

# South Essex

[Home](#)

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

# 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 South Home Page](#)

<b>Asylum Aid</b>  Tel: <b>0207 3549264</b> Email: <a href="mailto:info@asylumaid.org.uk">info@asylumaid.org.uk</a> Website: <a href="http://www.asylumaid.org.uk">www.asylumaid.org.uk</a>	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.
<b>Citizens Advice Bureau - Basildon</b>  Tel (From Landline): <b>0844 4770808</b> Tel (From Mobile): <b>0300 4562595</b> Website: <a href="http://www.bascab.org.uk">www.bascab.org.uk</a> Address: <b>The Basildon Centre, St. Martin's Square, Basildon, Essex. SS14 1DY</b>	The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.
<b>Citizens Advice Bureau – Castle Point</b>  Tel: <b>08444 770808</b> Email: <a href="mailto:advice@cpcab.org.uk">advice@cpcab.org.uk</a> Website: <a href="http://www.castlepointcitizensadvicebureau.org.uk">www.castlepointcitizensadvicebureau.org.uk</a> Address: <b>The Whitehouse, Rear of Council Offices, Kiln Road Benfleet, Essex. SS7 1TF</b>	The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.
<b>Citizens Advice Bureau - Rochford</b>  Tel (From Landline): <b>0844 4770808</b> Website: <a href="http://www.rochfordcab.org.uk">www.rochfordcab.org.uk</a> Address: <b>Back Lane, Rochford, Essex. SS4 1AY</b>	The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.
<b>Essex Interpreting Ltd</b>  Tel: <b>01206 822080</b> Email: <a href="mailto:info@essexinterpreting.com">info@essexinterpreting.com</a> Website: <a href="http://www.essexinterpreting.com">www.essexinterpreting.com</a>	Essex Interpreting provides language solutions, offering the following services: <ul style="list-style-type: none"><li>• Interpreting services in over 60 languages, including sign language for deaf people</li><li>• Translation services in over 60 languages, including Braille and audio tape services for blind people</li></ul> <b>Who are our customers?</b> <ul style="list-style-type: none"><li>• Health organisations, eg NHS Trusts, Primary Care Trusts etc. including GP</li></ul>

[Back to South Home Page](#)

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

	<p>services, hospitals, etc.</p> <ul style="list-style-type: none"> <li>• Local authorities, eg social services, housing departments, schools, etc.</li> <li>• Private organisations, eg solicitors and companies dealing internationally</li> <li>• Voluntary organisations</li> </ul>
<p><b>Ethnic Minority and Traveller Achievement Service</b></p> <p>Tel: <b>01268 531291</b>  Address: <b>c/o Crays Hill Primary School, London Road, Crays Hill, Billericay, Essex. CM11 2UZ</b></p>	<p>The Ethnic Minority and Traveller Achievement Service (EMTAS) provides a lead on:</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Ensuring the principles of equality, inclusion and community cohesion are evident in practice.</li> <li>• Tackling racism and promoting intercultural awareness through the curriculum and other activities.</li> <li>• Responding appropriately and effectively to racist incidents.</li> <li>• Supporting and developing home school and community links.</li> </ul>
<p><b>Refugee Council</b></p> <p>Tel: <b>0207 3466700</b>  Website: <a href="http://www.refugeecouncil.org.uk">www.refugeecouncil.org.uk</a></p>	<p>The Refugee Council provides free advice and information to asylum seekers and refugees in UK.</p> <p><a href="#">Read More...</a></p>

[Back to South 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 South Home Page](#)

<p><b>The J's Hospice</b></p> <p>Tel: <b>01245 475474</b> Email: <a href="mailto:info@thejshospice.org.uk">info@thejshospice.org.uk</a> Website: <a href="http://www.thejshospice.org.uk">www.thejshospice.org.uk</a> Address: <b>36A Church Street, Great Baddow, Chelmsford, Essex. CM2 7HY</b></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 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"><li>• <a href="#">About the J's Hospice</a></li><li>• <a href="#">What we Do</a></li></ul>
<p><b>Little Havens Hospice</b></p> <p>Tel: <b>01702 556645</b> Website: <a href="http://www.havenshospices.org.uk">www.havenshospices.org.uk</a> Address: <b>Daws Heath Road, Thundersley, Essex. SS7 2LH</b></p>	<p>Little Havens Hospice provides care for children who are life-limited, are life-threatened or have palliative care needs. What this means is that the child has been diagnosed with a condition, meaning that their life may be shortened.</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><a href="#">Read More</a></p>
<p><b>St Luke's Hospice</b></p> <p>Tel: <b>01268 524973</b> Website: <a href="http://www.stlukeshospice.com">www.stlukeshospice.com</a></p>	<p>St. Luke's Hospice provides specialist palliative care for people living in the Basildon and Thurrock districts with any life threatening, life limiting disease. This often means cancer but also includes other illnesses that are no longer curative, such as Heart Failure, Multiple Sclerosis, Chronic Obstructive Pulmonary Disease or Motor Neurone Disease for example. Care and support is offered through a wide range of services that are tailor made to meet the needs of individuals. This care is extended to carers, families and friends.</p>

[Back to South Home Page](#)

[Go to Bereavement/Loss Top](#)



# Child Behavioural Difficulties

[Back to South 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](mailto:fifreferrals@childrenssociety.org.uk)

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

Fax: 01245 491400

Areas Covered: **South Essex**

## Young People Risky Behaviours

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.



RequestforEarlyHelpS  
OUTH.docx

## Family Intervention Team (The Children's Society)

Tel: 01245 493311

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

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

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

Areas Covered: **South 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.

[Back to South Home Page](#)

[Go to Child Behavioural Difficulties Top](#)

	<ul style="list-style-type: none"> <li>• Whole family needs assessment.</li> <li>• Keyworker support for whole family</li> <li>• Care planning to reflect individual and family needs</li> <li>• Realistic, achievable and reviewable goals</li> <li>• Solution focused approach</li> <li>• Access to self-sustaining support groups and signposting</li> <li>• Pre and post programme support</li> </ul>  <p>RequestforEarlyHelpS OUTH.docx</p>
<p><b>GLOW – Delivered by Southend YMCA (FIF 5)</b></p> <p>Tel: 07552 350434  Email: <a href="mailto:glow@southendymca.org.uk">glow@southendymca.org.uk</a>  Website: <a href="http://www.southendymca.org.uk">www.southendymca.org.uk</a>  Areas Covered: <b>South Essex</b></p>	<p><b>Coaching (14+ and parents) &amp; Mentoring (8+ &amp; parents)</b></p> <p><b>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.</b></p> <p><b>Parents and young people (over 13) may self-refer.</b></p> <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><b>Coaching</b> involves a semi structured process of questioning and reflection. <b>Mentoring</b> – 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>RequestforEarlyHelpS OUTH.docx</p>
<p><b>Open Door (FIF 5)</b></p> <p>Tel: 01375 389882  Email: <a href="mailto:kim.synclair@oasisopendoor.co.uk">kim.synclair@oasisopendoor.co.uk</a></p>	<p><b>Counselling &amp; Mediation</b></p> <p><b>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</b></p>



<p>Website: <a href="http://www.opendoorthurrock.co.uk">www.opendoorthurrock.co.uk</a>  Areas Covered: <b>South Essex</b></p>	<p><b>Children and Adolescent Mental Health Services, Family Solutions, Social Care.</b></p> <p><b>Parents and young people (over 13) may self-refer.</b></p> <p>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.</p>  <p>RequestforEarlyHelpS OUTH.docx</p>
<p><b>BEST (Basildon Education Services Trust)</b></p> <p>Tel: <b>01268 498861</b>  Email: <a href="mailto:bestadmin@basildonbest.org.uk">bestadmin@basildonbest.org.uk</a>  Website: <a href="http://www.basildonbest.org.uk">www.basildonbest.org.uk</a>  Address: <b>The Basildon Upper Academy, Wickford Avenue, Pitsea, Essex. SS13 3HL</b></p>	<p>BEST provides over 50 different projects, activities and events for pupils and parents and BEST schools. They include:</p> <ul style="list-style-type: none"> <li>• Raising achievement projects including the Basildon Challenge</li> <li>• Engaging parents in their children's education</li> <li>• Holiday activities for pupils</li> <li>• Emotional Health and Wellbeing Support</li> <li>• Education Business Link activities</li> <li>• Leadership and Management support including CPD</li> <li>• Inter school sports activities</li> <li>• School collaboration around traded services</li> </ul> <p><a href="#">Read More</a></p>
<p><b>Essex Boys and Girls Clubs</b></p> <p><u>Head Office</u>  Tel: <b>01245 264783</b>  Website: <a href="http://www.essexboysandgirlsclubs.org">www.essexboysandgirlsclubs.org</a>  Address: <b>Harway House, Rectory Lane Chelmsford, Essex. CM1 1RQ</b></p>	<p>We support young people's clubs across Essex.</p> <p>Our clubs are diverse, ranging from the small rural youth clubs with under 20 members who meet once a fortnight, to large multi-facility clubs with over 500 members and open almost 24 hours a day.</p> <p>These clubs affiliate to us to access our club support services and our activity program which help both volunteers and club members to develop themselves and their club.</p> <ul style="list-style-type: none"> <li>• <a href="#">The Clubs</a></li> <li>• <a href="#">Projects</a></li> </ul>
<p><b>Essex Community Development</b></p> <p>Tel: <b>07575302124 / 07432115879</b></p>	<p>ECD is an independent voluntary organisation that offers early intervention mentoring and support to children aged 8 to 18 and their families. Our services include but are not limited to children with</p>

<p>Email: <a href="mailto:info@essexcommunitydevelopment.org">info@essexcommunitydevelopment.org</a>          Website: <a href="http://essexcommunitydevelopment.org">essexcommunitydevelopment.org</a></p>	<ul style="list-style-type: none"> <li>• mild learning difficulties</li> <li>• poor social skills</li> <li>• at risk of drug and alcohol misuse / addiction</li> <li>• low self esteem</li> <li>• children with challenging behaviour</li> <li>• have been victims of bullying</li> </ul> <p>We aim to support our service users in the development of skills and knowledge they may require to overcome any challenges or barriers they may face in the home, community or in school, as it is our strong belief that every young person deserves a fair chance in life.</p>
<p><b>Essex Youth Service (Targeted Team)</b></p> <p>Tel: 01268 501300          Mobile: 07919 624726          Email: <a href="mailto:lisa.vagg@essex.gov.uk">lisa.vagg@essex.gov.uk</a>          Address: Southernhay, 16 - 20 Southernhay,  <b>Basildon, Essex. SS14 1EL</b></p>	<p><b>THIS SERVICE CAN ONLY BE REFERRED TO FOR FREE BY FAMILY SOLUTIONS, CHILDREN'S SOCIAL CARE, CAMHS OR YOT</b></p> <p><b>PLEASE ADVISE SCHOOL PROFESSIONALS THAT THERE IS A CHARGE FOR SCHOOLS TO REFER.</b></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><b>Family Lives Parents Helpline and Website</b></p> <p>Tel: 0808 8002222</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"> <li>• <a href="#">Parents Together Online</a></li> </ul>

<p>Tel (Essex Office): <b>01702 554782</b>          Website: <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>          Address: <b>Endway House, Endway, Hadleigh, Essex SS7 2AN</b></p>	
<p><b>Home Start Basildon</b></p> <p>Tel: <b>01268 550300 / 01268 581525</b>          Website: <a href="http://www.homestart-basildon.org.uk">www.homestart-basildon.org.uk</a>          Areas Covered: <b>Basildon</b></p>	<p><b>Who we help:</b></p> <ul style="list-style-type: none"> <li>• Parents or grandparents with at least one child under the age of five living with them.</li> <li>• Living in the Basildon, Billericay or Wickford area.</li> <li>• Anyone can refer to our service including parents self-referring.</li> <li>• Parents need to consent to our service.</li> <li>• Parents need to have identified the need for a volunteer.</li> </ul> <p><b>What we do:</b>          Our trained parent volunteers;</p> <ul style="list-style-type: none"> <li>• visit for 2 hours a week for 6 months breaking isolation</li> <li>• are free of charge</li> <li>• Are non-judgemental</li> <li>• Promote independence and empowerment</li> <li>• Provide adult company and someone they can talk to confidentially</li> <li>• Provide emotional support</li> <li>• Provide parents with support to positively parent their children e.g. children's behaviour, play and children's routines</li> </ul> <p><b>We cannot do:</b></p> <ul style="list-style-type: none"> <li>• Housework</li> <li>• Child-minding or take the children out of the house on their own</li> <li>• Transport families in the volunteers cars</li> <li>• Provide personal care</li> <li>• Support out of office hours (Monday to Friday 09.30am until 3.30pm), Bank holidays or weekends.</li> </ul> <p><b>How do I refer:</b></p> <ul style="list-style-type: none"> <li>• You are welcome to come to the office to speak to an Organiser who will help you if you have any difficulties with reading, writing, or using a computer, please phone the office first.</li> </ul>

	<ul style="list-style-type: none"> <li>• Complete a referral form by contacting the office or downloading one below.</li> <li>• The more information you can give around your needs the better we can plan your support</li> <li>• The form needs to be signed and then it can be returned by post or handed into the office personally. Only scan and e-mail if you can securely, by password protecting.</li> <li>• Once we receive your referral we will write to you to confirm receipt.</li> <li>• We will then contact you to perform an Initial Visit (Assessment) to your home, within 3 weeks of the referral.</li> </ul>
<p><b>Inner Resources</b></p> <p>Tel: <b>01702 200822</b>  Tel (Mobile): <b>07734 514710</b>  Email: <a href="mailto:info@innerresourcestraining.co.uk">info@innerresourcestraining.co.uk</a>  Website: <a href="http://www.innerresourcestraining.co.uk">www.innerresourcestraining.co.uk</a></p>	<p>Inner Resources provides person centred support for vulnerable children and adults with social difficulties including Asperger Syndrome, Autistic Spectrum Disorders and learning and mental health difficulties.</p> <p>They work with clients in their homes, schools, colleges and communities supporting engagement in a variety of activities, where necessary providing high level (crisis) support to families and individuals where circumstances have become extremely difficult.</p> <p>They aim to reduce feelings of distress, frustration, anger and hopelessness.</p> <p><a href="#">What we do</a>  <a href="#">How we do this</a>  <a href="#">Referral and Access</a></p>
<p><b>Inspiration Youth Call</b></p> <p>Tel: <b>0800 0803046 / 0845 5240293</b>  Email: <a href="mailto:office@inspirationyouthcall.co.uk">office@inspirationyouthcall.co.uk</a>  Website: <a href="http://www.inspirationyouthcall.co.uk">www.inspirationyouthcall.co.uk</a>  Address: <b>Suite 2A Chester House, Chester Hall Lane, Basildon, Essex. SS14 3BG</b></p>	<p>Inspiration Youth Call supports vulnerable young people from all walks of life, enabling them to develop socially and educationally by providing services at home, at play and in the community. Our vision is to inspire children and young people with hope, aspiration and a future.</p> <ul style="list-style-type: none"> <li>• <a href="#">Community Mentoring</a></li> <li>• <a href="#">In-School Mentoring</a></li> <li>• <a href="#">Peer Mentoring</a></li> <li>• <a href="#">Youth Clubs</a></li> </ul>
<p><b>InterAct</b></p> <p>Tel: <b>01245 608201</b>  Fax: <b>01245 608310</b>  Email: <a href="mailto:training@interact.org.uk">training@interact.org.uk</a>  Website: <a href="http://www.interact.org.uk">www.interact.org.uk</a></p>	<p>InterAct enables disadvantaged people and groups to improve their lives and communities.</p> <p>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</p>

