

Mid Essex

<u>Asylum Seeker/Refugee</u>	<u>Bereavement/Loss</u>	<u>Child Behavioural Difficulties</u>	<u>Children's Health Services</u>
<u>Crime/Anti-Social Behaviour</u>	<u>Domestic Abuse</u>	<u>Disability/Additional Needs</u>	<u>Education</u>
<u>Employment</u>	<u>Family Conflict</u>	<u>Family Hubs (Formerly Children's Centres)</u>	<u>Financial Concerns</u>
<u>Housing Concerns</u>	<u>Legal</u>	<u>Lonely/Isolated, Socially Alienated</u>	<u>Mental Health</u>
<u>Parental Routine/Boundaries</u>	<u>Safeguarding</u>	<u>Sexual Abuse/CSE</u>	<u>Substance Misuse</u>
<u>Victim of Bullying</u>	<u>Young Carer</u>		

Asylum Seeker/Refugee

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

[Back to Mid Home Page](#)

Asylum Aid

Tel: **0207 3549264**

Email: info@asylumaid.org.uk

Website: www.asylumaid.org.uk

Asylum Aid is an independent, national charity working to secure protection for people seeking refuge in the UK from persecution and human rights abuses abroad. We provide free legal advice and representation to the most vulnerable and excluded asylum seekers, and lobby and campaign for an asylum system based on inviolable human rights principles.

Citizens Advice Bureau - Braintree

Tel: **03444 994719 (General Advice line)**

Tel: **01787 479397 (Disability Outreach)**

Email: bureau@braintrecab.cabnet.org.uk

Website: www.bhwcab.org.uk

Address: **17 Coggeshall Road, Braintree, Essex.
CM7 9DB**

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

Tel: **01245 205656 (Advice Line)**

Tel: **01245 205605 (Office)**

Fax: **01245 281388**

Website: www.chelmsfordcab.org

Address: **Burgess Well House, Coval Lane,
Chelmsford, Essex. CM1 1FW**

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 – Halstead

Tel: **0344 4994719 (General Advice line)**

Tel: **01787 479397 (Disability Outreach)**

Email: bureau@halsteadcab.cabnet.org.uk

Website: <http://www.bhwcab.org.uk/>

Address: **The Ramsey College, Halstead, Essex.
CO9 2HR**

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.

[Back to Mid Home Page](#)

[Go to Asylum Seeker/Refugee Top](#)

<p>Citizens Advice Bureau – Maldon</p> <p>Tel: 01621 875774 Email: bureau@maldoncab.cabnet.org.uk Website: www.citizensadvice.org.uk/maldoncab Address: Council Offices, Princes Road, Maldon, Essex. CM9 5DL</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>Citizens Advice Bureau - Witham</p> <p>Tel: 0344 4994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@withamcab.cabnet.org.uk Website: www.bhwcab.org.uk Address: Collingwood Road (by Public Hall), Witham, Essex. 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>
<p>Essex Interpreting Ltd</p> <p>Tel: 01206 822080 Email: info@essexinterpreting.com Website: www.essexinterpreting.com</p>	<p>Essex Interpreting provides language solutions, offering the following services:</p> <ul style="list-style-type: none"> • Interpreting services in over 60 languages, including sign language for deaf people • Translation services in over 60 languages, including Braille and audio tape services for blind people <p>Who are our customers?</p> <ul style="list-style-type: none"> • Health organisations, eg NHS Trusts, Primary Care Trusts etc. including GP services, hospitals, etc. • Local authorities, eg social services, housing departments, schools, etc. • Private organisations, eg solicitors and companies dealing internationally • Voluntary organisations

[Back to Mid Home Page](#)

[Go to Asylum Seeker/Refugee Top](#)

<p>Ethnic Minority and Traveller Achievement Service</p> <p>Tel: 01268 531291 Address: c/o Crays Hill Primary School, London Road, Crays Hill, Billericay, Essex. CM11 2UZ</p>	<p>The Ethnic Minority and Traveller Achievement Service (EMTAS) provides a lead on:</p> <ul style="list-style-type: none"> • Promoting and raising the achievement of pupils from minority ethnic groups, including meeting the needs of pupils learning English as an additional language and traveller pupils. • Ensuring the principles of equality, inclusion and community cohesion are evident in practice. • Tackling racism and promoting intercultural awareness through the curriculum and other activities. • Responding appropriately and effectively to racist incidents. • Supporting and developing home school and community links.
<p>Refugee Council</p> <p>Tel: 0207 3466700 Website: www.refugeecouncil.org.uk</p>	<p>The Refugee Council provides free advice and information to asylum seekers and refugees in UK.</p> <p>Read More...</p>

[Back to Mid Home Page](#)

[Go to Asylum Seeker/Refugee Top](#)

Bereavement/Loss

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

[Back to Mid Home Page](#)

Child Bereavement Network

Tel.: 0800 0288840

Website:

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

Farleigh Hospice

Tel: 01245 457300

Fax: 01245 457333

Email: info@farleighhospice.org

Website: www.farleighhospice.org

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

Areas Covered: Mid Essex

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](#)

The J's Hospice

Tel: 01245 475474

Email: info@thejshospice.org.uk

Website: 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](#)

Little Havens Hospice

Tel: 01702 556645

Website: www.havenshospices.org.uk

Address: Daws Heath Road, Thundersley,
Essex. SS7 2LH

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.

[Read More](#)

[Back to Mid Home Page](#)

[Go to Bereavement/Loss Top](#)

Re-new Counselling

Tel: 01245 359353

Email: sycamore@renew-us.org

Website: www.renew-us.org

Address: **Sadler's House, 2 Legg Street,
Chelmsford, Essex. CM1 1AH**

Areas Covered: **Mid Essex**

- [Adult Counselling](#)
- [Children's Counselling](#)
- [Young People's Counselling](#)

The Samaritans

Tel: 01245 357357 (Local Helpline)

Tel: 08457 909090 (National Helpline)

Website: 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.

[Back to Mid Home Page](#) [Go to Bereavement/Loss Top](#)

Child Behavioural Difficulties

[Back to Mid Home Page](#)

FIF Services - A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Other Services - A B C D E F G H I J K L M N O P Q R S T U V W Q X Y Z

Family Intervention Team (The Children's Society)

Tel: 01245 493311

Email: FIFreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

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

Areas Covered: Mid Essex

[Family Intervention Team](#)

Are you working with a family who are struggling with a child's challenging behaviour? Our service can offer early help and support to parents of 5 - 18 year olds*.

We deliver evidence based parenting programmes to improve parenting capacity and the behaviours and life chances of children and young people, through creating awareness, sharing knowledge, building resilience and enhancing skills within local communities.

- Whole family needs assessment.
- Keyworker support for whole family
- Care planning to reflect individual and family needs
- Realistic, achievable and reviewable goals
- Solution focused approach
- Access to self-sustaining support groups and signposting
- Pre and post programme support



RequestforEarlyHelpM
ID.docx

Kids Inspire (FIF 5)

Tel: 01245 348707

Email: sue@kidsinspire.org.uk

Website: kidsinspire.org.uk

Areas Covered: Mid Essex

Coaching (14+ and parents) & Mentoring (8+ & parents)

The only restriction to accessing this service is that the person being referred is not already working with specialist support services such as for example Children and Adolescent Mental Health Services, Family Solutions, Social Care.

Parents and young people (over 13) may self-refer.

[Back to Mid Home Page](#)

[Go to Child Behavioural Difficulties Top](#)

The primary purpose of this support is to reduce and/or prevent negative behaviour that; impacts on parenting and the dynamic of a family; Risky behaviours that lead to poor physical and emotional outcomes; Aggressive behaviours that leads to violence; The breakdown of parental or family relationship; Social isolation.

Coaching involves a semi structured process of questioning and reflection.

Mentoring – is different to coaching in that a mentor is a guide or a positive role model who can help the mentee to find the right direction and who can help them to develop solutions to issues.



RequestforEarlyHelpM
ID.docx

Kids Inspire (FIF 5)

Tel: 01245 348707

Email: sue@kidsinspire.org.uk

Website: kidsinspire.org.uk

Areas Covered: **Mid Essex**

Counselling & Mediation

The only restriction to accessing this service is that the person being referred is not already working with specialist support services such as for example Children and Adolescent Mental Health Services, Family Solutions, Social Care.

Parents and young people (over 13) may self-refer.

The primary purpose of this support is to reduce and/or prevent the breakdown of parental or family relationships, conflict within families or early emotional distress becoming a complex issue for a child or young person. Professionals will work 1:1, with siblings; whole families or parents and carers to achieve these outcomes.



RequestforEarlyHelpM
ID.docx

[Back to Mid Home Page](#)

[Go to Child Behavioural Difficulties Top](#)

Safe in Essex (The Children's Society)

Tel: 01245 493311

Email: fifreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

Fax: 01245 491400

Areas Covered: Mid Essex

[Safe in Essex](#)

The only restriction to accessing this service is that the person being referred is not already working with specialist support services such as for example Children and Adolescent Mental Health Services, Family Solutions, Social Care.

Parents and young people (over 13) may self-refer.

Delivery of programme(s) in schools, FE Colleges and other youth settings for young people identified as involved in or who are in the early stages of engagement in risky behaviours. The service also offers 1:1 and whole family support for young people who as a result of being on a programme would like additional help to prevent them continuing to engage in those behaviours.

The aim is to reduce and/or prevent risky behaviours that lead to poor physical and emotional outcomes (and by consequence aggressive and challenging behaviours); Relationship breakdowns; Conflict within families; Early emotional distress and Social isolation. Individual referrals to a programme can be made.



RequestforEarlyHelpM
ID.docx

Essex Boys and Girls Clubs

Head Office

Tel: 01245 264783

Website: www.essexboysandgirlsclubs.org

Address: Harway House, Rectory Lane

Chelmsford, Essex. CM1 1RQ

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.

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.

- [The Clubs](#)

- [Projects](#)

FAST (Families and Schools Together)

Tel: **01787 374246**

Email: fast@bulmer-st-andrews.essex.sch.uk

Address: **Bulmer St Andrews School,
Church Road, Bulmer. Essex. CO10 7EH**



LDG Schools Covered
by FAST.docx

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 can help you to manage these situations by providing:

- Advice and support for all families

Advice, training and support for all staff

<p>Family Lives Parents Helpline and Website</p> <p>Tel: 0808 8002222 Tel (Essex Office): 01702 554782 Website: www.familylives.org.uk Address: Endway House, Endway, Hadleigh, Essex SS7 2AN</p>	<p>Leading Charity providing a range of free services to support families including a 24/7 helpline</p> <ul style="list-style-type: none"> • Parents Together Online
<p>Home-Start Chelmsford</p> <p>Tel: 01245 421222 Email: office@homestartchelmsford.co.uk Website: www.home-startchelmsford.com Address: Unit 9B, The Old Dairy, Reeds Farm Estate, Writtle, Chelmsford, Essex. CM1 3ST</p>	<p>Home-Start Chelmsford offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.</p> <p>Find out more about the support Home-Start Chelmsford offers</p>
<p>Home-Start Maldon</p> <p>Tel: 01621 858467 Fax: 01621 857805 Email: info@homestartmaldon.org.uk Website: www.homestartmaldon.org.uk Address: St Cedd's House, Room 20, Princes Rd, Maldon, Essex. CM9 5DL</p>	<p>Home-Start Maldon offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.</p> <p>Find out more about the support Home-Start Maldon offers</p>
<p>Home-Start Witham, Braintree & Halstead</p> <p>Tel: 01376 519101 Fax: 01376 527001 Email: homestart.wbh@btconnect.com Address: 4 Atlantic Square, Station Road Witham, Essex. CM8 2TL</p>	<p>Home-Start Witham, Braintree & Halstead offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.</p>

<p>Inner Resources</p> <p>Tel: 01702 200822 Tel (Mobile): 07734 514710 Email: info@innerresourcestraining.co.uk Website: www.innerresourcestraining.co.uk</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>What we do How we do this Referral and Access</p>
<p>InterAct</p> <p>Tel: 01245 608201 Fax: 01245 608310 Email: training@interact.org.uk Website: www.interact.org.uk Address: 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>Kids Inspire</p> <p>Tel: 01245 348707 Email: clinicaladmin@kidsinspire.org.uk Website: kidsinspire.org.uk Address: Head Office, Fox Crescent, Chelmsford, Essex. CM1 2BL</p>	<p>We support children in Essex to become healthy adults who contribute positively to society. We offer bespoke mentoring, therapy, training and activity packages to empower children and the adults around them to make positive choices and improve their lives.</p>
<p>Kids Inspire – Healing Connections</p> <p>Tel: 01245 348707</p>	<p>Kids Inspire’s (KI) Healing Connections: Relationship Training Programme aims to empower families in a therapeutic context to improve skills, capacity for effective functioning, improving emotional wellbeing and preventing mental health conditions.</p>

