you will always have at least 1 member of staff present. There are instructions below on how to set up your free account.</p> <p>These sessions are free, please contact us on 01371 876641 or via email at <a href="mailto:talking@mindinwestessex.org.uk">talking@mindinwestessex.org.uk</a> if you have any questions. If you would like to book a place in one of the groups please complete the Register for Groups button on the left hand side.</p>

## Vita Minds

**Areas covered:** Basildon and Brentwood

**Tel:** 01268 977171

**Email:** [enquiries@vhg.co.uk](mailto:enquiries@vhg.co.uk)

**Website:** [www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health](http://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health)

Vitaminds is the name of our NHS Mental Health Psychological Therapies (IAPT) Services. Improving Access to Psychological Therapies (IAPT) services have been developed to provide talking therapies to help. One in four of us will be affected by a mental health problem at some point in our lives. Vitaminds provides easy access to talking therapies near you.

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# Parental Routine/Boundaries West Essex

## Essex Child and Family Wellbeing Service

Website: [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

For full information on local services, please see the website.

## Home-Start Essex

Unit 16d Reeds Farm Estate  
Chelmsford  
Essex  
CM1 3ST

Tel: 01245 847410

Email: [info@home-startessex.org.uk](mailto:info@home-startessex.org.uk)

Web: [www.home-startessex.org.uk](http://www.home-startessex.org.uk)

Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally.

Being a parent can be hard work, especially with young children. Many parents feel exhausted and overwhelmed by the stresses of family life, that's when parents need support the most. Through practical and emotional support, we help parents develop the skills, confidence, and strength they need to nurture their children.

Our Support includes:

- Home-Visiting
- Telephone Support
- Family Groups
- Nursery/School Readiness
- Wellbeing Groups
- Other Specialist Support

## One plus one

Parental conflict online course

[OnePlusOne](#)

[Parental Routine/Boundaries Home Page](#)

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# Safeguarding West Essex

**NSPCC**

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

Organisation centered around keeping children safe from abuse.

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# Exploitation (including online safety)

## West Essex

### Essex Police CYP Police Officer

Harlow - Rob Hance - PC 42001671  
[Rob.Hance@essex.pnn.police.uk](mailto:Rob.Hance@essex.pnn.police.uk)

Brentwood & Epping - 74030 Neil Ross

Email: [42074030@essex.pnn.police.uk](mailto:42074030@essex.pnn.police.uk)  
 Ext: 313607

Uttlesford - 73656 Andy Holmes

Email: [42073656@essex.pnn.police.uk](mailto:42073656@essex.pnn.police.uk)  
 Ext: 400336

### Essex Police Missing Person Liaison Officer

Brentwood, Epping & Harlow  
 76632 Sharon McDonald

Email: [42076632@essex.pnn.police.uk](mailto:42076632@essex.pnn.police.uk)  
 Ext: 300140

Uttlesford

76433 Anneliese Skinner

Email: [42076433@essex.pnn.police.uk](mailto:42076433@essex.pnn.police.uk)  
 Ext: 202202

### 24/7 Rape & Sexual Abuse Support Line

There are 13 CYP officers across the force and at least one in each policing district. The role is very much focused on safeguarding and diverting children and young people away from negative behaviours.

CYP officers work closely with partner agencies, including Youth Offending Teams and ensure the correct referrals and interventions are offered to young people at risk of offending or becoming victims.

Their overarching aim is to identify and resolve issues involving young people within the community who are most at risk of becoming repeat offenders or victims, or at risk of harm from Child Sexual Exploitation.

The responsibility of the Missing Person Liaison Officers (MPLO) is to maintain a comprehensive overview of missing people within a defined area in order to identify those who are at risk of significant harm and to co-ordinate the response from Essex Police and its partners, so as to reduce the likelihood of harm occurring to vulnerable people. There are 10 MPLOs; one for each Essex Police District Policing Area.

Want to talk?

You can contact us and speak to one of our specialists – at any time of the day or night.



**Telephone:** 0808 500 2222

Support offered –

Long term, such as counselling, group work and other therapies. As well as support for victims and survivors who have reported what happened to the police or thinking about it

C all free or go to the website to start a free online chat.

