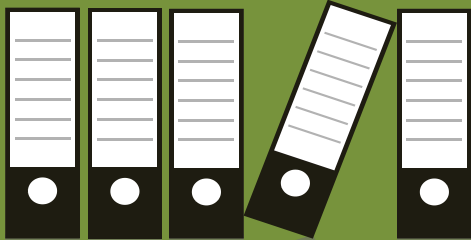


**THE WILLOW  
CENTRE**

**COMMUNITY  
SERVICES  
DIRECTORY**

**2017**



**The Willow Centre Ltd**  
Unit 3, Kingsdale Business Centre,  
Regina Road, Chelmsford,  
Essex. CM1 1PE



## INTRODUCTION

The Willow Centre has compiled a directory of Universal Services for people who live in Essex. This Directory will give people information on a variety of services available. The Willow Centre is NOT responsible for any of the information published in this directory and is signposting this information only.

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## ADVOCACY

### Essex Advocacy

This service is available to Residents of Essex (excluding Southend, Thurrock and London Boroughs) who have no other appropriate support available to address a complex issue.

Tel: 0330 3440 9000/03330 4409000  
Web: [www.essexadvocacy.org.uk](http://www.essexadvocacy.org.uk)  
Text: SEAP (followed by your message) to 80800  
Address: PO Box 375, Hastings, TN34 9HU

### Age UK Essex

The Age UK Citizen Advocacy Service provides advice and support to help people say what they want, secure their rights, represent their interests and obtain relevant services.

Tel: 01245 346106  
Web: [www.ageukessex.org.uk](http://www.ageukessex.org.uk)  
Email: [info@ageukessex.org.uk](mailto:info@ageukessex.org.uk)  
Address: 112 Springfield Road, Chelmsford, Essex. CM2 6LF

### BATIAS

BATIAS provides formal, citizen and self-advocacy in South and West Essex areas. This includes the Unitary Authority of Southend.

Tel: 01375 389869  
Web: [www.batias.com](http://www.batias.com)  
Email: [batias.grays@batias.com](mailto:batias.grays@batias.com)  
Address: BATIAS, The Beehive, Community Resource Centre, West Street, Grays, Essex, RM17 6XP

### Independent Living Advocacy

Advocacy services – Our service is available free of charge to Service Users throughout Essex (excluding the Unitary Authorities of Southend on Sea and Thurrock)

Tel: 01376 534980  
Web: [www.ilaessex.com](http://www.ilaessex.com)  
Email: [Enquiries@ilaessex.co.uk](mailto:Enquiries@ilaessex.co.uk)  
Address: The Barn, Braxted Hall, Witham Road, Little Braxted, Essex. CM8 3EU



## Voice Ability

Provides the following services in Essex: Independent Mental Capacity Advocacy (IMCA), IMCA roles within the Deprivation of Liberty Safeguards and Relevant Person's Representation.

Tel: 01223 555800

Web: [www.voiceability.org](http://www.voiceability.org)

Email: [imca@voiceability.org](mailto:imca@voiceability.org)

Address: VoiceAbility Cambs and Essex, Mount Pleasant House, Huntingdon Road, Cambs. CB3 0RN

## Mind (mid Essex)

Mid Essex Mind's advocacy project supports people to express their views and wishes about mental health care and treatment.

Tel: 01206 764600

Web: [www.mid-essex-mind.org.uk](http://www.mid-essex-mind.org.uk)

Email: [admin@mid-essex-mind.org.uk](mailto:admin@mid-essex-mind.org.uk)

Address: The Constantine Centre, 272a Mersea Road, Colchester, Essex. CO2 8QZ + offices in Maldon & Clacton

## South East Essex Advocacy for Older People

Various Advocacy Services for people who need help with communicating their wishes.