<p>Email: admin@kidsinspire.org.uk Website: kidsinspire.org.uk Address: Head Office, Fox Crescent, Chelmsford, Essex. CM1 2BL</p>	<p>The target group includes: Families of children with complex social, emotional, behavioural and mental health needs, Children and Young People (CYP) excluded/at risk of exclusion from school and CYP who have experienced Trauma, Adverse effects of living within a household where adult mental health issues impede personal development, Domestic Abuse and CYP who due to the above have had involvement with social care.</p> <p>Healing Connections focuses on what it means to live in an environment where connection has broken and discord is the language of communication. It coaches family members to make sense of relationships and emotions behind behaviour. It prevents family breakdown, teaching de-escalation of explosive situations.</p> <p>It supports the emotional/mental health and wellbeing of families and young people with extensive knowledge/experience and teaches parents empathetic communication to change complex, negative family dynamics. This then increases autonomy, teaching participants to facilitate their own outcomes and move away from service-led delivery.</p>
<p>Re-new Counselling</p> <p>Tel: 01245 359353 Email: sycamore@renew-us.org Website: www.renew-us.org Address: Sadler’s House, 2 Legg Street, Chelmsford, Essex. CM1 1AH Areas Covered: Mid Essex</p>	<ul style="list-style-type: none"> • Children’s Counselling • Young People’s Counselling • Counselling in Schools
<p>Specialist Teaching and Preschool Service</p> <p>Tel: Click for Details Email: Click for Details</p>	<p>The Specialist Teaching and Preschool Service is an integrated team of specialist support and outreach staff undertaking a range of roles within the following specified areas of need:</p> <ul style="list-style-type: none"> • Autism and Social Communication Difficulties • Learning Difficulties and Disabilities • Physical and Neurological Impairment • Sensory Impairment (Visual, Hearing, Multi-sensory) • Social and Emotional Difficulties (formerly Behaviour Support)

- | | |
|--|--|
| | <ul style="list-style-type: none">• Speech, Language and Communication needs• More information & How to Request Support |
|--|--|

[Back to Mid Home Page](#)

[Go to Child Behavioural Difficulties Top](#)

Children's Health Services

[Back to Mid Home Page](#)

(Information regarding which team covers which part of Essex will be available from 1st October)

Essex 5-19 Children's Public Health Teams

Braintree

Tel: **01376 567017**

Webpage: www.virgincare.co.uk

Address: **Suite 3 Technicon Centre, Springwood Drive, Springwood Industrial Estate, Braintree, Essex. CM7 2YN**

North West Chelmsford & Maldon

Tel: **01245 318317**

Webpage: www.virgincare.co.uk

Address: **South Woodham Ferrers Clinic, Merchant Street, Chelmsford Essex. CM3 5BF**

South East Chelmsford

Tel: **01245 396878**

Webpage: www.virgincare.co.uk

Address: **The Waterhouse Business Centre, 2 Cromar Way, Chelmsford, Essex CM1 2QE**

Witham

The 5-19 Public Health Service is made up by a collection of different professionals. Together we work to promote the health and wellbeing of school aged children.

We work in partnership to deliver the Healthy Child Programme, this is a national Department of Health initiative aimed at promoting health and wellbeing for all children in order for them to reach their full potential.

Our services include:

- National Child Measurement Programme Supporting schools to obtain Healthy Schools Status
- Supporting schools with care plans for children with specific medical needs
- Safeguarding and support for children in need
- Delivering training for school staff for medical conditions
- Community and school drop-ins
- Health promotion, education and training
- Support and delivery of PSHE within school curriculum
- School health needs assessments
- Bed wetting support
- Signposting and onward referral to other services
- Supporting schools to reduce pupil absence

After your child has turned 5, our team directly take over the care of your child from the health visitor.

In your child's reception year, a member of the 5-19 Public Health team will review your child's health needs in accordance with the Healthy Child Programme. As part of this service we will invite you to participate in a Health Needs Assessment Questionnaire and subsequently offer your child:

- A height and weight check

Tel: **01376 303798**

Webpage: www.virgincare.co.uk

Address: **Witham Health Centre, 4 Mayland Road, Witham, Essex. CM8 2UX**

- Basic vision test
- Hearing test if there is a concern identified
- Onward referral to specialist services
- On-going support & guidance throughout your child's school years

All children, young people and parents/carers/guardians have access to the school nursing team.

Mid Essex Health Visiting Teams

Halstead Team

Tel: **01787 273120**

Webpage: www.virgincare.co.uk

Address: **Rehabilitation Unit, 78 Hedingham Road, Halstead, Essex. CO9 2DL**

Burnham Team

Tel: **01621 727605**

Webpage: www.virgincare.co.uk

Address: **Crouch Road, Burnham-on-Crouch, Essex. CM0 8DX**

Maldon Team

Tel: **01245 318317**

Webpage: www.virgincare.co.uk

Address: **South Woodham Ferrers Clinic, Merchant Street, Chelmsford, Essex. CM3 5BF**

Moulsham Team

Health Visitors are qualified nurses or midwives with a specialist qualification in public health for children, young people and families. They work alongside families offering support and information around parenthood and early parenting, from pregnancy right through to when your child starts school. The service offers support for all parents of all children (0-5), whatever their circumstances.

Health visitors are keen to hear your thoughts, feelings and experiences about being a parent – you can talk through any worries you may have. At the hubs you can also chat with other parents in a relaxed play environment for your baby. You can talk to your health visitor about anything which is on your mind, for example lots of parents seek support around:

- Infant feeding and introducing family foods
- Understanding your baby's behaviour and how they are developing
- Adjusting to becoming a parent
- Family life and difficulties such as postnatal depression
- Healthy choices such as lifestyle, eating or immunisations
- Home safety, housing problems, domestic abuse or child abuse

We work with other professionals and practitioners to ensure you get additional expert help if you need it. We will also show you how you can take full advantage of the range of resources that are available to you locally so you can gain support within your own community. We also work closely with local Children's Centres to promote family activities which help build a strong bond with your child. Children's Centres offer a range of services, advice and support for parents and carers.

Tel: **01245 396855**

Webpage: www.virgincare.co.uk

Address: **The Waterhouse Business Centre, 2
Cromar Way, Chelmsford, Essex. CM1 2QE**

Parkside Team (Chelmsford)

Tel: **01245 397712/3**

Webpage: www.virgincare.co.uk

Address: **Health Visitors Office, Parkside Medical
Centre, Melbourne Avenue, Chelmsford, Essex.
CM1 2DY**

Seesaw Team (Braintree)

Tel: **01376 567065**

Webpage: www.virgincare.co.uk

Address: **Suite 1 Technicon Centre, Springwood
Drive, Springwood Industrial Estate, Braintree,
Essex. CM7 2YN**

Silver End Team

Tel: **01376 587964**

Webpage:

Address: **Silver End Children's Centre, Top Floor,
Silver End Village Hall, Broadway, Silver End,
Witham, Essex. CM8 3RQ**

South Woodham Ferrers Team

Tel: 01245 318317

Webpage: www.virginicare.co.uk

Address: **Merchant Street, South Woodham Ferrers, Chelmsford, Essex. CM3 5XE**

Witham Team

Tel: 01376 302767

Webpage: www.virginicare.co.uk

Address: **Witham Health Centre, 4 Mayland Road, Witham, Essex. CM8 2UX**

Essex Healthy Schools Service

Tel: 01206 587240

Fax: 01621 727359

Webpage: www.virginicare.co.uk

Address: **South Woodham Ferrers Clinic, Merchant Street, Chelmsford, Essex. CM3 5BF**

We work to engage schools in the Essex Healthy Schools Programme and pro-actively support them in maintaining Healthy Schools status and working towards Enhancement Stage.

Through Healthy Schools activity, we aim to increase the capacity of schools to improve universal health and wellbeing, for example:

- Training school staff on a range of health issues, such as understanding health improvement, managing playground behaviours, domestic abuse and delivering the PSHE curriculum.
- Supporting schools in adopting a whole-school approach to health and wellbeing.

We also work with schools and other agencies to develop and deliver Health Improvement Interventions as required to support targeted work in schools, such as:

- Therapeutic groups for children with identified social and emotional needs, such as Dina's Dinosaur School, Children Living with Domestic Abuse, Friendship and Social Skills, Anger Management and Managing Change, Stress and Anxiety.
- Working with young people taking risks.
- Cooking with young carers.

	<ul style="list-style-type: none"> • Working with parents to overcome barriers to health and wellbeing. <p>In addition, we engage and support secondary schools in developing and sustaining the Youth Health Champions initiative.</p>
<p>Essex Looked After Children’s Service</p> <p>Tel: 07977 435103</p> <p>Webpage: www.virgincare.co.uk</p> <p>Address: 656 The Crescent, Colchester Business Park, Colchester, Essex. CO4 9YQ</p>	<p>The service provides expert support and advice to ensure that the health needs of this vulnerable and highly mobile group of children and young people are met effectively.</p> <p>The service undertakes work with children and young people who have complex needs as appropriate. It provides service information, training and clinical development and feedback from service users. It works closely with other services and partner agencies, and specific care needs may be delivered in collaboration with these services.</p> <p>Examples of this are:</p> <ul style="list-style-type: none"> • Behaviour management • Parenting • Addressing mental health issues of all ages • Enuresis • Continence • Special needs • Sleep management • Complex health needs • Psycho social issues • Sexual health • Healthy living <p>It receives weekly information on newly accommodated children and young people and ensures that key practitioners are aware of new and changed placements. Statutory health assessments are co-ordinated and monitored to ensure that staff are adequately trained and supported. Close liaison across the country ensures that the health needs of children and young people placed from north east Essex continue to be met in out of county placements.</p>

	<p>The Named Nurse for Looked After Children provides training and information for foster carers, and multi-agency staff working with looked after children.</p>
<p>Essex Specialist Health Visiting Service</p> <p>Tel: 0300 3001521 (Option 3) Fax: 0300 3001621 Webpage: www.virgincare.co.uk Address: Mayflower Community Hospital, Blunts Wall Road, Billericay, Essex. CM12 9SA</p>	<p>The Specialist health visiting for disabled children offers children up to 19 years old, and their families, consultation on all aspects of disability.</p> <p>This includes:</p> <ul style="list-style-type: none"> • Specialist advice on diagnosed and undiagnosed conditions • Observation and assessment • Early support / one planning for Educational Health Care Plans • Intervention from our team of nursery nurses • Coordination of service provision, for example, multi-professional meetings • Information on education, social care, benefits and related issues • Provision of Specialist Developmental Playgroups • Continence Assessments
<p>Essex Specialist School Nursing Service</p> <p>Tel: 0300 3001521 (Option 1) Fax: 0300 3001621 Webpage: www.virgincare.co.uk Address: Mayflower Community Hospital, Blunts Wall Road, Billericay, Essex. CM12 9SA</p>	<p>The Specialist school nursing service consists of qualified children’s nurses and nursery nurses providing specialist advice and support to carers, families and staff in the new model special schools. Covering Beacon Hill Academy, Pioneer, Castledon, Treetops and Endeavour Special schools.</p> <p>These schools are part of an evolving plan for the social inclusion of children and young people with the most severe and complex special educational needs. We provide specialist training, advice and support to professionals involved in the child’s care within the education and community setting. This Includes</p> <ul style="list-style-type: none"> • Clinical advice and support • Training and clinical competencies for education support staff • Developing Care Plans • Completion of LAC Review Health Assessment • Continence Assessments

Crime/Anti-Social Behaviour

[Back to Mid Home Page](#)

FIF Services - [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

Other Services – [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

Family Intervention Team (The Children's Society)

Tel: 01245 493311

Email: FIFreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

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

Areas Covered: Mid Essex

[Family Intervention Team](#)

Are you working with a family who are struggling with a child's challenging behaviour? Our service can offer early help and support to parents of 5 - 18 year olds*.

We deliver evidence based parenting programmes to improve parenting capacity and the behaviours and life chances of children and young people, through creating awareness, sharing knowledge, building resilience and enhancing skills within local communities.

- Whole family needs assessment.
- Keyworker support for whole family
- Care planning to reflect individual and family needs
- Realistic, achievable and reviewable goals
- Solution focused approach
- Access to self-sustaining support groups and signposting
- Pre and post programme support



RequestforEarlyHelpM
ID.docx

Kids Inspire (FIF 5)

Tel: 01245 348707

Email: sue@kidsinspire.org.uk



Website: kidsinspire.org.uk

Areas Covered: Mid Essex

Coaching (14+ and parents) & Mentoring (8+ & parents)

The only restriction to accessing this service is that the person being referred is not already working with specialist support services such as for example Children and Adolescent Mental Health Services, Family Solutions, Social Care.

Parents and young people (over 13) may self-refer.