[Get help | Rape Crisis England & Wales](#)

## 'So you got naked online'

Printable resource for children and teens



So you got naked  
online - leaflet.pdf

[Go Back to Exploitation \(including online safety\) home page](#)

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# Substance Misuse

## West Essex

<p><b>Nacro</b></p> <p>Website: <a href="http://www.nacro.org.uk">www.nacro.org.uk</a></p> <p><b>Triangle Tenancy Service</b>          Tel: 01279 413314          Address: <b>Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR</b></p>	<p><b>Triangle Tenancy Service</b> is a partnership with Westminster Drugs Project and Essex County Council that provides housing and intensive housing management support to homeless offenders and other with substance misuse issues.</p>
<p><b>Open Road Harlow</b></p> <p>Tel: 01279 434621          Helpline: 08444 991323          Website: <a href="http://openroad.org.uk">openroad.org.uk</a>          Address: <b>26, Wych Elm, Harlow, Essex. CM20 1QR</b></p>	<p>Open Road is a registered charity that provides support for individuals affected by drugs and alcohol across Essex. Our Harlow premises have been refurbished to offer an open access reception area, group working room, needle and syringe provision room and individual treatment rooms.</p> <p>Our Team is available Monday to Friday for anyone wanting to access advice, information, support, assessment and access to more formal treatment.</p> <p><b>Available Services</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Choices</a></li> <li>• <a href="#">Counselling</a></li> <li>• <a href="#">Open Access</a></li> <li>• <a href="#">Needle &amp; Syringe Programme</a></li> <li>• <a href="#">Stimulant Service</a></li> </ul>
<p><b>Essex Welfare Service</b></p> <p>Tel: 0300 303 9988</p>	<p>If members of the public need support with advice, daily living tasks &amp; wellbeing.</p> <p>Stop smoking support</p>

**Email:**  
[Provide.essexwelfareservice@nhs.net](mailto:Provide.essexwelfareservice@nhs.net)

Mon – Fri 8am – 7pm  
Saturday 9am-12pm

website [Essex Wellbeing Service](#).

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# Bullying West Essex

## **REALfriends (Ethan Rees Linwood Memorial Fund)**

Tel: **01371 830403**

Mobile: **07506 602284 / 07889 033446**

Email: [morag@ethanrees.org](mailto:morag@ethanrees.org)

Website: [www.ethanrees.org](http://www.ethanrees.org)

REALfriends will provide a structured, long term, support program designed exclusively for young people currently enduring bullying. It will provide young people, parents and carers in Uttlesford with information, training and support to help them deal with the effects of bullying.

REALfriends will equip young people with a toolbox of practical skills which will empower and help them deal with the effects of being bullied. They will join a group of 'REALfriends' who will understand what they have endured. As a peer group they will help each other to perfect the techniques they have learned in the club so they become 'bully proof' and safe in the future.

The program has been devised with knowledge gained through extensive worldwide research into the various areas of bullying and the effective resources utilized to combat it.

[Read More...](#)

[Bullying Home Page](#)

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# Young Carer West Essex

## Action for Family Carers

Tel: **01621 851640**

Website: [www.affc.org.uk/services/young-carers](http://www.affc.org.uk/services/young-carers)

Young Carers are children as young as five years old, and any young person aged under 18, whose life is restricted in some way because they look after someone else on a regular basis.

There are approximately 10,000 Young Carers in Essex and 700,000 across the UK. They may be the main Carer, or provide partial care for their mother, father, brother, sister or other family member due to mental or physical illness, old age or disability.

- One-to-one support sessions in school giving Young Carers the opportunity to talk confidentially to somebody who understands.
- Practical support such as providing support in meetings with teachers to explain why, for example, they have fallen behind with their homework.
- Informal drop-in groups where Young Carers can meet others in the same situation and access information and advice.
- Information on how to access Respite Clubs in the local area where Young Carers can meet other young people in the same situation.
- Raising awareness of Young Carers to both staff and students through PSHE lessons, assemblies and Teacher Training.

## Essex Youth Service

Email: [young.carers@essex.gov.uk](mailto:young.carers@essex.gov.uk)

Website: [www.youth.essex.gov.uk](http://www.youth.essex.gov.uk)

Online referral form [here](#)

Essex Young Carers support children and young people from 0 to the age of 24 for anyone who provides regular and on-going care to another person who is physically or mentally ill, disabled or misuses substances.