Tel: 01702 340566

Web: [www.seeafop.org](http://www.seeafop.org)

Email: [advocacy@seeafp.org](mailto:advocacy@seeafp.org)

Address: West Road House, 225 West Road, Westcliff-on-Sea, Essex, SSo 9DE



**Together:  
Southend  
Advocacy  
Services**

Services Offered:  
Advocacy  
Community  
IMCA  
Low Secure  
Medium Secure

Tel: 01702 349191  
Web: [www.together-uk.org](http://www.together-uk.org)  
Email: (see below)  
Address: Suite 2, Weston  
Chambers B, Weston Road,  
Southend-on-Sea, SS1 1AU

For IMCA/DoLS enquirie email:  
[pc-southendadvocacy@together-uk.org](mailto:pc-southendadvocacy@together-uk.org)

For advocacy enquiries email:  
[southendadvocacy@together-uk.org](mailto:southendadvocacy@together-uk.org)

**Equality  
Advisory  
Support Service  
(EASS)**

Provide information, support and advice on discrimination and human rights issues to individuals in England, Scotland and Wales, recognising the constitutional and legal, and social and policy differences.

Tel: 0808 800 0084  
Freefone: 0808 800 0082  
Web: [www.equaltyadvisoryservice.com](http://www.equaltyadvisoryservice.com)  
Email: Not listed (from website)  
Address: Freepost EASS, FPN6521

**Essex County  
Council**

Providing partnership work and provision of equitable and consistent advocacy support for vulnerable people of Essex.

Tel: 0345 603 7630 / 0345 758 5592  
Web: [www.essex.gov.uk](http://www.essex.gov.uk)  
Email: [contact@essex.gov.uk](mailto:contact@essex.gov.uk)  
Address: Essex County Council,  
Adult Social Care, County Hall,  
Market Road, Essex CM1 1QH

**General Enquiries:**  
**0345 743 0430**  
or  
**Email: [contact@essex.gov.uk](mailto:contact@essex.gov.uk)**



## Mencap (Clacton)

Mencap supports people with a learning disability to speak up and make decisions about things that are important to them.

Tel: 01702 384053

General no: 0808 8081111

Web: [www.mencap.org.uk](http://www.mencap.org.uk)

Email: [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)

Address: MENCAP, Unit 11,  
Clacton Enterprise Centre, 1-2  
Davy Road, Clacton on Sea,  
Essex. CO15 4XD

## Mencap (Southend)

Southend Mencap has been in operation since 1999 and supports people with a learning disability to speak up and make decisions about things that are important to them.

Tel: 01702 341250

Web: [www.mencap.org.uk](http://www.mencap.org.uk)

Email: Not listed.

Address: Southend Mencap, 100  
London Road, Southend on Sea,  
Essex, SS1 1PG



## BEFRIENDING

### Sue Ryder

With a team of skilled volunteers to support people and their families in their own home to reduce social isolation, re-connect with their local community and gain confidence to cope with the challenges of living with a neurological or complex condition.

Tel: 081992 552069  
Web: [www.sueryder.org](http://www.sueryder.org)  
Email: [info@sueryder.org](mailto:info@sueryder.org)  
Address: Sue Ryder, First Floor,  
16 Woburn Place, London WC1H  
0AF

### The Royal Voluntary Service

This service can provide a bit of company and friendly social contact at home through their befriending service, helping older people to maintain their independence and stay involved in their local community.

Tel: 01992 552069  
Web: [www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)  
Email: [essexhub@royalvoluntaryservice.org.uk](mailto:essexhub@royalvoluntaryservice.org.uk)  
Address: Royal Voluntary Service, 49b Mill Road, Maldon, Essex CM9 5HY

### Age UK Essex

Age UK Essex are committed to preventing older people in the county becoming isolated and to help them remain happy and independent by providing friendship and company. They offer three types of befriending service: Home Befriending, Telephone Befriending and Active Befriending.

Tel: 01255 421302 (north Essex)  
Web: [www.ageuk.org.uk/essex](http://www.ageuk.org.uk/essex)  
Email: [Alison.vickers@ageukessex.org.uk](mailto:Alison.vickers@ageukessex.org.uk) or [info@age.uk](mailto:info@age.uk)  
Address: Not listed



## Essex Carers Support

This service aims to provide those that support or care for a family member, friend or neighbour, with someone to talk to and provide companionship.

