

West Essex

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Asylum Seeker/Refugee	Bereavement/Loss	Child Behavioural Difficulties	Children's Health Services
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Housing Concerns	Legal	Lonely/Isolated, Socially Alienated	Mental Health
Parental Routine/Boundaries	Safeguarding	Sexual Abuse/CSE	Substance Misuse
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Asylum Seeker/Refugee

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Asylum Aid

Tel: 0207 3549264

Email: info@asylumaid.org.uk

Website: www.asylumaid.org.uk

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

Citizen's Advice Bureau Brentwood

Tel: 08444 770808

Website:

www.citizensadvice.org.uk/brentwoodcab

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

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

Citizen's Advice Bureau Epping Forest District

Tel: 0844 2571909

Website: www.citizensadviceefd.org.uk

Address: Epping Office – Ernest Wythes House,
50a Hemnall Street, Epping, Essex. CM16 4LS

Loughton Office – St Marys Parish Centre, High
Road, Loughton, Essex. IG10 1BB

Waltham Abbey Office – Side Entrance, Town
Hall, Highbridge Street, Waltham Abbey, Essex.
EN9 1DE

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

Citizen's Advice Bureau Harlow

Tel: 0845 1203717

Website: www.harlowcitizensadvice.org.uk

Address: 15-17 Westgate, The High, Harlow,
Essex. CM20 1JP

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.

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<p>Citizen's Advice Bureau Uttlesford District</p> <p>Tel: 01799 618840 Website: www.uttlesfordcab.org.uk Address: Saffron Walden Office - Barnards Yard, Saffron Walden, Essex CB11 4EB</p> <p>Dunmow Office - The Chestnuts, Suite 8, 4 Stortford Road, Essex CM6 1DA</p> <p>Thaxted Office - Thaxted Community Information Centre, 7 Town Street, Thaxted, Essex CM6 2LD</p> <p>Stansted Mountfitchet Office - Spangles Children's Centre, Lower Street, Stansted Mountfitchet. CM24 8LR</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p>Essex Interpreting Ltd</p> <p>Tel: 01206 822080 Email: info@essexinterpreting.com Website: www.essexinterpreting.com</p>	<p>Essex Interpreting provides language solutions, offering the following services:</p> <ul style="list-style-type: none"> • Interpreting services in over 60 languages, including sign language for deaf people • Translation services in over 60 languages, including Braille and audio tape services for blind people <p>Who are our customers?</p> <ul style="list-style-type: none"> • Health organisations, eg NHS Trusts, Primary Care Trusts etc. including GP services, hospitals, etc. • Local authorities, eg social services, housing departments, schools, etc. • Private organisations, eg solicitors and companies dealing internationally • Voluntary organisations

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<p>Ethnic Minority and Traveller Achievement Service</p> <p>Tel: 01268 531291 Address: c/o Crays Hill Primary School, London Road, Crays Hill, Billericay, Essex. CM11 2UZ</p>	<p>The Ethnic Minority and Traveller Achievement Service (EMTAS) provides a lead on:</p> <ul style="list-style-type: none"> • Promoting and raising the achievement of pupils from minority ethnic groups, including meeting the needs of pupils learning English as an additional language and traveller pupils. • Ensuring the principles of equality, inclusion and community cohesion are evident in practice. • Tackling racism and promoting intercultural awareness through the curriculum and other activities. • Responding appropriately and effectively to racist incidents. • Supporting and developing home school and community links.
<p>Integration Support Services</p> <p>Tel: 01279 639 442 Email: info@iss.org.uk Website: www.iss.org.uk Address: 2, Wych Elm, Harlow, Essex. CM20 1QP Areas Covered: Harlow, Epping, Uttlesford and surrounding areas</p>	<p>Support service for ethnic minorities, refugees, migrants and other isolated communities in the Harlow, Epping, Uttlesford and surrounding areas.</p> <p>Find out more about the support Integration Support Services offers...</p>
<p>Refugee Council</p> <p>Tel: 0207 3466700 Website: www.refugeecouncil.org.uk</p>	<p>The Refugee Council provides free advice and information to asylum seekers and refugees in UK.</p> <p>Read More...</p>

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Bereavement/Loss

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<p>The J's Hospice</p> <p>Tel: 01245 475474 Email: info@thejshospice.org.uk Website: www.thejshospice.org.uk Address: 36A Church Street, Great Baddow, Chelmsford, Essex. CM2 7HY</p>	<p>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">• About the J's Hospice• What we Do
<p>Little Havens Hospice</p> <p>Tel: 01702 556645 Website: www.havenshospices.org.uk Address: Daws Heath Road, Thundersley, Essex. SS7 2LH</p>	<p>Little Havens Hospice provides care for children who are life-limited, are life-threatened or have palliative care needs. What this means is that the child has been diagnosed with a condition, meaning that their life may be shortened.</p> <p>We can care for children and young people under the age of 19. We care for children, young people and their families from Essex and the surrounding London boroughs.</p> <p>Read More</p>
<p>St Francis Hospice</p> <p>Tel: 01708 753319 Website: www.sfh.org.uk</p>	<p>Saint Francis Hospice is a centre of excellence in the care of those with life limiting illnesses. Our team of specialist consultants, doctors, nurses and health care assistants provide practical and emotional support for adults of all ages and give specialist bereavement support to family members from as young as 20 months.</p>

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Child Behavioural Difficulties

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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

Tel: 01245 493311

Email: fifreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

Areas Covered: **West 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.



RequestforEarlyHelp
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Family Intervention Team (The Children's Society)

Tel: 01245 493311

Email: FIFreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

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

Areas Covered: **West 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

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	<ul style="list-style-type: none"> • Realistic, achievable and reviewable goals • Solution focused approach • Access to self-sustaining support groups and signposting • Pre and post programme support  <p>RequestforEarlyHelp WEST.docx</p>
<p>Kids Inspire (FIF 5)</p> <p>Tel: 01245 348707 Email: sue@kidsinspire.org.uk Website: kidsinspire.org.uk Areas Covered: West Essex</p>	<p>Counselling & Mediation</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>Parents and young people (over 13) may self-refer.</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>RequestforEarlyHelp WEST.docx</p>
<p>Open Door (FIF 5)</p> <p>Tel: 01375 389882 Email: mentoring@opendoorservices.org Website: www.opendoorthurrock.co.uk Areas Covered: West Essex</p>	<p>Coaching (14+ and parents) & Mentoring (8+ & parents)</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>Parents and young people (over 13) may self-refer.</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>Coaching involves a semi structured process of questioning and reflection.</p>

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



RequestforEarlyHelp
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Essex Boys and Girls Clubs

Head Office

Tel: **01245 264783**

Website: www.essexboysandgirlsclubs.org

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

We support young people's clubs across Essex.

Our clubs are diverse, ranging from the small rural youth clubs with under 20 members who meet once a fortnight, to large multi-facility clubs with over 500 members and open almost 24 hours a day.

These clubs affiliate to us to access our club support services and our activity program which help both volunteers and club members to develop themselves and their club.

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

Essex Youth Service (Targeted Team)

Tel: **01279 404511**

Mobile: **07919 624809**

Email: rita.morgan@essex.gov.uk

Address: **Goodman House, Station Approach,
Harlow, Essex. CM20 2ET**

Areas Covered: **West Essex**

THIS SERVICE CAN ONLY BE REFERRED TO FOR FREE BY FAMILY SOLUTIONS, CHILDREN'S SOCIAL CARE, CAMHS OR YOT



PLEASE ADVISE SCHOOL PROFESSIONALS THAT THERE IS A CHARGE FOR SCHOOLS TO REFER.

The Essex Youth Service Targeted Team supports young people through one to one and through group work Interventions. We work with young people 13-19yrs and up to 25yrs if they have a recognised special need. We work for a period of 3 months, identifying the barriers they need to overcome in order to move forward successfully in their lives. This could include improving attendance in education, post 16 options, accessing positive activities, increasing self-esteem and confidence and taking personal responsibility whilst building resilience. An action plan is agreed in consultation with the young person and they are encouraged to follow through with actions set.

We understand that young people may not feel they need to change or not be ready to accept change, however if they are willing to explore areas of their life, this is when change can occur. The young person needs to be clear about the expectation on them to engage readily with the Targeted Youth Adviser and want to explore their challenges, opportunities and make change as required. We use a range of resources to support

	<p>young people and where appropriate refer to other services and agencies for more specialised support.</p>
<p>Family Lives Parents Helpline and Website</p> <p>Tel: 0808 8002222 Tel (Essex Office): 01702 554782 Website: www.familylives.org.uk Address: Endway House, Endway, Hadleigh, Essex SS7 2AN</p>	<p>Leading Charity providing a range of free services to support families including a 24/7 helpline</p> <ul style="list-style-type: none"> • Parents Together Online
<p>Home-Start Brentwood</p> <p>Tel: 01277 263325 Email: homestart@freenetname.co.uk Address: Larchwood Gardens Children's Centre, Larchwood Gardens, Brentwood, Essex. CM15 9NG</p>	<p>Home-Start Brentwood offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.</p>
<p>Home-Start Harlow</p> <p>Tel: 01279 451669 Email: homestartharlow@btconnect.com Website: www.homestartharlow.org.uk Address: The Latton Bush Centre, Southern Way, Harlow, Essex. CM18 7BL Areas Covered: Harlow</p>	<p>Home-Start Harlow offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.</p> <p>Find out more about the support Home-Start Harlow offers...</p>
<p>Home-Start Uttlesford</p> <p>Tel: 01799 520728 Email: admin@homestartuttlesford.org.uk Website: www.homestartuttlesford.org.uk Address: Council Offices, London Road, Saffron Walden, Essex. CB11 4ER</p>	<p>Home-Start Uttlesford offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.</p> <p>Find out more about the support Home-Start Uttlesford offers...</p>
<p>Inner Resources</p> <p>Tel: 01702 200822 Tel (Mobile): 07734 514710 Email: info@innerresourcestraining.co.uk</p>	<p>Inner Resources provides person centred support for vulnerable children and adults with social difficulties including Asperger Syndrome, Autistic Spectrum Disorders and learning and mental health difficulties.</p> <p>They work with clients in their homes, schools, colleges and communities supporting</p>