An allocated Key Worker will meet with the family to complete the statutory Young Carer's assessment. They will then offer bespoke support based on the needs of the young carer and their caring responsibilities. Our service offers confidential one to one support, training opportunities, respite opportunities – a chance to meet other Young Carers and support to access other services.

We also offer support to young adult carers aged 16-24 particularly preparing them for the future with key life skills, educational support and helping to transition to adult carer services.

Referrals can come from professionals or as a self-referral using the following link  
<https://youth.essex.gov.uk/young-people/young-carers/>

[Young Carer Home Page](#)

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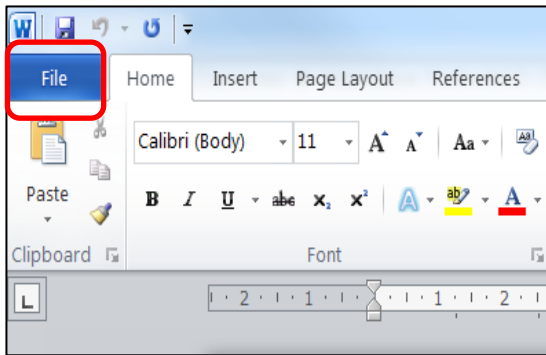
# Children & Families Hub Directory

# of Services – User Guide

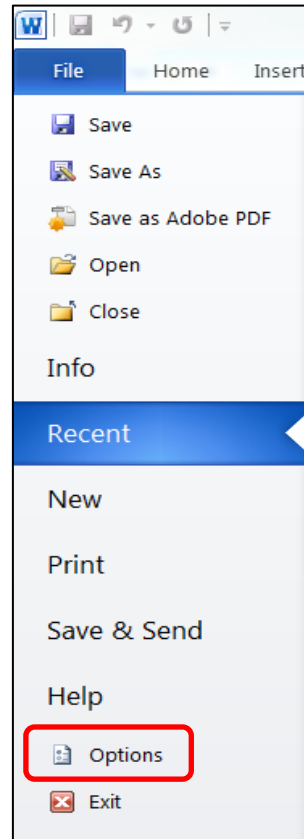
The Children & Families Hub uses the Effective Support Directory to signpost to services when the level of need in a request for support does not meet Children Social Care or Family Solutions.

## To Access Hyperlinks with One Click

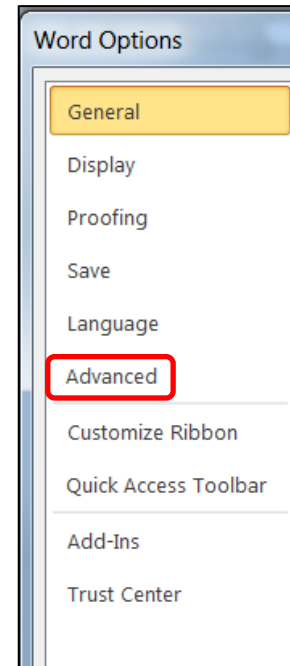
1. click 'File' (top left)



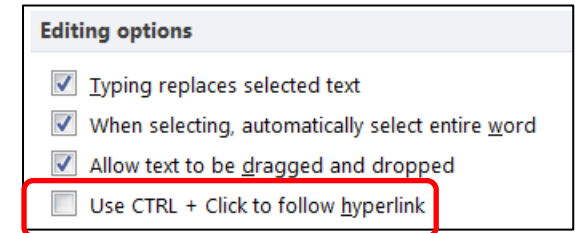
2. Click 'Options'



3. Click 'Advanced'



4. UNTICK the 'Use CTRL + click to follow hyperlink' option



You will now be able to access hyperlinks in the document with just one click!