Tel: 01255 474410 or 07825 887389

Web:

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

Email:

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

Address: various – see website

## Essex Way Surgery (Benfleet)

The surgery offers a Befriending service to patients attached to this surgery who may feel lonely and isolated, this service may help to increase your confidence and help you feel part of your local community.

Tel: 01268 792000/792203

Web:

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

Email: Not listed.

Address: 34 Essex Way, Benfleet, Essex, SS7 1LT

## Age Concern – Southend on Sea

Provide Befrienders for elderly people who are lonely and isolated.

Tel: 01702 345373

Web: [www.acsos.co.uk](http://www.acsos.co.uk)

Email: [enquiry@acsos.co.uk](mailto:enquiry@acsos.co.uk)

Address: Age Concern Southend, 134 Hamlet Court Road, Westcliff on Sea, Essex, SSo 7LN

## Mind – Maldon

CheerRing Telephone Befriending Service offered to elderly people who are isolated and vulnerable. Referral by health practitioners, social services or relevant voluntary organisations. Service available in Maldon and Braintree Districts only.

Tel: 01621 853211 (main)

Web: [www.mind.org](http://www.mind.org)

Email: [admin@maldon-essex-mind.org.uk](mailto:admin@maldon-essex-mind.org.uk)

Address: Villa 1, St.Peter's hospital, Spital Road, Maldon, Essex. CM9 6EG





**Good Companions – Basildon/ Billericay/ Wickford & Castle Point**

The project recruits, trains and supports volunteer befrienders for people with severe mental illness. Service Users are matched on a one-to-one basis with a volunteer who supports them to pursue social opportunities in the community tackling isolation. Group befriending and social activities are also offered.

Tel: 01268 584340  
Web: [www.essex-mh.nhs.uk/services\\_directory/bil\\_brent\\_wick/bbw\\_local.htm](http://www.essex-mh.nhs.uk/services_directory/bil_brent_wick/bbw_local.htm)  
Email: Not listed.  
Address: Suite 12f: Barclays Bank Chambers, Broadway North, Pitsea, Essex.

**Rethink Good Companions**

This is a service that trains and supports volunteer befrienders.

Tel: 01702 343222  
Web: [www.rethink.org](http://www.rethink.org)  
Email: [goodcompanions1@rethink.org](mailto:goodcompanions1@rethink.org)  
Address: Block A, Suite 10, Weston Chambers, Weston Road, Southend-on-Sea, Essex

**Be a Friend**

Friends of the Elderly is calling on people to join them and be a friend and help change the future of loneliness on older people.

Tel: 0207 730 8263  
Web: [www.beafriendtoday.org.uk](http://www.beafriendtoday.org.uk)  
Email: [info@beafriendtoday.org.uk](mailto:info@beafriendtoday.org.uk)  
Address: Be a Friend, Friends of the Elderly, 40-42 Ebury Street, London SW1W 0LZ

**The Silver Line**

The Silver Line is the confidential, free helpline for older people across the UK. Open every day and night of the year, offering friendship, advice and signposting callers to services in their area.

Tel: 0800 470 8090  
Web: [www.thesilverline.org.uk](http://www.thesilverline.org.uk)  
Email: [info@thesilverline.org.uk](mailto:info@thesilverline.org.uk)  
Address: Head Office, Minerva House, 42 Wigmore Street, London W1U 2RY



## Independent Age

We offer a range of free Befriending services to reduce isolation among older people. You can join a free talk time phone club or have a volunteer visit you.

Tel: 0800 319 6789

Web: [www.independentage.org](http://www.independentage.org)

Email:

[charity@independentage.org](mailto:charity@independentage.org)

Address: Head Office:

Independent Age, 18 Avonmore Road, London W14 8RR



## DEMENTIA SERVICES

### Dementia UK

Family carers and people with Dementia are at the heart of this organisation. They provide Admiral Nurses, specialist Dementia nurses who give practical and emotional support to families affected by Dementia.