	<p>The primary purpose of this support is to reduce and/or prevent negative behaviour that; impacts on parenting and the dynamic of a family; Risky behaviours that lead to poor physical and emotional outcomes; Aggressive behaviours that leads to violence; The breakdown of parental or family relationship; Social isolation.</p> <p>Coaching involves a semi structured process of questioning and reflection. Mentoring – is different to coaching in that a mentor is a guide or a positive role model who can help the mentee to find the right direction and who can help them to develop solutions to issues.</p> <p> RequestforEarlyHelpM ID.docx</p>
Action for Prisoners Families Website: www.prisonersfamilies.org.uk	Information and resources for families of prisoners and offenders.
Braintree District Council Tel: 01376 552525 Email: csc@braintree.gov.uk Website: www.braintree.gov.uk	Community safety advice
Chelmsford City Council Tel: 01245 606606 Website: www.chelmsford.gov.uk	Community safety advice
Children Affected by Parental Imprisonment (CAPI) Essex Service Tel: Suzanne Page – 07807 194589 Tel: Amy Clayton – 07505 665095 Email: suzanne.page@barnardos.org.uk Email: amy.clayton@barnardos.org.uk	<p>The Essex CAPI service has been established to provide information and advice to professionals and support to families affected by imprisonment.</p> <p> CAPI booklet .pdf</p>


<p>Dare to Care (The Children's Society)</p> <p>Tel: 01245 493311 Email: daretocarereferrals@childrenssociety.org.uk Website: www.childrenssocietyeast.org.uk Address: 114 Springfield Road, Chelmsford, Essex CM2 6LF Areas Covered: Mid Essex</p>	<p><u>Dare to Care</u></p> <p>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).</p>
<p>Essex Police CYP Police Officer</p> <p><u>Braintree</u> 73656 Andy Holmes Email: 42073656@essex.pnn.police.uk Ext: 400336</p> <p><u>Chelmsford & Maldon</u> 1376 Clare Martinez</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>Essex Victims Gateway</p> <p>Website: essexvictimsgateway.org</p>	<p>The Essex Victims Gateway offers:</p> <ul style="list-style-type: none"> • Free help, information and advice for victims of crime across the whole of the county, including Southend and Thurrock • A comprehensive list of charities and support groups near you • Support tailored to your needs, including specialist services for victims of the most serious crimes such as rape, sexual violence and domestic abuse • Help is available to all, including those who have not reported the crime to police or where offences happened in the past

[Back to Mid Home Page](#)

[Go to Crime/Anti-Social Behaviour Top](#)

<p>Essex Youthbuild</p> <p>Tel: 01245 461700 Email: carol.bogdanov.eyb@btconnect.com Website: essexyouthbuild.co.uk Address: 6 Grafton Place, Montrose Road, Chelmsford, Essex. CM2 6TG Areas Covered: Essex-wide</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>More Information</p>
<p>Essex Young People's Drug and Alcohol Service</p> <p>Tel: 01245 493311 Email: eypdas@childrenssociety.org.uk Website: www.childrenssocietyeast.org.uk/eypdas Address: Project 114, 114 Springfield Road, Chelmsford, Essex CM2 6LF Areas Covered: Essex-wide</p>	<p>Essex Young People's Drug and Alcohol Service works with children, young people and families affected by drug or alcohol use. Read more...</p>
<p>Maldon District Council</p> <p>Tel: 01621 854477 Email: contact@maldon.gov.uk Website: www.maldon.gov.uk</p>	<p>Community safety advice</p>
<p>Mid Essex Youth Offending Team</p> <p>Tel: 01245 358092 Fax: 01245 358337 Email: yot.chelmsford.ecc@essex.gov.uk Address: Suite 2, Empire House, Victoria Road, Chelmsford, Essex. CM1 1PA</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>Ormiston at HMP Chelmsford</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</p>

<p>Tel: 01245 552452 Website: www.ormiston.org Address: 200 Springfield Road, Chelmsford, Essex. CM2 6LQ</p>	<p>can visit their relative in a more family-friendly environment.</p> <p>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>Paladin – National Stalking Advocacy Service</p> <p>Tel: 0207 8408960 Email: info@paladinservice.co.uk Website: paladinservice.co.uk</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>PREVENT</p> <p>Tel: 03000 3334444 ext: 180521 / 01245 452133 Email: prevent@essex.pnn.police.uk Website: www.essex.police.uk</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. Read More...</p>
<p>Reach Every Generation</p> <p>Tel: 07956 760862 Email: gavin.mckenna@reacheverygeneration.com Website: reacheverygeneration.co.uk</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>Read more...</p>
<p>Safe In Essex (The Children's Society)</p> <p>Tel: 01245 493311 Email: FIFreferrals@childrenssociety.org.uk Website: www.childrenssocietyeast.org.uk</p>	<p>Safe in Essex</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"> • Drugs, alcohol and smoking

<p>Address: 114 Springfield Road, Chelmsford, Essex CM2 6LF</p> <p>Areas Covered: Essex-wide</p>	<ul style="list-style-type: none"> • Gangs & Trafficking • Domestic abuse and victims of violence • E-safety • At risk of sexual exploitation • Risky sexual behaviour • Antisocial behaviour and crime
<p>Sexual Assault Referral Centre (SARC)</p> <p>Tel: 01277 240620</p> <p>Website: www.oakwoodplace.org.uk</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> <div style="text-align: center;">  <p>SARC pathway V2 Sept 2014.pdf</p> </div>
<p>Victim Support Essex</p> <p>Tel: 0845 3030900</p> <p>Email: essex@victimsupport.org.uk</p> <p>Website: www.victimsupport.org.uk</p>	<p>Victim Support is here to help anyone affected by crime, not only victims and witnesses, but their friends, family and any other people involved. Because we're an independent charity, you can talk to us whether or not you reported the crime to the police. If you want, we can support you without the involvement of the criminal justice system, and we won't contact them about you unless we feel someone is at risk. We are here just to support you.</p>

[Back to Mid Home Page](#)

[Go to Crime/Anti-Social Behaviour Top](#)

Domestic Abuse

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

[Back to Mid Home Page](#)



Essex DV Directory of
services New.doc

Braintree Advice Services Partnership – Tel.:
03337778087

Email: enquiries@brainteeasp.org.uk

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

Braintree Safer Places

Tel: 0845 0177668

Tel: 0330 1025811

Fax: 01376 324247

Email: info@saferplaces.co.uk

Website: www.saferplaces.co.uk

Safer Places is an independent domestic abuse charity dedicated to supporting adults and children affected by domestic abuse.

We are able to provide a wide range of services to support you and respond to your individual needs and circumstances, whether it is in our refuge accommodation or in the community.

All our services work in a holistic and empowering way to help enable you to live independent lives free from domestic abuse.

Chelmsford Women's Aid

Tel: 0808 2000247 (National Helpline)

Tel: 01245 493114 (Refuge Services)

Tel: 01245 493056 (Outreach Services)

Provides a refuge for women fleeing domestic violence and an outreach service supporting women living in the community. The Outreach Service also runs a number of drop ins and support groups for women to get help and meet up with others in a similar situation.



Chelmsford Women's
Aid.pdf

Childline

Tel: 0800 1111

Website: www.childline.org.uk

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

[Back to Mid Home Page](#)

[Go to Domestic Abuse Top](#)

<p>Chinese Information & Advice Centre</p> <p>Tel: 08453 131868 Email: info@ciac.co.uk Website: www.ciac.co.uk</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>Centre for Action on Rape & Abuse (CARA)</p> <p>Tel: 01206 769795 Email: info@caraessex.org.uk Website: www.caraessex.org.uk Address: PO Box 548, Colchester, Essex. CO1 1YP Areas Covered: Mid & North Essex</p>	<p>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> <p>We provide formal counselling for rape and sexual assault, including child sexual abuse.</p> <p>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>Dare to Care (The Children's Society)</p> <p>Tel: 01245 493311 Email: daretocare referrals@childrenssociety.org.uk Website: www.childrenssocietyeast.org.uk Address: 114 Springfield Road, Chelmsford, Essex CM2 6LF Areas Covered: Mid Essex</p>	<p><u>Dare to Care</u></p> <p>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).</p>
<p>Essex Change</p> <p>Tel: 01245 258680 ext. 223 Tel: 07787 2541982 (Mobile) Tel: 0845 3727701 (Perpetrator Service) Tel: 0845 3722201 (Partner Support) Email: admin@essexchange.org Website: www.essexchange.org</p>	<p>Essex Change is a community based domestic violence intervention programme for men who want to end their violent or abusive behaviour towards a partner or ex-partner.</p> <p>They also run a women's service which aims to increase the safety of women and children by offering support and safety planning.</p>

<p>Essex Police Domestic Abuse Central Referral Unit</p> <p>Tel: 0800 3580351 Tel: 101 Extension 180340 Website: www.essex.police.uk</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 Help in Essex or Help across the UK pages.</p>
<p>Galop.org.uk</p> <p>Tel: 0800 9995428 Website: www.galop.org.uk/domesticabuse</p>	<p>Our National Lesbian, Gay, Bisexual and Trans* (LGBT) Domestic Violence Helpline provides confidential support to all members of the LGBT communities, their family, friends, and agencies supporting them. The helpline is run by trained LGBT people and provides a space where you can talk through what is going on, and explore your options. We can:</p> <ul style="list-style-type: none"> • Provide confidential information, advice and support • Help you create your safety plan • Explore options around housing, legal advice, counselling and local support groups • Tell you about your local LGBT friendly services • Discuss the possibility of reporting to the Police
<p>The Hideout</p> <p>Website: www.thehideout.org.uk</p>	<p>A website specifically designed for children and young people who are experiencing domestic violence.</p>
<p>Jewish Women's Aid</p> <p>Tel: 0808 8010500 Website: jwa.org.uk</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>The Kiran Project</p> <p>Tel: 0208 5581986 Email: kiran.admin@kiranproject.org.uk Website: www.kiranproject.org.uk</p>	<p>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.</p>

<p>Men's Advice Line</p> <p>Tel: 0808 8010327 Email: info@mensadviceline.org.uk Website: www.mensadviceline.org.uk</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>National Domestic Violence Helpline</p> <p>Tel: 0808 2000 247 Website: www.nationaldomesticviolencehelpline.org.uk</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>National Centre for Domestic Violence (NCDV)</p> <p>Tel: 0844 8044999 Text: NCDV to 60777 and they will call back Email: office@ncdv.org.uk Website: www.ncdv.org.uk Areas Covered: Nationwide</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>NSPCC</p> <p>Tel: 0808 8005000 Website: www.nspcc.org.uk</p>	<p>A 24 hour free confidential helpline for children and young people.</p>

Respect Phonenumber

Tel: **0808 8024040**

Email: info@respectphoneline.org.uk

Website: www.respectphoneline.org.uk

A confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner.

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.

Our key focus is to increase the safety of those experiencing domestic violence through promoting effective interventions with perpetrators.

The Respect Phonenumber is open Monday-Friday 9am-5pm.

Safer Places

Tel: **03301 025811**

Email: info@saferplaces.co.uk

Website: www.saferplaces.co.uk

Areas Covered: **Mid & West Essex**

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 \(Men & LGBT\)](#)
- [Male Victims](#)
- [Triple R Programme](#)

Sexual Assault Referral Centre (SARC)

Tel: **01277 240620**

Website: www.oakwoodplace.org.uk

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.

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.



SARC pathway V2
Sept 2014.pdf

<p>Southall Black Sisters Helpline</p> <p>Tel: 0208 5710800 Website: www.southallblacksisters.org.uk</p>	<p>Southall Black Sisters provide information, advice, advocacy, practical help, counselling and support to Asian and African-Caribbean women and children experiencing domestic violence.</p>
<p>Victim Support Essex</p> <p>Helpline Tel: 08 08 16 89 111 Essex Team (Business Hours): 0300 303 0165 Email: essex@victimsupport.org.uk Website: www.victimsupport.org.uk</p>	<p>Victim Support is here to help anyone affected by crime, not only victims and witnesses, but their friends, family and any other people involved. Because we're an independent charity, you can talk to us whether or not you reported the crime to the police. If you want, we can support you without the involvement of the criminal justice system, and we won't contact them about you unless we feel someone is at risk. We are here just to support you.</p>
<p>Women's Aid</p> <p>Tel: 0808 2000247 (National Helpline)</p>	<p>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.</p>

[Back to Mid Home Page](#)

[Go to Domestic Abuse Top](#)

Disability/Additional Needs

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

[Back to Mid Home Page](#)

Action For Family Carers

Tel: 01621 851640

Fax: 01621 874817

Email: enquiries@affc.org.uk

Website: www.affc.org.uk

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

Areas Covered: Braintree, Chelmsford, Maldon

- [Adult Carers](#)
- [Young Carers](#)
- [Young Adult Carers](#)
- [Respite Care](#)

Autism Anglia

Tel: 01206 577678

Fax: 01206 578581

Email: info@autism-anglia.org.uk

Website: www.autism-anglia.org.uk

Address: Century House, Riverside Office Centre,
North Station Road, Colchester, Essex. CO1 1RE

Areas Covered: Essex-wide

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.

The charity also seeks to promote a greater knowledge and understanding of autism through training, education and supplying information to the public and professionals.

