

# Welcome to Essex

## An information pack for Homes for Ukraine sponsors in Essex.

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

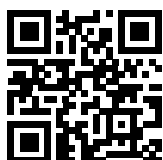
It is a reminder of the extraordinary generosity of local people. We are sure you will provide the safety and sanctuary that those arriving from Ukraine need at this time.

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

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

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

Councillor Kevin Bentley, Leader, Essex County Council  
Councillor Simon Wootton, Leader, Rochford District Council



To view this document online,  
scan the QR code.

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## Homes for Ukraine scheme

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

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

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

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

Ukrainian nationals arriving under the scheme will be able to:

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

For more information about the scheme and related support, visit:  
[www.homesforukraine.campaign.gov.uk](http://www.homesforukraine.campaign.gov.uk)

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

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

### Tell us when your guests have arrived

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

[BusinessSupport.FamilyOps@essex.gov.uk](mailto:BusinessSupport.FamilyOps@essex.gov.uk)

with the following information:

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

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

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

# Homes for Ukraine scheme

## DBS and home checks

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

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

The checks will include:

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

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

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

## Payments to sponsors and guests

### Payments to guests

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

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

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

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

[www.essex.gov.uk/information-for-sponsors-welcoming-a-ukrainian-person-or-family/payments-to-sponsors-and-guests](http://www.essex.gov.uk/information-for-sponsors-welcoming-a-ukrainian-person-or-family/payments-to-sponsors-and-guests)

### Payments to sponsors

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

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

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

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

[www.essex.gov.uk/information-for-sponsors-welcoming-a-ukrainian-person-or-family/payments-to-sponsors-and-guests](http://www.essex.gov.uk/information-for-sponsors-welcoming-a-ukrainian-person-or-family/payments-to-sponsors-and-guests)

# Homes for Ukraine scheme

## **Tell us if your guest(s) move out**

If your guests move out you need to email  
[BusinessSupport.FamilyOps@essex.gov.uk](mailto:BusinessSupport.FamilyOps@essex.gov.uk)

We will need to know:

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

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

# Finances, benefits and jobs

## Universal Credit

Ukrainian nationals can access Universal Credit as soon as they arrive in the UK.

Universal Credit is a monthly payment to help with living costs.

[www.gov.uk/universal-credit](https://www.gov.uk/universal-credit)

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

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

## Other benefits

Ukrainian refugees are also eligible for:

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

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

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

Visit [www.gov.uk](https://www.gov.uk) to find out more and apply.

## Finances, benefits and jobs

### Setting up a bank account

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

### Food banks

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

Visit Trussell Trust to find a local food bank: [www.trusselltrust.org/get-help/find-a-foodbank](http://www.trusselltrust.org/get-help/find-a-foodbank)

### Citizens Advice

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

Telephone: 03444 111 444

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

### National Debtline

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

Telephone: 0808 808 4000

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

### Find a job

For information about jobs and apprenticeships in Essex visit: [www.essex.gov.uk/jobs-volunteering-apprenticeships/jobs](http://www.essex.gov.uk/jobs-volunteering-apprenticeships/jobs)

To find full or part-time jobs visit: [www.gov.uk/find-a-job](http://www.gov.uk/find-a-job)

## Health services

### Registering with a GP

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

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

### Getting a prescription

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

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

Find a local pharmacy: [www.nhs.uk/service-search/pharmacy/find-a-pharmacy](http://www.nhs.uk/service-search/pharmacy/find-a-pharmacy)

### Health advice from 111

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

### Dentistry services

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

Find a dentist at:

[www.nhs.uk/service-search/find-a-dentist](http://www.nhs.uk/service-search/find-a-dentist)

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

### Maternity care and midwifery services

A GP can arrange appointments with maternity and midwifery services.

### Covid-19 vaccine

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

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

[www.nhs.uk/covid-vaccine](http://www.nhs.uk/covid-vaccine)



## Health services

### Essex Child and Family Wellbeing Service

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

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

We provide the following support:

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

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

Chelmsford, Maldon and Braintree, telephone: 0300 247 0014

Colchester and Tendring, telephone: 0300 247 0015

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

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

### Health information in other languages

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

[www.nhs.uk/about-us/health-information-in-other-languages](http://www.nhs.uk/about-us/health-information-in-other-languages)

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

[www.doctorsoftheworld.org.uk/translated-health-information](http://www.doctorsoftheworld.org.uk/translated-health-information)

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

[www.psychologytools.com](http://www.psychologytools.com)