Tel: 08400 8886678  
Web: [www.dementiauk.org](http://www.dementiauk.org)  
Email: [info@dementiauk.org](mailto:info@dementiauk.org)  
Address: Dementia UK, Second Floor, Resource for London, 356 Holloway Road, London N7 6PA

### Alzheimers Society

Alzheimer's Society is a membership organization that works to improve the quality of life of people who are affected by Dementia in England, Wales and Northern Ireland.

Tel: 01245 260911  
Web: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)  
Email: [midessex@alzheimers.org.uk](mailto:midessex@alzheimers.org.uk)  
Address: 32 Wharf Road, Chelmsford, Essex, CM2 6LU

### Essex Dementia Care

Essex Dementia Care provide a range of services for people with Dementia to maintain an active lifestyle and to provide support and respite to care givers.

Tel: 01245 363789  
Web: [www.essexdementiacare.org.uk](http://www.essexdementiacare.org.uk)  
Email: [info@essexdementiacare.org.uk](mailto:info@essexdementiacare.org.uk)  
Address: Essex Dementia Care, The Pines, Lynderswood Farm, Lynderwood Lane, Black Notley, Braintree, Essex, CM77 8JT

### Age UK Essex – Dementia Connections

Dementia Connections is a free, county-wide service being delivered by the Alzheimer's Society and Age UK Essex. The service can be used by anyone who has dementia, doesn't live in residential care and is in need of short-term help to restore their confidence in or outside of their home.

Tel: 01245 346106  
Web: <http://www.ageuk.org.uk/essex/how-we-can-help-you/dementia-connections/>  
Email: [info@ageukessex.org.uk](mailto:info@ageukessex.org.uk)  
Address: 112 Springfield Road, Chelmsford, Essex CM2 6LF  
**Contact for Essex is: Barbara Hurren: 01621 854239**



## Carewatch Essex

Carewatch offers a Dementia Support Programme which provides one to one support, signposting to relevant funding, advice on respite and prescription break service and a carers break service.

Tel:  
Web: [www.carewatchessex.co.uk](http://www.carewatchessex.co.uk)  
Email: [enquiries@cw-southend.co.uk](mailto:enquiries@cw-southend.co.uk)  
Address: 10 Hadleigh Business Centre, 351 London Road, Hadleigh, Essex, SS7 2BT

## North East Essex Commissioning Group (NHS)

Provides helpful advice and information on all aspects of Dementia and access to relevant services in North Essex areas.

Tel: 01702 557007  
Web: [www.neessexccg.nhs.uk](http://www.neessexccg.nhs.uk)  
Email: [neeccg.enquiries@nhs.net](mailto:neeccg.enquiries@nhs.net)  
Address: NHS North East Essex CCG, Primary Care Centre, Turner Road, Colchester, Essex, CO4 5JR

## Mid Essex Hospital Services

This website is for people who are caring for a relative with Dementia and it provides advice on hospital care and access to services in Mid Essex Area.

Tel: 01245 362000  
Web: <http://www.meht.nhs.uk/services/dementia-care>  
Email: Not listed.  
Address: Not listed.

## Action for Family Carers

A registered charity providing support and information for unpaid carers.

Tel: 01621 851640  
Web: [www.affc.org.uk](http://www.affc.org.uk)  
Email: [enquiries@affc.org.uk](mailto:enquiries@affc.org.uk)  
Address: Brickhouse Farm, Poulton Close, Maldon, Essex, CM9 6NG



## Which? – Elderly Care - Care Services Directory

This website has been created by Which? To give clear and independent information and is also a useful signposting tool for people who are looking for Dementia (and other) services across Essex and wider community. The site is aimed at relatives and carers of people in need.

Tel: Not listed.

Web:

<http://www.which.co.uk/elderly-care>

Email: Not listed.