<p>Website: www.innerresourcestraining.co.uk</p>	<p>engagement in a variety of activities, where necessary providing high level (crisis) support to families and individuals where circumstances have become extremely difficult.</p> <p>They aim to reduce feelings of distress, frustration, anger and hopelessness.</p> <p>What we do How we do this Referral and Access</p>
<p>InterAct</p> <p>Tel: 01245 608201 Fax: 01245 608310 Email: training@interact.org.uk Website: www.interact.org.uk Address: Moulsham Mill, Parkway, Chelmsford, Essex. CM2 7PX</p>	<p>InterAct enables disadvantaged people and groups to improve their lives and communities.</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 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>Multisystemic Therapy (MST) – South & West Essex</p> <p>Tel: 01268 728287 Mobile: 07860 758777 Address: Basildon Enterprise Centre, 33 Noble Square, Burnt Mill Industrial Estate, Basildon, Essex SS13 1LT Areas Covered: South & West Essex</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"> • Promoting parenting competencies • Improving young people’s problem-solving skills • Reducing truancy and involvement with negative peers • Decreasing adolescent substance abuse • Promoting involvement of support networks • Reducing out-of-home placements and re-arrest rates <p>Young people suitable for MST are:</p> <ul style="list-style-type: none"> • Between the ages of 11 – 16 years and live at home or with a custodial parent or main caregiver • At risk of entry to care and custody, involved with court system • Living with other young offenders • Having drug and alcohol problems, as well as school related problems

	<ul style="list-style-type: none"> • Displaying aggressive behaviours <p>Young people NOT suitable are those:</p> <ul style="list-style-type: none"> • Living independently • With current suicidal, homicidal and psychotic problems • Who are juvenile sex offenders <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>Special Guardianship Support Services</p> <p>Tel: 01245 435560 Email: sgo.support@essex.gov.uk Address: Essex County Council, SGO Support Team, PO Box 11, County Hall, Chelmsford, Essex. CM1 1QH</p>	<p>We are here for special guardianship families who may need specialist support on issues they may face whilst their child is growing up. Every family has a few problems along the way and special guardianship families do as well.</p> <p>To find out whether our service is the right one for you we will do an assessment. There is no automatic entitlement to services but together we will explore what is available to meet your needs. This may be either through us or another service/agency.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Special Guardianship Support Services Leaflet</p> </div> <div style="text-align: center;">  <p>Prospective SGs booklet.pdf</p> </div> </div>
<p>Specialist Teaching and Preschool Service</p> <p>Tel: Click for Details Email: Click for Details</p>	<p>The Specialist Teaching and Preschool Service is an integrated team of specialist support and outreach staff undertaking a range of roles within the following specified areas of need:</p> <ul style="list-style-type: none"> • Autism and Social Communication Difficulties • Learning Difficulties and Disabilities • Physical and Neurological Impairment • Sensory Impairment (Visual, Hearing, Multi-sensory) • Social and Emotional Difficulties (formerly Behaviour Support) • Speech, Language and Communication needs <p>More information & How to Request Support</p>

Children's Health Services

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

Essex 5-19 Children's Public Health Teams

Braintree

Tel: **01376 567017**

Webpage: www.virginicare.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.virginicare.co.uk

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

South East Chelmsford

Tel: **01245 396878**

Webpage: www.virginicare.co.uk

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

Witham

Tel: **01376 303798**

Webpage: www.virginicare.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

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	<p>All children, young people and parents/carers/guardians have access to the school nursing team.</p>
<p>West Essex Health Visiting Teams</p> <p>Brentwood Team</p> <p>Tel: 01277 695244 Webpage: www.virgincare.co.uk Address: Brentwood Community Hospital, Crescent Drive, Brentwood, Essex. CM15 8DR</p> <p>Dunmow Team</p> <p>Tel: 01255 670220 Webpage: www.virgincare.co.uk Address: Dunmow Community Clinic, 58 New Street, Great Dunmow, Essex. CM6 1BH</p> <p>Epping & Chigwell Team</p> <p>Tel: 01279 827324 Webpage: www.virgincare.co.uk Address: Epping Community Clinic, St Margarets Hospital, The Plain, Epping, Essex. CM16 6TN</p> <p>Harlow North Team</p> <p>Tel: 01279 698625 Webpage: www.virgincare.co.uk/ Address: Nuffield House Community Clinic, The Stow, Harlow, Essex. CM20 3AU</p> <p>Harlow South Team</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"> • Infant feeding and introducing family foods • Understanding your baby’s behaviour and how they are developing • Adjusting to becoming a parent • Family life and difficulties such as postnatal depression • Healthy choices such as lifestyle, eating or immunisations • Home safety, housing problems, domestic abuse or child abuse <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>

Tel: **01279 698685**

Webpage: www.virgincare.co.uk

Address: **Keats House Community Clinic, The Fairway, Bush Fair, Harlow, Essex. CM18 6LY**

Laindon Team

Tel: **0300 3001520**

Webpage: www.virgincare.co.uk

Address: **Laindon Health Centre, High Road, Laindon, Essex. SS15 5TR**

Loughton & Buckhurst Team

Tel: **02082 724600**

Webpage: www.virgincare.co.uk

Address: **Rectory Lane Health Centre, Loughton, Essex. IG10 3RU**

Ongar Team

Tel: **01277 367200**

Webpage: www.virgincare.co.uk

Address: **Ongar Health Centre, Ongar War Memorial Medical, Fyfield Road, Ongar, Essex. CM5 0AL**

Saffron Walden Team

Tel: **01799 532928**

Webpage: www.virgincare.co.uk

Address: **Saffron Walden Community Hospital, Radwinter Road, Saffron Walden, Essex. CB11 3HY**

Stansted Team

Tel: **01279 814805**

Webpage: www.virgincare.co.uk

Address: **Stansted Community Clinic, Crafton Green House, 72 Chapel Hill, Stansted, Essex. CM24 8AQ**

Waltham Abbey Team

Tel: **01992 707123**

Webpage: www.virgincare.co.uk

Address: **Waltham Abbey Health Centre, Stewardstone Road, Waltham Abbey, Essex. EN9 1NP**

Essex Healthy Schools Service

Tel: **01206 587240**

Fax: **01621 727359**

Webpage: 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.
- Cooking with young carers.
- Working with parents to overcome barriers to health and wellbeing.

In addition, we engage and support secondary schools in developing and sustaining the Youth Health Champions initiative.

Essex Looked After Children's Service

Tel: 07977 435103

Webpage: www.virgincare.co.uk

Address: 656 The Crescent, Colchester Business Park, Colchester, Essex. CO4 9YQ

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.

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.

Examples of this are:

- Behaviour management
- Parenting
- Addressing mental health issues of all ages
- Enuresis
- Continence
- Special needs
- Sleep management
- Complex health needs
- Psycho social issues
- Sexual health
- Healthy living

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.

The Named Nurse for Looked After Children provides training and information for foster carers, and multi-agency staff working with looked after children.

Essex Specialist Health Visiting Service

Tel: 0300 3001521 (Option 3)

Fax: 0300 3001621

Webpage: www.virgincare.co.uk

Address: Mayflower Community Hospital, Blunts Wall Road, Billericay, Essex. CM12 9SA

The Specialist health visiting for disabled children offers children up to 19 years old, and their families, consultation on all aspects of disability.

This includes:

- Specialist advice on diagnosed and undiagnosed conditions
- Observation and assessment
- Early support / one planning for Educational Health Care Plans

	<ul style="list-style-type: none"> • Intervention from our team of nursery nurses • Coordination of service provision, for example, multi-professional meetings • Information on education, social care, benefits and related issues • Provision of Specialist Developmental Playgroups • Continence Assessments
<p>Essex Specialist School Nursing Service</p> <p>Tel: 0300 3001521 (Option 1) Fax: 0300 3001621 Webpage: www.virgincare.co.uk Address: Mayflower Community Hospital, Blunts Wall Road, Billericay, Essex. CM12 9SA</p>	<p>The Specialist school nursing service consists of qualified children’s nurses and nursery nurses providing specialist advice and support to carers, families and staff in the new model special schools. Covering Beacon Hill Academy, Pioneer, Castledon, Treetops and Endeavour Special schools.</p> <p>These schools are part of an evolving plan for the social inclusion of children and young people with the most severe and complex special educational needs. We provide specialist training, advice and support to professionals involved in the child’s care within the education and community setting. This Includes</p> <ul style="list-style-type: none"> • Clinical advice and support • Training and clinical competencies for education support staff • Developing Care Plans • Completion of LAC Review Health Assessment • Continence Assessments
<p>West Essex Baby Friendly Team</p> <p>Tel: 07747 794763 Webpage: www.virgincare.co.uk</p>	<p>In West Essex we have Baby Friendly Champions who are dedicated to infant feeding and relationship building. Mothers and babies are at the heart of the work we do and our aim is to provide excellent information about infant feeding, protect, promote and support breastfeeding and help strengthen mother-baby and family relationships within our communities.</p> <p>The Baby Friendly Team’s philosophy is to be able to explain why breastfeeding matters, provide good information about bottle feeding, as well as recognise the importance of a close and loving relationship between mothers and their babies, whatever their method of feeding. We want all women to have meaningful conversations about infant feeding with their Health Visitor during pregnancy, as well as receive support once the baby arrives.</p> <p>We have set up Bosom Buddies breastfeeding support groups in various locations around West Essex. These offer a welcoming environment for women to meet other breastfeeding mums and form a support network, as well as get help with breastfeeding issues. We welcome breastfeeding mums and encourage pregnant women to join us and talk about breastfeeding, meet the team and become familiar with the group. This may help new mums to feel more confident to attend once the baby has arrived.</p>