Autism Anglia offers the following services:

- [Doucecroft Independent Specialist School](#)
- [Further Education Provision](#)
- [Adult Residential Houses](#)
- [Supported Living packages](#)
- [Adult Study Centres](#)
- [Family Support and advice](#)
- [Autism Alert Card](#)
- [Professional advice and training](#)
- [AASPIN network for professionals](#)

[Back to Mid Home Page](#)

[Go to Disability/Additional Needs Top](#)

<p>Autism Hub: Living Well Essex County Council</p> <p>Website: www.livingwellessex.org/autism-hub</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 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.</p>
<p>Citizens Advice Bureau - Braintree</p> <p>Tel: 03444 994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@braintrecab.cabnet.org.uk Website: www.bhwcab.org.uk Address: 17 Coggeshall Road, Braintree, Essex. CM7 9DB</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>Citizens Advice Bureau - Chelmsford</p> <p>Tel: 01245 205656 (Advice Line) Tel: 01245 205605 (Office) Fax: 01245 281388 Website: www.chelmsfordcab.org Address: Burgess Well House, Coval Lane, Chelmsford, Essex. CM1 1FW</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>Citizens Advice Bureau – Halstead</p> <p>Tel: 0344 4994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@halsteadcab.cabnet.org.uk Website: www.bhwcab.org.uk Address: The Ramsey College, Halstead, Essex. CO9 2HR</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>

[Back to Mid Home Page](#)

[Go to Disability/Additional Needs Top](#)

<p>Citizens Advice Bureau – Maldon</p> <p>Tel: 01621 875774 Email: bureau@maldoncab.cabnet.org.uk Website: www.citizensadvice.org.uk/maldoncab Address: Council Offices, Princes Road, Maldon, Essex. CM9 5DL</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>Citizens Advice Bureau - Witham</p> <p>Tel: 0344 4994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@withamcab.cabnet.org.uk Website: www.bhwcab.org.uk Address: Collingwood Road (by Public Hall), Witham, Essex. 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>
<p>ECDP (Essex Coalition of Disabled People)</p> <p>Tel: 01245 392300 Textphone: 01245 392302 Email: info@ecdp.org.uk Website: www.ecdp.org.uk Address: Ivan Peck House, 1 Russell Way, Chelmsford, Essex CM1 3AA Areas Covered: Essex-wide</p>	<p>ECDP is a pioneering User-Led Organisation with an enviable reputation for supporting disabled people at a local, regional and national level.</p> <p>Everything we do is underpinned by the social model of disability. We do not accept discrimination in our work on grounds of disability, race, age, sexual orientation, gender or religion and will challenge it if it occurs, at an individual or organisational level. We aim to positively promote equality on these grounds.</p> <p>At ECDP we represent and support disabled people through a range of programmes and services.</p> <p>Our Services</p> <ul style="list-style-type: none"> • Full Membership • Get Involved • Our Publications • Payroll Services • Personal Health Budgets • Support Planning

<p>Epilepsy Action</p> <p>Tel: 07513 330749 Website: www.epilepsy.org.uk Areas Covered: Nationwide</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>Essex Advocacy</p> <p>Tel: 0300 3435736 Text: SEAP (followed by your message) to 80800 Email: info@essexadvocacy.org.uk Website: www.essexadvocacy.org.uk</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"> • Decisions are being taken about their health and social care • Support is needed to make informed choices about their life • They wish to make a complaint about NHS care or treatment
<p>Essex Connects Online Directory</p> <p>Website: www.essexconnects.org.uk</p>	<p>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.</p>
<p>Essex SEND Information, Advice & Support Service</p> <p>Tel: 03330 138913 Email: send.iass@essex.gov.uk Website: www.essexlocaloffer.org.uk</p>	<p>The Essex SEND Information, Advice and Support Service provide information, advice and support on the telephone or in person. We work with parents and carers of children and young people with special educational needs or a disability and with disabled children and young people, and those with SEN, up to the age of 25. We can also advise on processes relating to health and social care.</p> <p>We are an impartial, confidential service and operate at arms-length from the Local Authority.</p> <p>Referrals can be made by a parent/carer/child/young person themselves or anyone who has their permission.</p>
<p>FACE (Families Acting for Change Essex)</p> <p>Tel: 01245 608231</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</p>

<p>Text: 07910 883337 Email: info@face-essex.org Website: www.face-essex.org Areas Covered: Essex-wide</p>	<p>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>More Information Early Support</p>
<p>Families in Focus Tel: 01245 353575 Email: helpline@familiesinfocusessex.org.uk Website: www.familiesinfocusessex.org.uk Areas Covered: Essex-wide</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>Grandparents Plus Tel: 03000 337015 Email: info@grandparentsplus.org.uk Website: www.grandparents-association.org.uk</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>Read more...</p>
<p>Inner Resources Tel: 01702 200822 Tel (Mobile): 07734 514710 Email: info@innerresourcestraining.co.uk Website: www.innerresourcestraining.co.uk</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>What we do How we do this Referral and Access</p>
<p>The J's Hospice</p>	<p>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</p>

<p>Tel: 01245 475474 Email: info@thejshospice.org.uk Website: www.thejshospice.org.uk Address: 36A Church Street, Great Baddow, Chelmsford, Essex. CM2 7HY</p>	<p>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> <ul style="list-style-type: none"> • About the J's Hospice • What we Do
<p>Little Havens Hospice</p> <p>Tel: 01702 556645 Website: www.havenshospices.org.uk Address: Daws Heath Road, Thundersley, Essex. SS7 2LH</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.</p> <p>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>Read More</p>
<p>Network 81</p> <p>Tel: 0845 0774055 Email: Advice@network81.org.uk Website: www.network81.org.uk</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>PARC Essex</p> <p>Tel: 01376 528999 Email: info@parc-essex.co.uk Website: www.parc-essex.co.uk</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>More About PARC Services</p>
<p>Provide – Speech & Language Therapy – Children’s</p> <p>Tel: 01245 546313 or 01245 546335</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> <ul style="list-style-type: none"> • Our Children's Speech & Language Therapy Service Explained

<p>Fax: 01245 546331 Website: www.provide.org.uk Areas Covered: Mid Essex</p>	
<p>Self-Management UK</p> <p>Tel: 03333 455840 Email: hello@selfmanagemnetuk.org Website: selfmanagementuk.org</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"> • Take ownership of their health with greater confidence and empowerment • Facilitate shared decision making with Healthcare Professionals (HCPs) • Choose alternative options to achieve good health than NHS resources <p>Self-management awareness programmes will also be run for 100 HCPs to support clinicians to meet project objectives. 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>SNAP (Special Needs & Parents)</p> <p>Tel: 01277 211300 Email: info@snapcharity.org Website: www.snapcharity.org 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"> • Support Services • Activities • Centre Resources • SNAP Directory

[Back to Mid Home Page](#)

[Go to Disability/Additional Needs Top](#)

Special Education Needs and Children With Additional Needs (SENCAN)

Tel: 01376 555656

Tel: 01376 550349 (Pre-school Team)

Tel: 01245 436263 (County Hall)

Email: senaps@essexcc.gov.uk

Address: Crossman House, Station Approach,
Braintree, Essex. CM7 3QA

Areas Covered: Mid Essex

SENCAN is part of Essex Local Authority. The service works with schools, pre-schools, parents and others to ensure that children with special educational needs get the support they need.

SENCAN PRE-SCHOOL TEAM includes specialist teachers, family support keyworkers and area special educational needs co-ordinators. The team works with and supports parents and pre-school staff.

Specialist Teaching and Preschool Service

Tel: [Click for Details](#)

Email: [Click for Details](#)

The Specialist Teaching and Preschool Service is an integrated team of specialist support and outreach staff undertaking a range of roles within the following specified areas of need:

- Autism and Social Communication Difficulties
- Learning Difficulties and Disabilities
- Physical and Neurological Impairment
- Sensory Impairment (Visual, Hearing, Multi-sensory)
- Social and Emotional Difficulties (formerly Behaviour Support)
- Speech, Language and Communication needs

[More information & How to Request Support](#)

[Back to Mid Home Page](#)

[Go to Disability/Additional Needs Top](#)

Education

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

[Back to Mid Home Page](#)

[CLICK HERE FOR MID ESSEX PRIMARY SCHOOLS DIRECTORY](#)

[CLICK HERE FOR ESSEX SECONDARY SCHOOLS DIRECTORY](#)

Advisory Centre for Education (ACE)

Tel: **0300 0115142**

Website: www.ace-ed.org.uk

Normal opening hours: Monday to Wednesday from 10am to 1pm. Term time only

ACE Education Advice & 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.

Alternative Education Commissioning Service

Caseworker (Mid) Tel: **03330 131159**

Principal Officer Tel: **03330 137981**

Senior Caseworker Tel: **03330 131152**

Commissioner for Alternative Education Tel: **03330 137981**

Email: exclusions@essex.gov.uk

The Alternative Education Commissioning Service has responsibility, under Section 19 of The Education Act 1996 (as amended by the Children and Families Act 2010) for commissioning suitable education for pupils who are unable to attend school.

The broad functions of The Alternative Education Commissioning Service are:

- Responsibility for commissioning and monitoring suitable education for permanently excluded pupils, and for other pupils, who, because of illness or other reasons, would not receive appropriate education without such provision.
- Supporting schools and pupils where behavioural difficulties are preventing pupils from accessing relevant education.
- The provision of training and advice to schools on exclusion matters; including specific Governor training.
- Attending Governing Body Meetings where pupil exclusions are considered.
- Supporting and advising parents where pupils on school rolls are not receiving appropriate education.

The Principal Officers and Caseworkers deal with enquiries around fixed term, permanent exclusions and positive referrals.

[Back to Mid Home Page](#)

[Go to Education Top](#)

	<p>The Senior Caseworker deals with referrals for pupils who are pregnant, pupils with medical needs and Anxious School Refusers.</p> <p>For further information, visit the ESSEX SCHOOLS INFOLINK website.</p>
<p>Educational Psychology Parent Helpline</p> <p>Tel: 01245 433293 (Available every Monday afternoon during term-time, 1pm-5pm) Website: schools.essex.gov.uk</p>	<p>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> <ul style="list-style-type: none"> • The helpline is confidential and personal details will not be recorded and nor will information be passed onto other services • It is staffed by qualified educational psychologists who listen to parents concerns and work with them to find a positive way forward
<p>Essex Parent Partnership Service</p> <p>Tel: 01245 436036</p>	<p>The Essex Parent Partnership Service provides confidential and impartial support and information for parents and carers of children with special educational needs on Early Years Action and Early Years Action Plus, School Action, School Action Plus or have a statement of special educational needs</p> <p>We can help you with:</p> <ul style="list-style-type: none"> • Understanding the statutory assessment process • Filling in forms • Preparing for meetings • Visiting schools • Education issues, including refusal to assess • Exclusions (fixed term and permanent) • Transitions (all ages)
<p>Essex SEND Information, Advice & Support Service</p> <p>Tel: 03330 138913 Email: send.iass@essex.gov.uk Website: www.essexlocaloffer.org.uk</p>	<p>The Essex SEND Information, Advice and Support Service provide information, advice and support on the telephone or in person. We work with parents and carers of children and young people with special educational needs or a disability and with disabled children and young people, and those with SEN, up to the age of 25. We can also advise on processes relating to health and social care.</p> <p>We are an impartial, confidential service and operate at arms-length from the Local Authority.</p>

	<p>Referrals can be made by a parent/carer/child/young person themselves or anyone who has their permission.</p>
<p>Essex Youth Service (Targeted Team)</p> <p>Tel: 01245 706806 Mobile: 07717 867075 Email: sue.daniels@essex.gov.uk Address: Chelmergate, 193-196 Moulsham Street, Chelmsford, Essex CM2 0LG Areas Covered: Mid Essex</p>	<p>THIS SERVICE CAN ONLY BE REFERRED TO FOR FREE BY FAMILY SOLUTIONS, CHILDREN'S SOCIAL CARE, CAMHS OR YOT</p> <p>PLEASE ADVISE SCHOOL PROFESSIONALS THAT THERE IS A CHARGE FOR SCHOOLS TO REFER.</p> <p>The Essex Youth Service Targeted Team supports young people through one to one and through group work Interventions. We work with young people 13-19yrs and up to 25yrs if they have a recognised special need. We work for a period of 3 months, identifying the barriers they need to overcome in order to move forward successfully in their lives. This could include improving attendance in education, post 16 options, accessing positive activities, increasing self-esteem and confidence and taking personal responsibility whilst building resilience An action plan is agreed in consultation with the young person and they are encouraged to follow through with actions set.</p> <p>We understand that young people may not feel they need to change or not be ready to accept change, however if they are willing to explore areas of their life, this is when change can occur. The young person needs to be clear about the expectation on them to engage readily with the Targeted Youth Adviser and want to explore their challenges, opportunities and make change as required. We use a range of resources to support young people and where appropriate refer to other services and agencies for more specialised support.</p>
<p>The Heybridge Centre</p> <p>Tel: 01621 856275 Address: The Street, Maldon, Essex. CM4 9NN</p>	<p>Contact Details for The Heybridge Centre Pupil Referral Unit</p>