- The 1st page of the Directory displays hyperlinks to 22 different categories of need. Click on the appropriate category of need to go a list of services that can offer support
- Each category is split into 3 sections; local, countywide & nationwide
- Local services are shaded in green, countywide in beige & nationwide in blue

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## COVID-19 West

### **Blackmore & Stondon Massey Community Help Hub**

**Address:** St Laurence Church, Church St,  
Blackmore, Ingatestone CM4 0RN  
**Tel:** 01277 821464 or 07894948867  
**Email:** [blackmorevicarage@gmail.com](mailto:blackmorevicarage@gmail.com)

### **Doddinghurst Community Help Hub**

**Address:** All Saints Church, The Rectory, Church  
Lane, Doddinghurst, CM15 0NJ  
**Tel:** 01277 821366  
**Email:** [annvcol@gmail.com](mailto:annvcol@gmail.com)

### **Pilgrims Hatch Community Help Hub**

**Address:** St Georges Church, Ongar Rd,  
Brentwood, CM15 9HR  
**Tel:** 01277 214340 or 01277 215619  
**Email:** [harrisch@lsbu.ac.uk](mailto:harrisch@lsbu.ac.uk)

**Address:** Brentwood Centre, Doddinghurst Rd,  
Pilgrims Hatch, Brentwood CM15 9NN  
**Tel:** 07879465009 (Mark)  
**Email:** [Mark\\_p\\_reed@live.com](mailto:Mark_p_reed@live.com)

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<p><b>Brentwood Community Help Hub</b></p> <p><b>Address:</b> Sawyers Church, Sawyers Hall Ln, Brentwood, CM15 9BN <b>Tel:</b> 07817961558 <b>Email:</b> <a href="mailto:pastor@sawyerschurch.org">pastor@sawyerschurch.org</a></p>	
<p><b>Brentwood Community Help Hub</b></p> <p><b>Address:</b> Doddinghurst Road Community Church <b>Tel:</b> 01277 224528 <b>Email:</b> <a href="mailto:contact@doddroadcommunitychurch.org">contact@doddroadcommunitychurch.org</a></p>	
<p><b>Brentwood West Community Help Hub - Brentwood Baptist Church</b></p> <p><b>Tel:</b> 07572 695459 <b>Email:</b> <a href="mailto:office@brentwoodbaptist.org.uk">office@brentwoodbaptist.org.uk</a></p>	
<p><b><u>COVID-19 North</u></b></p>	
<p><b>Covid-19 Mutual Support - Manningtree and Surrounding Area</b></p> <p><b>Tel:</b> 01206 700904</p>	<p>Registered with Covid Mutual Aid, locally based community support group.</p>

<p><b>Website:</b> www.facebook.com/groups/2897713930314605</p>	
<p><b>Colchester Emergency Coordination's Group</b></p> <p><b>Website:</b> www.facebook.com/groups/551969565422044</p>	<p>Registered with Covid Mutual Aid, locally based community support group.</p>
<p><b>Neighbours Information Colchester Essex (NICE)</b></p> <p><b>Website:</b> www.facebook.com/groups/2669752193122535</p>	<p>Registered with Covid Mutual Aid, locally based community support group.</p>
<p><b>Colchester Foodbank</b></p> <p><b>Website:</b> www.colchester.foodbank.org.uk  <b>Tel:</b> 01206 621998  <b>Email:</b> info@colchester.foodbank.org.uk  <b>Address:</b> Colchester Family Hub, 63 North Station Road, Colchester CO1 1RQ</p>	<p>Op en Mon 10am-2pm Weds 10am-2pm</p>

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## Family Innovation Fund Xtra

Family Innovation Fund-Xtra (FiF-Xtra) services, offer early support across a number of key areas including children's mental health, healthy relationships and coping with change. They are available to children and young people aged between 0 and 19-years, and up to 25-years for young people with Special Educational Needs and/or Disabilities (SEND).

The services are aimed at helping young people and families who are not already receiving specialist or statutory support. They can be accessed directly by families, through referral from a professional such as a teacher, via the Essex Welfare Service, the Getting Help in Essex Directory, or by calling one of the organisations themselves. ECC is working with the voluntary sector and community partners who will deliver the services locally so that families receive help when and where they need it most.

The launch of FiF-Xtra follows the existing support already available in Essex through the established Family Innovation Fund (FiF). Support can be delivered one-on-one, through group work, as a family group, or as a couple, around understanding Coronavirus; managing and coping with change; separation and loss; managing and coping with anxiety; healthy family relationships and staying active and curious.

To receive support via the Family Innovation Fund-Xtra service, young people and their families can contact one of the organisations listed below, depending on their needs.