	<p>All staff within the Health Visiting team receive training and updates about breastfeeding and relationship building so that they can support families. The Baby Friendly Champions are a resource for staff to ensure that complex breastfeeding problems are supported and resolved, so that mothers are able to breastfeed for as long as they want to.</p> <p>We believe that breastfeeding is the natural way to feed a baby and support initiatives in our community for breastfeeding which help mothers to be able to breastfeed in public places.</p>
<p>West Essex Children’s Community Medical Team</p> <p>Tel: 01279 808230 Webpage: www.virgincare.co.uk Address: Children’s Community Medical Team, Florence Nightingale Health Centre, Minton Lane, Harlow, Essex. CM17 9TG</p>	<p>The service consists of doctors who provide high quality specialist care in the following areas:</p> <ul style="list-style-type: none"> • children with developmental difficulties or disability • children with autistic spectrum disorders and complex learning difficulties • safeguarding children • the impact of health problems in educational settings • children living in special circumstances e.g. children looked after by the local authority • medical input to the adoption process <p>The Children’s Community Medical Team (Community Paediatricians) see children with GPs in West Essex:</p> <p>They work closely with Health Visitors, School Nurses, Children’s Community Nurses, Speech and Language Therapy, Occupational Therapy, Audiology, and Physiotherapy. They also work with the Emotional Well-being and Mental Health service, social care, hospitals, GPs and Local Authority, particularly the Education Department.</p> <p>Whether you’re visiting us for diagnosis and/or treatment, our team of specialists are here to support you.</p>
<p>West Essex Children’s Community Nursing Team</p> <p>Tel: 01279 808280 Email: vcl.essexwest-CCNurses@nhs.net Webpage: www.virgincare.co.uk Address: Florence Nightingale Health Centre, Minton Lane, Harlow, Essex. CM17 9TG</p>	<p>We are a specialist team of nurses who are trained to care for sick children and young people from 0-19 years of age. Most of this care will be carried out in the family home but can also be carried out in the nurseries & schools that the child attends.</p> <p>The service operates from Monday-Sunday from 8am-8pm seven days a week throughout the year.</p> <p>We aim to reduce the impact of childhood illness and reduce the need for hospital admissions if it is safe to do so or facilitate an earlier discharge from hospital where appropriate.</p>

We work in partnership with the child and family to ensure that the care needed is provided with the support of other colleagues in health, social care and education.



CCN-referral-form-April-17.pdf

West Essex Children's Occupational Therapy Service

Harlow

Tel: **01279 808250**

Email: spoc.cdcharlow@nhs.net

Webpage: www.virgincare.co.uk

Address: **Florence Nightingale Health Centre, Minton Lane, Harlow, Essex. CM17 9TG**

Bishops Stortford

Tel: **01279 827441**

Email: spoc.cdcharlow@nhs.net

Webpage: www.virgincare.co.uk

Address: **Herts and Essex Hospital, Haymeads Lane, Bishop's Stortford, Essex. CM23 5JH**

Epping

Tel: **01279 827440**

Email: spoc.cdcharlow@nhs.net

Webpage: www.virgincare.co.uk

Address: **St Margaret's Hospital, The Plain, Epping, Essex. CM16 6TN**

West Essex Children's Speech and Language Therapy Service (Loughton)

The Children's Occupational Therapy service offers a child and family centred approach to support children and young people with their independence in all aspects of daily living, such as self-feeding, dressing and participating in play and school activities. The service is available to children and families across West Essex.

We work in partnership with parents/carers and other colleagues to promote positive outcomes for children by using a range of approaches that are individually tailored to each child and family. This may include the provision of an activity plan, specialist equipment, treatment sessions or training to parents, carers and school staff.

In West Essex the Occupational Therapists in Health work closely with their colleagues in Essex County Council to provide support for children in their area.

The Children's Occupational Therapy Service supports children from 0 – 18 years old.

We also support young people aged 18 – 19 years old who have a statement of Educational Need or an Education Health and Care Plan (EHCP) who are attending schools in West Essex.



childrens-occupational-therapy-referral.pdf



parent-carer-referral-form-v3.pdf

The Children's Speech and Language Therapy service offers a child and family centred approach to support children and young people with speech, language, communication, eating and drinking difficulties in West Essex.

Tel: **01279 827620**

Webpage: www.virgincare.co.uk

Address: **Rectory Lane Health Centre, Rectory Lane, Loughton, Essex. IG10 3RU**

Buckhurst Hill

Tel: **01279 827620**

Webpage: www.virgincare.co.uk

Address: **Buckhurst Way Health Centre, 49 Buckhurst Way, Buckhurst Hill, Essex. IG9 6HP**

Dunmow

Tel: **01279 827620**

Webpage: www.virgincare.co.uk

Address: **Dunmow Clinic, 56 New Street, Essex. IG9 6HP**

Harlow

Tel: **01279 827620**

Webpage: www.virgincare.co.uk

Address: **Nuffield House Health Centre, The Stow, Essex. CM20 3AU**

Saffron Walden

Tel: **01279 827620**

Webpage: www.virgincare.co.uk

Address: **Saffron Walden Clinic, Mallard Wing, Saffron Walden, Essex. CB11 3HY**

St Margarets Hospital

Tel: **01279 827620**

Webpage: www.virgincare.co.uk

We work in partnership with parents or carers and other colleagues to promote positive outcomes for children.

The Children's Speech & Language Therapy Team is made up of qualified speech and language therapists, therapy assistants and administrative and clerical staff. All the therapists are registered with the national regulatory body, the Health & Care Professionals Council (HCPC) which maintains an online register of all Speech and Language Therapists meeting the required standards.

All therapists are members of the Royal College of Speech and Language Therapists (RCSLT).

The Children's Speech & Language Therapy Service supports children from 0-16 years old. We also support young people aged 16 – 19 years old who have a statement of Educational Need or an Education Health and Care Plan (EHCP) who are attending schools in West Essex.

Speech and Language Therapists work with children and young people who experience a wide range of difficulties including:

- Speech and language difficulties
- Cleft lip and palate
- Stammering (Dysfluency)
- Autism spectrum disorders
- Hearing Impairment
- Eating and drinking difficulties (Dysphagia)
- Learning difficulties
- Physical difficulties
- Voice disorders



west-essex-referral-form.pdf

Address: **Ground Floor, Epping Forest Unit, St Margaret's Hospital, Essex CM16 6TN**

Waltham Abbey

Tel: **01279 827620**

Webpage: www.virginicare.co.uk

Address: **Waltham Abbey Health Centre, Sewardstone Road, Waltham Cross, Essex EN9 1NP**

West Essex Children's Physiotherapy

Bishops Stortford

Tel: **01279 827441**

Email: referral.childotandphysio@nhs.net

Webpage: www.virginicare.co.uk

Address: **Herts and Essex Hospital, Haymeads Lane, Bishop's Stortford, Essex. CM23 5JH**

Epping

Tel: **01279 827440**

Email: referral.childotandphysio@nhs.net

Webpage: www.virginicare.co.uk

Address: **St Margaret's Hospital, The Plain, Epping, Essex. CM16 6TN**

Harlow

Tel: **01279 808250**

Email: referral.childotandphysio@nhs.net

Webpage: www.virginicare.co.uk

Address: **Florence Nightingale Health Centre, Minton Lane, Harlow, Essex. CM17 9TG**

Our service offers a child and family centred approach to children and young people who are registered with a GP in West Essex and who have a physical disability or condition that impacts on their development and their functional daily activities at home or in school.

Children's Physiotherapy is a specialist team providing services to children and young people to promote health and preserve and improve the best possible functional level of the child or young person.

Children's Physiotherapists have an understanding of:

- child development
- childhood diseases and conditions that may impact on physical development and well being
- therapeutic interventions that enable and optimise development and well being
- the need to place the child at the centre of planning
- the impact that having a sick or disabled child has on family life.

The Children's Physiotherapy Service is staffed by qualified Physiotherapists who are supported by Assistants and Administrative and Clerical workers.