<p>Missing Education & Child Employment</p> <p>Tel: 03330 139944 Email: ME&CE.mid@essex.gov.uk</p>	<p>Advice for Schools, professionals and parents who have any queries regarding School Attendance, Home Education, or Child Employment and Entertainment .</p>
<p>Provide – Speech & Language Therapy – Children’s</p> <p>Tel: 01245 546313 or 01245 546335 Fax: 01245 546331 Website: www.provide.org.uk Areas Covered: Mid Essex</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> <ul style="list-style-type: none"> • Our Children's Speech & Language Therapy Service Explained
<p>Red Balloon Learner Centres – Braintree Serving Mid & North Essex</p> <p>Tel: 07823 556842 Email: louise.miller@rbair.org.uk Website: redballoonlearner.co.uk</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>Re-new Counselling</p> <p>Tel: 01245 359353 Email: sycamore@renew-us.org Website: www.renew-us.org Address: Sadler’s House, 2 Legg Street, Chelmsford, Essex. CM1 1AH Areas Covered: Mid Essex</p>	<ul style="list-style-type: none"> • Counselling in Schools

[Back to Mid Home Page](#)

[Go to Education Top](#)

Specialist Teaching and Preschool Service

Tel: [Click for Details](#)

Email: [Click for Details](#)

The Specialist Teaching and Preschool Service is an integrated team of specialist support and outreach staff undertaking a range of roles within the following specified areas of need:

- Autism and Social Communication Difficulties
- Learning Difficulties and Disabilities
- Physical and Neurological Impairment
- Sensory Impairment (Visual, Hearing, Multi-sensory)
- Social and Emotional Difficulties (formerly Behaviour Support)
- Speech, Language and Communication needs

[More information & How to Request Support](#)

[Back to Mid Home Page](#)

[Go to Education Top](#)

Employment

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

[Back to Mid Home Page](#)

Citizens Advice Bureau - Braintree

Tel: **03444 994719 (General Advice line)**
Tel: **01787 479397 (Disability Outreach)**
Email: bureau@braintrecab.cabnet.org.uk
Website: www.bhwcab.org.uk
Address: **17 Coggeshall Road, Braintree, Essex.
CM7 9DB**

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

Tel: **01245 205656 (Advice Line)**
Tel: **01245 205605 (Office)**
Fax: **01245 281388**
Website: www.chelmsfordcab.org
Address: **Burgess Well House, Coval Lane,
Chelmsford, Essex. CM1 1FW**

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 – Halstead

Tel: **0344 4994719 (General Advice line)**
Tel: **01787 479397 (Disability Outreach)**
Email: bureau@halsteadcab.cabnet.org.uk
Website: www.bhwcab.org.uk
Address: **The Ramsey College, Halstead, Essex.
CO9 2HR**

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.

[Back to Mid Home Page](#)

[Go to Employment Top](#)

<p>Citizens Advice Bureau – Maldon</p> <p>Tel: 01621 875774 Email: bureau@maldoncab.cabnet.org.uk Website: www.citizensadvice.org.uk/maldoncab Address: Council Offices, Princes Road, Maldon, Essex. CM9 5DL</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>Citizens Advice Bureau - Witham</p> <p>Tel: 0344 4994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@withamcab.cabnet.org.uk Website: www.bhwcab.org.uk Address: Collingwood Road (by Public Hall), Witham, Essex. 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>
<p>Jobcentre Plus Braintree</p> <p>Tel: 0800 0556688 (New Benefit Claims) Tel: 0345 6043719 (General Enquiries) Address: The Old Post Office, Fairfield Rd, Braintree, Essex. CM7 3HA</p>	<p>Benefit and employment advice</p>
<p>Jobcentre Plus Chelmsford</p> <p>Tel: 0345 6060234 Address: 88 New London Road, Chelmsford, Essex. CM2 0PD</p>	<p>Benefit and employment advice</p>
<p>Jobcentre Plus Witham</p> <p>Tel: 0345 6043719 Address: 2-3 Freebournes Court, Witham, Essex. CM8 2BL</p>	<p>Benefit and employment advice</p>

National Careers Service

Tel: **0800 100900**

Website: nationalcareersservice.direct.gov.uk

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.

[Read More...](#)

[Back to Mid Home Page](#)

[Go to Employment Top](#)

Family Conflict

[Back to Mid Home Page](#)

FIF Services - A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
Other Services – A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Family Intervention Team (The Children's Society)

Tel: 01245 493311

Email: FIFreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

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

Areas Covered: Mid Essex

[Family Intervention Team](#)

Are you working with a family who are struggling with a child's challenging behaviour? Our service can offer early help and support to parents of 5 - 18 year olds*.

We deliver evidence based parenting programmes to improve parenting capacity and the behaviours and life chances of children and young people, through creating awareness, sharing knowledge, building resilience and enhancing skills within local communities.

- Whole family needs assessment.
- Keyworker support for whole family
- Care planning to reflect individual and family needs
- Realistic, achievable and reviewable goals
- Solution focused approach
- Access to self-sustaining support groups and signposting
- Pre and post programme support



RequestforEarlyHelpM
ID.docx

Kids Inspire (FIF 5)

Tel: 01245 348707

Email: sue@kidsinspire.org.uk

Website: kidsinspire.org.uk

Areas Covered: Mid Essex

Coaching (14+ and parents) & Mentoring (8+ & parents)

The only restriction to accessing this service is that the person being referred is not already working with specialist support services such as for example Children and Adolescent Mental Health Services, Family Solutions, Social Care.

Parents and young people (over 13) may self-refer.

[Back to Mid Home Page](#)

[Go to Family Conflict Top](#)

The primary purpose of this support is to reduce and/or prevent negative behaviour that; impacts on parenting and the dynamic of a family; Risky behaviours that lead to poor physical and emotional outcomes; Aggressive behaviours that leads to violence; The breakdown of parental or family relationship; Social isolation.

Coaching involves a semi structured process of questioning and reflection.

Mentoring – is different to coaching in that a mentor is a guide or a positive role model who can help the mentee to find the right direction and who can help them to develop solutions to issues.



RequestforEarlyHelpM
ID.docx

Kids Inspire (FIF 5)

Tel: **01245 348707**

Email: sue@kidsinspire.org.uk

Website: kidsinspire.org.uk

Areas Covered: **Mid Essex**

Counselling & Mediation

The only restriction to accessing this service is that the person being referred is not already working with specialist support services such as for example Children and Adolescent Mental Health Services, Family Solutions, Social Care.

Parents and young people (over 13) may self-refer.

The primary purpose of this support is to reduce and/or prevent the breakdown of parental or family relationships, conflict within families or early emotional distress becoming a complex issue for a child or young person. Professionals will work 1:1, with siblings; whole families or parents and carers to achieve these outcomes.



RequestforEarlyHelpM
ID.docx

[Back to Mid Home Page](#)

[Go to Family Conflict Top](#)

<p>Essex Mediation Service</p> <p>Tel: 01279 311431 Email: info@essexmediation.co.uk Website: www.essexmediation.co.uk Address: Harlow Enterprise Hub, Edinburgh Way, Harlow, Essex CM20 2NQ Areas Covered: Essex-wide</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.</p> <p>The Service is free if someone is on benefits and they have a very short waiting list – about 1-2 weeks.</p>
<p>Kids Inspire – Healing Connections</p> <p>Tel: 01245 348707 Email: clinicaladmin@kidsinspire.org.uk Website: kidsinspire.org.uk Address: Head Office, Fox Crescent, Chelmsford, Essex. CM1 2BL</p>	<p>Kids Inspire’s (KI) Healing Connections: Relationship Training Programme aims to empower families in a therapeutic context to improve skills, capacity for effective functioning, improving emotional wellbeing and preventing mental health conditions.</p> <p>The target group includes: Families of children with complex social, emotional, behavioural and mental health needs, Children and Young People (CYP) excluded/at risk of exclusion from school and CYP who have experienced Trauma, Adverse effects of living within a household where adult mental health issues impede personal development, Domestic Abuse and CYP who due to the above have had involvement with social care.</p> <p>Healing Connections focuses on what it means to live in an environment where connection has broken and discord is the language of communication. It coaches family members to make sense of relationships and emotions behind behaviour. It prevents family breakdown, teaching de-escalation of explosive situations.</p> <p>It supports the emotional/mental health and wellbeing of families and young people with extensive knowledge/experience and teaches parents empathetic communication to change complex, negative family dynamics. This then increases autonomy, teaching participants to facilitate their own outcomes and move away from service-led delivery.</p>

[Back to Mid Home Page](#)

[Go to Family Conflict Top](#)

<p>Relate North Essex & East Herts</p> <p>Tel: 01245 258680 Email: admin@relate-northessex.org Website: www.relate-northessex.org Address: Click for Address</p>	<p>Services:</p> <ul style="list-style-type: none"> • 1 Hour Discussion • Relationship Counselling • Youth Counselling • Family Counselling • Separating Parent Information Programme (SPIPs) • Life Skills
<p>Re-new Counselling</p> <p>Tel: 01245 359353 Email: sycamore@renew-us.org Website: www.renew-us.org Address: Sadler's House, 2 Legg Street, Chelmsford, Essex. CM1 1AH Areas Covered: Mid Essex</p>	<ul style="list-style-type: none"> • Children's Counselling • Young People's Counselling • Counselling in Schools

[Back to Mid Home Page](#)

[Go to Family Conflict Top](#)

Family Hubs (Formerly Children's Centres)

[Back to Mid Home Page](#)

[Braintree](#)

[Chelmsford](#)

[Maldon](#)

Braintree

Acorn Delivery Site, Halstead

Tel: 01787 477162

Email: ecfws.midessex@barnardos.org.uk

Website: www.essexcentre.info/Acorn

Address: Old School Hall, Berridge Road, Halstead, Essex.
CO9 1JH

Carousel Family Hub, Braintree

Tel: 01376 556863

Email: ecfws.midessex@barnardos.org.uk

Webpage: www.essexcentre.info/Carousel

Address: Chapel Hill, Braintree, Essex. CM7 3QZ

Harlequin Delivery Site, Witham

Tel: 01376 535270

Email: ecfws.midessex@barnardos.org.uk

Webpage: www.essexcentre.info/Harlequin

Address: Spa Road, Witham, Essex. CM8 1NA

Seesaw Outreach Site, Braintree

Tel: 01376 555260

Email: ecfws.midessex@barnardos.org.uk

Webpage: www.essexcentre.info/Seesaw

Each district now has a designated Family Hub (50 hours a week) and a number of other linked local Family Hub delivery sites (20-30 hours a week).

With the creation of the new Essex Child and Family Wellbeing Service; some of the locations where services were previously provided from are no longer available as they are still used by the previous provider to deliver other services.

Virgin and Barnardo's have worked to identify convenient alternative locations where the services are required and have communicated these changes to the people who use the services.

Full details of the Family Hub and Delivery Sites for each district, further details and activity timetables can be found by clicking on each site webpage.

When contacting us by email please specify which site or location your enquiry relates to. Please note our email inbox is monitored periodically so if you have an immediate query please call the centre directly.

[Back to Mid Home Page](#)

[Go to Family Hubs Top](#)

Address: Lancaster Way, Braintree, Essex. CM7 5UL

Silver End Delivery Site

Tel: 01376 587960

Email: ecfws.middlessex@barnardos.org.uk

Webpage: www.essexcentre.info/SilverEnd

Address: Silver End Village Hall, Broadway, Silver End,
Essex. CM8 3RQ

Chelmsford

Chelmsford Central Family Hub

Tel: 01245 283396

Email: ecfws.middlessex@barnardos.org.uk

Webpage: www.essexcentre.info/ChelmsfordCentral

Address: Chelmsford Library, Market Road, Chelmsford,
Essex. CM1 1QH

Chelmsford West Delivery Site

Tel: 01245 283254

Email: ecfws.middlessex@barnardos.org.uk

Webpage: www.essexcentre.info/ChelmsfordWest

Address: Dixon Avenue, Chelmsford, Essex. CM1 2AQ

Chetwood Delivery Site, South Woodham Ferrers

Tel: 01245 329240

Email: ecfws.middlessex@barnardos.org.uk

Webpage: www.essexcentre.info/Chetwood

Address: **Shirebourn Vale, Off Gandalf's Ride, South Woodham Ferrers, Essex. CM3 5ZX**

Maldon

Dengie Delivery Site, Burnham on Crouch

Tel: **01621 783933**

Email: ecfws.midessex@barnardos.org.uk

Webpage: www.essexcentre.info/Dengie

Address: **Ormiston Rivers Academy, Southminster Road, Burnham-on-Crouch, Essex. CM0 8QB**

Maldon Family Hub

Tel: **01621 851590**

Email: ecfws.midessex@barnardos.org.uk

Webpage: www.essexcentre.info/Maldon

Address: **Maldon Library, Carmelite Way, Maldon, Essex. CM9 5FW**

[Back to Mid Home Page](#)

[Go to Family Hubs Top](#)

Financial Concerns

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

[Back to Mid Home Page](#)

Buttle UK

Tel: **02078 287311**

Email: info@buttleuk.org

Website: www.buttleuk.org

Areas Covered: **Nationwide**

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.

We do this by providing practical solutions that give children a fighting chance in life.

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.

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.

Through all this work our goal is to give more children and young people living in poverty the power to shape their own future.