<p>Address: <b>Moulsham Mill, Parkway, Chelmsford, Essex. CM2 7PX</b></p>	<p>services which 'help others to help themselves'.</p> <p>Based at Moulsham Mill in Chelmsford, InterAct reaches out to cover the entire county of Essex.</p>
<p><b>Multisystemic Therapy (MST) – South &amp; West Essex</b></p> <p>Tel: <b>01268 728287</b>  Mobile: <b>07860 758777</b>  Address: <b>Basildon Enterprise Centre, 33 Noble Square, Burnt Mill Industrial Estate, Basildon, Essex SS13 1LT</b>  Areas Covered: <b>South &amp; West Essex</b></p>	<p>MST is an intensive family and community-based treatment that addresses the multiple determinants of serious antisocial behaviour. MST is a strength-focused, home based family model that works mainly with the parents or carers of a young person to support positive change in relation to referral behaviours.</p> <p>Research on MST, over the past 30 years, has shown its effectiveness in:</p> <ul style="list-style-type: none"> <li>• Promoting parenting competencies</li> <li>• Improving young people’s problem-solving skills</li> <li>• Reducing truancy and involvement with negative peers</li> <li>• Decreasing adolescent substance abuse</li> <li>• Promoting involvement of support networks</li> <li>• Reducing out-of-home placements and re-arrest rates</li> </ul> <p>Young people suitable for MST are:</p> <ul style="list-style-type: none"> <li>• Between the ages of 11 – 16 years and live at home or with a custodial parent or main caregiver</li> <li>• At risk of entry to care and custody, involved with court system</li> <li>• Living with other young offenders</li> <li>• Having drug and alcohol problems, as well as school related problems</li> <li>• Displaying aggressive behaviours</li> </ul> <p>Young people <b>NOT</b> suitable are those:</p> <ul style="list-style-type: none"> <li>• Living independently</li> <li>• With current suicidal, homicidal and psychotic problems</li> <li>• Who are juvenile sex offenders</li> </ul> <p>With pervasive developmental delays</p> <p>Referrals are being made via the Social Worker, YOS or D-Bit Team. A referral form can be accessed by contacting the MST team; however before sending a referral, the MST Supervisor can be informally contacted for a discussion on the suitability of a case for MST.</p>
<p><b>Rochford Extended Services</b></p>	<p>Working in partnership with all the Rochford Local Delivery Group Schools, to provide</p>

<p>Tel: <b>01702 545771</b>  Email: <a href="mailto:extendedservices@kes.essex.sch.uk">extendedservices@kes.essex.sch.uk</a>  Website: <a href="http://www.rochfordextendedservices.org.uk">www.rochfordextendedservices.org.uk</a>  Address: <b>The King Edmund School, Vaughan Close, Rochford, Essex. SS4 1TL</b></p>	<p>bespoke support for schools children &amp; families</p>
<p><b>Speech and Language Services</b></p> <p><b>Great Oaks Clinic</b>  Tel: <b>01268 522401</b>  Address: <b>Great Oaks, Basildon, Essex. SS14 1EH</b></p> <p><b>Brentwood Community Hospital</b>  Tel: <b>01277 695000</b>  Address: <b>Crescent Drive, Shenfield, Brentwood, Essex. CM15 8DP</b></p> <p><b>Hadleigh Clinic</b>  Tel: <b>01702 578600</b>  Address: <b>49 London Road, Hadleigh Benfleet, Essex. SS7 2QL</b></p>	<p>This service is a health provision offering support for speech and Language in addition to Occupational therapy and BAM (Behaviour and Anger Management).</p> <p>Great Oaks clinic and Brentwood community Hospital provide diagnosis for Autism and social communication difficulties.</p>
<p><b>Specialist Teaching and Preschool Service</b></p> <p>Tel: <a href="#">Click for Details</a>  Email: <a href="#">Click for Details</a></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"> <li>• Autism and Social Communication Difficulties</li> <li>• Learning Difficulties and Disabilities</li> <li>• Physical and Neurological Impairment</li> <li>• Sensory Impairment (Visual, Hearing, Multi-sensory)</li> <li>• Social and Emotional Difficulties (formerly Behaviour Support)</li> <li>• Speech, Language and Communication needs</li> </ul> <p><a href="#">More information &amp; How to Request Support</a></p>

[Back to South Home Page](#)

[Go to Child Behavioural Difficulties Top](#)



# Children's Health Services

[Back to South Home Page](#)

**(Information regarding which team covers which part of Essex will be available from 1<sup>st</sup> October)**

## Essex 5-19 Children's Public Health Teams

### Braintree

Tel: 01376 567017

Webpage: [www.virgincare.co.uk](http://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](http://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](http://www.virgincare.co.uk)

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

### Witham

Tel: 01376 303798

Webpage: [www.virgincare.co.uk](http://www.virgincare.co.uk)

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

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
- 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



	<p>All children, young people and parents/carers/guardians have access to the school nursing team.</p>
<p><b>South Essex Health Visiting Teams</b></p> <p><b>Great Wakering Team</b></p> <p>Tel: <b>01268 366820</b>  Webpage: <a href="http://www.virgincare.co.uk">www.virgincare.co.uk</a>  Address: <b>Thundersley Clinic, 8 Kenneth Road, Thundersley, Essex. SS7 3AT</b></p> <p><b>Rochford Team</b></p> <p>Tel: <b>01268 366837</b>  Webpage: <a href="http://www.virgincare.co.uk">www.virgincare.co.uk</a>  Address: <b>TBC</b></p> <p><b>Billericay Team</b></p> <p>Tel: <b>03000 3001500</b>  Webpage: <a href="http://www.virgincare.co.uk">www.virgincare.co.uk</a>  Address: <b>Billericay Health Centre, Stock Road, Billericay, Essex. CM12 0BJ</b></p> <p><b>Canvey Island Team</b></p> <p>Tel: <b>01268 686047</b>  Webpage: <a href="http://www.virgincare.co.uk">www.virgincare.co.uk</a>  Address: <b>Central Canvey Primary Care Centre, Long Road, Canvey Island, Essex. SS8 0JA</b></p>	<p>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.</p> <p>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:</p> <ul style="list-style-type: none"> <li>• Infant feeding and introducing family foods</li> <li>• Understanding your baby’s behaviour and how they are developing</li> <li>• Adjusting to becoming a parent</li> <li>• Family life and difficulties such as postnatal depression</li> <li>• Healthy choices such as lifestyle, eating or immunisations</li> <li>• Home safety, housing problems, domestic abuse or child abuse</li> </ul> <p>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.</p>

## Rivermead Gate Team

Tel: 01268 366820

Webpage: [www.virgincare.co.uk](http://www.virgincare.co.uk)

Address: Thundersley Clinic, 8 Kenneth Road,  
Thundersley, Essex. SS7 3AT

## Thundersley Team

Tel: 01268 366820

Webpage: [www.virgincare.co.uk](http://www.virgincare.co.uk)

Address: Thundersley Clinic, 8 Kenneth Road,  
Thundersley, Essex. SS7 3AT

## Wickford Team

Tel: 0300 3001547

Webpage: [www.virgincare.co.uk](http://www.virgincare.co.uk)

Address: Billericay Health Centre, Stock Road,  
Billericay, Essex. CM12 0BJ

## Essex Healthy Schools Service

Tel: 01206 587240

Fax: 01621 727359

Webpage: [www.virgincare.co.uk](http://www.virgincare.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.

	<ul style="list-style-type: none"> <li>• Cooking with young carers.</li> <li>• Working with parents to overcome barriers to health and wellbeing.</li> </ul> <p>In addition, we engage and support secondary schools in developing and sustaining the Youth Health Champions initiative.</p>
<p><b>Essex Looked After Children’s Service</b></p> <p>Tel: <b>07977 435103</b>  Webpage: <a href="http://www.virgincare.co.uk">www.virgincare.co.uk</a>  Address: <b>656 The Crescent, Colchester Business Park, Colchester, Essex. CO4 9YQ</b></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"> <li>• Behaviour management</li> <li>• Parenting</li> <li>• Addressing mental health issues of all ages</li> <li>• Enuresis</li> <li>• Continence</li> <li>• Special needs</li> <li>• Sleep management</li> <li>• Complex health needs</li> <li>• Psycho social issues</li> <li>• Sexual health</li> <li>• Healthy living</li> </ul> <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><b>Essex Specialist Health Visiting Service</b></p> <p>Tel: <b>0300 3001521 (Option 3)</b>  Fax: <b>0300 3001621</b>  Webpage: <a href="http://www.virginicare.co.uk">www.virginicare.co.uk</a>  Address: <b>Mayflower Community Hospital, Blunts Wall Road, Billericay, Essex. CM12 9SA</b></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"> <li>• Specialist advice on diagnosed and undiagnosed conditions</li> <li>• Observation and assessment</li> <li>• Early support / one planning for Educational Health Care Plans</li> <li>• Intervention from our team of nursery nurses</li> <li>• Coordination of service provision, for example, multi-professional meetings</li> <li>• Information on education, social care, benefits and related issues</li> <li>• Provision of Specialist Developmental Playgroups</li> <li>• Continence Assessments</li> </ul>
<p><b>Essex Specialist School Nursing Service</b></p> <p>Tel: <b>0300 3001521 (Option 1)</b>  Fax: <b>0300 3001621</b>  Webpage: <a href="http://www.virginicare.co.uk">www.virginicare.co.uk</a>  Address: <b>Mayflower Community Hospital, Blunts Wall Road, Billericay, Essex. CM12 9SA</b></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"> <li>• Clinical advice and support</li> <li>• Training and clinical competencies for education support staff</li> <li>• Developing Care Plans</li> <li>• Completion of LAC Review Health Assessment</li> <li>• Continence Assessments</li> </ul>

[Back to South Home Page](#)

[Go to Children's Health Services Top](#)



# Crime/Anti-Social Behaviour

[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 South Home Page](#)

## Family Intervention Team (The Children's Society)

Tel: 01245 493311

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

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

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

Areas Covered: South 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



RequestforEarlyHelpS  
OUTH.docx

## Action for Prisoners Families

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

Information and resources for families of prisoners and offenders.

## Basildon Council

Tel: 01268 533333

Email: [customerservices@basildon.gov.uk](mailto:customerservices@basildon.gov.uk)

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

Community safety advice

## Castle Point Council

Tel: 01268 882200


Email: [info@castlepoint.gov.uk](mailto:info@castlepoint.gov.uk)

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

Community safety advice


[Back to South Home Page](#)

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

<p><b>Children Affected by Parental Imprisonment (CAPI) Essex Service</b></p> <p>Tel: <b>Suzanne Page – 07807 194589</b>  Tel: <b>Amy Clayton – 07505 665095</b>  Email: <a href="mailto:Suzanne.page@barnardos.org.uk">Suzanne.page@barnardos.org.uk</a>  Email: <a href="mailto:amy.clayton@barnardos.org.uk">amy.clayton@barnardos.org.uk</a></p>	<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><b>Essex Police CYP Police Officer</b></p> <p><b>Basildon</b>  <b>70652 Christopher Burch</b>  Email: <a href="mailto:42070652@essex.pnn.police.uk">42070652@essex.pnn.police.uk</a>  Ext: <b>382062</b></p> <p><b>Castle Point, Rochford &amp; Rayleigh</b>  <b>2203 Esther Howitt</b>  Email: <a href="mailto:42002203@essex.pnn.police.uk">42002203@essex.pnn.police.uk</a>  Ext: <b>490540</b></p>	<p>There are 13 CYP officers across the force and at least one in each policing district. The role is very much focused on safeguarding and diverting children and young people away from negative behaviours.</p> <p>CYP officers work closely with partner agencies, including Youth Offending Teams and ensure the correct referrals and interventions are offered to young people at risk of offending or becoming victims.</p> <p>Their overarching aim is to identify and resolve issues involving young people within the community who are most at risk of becoming repeat offenders or victims, or at risk of harm from Child Sexual Exploitation.</p>
<p><b>Essex Victims Gateway</b></p> <p>Website: <a href="http://essexvictimsgateway.org">essexvictimsgateway.org</a></p>	<p>The Essex Victims Gateway offers:</p> <ul style="list-style-type: none"> <li>• Free help, information and advice for victims of crime across the whole of the county, including Southend and Thurrock</li> <li>• A comprehensive list of charities and support groups near you</li> <li>• Support tailored to your needs, including specialist services for victims of the most serious crimes such as rape, sexual violence and domestic abuse</li> <li>• Help is available to all, including those who have not reported the crime to police or where offences happened in the past</li> </ul>
<p><b>Essex Youthbuild</b></p> <p>Tel: <b>01245 461700</b>  Email: <a href="mailto:carol.bogdanov.eyb@btconnect.com">carol.bogdanov.eyb@btconnect.com</a>  Website: <a href="http://essexyouthbuild.co.uk">essexyouthbuild.co.uk</a>  Address: <b>6 Grafton Place, Montrose Road, Chelmsford, Essex. CM2 6TG</b>  Areas Covered: <b>Essex-wide</b></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><a href="#">More Information</a></p>

<p><b>Essex Young People's Drug and Alcohol Service</b></p> <p>Tel: 01245 493311  Email: <a href="mailto:eypdas@childrenssociety.org.uk">eypdas@childrenssociety.org.uk</a>  Website: <a href="http://www.childrenssocietyeast.org.uk/eypdas">www.childrenssocietyeast.org.uk/eypdas</a>  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. <a href="#">Read more...</a></p>
<p><b>MAPPA (Multi-Agency Public Protection Arrangements)</b></p>	<p><b>Paul Portbury</b> - MAPPA Administrator Tel: 03330 134081 Email: <a href="mailto:paul.portbury@essex.gov.uk">paul.portbury@essex.gov.uk</a></p>
<p><b>MARAC (Multi-Agency Risk Assessment Conference) Co-Ordinator</b></p> <p>Tel: Julie Johnson 101 EXT 180006</p>	<p>Multi-Agency Risk Assessment Conferences (MARACs) are regular local meetings where information about high risk domestic abuse victims (those at risk of murder or serious harm) is shared between local agencies.</p>
<p><b>Paladin – National Stalking Advocacy Service</b></p> <p>Tel: 0207 8408960  Email: <a href="mailto:info@paladinservice.co.uk">info@paladinservice.co.uk</a>  Website: <a href="http://paladinservice.co.uk">paladinservice.co.uk</a></p>	<p>Paladin assists high risk victims of stalking throughout England and Wales. A number of Independent Stalking Advocacy Caseworkers (ISACs) ensure high risk victims of stalking are supported and that a coordinated community response is developed locally to keep victims and their children safe.</p>
<p><b>PREVENT</b></p> <p>Tel: 03000 3334444 ext: 180521 / 01245 452133  Email: <a href="mailto:prevent@essex.pnn.police.uk">prevent@essex.pnn.police.uk</a>  Website: <a href="http://www.essex.police.uk">www.essex.police.uk</a></p>	<p>PREVENT is part of Essex Police's counter-terrorist strategy and aims to stop people becoming terrorists or supporting terrorism by working with individuals and communities to address issues before they become a criminal matter and to stop people moving from extremism into terrorist-related activity. <a href="#">Read More...</a></p>
<p><b>Reach Every Generation</b></p> <p>Tel: 07956 760862  Email: <a href="mailto:gavin.mckenna@reacheverygeneration.com">gavin.mckenna@reacheverygeneration.com</a>  Website: <a href="http://reacheverygeneration.co.uk">reacheverygeneration.co.uk</a></p>	<p>Reach Every Generation exists to shape a better future for tomorrow's generation, winning back those caught up in gang culture. To do this, we equip you, the people on the frontline working with young people and their families on a daily basis, encouraging you and empowering you to transform lives.</p> <p>Our vision is to instigate change, drawing on 'real-life' experiences that we impart to others. From us, you can expect up to date knowledge on the issues affecting young people involved in gangs, and access to valuable resources that we know will make a difference to those lives you touch.</p>