# Applying for a school place and childcare

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

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

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

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

Find application forms, admissions information and more about Essex schools at:  
[www.essex.gov.uk/admissions](http://www.essex.gov.uk/admissions)

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

## Free home to school transport

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

[www.essex.gov.uk/school-transport](http://www.essex.gov.uk/school-transport)

## Free school meals

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

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

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

[www.essex.gov.uk/free-school-meals](http://www.essex.gov.uk/free-school-meals)

## Childcare

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

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

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

# Mental health and emotional wellbeing

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

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

## Support for children and young people

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

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

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

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

Email: [SET-CAMHS.referrals@nelft.nhs.uk](mailto:SET-CAMHS.referrals@nelft.nhs.uk)

## Support for adults

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

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

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

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

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

Website: [www.essex.gov.uk/mental-health](http://www.essex.gov.uk/mental-health)

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

## Mental health organisations

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

### Inspire

Telephone: 028 9032 8474

Email: [hello@inspirewellbeing.org](mailto:hello@inspirewellbeing.org)

### Mind

Telephone: 0300 123 3393

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

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

### NHS

Telephone: 111

Website: [www.nhs.uk/mental-health](http://www.nhs.uk/mental-health)

### Peabody South East

Telephone: 0800 288 8883

Website: [www.essexlocaloffer.org.uk/peabody-south-east-essex-outreach-support-service](http://www.essexlocaloffer.org.uk/peabody-south-east-essex-outreach-support-service)

### Samaritans

Telephone: 116 123

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

## Getting support for a vulnerable adult

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

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

### Contact us

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

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

Telephone: 0345 603 7630

Textphone: 0345 758 5592

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

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

### More information

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

For more adult social care and health services: [www.essex.gov.uk/topic/adult-social-care-and-health](http://www.essex.gov.uk/topic/adult-social-care-and-health)

Get help accessing health and social care services: [www.healthwatchessex.org.uk](http://www.healthwatchessex.org.uk)

Support for people with special or educational needs and disability: [www.essexlocaloffer.org.uk](http://www.essexlocaloffer.org.uk)

## Getting support for a vulnerable child

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

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

### **Find a children or family support service**

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

Website:

[www.essex.gov.uk/directory-of-services](http://www.essex.gov.uk/directory-of-services)

### **Request support for more complex needs**

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

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

Website:

[www.essex.gov.uk/request-support-from-us](http://www.essex.gov.uk/request-support-from-us)

### **If you have serious concerns about a child's welfare**

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

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

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

### **More information**

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

Read more about the issues affecting the safety and welfare of children at: [www.escb.co.uk](http://www.escb.co.uk)

# Emergency services

## **Call 999 and ask to speak to the police**

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

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

They should call 101 for non-emergencies.

Submit a crime report online at:

[www.essex.police.uk](http://www.essex.police.uk) or use the 'Live Chat' button to speak to an online operator between 7am-11pm.

## Essex County Fire and Rescue Service

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

### Fire safety

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

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

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

### Water safety

If you go swimming or are near water, remember:

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

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

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

### Road safety

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

To stay safe on the road:

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

## Connecting with the local community

### **The Essex Wellbeing Service**

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

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

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

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

### **Learn English for Speakers of Other Languages**

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

[www.aclessex.com/esol-campaign](http://www.aclessex.com/esol-campaign)

### **‘Essex is United for Ukraine’ Facebook group**

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

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

[www.facebook.com/groups/eiuforukraine](https://www.facebook.com/groups/eiuforukraine)

### **Transport and travel links**

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

[www.essexhighways.org/getting-around](http://www.essexhighways.org/getting-around)



# Immigration support

## **Migrant Help UK**

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

Telephone: 0808 801 0503

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

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

## **Modern Slavery & Exploitation Helpline**

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

Telephone: 08000 121700

## **British Red Cross**

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

Telephone: 0808 196 3651

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

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

## **Refugee Council**

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

Telephone: 0207 346 6700

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

## **The Salvation Army**

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

Telephone: 0800 808 3733

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

# Rochford

With 65 square miles filled with heritage, culture and unspoilt coastline, the Rochford district is a historical and picturesque place to explore.

Rochford District is located east of London, on a headland between the River Thames and River Crouch, and is bounded to the east by the North Sea. It is easily accessible by train in just 50 minutes direct from London Liverpool Street and has links to the M25 via the A127.

London Southend Airport is predominantly based within the district, which has land boundaries with Southend, Basildon and Castle Point as well as marine boundaries with Maldon and Chelmsford.