[Find out what help is available](#)

Braintree Area Foodbank

Tel: **01376 330694**

Email: info@braintreearea.foodbank.org.uk

Website: braintreearea.foodbank.org.uk

Areas Covered: **Braintree, Halstead, Witham**

[About the Foodbank Network](#)
[Locations & Opening Times](#)

[Back to Mid Home Page](#)

[Go to Financial Concerns Top](#)

<p>Braintree District Council</p> <p>Tel: 01376 557882 Email: benefits@braintree.gov.uk Website: www.braintree.gov.uk Address: Causeway House, Braintree, Essex. CM7 9HB</p>	<p>Benefits & debt advice</p>
<p>Citizens Advice Bureau - Braintree</p> <p>Tel: 03444 994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@braintrecab.cabnet.org.uk Website: www.bhwcab.org.uk Address: 17 Coggeshall Road, Braintree, Essex. CM7 9DB</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>Citizens Advice Bureau - Chelmsford</p> <p>Tel: 01245 205656 (Advice Line) Tel: 01245 205605 (Office) Fax: 01245 281388 Website: www.chelmsfordcab.org Address: Burgess Well House, Coval Lane, Chelmsford, Essex. CM1 1FW</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>Citizens Advice Bureau – Halstead</p> <p>Tel: 0344 4994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@halsteadcab.cabnet.org.uk Website: www.bhwcab.org.uk Address: The Ramsey College, Halstead, Essex. CO9 2HR</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>Citizens Advice Bureau – Maldon</p> <p>Tel: 01621 875774 Email: bureau@maldoncab.cabnet.org.uk Website: www.citizensadvice.org.uk/maldoncab Address: Council Offices, Princes Road, Maldon, Essex. CM9 5DL</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>Citizens Advice Bureau - Witham</p> <p>Tel: 0344 4994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@withamcab.cabnet.org.uk Website: www.bhwcab.org.uk Address: Collingwood Road (by Public Hall), Witham, Essex. 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>
<p>Freecycle</p> <p>Website: uk.freecycle.org</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>The Money Advice Service</p> <p>Tel: 0300 5005000 Website: www.moneyadvice.service.org.uk</p>	<p>Free, unbiased money advice.</p>
<p>National Debtline</p> <p>Tel: 0808 8084000 Website: www.nationaldebtline.org</p>	<p>Debt advice.</p>
<p>Payplan</p> <p>Tel: 0800 2802816 Tel (for Mobiles): 0207 7608980 Email: Via Website</p>	<p>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.</p>

Website: www.payplan.com	
The Salvation Army Click for Local Church Information Website: www.salvationarmy.org.uk	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.
Turn2us Tel: 0808 8022000 Email: info@turn2us.org.uk Website: www.turn2us.org.uk	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"> • Benefits Calculator • Grants Search

[Back to Mid Home Page](#)

[Go to Financial Concerns Top](#)

Housing Concerns

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

[Back to Mid Home Page](#)


Braintree District Council Tel: 01376 557882 Email: housing@braintree.gov.uk Website: www.braintree.gov.uk Address: Causeway House, Braintree, Essex. CM7 9HB	Housing information & advice
Chelmsford Borough Council Tel: 01245 606606 Website: www.chelmsford.gov.uk	Housing information & advice
Citizens Advice Bureau - Braintree Tel: 03444 994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@braintrecab.cabnet.org.uk Website: www.bhwcab.org.uk Address: 17 Coggeshall Road, Braintree, Essex. CM7 9DB	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 Tel: 01245 205656 (Advice Line) Tel: 01245 205605 (Office) Fax: 01245 281388 Website: www.chelmsfordcab.org Address: Burgess Well House, Coval Lane, Chelmsford, Essex. CM1 1FW	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 – Halstead	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,

[Back to Mid Home Page](#)

[Go to Housing Concerns Top](#)

<p>Tel: 0344 4994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@halsteadcab.cabnet.org.uk Website: www.bhwcab.org.uk Address: The Ramsey College, Halstead, Essex. CO9 2HR</p>	<p>immigration, consumer and other problems.</p>
<p>Citizens Advice Bureau – Maldon</p> <p>Tel: 01621 875774 Email: bureau@maldoncab.cabnet.org.uk Website: www.citizensadvice.org.uk/maldoncab Address: Council Offices, Princes Road, Maldon, Essex. CM9 5DL</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>Citizens Advice Bureau - Witham</p> <p>Tel: 0344 4994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@withamcab.cabnet.org.uk Website: www.bhwcab.org.uk Address: Collingwood Road (by Public Hall), Witham, Essex. 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>
<p>Greenfields Community Housing</p> <p>Tel: 01376 535400 Website: www.greenfieldsch.org.uk Areas Covered: Braintree, Halstead, Witham.</p>	<p>Greenfields is a Community Gateway Association based in the Braintree District, Essex.</p> <ul style="list-style-type: none"> • About Greenfields
<p>Maldon District Council</p> <p>Tel: 01621 854477 Email: contact@maldon.gov.uk Website: www.maldon.gov.uk</p>	<p>Housing information & advice</p>

<p>Moat</p> <p>Tel: 0300 3230011 Email: customer@moat.co.uk Website: www.moat.co.uk Areas Covered: Maldon</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>Read More...</p>
<p>Nacro</p> <p>Bartletts Parent and Child Tel: 01245 351336 Address: 2a Coval Avenue, Chelmsford, Essex. CM1 1TF</p> <p>Chelmsford & Maldon Single Homeless Tel: 01245 505882 Address: 134 New Writtle Street, Chelmsford, Essex. CM2 0RR</p> <p>Mental Health Service – Mid Essex Tel: 01376 331170 Address: 5 Julien Court Road, Braintree, Essex. CM7 9BN</p> <p>Website: www.nacro.org.uk Please see website for email contact form</p>	<p>Nacro provides homes for people and supports them to keep stable living arrangements.</p> <p>Nacro Bartletts Parent and Child 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>Nacro's Chelmsford & Maldon Single Homeless Project provides supported housing to 16-25 year olds in the Chelmsford area who are homeless.</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>Nacro Mental Health Service - Mid Essex 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>One Housing Group – Essex Floating Support Service</p> <p>Tel: 0300 1231921 Text: 07964 115010 Email: essexfss@onehousinggroup.co.uk Website: www.onehousinggroup.co.uk</p>	<p>This service provides individual housing related support to people in the community, preventing homelessness, helping them to maintain their tenancies, increase life skills and to live more independently.</p> <p>We offer a flexible and responsive service that is sensitive to our customer's needs.</p>

<p>Address: One Support Gateway, 7 St Peters Court, Colchester, Essex. CO1 1WD Areas Covered: Mid Essex</p>	 Essex Floating Support service.pdf
<p>Shelter</p> <p>Tel: 0808 800 4444 Email: info@shelter.org.uk Website: shelter.org.uk</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>The Salvation Army</p> <p>Click for Local Church Information Website: www.salvationarmy.org.uk</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>Your Living Room</p> <p>Tel: 07710 709637 – Danny Tel: 07710 709635 – Harry Tel: 07710 709632 – Diane Email: danny@yourlivingroomcic.co.uk - Danny Email: harry@yourlivingroomcic.co.uk - Harry Email: diane@yourlivingroomcic.co.uk - Diane Website: yourlivingroomcic.co.uk</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. Read More</p>

[Back to Mid Home Page](#)

[Go to Housing Concerns Top](#)

Legal

A [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

[Back to Mid Home Page](#)

Bar Pro Bono Unit Website: 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...
Civil Legal Advice (CLA) Tel: 0345 3454345 Website: 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
Family Rights Group Tel: 0808 8010366 Website: www.frg.org.uk	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. Read More...
Grandparents Legal Centre Tel: 0843 2897130 Website: grandparentslegalcentre.co.uk	Specialist legal advice for grandparents, including local authority responsibilities and other issues affecting kinship carers.
The Law Society Tel: 02073 205650 Website: solicitors.lawsociety.org.uk	Use the Law Society's website or phone the number above to find a solicitor in your area who is accredited in children law.
NYAS Tel: 0808 8081001 Email: help@nyas.net Website: www.nyas.net	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. Helpline Children & Vulnerable Adult Services Legal Services

Rights of Women

Tel: **0207 2516575**

[TypeTalk Service Available for deaf/hard of hearing](#)

Website: rightsofwomen.org.uk

Rights of Women is a voluntary organisation committed to informing, educating and empowering women concerning their legal rights

[Back to Mid Home Page](#) [Go to Legal Top](#)

Lonely/Isolated, Socially Alienated

[Back to Mid Home Page](#)

FIF Services - A B C D E F G H I J **K** L M N O P Q R S T U V W X Y Z

Other Services – A B **C** **D** **E** F G H I J K L M **N** O P Q **R** **S** T U V W X Y Z

Kids Inspire (FIF 5)

Tel: 01245 348707

Email: sue@kidsinspire.org.uk

Website: kidsinspire.org.uk

Areas Covered: Mid Essex

Coaching (14+ and parents) & Mentoring (8+ & parents)

The only restriction to accessing this service is that the person being referred is not already working with specialist support services such as for example Children and Adolescent Mental Health Services, Family Solutions, Social Care.

Parents and young people (over 13) may self-refer.

The primary purpose of this support is to reduce and/or prevent negative behaviour that; impacts on parenting and the dynamic of a family; Risky behaviours that lead to poor physical and emotional outcomes; Aggressive behaviours that leads to violence; The breakdown of parental or family relationship; Social isolation.

Coaching involves a semi structured process of questioning and reflection.

Mentoring – is different to coaching in that a mentor is a guide or a positive role model who can help the mentee to find the right direction and who can help them to develop solutions to issues.



RequestforEarlyHelpM
ID.docx

Kids Inspire (FIF 5)

Tel: 01245 348707

Email: sue@kidsinspire.org.uk

Website: kidsinspire.org.uk

Areas Covered: Mid Essex

Counselling & Mediation

The only restriction to accessing this service is that the person being referred is not already working with specialist support services such as for example Children and Adolescent Mental Health Services, Family Solutions, Social Care.

Parents and young people (over 13) may self-refer.

[Back to Mid Home Page](#)

[Go to Lonely/Isolated, Socially Alienated Home](#)

The primary purpose of this support is to reduce and/or prevent the breakdown of parental or family relationships, conflict within families or early emotional distress becoming a complex issue for a child or young person. Professionals will work 1:1, with siblings; whole families or parents and carers to achieve these outcomes.



RequestforEarlyHelpM
ID.docx

Childline

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

Tel: **0800 1111**

Website: www.childline.org.uk

Essex Advocacy

Essex Advocacy is specialist service which supports people who are most vulnerable, or who find themselves at a particularly challenging point in their lives.

Tel: **0300 3435736**

Text: **SEAP (followed by your message) to 80800**

Email: info@essexadvocacy.org.uk

Website: www.essexadvocacy.org.uk

Our professional advocates enable people without the right support around them to have their voice heard when:

- Decisions are being taken about their health and social care
- Support is needed to make informed choices about their life
- They wish to make a complaint about NHS care or treatment

Essex Boys and Girls Clubs

We support young people's clubs across Essex.

Head Office

Tel: **01245 264783**

Website: www.essexboysandgirlsclubs.org

Address: **Harway House, Rectory Lane
Chelmsford, Essex. CM1 1RQ**

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.

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.

- [The Clubs](#)
- [Projects](#)

<p>NSPCC</p> <p>Tel: 0808 8005000 Website: www.nspcc.org.uk</p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p>Relate North Essex & East Herts</p> <p>Tel: 01245 258680 Email: admin@relate-northersex.org Website: www.relate-northersex.org Address: Click for Address</p>	<p>Services:</p> <ul style="list-style-type: none"> • 1 Hour Discussion • Relationship Counselling • Youth Counselling • Family Counselling • Separating Parent Information Programme (SPIPs) • Life Skills
<p>Re-new Counselling</p> <p>Tel: 01245 359353 Email: sycamore@renew-us.org Website: www.renew-us.org Address: Sadler's House, 2 Legg Street, Chelmsford, Essex. CM1 1AH Areas Covered: Mid Essex</p>	<ul style="list-style-type: none"> • Children's Counselling • Young People's Counselling • Counselling in Schools
<p>The Salvation Army</p> <p>Click for Local Church Information Website: www.salvationarmy.org.uk</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>The Samaritans</p> <p>Tel: 01245 357357 (Local Helpline) Tel: 08457 909090 (National Helpline) Website: www.samaritans.org</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>

[Back to Mid Home Page](#)

[Go to Lonely/Isolated, Socially Alienated Top](#)

Mental Health

[Back to Mid Home Page](#)

FIF Services - A B C D E F G H I J **K** L M N O P Q R S T U V W X Y Z

Other Services – A **B C D E F G H I J K L M N O P Q R S** T U V W X **Y Z**

Kids Inspire (FIF 5)

Tel: 01245 348707

Email: sue@kidsinspire.org.uk

Website: kidsinspire.org.uk

Areas Covered: Mid Essex

Counselling & Mediation

The only restriction to accessing this service is that the person being referred is not already working with specialist support services such as for example Children and Adolescent Mental Health Services, Family Solutions, Social Care.

Parents and young people (over 13) may self-refer.

The primary purpose of this support is to reduce and/or prevent the breakdown of parental or family relationships, conflict within families or early emotional distress becoming a complex issue for a child or young person. Professionals will work 1:1, with siblings; whole families or parents and carers to achieve these outcomes.