	<p><a href="#">Read more...</a></p>
<p><b>Rochford District Council</b></p> <p>Tel: <b>01702 546366</b>  Email: <a href="#">Via Website</a>  Website: <a href="http://www.rochford.gov.uk">www.rochford.gov.uk</a></p>	<p>Community safety advice</p>
<p><b>Safe In Essex (The Children’s Society)</b></p> <p>Tel: <b>01245 493311</b>  Email: <a href="mailto:FIFreferrals@childrenssociety.org.uk">FIFreferrals@childrenssociety.org.uk</a>  Website: <a href="http://www.childrenssocietyeast.org.uk">www.childrenssocietyeast.org.uk</a>  Address: <b>114 Springfield Road, Chelmsford, Essex CM2 6LF</b>  Areas Covered: <b>Essex-wide</b></p>	<p><b><a href="#">Safe in Essex</a></b>  Providing awareness and interventions for children and young people identified at risk of, or already engaging in low level risky behaviours, in order to prevent further risky behaviour e.g.</p> <ul style="list-style-type: none"> <li>• Drugs, alcohol and smoking</li> <li>• Gangs &amp; Trafficking</li> <li>• Domestic abuse and victims of violence</li> <li>• E-safety</li> <li>• At risk of sexual exploitation</li> <li>• Risky sexual behaviour</li> <li>• Antisocial behaviour and crime</li> </ul>
<p><b>Sexual Assault Referral Centre (SARC)</b></p> <p>Tel: <b>01277 240620</b>  Website: <a href="http://www.oakwoodplace.org.uk">www.oakwoodplace.org.uk</a></p>	<p>A Sexual Assault Referral Centre (SARC) provides services to victims of rape or sexual assault regardless of whether the victim reports the offence to the police or not.</p> <p>SARCs are designed to be comfortable and multi-functional, providing private space for interviews and examinations, and some may also offer counselling services. Sexual Assault Referral Centres have specialist staff that are trained to help you make informed decisions about what you want to do next.</p> <div style="text-align: center;">  <p>SARC pathway V2 Sept 2014.pdf</p> </div>

[Back to South Home Page](#)

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

<p><b>South Essex Youth Offending Team</b></p> <p>Tel: <b>01268 520612</b>  Fax: <b>01268 270924</b>  Email: <a href="mailto:yot.basildon.ecc@essex.gov.uk">yot.basildon.ecc@essex.gov.uk</a>  Address: <b>31, Battleswick, Basildon, Essex. SS14 3LA</b></p>	<p>The aim of Essex Youth Offending Service (YOS) is to work with children and young people who have offended and to help prevent them getting into further trouble. We achieve this by working together with young people and their parents or carers, the victims of crime and other agencies and organisations in the local community.</p>
<p><b>Victim Support Essex</b></p> <p>Tel: <b>0845 3030900</b>  Email: <a href="mailto:essex@victimsupport.org.uk">essex@victimsupport.org.uk</a>  Website: <a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a></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 South 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 South Home Page](#)



Essex DV Directory of services New.doc

## Changing Pathways (Formerly Basildon Women's Aid)

Tel: **01268 729707**

Email (enquiries): [welcome@changingpathways.org](mailto:welcome@changingpathways.org)

Email (referrals): [referrals@changingpathways.org](mailto:referrals@changingpathways.org)

Website: [changingpathways.org](http://changingpathways.org)

Changing Pathways (formerly known as Basildon Women's Aid) is a domestic abuse charity working across the areas of Basildon, Brentwood, Castle Point, Rochford and Thurrock. We provide free and confidential services to support people who are currently experiencing, or have previously experienced domestic abuse.

- [Refuge](#)
- [Adult Counselling](#)
- [Children & Young People Counselling](#)
- [Outreach Service](#)
- [EDAPP](#)
- [Steps Programme](#)
- [Children & Young People](#)

## Childline

Tel: **0800 1111**

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

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

## Chinese Information & Advice Centre

Tel: **08453 131868**

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

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

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.

## Essex Change

Tel: **01245 258680 ext. 223**

Tel: **07787 2541982 (Mobile)**

Tel: **0845 3727701 (Perpetrator Service)**

Tel: **0845 3722201 (Partner Support)**

Email: [admin@essexchange.org](mailto:admin@essexchange.org)

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

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.


They also run a women's service which aims to increase the safety of women and children by offering support and safety planning.

[Back to South Home Page](#)

[Go to Domestic Abuse Top](#)

<p><b>Essex Police Domestic Abuse Central Referral Unit</b></p> <p>Tel: <b>0800 3580351</b>  Tel: <b>101 Extension 180340</b>  Website: <a href="http://www.essex.police.uk">www.essex.police.uk</a></p>	<p>We encourage you to report domestic abuse to us.</p> <p>Not knowing exactly what will happen when you call us can be worrying and prevent you from seeking help, so we've put together a step-by-step explanation.</p> <p>If you decide not to speak to us, please don't suffer in silence. Confide in someone you trust and contact one of the support organisations on our <a href="#">Help in Essex</a> or <a href="#">Help across the UK</a> pages.</p>
<p><b>Galop.org.uk</b></p> <p>Tel: <b>0800 9995428</b>  Website: <a href="http://www.galop.org.uk/domesticabuse">www.galop.org.uk/domesticabuse</a></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"> <li>• Provide confidential information, advice and support</li> <li>• Help you create your safety plan</li> <li>• Explore options around housing, legal advice, counselling and local support groups</li> <li>• Tell you about your local LGBT friendly services</li> <li>• Discuss the possibility of reporting to the Police</li> </ul>
<p><b>The Hideout</b></p> <p>Website: <a href="http://www.thehideout.org.uk">www.thehideout.org.uk</a></p>	<p>A website specifically designed for children and young people who are experiencing domestic violence.</p>
<p><b>Jewish Women's Aid</b></p> <p>Tel: <b>0808 8010500</b>  Website: <a href="http://jwa.org.uk">jwa.org.uk</a></p>	<p>Jewish Women's Aid is an organisation run by Jewish Women for Jewish women and children who have been subjected to domestic violence. They offer a range of support and information for victims.</p>
<p><b>The Kiran Project</b></p> <p>Tel: <b>0208 5581986</b>  Email: <a href="mailto:kiran.admin@kiranproject.org.uk">kiran.admin@kiranproject.org.uk</a>  Website: <a href="http://www.kiranproject.org.uk">www.kiranproject.org.uk</a></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><b>MARAC (Multi-Agency Risk Assessment Conference) Co-Ordinator</b></p> <p>Tel: <b>Julie Johnson 101 EXT 180006</b></p>	<p>Multi-Agency Risk Assessment Conferences (MARACs) are regular local meetings where information about high risk domestic abuse victims (those at risk of murder or serious harm) is shared between local agencies.</p>

<p><b>Men's Advice Line</b></p> <p>Tel: <b>0808 8010327</b>  Email: <a href="mailto:info@mensadviceline.org.uk">info@mensadviceline.org.uk</a>  Website: <a href="http://www.mensadviceline.org.uk">www.mensadviceline.org.uk</a></p>	<p>A confidential helpline for any man experiencing domestic violence and abuse from a partner (or ex-partner).</p> <p>We are a team of skilled professionals offering practical advice, information and emotional support to male victims of domestic violence, as well as to concerned friends and family and frontline workers.</p> <p>Our focus is to increase the safety of men experiencing domestic violence (and the safety of their children) and help them reduce the risk.  The Men's Advice Line is open Monday-Friday 9am-5pm.</p>
<p><b>National Centre for Domestic Violence (NCDV)</b></p> <p>Tel: <b>0844 8044999</b>  Text: <b>NCDV to 60777 and they will call back</b>  Email: <a href="mailto:office@ncdv.org.uk">office@ncdv.org.uk</a>  Website: <a href="http://www.ncdv.org.uk">www.ncdv.org.uk</a>  Areas Covered: <b>Nationwide</b></p>	<p>The National Centre for Domestic Violence (NCDV) provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.</p> <p>Our service allows anyone to apply for an injunction within 24 hours of first contact (in most circumstances). We work in close partnership with the police, local firms of solicitors and other support agencies (Refuge, Women's Aid etc) to help survivors obtain speedy protection.</p>
<p><b>National Domestic Violence Helpline</b></p> <p>Tel: <b>0808 2000 247</b>  Website: <a href="http://www.nationaldomesticviolencehelpline.org.uk">www.nationaldomesticviolencehelpline.org.uk</a></p>	<p>The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.</p> <p>The Helpline can give support, help and information over the telephone, wherever the caller might be in the country. The Helpline is staffed 24 hours a day by fully trained female helpline support workers and volunteers. All calls are completely confidential. Translation facilities for callers whose first language is not English and a service for callers who are deaf or hard of hearing are available.</p>
<p><b>NSPCC</b></p> <p>Tel: <b>0808 8005000</b>  Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p><b>The Parklands Outreach Centre</b></p> <p>Tel: <b>01268 729707</b>  Email: <a href="mailto:parklands@basildonwa.org">parklands@basildonwa.org</a></p>	<p>This centre in Felmores End, Felmores, Basildon, is run by staff from Basildon Women's Aid and offers a helpline, support groups, advice and information surgeries and one to one counselling.</p> <p>All of the services are free and the centre is open Monday to Friday between 9.30am and 5pm.</p>

<p><b>Respect Phonenumber</b></p> <p>Tel: <b>0808 8024040</b>  Email: <a href="mailto:info@respectphoneline.org.uk">info@respectphoneline.org.uk</a>  Website: <a href="http://www.respectphoneline.org.uk">www.respectphoneline.org.uk</a></p>	<p>A confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner.</p> <p>The Respect Phonenumber is open Monday-Friday 9am-5pm.  <a href="#">Link to Leaflet</a></p>
<p><b>Safer Places – Triple R Programme</b></p> <p>Tel: <b>03301 025811</b>  Email: <a href="mailto:info@saferplaces.co.uk">info@saferplaces.co.uk</a>  Website: <a href="http://www.saferplaces.co.uk">www.saferplaces.co.uk</a>  Areas Covered: <b>Essex-wide</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Triple R Programme</a></li> </ul>
<p><b>Sexual Assault Referral Centre (SARC)</b></p> <p>Tel: <b>01277 240620</b>  Website: <a href="http://www.oakwoodplace.org.uk">www.oakwoodplace.org.uk</a></p>	<p>A Sexual Assault Referral Centre (SARC) provides services to victims of rape or sexual assault regardless of whether the victim reports the offence to the police or not.</p> <p>SARCs are designed to be comfortable and multi-functional, providing private space for interviews and examinations, and some may also offer counselling services. Sexual Assault Referral Centres have specialist staff that are trained to help you make informed decisions about what you want to do next.</p> <p>  SARC pathway V2  Sept 2014.pdf</p>
<p><b>Southall Black Sisters Helpline</b></p> <p>Tel: <b>0208 5710800</b>  Website: <a href="http://www.southallblacksisters.org.uk">www.southallblacksisters.org.uk</a></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><b>SOS (Southend-on-Sea) Domestic Abuse Projects</b></p> <p>Tel Dove Centre: <b>01702 351648</b>  Tel Women: <b>01702 302333</b>  Tel Male: <b>01702 343868</b>  Tel Children &amp; Families: <b>01702 343868</b>  Email: <a href="mailto:enquiries@sosdap.org">enquiries@sosdap.org</a>  Website:  <a href="http://www.savsmembers.org/sosdomesticabuseprojects">www.savsmembers.org/sosdomesticabuseprojects</a></p>	<p>Covers Rochford providing advice and support for the victims of domestic violence. They have advice lines for women, men and children.</p>

## **Victim Support Essex**

Helpline Tel: **08 08 16 89 111**

Essex Team (Business Hours): **0300 303 0165**

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

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

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.

[Back to South 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 South Home Page](#)

### Autism Anglia

Tel: **01206 577678**

Fax: **01206 578581**

Email: [info@autism-anglia.org.uk](mailto:info@autism-anglia.org.uk)

Website: [www.autism-anglia.org.uk](http://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](#)

### Autism Hub: Living Well Essex County Council

Website: [www.livingwellessex.org/autism-hub](http://www.livingwellessex.org/autism-hub)

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.

### BOSP (Brighter Opportunities through Supported Play)

Tel: **01277 624300**

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

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

Address: **Union House, Suite 2C, 117 High Street,  
Billericay, Essex. CM12 9AH**

BOSP offers regular clubs at evenings, weekends and school holidays providing fun and exciting activities with social opportunities for children and young people with disabilities aged 4 years onwards.

BOSP aims to develop the children and young people's independence, self-esteem and social skills in a supportive environment. BOSP has a high staff ratio so that medical and behavioural needs can be met and to help foster independence and life skills. BOSP is based in Billericay, The Pioneer School in Basildon and offers Out and About activities.

- [Activities & Services](#)

[Back to South Home Page](#)

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

## **DIAL (Disablement Information & Advice Line)**

Tel: **01268 285676 (10am to 4pm Mon-Fri)**

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

Website: [dialbasildon.co.uk](http://dialbasildon.co.uk)

Address: 75 Southernhay, Basildon, Essex. SS14 1EU

DIAL will provide a free, confidential information and advice service on issues affecting disabled people to enable and empower individuals to improve their quality of life. DIAL assists disabled people that are at potential risk of being isolated and socially excluded from society and deliver information and resources to individuals more efficiently and effectively, whilst providing them with on-going direct support.

They aim to build self-confidence to empower individuals to have an active and independent life. They work with any individual that has a disability led enquiry, additionally supporting health professionals, carers, families and organisations to support their needs alongside the disabled person.

The aim is to provide guidance and support to assist them in gaining better welfare and a sustainable quality of life. Areas of advice will expand to meet beneficiaries' needs; continue to build on knowledge and training, equipping staff and volunteers to deal with requests effectively.

They will create volunteering opportunities improving employment opportunities in times of an increasing competitive job market. Users have a range of disabilities including sensory, learning difficulties, mental health and physical and services are offered to all age groups, genders, religions and race from a range of different social and cultural backgrounds.