Rochford District is a diverse environment characterised by miles of unspoilt, attractive countryside and a rich heritage, including many iconic and historical buildings, villages and quaint market towns.

Large areas of public open spaces are located close to the towns of Rayleigh, Hockley and Rochford in the west, within the Upper Roach Valley, including Hockley Woods and Cherry Orchard Jubilee Country Park.

## Rochford District Council

Rochford District Council is split between two locations, the main Council offices are located at South Street in Rochford, SS4 1BW. The other office is located at the Civic Suite in Rayleigh, SS6 8EB.

Phone lines and live chat services are open 8:30am to 5pm, Monday to Friday. Please call 01702 546366 or for our live chat service, visit [www.rochford.gov.uk](http://www.rochford.gov.uk) where you can find more information about our services.

## The Community Hub

Residents of Rochford have access to the [hub@themegacentre](mailto:hub@themegacentre). The hub brings together a range of services, including those provided by the public sector, private/voluntary organisations and community groups, allowing people to access the support and advice they need quickly and conveniently.

Website:

[www.megacentrerayleigh.co.uk/the-hub](http://www.megacentrerayleigh.co.uk/the-hub)

Email: [hub@megacentrerayleigh.co.uk](mailto:hub@megacentrerayleigh.co.uk)

Telephone: 01268 779999

## Citizens Advice

Citizens Advice provide free, confidential and impartial advice and campaigns on big issues affecting people's lives. They are an independent charity and part of the Citizens Advice network across England and Wales. People access Citizens Advice with all sorts of issues including money, benefit, housing or employment problems.

Telephone: 0808 278 7877

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

## Leisure

### **Clements Hall and Rayleigh Leisure Centres**

Enjoy an excellent range of sports and activities when you visit Clements Hall and Rayleigh Leisure Centres.

Sports facilities at both Clements Hall and Rayleigh include gyms with all the latest cardio and resistance equipment plus badminton, squash and outside artificial playing surfaces. There's also a huge variety of enrolment sports courses and classes including Fusion's Swim School on offer in addition to Pay and Play sessions for all ages.

Clements Hall Way, Hawkwell, Rochford, Essex, SS5 4LN

Telephone: 01702 207777

Website: [www.fusion-lifestyle.com/centres/clements-hall-leisure-centre](http://www.fusion-lifestyle.com/centres/clements-hall-leisure-centre)

Rayleigh Leisure Centre, Priory Chase, Rawreth Lane, Rayleigh, Essex, SS6 9NF

Telephone: 01268 654510

Website: [www.fusion-lifestyle.com/centres/rayleigh-leisure-centre](http://www.fusion-lifestyle.com/centres/rayleigh-leisure-centre)

### **Hockley Woods**

Covering over 130 hectares, Hockley Woods are the largest remaining area of the wild wood, which covered Essex after the Ice Age 10,000 years ago. There is a car park off Main Road (SS5 4RN).

### **Cherry Orchard Jubilee Country Park**

Situated in the rolling countryside of the Roach Valley at the south of the District, the 200 acre beautiful wildlife park continues to mature, providing unique recreational facilities for residents and visitors to the area. A 30 space car park is situated at the Eastern entrance to the country park off of Cherry Orchard Way (B1013).

### **The Rayleigh Windmill**

In the Windmill you can find a museum, an exhibition space, and information about Rayleigh Mount. It makes for a great educational visit.

Address: Bellingham Lane, Rayleigh, Essex SS6 7ED.

Website:

[www.rochford.gov.uk/rayleighwindmill](http://www.rochford.gov.uk/rayleighwindmill)

### **Local Library Services**

Libraries are free to join and regularly hosts events, tuition and children's activities.

Rayleigh Library,  
132/4 High Street, Rayleigh, SS6 7BX

Rochford Library,  
8 Roche Close, Rochford, Essex, SS4 1PX

For opening times, membership and other details visit:

[www.rochford.gov.uk/community-and-people/libraries](http://www.rochford.gov.uk/community-and-people/libraries)

## Useful national contact numbers

### **Samaritans**

Call free on: 116 123

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

### **National Centre for Domestic Violence**

Call free on: 0800 970 2070

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

### **Shelter**

Telephone: 0808 800 4444

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

### **NSPCC**

Telephone: 0808 800 5000

Childline 0800 1111

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

### **Travel Services**

#### **First Essex**

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

#### **Arriva**

Website:

[www.arrivabus.co.uk/herts-and-essex](http://www.arrivabus.co.uk/herts-and-essex)

#### **Trains**

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

#### **National Rail Enquires**

Telephone: 03457 48 49 50

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