All Physiotherapists are registered with the national regulatory body, Health Care Professions Council (HCPC) which maintains an on line register of all Physiotherapists meeting the required standards.



physio-referral-form-f
or-west-esssex.pdf

Crime/Anti-Social Behaviour

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Family Intervention Team (The Children's Society)

Tel: 01245 493311

Email: FIFreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

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

Areas Covered: West 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



RequestforEarlyHelp
WEST.docx

Open Door (FIF 5)

Tel: 01375 389882

Email: mentoring@opendoorservices.org

Website: www.opendoorthurrock.co.uk

Areas Covered: West Essex

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



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

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

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


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	<p>Coaching involves a semi structured process of questioning and reflection. Mentoring – is different to coaching in that a mentor is a guide or a positive role model who can help the mentee to find the right direction and who can help them to develop solutions to issues.</p>  <p>RequestforEarlyHelp WEST.docx</p>
<p>Action for Prisoners Families Website: www.prisonersfamilies.org.uk</p>	<p>Information and resources for families of prisoners and offenders.</p>
<p>Brentwood Borough Council Tel: 01277 312500 Email: enquiries@brentwood.gov.uk Website: www.brentwood.gov.uk</p>	<p>Community safety advice</p>
<p>Children Affected by Parental Imprisonment (CAPI) Essex Service Tel: Suzanne Page – 07807 194589 Tel: Amy Clayton – 07505 665095 Email: Suzanne.page@barnardos.org.uk Email: amy.clayton@barnardos.org.uk</p>	<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>Epping District Council Tel: 01992 564608 Website: www.eppingforestdc.gov.uk</p>	<p>Community safety advice</p>
<p>Essex Police CYP Police Officer Harlow 70922 Gemma Sunderland Email: 42070922@essex.pnn.police.uk Ext: 300140 Brentwood & Epping 74030 Neil Ross Email: 42074030@essex.pnn.police.uk Ext: 313607</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>Uttlesford 73656 Andy Holmes Email: 42073656@essex.pnn.police.uk Ext: 400336</p>	
<p>Essex Victims Gateway</p> <p>Website: essexvictimgateway.org</p>	<p>The Essex Victims Gateway offers:</p> <ul style="list-style-type: none"> • Free help, information and advice for victims of crime across the whole of the county, including Southend and Thurrock • A comprehensive list of charities and support groups near you • Support tailored to your needs, including specialist services for victims of the most serious crimes such as rape, sexual violence and domestic abuse • Help is available to all, including those who have not reported the crime to police or where offences happened in the past
<p>Essex Young People's Drug and Alcohol Service</p> <p>Tel: 01245 493311 Email: eypdas@childrenssociety.org.uk Website: www.childrenssocietyeast.org.uk/eypdas Address: Project 114, 114 Springfield Road, Chelmsford, Essex CM2 6LF Areas Covered: Essex-wide</p>	<p>Essex Young People's Drug and Alcohol Service works with children, young people and families affected by drug or alcohol use. Read more...</p>
<p>Essex Youthbuild</p> <p>Tel: 01245 461700 Email: carol.bogdanov.eyb@btconnect.com Website: essexyouthbuild.co.uk Address: 6 Grafton Place, Montrose Road, Chelmsford, Essex. CM2 6TG Areas Covered: Essex-wide</p>	<p>Essex Youthbuild are a small organisation offering practical training activities to disadvantaged young people who are at risk of offending or re-offending and who find it difficult to obtain or sustain places at colleges or other training providers.</p> <p>They deliver personalised Level 1 City and Guilds Construction courses, complimented with 1 to 1 numeracy and literacy tuition and other work ready activities such as Health and Safety, First Aid training and work experience.</p> <p>More Information</p>
<p>Harlow Council</p> <p>Tel: 01279 446655 Email: contact@harlow.gov.uk Website: www.harlow.gov.uk</p>	<p>Community safety advice</p>

<p>MAPPA (Multi-Agency Public Protection Arrangements)</p>	<p>Paul Portbury - MAPPA Administrator Tel: 03330 134081 Email: paul.portbury@essex.gov.uk</p>
<p>Nacro Website: www.nacro.org.uk</p> <p>Triangle Tenancy Service Tel: 01279 413314 Address: Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR</p>	<p>Triangle Tenancy Service is a partnership with Westminster Drugs Project and Essex County Council that provides housing and intensive housing management support to homeless offenders and other with substance misuse issues.</p>
<p>Paladin – National Stalking Advocacy Service</p> <p>Tel: 0207 8408960 Email: info@paladinservice.co.uk Website: paladinservice.co.uk</p>	<p>Paladin assists high risk victims of stalking throughout England and Wales. A number of Independent Stalking Advocacy Caseworkers (ISACs) ensure high risk victims of stalking are supported and that a coordinated community response is developed locally to keep victims and their children safe.</p>
<p>PREVENT</p> <p>Tel: 03000 3334444 ext: 180521 / 01245 452133 Email: prevent@essex.pnn.police.uk Website: www.essex.police.uk</p>	<p>PREVENT is part of Essex Police's counter-terrorist strategy and aims to stop people becoming terrorists or supporting terrorism by working with individuals and communities to address issues before they become a criminal matter and to stop people moving from extremism into terrorist-related activity. Read More...</p>
<p>Reach Every Generation</p> <p>Tel: 07956 760862 Email: gavin.mckenna@reacheverygeneration.com Website: reacheverygeneration.co.uk</p>	<p>Reach Every Generation exists to shape a better future for tomorrow's generation, winning back those caught up in gang culture. To do this, we equip you, the people on the frontline working with young people and their families on a daily basis, encouraging you and empowering you to transform lives.</p> <p>Our vision is to instigate change, drawing on 'real-life' experiences that we impart to others. From us, you can expect up to date knowledge on the issues affecting young people involved in gangs, and access to valuable resources that we know will make a difference to those lives you touch.</p> <p>Read more...</p>
<p>Safe In Essex (The Children's Society)</p> <p>Tel: 01245 493311 Email: FIReferrals@childrenssociety.org.uk Website: www.childrenssocietyeast.org.uk</p>	<p>Safe in Essex</p> <p>Providing awareness and interventions for children and young people identified at risk of, or already engaging in low level risky behaviours, in order to prevent further risky behaviour e.g.</p> <ul style="list-style-type: none"> • Drugs, alcohol and smoking

<p>Address: 114 Springfield Road, Chelmsford, Essex CM2 6LF Areas Covered: Essex-wide</p>	<ul style="list-style-type: none"> • Gangs & Trafficking • Domestic abuse and victims of violence • E-safety • At risk of sexual exploitation • Risky sexual behaviour • Antisocial behaviour and crime
<p>SERICC (South East Rape & Incest Crisis Centre) Tel: 01375 380609 Email: sericc@sericc.org.uk Website: www.sericc.org.uk</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. More Information</p>
<p>Sexual Assault Referral Centre (SARC) Tel: 01277 240620 Website: www.oakwoodplace.org.uk</p>	<p>A Sexual Assault Referral Centre (SARC) provides services to victims of rape or sexual assault regardless of whether the victim reports the offence to the police or not.</p> <p>SARCs are designed to be comfortable and multi-functional, providing private space for interviews and examinations, and some may also offer counselling services. Sexual Assault Referral Centres have specialist staff that are trained to help you make informed decisions about what you want to do next.</p> <div style="text-align: center;">  SARC pathway V2 Sept 2014.pdf </div>
<p>Uttlesford District Council Tel: 01799 510510 Email: uconnect@uttlesford.gov.uk Website: www.uttlesford.gov.uk</p>	<p>Community safety advice</p>
<p>Victim Support Essex Tel: 0845 3030900 Email: essex@victimsupport.org.uk Website: www.victimsupport.org.uk</p>	<p>Victim Support is here to help anyone affected by crime, not only victims and witnesses, but their friends, family and any other people involved. Because we're an independent charity, you can talk to us whether or not you reported the crime to the police. If you want, we can support you without the involvement of the criminal justice system, and we won't contact them about you unless we feel someone is at risk. We are here just to support you.</p>

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West Essex Youth Offending Team

Tel: **01279 427495**

Fax: **01279 436494**

Email: yot.harlow.ecc@essex.gov.uk

Address: **Suite 3-5, Level 10, Terminus House, The High, Harlow, Essex CM20 1XA**

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.

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Domestic Abuse

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Essex DV Directory of
services New.doc

Childline

Tel: **0800 1111**

Website: 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

Website: 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

Website: 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.

Essex Police Domestic Abuse Central Referral Unit

Tel: **0800 3580351**

Tel: **101 Extension 180340**

Website: www.essex.police.uk

We encourage you to report domestic abuse to us.

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.

If you decide not to speak to us, please don't suffer in silence. Confide in someone you trust and contact one of the support organisations on our [Help in Essex](#) or [Help across the UK](#) pages.