### **Wilderness Foundation**

**Tel:** 0300 123 3073

**Email:** [info@wildernessfoundation.org.uk](mailto:info@wildernessfoundation.org.uk)

**Website:** [www.wildernessfoundation.org.uk](http://www.wildernessfoundation.org.uk)

Wilderness Foundation – offers counselling and therapeutic support, and may bring nature, art and other creative tools into sessions. Appointments are available 9am-5pm Monday - Friday. Evenings and weekends by appointment.

### **Renew Counselling**

**Tel:** 01245 359353

**Email:** [hilary@renew-us.org](mailto:hilary@renew-us.org)

**Website:** [www.renew-us.org](http://www.renew-us.org)

Renew Counselling – an experienced and accredited counselling service for all ages. Appointments are available Monday – Friday 10am – 5pm and Monday-Thursday 5pm-8pm. Saturdays by appointment.

### **Relate**

Relate – offer accredited mediation and counselling. Appointments are available 9am-9pm Monday- Friday and 9am-5pm on Saturdays.

<p><b>Tel:</b> 01245 676930 or 01708 441722 <b>Email:</b> <a href="mailto:enquiries@relatelinee.org.uk">enquiries@relatelinee.org.uk</a> <b>Website:</b> www.relate.org.uk</p>	
<p><b>YMCA</b> <b>Tel:</b> 01245 355677 <b>Email:</b> <a href="mailto:sarah.daniels@ymcachelmsford.org.uk">sarah.daniels@ymcachelmsford.org.uk</a> <b>Website:</b> www.ymcaessex.org.uk</p>	<p><b>YMCA</b> Family Support team are here to help young people and families to identify beneficial strategies and solutions. Appointments: Monday – Friday 9am – 5pm, Evenings and Saturdays agreed by appointment. .</p>
<p><b>Evolve Intervention</b> <b>Tel:</b> 01245 526069 <b>Email:</b> <a href="mailto:info@evolve-intervention.com">info@evolve-intervention.com</a> <b>Website:</b> www.evolve-intervention.com/</p>	<p>Evolve Intervention – provide early intervention for children and young people through mentoring, coaching, group work and tuition. Appointments are available Monday -Friday 9am to 6pm, with some availability between 6pm- 8pm and on Saturdays 10am to 4pm.</p>

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## Mental Health Apps, Websites & Helplines

### **Kooth**

**Website:** [www.kooth.com](http://www.kooth.com)

Free, safe and anonymous online support for young people.

Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

Kooth is a transformational digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors.

Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

Launched in 2004 and accredited by the BACP, more than 1,500 children and young people across the country login to Kooth every day.

### **Qwell – Free online counselling**

**Website:** [www.qwell.io](http://www.qwell.io)

**Open from:**

**Monday – Friday, 12pm – 10pm**

**Saturday – Sunday, 6pm – 10pm**

XenZone is a provider of online mental health services for children, young people and adults.

Qwell, from XenZone, is an online counselling and emotional well-being platform accessible through mobile, tablet and desktop and free at the point of need.

The picture is complicated: people may be struggling with social determinants such as smoking, bad housing or unemployment which may be playing a major role in their wellbeing. Some are carers and some are living with entrenched problems or long-term conditions. Others are coping with anxiety or depression.

Qwell is an easily accessed prevention and treatment service.

Free to use, it represents an extension to traditional IAPT support, with a strong focus on recovery and prevention and offering pre-assessment care.