Areas of assistance include benefits, support groups and clubs, equipment, adaptations, holidays, independent living, etc. DIAL operates Outreach Services, Home Visiting, Advocacy, Appeals and Casework from alternative funding sources to compliment this project.

## **ECDP (Essex Coalition of Disabled People)**

Tel: **01245 392300**

Textphone: **01245 392302**

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

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

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

Areas Covered: **Essex-wide**

ECDP is a pioneering User-Led Organisation with an enviable reputation for supporting disabled people at a local, regional and national level.

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.

At ECDP we represent and support disabled people through a range of programmes and services.

### **Our Services**

	<ul style="list-style-type: none"> <li>• <a href="#">Full Membership</a></li> <li>• <a href="#">Get Involved</a></li> <li>• <a href="#">Our Publications</a></li> <li>• <a href="#">Payroll Services</a></li> <li>• <a href="#">Personal Health Budgets</a></li> <li>• <a href="#">Support Planning</a></li> </ul>
<p><b>Epilepsy Action</b></p> <p>Tel: <b>07513 330749</b>  Website: <a href="http://www.epilepsy.org.uk">www.epilepsy.org.uk</a>  Areas Covered: <b>Nationwide</b></p>	<p>Epilepsy Action is the UK's largest epilepsy membership organisation, aiming to support the 600,000 people across the country with the condition, as well as educating the wider public and helping to break down the stigma that still exists about epilepsy.</p> <p>In Essex, our local branches acts as support groups to people with epilepsy, their families and friends, as well as leading the charge in informing and educating the public about the condition.</p>
<p><b>Essex Advocacy</b></p> <p>Tel: <b>0300 3435736</b>  Text: <b>SEAP (followed by your message) to 80800</b>  Email: <a href="mailto:info@essexadvocacy.org.uk">info@essexadvocacy.org.uk</a>  Website: <a href="http://www.essexadvocacy.org.uk">www.essexadvocacy.org.uk</a></p>	<p>Essex Advocacy is specialist service which supports people who are most vulnerable, or who find themselves at a particularly challenging point in their lives.</p> <p>Our professional advocates enable people without the right support around them to have their voice heard when:</p> <ul style="list-style-type: none"> <li>• Decisions are being taken about their health and social care</li> <li>• Support is needed to make informed choices about their life</li> <li>• They wish to make a complaint about NHS care or treatment</li> </ul>
<p><b>Essex SEND Information, Advice &amp; Support Service</b></p> <p>Tel: <b>03330 138913</b>  Email: <a href="mailto:send.iass@essex.gov.uk">send.iass@essex.gov.uk</a>  Website: <a href="http://www.essexlocaloffer.org.uk">www.essexlocaloffer.org.uk</a></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><b>FACE (Families Acting for Change Essex)</b></p> <p>Tel: <b>01245 608231</b>  Text: <b>07910 883337</b>  Email: <a href="mailto:info@face-essex.org">info@face-essex.org</a></p>	<p>Families' Acting for Change Essex (FACE) is run by parents. We represent the views and experiences of parents and carers of children and young people with disabilities and additional needs to influence the services they receive in Essex.</p> <p>Membership of FACE is free and gives access to current information and the chance to</p>

<p>Website: <a href="http://www.face-essex.org">www.face-essex.org</a>  Areas Covered: <b>Essex-wide</b></p>	<p>contribute to focus groups and consultations and to become more involved in any way that suits you and your family.</p> <p><a href="#">More Information</a>  <a href="#">Early Support</a></p>
<p><b>Families in Focus</b>  Tel: <b>01245 353575</b>  Email: <a href="mailto:helpline@familiesinfocusessex.org.uk">helpline@familiesinfocusessex.org.uk</a>  Website: <a href="http://www.familiesinfocusessex.org.uk">www.familiesinfocusessex.org.uk</a>  Areas Covered: <b>Essex-wide</b></p>	<p>Holistic independent support for any family in Essex who have a child or children (age 0-19) with any disability/special need, requiring advice, information and support, particularly at times of change and crisis.</p>
<p><b>Grandparents Plus</b>  Tel: <b>03000 337015</b>  Email: <a href="mailto:info@grandparentsplus.org.uk">info@grandparentsplus.org.uk</a>  Website: <a href="http://www.grandparents-association.org.uk">www.grandparents-association.org.uk</a></p>	<p>Grandparents Plus is the national charity which champions the vital role of grandparents and the wider family in children's lives – especially when they take on the caring role in difficult family circumstances. We do this because we want to make children's lives better.</p> <p><a href="#">Read more...</a></p>
<p><b>InterAct</b>  Tel: <b>01245 608201</b>  Fax: <b>01245 608310</b>  Email: <a href="mailto:training@interact.org.uk">training@interact.org.uk</a>  Website: <a href="http://www.interact.org.uk">www.interact.org.uk</a>  Address: <b>Moulsham Mill, Parkway, Chelmsford, Essex. CM2 7PX</b></p>	<p>InterAct enables disadvantaged people and groups to improve their lives and communities.  Providing training, resources, experience and support to those with mental health issues and learning difficulties.</p> <p>We are committed to providing social inclusion opportunities, and provide a range of services which 'help others to help themselves'.</p> <p>Based at Moulsham Mill in Chelmsford, InterAct reaches out to cover the entire county of Essex.</p>
<p><b>The J's Hospice</b>  Tel: <b>01245 475474</b>  Email: <a href="mailto:info@thejshospice.org.uk">info@thejshospice.org.uk</a>  Website: <a href="http://www.thejshospice.org.uk">www.thejshospice.org.uk</a>  Address: <b>36A Church Street, Great Baddow, Chelmsford, Essex. CM2 7HY</b></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 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"> <li>• <a href="#">About the J's Hospice</a></li> <li>• <a href="#">What we Do</a></li> </ul>

[Back to South Home Page](#)

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

<p><b>Little Havens Hospice</b></p> <p>Tel: <b>01702 556645</b>  Website: <a href="http://www.havenshospices.org.uk">www.havenshospices.org.uk</a>  Address: <b>Daws Heath Road, Thundersley, Essex. SS7 2LH</b></p>	<p>Little Havens Hospice provides care for children who are life-limited, are life-threatened or have palliative care needs. What this means is that the child has been diagnosed with a condition, meaning that their life may be shortened.</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><a href="#">Read More</a></p>
<p><b>The MegaCentre Rayleigh</b></p> <p>Tel: <b>01268 779100</b>  Email: <a href="mailto:megastaff@megacentrerayleigh.co.uk">megastaff@megacentrerayleigh.co.uk</a>  Website: <a href="http://www.megacentrerayleigh.co.uk">www.megacentrerayleigh.co.uk</a>  Address: <b>7 Brook Road, Rayleigh, Essex. SS6 7UT</b></p>	<p>The MegaCentre Rayleigh, the home of Megazone Laser Tag, MegaPlay Soft Play, Music &amp; Conference Rooms, Theatre and S-Kape Youth Centre, is a not-for-profit social enterprise owned by the registered charity ACT (Active Christian Trust).</p> <p>The Interactive Sensory Room is a great facility that is manned by trained staff to help stimulate young children in their development and learning. Suitable for babies to under-4's and can also be booked for exclusive use sessions, including for Special Needs individuals and groups.</p> <p><a href="#">Read More</a></p>
<p><b>Network 81</b></p> <p>Tel: <b>0845 0774055</b>  Email: <a href="mailto:network81@hotmail.co.uk">network81@hotmail.co.uk</a>  Website: <a href="http://www.network81.org.uk">www.network81.org.uk</a></p>	<p>Network 81 is a national network of parents working towards properly resourced inclusive education for all children with special needs.</p> <p>Network 81 offers a National Helpline for advice on all matters relating to Special Educational Needs.</p>

[Back to South Home Page](#)

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

<p><b>SHARE (Safe Haven and Respite Environment)</b></p> <p>Tel: <b>01268 521691</b>  Address: <b>The Fryth, Basildon, Essex, SS14 3PE</b></p>	<p>Share offers a very superb environment and a very tranquil atmosphere. The facilities we offer are, soft play, Cooking, Art &amp; Crafts, Music, table tennis, pool, Outdoor sports, gardening...</p> <p>We have a cinema session once a week where the children can bring in their own CD's and enjoy watching their favourite TV with Popcorn.</p> <p>The Children benefit from the centre by learning Social Skills, they have a fantastic time and have the opportunity to learn new skills and meet Friends.</p> <p>For the parents we provide a sense of care and well-being for their children, giving them peace of mind and respite.</p> <p>We have Range of highly Qualified staff, and we like to get to know all the children's needs, as we understand the importance of individuality, and will care for each individual child accordingly.</p> <p>We run Afterschool clubs, Tuesdays and Thursdays from 3pm to 7pm.</p>
<p><b>Self-Management UK</b></p> <p>Tel: <b>03333 455840</b>  Email: <a href="mailto:hello@selfmanagemnetuk.org">hello@selfmanagemnetuk.org</a>  Website: <a href="http://selfmanagementuk.org">selfmanagementuk.org</a>  Areas Covered: <b>Basildon</b></p>	<p>Self-Management UK will be delivering 60 self-management programmes for approx. 1000 adults and elderly people living with physical and/or mental long-term conditions for all Essex localities, utilising general practice risk stratification to identify suitable patients. The training programmes are endorsed by NHS England and the King's Fund to help people:</p> <ul style="list-style-type: none"> <li>• Take ownership of their health with greater confidence and empowerment</li> <li>• Facilitate shared decision making with Healthcare Professionals (HCPs)</li> <li>• Choose alternative options to achieve good health than NHS resources</li> </ul> <p>Self-management awareness programmes will also be run for 100 HCPs to support clinicians to meet project objectives. Programmes will be delivered close to patient's homes, facilitated by local people who live with long-term conditions who are fully supported trained and mentored to quality framework standards. Many participants become tutors after their programme, contributing to their community and enhancing their personal networks as they lead more positive lives.</p>
<p><b>SNAP (Special Needs &amp; Parents)</b></p> <p>Tel: <b>01277 211300</b></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>Email: <a href="mailto:info@snapcharity.org">info@snapcharity.org</a>  Website: <a href="http://www.snapcharity.org">www.snapcharity.org</a>  Address: <b>The SNAP Centre, Pastoral Way, Warley, Brentwood, Essex. CM14 5WF</b></p>	<p>Our aims are to inform, encourage and support parents, so that they can grow in strength and knowledge and become better equipped to give the best possible help to their children.</p> <ul style="list-style-type: none"> <li>• <a href="#">Support Services</a></li> <li>• <a href="#">Activities</a></li> <li>• <a href="#">Centre Resources</a></li> <li>• <a href="#">SNAP Directory</a></li> </ul>
<p><b>Southend-on-Sea Family Information Service SHIP Directory</b></p> <p>Tel: <b>01702 215007</b>  Email: <a href="mailto:fissos@southend.gov.uk">fissos@southend.gov.uk</a>  Website: <a href="http://www.southendinfopoint.org">www.southendinfopoint.org</a></p>	<p>SHIP (Southend's Health &amp; Wellbeing Information Point) is Southend's directory to support adults to stay healthy and independent.</p> <p>Whether you are a mum, dad, grandparent, carer, young person or practitioner supporting families, it is not always easy to find the information you are looking for. The Southend Information Service is a free and impartial service with information and guidance around many aspects of family life.</p>
<p><b>Special Education Needs and Children With Additional Needs (SENCAN)</b></p> <p>Tel: <b>01268 632321</b>  Tel (Pre-School Team): <b>01268 632360</b>  Address: <b>The Knares, Basildon, Essex. SS16 5RX</b></p>	<p>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.</p> <p>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.</p>
<p><b>Specialist Teaching and Preschool Service</b></p> <p>Tel: <a href="#">Click for Details</a>  Email: <a href="#">Click for Details</a></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"> <li>• Autism and Social Communication Difficulties</li> <li>• Learning Difficulties and Disabilities</li> <li>• Physical and Neurological Impairment</li> <li>• Sensory Impairment (Visual, Hearing, Multi-sensory)</li> <li>• Social and Emotional Difficulties (formerly Behaviour Support)</li> <li>• Speech, Language and Communication needs</li> </ul> <p><a href="#">More information &amp; How to Request Support</a></p>



## **Speech and Language Services**

### **Great Oaks Clinic**

Tel: **01268 522401**

Address: **Great Oaks, Basildon, Essex. SS14 1EH**

### **Brentwood Community Hospital**

Tel: **01277 695000**

Address: **Crescent Drive, Shenfield, Brentwood,  
Essex. CM15 8DP**

### **Hadleigh Clinic**

Tel: **01702 578600**

Address: **49 London Road, Hadleigh Benfleet,  
Essex. SS7 2QL**

This service is a health provision offering support for speech and Language in addition to Occupational therapy and BAM (Behaviour and Anger Management).

Great Oaks clinic and Brentwood community Hospital provide diagnosis for Autism and social communication difficulties.

[Back to South 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 South Home Page](#)

[CLICK HERE FOR SOUTH 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](http://www.ace-ed.org.uk)

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

### Alternative Education Commissioning Service

Caseworker (South) Tel: **03330 131150**

Principal Officer Tel: **03330 137987**

Senior Caseworker Tel: **03330 131152**

Commissioner for Alternative Education Tel: **03330 131946**

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

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.

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.

The Senior Caseworker deals with referrals for pupils who are pregnant, pupils with medical needs and Anxious School Refusers.

For further information, visit the [ESSEX SCHOOLS INFOLINK](#) website.