Galop.org.uk

Tel: **0800 9995428**

Website: www.galop.org.uk/domesticabuse


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:

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	<ul style="list-style-type: none"> • Provide confidential information, advice and support • Help you create your safety plan • Explore options around housing, legal advice, counselling and local support groups • Tell you about your local LGBT friendly services • Discuss the possibility of reporting to the Police
The Hideout Website: www.thehideout.org.uk	A website specifically designed for children and young people who are experiencing domestic violence.
J9 Network Tel: 01992 564454 Email: scpadmin@vaef.org.uk	The J9 Network is for staff from public and voluntary sector organisations in West Essex whose work may bring them into contact with victims of domestic abuse. The purpose of the Network is to provide an opportunity to share information and stay up-to-date on domestic abuse issues.
Jewish Women's Aid Tel: 0808 8010500 Website: jwa.org.uk	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.
The Kiran Project Tel: 0208 5581986 Email: kiran.admin@kiranproject.org.uk Website: www.kiranproject.org.uk	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.
MARAC (Multi-Agency Risk Assessment Conference) Co-Ordinator Tel: Julie Johnson 101 EXT 180006	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.
Men's Advice Line Tel: 0808 8010327 Email: info@mensadviceline.org.uk Website: www.mensadviceline.org.uk	<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.</p> <p>The Men's Advice Line is open Monday-Friday 9am-5pm</p>

<p>National Centre for Domestic Violence (NCDV)</p> <p>Tel: 0844 8044999 Text: NCDV to 60777 and they will call back Email: office@ncdv.org.uk Website: www.ncdv.org.uk Areas Covered: Nationwide</p>	<p>The National Centre for Domestic Violence (NCDV) provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.</p> <p>Our service allows anyone to apply for an injunction within 24 hours of first contact (in most circumstances). We work in close partnership with the police, local firms of solicitors and other support agencies (Refuge, Women’s Aid etc) to help survivors obtain speedy protection.</p>
<p>National Domestic Violence Helpline</p> <p>Tel: 0808 2000 247 Website: www.nationaldomesticviolencehelpline.org.uk</p>	<p>The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.</p> <p>The Helpline can give support, help and information over the telephone, wherever the caller might be in the country. The Helpline is staffed 24 hours a day by fully trained female helpline support workers and volunteers. All calls are completely confidential. Translation facilities for callers whose first language is not English and a service for callers who are deaf or hard of hearing are available.</p>
<p>NSPCC</p> <p>Tel: 0808 8005000 Website: www.nspcc.org.uk</p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p>Relate North Essex & East Herts</p> <p>Tel: 01245 258680 Email: admin@relate-northersex.org Website: www.relate-northersex.org Address: Click for Address</p>	<p>Services:</p> <ul style="list-style-type: none"> • 1 Hour Discussions • Consultation with a Counsellor • Family Counselling • Relationship Counselling • Fast Track Counselling Service • Services for Young People • Sex Therapy • Life Skills Courses • Domestic Abuse Services
<p>Respect Phoneline</p> <p>Tel: 0808 8024040 Email: info@respectphoneline.org.uk</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 Phoneline is open Monday-Friday 9am-5pm.</p>

Website: www.respectphonenumber.org.uk	
<p>Safer Places</p> <p>Tel: 03301 025811 Email: info@saferplaces.co.uk Website: www.saferplaces.co.uk Areas Covered: Mid & West Essex</p>	<p>Safer Places is an independent charity which provides a comprehensive range of services to adults and children affected by domestic and sexual abuse who live in west Essex, mid Essex, east Hertfordshire and Southend.</p> <p>Services:</p> <ul style="list-style-type: none"> • Safe Accommodation • Outreach (Community Support) • Additional Services • Training • Outreach (Men & LGBT) • Male Victims • Triple R Programme
<p>Sexual Assault Referral Centre (SARC)</p> <p>Tel: 01277 240620 Website: www.oakwoodplace.org.uk</p>	<p>A Sexual Assault Referral Centre (SARC) provides services to victims of rape or sexual assault regardless of whether the victim reports the offence to the police or not.</p> <p>SARCs are designed to be comfortable and multi-functional, providing private space for interviews and examinations, and some may also offer counselling services. Sexual Assault Referral Centres have specialist staff that are trained to help you make informed decisions about what you want to do next.</p> <div style="text-align: center;">  SARC pathway V2 Sept 2014.pdf </div>
<p>Southall Black Sisters Helpline</p> <p>Tel: 0208 5710800 Website: www.southallblacksisters.org.uk</p>	<p>Southall Black Sisters provide information, advice, advocacy, practical help, counselling and support to Asian and African-Caribbean women and children experiencing domestic violence.</p>
<p>Victim Support Essex</p> <p>Helpline Tel: 08 08 16 89 111 Essex Team (Business Hours): 0300 303 0165 Email: essex@victimsupport.org.uk Website: www.victimsupport.org.uk</p>	<p>Victim Support is here to help anyone affected by crime, not only victims and witnesses, but their friends, family and any other people involved. Because we're an independent charity, you can talk to us whether or not you reported the crime to the police. If you want, we can support you without the involvement of the criminal justice system, and we won't contact them about you unless we feel someone is at risk. We are here just to support you.</p>

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Disability/Additional Needs

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Accuro (Care Services)

Tel: 01279 433667

Email: enquiries@accuro.org.uk

Website: www.accuro.org.uk

Areas Covered: Harlow, Epping Forest, Uttlesford

PLEASE NOTE ACCURO DO NOT ACCEPT ADHD AS A DISABILITY, This is because the majority of their services are funded from Children with Disabilities and ADHD is not recognised by them as a disability. If ADHD is co-morbid with another disability (e.g. ASD or learning difficulties) they can see the family.

Accuro is a small, vibrant local charity providing a range of specialist services for children, young people and adults with a disability in West Essex. Accuro prides itself on supporting not only these individuals but also their families. [Read More](#)

Autism Anglia

Tel: 01206 577678

Fax: 01206 578581

Email: info@autism-anglia.org.uk

Website: www.autism-anglia.org.uk

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

Areas Covered: Essex-wide

Autism Anglia is an independent charity which provides care and support to children, adults and families affected by autism. Services in Essex, managed from our Colchester office, offer personalised approaches that provide each individual with the necessary skills and strategies to enable them to realise their own strengths and abilities.

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

Autism Anglia offers the following services:

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

Autism Hub: Living Well Essex County Council

Website: 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.

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<p>Action For Family Carers</p> <p>Tel: 01621 851640 Fax: 01621 874817 Email: enquiries@affc.org.uk Website: www.affc.org.uk Address: Brickhouse Farm, Poulton Close, Maldon Essex. CM9 6NG Areas Covered: Brentwood</p>	<ul style="list-style-type: none"> • Adult Carers • Young Carers • Young Adult Carers • Respite Care
<p>Citizen's Advice Bureau Brentwood</p> <p>Tel: 08444 770808 Website: www.citizensadvice.org.uk/brentwoodcab Address: 8 - 12 Crown Street, Brentwood, Essex. CM14 4BA</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>Citizen's Advice Bureau Epping Forest District</p> <p>Tel: 0844 2571909 Website: www.citizensadviceefd.org.uk Address: Epping Office – Ernest Wythes House, 50a Hemnall Street, Epping, Essex. CM16 4LS</p> <p>Loughton Office – St Marys Parish Centre, High Road, Loughton, Essex. IG10 1BB</p> <p>Waltham Abbey Office – Side Entrance, Town Hall, Highbridge Street, Waltham Abbey, Essex. EN9 1DE</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>Citizen's Advice Bureau Harlow</p> <p>Tel: 0845 1203717 Website: www.harlowcitizensadvice.org.uk Address: 15-17 Westgate, The High, Harlow, Essex. CM20 1JP</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>

Citizen's Advice Bureau Uttlesford District

Tel: **01799 618840**

Website: www.uttlesfordcab.org.uk

Address:

Saffron Walden Office - Barnards Yard, Saffron Walden, Essex CB11 4EB

Dunmow Office - The Chestnuts, Suite 8, 4 Stortford Road, Essex CM6 1DA

Thaxted Office - Thaxted Community Information Centre, 7 Town Street, Thaxted, Essex CM6 2LD

Stansted Mountfitchet Office - Spangles Children's Centre, Lower Street, Stansted Mountfitchet. CM24 8LR

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.

ECDP (Essex Coalition of Disabled People)

Tel: **01245 392300**

Textphone: **01245 392302**

Email: info@ecdp.org.uk

Website: www.ecdp.org.uk

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

Areas Covered: **Essex-wide**

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

- [Full Membership](#)
- [Get Involved](#)
- [Our Publications](#)
- [Payroll Services](#)
- [Personal Health Budgets](#)
- [Support Planning](#)

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<p>Epilepsy Action</p> <p>Tel: 07513 330749 Website: www.epilepsy.org.uk Areas Covered: Nationwide</p>	<p>Epilepsy Action is the UK's largest epilepsy membership organisation, aiming to support the 600,000 people across the country with the condition, as well as educating the wider public and helping to break down the stigma that still exists about epilepsy.</p> <p>In Essex, our local branches acts as support groups to people with epilepsy, their families and friends, as well as leading the charge in informing and educating the public about the condition.</p>
<p>Essex Advocacy</p> <p>Tel: 0300 3435736 Text: SEAP (followed by your message) to 80800 Email: info@essexadvocacy.org.uk Website: www.essexadvocacy.org.uk</p>	<p>Essex Advocacy is specialist service which supports people who are most vulnerable, or who find themselves at a particularly challenging point in their lives.</p> <p>Our professional advocates enable people without the right support around them to have their voice heard when:</p> <ul style="list-style-type: none"> • Decisions are being taken about their health and social care • Support is needed to make informed choices about their life • They wish to make a complaint about NHS care or treatment
<p>Essex Connects Online Directory</p> <p>Website: essexconnects.org.uk Areas Covered: Epping, Harlow, Uttlesford</p>	<p>Essex Connects is a searchable directory to help you to get in touch with hundreds of local charities, voluntary groups, and community sector services, based in Braintree, Chelmsford, Colchester, Maldon, Uttlesford, Epping and Harlow.</p>
<p>Essex SEND Information, Advice & Support Service</p> <p>Tel: 03330 138913 Email: send.iass@essex.gov.uk Website: www.essexlocaloffer.org.uk</p>	<p>The Essex SEND Information, Advice and Support Service provide information, advice and support on the telephone or in person. We work with parents and carers of children and young people with special educational needs or a disability and with disabled children and young people, and those with SEN, up to the age of 25. We can also advise on processes relating to health and social care.</p> <p>We are an impartial, confidential service and operate at arms-length from the Local Authority.</p> <p>Referrals can be made by a parent/carer/child/young person themselves or anyone who has their permission.</p>
<p>FACE (Families Acting for Change Essex)</p> <p>Tel: 01245 608231 Text: 07910 883337 Email: info@face-essex.org Website: www.face-essex.org Areas Covered: Essex-wide</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 contribute to focus groups and consultations and to become more involved in any way that suits you and your family.</p>