RequestforEarlyHelpM
ID.docx

Brentwood Catholic Children's Society

Tel: 01268 784544

Email: headoffice@bccs.org.uk

Website: 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](#)

Childline

Tel: 0800 1111



Website: www.childline.org.uk

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

[Back to Mid Home Page](#)

[Go to Mental Health Top](#)

<p>Community Mental Health Team Braintree</p> <p>Tel: 01376 555534 Address: Tabor House, 5 Coggeshall Road, Braintree, Essex. CM7 9DB Areas Covered: Maldon</p>	<p>Service offered: Assessment and treatment of patients with severe, complex and enduring mental health difficulties.</p> <p>Who the service is for: Young people and adults aged 17-65.</p> <p>How to access the service: Most referrals are made by GPs but can be made by any health professional.</p> <p>Hours of opening: Monday - Friday 0900 - 1700</p>
<p>Community Mental Health Team Chelmsford</p> <p>Tel: 01245 318627 Address: Chelmsford & Essex Centre, New London Road, Chelmsford, Essex. CM2 0QH Areas Covered: Chelmsford</p>	<p>Service offered: Assessment and treatment of patients with severe, complex and enduring mental health difficulties.</p> <p>Who the service is for: Young people and adults aged 17-65.</p> <p>How to access the service: Most referrals are made by GPs but can be made by any health professional.</p> <p>Hours of opening: Monday - Friday 0900 - 1700</p>
<p>Community Mental Health Team Maldon</p> <p>Tel: 01621 727260 Address: Samphire Centre, St. Peter's Hospital, Spital Road, Maldon, Essex. CM9 6EG Areas Covered: Maldon</p>	<p>Service offered: assessment and treatment of patients with severe, complex and enduring mental health difficulties.</p> <p>Who the service is for: young people and adults aged 17-65.</p> <p>How to access the service: most referrals are made by GPs but can be made by any health professional.</p> <p>Hours of opening: Monday - Friday 0900 - 1700</p>
<p>Dare to Care (The Children's Society)</p> <p>Tel: 01245 493311 Email: daretocarereferrals@childrenssociety.org.uk</p>	<p><u>Dare to Care</u></p> <p>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</p>

<p>Website: www.childrenssocietyeast.org.uk Address: 114 Springfield Road, Chelmsford, Essex CM2 6LF Areas Covered: Mid Essex</p>	<p>and funded by Essex County Council and the Mid Essex Clinical Commissioning Group and works alongside CHHAT (Community Hidden Harm Awareness Team).</p>
<p>Emotional Wellbeing and Mental Health Service (EWMHS)</p> <p>Tel: 03003 001600 Email: ewmhs@nelft.nhs.uk Website: www.nelft.nhs.uk</p>	<p>From 1 November 2015, call 0300 300 1600 to access the EWMHS during working hours 9am-5pm, Monday to Friday.</p> <p>For our out of hours and weekend Crisis Support Service, please call the general NELFT switchboard on 0300 555 1201 to be put through to our Crisis Support Service.</p> <p>Accessible 24 hours per day, 365 days of the year for all young people across Southend, Essex and Thurrock.</p> <p>NELFT's EWMHS 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>The service is also for young people with special educational needs (SEN) up to the age of 25.</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> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  FINAL EWMHS INFO BOOKLET no print mar </div> <div style="text-align: center;">  EWMHS_Referral_For m.docx </div> </div>
<p>Essex Advocacy</p> <p>Tel: 0300 3435736 Text: SEAP (followed by your message) to 80800 Email: info@essexadvocacy.org.uk Website: www.essexadvocacy.org.uk</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"> • Decisions are being taken about their health and social care

	<ul style="list-style-type: none"> • Support is needed to make informed choices about their life • They wish to make a complaint about NHS care or treatment
<p>Help for Hoarders</p> <p>Website: www.helpforhoarders.co.uk</p>	<p>Help for compulsive hoarders and their families.</p>
<p>IAPT (Improving Access to Psychological Therapy)</p> <p>Tel: 01376 308704 or 01376 308705 Fax: 01376 308720 Email: midessex.iapt@nhs.net Website: www.hpft.nhs.uk Address: Tekhnicon House, Springwood Drive, Braintree, Essex. CM7 2YN Areas Covered: Mid Essex</p>	<p>The Mid Essex IAPT service provides psychological therapy. We offer a range of treatment options including advice and support, guided self-help, individual therapy, Cognitive Behavioural Therapy (CBT), group treatment and employment support.</p> <p>Depression, anxiety, stress and low self-esteem are just some of the common problems people experience.</p> <p>Referrals are accepted through a number of routes, the main route by GPs. Every time a service user is seen, a detailed assessment will be made of their progress so that they get the therapy best suited to their needs.</p> <p>There are a range of resources and services that people can access, such as self-help material, books on prescription, counselling that we will be able to sign post individuals to.</p>
<p>Kids Inspire</p> <p>Tel: 01245 348707 Email: admin@kidsinspire.org.uk Website: kidsinspire.org.uk Address: Head Office, Fox Crescent, Chelmsford, Essex. CM1 2BL Areas Covered: Essex Wide</p>	<p>We support children in Essex to become healthy adults who contribute positively to society. We offer bespoke mentoring, therapy, training and activity packages to empower children and the adults around them to make positive choices and improve their lives.</p>
<p>Nacro Mental Health Service – Mid Essex</p> <p>Tel: 01376 331170 Address: 5 Julien Court Road, Braintree, Essex.</p>	<p>Nacro Mental Health Service - Mid Essex 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>CM7 9BN</p> <p>Website: www.nacro.org.uk</p> <p>Please see website for email contact form</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>NSPCC</p> <p>Tel: 0808 8005000</p> <p>Website: www.nspcc.org.uk</p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p>Relate North Essex & East Herts</p> <p>Tel: 01245 258680</p> <p>Email: admin@relate-northessex.org</p> <p>Website: www.relate-northessex.org</p> <p>Address: Click for Address</p>	<p>Services:</p> <ul style="list-style-type: none"> • 1 Hour Discussion • Relationship Counselling • Youth Counselling • Family Counselling • Separating Parent Information Programme (SPIPs) • Life Skills
<p>Re-new Counselling</p> <p>Tel: 01245 359353</p> <p>Email: sycamore@renew-us.org</p> <p>Website: www.renew-us.org</p> <p>Address: Sadler's House, 2 Legg Street, Chelmsford, Essex. CM1 1AH</p> <p>Areas Covered: Mid Essex</p>	<ul style="list-style-type: none"> • Children's Counselling • Young People's Counselling • Counselling in Schools
<p>The Samaritans</p> <p>Tel: 01245 357357 (Local Helpline)</p> <p>Tel: 08457 909090 (National Helpline)</p> <p>Website: www.samaritans.org</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>

[Back to Mid Home Page](#)

[Go to Mental Health Top](#)

<p>YCT Counselling</p> <p>Tel: 01279 414090 Txt: 07956 887921 Email: admin@yctsupport.com Website: www.yctsupport.com</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>Young Minds Helpline</p> <p>Tel: 0808 8025544 (Parents Helpline) Tel: 0207 0895050 (General Enquiries) Email: parents@youngminds.org.uk (For Parents) Email: ymentquiries@youngminds.org.uk (General Enquiries) Website: www.youngminds.org.uk</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>
<p>Your Living Room</p> <p>Tel: 07710 709637 – Danny Tel: 07710 709635 – Harry Tel: 07710 709632 – Diane Email: danny@yourlivingroomcic.co.uk - Danny Email: harry@yourlivingroomcic.co.uk - Harry Email: diane@yourlivingroomcic.co.uk - Diane Website: yourlivingroomcic.co.uk</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. Read More</p>

[Back to Mid Home Page](#)

[Go to Mental Health Top](#)

Parental Routine/Boundaries

[Back to Mid Home Page](#)

FIF Services - A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Other Services - A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

The Children's Society (FIF 5)

Tel: 01245 493311

Email: fifreferrals@childrenssociety.org.uk

Fax: 01245 491400

Website: www.childrenssocietyeast.org.uk

Areas Covered: Mid Essex

Parenting Support

The only restriction to accessing this service is that the person being referred is not already working with specialist support services such as for example Children and Adolescent Mental Health Services, Family Solutions, Social Care.

Parents and young people (over 13) may self-refer.

The primary purpose of this support is to reduce and/or prevent negative behaviours on the part of children and young people.

These services will support the development of parenting skills and resilience, and where needed reduce social isolation.

Support is one or a combination of either 1:1 key worker support; parenting programmes, peer support.



RequestforEarlyHelpM
ID.docx

Chelmsford Child Contact Centre

Tel: 07513 340692

Email: chelmsfordccc@hotmail.co.uk

Address: **Central Baptist Church, Victoria Road South, Chelmsford, Essex. CM1 1LN**

- Opening Times: Alternate Saturdays 10.30am to 12.30pm
- Centre Charges: No charge for service
- Accepts Self-referrals
- Self-referrals accepted if court order in place
- Supported Contact Available
- Handover Available
- Accredited for Supported Contact

[Back to Mid Home Page](#)



[Go to Parental Routine/Boundaries Top](#)

<p>Childcare Family Information Service</p> <p>Website: www.essex.gov.uk/fis</p>	<p>Find a childcare provider in Essex</p>
<p>Family Lives Parents Helpline and Website</p> <p>Tel: 0808 8002222 Tel (Essex Office): 01702 554782 Website: www.familylives.org.uk Address: Endway House, Endway, Hadleigh, Essex SS7 2AN</p>	<p>Leading Charity providing a range of free services to support families including a 24/7 helpline</p> <ul style="list-style-type: none"> • Parents Together Online
<p>Home-Start Chelmsford</p> <p>Tel: 01245 421222 Email: office@homestartchelmsford.co.uk Website: www.home-startchelmsford.com Address: Unit 9B, The Old Dairy, Reeds Farm Estate, Writtle, Chelmsford, Essex. CM1 3ST</p>	<p>Home-Start Chelmsford offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.</p> <p>Find out more about the support Home-Start Chelmsford offers</p>
<p>Home-Start Maldon</p> <p>Tel: 01621 858467 Fax: 01621 857805 Email: info@homestartmaldon.org.uk Website: www.homestartmaldon.org.uk Address: St Cedd's House, Room 20, Princes Rd, Maldon, Essex. CM9 5DL</p>	<p>Home-Start Maldon offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.</p> <p>Find out more about the support Home-Start Maldon offers</p>
<p>Home-Start Witham, Braintree & Halstead</p> <p>Tel: 01376 519101 Fax: 01376 527001</p>	<p>Home-Start Witham, Braintree & Halstead offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.</p>

[Back to Mid Home Page](#)

[Go to Parental Routine/Boundaries Top](#)

<p>Email: homestart.wbh@btconnect.com Address: 4 Atlantic Square, Station Road Witham, Essex. CM8 2TL</p>	
<p>InterAct</p> <p>Tel: 01245 608201 Fax: 01245 608310 Email: training@interact.org.uk Website: www.interact.org.uk Address: 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>National Association of Child Contact Centres</p> <p>Tel: 0845 4500280 Landline: 01159 484557 Email: contact@naccc.org.uk Website: www.naccc.org.uk</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>Local Centres Chelmsford Witham</p>
<p>Netmums</p> <p>Website: www.netmums.com</p>	<p>Drop in Clinic</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 Monday to Friday from 7.30pm to 9.30pm every evening. Visit Drop in Clinic Here</p> <p>Online Courses</p> <ul style="list-style-type: none"> • Helping with Depression • Parenting Course

	<ul style="list-style-type: none"> • Better Together Relationship Course • Making Mums Happy • Pregnancy Course • Diet and Fitness
<p>Special Guardianship Support Services</p> <p>Tel: 03330 139860 Email: sgo.support@essex.gov.uk Address: Essex County Council, SGO Support Team, PO Box 11, County Hall, Chelmsford, Essex. CM1 1QH</p>	<p>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.</p> <p>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> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Special Guardianship Support Services Leaflet</p> </div> <div style="text-align: center;">  <p>Prospective SGs booklet.pdf</p> </div> </div>
<p>Witham Child Contact Centre</p> <p>Tel: 07790 458903 Email: lin.withamccc@googlemail.com Address: United Reformed Church, Newland Street, Witham, Essex. CM8 1AH</p>	<ul style="list-style-type: none"> • Opening Times: 1st & 3rd Saturday of month 2pm to 4pm • Centre Charges: No charge for service • Accepts Self-referrals – Subject to meeting NACCC requirements for supported contact • Supported Contact Available • Handover Available • Accredited for Supported Contact

[Back to Mid Home Page](#)

[Go to Parental Routine/Boundaries Top](#)

Sexual Abuse/CSE

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

[Back to Mid Home Page](#)

C.A.R.E (Children at Risk of Exploitation)

Telephone: **01245 493311**

Email: CSE.referrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

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

Areas Covered: **Essex-Wide**

www.childrenssocietyeast.org.uk/care

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.