	<p>Adults accessing Qwell can do so without the waiting lists or thresholds often associated with traditional services. They can join online peer support communities, access self-help materials or engage in drop-in or booked one-to-one online chat sessions with our experienced counsellors.</p> <p>Qwell works in partnership with traditional community health providers and provides links and pathways to traditional and specialist face-to-face services.</p>
<p><b>The Mix</b></p> <p>Tel: 0808 808 4994 Email: <a href="mailto:help@getconnected.org.uk">help@getconnected.org.uk</a></p>	<p>Free advice service for people under 25. The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline.</p>
<p><b>Health Watch - Essex Yeah</b></p> <p>Website: <a href="http://www.essexyeah.org.uk">www.essexyeah.org.uk</a></p>	<p>A guide to health &amp; well-being for young people. This guide will help to point you in the right direction towards a healthier, less stressful and more rewarding lifestyle. It tells you where you can get help and information and gives you clear and sensible ideas on what to do if you feel you need that extra bit of help. As a young person it is important to start following a healthy lifestyle now in order to avoid any problems when you are older. Healthy habits are easier to get used to as a young person, and they can improve the rest of your life. You will also look and feel better, right now! This guide also contains useful websites, agency advice and information about various key issues. So take a browse and read the sections which are of interest to you.</p>
<p><b>Every Mind Matters</b></p> <p>Website: <a href="http://www.nhs.uk/oneyou/every-mind-matters">www.nhs.uk/oneyou/every-mind-matters</a></p>	<p>Every Mind Matters is where everyone can make a start. There are simple actions and steps we can all take that can help us manage feelings of stress, anxiety, low mood or when we are struggling to get to sleep. From tips on how to get more physical activity, to mindful breathing exercises and advice on how to reframe unhelpful thoughts, all the information and advice in Every Mind Matters has been developed with experts and approved by the NHS. Royal College of General Practitioners has endorsed Every Mind Matters.</p> <p>You can create a "Your Mind Plan" on the website, which is an interactive quiz that provides top tips and advice for you.</p>
<p><b>Blue Ice – App available on iOS or Android</b></p>	<p>BlueIce was developed by Paul Stallard from Oxford Health NHS Foundation Trust and co-produced by young people with lived experience of self-harm.</p>

<p><b>Website:</b>  <a href="http://www.oxfordhealth.nhs.uk/blueice">www.oxfordhealth.nhs.uk/blueice</a></p>	<p>Blueice has a mood wheel to track your mood and lets you add notes on how you're feeling or what you're doing. You can use the mood diary to see patterns and identify triggers.</p> <p>The app offers a personalised set of activities designed to reduce distress including a music library, photo library, physical activities, relaxation and mindfulness exercises, and spotting and challenging negative thoughts.</p> <p>If you want to talk, the app allows you to click on one of three options to either talk to a selected person in your phone contacts, ChildLine or 111.</p>
<p><b>Calm Harm – App available on iOS or Android</b></p> <p><b>Website:</b> <a href="http://www.calmharm.co.uk">www.calmharm.co.uk</a></p>	<p>Calm Harm is designed for people who are trying to manage urges to self-harm. Calm Harm is based on the principles of dialectical behaviour therapy (DBT). DBT is a type of talking therapy that's often effective in people with mood disorders.</p> <p>The app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their "emotional mind" in a more positive way.</p> <p>Please note that the app is an aid to treatment, but doesn't replace it.</p>
<p><b>Catch It - App available on iOS or Android</b></p> <p><b>Website:</b>  <a href="http://www.liverpool.ac.uk/csd/app-directory/catch-it">www.liverpool.ac.uk/csd/app-directory/catch-it</a></p>	<p>Making Sense of Your Moods - Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary.</p> <p>The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).</p> <p><u>What's in the App?</u></p> <ul style="list-style-type: none"> <li>• Step by step mood tracker</li> <li>• Mood diary</li> </ul>
<p><b>Mindshift – App available on iOS or Android</b></p>	<p>MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.</p>



<p><b>Website:</b> <a href="http://www.healthyyoungmindspennine.nhs.uk/">www.healthyyoungmindspennine.nhs.uk/</a></p>	
<p><b>Stay Alive – App available on iOS or Android</b></p> <p><b>Website:</b> <a href="http://www.prevent-suicide.org.uk/find-help-now/stay-alive-app">www.prevent-suicide.org.uk/find-help-now/stay-alive-app</a></p>	<p>The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.</p> <p>In addition to the resources, the app includes a safety plan, customisable reasons for living, and a LifeBox. Here you can store photos and memories that are important to you.</p> <p>You can also read the strategies for staying safe or explore the tips on how to stay grounded when you're feeling overwhelmed. Try the guided-breathing exercises, and support your wellness by creating your own interactive Wellness Plan.</p> <p>The app links you directly to local and national crisis resources, so you won't need to carry around slips of paper with contact details on – it's all stored there within the app. If the resource isn't listed, simply add in your own.</p>
<p><b>MeeToo – App available on iOS or Android</b></p> <p><b>Website:</b> <a href="http://www.meetwo.co.uk">www.meetwo.co.uk</a></p>	<p>The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives.</p> <p>You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.</p>
<p><b>WYSA – App available on iOS or Android</b></p> <p><b>Website:</b> <a href="http://www.wysa.io">www.wysa.io</a></p>	<p>Sometimes you need to talk things through - and everyone seems to have an opinion or analysis of your situation. All you need is someone who will listen and ask the right questions to help you figure things out. That's Wysa.</p> <p>An 'emotionally intelligent' penguin that learns to react to the emotions you express. Over time it gets to know you better and proactively reaches out to help you. It uses evidence-based CBT techniques to help you feel better. You can chat with WYSA using text and photo responses.</p>