	<p>More Information Early Support</p>
<p>Families in Focus Tel: 01245 353575 Email: helpline@familiesinfocusessex.org.uk Website: www.familiesinfocusessex.org.uk Areas Covered: Essex-wide</p>	<p>Holistic independent support for any family in Essex who have a child or children (age 0-19) with any disability/special need, requiring advice, information and support, particularly at times of change and crisis.</p>
<p>The Grandparents Association Tel: 0845 4349585 Email: advice@grandparents-association.org.uk Website: www.grandparents-association.org.uk</p>	<p>The Grandparents' Association has been working for and with grandparents for many years. It is the views and concerns of grandparents that have shaped and developed our unique and confidential services. Many of these services are run by volunteers – most of whom are grandparents.</p> <p>Read More</p>
<p>The J's Hospice Tel: 01245 475474 Email: info@thejshospice.org.uk Website: www.thejshospice.org.uk Address: 36A Church Street, Great Baddow, Chelmsford, Essex. CM2 7HY</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"> • About the J's Hospice • What we Do
<p>Little Havens Hospice Tel: 01702 556645 Website: www.havenshospices.org.uk Address: Daws Heath Road, Thundersley, Essex. SS7 2LH</p>	<p>Little Havens Hospice provides care for children who are life-limited, are life-threatened or have palliative care needs. What this means is that the child has been diagnosed with a condition, meaning that their life may be shortened.</p> <p>We can care for children and young people under the age of 19. We care for children, young people and their families from Essex and the surrounding London boroughs.</p> <p>Read More</p>
<p>Network 81 Tel: 0845 0774055 Email: Advice@network81.org.uk Website: www.network81.org.uk</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>

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<p>PACT for Autism</p> <p>Tel: 07837606089 (Parent Helpline) Email: info@pactforautism.org.uk Website: www.pactforautism.org.uk Address: 50 Latton Bush Centre, Harlow, Essex. CM18 7BL</p>	<p>Support families with children affected by Autism and other disabilities.</p>
<p>Self-Management UK</p> <p>Tel: 03333 455840 Email: hello@selfmanagemnetuk.org Website: selfmanagementuk.org</p>	<p>Self-Management UK will be delivering 60 self-management programmes for approx. 1000 adults and elderly people living with physical and/or mental long-term conditions for all Essex localities, utilising general practice risk stratification to identify suitable patients. The training programmes are endorsed by NHS England and the King's Fund to help people:</p> <ul style="list-style-type: none"> • Take ownership of their health with greater confidence and empowerment • Facilitate shared decision making with Healthcare Professionals (HCPs) • Choose alternative options to achieve good health than NHS resources <p>Self-management awareness programmes will also be run for 100 HCPs to support clinicians to meet project objectives. Programmes will be delivered close to patient's homes, facilitated by local people who live with long-term conditions who are fully supported trained and mentored to quality framework standards. Many participants become tutors after their programme, contributing to their community and enhancing their personal networks as they lead more positive lives.</p>
<p>SNAP (Special Needs & Parents)</p> <p>Tel: 01277 211300 Email: info@snapcharity.org Website: www.snapcharity.org Address: The SNAP Centre, Pastoral Way, Warley, Brentwood, Essex. CM14 5WF</p>	<p>SNAP (Special Needs And Parents) helps Essex families with children and young people who have special needs and disabilities. No formal diagnosis or professional referral is necessary to access SNAP services.</p> <p>Our aims are to inform, encourage and support parents, so that they can grow in strength and knowledge and become better equipped to give the best possible help to their children.</p> <ul style="list-style-type: none"> • Support Services • Activities • Centre Resources • SNAP Directory

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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

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Education

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

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

Advisory Centre for Education (ACE)

Tel: **0300 0115142**

Website: www.ace-ed.org.uk

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

Alternative Education Commissioning Service

Caseworker (West) 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

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.

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<p>The Box</p> <p>Tel: 01992 577300 Website: www.theboxepping.org.uk Address: 134 High Street, Epping, Essex CM16 4AG Areas Covered: Epping</p>	<p>The Box aims to meet the needs of young people in the Epping area by providing:</p> <ul style="list-style-type: none"> • An Alternative Education Programme <p>The Box Education Programme allows some students from years 10 and 11 to complete their education, providing learning in a more informal setting for students who find it hard to learn in the structured environment of school.</p>
<p>Children Missing from Education</p> <p>Tel: 01245 436281 Email: ralph.holloway@essex.gov.uk</p>	<p>Refer any children and young people who are missing education to: Ralph Holloway - Commissioner for Alternative Education Provision Planning and Provision</p>
<p>Educational Psychology Parent Helpline</p> <p>Tel: 01245 433293 (Available every Monday afternoon during term-time, 1pm-5pm) Website: schools.essex.gov.uk</p>	<p>Educational Psychology Service Parent Helpline provides parents and carers with direct telephone access to a qualified Educational Psychologist who will listen to their concerns and ideas, and help them find a positive way forward</p> <ul style="list-style-type: none"> • The helpline is confidential and personal details will not be recorded and nor will information be passed onto other services • It is staffed by qualified educational psychologists who listen to parents concerns and work with them to find a positive way forward
<p>Missing Education & Child Employment</p> <p>Tel: 03330 139910 Email: ME&CE.west@essex.gov.uk</p>	<p>Advice for Schools, professionals and parents who have any queries regarding School Attendance, Home Education, or Child Employment and Entertainment .</p>
<p>Essex Parent Partnership Service</p> <p>Tel: 01245 436036</p>	<p>The Essex Parent Partnership Service provides confidential and impartial support and information for parents and carers of children with special educational needs on Early Years Action and Early Years Action Plus, School Action, School Action Plus or have a statement of special educational needs</p> <p>We can help you with:</p> <ul style="list-style-type: none"> • Understanding the statutory assessment process • Filling in forms • Preparing for meetings • Visiting schools • Education issues, including refusal to assess • Exclusions (fixed term and permanent) <p>Transitions (all ages)</p>

<p>Essex SEND Information, Advice & Support Service</p> <p>Tel: 03330 138913 Email: send.iass@essex.gov.uk Website: www.essexlocaloffer.org.uk</p>	<p>The Essex SEND Information, Advice and Support Service provide information, advice and support on the telephone or in person. We work with parents and carers of children and young people with special educational needs or a disability and with disabled children and young people, and those with SEN, up to the age of 25. We can also advise on processes relating to health and social care.</p> <p>We are an impartial, confidential service and operate at arms-length from the Local Authority.</p> <p>Referrals can be made by a parent/carer/child/young person themselves or anyone who has their permission.</p>
<p>Essex Youth Service (Targeted Team)</p> <p>Tel: 01279 404511 Mobile: 07919 624809 Email: rita.morgan@essex.gov.uk Address: Goodman House, Station Approach, Harlow, Essex. CM20 2ET</p>	<p>THIS SERVICE CAN ONLY BE REFERRED TO FOR FREE BY FAMILY SOLUTIONS, CHILDREN'S SOCIAL CARE, CAMHS OR YOT</p> <p>PLEASE ADVISE SCHOOL PROFESSIONALS THAT THERE IS A CHARGE FOR SCHOOLS TO REFER.</p> <p>The Essex Youth Service Targeted Team supports young people through one to one and through group work Interventions. We work with young people 13-19yrs and up to 25yrs if they have a recognised special need. We work for a period of 3 months, identifying the barriers they need to overcome in order to move forward successfully in their lives. This could include improving attendance in education, post 16 options, accessing positive activities, increasing self-esteem and confidence and taking personal responsibility whilst building resilience. An action plan is agreed in consultation with the young person and they are encouraged to follow through with actions set.</p> <p>We understand that young people may not feel they need to change or not be ready to accept change, however if they are willing to explore areas of their life, this is when change can occur. The young person needs to be clear about the expectation on them to engage readily with the Targeted Youth Adviser and want to explore their challenges, opportunities and make change as required. We use a range of resources to support young people and where appropriate refer to other services and agencies for more specialised support.</p>
<p>Family Learning (Via Adult Community Learning)</p> <p>Tel: 0845 6037635</p>	<p>Offer free short courses, working in partnership with schools, children's centres, charities and anyone who has links to families. Delivered on partner premises.</p> <ul style="list-style-type: none"> • Can cover a broad range of skills including; financial management, cooking on a

<p>Email: bob.crosby@essex.gov.uk</p>	<p>budget, household financial management, clothing recycling, first aid, art & craft, cookery, keep-fit, active lifestyle, textiles, science, parenting and internet security for children.</p> <ul style="list-style-type: none"> • Provide learning programmes for parents to show them how they can support their children's learning, attainment and development and improve their own skills. • Programmes are bespoke and planned to meet individual need, employability, health & wellbeing, funding and partner priorities. <p>Please call Bob to discuss further.</p>
<p>Specialist Teaching and Preschool Service</p> <p>Tel: Click for Details Email: Click for Details</p>	<p>The Specialist Teaching and Preschool Service is an integrated team of specialist support and outreach staff undertaking a range of roles within the following specified areas of need:</p> <ul style="list-style-type: none"> • Autism and Social Communication Difficulties • Learning Difficulties and Disabilities • Physical and Neurological Impairment • Sensory Impairment (Visual, Hearing, Multi-sensory) • Social and Emotional Difficulties (formerly Behaviour Support) • Speech, Language and Communication needs <p>More information & How to Request Support</p>
<p>West Essex Children's Support Service</p> <p>Tel: 01279 444070 Address: Commonside Road, Harlow, Essex. CM187EZ</p>	<p>Contact details for West Children's Support Service</p>