[Back to South Home Page](#)

[Go to Education Top](#)

<p><b>BEST (Basildon Education Services Trust)</b></p> <p>Tel: <b>01268 498861</b>  Email: <a href="mailto:bestadmin@basildonbest.org.uk">bestadmin@basildonbest.org.uk</a>  Website: <a href="http://www.basildonbest.org.uk">www.basildonbest.org.uk</a>  Address: <b>The Basildon Upper Academy,  Wickford Avenue, Pitsea, Essex. SS13 3HL</b></p>	<p>BEST provides over 50 different projects, activities and events for pupils and parents and BEST schools. They include:</p> <ul style="list-style-type: none"> <li>• Raising achievement projects including the Basildon Challenge</li> <li>• Engaging parents in their children's education</li> <li>• Holiday activities for pupils</li> <li>• Emotional Health and Wellbeing Support</li> <li>• Education Business Link activities</li> <li>• Leadership and Management support including CPD</li> <li>• Inter school sports activities</li> <li>• School collaboration around traded services</li> </ul> <p><a href="#">Read More</a></p>
<p><b>Children Missing from Education</b></p> <p>Tel: <b>01245 436281</b>  Email: <a href="mailto:ralph.holloway@essex.gov.uk">ralph.holloway@essex.gov.uk</a></p>	<p>Refer any children and young people who are missing education to: <b>Ralph Holloway - Commissioner for Alternative Education Provision Planning and Provision</b></p>
<p><b>Educational Psychology Parent Helpline</b></p> <p>Tel: <b>01245 433293 (Available every Monday afternoon during term-time, 1pm-5pm)</b>  Website: <a href="http://schools.essex.gov.uk">schools.essex.gov.uk</a></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"> <li>• The helpline is confidential and personal details will not be recorded and nor will information be passed onto other services</li> <li>• It is staffed by qualified educational psychologists who listen to parents concerns and work with them to find a positive way forward</li> </ul>
<p><b>Missing Education &amp; Child Employment</b></p> <p>Tel: <b>03330 139845</b>  Email: <a href="mailto:ME&amp;CE.south@essex.gov.uk">ME&amp;CE.south@essex.gov.uk</a></p>	<p>Advice for Schools, professionals and parents who have any queries regarding School Attendance, Home Education, or Child Employment and Entertainment .</p>
<p><b>Essex Community Development</b></p> <p>Tel: <b>07575302124 / 07432115879</b>  Email: <a href="mailto:info@essexcommunitydevelopment.org">info@essexcommunitydevelopment.org</a>  Website: <a href="http://essexcommunitydevelopment.org">essexcommunitydevelopment.org</a></p>	<p>ECD is an independent voluntary organisation that offers early intervention mentoring and support to children aged 8 to 18 and their families. Our services include but are not limited to children with</p> <ul style="list-style-type: none"> <li>• mild learning difficulties</li> <li>• poor social skills</li> <li>• at risk of drug and alcohol misuse / addiction</li> <li>• low self esteem</li> <li>• children with challenging behaviour</li> <li>• have been victims of bullying</li> </ul> <p>We aim to support our service users in the development of skills and knowledge they may</p>

	<p>require to overcome any challenges or barriers they may face in the home, community or in school, as it is our strong belief that every young person deserves a fair chance in life.</p>
<p><b>Essex SEND Information, Advice &amp; Support Service</b></p> <p>Tel: <b>03330 138913</b>  Email: <a href="mailto:send.iass@essex.gov.uk">send.iass@essex.gov.uk</a>  Website: <a href="http://www.essexlocaloffer.org.uk">www.essexlocaloffer.org.uk</a></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><b>Essex Parent Partnership Service</b></p> <p>Tel: <b>01245 436036</b></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"> <li>• Understanding the statutory assessment process</li> <li>• Filling in forms</li> <li>• Preparing for meetings</li> <li>• Visiting schools</li> <li>• Education issues, including refusal to assess</li> <li>• Exclusions (fixed term and permanent)</li> </ul> <p>Transitions (all ages)</p>
<p><b>Essex Youth Service (Targeted Team)</b></p> <p>Tel: <b>01268 501300</b>  Mobile: <b>07919 624726</b>  Email: <a href="mailto:lisa.vagg@essex.gov.uk">lisa.vagg@essex.gov.uk</a>  Address: <b>Southernhay, 16 - 20 Southernhay, Basildon, Essex. SS14 1EL</b></p>	<p><b>THIS SERVICE CAN ONLY BE REFERRED TO FOR FREE BY FAMILY SOLUTIONS, CHILDREN'S SOCIAL CARE, CAMHS OR YOT</b></p> <p><b>PLEASE ADVISE SCHOOL PROFESSIONALS THAT THERE IS A CHARGE FOR SCHOOLS TO REFER.</b></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</p>

	<p>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><b>Fairview Children’s Support Service (The Galaxy Centre)</b></p> <p>Tel: <b>01268 552482</b>  Address: <b>Fairview Road, Basildon, Essex. SS14 1PW</b></p>	<p>Contact details for Fairview Children’s Support Service (The Galaxy Centre)</p>
<p><b>Hadleigh Children’s Support Service (The Jupiter Centre)</b></p> <p>Tel: <b>01702 559347</b>  Address: <b>School House, 20 The Avenue, Hadleigh, Essex. SS7 2DL</b></p>	<p>Contact details for Hadleigh Children’s Support Service (The Jupiter Centre)</p>
<p><b>Langdon Hills Children’s Support Service (The Saturn Centre)</b></p> <p>Tel: <b>01268 542367</b>  Address: <b>High Road, Basildon, Essex. SS16 6HG</b></p>	<p>Contact Details for Langdon Hills Children’s Support Service (The Saturn Centre)</p>
<p><b>Rochford Extended Services</b></p> <p>Tel: <b>01702 545771</b>  Email: <a href="mailto:extendedservices@kes.essex.sch.uk">extendedservices@kes.essex.sch.uk</a>  Website: <a href="http://www.rochfordextendedservices.org.uk">www.rochfordextendedservices.org.uk</a>  Address: <b>The King Edmund School, Vaughan Close, Rochford, Essex. SS4 1TL</b></p>	<p>Working in partnership with all the Rochford Local Delivery Group Schools, to provide bespoke support for schools children &amp; families</p>

## **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 South 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 South Home Page](#)

<p><b>Basildon Council</b></p> <p>Tel: 01268 533333          Email: <a href="mailto:customerservices@basildon.gov.uk">customerservices@basildon.gov.uk</a>          Website: <a href="http://www.basildon.gov.uk">www.basildon.gov.uk</a></p>	<ul style="list-style-type: none"> <li>• <a href="#">Benefits</a></li> <li>• <a href="#">Housing Services</a></li> </ul>
<p><b>Citizens Advice Bureau - Basildon</b></p> <p>Tel (From Landline): 0844 4770808          Tel (From Mobile): 0300 4562595          Website: <a href="http://www.bascab.org.uk">www.bascab.org.uk</a>          Address: <b>The Basildon Centre, St. Martin's Square, Basildon, Essex. SS14 1DY</b></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Citizens Advice Bureau – Castle Point</b></p> <p>Tel: 08444 770808          Email: <a href="mailto:advice@cpcab.org.uk">advice@cpcab.org.uk</a>          Website:  <a href="http://www.castlepointcitizensadvicebureau.org.uk">www.castlepointcitizensadvicebureau.org.uk</a>          Address: <b>The Whitehouse, Rear of Council Offices, Kiln Road Benfleet, Essex. SS7 1TF</b></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Citizens Advice Bureau - Rochford</b></p> <p>Tel (From Landline): 0844 4770808          Website: <a href="http://www.rochfordcab.org.uk">www.rochfordcab.org.uk</a>          Address: <b>Back Lane, Rochford, Essex. SS4 1AY</b></p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p><b>Jobcentre Plus Basildon</b></p> <p>Tel: 0845 6043719          Address: <b>Regent House, The Gore, Basildon, Essex. SS14 2EE</b></p>	<p>Benefits &amp; employment advice</p>
<p><b>National Careers Service</b></p> <p>Tel: 0800 100900</p>	<p>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.</p>

[Back to South Home Page](#)

[Go to Employment Top](#)

Website: <a href="http://nationalcareersservice.direct.gov.uk">nationalcareersservice.direct.gov.uk</a>	<a href="#">Read More...</a>
<b>Signpost Resource Centre Basildon</b> Tel: <b>07880 035969</b> Email: <a href="mailto:spb@sign-post.info">spb@sign-post.info</a> Website: <a href="http://www.sign-post.info">www.sign-post.info</a>	We are an independent charitable organisation (not an Employment Agency or affiliated to Job Centre Plus) with 20 years of experience, helping people of all ages and from all walks of life to get back into work or to move on. Every day we're listening to the experiences of others who are looking for work, so we really know what's happening and what employers are looking for when they are recruiting new staff. We offer a relaxed and welcoming environment where it's up to you how long you stay.

[Back to South Home Page](#)

[Go to Employment Top](#)

# Family Conflict

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 South Home Page](#)

## Family Intervention Team (The Children's Society)

Tel: 01245 493311

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

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

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

Areas Covered: **South 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



RequestforEarlyHelpS  
OUTH.docx

## Open Door (FIF 5)

Tel: 01375 389882

Email: [kim.synclair@oasisopendoor.co.uk](mailto:kim.synclair@oasisopendoor.co.uk)

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

Areas Covered: **South 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.

[Back to South Home Page](#)

[Go to Family Conflict Top](#)

	 RequestforEarlyHelpS OUTH.docx
<p><b>Essex Mediation Service</b></p> <p>Tel: <b>01279 311431</b> Email: <a href="mailto:info@essexmediation.co.uk">info@essexmediation.co.uk</a> Website: <a href="http://www.essexmediation.co.uk">www.essexmediation.co.uk</a> Address: <b>Harlow Enterprise Hub, Edinburgh Way, Harlow, Essex CM20 2NQ</b> Areas Covered: <b>Essex-wide</b></p>	<p>Essex Mediation Service provides services for families and couples at any stage of breakdown or conflict. They are experienced in meeting the needs of clients by helping them deal with the practical and emotional impact on the individual and the family. Main offices are in Chelmsford, Colchester and Harlow; however appointments in other locations can be offered by arrangement.</p> <p>The Service is free if someone is on benefits and they have a very short waiting list – about 1-2 weeks.</p>

[Back to South Home Page](#)

[Go to Family Conflict Top](#)

# Family Hubs (Formerly Children's Centres)

[Back to South Home Page](#)

[Basildon](#)

[Castle Point](#)

[Rochford](#)

## Basildon

### All About Delivery Site, Laindon

Tel: 01268 418523

Email: [ecfws.southessex@barnardos.org.uk](mailto:ecfws.southessex@barnardos.org.uk)

Webpage: [www.essexcentre.info/AllAbout](http://www.essexcentre.info/AllAbout)

Address: c/o James Hornsby High School, Leinster Road, Laindon, Essex. SS15 5NX

### Fryerns Farm Delivery Site, Basildon

Tel: 01268 720170

Email: [ecfws.southessex@barnardos.org.uk](mailto:ecfws.southessex@barnardos.org.uk)

Webpage: [www.essexcentre.info/FryernsFarm](http://www.essexcentre.info/FryernsFarm)

Address: Greenshoots Adult Community College, Ely Way, Basildon, Essex. SS14 2EQ

### Highcliffe Delivery Site, Wickford

Tel: 01268 574486

Email: [ecfws.southessex@barnardos.org.uk](mailto:ecfws.southessex@barnardos.org.uk)

Webpage: [www.essexcentre.info/Highcliffe](http://www.essexcentre.info/Highcliffe)

Address: Rettendon View, Wickford, Essex. SS11 8JE

### Northlands Park Family Hub

Tel: 01268 720170

Email: [ecfws.southessex@barnardos.org.uk](mailto:ecfws.southessex@barnardos.org.uk)

Webpage: [www.essexcentre.info/NorthlandsPark](http://www.essexcentre.info/NorthlandsPark)

Address: Davenants, Basildon, Essex. SS13 1QX

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 South Home Page](#)

[Go to Family Hubs Top](#)

## **Sunnyside Delivery Site, Billericay**

Tel: **01277 659589**

Email: [ecfws.southessex@barnardos.org.uk](mailto:ecfws.southessex@barnardos.org.uk)

Webpage: [www.essexcentre.info/Sunnyside](http://www.essexcentre.info/Sunnyside)

Address: **Rosebay Avenue, Billericay, Essex. CM12 0GH**

## **Castle Point**

## **Little Handprints Delivery Site, Thundersley**

Tel: **01268 753557**

Email: [ecfws.southessex@barnardos.org.uk](mailto:ecfws.southessex@barnardos.org.uk)

Webpage: [www.essexcentre.info/LittleHandprints](http://www.essexcentre.info/LittleHandprints)

Address: **Thundersley Primary School, Dark Lane,  
Thundersley, Essex. SS7 3PT**

## **Little Lions Family Hub**

Tel: **01268 683671**

Email: [ecfws.southessex@barnardos.org.uk](mailto:ecfws.southessex@barnardos.org.uk)

Webpage: [www.essexcentre.info/LittleLions](http://www.essexcentre.info/LittleLions)

Address: **Northwick Park Primary School, Third  
Avenue, Canvey Island, Essex. SS8 9SU**

## **Rochford**

## **Ladybird Outreach Site, Rayleigh**

Tel: **01268 775910**

Email: [ecfws.southessex@barnardos.org.uk](mailto:ecfws.southessex@barnardos.org.uk)

Webpage: [www.essexcentre.info/ladybird](http://www.essexcentre.info/ladybird)

Address: **Grange Community Centre, Little  
Wheatley Chase, Rayleigh, Essex. SS6 9EH**

## **Oak Tree Family Hub**

Tel: **01268 775910**

Email: [ecfws.southessex@barnardos.org.uk](mailto:ecfws.southessex@barnardos.org.uk)

Webpage: [www.essexcentre.info/OakTree](http://www.essexcentre.info/OakTree)

Address: **Groewood Primary School, Grove Road, Rayleigh, Essex. SS6 8UA**

## **Seashells Delivery Site, Great Wakering**

Tel: **01702 541460**

Email: [ecfws.southessex@barnardos.org.uk](mailto:ecfws.southessex@barnardos.org.uk)

Webpage: [www.essexcentre.info/SeaShells](http://www.essexcentre.info/SeaShells)

Address: **Great Wakering Primary School, High, Street, Great Wakering, Essex. SS3 0EJ**

## **Willows Delivery Site, Hullbridge**

Tel: **01268 775910**

Email: [ecfws.southessex@barnardos.org.uk](mailto:ecfws.southessex@barnardos.org.uk)

Webpage: [www.essexcentre.info/willows](http://www.essexcentre.info/willows)

Address: **Riverside Primary School, Ferry Road, Hullbridge, Essex. SS5 6ND**

## **Wishing Well Delivery Site, Rochford**

Tel: **01702 541460**

Email: [ecfws.southessex@barnardos.org.uk](mailto:ecfws.southessex@barnardos.org.uk)

Webpage: [www.essexcentre.info/WishingWell](http://www.essexcentre.info/WishingWell)

Address: **Waterman Primary School, The Boulevard, Rochford, Essex. SS4 1QF**

[Back to South 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 South Home Page](#)

## Buttle UK

Tel: 02078 287311

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

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

- [Small Grants Programme](#)
- [School Fees Programme](#)
- [Support for Young People](#)
- [The Anchor Project](#)

## Basildon Council

Tel: 01268 533333

Email: [customerservices@basildon.gov.uk](mailto:customerservices@basildon.gov.uk)

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

- [Benefits](#)
- [Housing Services](#)

## Freecycle

Website: [uk.freecycle.org](http://uk.freecycle.org)

This is a website where people give and get free items in their towns in an effort to keep good things out of landfills.