## Carers Choices Peace of mind

Elderly and Dementia Saturday Day Care. Offers respite breaks for carers, providing peace of mind.

Tel: 01268 881144/ 07891 061316

**Address:** The White House  
Kiln Road, Benfleet  
Essex. SS7 1BU (SS7 1TF FOR  
SATNAV)

## Dementia Café

Dementia Cafés provide an opportunity to meet regularly and talk about living with dementia in an informal social environment. They provide opportunities for people with dementia, family members and carers to ask questions of professionals and learn from the experiences of others.

At some of our groups there will also run alongside an entertaining activity for the person you are caring for.

Tel: 01268 415914

**Address:** Basildon Office, Astra House, First Floor, Christy Way, Southfields, Basildon, SS15 6TQ

Email: [basildon-brentwood@alzheimers.org.uk](mailto:basildon-brentwood@alzheimers.org.uk)



## HELPING ME

### Age UK – Essex

Home Support – This service is for general home support. In addition, they can provide shopping and prescription services. This service is available Mon – Fri 08.30 – 17.30 across Essex.

Tel: 01245 505842 (Chelmsford)

Web: [www.ageuk.org/essex](http://www.ageuk.org/essex)

Email: Not listed.

Address: Not listed.

### Age UK – Toenail Cutting Service

Age UK provide a Toenail Cutting Service at a variety of locations across Essex. All staff are trained by NHS Podiatry service. Cost is £5 to register and £14.00 for each time you visit the service. Home visits are also available in certain areas across Essex.

Tel: 01245 423 333

Web:

<http://www.ageuk.org.uk/essex/how-we-can-help-you/toenail-cutting-service/>

Email:

[toenails@ageukessex.org.uk](mailto:toenails@ageukessex.org.uk)

Address: Not listed.

### Community Agents Essex

Community Agents Essex are a county wide network of agents who support older people and informal carers to provide independent living solutions within their local community. They will provide the following: Promote Health & Independence, Reduce Social Isolation, find practical solutions for daily living, Providing Trusting information, informing choice and reducing confusion and increasing individual and community resilience.

Tel: 0800 977 5858

Web:

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

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

Address:



## Victim Support Essex

Providing help and support for victims and witnesses of crime. Heather Robbie is responsible for the service in Essex area.

Tel: 0300 3030165  
Web: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)  
Email: Not listed.  
Address: Victim Support, Suite 4,  
The chequers, High Street,  
Ingatestone, Essex CM4 0DG

## Essex County Council – AZ Services

This directory has all information on services that are available around Essex.

Tel: 08457 430 430  
Web: <http://www.essex.gov.uk/pages/A-Z.aspx>  
Email: Not listed.  
Address: County Hall, Market Road, Chelmsford, Essex CM1 1QH

## Hearing Help Essex

Are an organization who help people who have hearing problems and provide practical support, help and guidance.

Tel: 01245 496347  
Web: [www.hearinghelpessex.org.uk](http://www.hearinghelpessex.org.uk)  
Email: [info@hearinghelpessex.org.uk](mailto:info@hearinghelpessex.org.uk)  
Address: 2 Legg Street,  
Chelmsford, Essex, CM1 1A

## Care.Com – Dog Walking

Care.Com is a UK wide search engine that puts families and carers to connect with each other. It has an online directory of dog walkers and sitters.

Tel: Not listed  
Web: [www.care.com](http://www.care.com)  
Email: Not listed  
Address: 11/15 William Road,  
London NW1

## ECL (formally Essex Cares) – Essex Equipment Service

ECL (formally Essex Cares) provides help, advice and support on a range of issues from Mobility Equipment to Telecare Services and work based training.