<p><b>Headspace – App available on iOS or Android</b></p> <p>Website: <a href="http://www.headspace.com">www.headspace.com</a></p>	<p>This simple beautifully designed app gives you 10 short meditations, four brief videos explaining what meditation is and a series of facts and questions. These techniques help your mood, attention and general coping skills. The website is pretty cool too</p>
<p><b>Clear Fear – App available on iOS or Android</b></p> <p>Website: <a href="http://www.clearfear.co.uk">www.clearfear.co.uk</a></p>	<p>Face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions</p>
<p><b>Stop, Breathe, Think – App available on iOS or Android</b></p> <p>Website: <a href="http://www.stopbreathethink.com">www.stopbreathethink.com</a></p>	<p>A friendly app to guide people - through meditations for mindfulness &amp; compassion.</p>
<p><b>Smiling Mind - App available on iOS or Android</b></p> <p>Website: <a href="http://www.smilingmind.com.au">www.smilingmind.com.au</a></p>	<p>Smiling Mind is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life.</p>
<p><b>Cove - App available on iOS or Android</b></p> <p>Website: <a href="http://www.cove-app.com">www.cove-app.com</a></p>	<p>SANE is a leading UK mental health charity. We work to improve the quality of life for anyone affected by mental illness.</p>
<p><b>SANELINE</b></p> <p>Website: <a href="http://www.sane.org.uk">www.sane.org.uk</a> Tel: 0300 304 7000</p>	<p>Young Minds are the UK's leading charity fighting for children and young people's mental health.</p>

<p><b>Opening hours: 4.30pm – 10.30pm daily</b></p>	
<p><b>Young Minds</b></p> <p>Young Minds Crisis Messenger: Text YM to 85258 to speak to a trained volunteer.</p> <p>Parents Helpline: 0808 802 5544</p> <p>Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p>	<p>Confidential advice helpline if you are a young person at risk of suicide or are worried about a young person at risk of suicide.</p>
<p><b>HopeLine</b></p> <p>Tel: 0800 068 41 41</p> <p>Opening hours: Monday-Friday 10-5pm, Monday-Friday 7pm-10pm, Weekends 2pm-5pm</p>	<p>Our Crisis Messenger can help with urgent issues such as:</p> <ul style="list-style-type: none"> <li>• Suicidal thoughts</li> <li>• Abuse or assault</li> <li>• Self-harm</li> <li>• Bullying</li> <li>• Relationship issues</li> </ul> <p>You can text us free and anonymously – although if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.</p>
<p><b>Hector's House</b></p> <p>Website: <a href="http://www.hectorshouse.org.uk">www.hectorshouse.org.uk</a></p> <p>Text (Crisis Messenger): Text Hector to 85258</p>	<p>With Cove, you can capture your mood or express how you feel by making music and storing it in a personal journal.</p>
<p><b>Anna Freud – Self Care Page</b></p> <p>Website: <a href="http://www.annafreud.org/on-my-mind/self-care">www.annafreud.org/on-my-mind/self-care</a></p>	<p>This Information portal is designed to support you in finding online material and content in supporting children and young people in educational settings.</p>