## Payplan

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

[Back to South Home Page](#)

[Go to Financial Concerns Top](#)



<p>Tel: <b>0800 2802816</b>  Tel (for Mobiles): <b>0207 7608980</b>  Email: <a href="#">Via Website</a>  Website: <a href="http://www.payplan.com">www.payplan.com</a></p>	<p>Individual Voluntary Arrangements or IVAs.</p>
<p><b>The Salvation Army</b>   <a href="#">Click for Local Church Information</a>  Website: <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a></p>	<p>The Salvation Army extends a helping hand to those who are homeless, friendless and in need. We passionately believe that no one is beyond hope, however great their problems. That disadvantaged people are given respect and access to the practical, social and spiritual support they need to realise their God-given potential and recover their personal dignity.</p>
<p><b>Turn2us</b>   Tel: <b>0808 8022000</b>  Email: <a href="mailto:info@turn2us.org.uk">info@turn2us.org.uk</a>  Website: <a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a></p>	<p>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.</p> <p>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.</p> <ul style="list-style-type: none"> <li>• <a href="#">Benefits Calculator</a></li> <li>• <a href="#">Grants Search</a></li> </ul>

[Back to South 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 South Home Page](#)

<p><b>Basildon Council</b></p> <p>Tel: 01268 533333          Email: <a href="mailto:customerservices@basildon.gov.uk">customerservices@basildon.gov.uk</a>          Website: <a href="http://www.basildon.gov.uk">www.basildon.gov.uk</a></p>	<ul style="list-style-type: none"> <li>• <a href="#">Benefits</a></li> <li>• <a href="#">Housing Services</a></li> </ul>
<p><b>Castle Point Borough Council</b></p> <p>Tel: 01268 882200          Email: <a href="mailto:info@castlepoint.gov.uk">info@castlepoint.gov.uk</a>          Website: <a href="http://www.castlepoint.gov.uk">www.castlepoint.gov.uk</a></p>	<p>Housing information and advice</p>
<p><b>Family Mosaic</b></p> <p>Tel: 01268 498500/ 0800 288 8883          Email: <a href="mailto:efsc-ordinator@familymosaic.co.uk">efsc-ordinator@familymosaic.co.uk</a>          Website: <a href="http://www.familymosaic.co.uk">www.familymosaic.co.uk</a>          Address: <b>Pembroke House, 11 Northlands Pavement, Pitsea, Essex. SS13 3DU</b></p>	<p><b>Housing – Covers Basildon, Castle Point &amp; Rochford</b></p> <p>We provide good quality, affordable homes to rent and buy, as well as care and support services to thousands of people who need extra support with managing finances.</p> <p>We have around 24,000 homes for rent and we serve more than 45,000 people: we're one of the largest housing providers in London, Essex and the Southeast.</p> <p>We provide a range of opportunities for our customers such as training, employment and access to learning so they can improve their prospects, find new opportunities and move on. Shared ownership forms a large part of our business, helping people into home ownership.</p> <p>We partner local communities to make our neighbourhoods better places to live.</p>
<p><b>Rochford Housing</b></p> <p>Tel: 0300 1233511 or 0800 1313348          Email: <a href="mailto:contactus@sanctuary-housing.co.uk">contactus@sanctuary-housing.co.uk</a>          Website: <a href="http://www.rochfordhousing.co.uk">www.rochfordhousing.co.uk</a></p>	<p>Council housing information and advice</p>
<p><b>The Salvation Army</b></p> <p><a href="#">Click for Local Church Information</a>          Website: <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a></p>	<p>The Salvation Army extends a helping hand to those who are homeless, friendless and in need. We passionately believe that no one is beyond hope, however great their problems. That disadvantaged people are given respect and access to the practical, social and spiritual support they need to realise their God-given potential and recover their personal dignity.</p>

[Back to South Home Page](#)

[Go to Housing Concerns Top](#)

<p><b>Shelter</b></p> <p>Tel: <b>0808 800 4444</b>  Website: <a href="http://shelter.org.uk">shelter.org.uk</a></p>	<p>Shelter is a charity that works to alleviate the distress caused by homelessness and bad housing.</p> <p>Shelter provides free, confidential advice to people with all kinds of housing problems through our online housing information and our face to face local services.</p>
<p><b>Swan House Foyer</b></p> <p>Tel: <b>01277 844700</b>  Website: <a href="http://www.swan.org.uk">www.swan.org.uk</a>  Areas Covered: <b>Basildon</b></p>	<p>Swan House Foyer provides supported accommodation for single young people aged 16 to 24 who are in housing need and require support to acquire the skills to live independently. Referrals are accepted from Basildon Borough Council, Social Services, YOT, Probation and Basildon Community Resource Centre. All referrals must have a local verified connection to Basildon.</p>
<p><b>Your Living Room</b></p> <p>Tel: <b>07710 709637 – Danny</b>  Tel: <b>07710 709635 – Harry</b>  Tel: <b>07710 709632 – Diane</b>  Email: <a href="mailto:danny@yourlivingroomcic.co.uk">danny@yourlivingroomcic.co.uk</a> - Danny  Email: <a href="mailto:harry@yourlivingroomcic.co.uk">harry@yourlivingroomcic.co.uk</a> - Harry  Email: <a href="mailto:diane@yourlivingroomcic.co.uk">diane@yourlivingroomcic.co.uk</a> - Diane  Website: <a href="http://yourlivingroomcic.co.uk">yourlivingroomcic.co.uk</a></p>	<p>'Your Living Room' delivers a service that is accessible to all and that exists to make homes as functional, comfortable and organised as possible, according to the preferences and personality of the individual client. We aim to improve their quality of life and maintain their dignity at all times. <a href="#">Read More</a></p>

[Back to South 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 South Home Page](#)

<p><b>Bar Pro Bono Unit</b></p> <p>Website: <a href="http://www.barprobono.org.uk">www.barprobono.org.uk</a></p>	<p>The Bar Pro Bono Unit is a charity which helps to find pro bono (free) legal assistance from volunteer barristers.</p> <p><a href="#">Read More...</a></p>
<p><b>Civil Legal Advice (CLA)</b></p> <p>Tel: 0345 3454345</p> <p>Website: <a href="http://www.gov.uk/civil-legal-advice">www.gov.uk/civil-legal-advice</a></p>	<p>Get free and confidential legal advice in England and Wales <b>if you're eligible for legal aid.</b></p> <p><a href="#">Read More...</a></p> <p><a href="#">CHECK IF CALLER CAN GET LEGAL AID HERE</a></p>
<p><b>Family Rights Group</b></p> <p>Tel: 0808 8010366</p> <p>Website: <a href="http://www.frg.org.uk">www.frg.org.uk</a></p>	<p>FRG provides free, confidential independent telephone and e-mail advice to family members who are involved with the local authority on the care of a child.</p> <p><a href="#">Read More...</a></p>
<p><b>Grandparents Legal Centre</b></p> <p>Tel: 0843 2897130</p> <p>Website: <a href="http://grandparentslegalcentre.co.uk">grandparentslegalcentre.co.uk</a></p>	<p>Specialist legal advice for grandparents, including local authority responsibilities and other issues affecting kinship carers.</p>
<p><b>The Law Society</b></p> <p>Tel: 02073 205650</p> <p>Website: <a href="http://solicitors.lawsociety.org.uk">solicitors.lawsociety.org.uk</a></p>	<p>Use the Law Society's website or phone the number above to find a solicitor in your area who is accredited in children law.</p>
<p><b>MARAC (Multi-Agency Risk Assessment Conference) Co-Ordinator</b></p> <p>Tel: Julie Johnson 101 EXT 180006</p>	<p>Multi-Agency Risk Assessment Conferences (MARACs) are regular local meetings where information about high risk domestic abuse victims (those at risk of murder or serious harm) is shared between local agencies.</p>
<p><b>NYAS</b></p> <p>Tel: 0808 8081001</p> <p>Email: <a href="mailto:help@nyas.net">help@nyas.net</a></p> <p>Website: <a href="http://www.nyas.net">www.nyas.net</a></p>	<p>NYAS is a UK charity providing socio-legal services. We offer information, advice, advocacy and legal representation to children, young people and vulnerable adults through a network of dedicated paid workers and volunteers throughout England and Wales.</p> <p><a href="#">Helpline</a>  <a href="#">Children &amp; Vulnerable Adult Services</a>  <a href="#">Legal Services</a></p>

[Back to South Home Page](#)

[Go to Legal Top](#)

## **Rights of Women**

Tel: **0207 2516575**

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

Website: [rightsofwomen.org.uk](http://rightsofwomen.org.uk)

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

[Back to South Home Page](#)

[Go to Legal Top](#)

# Lonely/Isolated, Socially Alienated

[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 South Home Page](#)

<p><b>Childline</b></p> <p>Tel: <b>0800 1111</b>          Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a></p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p><b>Essex Advocacy</b></p> <p>Tel: <b>0300 3435736</b>          Text: <b>SEAP (followed by your message) to 80800</b>          Email: <a href="mailto:info@essexadvocacy.org.uk">info@essexadvocacy.org.uk</a>          Website: <a href="http://www.essexadvocacy.org.uk">www.essexadvocacy.org.uk</a></p>	<p>Essex Advocacy is specialist service which supports people who are most vulnerable, or who find themselves at a particularly challenging point in their lives.</p> <p>Our professional advocates enable people without the right support around them to have their voice heard when:</p> <ul style="list-style-type: none"> <li>• Decisions are being taken about their health and social care</li> <li>• Support is needed to make informed choices about their life</li> <li>• They wish to make a complaint about NHS care or treatment</li> </ul>
<p><b>Essex Boys and Girls Clubs</b></p> <p><b>Head Office</b>          Tel: <b>01245 264783</b>          Website: <a href="http://www.essexboysandgirlsclubs.org">www.essexboysandgirlsclubs.org</a>          Address: <b>Harway House, Rectory Lane</b>  <b>Chelmsford, Essex. CM1 1RQ</b></p>	<p>We support young people's clubs across Essex.</p> <p>Our clubs are diverse, ranging from the small rural youth clubs with under 20 members who meet once a fortnight, to large multi-facility clubs with over 500 members and open almost 24 hours a day.</p> <p>These clubs affiliate to us to access our club support services and our activity program which help both volunteers and club members to develop themselves and their club.</p> <ul style="list-style-type: none"> <li>• <a href="#">The Clubs</a></li> <li>• <a href="#">Projects</a></li> </ul>
<p><b>NSPCC</b></p> <p>Tel: <b>0808 8005000</b>          Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p><b>The Salvation Army</b></p> <p><a href="#">Click for Local Church Information</a>          Website: <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a></p>	<p>The Salvation Army extends a helping hand to those who are homeless, friendless and in need. We passionately believe that no one is beyond hope, however great their problems. That disadvantaged people are given respect and access to the practical, social and spiritual support they need to realise their God-given potential and recover their personal dignity.</p>

[Back to South Home Page](#)

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





# Mental Health

[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 South Home Page](#)

## Open Door (FIF 5)

Tel: 01375 389882

Email: [opendoor@opendoorservices.org](mailto:opendoor@opendoorservices.org)

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

Areas Covered: **South 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.



RequestforEarlyHelpS  
OUTH.docx

## Adult Community Health & Wellbeing Team

Tel: 0300 1230808

Address: **Trust Head Office, The Lodge, The Chase, Wickford, Essex, SS11 7XX**

Assessment and treatment of patients with severe, complex and enduring mental health difficulties. The service is for young people and adults aged 17-65.

## Basildon Mind

Tel: 01268 284130

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

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



Address: **440-442 Whitmore Way, Basildon, Essex. SS14 2EZ**

We offer services, support and advice to people with mental distress. We also provide information to professionals, carers, family and friends.

[Back to South Home Page](#)

[Go to Mental Health Top](#)

<p><b>BEST (Basildon Education Services Trust)</b></p> <p>Tel: <b>01268 498861</b>  Email: <a href="mailto:bestadmin@basildonbest.org.uk">bestadmin@basildonbest.org.uk</a>  Website: <a href="http://www.basildonbest.org.uk">www.basildonbest.org.uk</a>  Address: <b>The Basildon Upper Academy, Wickford Avenue, Pitsea, Essex. SS13 3HL</b></p>	<p>BEST provides over 50 different projects, activities and events for pupils and parents and BEST schools. They include:</p> <ul style="list-style-type: none"> <li>• Raising achievement projects including the Basildon Challenge</li> <li>• Engaging parents in their children's education</li> <li>• Holiday activities for pupils</li> <li>• Emotional Health and Wellbeing Support</li> <li>• Education Business Link activities</li> <li>• Leadership and Management support including CPD</li> <li>• Inter school sports activities</li> <li>• School collaboration around traded services</li> </ul> <p><a href="#">Read More</a></p>
<p><b>Brentwood Catholic Children's Society</b></p> <p>Tel: <b>01268 784544</b>  Email: <a href="mailto:headoffice@bccs.org.uk">headoffice@bccs.org.uk</a>  Website: <a href="http://www.bccs.org.uk">www.bccs.org.uk</a>  Address: <b>Childcare House, Little Wheatley Chase, Rayleigh, Essex. SS6 9EH</b></p>	<p><b>£50 per hour charge for service</b></p> <p>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.</p> <p><a href="#">Read More</a></p>
<p><b>Childline</b></p> <p>Tel: <b>0800 1111</b>  Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a></p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p><b>Emotional Wellbeing and Mental Health Service (EWMHS)</b></p> <p>Tel: <b>03003 001600</b>  Email: <a href="mailto:ewmhs@nelft.nhs.uk">ewmhs@nelft.nhs.uk</a>  Website: <a href="http://www.nelft.nhs.uk">www.nelft.nhs.uk</a></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: center; gap: 20px;"> <div style="text-align: center;">   <small>FINAL EWMHS INFO BOOKLET no print mar</small> </div> <div style="text-align: center;">   <small>EWMHS_Referral_For m.docx</small> </div> </div>
<p><b>Essex Advocacy</b></p> <p>Tel: <b>0300 3435736</b>  Text: <b>SEAP (followed by your message) to 80800</b>  Email: <a href="mailto:info@essexadvocacy.org.uk">info@essexadvocacy.org.uk</a>  Website: <a href="http://www.essexadvocacy.org.uk">www.essexadvocacy.org.uk</a></p>	<p>Essex Advocacy is specialist service which supports people who are most vulnerable, or who find themselves at a particularly challenging point in their lives.</p> <p>Our professional advocates enable people without the right support around them to have their voice heard when:</p> <ul style="list-style-type: none"> <li>• Decisions are being taken about their health and social care</li> <li>• Support is needed to make informed choices about their life</li> <li>• They wish to make a complaint about NHS care or treatment</li> </ul>
<p><b>NSPCC</b></p> <p>Tel: <b>0808 8005000</b>  Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p><b>Open Adult Counselling Service</b></p> <p>Website: <a href="http://www.oacs.org.uk">www.oacs.org.uk</a></p> <p><b>Benfleet</b>  Tel: <b>07963 279272</b>  Email: <a href="mailto:info@oacs.org.uk">info@oacs.org.uk</a>  Address: <b>Benfleet Methodist Church, 633 High Road, Benfleet, Essex. SS7 5LH</b></p> <p><b>Rayleigh</b>  Tel: <b>07722 958017</b>  Email: <a href="mailto:info@oacs.org.uk">info@oacs.org.uk</a>  Address: <b>Citizens Advice Bureau, Civic Suite, Hockley Road, Essex. SS6 8EB</b></p>	<p>ACS is a voluntary, independent, non-profitmaking and confidential counselling service provided by qualified, supervised counsellors.</p> <p>We provide a one to one counselling service for the community with both male and female counsellors.</p> <p>Our aim is to provide a counselling service which is accessible to everyone in the community whatever their financial status.</p> <p>We do not charge a set fee, but we do ask clients to make an agreed regular donation. This will be discussed at the first session.</p> <p>The service is available to any residents, aged 18 or over, who live in the South-East Essex area. (Benfleet &amp; Rayleigh)</p> <ul style="list-style-type: none"> <li>• <a href="#">What do we do?</a></li> <li>• <a href="#">How we can help?</a></li> </ul>
<p><b>Relate South Essex</b></p>	<p>Relate South Essex provide counselling, sex therapy, youth counselling, mediation and</p>