Tel: 03330 135438  
Web: [www.ecl.org](http://www.ecl.org)  
Email: [info@essexcare.org](mailto:info@essexcare.org)  
Address: Essex Cares, PO Box 12211, Chelmsford Essex

## Volunteer Essex

For people who would like to volunteer and for organisation(s) who are looking for volunteers

Tel: 01245 250731

Web: [www.volunteeressex.org](http://www.volunteeressex.org)

Email:

[volunteer@chelmsfordcvs.org.uk](mailto:volunteer@chelmsfordcvs.org.uk)

Address: Burgess Well House,  
Covel Lane, Chelmsford, CM1 1FX

## Counselling Directory

For people who have unrest in their lives and need help and advice – This is a directory of professional counsellors and Psychotherapists in Essex and wider regions.

Tel: 0844 80 30 240

Web: [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

Email: Not listed

## Step Change (Debt Charity)

Step Change is a charity organization that helps people with debt and provides advice and guidance. This is a FREE service.

Tel: 0800 138 1111 Web:

[www.stepchange.org](http://www.stepchange.org)

email: [advice@stepchange.org](mailto:advice@stepchange.org)

Address: Not listed.

## The Royal British Legion

The Royal British Legion is the leading Service charity providing care and support to serving members of the armed forces, veterans of all ages and their families. Chelmsford Office open Monday – Thursdays.

Tel: 0808 802 8080

Web: [www.britishlegion.org.uk](http://www.britishlegion.org.uk)

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

Address: 4 St.Johns Court,  
Moulsham Street, Chelmsford,  
Essex, CM2 0JD

## The Samaritans

Providing advice and help for those in need.

Tel: 08457 90 90 90

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

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Address: 12 Critchett Terrace,  
Chelmsford, Essex, CM1 2QN





## ECL (formally Essex Cares) – Reablement Service

Reablement service offered for those who are in hospital and need assistance at home. This service is free up to 6 weeks.

Tel: 03330 135438

Web: [www.essexcares.org](http://www.essexcares.org)

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

Address: Seax House, Victoria Road South, Chelmsford, Essex CM1 1QH

## Age Concern (Chelmsford Day Centre)

This organisation provides social events for older people in Mid Essex area.

Tel: 01245 262 589

Web: [www.essexinfo.net/age-concern-chelmsford](http://www.essexinfo.net/age-concern-chelmsford)

Email: [ageconcernchelmsford@btinternet.com](mailto:ageconcernchelmsford@btinternet.com)

Address: Age Concern (Chelmsford Day Centre), 17 Cottage Place, Chelmsford, Essex, CM1 1NL

## The Cinnamon Trust

This national charity is the only specialist charity for elderly and terminally ill people and their pets. If you know someone who can no longer look after their dog, cat or budget or who is looking for a residential home where animals are welcome, the trust will probably be able to help.

Tel: 01736 757 900

Freefone: 0800 716543

Web: [www.cinnamon.org.uk](http://www.cinnamon.org.uk)

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

Address: 10 Market Square, Hale, Cornwall, TR27 4HE

## Contact the Elderly

Contact the Elderly is the only national charity solely dedicated to tackling loneliness and social isolation among older people. Supported by volunteers, the charity organises monthly Sunday afternoon tea parties.

Tel: 0207 240 2630

Web: [www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)

Email: [info@contact-the-elderly.org.uk](mailto:info@contact-the-elderly.org.uk)

Address: Not listed.



## Activity Boost 4 Children

We aim to help children with various needs, across south Essex to improve their cognitive, physical and motor skills to maximise their ability to function in school.

Tel: 07762078333

Web:

[www.activityboost4children.co.uk](http://www.activityboost4children.co.uk)

Email:

[info@activityboost4children.co.uk](mailto:info@activityboost4children.co.uk)

## Falls prevention service (North East London NHS)

Do you feel unsteady? Do you feel less confident and have experienced a fall? Contact the Falls prevention service or speak to your GP for advice.

Tel: 01268242142

Web: [www.nelft.nhs.co.uk](http://www.nelft.nhs.co.uk)



## HOME & GARDEN SERVICES

### Housing Care Directory

This online directory providing information for older people can source home and garden services in Essex.

Tel: 0800 377 7070

Web:

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

Email:

[info@firststopadvice.org.uk](mailto:info@firststopadvice.org.uk)

Address: Not listed.