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Employment

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<p>The Box</p> <p>Tel: 01992 577300 Website: www.theboxepping.org.uk Address: 134 High Street, Epping, Essex. CM16 4AG Areas Covered: Epping</p>	<p>The Box aims to meet the needs of young people in the Epping area by providing:</p> <ul style="list-style-type: none">• Quality Information & Advice Services <p>The Box offers a range of information and advice services to enable young people to explore new opportunities and to make informed lifestyle choices and career decisions. Other agencies and professionals are available to provide specific advice where needed.</p>
<p>Citizen's Advice Bureau Brentwood</p> <p>Tel: 08444 770808 Website: www.citizensadvice.org.uk/brentwoodcab Address: 8 - 12 Crown Street, Brentwood, Essex. CM14 4BA</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>Citizen's Advice Bureau Epping Forest District</p> <p>Tel: 0844 2571909 Website: www.citizensadviceefd.org.uk Address: Epping Office – Ernest Wythes House, 50a Hemnall Street, Epping, Essex. CM16 4LS</p> <p>Loughton Office – St Marys Parish Centre, High Road, Loughton, Essex. IG10 1BB</p> <p>Waltham Abbey Office – Side Entrance, Town Hall, Highbridge Street, Waltham Abbey, Essex. EN9 1DE</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>Citizen's Advice Bureau Harlow</p> <p>Tel: 0845 1203717 Website: www.harlowcitizensadvice.org.uk Address: 15-17 Westgate, The High, Harlow,</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>

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<p>Essex. CM20 1JP</p> <p>Citizen's Advice Bureau Uttlesford District</p> <p>Tel: 01799 618840 Website: www.uttlesfordcab.org.uk Address: Saffron Walden Office - Barnards Yard, Saffron Walden, Essex CB11 4EB</p> <p>Dunmow Office - The Chestnuts, Suite 8, 4 Stortford Road, Essex CM6 1DA</p> <p>Thaxted Office - Thaxted Community Information Centre, 7 Town Street, Thaxted, Essex CM6 2LD</p> <p>Stansted Mountfitchet Office - Spangles Children's Centre, Lower Street, Stansted Mountfitchet. CM24 8LR</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>Family Learning (Via Adult Community Learning)</p> <p>Tel: 0845 6037635 Email: bob.crosby@essex.gov.uk</p>	<p>Offer free short courses, working in partnership with schools, children's centres, charities and anyone who has links to families. Delivered on partner premises.</p> <ul style="list-style-type: none"> • Can cover a broad range of skills including; financial management, cooking on a budget, household financial management, clothing recycling, first aid, art & craft, cookery, keep-fit, active lifestyle, textiles, science, parenting and internet security for children. • Provide learning programmes for parents to show them how they can support their children's learning, attainment and development and improve their own skills. • Programmes are bespoke and planned to meet individual need, employability, health & wellbeing, funding and partner priorities. <p>Please call Bob to discuss further.</p>
<p>Jobcentre Plus Brentwood</p> <p>Tel: 0845 6043719 Address: Fairfield House, Fairfield Road, Brentwood, Essex. CM14 4SB</p>	<p>Benefits & employment advice</p>

Jobcentre Plus Harlow Tel: 0845 6043719 Address: Beaufort House, Crown Gate, Harlow, Essex. CM20 1NA	Benefits & employment advice
National Careers Service Tel: 0800 100900 Website: nationalcareersservice.direct.gov.uk	The National Careers Service provides information, advice and guidance to help you make decisions on learning, training and work opportunities. The service offers confidential and impartial advice. This is supported by qualified careers advisers. Read More...

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Family Conflict

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

Family Intervention Team (The Children's Society)

Tel: 01245 493311

Email: FIFreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

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

Areas Covered: West 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



RequestforEarlyHelp
WEST.docx

Kids Inspire (FIF 5)

Tel: 01245 348707

Email: sue@kidsinspire.org.uk

Website: kidsinspire.org.uk

Areas Covered: West 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.

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	 <p>RequestforEarlyHelp WEST.docx</p>
<p>Open Door (FIF 5)</p> <p>Tel: 01375 389882 Email: mentoring@opendoorservices.org Website: www.opendoorthurrock.co.uk Areas Covered: West Essex</p>	<p>Coaching (14+ and parents) & Mentoring (8+ & parents)</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>Parents and young people (over 13) may self-refer.</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>Coaching involves a semi structured process of questioning and reflection. Mentoring – is different to coaching in that a mentor is a guide or a positive role model who can help the mentee to find the right direction and who can help them to develop solutions to issues.</p>  <p>RequestforEarlyHelp WEST.docx</p>
<p>Essex Mediation Service</p> <p>Tel: 01279 311431 Email: info@essexmediation.co.uk Website: www.essexmediation.co.uk Address: Harlow Enterprise Hub, Edinburgh Way, Harlow, Essex CM20 2NQ Areas Covered: Essex-wide</p>	<p>Essex Mediation Service provides services for families and couples at any stage of breakdown or conflict. They are experienced in meeting the needs of clients by helping them deal with the practical and emotional impact on the individual and the family. Main offices are in Chelmsford, Colchester and Harlow; however appointments in other locations can be offered by arrangement.</p> <p>The Service is free if someone is on benefits and they have a very short waiting list – about 1-2 weeks.</p>

Relate North Essex & East Herts

Tel: 01245 258680

Email: admin@relate-northersex.org

Website: www.relate-northersex.org

Address: [Click for Address](#)

Services:

- [1 Hour Discussion](#)
- [Relationship Counselling](#)
- [Youth Counselling](#)
- [Family Counselling](#)
- [Separating Parent Information Programme \(SPIPs\)](#)
- [Life Skills](#)

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Family Hubs (Formerly Children's Centres)

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[Brentwood](#)

[Epping](#)

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[Uttlesford](#)

Brentwood

Larchwood Family Hub

Tel: 01277 374912

Email: ecfws.southessex@barnardos.org.uk

Webpage: www.essexcentre.info/Larchwood

Address: Larchwood Primary School, Larchwood Gardens, Pilgrims Hatch, Essex. CM15 9NG

Epping

Brambles Family Hub

Tel: 01992 575175

Email: ecfws.westessex@barnardos.org.uk

Webpage: www.essexcentre.info/Brambles

Address: Epping Library, St Johns Road, Epping, Essex. CM16 5DN

Hazelwood Delivery Site, Waltham Abbey

Tel: 01992 809059

Email: ecfws.westessex@barnardos.org.uk

Webpage: www.essexcentre.info/Hazelwood

Address: Hillhouse Primary School, Ninefields, Waltham Abbey, Essex. EN9 3EL

Little Oaks Delivery Site, Loughton

Tel: 02084 187904

Email: ecfws.westessex@barnardos.org.uk

Webpage: www.essexcentre.info/LittleOaks

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Address: Loughton Resource Centre, Torrington Drive, Loughton, Essex. IG10 3TD

Sunrise Outreach Site, Loughton

Tel: 02084 187904

Email: ecfws.westsex@barnardos.org.uk

Webpage: <http://www.essexcentre.info/Sunrise>

Address: Alderton School, Alderton Hall Lane, Loughton, Essex. IG10 3HE

True Stars Delivery Site, Chigwell

Tel: 02032 432086

Email: ecfws.westsex@barnardos.org.uk

Webpage: www.essexcentre.info/TrueStars

Address: The Limes Centre, Limes Farm, Chigwell, Essex. IG7 5LP

Harlow

Potter Street Delivery Site, Harlow

Tel: 01279 420587

Email: ecfws.westsex@barnardos.org.uk

Webpage: www.essexcentre.info/PotterStreet

Address: Carters Mead, Harlow, Essex. CM17 9EU

The Meadows Delivery Site, Harlow

Tel: 01279 773900

Email: ecfws.westsex@barnardos.org.uk

Webpage: www.essexcentre.info/TheMeadows

Address: Harberts Road, Harlow, Essex. CM19 4DL

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Treehouse Family Hub

Tel: **01279 772600**

Email: ecfws.westsex@barnardos.org.uk

Webpage: www.essexcentre.info/TreeHouseHarlow

Address: **Parnall Road, Harlow, Essex. CM18 7NG**

Uttlesford

Little Goslings Delivery Site, Great Dunmow

Tel: **01371 878494**

Email: ecfws.westsex@barnardos.org.uk

Webpage: www.essexcentre.info/LittleGoslings

Address: **North Street, Great Dunmow, Essex. CM6 1AZ**

Spangles Family Hub

Tel: **01279 812348**

Email: ecfws.westsex@barnardos.org.uk

Webpage: www.essexcentre.info/Spangles

Address: **Lower Street, Off Chapel Hill, Stansted Mountfitchet, Essex. CM24 8LR**

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Financial Concerns

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Brentwood District Council

Tel: 01277 312500

Email: enquiries@brentwood.gov.uk

Website: www.brentwood.gov.uk

Benefits and debt advice

Buttle UK

Tel: 02078 287311

Email: info@buttleuk.org

Website: www.buttleuk.org

Areas Covered: **Nationwide**

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

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

Direct support is based on individual need, either to overcome immediate crisis or ensure the best possible chance of a successful education. A grant could be for a bed so a child no longer has to share with a sibling, and has a better night's sleep to help them concentrate in class. Or to fund a place at boarding school for a 13 year old with alcoholic parents, where they can get the structure and support missing at home.