<p>Tel: <b>01702 342901</b>  Email: <a href="mailto:enquiries@relatese.plus.com">enquiries@relatese.plus.com</a>  Website: <a href="http://www.relatesouthessex.co.uk">www.relatesouthessex.co.uk</a>  Address: <b>29 Harcourt Avenue, Southend-on-Sea, Essex. SS2 6HT</b></p>	<p>training for the communities of Thurrock, Basildon and Southend. There is a charge of £45 per session for this service.</p> <ul style="list-style-type: none"> <li>• <a href="#">Couples</a></li> <li>• <a href="#">Young People</a></li> <li>• <a href="#">Family</a></li> <li>• <a href="#">Sex Therapy</a></li> <li>• <a href="#">Education &amp; Learning</a></li> <li>• <a href="#">Mediation</a></li> </ul>
<p><b>Re-new Counselling (Bridge Centre)</b></p> <p>Tel: <b>01268 822800</b>  Email: <a href="mailto:sycamore@renew-us.org">sycamore@renew-us.org</a>  Website: <a href="http://www.renew-us.org">www.renew-us.org</a>  Address: <b>Bodey House, Church Walk, Basildon, Essex. SS14 1WW</b>  Areas Covered: <b>South Essex</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Adults</a></li> <li>• <a href="#">Children</a></li> <li>• <a href="#">Young People</a></li> <li>• <a href="#">Couples Counselling</a></li> <li>• <a href="#">Counselling in Schools</a></li> </ul>
<p><b>The Samaritans</b></p> <p>Tel: <b>08457 909090</b>  Website: <a href="http://www.samaritans.org">www.samaritans.org</a>  Areas Covered: <b>Nationwide</b></p>	<p>The Samaritans offer a listening service to those going through a personal crisis and wanting to talk about their despair or suicidal feelings. There is someone to talk to 24 hours a day. Calls made to the national helpline are charged at local call rates from anywhere in the country.</p>
<p><b>Therapy for You</b></p> <p>Tel: <b>01268 739128</b>  Website: <a href="http://www.therapyforyou.co.uk">www.therapyforyou.co.uk</a>  Address: <b>Pride House, Christy Close, Laindon, Essex. SS15 6EA</b></p>	<p>Therapy For You is about making sure people from South Essex have access to the right type of talking therapy when they need it. People's experiences of dealing with life's problems can vary from person to person.</p> <p>Therapy for You can offer a range of talking therapies to help. These are offered in accordance with NHS treatment guidelines and will be discussed when you contact our service.</p> <ul style="list-style-type: none"> <li>• <a href="#">Who is it for?</a></li> <li>• <a href="#">How to access services</a></li> </ul>
<p><b>YCT Counselling</b></p> <p>Tel: <b>01279 414090</b>  Txt: <b>07956 887921</b>  Email: <a href="mailto:admin@yctsupport.com">admin@yctsupport.com</a>  Website: <a href="http://www.yctsupport.com">www.yctsupport.com</a></p>	<p>YCT is a counselling and therapeutic charity working with 5 – 25 year olds offering counselling, group support, drama/art therapy, play therapy/theraplay, group programmes (relationships, risky behaviours, exam stress, self-esteem, aspirations etc.) the Forest School programme, workshops, training and family work. In addition we offer training, consultancy, clinical supervision and counselling to those working with children and young people.</p>

	<p>YCT works in the community with many different organisations, and in education settings including primary/secondary schools, academies, colleges, specialist schools and alternative education settings. We work across Essex, Herts and North London.</p>
<p><b>Young Minds Helpline</b></p> <p>Tel: <b>0808 8025544 (Parents Helpline)</b>  Tel: <b>0207 0895050 (General Enquiries)</b>  Email: <a href="mailto:parents@youngminds.org.uk">parents@youngminds.org.uk</a> (For Parents)  Email: <a href="mailto:ymentquiries@youngminds.org.uk">ymentquiries@youngminds.org.uk</a> (General Enquiries)  Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p>	<p>Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.</p> <p>We also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications</p>
<p><b>Your Living Room</b></p> <p>Tel: <b>07710 709637 – Danny</b>  Tel: <b>07710 709635 – Harry</b>  Tel: <b>07710 709632 – Diane</b>  Email: <a href="mailto:danny@yourlivingroomcic.co.uk">danny@yourlivingroomcic.co.uk</a> - Danny  Email: <a href="mailto:harry@yourlivingroomcic.co.uk">harry@yourlivingroomcic.co.uk</a> - Harry  Email: <a href="mailto:diane@yourlivingroomcic.co.uk">diane@yourlivingroomcic.co.uk</a> - Diane  Website: <a href="http://yourlivingroomcic.co.uk">yourlivingroomcic.co.uk</a></p>	<p>'Your Living Room' delivers a service that is accessible to all and that exists to make homes as functional, comfortable and organised as possible, according to the preferences and personality of the individual client. We aim to improve their quality of life and maintain their dignity at all times. <a href="#">Read More</a></p>

[Back to South Home Page](#)

[Go to Mental Health Top](#)



# Parental Routine/Boundaries

[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 South Home Page](#)

<p><b>The Children's Society (FIF 5)</b></p> <p>Tel: 01245 493311          Email: <a href="mailto:fifreferrals@childrenssociety.org.uk">fifreferrals@childrenssociety.org.uk</a>          Fax: 01245 491400          Website: <a href="http://www.childrenssocietyeast.org.uk">www.childrenssocietyeast.org.uk</a>          Areas Covered: <b>South Essex</b></p>	<p><b>Parenting Support</b></p> <p>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.</p> <p><b>Parents and young people (over 13) may self-refer.</b></p> <p>The primary purpose of this support is to reduce and/or prevent negative behaviours on the part of children and young people.</p> <p>These services will support the development of parenting skills and resilience, and where needed reduce social isolation.</p> <p>Support is one or a combination of either 1:1 key worker support; parenting programmes, peer support.</p> <p>          RequestforEarlyHelpS          OUTH.docx</p>
<p><b>BEST (Basildon Education Services Trust)</b></p> <p>Tel: 01268 498861          Email: <a href="mailto:bestadmin@basildonbest.org.uk">bestadmin@basildonbest.org.uk</a>          Website: <a href="http://www.basildonbest.org.uk">www.basildonbest.org.uk</a>          Address: <b>The Basildon Upper Academy, Wickford Avenue, Pitsea, Essex. SS13 3HL</b></p>	<p>BEST provides over 50 different projects, activities and events for pupils and parents and BEST schools. They include:</p> <ul style="list-style-type: none"> <li>• Raising achievement projects including the Basildon Challenge</li> <li>• Engaging parents in their children's education</li> <li>• Holiday activities for pupils</li> <li>• Emotional Health and Wellbeing Support</li> <li>• Education Business Link activities</li> <li>• Leadership and Management support including CPD</li> <li>• Inter school sports activities</li> <li>• School collaboration around traded services</li> </ul> <p><a href="#">Read More</a></p>
<p><b>Billericay Child Contact Centre</b></p>	<p>Opening Times: 2nd &amp; 4th Sunday of month 2.30pm to 4.30pm          Centre charges: No charge for service</p>





<p>Tel: <b>07593 028534</b></p>	<p>Accepts Self-referrals Supported Contact Available Handover Available Accredited for Supported Contact</p>
<p><b>Billericay Parents Forum</b></p> <p>Tel: <b>01277 633910</b> Email: <a href="mailto:info@billericayparents.com">info@billericayparents.com</a> Website: <a href="http://billericayparentsforum.wordpress.com">billericayparentsforum.wordpress.com</a></p>	<p>The Billericay Parents Forum is a registered charity that offers support to local families. The organisation is run solely by parents, but works in close partnership with local schools, health and other professionals and many other organisations in the area.</p>
<p><b>Catch 22 Young Parents Support Service</b></p> <p>Tel: <b>01268 530620</b> Email: <a href="mailto:terry.parker@catch-22.org.uk">terry.parker@catch-22.org.uk</a> Website: <a href="http://www.catch-22.org.uk">www.catch-22.org.uk</a> Address: <b>Chester House, Chester Hall Lane, Basildon, Essex. SS14 3BG</b></p>	<p>At the Young Parents Support Service in Essex we help young people up to the age of 21 who are about to become or who are young parents. Catch22 Young Parents Support gives young parents the skills, resources and support they need to change their behaviour, recover their confidence and get their lives on track.</p> <p>In Essex, we cover Basildon, Billericay and Wickford, Canvey Island Rayleigh, and Rochford.</p>
<p><b>Childcare Family Information Service</b></p> <p>Website: <a href="http://www.essex.gov.uk/fis">www.essex.gov.uk/fis</a></p>	<p>Find a childcare provider in Essex</p>
<p><b>Essex Community Development</b></p> <p>Tel: <b>07575302124 / 07432115879</b> Email: <a href="mailto:info@essexcommunitydevelopment.org">info@essexcommunitydevelopment.org</a> Website: <a href="http://essexcommunitydevelopment.org">essexcommunitydevelopment.org</a></p>	<p>ECD is an independent voluntary organisation that offers early intervention mentoring and support to children aged 8 to 18 and their families. Our services include but are not limited to children with</p> <ul style="list-style-type: none"> <li>• mild learning difficulties</li> <li>• poor social skills</li> <li>• at risk of drug and alcohol misuse / addiction</li> <li>• low self esteem</li> <li>• children with challenging behaviour</li> <li>• have been victims of bullying</li> </ul> <p>We aim to support our service users in the development of skills and knowledge they may require to overcome any challenges or barriers they may face in the home, community or in school, as it is our strong belief that every young person deserves a fair chance in life.</p>
<p><b>Family Lives Parents Helpline and Website</b></p> <p>Tel: <b>0808 8002222</b></p>	<p>Leading Charity providing a range of free services to support families including a 24/7 helpline</p>

<p>Tel (Essex Office): <b>01702 554782</b>          Website: <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>          Address: <b>Endway House, Endway, Hadleigh, Essex SS7 2AN</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Parents Together Online</a></li> </ul>
<p><b>Home Start Basildon</b></p> <p>Tel: <b>01268 550300 / 01268 581525</b>          Website: <a href="http://www.homestart-basildon.org.uk">www.homestart-basildon.org.uk</a>          Areas Covered: <b>Basildon</b></p>	<p><b>Who we help:</b></p> <ul style="list-style-type: none"> <li>• Parents or grandparents with at least one child under the age of five living with them.</li> <li>• Living in the Basildon, Billericay or Wickford area.</li> <li>• Anyone can refer to our service including parents self-referring.</li> <li>• Parents need to consent to our service.</li> <li>• Parents need to have identified the need for a volunteer.</li> </ul> <p><b>What we do:</b>          Our trained parent volunteers;</p> <ul style="list-style-type: none"> <li>• visit for 2 hours a week for 6 months breaking isolation</li> <li>• are free of charge</li> <li>• Are non-judgemental</li> <li>• Promote independence and empowerment</li> <li>• Provide adult company and someone they can talk to confidentially</li> <li>• Provide emotional support</li> <li>• Provide parents with support to positively parent their children e.g. children's behaviour, play and children's routines</li> </ul> <p><b>We cannot do:</b></p> <ul style="list-style-type: none"> <li>• Housework</li> <li>• Child-minding or take the children out of the house on their own</li> <li>• Transport families in the volunteers cars</li> <li>• Provide personal care</li> <li>• Support out of office hours (Monday to Friday 09.30am until 3.30pm), Bank holidays or weekends.</li> </ul> <p><b>How do I refer:</b></p> <ul style="list-style-type: none"> <li>• You are welcome to come to the office to speak to an Organiser who will help you if you have any difficulties with reading, writing, or using a computer, please phone the office first.</li> </ul>

	<ul style="list-style-type: none"> <li>• Complete a referral form by contacting the office or downloading one below.</li> <li>• The more information you can give around your needs the better we can plan your support</li> <li>• The form needs to be signed and then it can be returned by post or handed into the office personally. Only scan and e-mail if you can securely, by password protecting.</li> <li>• Once we receive your referral we will write to you to confirm receipt.</li> <li>• We will then contact you to perform an Initial Visit (Assessment) to your home, within 3 weeks of the referral.</li> </ul>
<p><b>InterAct</b></p> <p>Tel: <b>01245 608201</b>  Fax: <b>01245 608310</b>  Email: <a href="mailto:training@interact.org.uk">training@interact.org.uk</a>  Website: <a href="http://www.interact.org.uk">www.interact.org.uk</a>  Address: <b>Moulsham Mill, Parkway, Chelmsford, Essex. CM2 7PX</b></p>	<p>InterAct enables disadvantaged people and groups to improve their lives and communities.  Providing training, resources, experience and support to those with mental health issues and learning difficulties.</p> <p>We are committed to providing social inclusion opportunities, and provide a range of services which 'help others to help themselves'.</p> <p>Based at Moulsham Mill in Chelmsford, InterAct reaches out to cover the entire county of Essex.</p>
<p><b>National Association of Child Contact Centres</b></p> <p>Tel: <b>0845 4500280</b>  Landline: <b>01159 484557</b>  Email: <a href="mailto:contact@naccc.org.uk">contact@naccc.org.uk</a>  Website: <a href="http://www.naccc.org.uk">www.naccc.org.uk</a></p>	<p>Child contact centres and services are neutral places where children of separated families can enjoy contact with their non-resident parents and sometimes other family members, in a comfortable and safe environment.</p> <p>Child contact services are classified into two distinct categories, supported and supervised, so that families can be referred to an appropriate environment and <a href="#">level of support</a>.</p> <p><b>Local Centres</b>  <a href="#">Billericay</a></p>
<p><b>Netmums</b></p> <p>Website: <a href="http://www.netmums.com">www.netmums.com</a></p>	<p><b>Drop in Clinic</b></p> <p>Our Drop in Clinic is the online equivalent of a Baby Clinic. We run it with the help of Unite/CPHVA and help about 700 mums each month. Mums post about a wide variety of topics from suffering with PND or with a child with special needs, to day to day concerns regarding parenting, their relationships and coping with life in general. One of our trained Health Visitors will be online between 9am and 12</p>

	<p>noon Monday to Friday and from 7.30pm to 9.30pm every evening. <a href="#">Visit Drop in Clinic Here</a></p> <p><b>Online Courses</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Helping with Depression</a></li> <li>• <a href="#">Parenting Course</a></li> <li>• <a href="#">Better Together Relationship Course</a></li> <li>• <a href="#">Making Mums Happy</a></li> <li>• <a href="#">Pregnancy Course</a></li> <li>• <a href="#">Health, Happy Family Eating</a></li> </ul> <p><a href="#">Meet ups</a></p>
<p><b>Parents 1<sup>st</sup></b></p> <p>Tel: <b>01268 525758</b></p> <p>Website: <a href="http://www.parents1st.org.uk">www.parents1st.org.uk</a></p>	<p><b>Improving the physical and emotional health of expectant parents through pregnancy, birth and beyond</b></p> <p>Vulnerable pregnant women in Basildon and Canvey Island currently have poor access to personalised support to improve their physical and emotional wellbeing and build resilience in preparation for changes ahead. Furthermore many pregnant mothers feel negative about their community and distrustful of professionals.</p> <p>The project will build upon our previous successful project in Basildon, expanding the service to Canvey Island. 3yr funding secured from Henry Smith Foundation will support sustainability. A continuum of informal one-to-one peer support at home and in hospital, from early pregnancy, through childbirth and post birth.</p> <p>Volunteers with particular personal qualities and life experience will be recruited from the local area. They will receive on-going high quality accredited training and professional supervision that equips them to promote health and wellbeing and enable women to plan for the birth, manage their care and make informed decisions.</p> <p>A weekly group exercise programme that improves physical and emotional wellbeing facilitates social support networks and promotes self-care. Pregnant mothers experiencing back pain, mental health issues and obesity will benefit. A fully qualified fitness trainer and health promotion specialist will deliver the sessions.</p>