### Papworth Trust

At Papworth Trust's centre in Brentwood. They offer free advice and information and a homes and repairs services including handyman, home adaptations and gardening.

Tel: 0800 952 5000

Web:

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

Email:

[info@papworthtrust.org.uk](mailto:info@papworthtrust.org.uk)

Address: Town Hall, Brentwood Borough Council, Ingrave Road, Brentwood, Essex CM15 8AY

### MCCH Enterprises – Mid Essex

MCCH supports people with mental health needs. They provide on the job training in a structured setting. They offer services such as: painting, patio cleaning, repairing windows, cleaning decking etc., and internal repairs such as: painting, basic plumbing, tiling, plastering and more.

Tel: 0800 028 2815

Web: [www.mcch.org.uk](http://www.mcch.org.uk)

Email: Not listed.

Address: Hermitage Court, Hermitage Lane, Maidstone, Kent, ME16 9NT



## Housing Care Directory – Home Services

This online directory provides information on home services in your area from Footcare specialists to Handypersons, Gardens, home maintenance and Hairdressers

Tel: 0800 377 7070

Web:

<http://www.housingcare.org/service/loc-438-essex.aspx>

Email: Not listed

Address: EAC FirstStop Advice,  
3<sup>rd</sup> Floor, 89 Albert  
Embankment, London SE1 7TP

## Essex Police – Garden Security

Essex police have published information for people to be garden aware and have put information on their website so that people can compare garden security.

Tel: 101 extension 421132 or  
01245 491491

Web:

[http://www.essex.police.uk/be-safe/garden\\_security/advice](http://www.essex.police.uk/be-safe/garden_security/advice)

Email: Not listed

Address: Chelmsford Police  
Station, New Street,  
Chelmsford, CM1 1NF



## INDEPENDENT LIVING

### Disability Essex

Disability Essex is a service that promotes local support, self-help groups and clubs in the Essex Region.

Tel: 0844 412 1770

Web: [www.disabilityessex.org](http://www.disabilityessex.org)

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

Address: Centre for Disability Studies, Roche Way, Rochford, Essex, SS4 1DQ

### Independent Living Advocacy

This association promotes Advocacy, information and advice for disabled people.

Tel: 01376 534980

Web: [www.ilaessex.com](http://www.ilaessex.com)

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

Address: The Barn, Little Braxted Hall, Witham Road, Essex CM8 3EU

### Sanctuary Supported Living

Sanctuary offers support and housing services to clients so that they can gain the life skills they need to build the foundations for independent living.

They also have retirement living schemes that have access to care and support they require to live independently.

Tel: 0330 123 3247

Web: [www.sanctuary-supported-living.co.uk](http://www.sanctuary-supported-living.co.uk)

Email:

[supported.living@sanctuary-housing.co.uk](mailto:supported.living@sanctuary-housing.co.uk)

Address: Cameo House, Chamber Court, Worcester, WR1 3ZQ

In addition, they have home care services that support people to live independently in their own homes.

### Essex Cares

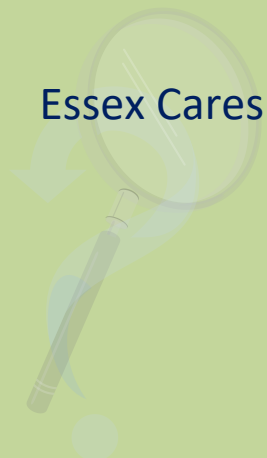
ECL (formally Essex Cares) provides help, advice and support on a range of issues from Mobility Equipment to Telecare Services and work based training.

Tel: 03330 135438

Web: [www.essexcares.org](http://www.essexcares.org)

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

Address: Seax House, Victoria Road South, Chelmsford, Essex CM1 1QH



## E.C.D.P

ECDP is an organization run by disabled people, for disabled people. They have a committed team who understands how to develop practical approaches to living with a disability.