Children's Society
C.A.R.E.pdf

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

[Back to Mid Home Page](#)

[Go to Sexual Abuse/CSE Top](#)

<p>Tel: 01206 769795 Email: info@caraessex.org.uk Website: www.caraessex.org.uk Address: PO Box 548, Colchester, Essex. CO1 1YP Areas Covered: Mid & North Essex</p>	<p>violence, past or present.</p> <p>We provide formal counselling for rape and sexual assault, including child sexual abuse.</p> <p>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>Chelmsford Rape & Sexual Abuse Centre</p> <p>Tel: 01245 492123</p>	<p>Counselling, support and advice</p>
<p>Childline</p> <p>Tel: 0800 1111 Website: www.childline.org.uk</p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p>CSE Risk Assessment & Information Reporting</p> <p>Email: Intelligence-AIUIinbox@essex.pnn.police.uk Email: oc.triage.team.essex@essex.pnn.police.uk</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> Practitioners CSE Risk Assessment.docx</p> <p>Click on document below to download form to report CSE information to Essex Police.</p> <p> CSE 1 Information report.docx</p>
<p>Essex Police CYP Police Officer</p> <p>Braintree 73656 Andy Holmes Email: 42073656@essex.pnn.police.uk Ext: 400336</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><u>Chelmsford & Maldon</u> 1376 Clare Martinez</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>Essex Police Missing Person Liaison Officer</p> <p><u>Chelmsford & Maldon</u> 74656 Carly Double Email: 42074656@essex.pnn.police.uk Ext: 420386</p> <p><u>Braintree</u> 76433 Anneliese Skinner Email: 42076433@essex.pnn.police.uk Ext: 202202</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>Lucy Faithfull Foundation</p> <p>Helpline Tel: 0808 1000 900 Internet Services: 01372 847160 Website: www.lucyfaithfull.org.uk</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>NSPCC</p> <p>Tel: 0808 8005000 Website: www.nspcc.org.uk</p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p>PACE (Parents Against Sexual Exploitation)</p> <p>Tel: 0113 2405226 Email: Via Website Website: www.paceuk.info</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>For Parents</p> <p>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</p>

	<p>relationships. Read More...</p> <p>For Professionals 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. Read More...</p> <p>Keep them safe: an interactive CSE learning tool 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). Read More...</p>
<p>Parents Protect Website</p> <p>Tel: 0808 1000900 (Stop it Helpline) Email: help@stopitnow.org.uk Website: www.parentsprotect.co.uk</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>Survivors UK</p> <p>Tel: 0203 5983898 Email: info@survivorsuk.org Website: www.survivorsuk.org</p>	<p>Help for men who have been sexually abused or raped</p>
<p>Synergy Essex</p> <p>Tel: 0300 0037777 Email: support@synergyessex.org.uk Website: synergyessex.org.uk</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">• One-to-one sexual violence counselling and emotional support for adults and children, supporters and carers• Independent Sexual Violence Advisers and specialist advocacy• Training and consultancy
Web based support for Parents and Young people	<p>www.thinkuknow.co.uk 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>www.internetmatters.org 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>www.ceop-police.uk 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>www.nspcc.org UK Information for parents about how to keep children safe.</p> <p>www.childnet.com 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>digizen.org 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>

www.saferinternet.org.uk 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.

[Back to Mid Home Page](#)

[Go to Sexual Abuse/CSE Top](#)

Safeguarding

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

[Back to Mid Home Page](#)

Essex Safeguarding Children Board (ESCB)

Tel: 03330 138936

Email: escb@essex.gov.uk

Website: 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

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.

Mid Essex Safeguarding Team

The Mid Safeguarding Team is currently mainly contactable via mobile phones. They are awaiting a more permanent base /landline (currently Tekhnicon House, Braintree 03/04/17 for @ 2 weeks – ‘hot-desking’).

Christina George - Named Nurse Safeguarding Children: 07580 912539

Email: christina.george@nhs.net (3 days per week – Tues/Weds/Thurs)

Cheryl Gerrard Named Nurse LAC/Safeguarding: 07508 011784

Email: cheryl.gerrard@nhs.net (full time)

Lisa Sitch Health Advisor Young People 16+ /Safeguarding: 07949259557

Email: l.sitch@nhs.net (30hrs – variable days)

Claire Plummer Safeguarding Nurse Advisor: 07580911897

Email: claire.plummer@nhs.net (30hrs – variable days)

[Back to Mid Home Page](#)

[Go to Safeguarding Top](#)

Substance Misuse

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

[Back to Mid Home Page](#)

AL-ANON Family Groups & ALATEEN

Tel: **02074 030888**

Email: enquiries@al-anonuk.org.uk

Website: www.al-anonuk.org.uk

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

Areas Covered: **Nationwide**

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](#)

Essex Young People's Drug and Alcohol Service

Tel: **01245 493311**

Email: eypdas@childrenssociety.org.uk

Website:

www.childrenssocietyleast.org.uk/eypdas

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

Areas Covered: **Essex-wide**

Essex Young People's Drug and Alcohol Service works with children, young people and families affected by drug or alcohol use. [Read more...](#)

Frank

Tel: **0300 1236600**

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

Email: [Via Website](#)

Website: www.talktofrank.com

Talk to Frank offers advice and information on drug related issues

M-Pact (Moving Parents and Children Together)

M-PACT (Moving Parents and Children Together) supports children/young people aged 8-17 who are experiencing the effects of parental substance misuse within the family.

[Back to Mid Home Page](#)

[Go to Substance Misuse Top](#)

<p>Essex Co-ordinator: Sigrid Doktorowski-Smith Tel: 01376 349237 Email: sigrid.doktorowski-smith@actiononaddiction.org.uk Website: www.actiononaddiction.org.uk/For-Families/M-Pact-Programme Website: openroad.org.uk/what_we_do/m_pact Areas Covered: Essex-wide</p>	<p>The programme offers a 'Whole Family Approach', working with parents and children from up to eight families at any one time in different group combinations.</p> <p>The programme is made up of 10 sessions; this includes an individual family assessment, eight consecutive weekly core sessions and a family review session. The programme is run by experienced professionals who work with the young people and parents to reduce the harmful impact that parental substance misuse and addiction has on family life.</p> <p>Please note that access to the M-Pact programme is dependent on having an appropriate number of families in the area to work with, please advise professionals to contact the Essex co-ordinator for further information.</p>
<p>Open Road Chelmsford</p> <p>Tel: 01245 284772 Helpline: 0844 4991323 Website: openroad.org.uk Address: Mansard House, 107-109 New London Road, Chelmsford, Essex. CM2 0PP Areas Covered: Chelmsford</p>	<p>Open Road is a registered charity that provides support for individuals affected by drugs and alcohol across Essex.</p> <p>Available Services:</p> <ul style="list-style-type: none"> • Open Access • Needle & Syringe Programme • Structured Recovery Programme • Stimulant Service • Counselling • Family Support • Body Therapy

[Back to Mid Home Page](#)

[Go to Substance Misuse Top](#)

Victim of Bullying

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

[Back to Mid Home Page](#)

Childline Tel: 0800 1111 Website: www.childline.org.uk	A 24 hour free confidential helpline for children and young people.
Essex Youth Service (Targeted Team) Tel: 01245 706806 Mobile: 07717 867075 Email: sue.daniels@essex.gov.uk Address: Chelmergate, 193-196 Moulsham Street, Chelmsford, Essex CM2 0LG Areas Covered: Mid Essex	THIS SERVICE CAN ONLY BE REFERRED TO FOR FREE BY FAMILY SOLUTIONS, CHILDREN'S SOCIAL CARE, CAMHS OR YOT PLEASE ADVISE SCHOOL PROFESSIONALS THAT THERE IS A CHARGE FOR SCHOOLS TO REFER. The Essex Youth Service Targeted Team supports young people through one to one and through group work Interventions. We work with young people 13-19yrs and up to 25yrs if they have a recognised special need. We work for a period of 3 months, identifying the barriers they need to overcome in order to move forward successfully in their lives. This could include improving attendance in education, post 16 options, accessing positive activities, increasing self-esteem and confidence and taking personal responsibility whilst building resilience. An action plan is agreed in consultation with the young person and they are encouraged to follow through with actions set. We understand that young people may not feel they need to change or not be ready to accept change, however if they are willing to explore areas of their life, this is when change can occur. The young person needs to be clear about the expectation on them to engage readily with the Targeted Youth Adviser and want to explore their challenges, opportunities and make change as required. We use a range of resources to support young people and where appropriate refer to other services and agencies for more specialised support.
Kids Inspire Tel: 01245 348707	We support children in Essex to become healthy adults who contribute positively to society. We offer bespoke mentoring, therapy, training and activity packages to empower children and the adults around them to make positive choices and improve their lives.

[Back to Mid Home Page](#)

[Go to Victim of Bullying Top](#)

<p>Email: admin@kidsinspire.org.uk Website: kidsinspire.org.uk Address: Head Office, Fox Crescent, Chelmsford, Essex. CM1 2BL</p>	
<p>NSPCC</p> <p>Tel: 0808 8005000 Website: www.nspcc.org.uk</p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p>Red Balloon Learner Centres – Braintree Serving Mid & North Essex</p> <p>Tel: 07823 556842 Email: louise.miller@rbair.org.uk Website: redballoonlearner.co.uk</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> <ul style="list-style-type: none"> • More About Red Balloon
<p>Relate North Essex & East Herts</p> <p>Tel: 01245 258680 Email: admin@relate-northersex.org Website: www.relate-northersex.org Address: Click for Address</p>	<p>Services:</p> <ul style="list-style-type: none"> • 1 Hour Discussion • Relationship Counselling • Youth Counselling • Family Counselling • Separating Parent Information Programme (SPIPs) • Life Skills
<p>Re-new Counselling</p> <p>Tel: 01245 359353 Email: sycamore@renew-us.org Website: www.renew-us.org</p>	<ul style="list-style-type: none"> • Children’s Counselling • Young People’s Counselling • Counselling in Schools

Address: Sadler's House, 2 Legg Street, Chelmsford, Essex. CM1 1AH Areas Covered: Mid Essex	
--	--

[Back to Mid Home Page](#)

[Go to Victim of Bullying Top](#)

Young Carer

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

[Back to Mid Home Page](#)

Action For Family Carers

Tel: 01621 851640

Fax: 01621 874817

Email: enquiries@affc.org.uk

Website: www.affc.org.uk

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

Areas Covered: Braintree, Chelmsford, Maldon

- [Young Carers](#)
- [Young Adult Carers](#)

CHHAT – Community Hidden Harm Awareness Team (The Children’s Society)

Tel: 01245 493311

Email: CHHATreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

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

Areas Covered: Essex Wide

[CHHAT](#) (Community Hidden Harm Awareness Team) is a community based programme in Essex. The programme aims to improve the physical and emotional well-being of young carers aged 8–19 years. A trained network of local volunteers support young people who are experiencing emotional or physical abuse, domestic violence, neglect, underachieving at school or are prone to truancy due to having parents or family members who are misusing substances.

By reaching out to young people in the community who are disadvantaged and at risk of substance use we aim to improve access to targeted support. This particular group of young people are more likely to suffer from social exclusion, isolation and stereotyping, and feel the associated feelings of fear and confusion about their situation. We provide access to information, early intervention, prevention and mentoring support to enable the young people to develop greater confidence and self-esteem.

Crossroads Care Braintree Young Carers

Tel: 01376 529985

Email: braintreexroads@btconnect.com

Website: braintreecrossroadscare.org.uk

Address: Braintree & District Crossroads, The Pines, Lynderswood Farm, Lynderswood Lane,

Young Carers

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; either way we can offer them our support through our Young Carers Club. We offer 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.

[Back to Mid Home Page](#)

[Go to Young Carer Top](#)

<p>Braintree, Essex. CM7 8QN</p>	<p>Young Carers Club</p> <p>Braintree young carers club is on Thursday evenings from 4.45 - 6.45pm Halstead young carers club is on Tuesday evenings from 5.30 - 7.30 pm</p> <p>At club nights we provide games, activities and workshops, most recently we had Mad Science attend our club and provide workshops including an Electricity workshop, the children all got hands on and learnt about Electricity in a fun way with our Van de Graff Static Generator which made their hair stand on end and then took part in a Plasma Ball challenge, we basically electrocuted the children in a safe way, all in the name of science of course, hee hee! The younger group took part in the Polymers and Putty workshop, where they again got hands on and learnt how and why things stretch then got to make a pot of Putty that they took away with them.</p>
<p>Dare to Care (The Children's Society)</p> <p>Tel: 01245 493311 Email: daretocarereferrals@childrenssociety.org.uk Website: www.childrenssocietyeast.org.uk Address: 114 Springfield Road, Chelmsford, Essex CM2 6LF Areas Covered: Mid Essex</p>	<p><u>Dare to Care</u></p> <p>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).</p>
<p>YMCA Chelmsford Young Carers</p> <p>Tel: 01245 355677 Email: ben.gibbons@ymcachelmsford.org.uk Website: www.chelmsfordymca.co.uk/youth Address: Victoria Road, Chelmsford, Essex. CM1 1NZ Areas Covered: Chelmsford</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>