<p><b>Five Areas Ltd</b></p> <p>Website: <a href="http://www.fiveareas.com">www.fiveareas.com</a></p>	<p>Website with resources and support details for those struggling with mental health and emotional wellbeing difficulties. The website included wellbeing audio guides, mood self assessment, details of where to get support and details of self help resources.</p>
<p><b>Epic Friends</b></p> <p>Website: <a href="http://epicfriends.co.uk/">http://epicfriends.co.uk/</a></p>	<p>This site is all about helping you to help your friends who might be struggling to cope emotionally.</p> <p>Details of how to support your friends with their mental health, and self help tips for you!</p>
<p><b>Life Signs</b></p> <p>Website: <a href="http://www.lifesigns.org.uk">www.lifesigns.org.uk</a></p>	<p>Five Areas Ltd (Living Life to the Full- LLTTF) provides high quality, accessible resources using award-winning, practical Cognitive Behavioural Therapy (CBT)-based educational life skills resources. We work with individuals, communities, charities, businesses, schools, public health, and health and social care offering staff training and support in the use of a range of mental and physical wellbeing classes and resources. Our vision is to be the go-to resource for learning and teaching physical and mental wellbeing, where you can learn the way you want to learn. We offer consistent, quality CBT-based educational life-skills resources, packaged and presented in multiple formats in order to be accessible to multiple user groups. We run two main websites: <a href="http://www.fiveareas.com">www.fiveareas.com</a> for supporters: helping you help others. <a href="http://www.lltff.com">www.lltff.com</a> for members of the public: helping you help yourself.</p>
<p><b>Website – NHS Mental Health and Wellbeing Guide</b></p> <p>Website: <a href="http://www.nhs.uk/conditions/stress-anxiety-depression/">www.nhs.uk/conditions/stress-anxiety-depression/</a></p>	<p>We provide fantastic information about self-injury and while we never tell anyone to ‘stop’, we do support people as and when they choose to make changes in their lives.</p> <p>LifeSIGNS is the user-led small charity creating understanding about self-injury. Founded in 2002, it’s our continuing mission to guide people who hurt themselves towards new ways of coping, when they’re ready for the journey.</p>
<p><b>Self-Injury Support</b></p> <p>Website: <a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a>  Self Injury Helpline - 0808 800 8088  Email: <a href="mailto:tessmail@selfinjurysupport.org.uk">tessmail@selfinjurysupport.org.uk</a>  Text - 07537 432444</p>	<p>Our vision</p> <ul style="list-style-type: none"> <li>• That anyone who uses self-injury knows they are not alone;</li> <li>• that everyone understands that self-injury is a complex and important issue we should all care about;</li> <li>• and that together we tackle both the causes and stigma of self-injury.</li> </ul> <p>How We Do This</p> <ul style="list-style-type: none"> <li>• offering safe spaces where we listen and never judge, and demonstrating the impact of this support;</li> </ul>

	<ul style="list-style-type: none"> <li>• creating experience-led tools and information on topics clients tell us they want to know about;</li> <li>• promoting better models of support through training health and social care workers of the future;</li> <li>• working with researchers and policy makers to make sure what people tell us they want is put into practice</li> </ul>
<p><b>Give Us a Shout</b></p> <p><b>Text (Crisis Support):</b> Text Shout to 85258 (anywhere in the UK, 24/7)</p> <p><b>Website:</b> <a href="http://www.giveusashout.org">www.giveusashout.org</a></p>	<p>Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.</p> <p>Shout is powered by a team of volunteers, who are at the heart of the service. We take people from crisis to calm every single day.</p> <p>We can help with urgent issues such as:</p> <ul style="list-style-type: none"> <li>• Suicidal thoughts</li> <li>• Abuse or assault</li> <li>• Self-harm</li> <li>• Bullying</li> <li>• Relationship challenges</li> </ul> <p>Shout exists in the US as 'Crisis Text Line', but this is the first time the tried and tested technology has come to the UK.</p>
<p><b>Recovery Warriors - App available on iOS or Android</b></p> <p>Website: <a href="http://www.recoverywarriors.com/app">www.recoverywarriors.com/app</a></p>	<p>We're dedicated to boosting the emotional intelligence and resilience of people struggling with depression, anxiety and eating disorders. We believe that no matter what has happened to you, no matter how far you seem to be away from where you want to be, that with hope and the right support things will work out. The long road has a purpose. Your story has meaning. Our resources are designed to help you find that meaning.</p>
<p><b>Recovery Record - App available on iOS or Android</b></p> <p>Website: <a href="http://www.recoveryrecord.co.uk">www.recoveryrecord.co.uk</a></p>	<p>Recovery Record is a smart eating disorder recovery app that fits into your life and links with your treatment team to help you achieve lasting recovery. The app, which has been evaluated in clinical trials, is now available for for you to use in connection with your treatment team.</p>

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