Tel: 01245 392300

Web: [www.ecdp.org.uk](http://www.ecdp.org.uk)

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

Address: Ivan Peck House, 1  
Russell Way, Chelmsford, Essex,  
CM1 3AA

## Papworth Trust

The Papworth Trust supports disabled and older people and their families and carers with a huge range of essential services.

Tel: 0800 952 5000

Web:

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

Email:

[info@papworthtrust.org.uk](mailto:info@papworthtrust.org.uk)

Address: Various.



## PROFESSIONAL ADVICE

### Essex Carers Network

Essex Carers Network is a service that keeps people up to date with latest information, news and events in Essex. It also has a directory of other organisations and groups in Essex that can provide advice for carers.

Tel: 07876 025480 (doesn't receive text messages)

Web:

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

Email:

[info@essexcarersnetwork.co.uk](mailto:info@essexcarersnetwork.co.uk)

Address: PO Box 10134, Harwich, Essex

### Citizens Advice Bureau

Provides free information, impartial advice and guidance.

Tel: 03444 770 808

Web: [www.brentwoodcab.org.uk](http://www.brentwoodcab.org.uk)

Email: not listed

Address: 8-12 Crown Street, Brentwood, Essex CM14 4BA

### Relate

Relate are the UK's largest provider of relationship support, helping over a million people each year.

Tel: 03330 100 1234 / 01245 258680

Web: [www.relate.org.uk](http://www.relate.org.uk)

Email: [admin@relate-northessex.org](mailto:admin@relate-northessex.org)

Address: Chelmsford Relate, 11 a/b Broomfield Road, Chelmsford, Essex, CM1 1SY

### Age UK Essex

Offers Professional Advice and support – It's a free confidential advice service for anyone 50 and over. Lines open from 09.00 – 16.30 Monday - Friday

Tel: 01245 346 106

Web: [www.ageukessex.org.uk](http://www.ageukessex.org.uk)

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

Address: 112 Springfield Road, Chelmsford, Essex, CM2 6LF



**NHS (Mid Essex  
Hospital Services  
Trust)**

The National Health Service (NHS) website provides information on services offered under the NHS umbrella

Tel: 01245 362000 Web:

<http://www.meht.nhs.uk>

Email: Not listed.

Address: Broomfield Hospital, Court Road, Chelmsford, Essex, CM1 7ET





## SAFEGUARDING ADULTS

### Essex County Council - Ask Sal

Ask Sal is an action line for Safeguarding Adults. Sal – Safeguarding Adults Line is an information and advice line regarding abuse and safety of the most vulnerable adults in Essex.

Tel: (Text) ASKSAL to 60777 or 08452 66 66 63  
Web: <http://dnn.essex.gov.uk/asksal/en-us/asksal.aspx>  
Email: Not listed.  
Address: Essex County Council, Market Road, Chelmsford, CM1 1QH

### Essex Adults Safeguarding Board

The Essex Safeguarding Adults Board (ESAB) raises awareness and promotes the welfare of vulnerable adults by the development of an effective cooperative.

Tel: 03330 131019  
Web: [www.essexsab.org.uk](http://www.essexsab.org.uk)  
Email: [ESAB@essex.gov.uk](mailto:ESAB@essex.gov.uk)  
Address: ESAB Support Team, CG04-7, C Block, County Hall, Chelmsford, Essex, CM1 1QH

### Essex Safeguarding Childrens Board

The Essex Safeguarding Children's board is a statutory body which acts as a mechanism for agreeing how relevant organisations within Essex cooperate to promote to safeguard and promote the welfare of children and young people.

Tel: 03330 138936  
Web: [www.escb.co.uk](http://www.escb.co.uk)  
Email: [escb@essex.gov.uk](mailto:escb@essex.gov.uk)  
Address: Essex Safeguarding Children Board, Room C228, County Hall, Chelmsford, Essex, CM1 1QH



# Disclaimer:

The directory is aimed at users looking for access to information and services around Essex area. The Willow Centre is not responsible for the content of external websites and we do not endorse, review or vet the contents of any websites linked to from this site.

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