	Peer support Volunteers will encourage marginalised families to participate
<p><b>Parents Aid</b></p> <p>Tel: <b>01268 763631</b>  Email: <a href="mailto:info@parents-aid.org.uk">info@parents-aid.org.uk</a>  Website: <a href="http://www.parents-aid.vpweb.co.uk">www.parents-aid.vpweb.co.uk</a>  Address: <b>11 Sonters Down, Rettendon Village, Chelmsford, Essex. CM3 8EU</b></p>	<p>Parents Aid (Southern Essex) is a charity that works locally, for and with parents and families at risk of social exclusion, to improve the quality of their lives. We achieve change by championing their voices and providing support services to meet their needs.</p> <p><a href="#"><u>Services Offered</u></a></p>
<p><b>Rochford Extended Services</b></p> <p>Tel: <b>01702 545771</b>  Email: <a href="mailto:extendedservices@kes.essex.sch.uk">extendedservices@kes.essex.sch.uk</a>  Website: <a href="http://www.rochfordextendedservices.org.uk">www.rochfordextendedservices.org.uk</a>  Address: <b>The King Edmund School, Vaughan Close, Rochford, Essex. SS4 1TL</b></p>	<p>Working in partnership with all the Rochford Local Delivery Group Schools, to provide bespoke support for schools children &amp; families</p>
<p><b>Special Guardianship Support Services</b></p> <p>Tel: <b>03330 139860</b>  Email: <a href="mailto:sgo.support@essex.gov.uk">sgo.support@essex.gov.uk</a>  Address: <b>Essex County Council, SGO Support Team, PO Box 11, County Hall, Chelmsford, Essex. CM1 1QH</b></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: flex-end;"> <div data-bbox="1041 1077 1108 1141" style="text-align: center;">  <p>Special Guardianship Support Services Leaflet</p> </div> <div data-bbox="1310 1077 1377 1141" style="text-align: center;">  <p>Prospective SGs booklet.pdf</p> </div> </div>

[Back to South Home Page](#)

[Go to Parental Routines/Boundaries 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 South Home Page](#)

## Essex Safeguarding Children Board (ESCB)

Tel: 03330 138936

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

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

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

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

[Find out more about the ESCB](#)

## Local Authority Designated Officer (LADO)

Tel: 03330 139797

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

The role of the Local Authority Designated Officer is to:

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

[Back to South Home Page](#)

[Go to Safeguarding 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 South Home Page](#)

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

Telephone: **01245 493311**

Email: [CSE.referrals@childrenssociety.org.uk](mailto:CSE.referrals@childrenssociety.org.uk)

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

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

Areas Covered: **Essex-Wide**

[www.childrenssocietyeast.org.uk/care](http://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

## Childline

Tel: **0800 1111**

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

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

[Back to South Home Page](#)

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

**CSE Risk Assessment & Information Reporting**

Email: [Intelligence-AIUIinbox@essex.pnn.police.uk](mailto:Intelligence-AIUIinbox@essex.pnn.police.uk)  
Email: [oc.triage.team.essex@essex.pnn.police.uk](mailto:oc.triage.team.essex@essex.pnn.police.uk)

This document is for all professionals who work with children and young people who are at risk of or being sexually exploited.



Practitioners CSE Risk Assessment.docx

Click on document below to download form to report CSE information to Essex Police.



CSE 1 Information report.docx

**Essex Police CYP Police Officer**

**Basildon**

**70652 Christopher Burch**

Email: [42070652@essex.pnn.police.uk](mailto:42070652@essex.pnn.police.uk)

Ext: 382062

**Castle Point, Rochford & Rayleigh**

**2203 Esther Howitt**

Email: [42002203@essex.pnn.police.uk](mailto:42002203@essex.pnn.police.uk)

Ext: 490540

There are 13 CYP officers across the force and at least one in each policing district. The role is very much focused on safeguarding and diverting children and young people away from negative behaviours.

CYP officers work closely with partner agencies, including Youth Offending Teams and ensure the correct referrals and interventions are offered to young people at risk of offending or becoming victims.

Their overarching aim is to identify and resolve issues involving young people within the community who are most at risk of becoming repeat offenders or victims, or at risk of harm from Child Sexual Exploitation.

**Essex Police Missing Person Liaison Officer**

**Basildon**

**7998 Jonathan Shepherd**

Email: [42007998@essex.pnn.police.uk](mailto:42007998@essex.pnn.police.uk)

Ext: 380060

**Castle Point, Rochford & Rayleigh**

**8358 Maddy Hewitt**

Email: [42008358@essex.pnn.police.uk](mailto:42008358@essex.pnn.police.uk)

Ext: 490163

The responsibility of the Missing Person Liaison Officers (MPLO) is to maintain a comprehensive overview of missing people within a defined area in order to identify those who are at risk of significant harm and to co-ordinate the response from Essex Police and its partners, so as to reduce the likelihood of harm occurring to vulnerable people. There are 10 MPLOs; one for each Essex Police District Policing Area.

**Lucy Faithfull Foundation**

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

<p>Helpline Tel: <b>0808 1000 900</b>  Internet Services: <b>01372 847160</b>  Website: <a href="http://www.lucyfaithfull.org.uk">www.lucyfaithfull.org.uk</a></p>	<p>work with families that have been affected by sexual abuse including: adult male and female sexual abusers; young people with inappropriate sexual behaviours; victims of abuse and other family members.</p>
<p><b>NSPCC</b></p> <p>Tel: <b>0808 8005000</b>  Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a></p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p><b>PACE (Parents Against Sexual Exploitation)</b></p> <p>Tel: <b>0113 2405226</b>  Email: <a href="#">Via Website</a>  Website: <a href="http://www.paceuk.info">www.paceuk.info</a></p>	<p>Pace works alongside parents and carers of children who are – or are at risk of being – sexually exploited by perpetrators external to the family. We offer guidance and training to professionals on how child sexual exploitation affects the whole family.</p> <p><b>For Parents</b>  Pace is a unique resource that helps parents to understand what is happening to their child and how parents are the prime agents in helping their child exit exploitative relationships. <a href="#">Read More...</a></p> <p><b>For Professionals</b>  Pace has a long history of working collaboratively with the police and social services and looks forward to further cooperation with more agencies. We offer training and guidance as well as accept referrals from those working with affected families who could benefit from independent parent support. <a href="#">Read More...</a></p> <p><b>Keep them safe: an interactive CSE learning tool</b>  Keep them safe is a free online learning tool from Pace and Virtual College which has been accessed by more than 29,000 parents and professionals (as of March 2016). <a href="#">Read More...</a></p>
<p><b>Parents Protect Website</b></p> <p>Tel: <b>0808 1000900 (Stop it Helpline)</b>  Email: <a href="mailto:help@stopitnow.org.uk">help@stopitnow.org.uk</a>  Website: <a href="http://www.parentsprotect.co.uk">www.parentsprotect.co.uk</a></p>	<p>This website is an information and resources website which aims to raise awareness about child sexual abuse, answer questions and give adults the information, advice, support and facts, they need to help protect children.</p> <p>If you want to ask a question or talk through any issues or concerns, call the Stop it Now! Confidential, Freephone helpline on 0808 1000 900.</p> <p>The helpline is available from 9am-9pm Monday to Thursday and 9am-5pm Fridays. Alternatively you can contact us for help and advice via email.</p>

<p><b>SERICC (South East Rape &amp; Incest Crisis Centre)</b></p> <p>Tel: <b>01375 380609</b>  Email: <a href="mailto:sericc@sericc.org.uk">sericc@sericc.org.uk</a>  Website: <a href="http://www.sericc.org.uk">www.sericc.org.uk</a></p>	<p>SERICC provides a service to women and girls over 12 years old who have or who are experiencing any form of sexual violence. You can also phone if you are worried about your child, someone else in your family, or someone you know.</p> <p><a href="#">More Information</a></p>
<p><b>Survivors UK</b></p> <p>Tel: <b>0203 5983898</b>  Email: <a href="mailto:info@survivorsuk.org">info@survivorsuk.org</a>  Website: <a href="http://www.survivorsuk.org">www.survivorsuk.org</a></p>	<p>Help for men who have been sexually abused or raped</p>
<p><b>Synergy Essex</b></p> <p>Tel: <b>0300 0037777</b>  Email: <a href="mailto:support@synergyessex.org.uk">support@synergyessex.org.uk</a>  Website: <a href="http://synergyessex.org.uk">synergyessex.org.uk</a></p>	<p>Synergy Essex is the partnership of Essex Rape Crisis Centres and provides support and information to anyone who has been sexually abused or raped, or who has been affected by sexual violence at any time in their lives.</p> <p>You can call us and speak to a First Contact Navigator to find out more about our services or you can contact our centres directly.</p> <p>Services offered across Essex include:</p> <ul style="list-style-type: none"> <li>• One-to-one sexual violence counselling and emotional support for adults and children, supporters and carers</li> <li>• Independent Sexual Violence Advisers and specialist advocacy</li> <li>• Training and consultancy</li> </ul>
<p><b>Web based support for Parents and Young people</b></p>	<p><a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a> website that deals with internet safety and online child protection. There is an area for children and parents based upon age and understanding.</p> <p><a href="http://www.internetmatters.org">www.internetmatters.org</a> This is funded by internet companies and gives parents an idea on how to protect their children when they are using internet enabled devices. There are also articles on topics such as online grooming, cyberbullying and also information on e-safety.</p> <p><a href="http://www.ceop-police.uk">www.ceop-police.uk</a> The Child Exploitation and Online Protection Centre (CEOP) works across the UK tackling child sex abuse and providing advice for parents, young people and children. Any concerns around online abuse can be reported on the site.</p> <p><a href="http://www.nspcc.org">www.nspcc.org</a> UK Information for parents about how to keep children safe.</p>

[www.childnet.com](http://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.

[digizen.org](http://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.

[www.saferinternet.org.uk](http://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 South Home Page](#)

[Go to Sexual Abuse/CSE 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 South Home Page](#)

## AL-ANON Family Groups & ALATEEN

Tel: **02074 030888**  
Email: [enquiries@al-anonuk.org.uk](mailto:enquiries@al-anonuk.org.uk)  
Website: [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)  
Address: **57B Great Suffolk Street, London. SE1 0BB**  
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](mailto:eypdas@childrenssociety.org.uk)  
Website: [www.childrenssocietyeast.org.uk/eypdas](http://www.childrenssocietyeast.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](http://www.talktofrank.com)

Talk to Frank offers advice and information on drug related issues

## M-Pact (Moving Parents and Children Together)

Essex Co-ordinator: **Sigrid Doktorowski-Smith**  
Tel: **01376 349237**  
Email: [sigrid.doktorowski-](mailto:sigrid.doktorowski-)

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.

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.

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

[Back to South Home Page](#)

[Go to Substance Misuse Top](#)

<p><a href="mailto:smith@actiononaddiction.org.uk">smith@actiononaddiction.org.uk</a>  Website:  <a href="http://www.actiononaddiction.org.uk/Families/M-Pact-Programme">www.actiononaddiction.org.uk/Families/M-Pact-Programme</a>  Website:  <a href="http://openroad.org.uk/what_we_do/m_pact">openroad.org.uk/what_we_do/m_pact</a>  Areas Covered: <b>Essex-wide</b></p>	<p>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><b>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.</b></p>
<p><b>Open Road Basildon</b>   Tel: <b>01268 531435</b>  Helpline: <b>08444 991323</b>  Website: <a href="http://openroad.org.uk">openroad.org.uk</a>  Address: <b>13 Southview Road, Vange, Basildon, Essex. SS16 4ER</b>  Areas Covered: <b>South Essex</b></p>	<p>Open Road is a registered charity that provides support for individuals affected by drugs and alcohol across Essex.</p> <p><b>Available Services:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Acupuncture</a></li> <li>• <a href="#">Choices</a></li> <li>• <a href="#">Counselling</a></li> <li>• <a href="#">Family Support</a></li> <li>• <a href="#">Needle &amp; Syringe Programme</a></li> <li>• <a href="#">Open Access</a></li> <li>• <a href="#">Stimulant Service</a></li> <li>• <a href="#">Structured Recovery Programme</a></li> </ul>

[Back to South 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 South Home Page](#)

## Essex Community Development

Tel: 07575302124 / 07432115879

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

Website: [essexcommunitydevelopment.org](http://essexcommunitydevelopment.org)

ECD is an independent voluntary organisation that offers early intervention mentoring and support to children aged 8 to 18 and their families. Our services include but are not limited to children with

- mild learning difficulties
- poor social skills
- at risk of drug and alcohol misuse / addiction
- low self esteem
- children with challenging behaviour
- have been victims of bullying

We aim to support our service users in the development of skills and knowledge they may require to overcome any challenges or barriers they may face in the home, community or in school, as it is our strong belief that every young person deserves a fair chance in life.

## Essex Youth Service (Targeted Team)

Tel: 01268 501300

Mobile: 07919 624726

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

Address: Southernhay, 16 - 20 Southernhay,  
Basildon, Essex. SS14 1EL

**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

[Back to South Home Page](#)

[Go to Victim of Bullying Top](#)

	specialised support.
<b>NSPCC</b> Tel: <b>0808 8005000</b> Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>	A 24 hour free confidential helpline for children and young people.

[Back to South 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 South Home Page](#)

## Carers Choices

Tel: 01268 881130

Email: [care@carerschoice.org](mailto:care@carerschoice.org)

Website: [www.carerschoices.org/young-carers](http://www.carerschoices.org/young-carers)

Address: The White House, Rear of Council Offices, Kiln Road, Benfleet SS7 1BU (SS7 1TF)

We support young carers in Castle Point, Basildon and Wickford. The project was developed in April 1997 to identify and support Young Carers. The scheme is part funded by ECC and works in partnership with social services, schools and local agencies ensuring that Young Carers have the opportunity to meet with their peers and gain valuable support. Since we began we have identified an increasing amount of Young Carers and thanks to the support of our team and funders will continue to do so.

## CHHAT – Community Hidden Harm Awareness Team

Tel: 01245 493311

Email:

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

Website: [www.childrenssocietyeast.org.uk](http://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.

## SCAFT (Supporting Carers and Families Together)

Tel: 01268 741811

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

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

Address: First Floor Offices, Rear of 140a High Street, Rayleigh, Essex. SS6 7BU

### Young Carers Project

Group Sessions – The sessions provide Young Carers with a break from caring, gives them the opportunity to meet other Young Carers, join in with fun and educational activities and trips out and gives them access to support and a variety of information.

**Group Sessions are held across the Rochford District, in Rayleigh, Rochford & Great Wakering**

- [More Information](#)

[Back to South Home Page](#)

[Go to Young Carer Top](#)