We also look at more strategic ways to improve the life chances of those we help, by influencing opinion formers, policy makers and practitioners. We do this through research projects, as well as initiatives like our Quality Mark for Care Leavers in Further and Higher Education.

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

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

Christians Against Poverty

Tel: 0800 3280006

Email: harlow@cap.org

Website: www.capuk.org

This organization offers free debt counselling and will give face to face support in the home.

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<p>Areas Covered: Nationwide</p>	
<p>Citizen's Advice Bureau Brentwood</p> <p>Tel: 08444 770808 Website: www.citizensadvice.org.uk/brentwoodcab Address: 8 - 12 Crown Street, Brentwood, Essex. CM14 4BA</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>Citizen's Advice Bureau Epping Forest District</p> <p>Tel: 0844 2571909 Website: www.citizensadviceefd.org.uk Address: Epping Office – Ernest Wythes House, 50a Hemnall Street, Epping, Essex. CM16 4LS</p> <p>Loughton Office – St Marys Parish Centre, High Road, Loughton, Essex. IG10 1BB</p> <p>Waltham Abbey Office – Side Entrance, Town Hall, Highbridge Street, Waltham Abbey, Essex. EN9 1DE</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>Citizen's Advice Bureau Harlow</p> <p>Tel: 0845 1203717 Website: www.harlowcitizensadvice.org.uk Address: 15-17 Westgate, The High, Harlow, Essex. CM20 1JP</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>Citizen's Advice Bureau Uttlesford District</p> <p>Tel: 01799 618840 Website: www.uttlesfordcab.org.uk Address: Saffron Walden Office - Barnards Yard, Saffron Walden, Essex CB11 4EB</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>

<p>Dunmow Office - The Chestnuts, Suite 8, 4 Stortford Road, Essex CM6 1DA</p> <p>Thaxted Office - Thaxted Community Information Centre, 7 Town Street, Thaxted, Essex CM6 2LD</p> <p>Stansted Mountfitchet Office - Spangles Children's Centre, Lower Street, Stansted Mountfitchet. CM24 8LR</p>	
<p>Epping District Council</p> <p>Tel: 01992 564288 Email: contactus@eppingforestdc.gov.uk Website: www.eppingforestdc.gov.uk Address: Civic Offices, High Street, Epping, Essex CM16 4BZ</p>	<p>Benefits and debt advice.</p>
<p>Essex Connects Online Directory</p> <p>Website: essexconnects.org.uk</p>	<p>Essex Connects is a searchable directory to help you to get in touch with hundreds of local charities, voluntary groups, and community sector services, based in Braintree, Chelmsford, Colchester, Maldon, Uttlesford, Epping and Harlow.</p>
<p>Family Learning (Via Adult Community Learning)</p> <p>Tel: 0845 6037635 Email: bob.crosby@essex.gov.uk</p>	<p>Offer free short courses, working in partnership with schools, children's centres, charities and anyone who has links to families. Delivered on partner premises.</p> <ul style="list-style-type: none"> • Can cover a broad range of skills including; financial management, cooking on a budget, household financial management, clothing recycling, first aid, art & craft, cookery, keep-fit, active lifestyle, textiles, science, parenting and internet security for children. • Provide learning programmes for parents to show them how they can support their children's learning, attainment and development and improve their own skills. • Programmes are bespoke and planned to meet individual need, employability, health & wellbeing, funding and partner priorities. <p>Please call Bob to discuss further.</p>
<p>Freecycle</p> <p>Website: uk.freecycle.org</p>	<p>This is a website where people give and get free items in their towns in an effort to keep good things out of landfills.</p>

<p>Harlow District Council</p> <p>Tel: 01279 446655 Email: contact@harlow.gov.uk Website: www.harlow.gov.uk Address: Civic Centre, Water Gardens, Harlow, Essex. CM20 1WG</p>	<p>Benefits and debt advice</p>
<p>Harlow Foodbank</p> <p>Tel: 01279 724515 Email: harlowfoodbank@mrct.org.uk Website: www.mrct.org.uk/foodbank Address: MRCT, The Rainbow Centre, 2 Wych Elm, Harlow, Essex CM20 1QP</p>	<p>Giving nutritionally balanced emergency food to people in crisis who have nowhere else to turn</p>
<p>Lighthouse Furniture Project</p> <p>Tel: 01277 222050 Website: www.lighthousefurniture.org Address: 27 Tallon Road, Hutton, Brentwood, Essex. CM13 1TE</p>	<p>What we do Prevent reusable items going to landfill and re-use them to help those in need by providing good quality second-hand furniture and household items at affordable prices. Read More...</p>
<p>Payplan</p> <p>Tel: 0800 2802816 Tel (for Mobiles): 0207 7608980 Email: Via Website Website: www.payplan.com</p>	<p>Payplan offers a fresh approach to dealing with financial difficulties. We are proud to be the UK's largest provider of free debt solutions, including free debt management plans and Individual Voluntary Arrangements or IVAs.</p>
<p>Turn2us</p> <p>Tel: 0808 8022000 Email: info@turn2us.org.uk Website: www.turn2us.org.uk</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"> • Benefits Calculator • Grants Search •

Uttlesford District CouncilTel: **01799 510335**Email: benefits@uttlesford.gov.ukWebsite: www.uttlesford.gov.ukAddress: **London Road, Saffron Walden, Essex.
CB11 4ER**

Benefits and debt advice

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Housing Concerns

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Brentwood District Council Tel: 01277 312500 Email: enquiries@brentwood.gov.uk Website: www.brentwood.gov.uk	Housing information and advice.
Citizen's Advice Bureau Brentwood Tel: 08444 770808 Website: www.citizensadvice.org.uk/brentwoodcab Address: 8 - 12 Crown Street, Brentwood, Essex. CM14 4BA	The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.
Citizen's Advice Bureau Epping Forest District Tel: 0844 2571909 Website: www.citizensadviceefd.org.uk Address: Epping Office – Ernest Wythes House, 50a Hemnall Street, Epping, Essex. CM16 4LS Loughton Office – St Marys Parish Centre, High Road, Loughton, Essex. IG10 1BB Waltham Abbey Office – Side Entrance, Town Hall, Highbridge Street, Waltham Abbey, Essex. EN9 1DE	The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.
Citizen's Advice Bureau Harlow Tel: 0845 1203717 Website: www.harlowcitizensadvice.org.uk Address: 15-17 Westgate, The High, Harlow, Essex. CM20 1JP	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.

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<p>Citizen's Advice Bureau Uttlesford District</p> <p>Tel: 01799 618840 Website: www.uttlesfordcab.org.uk Address: Saffron Walden Office - Barnards Yard, Saffron Walden, Essex CB11 4EB</p> <p>Dunmow Office - The Chestnuts, Suite 8, 4 Stortford Road, Essex CM6 1DA</p> <p>Thaxted Office - Thaxted Community Information Centre, 7 Town Street, Thaxted, Essex CM6 2LD</p> <p>Stansted Mountfitchet Office - Spangles Children's Centre, Lower Street, Stansted Mountfitchet. CM24 8LR</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>Epping District Council</p> <p>Tel: 01992 564288 Email: contactus@eppingforestdc.gov.uk Website: www.eppingforestdc.gov.uk</p>	<p>Housing information and advice.</p>
<p>Essex Connects Online Directory</p> <p>Website: essexconnects.org.uk</p>	<p>Essex Connects is a searchable directory to help you to get in touch with hundreds of local charities, voluntary groups, and community sector services, based in Braintree, Chelmsford, Colchester, Maldon, Uttlesford, Epping and Harlow.</p>
<p>Family Learning (Via Adult Community Learning)</p> <p>Tel: 0845 6037635 Email: bob.crosby@essex.gov.uk</p>	<p>Offer free short courses, working in partnership with schools, children's centres, charities and anyone who has links to families. Delivered on partner premises.</p> <ul style="list-style-type: none"> • Can cover a broad range of skills including; financial management, cooking on a budget, household financial management, clothing recycling, first aid, art & craft, cookery, keep-fit, active lifestyle, textiles, science, parenting and internet security for children. • Provide learning programmes for parents to show them how they can support their children's learning, attainment and development and improve their own skills.

	<ul style="list-style-type: none"> • Programmes are bespoke and planned to meet individual need, employability, health & wellbeing, funding and partner priorities. <p>Please call Bob to discuss further.</p>
<p>Family Mosaic Tel: 01268 498500 or 0800 2888883 Email: efsc-ordinator@familymosaic.co.uk Website: www.familymosaic.co.uk Address: Pembroke House, 11 Northlands Pavement, Pitsea, Essex SS13 3DU Areas Covered: Brentwood, Epping, Harlow, Uttlesford</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.</p> <ul style="list-style-type: none"> • What Support we Provide
<p>Harlow District Council Tel: 01279 446655 Email: contact@harlow.gov.uk Website: www.harlow.gov.uk Address: Civic Centre, Water Gardens, Harlow, Essex. CM20 1WG</p>	<p>Housing information and advice</p>
<p>Moat Tel: 0300 3230011 Email: customer@moat.co.uk Website: www.moat.co.uk Areas Covered: Harlow</p>	<p>Moat is a housing association employing over 300 people and providing affordable homes in thriving communities for people in the South East. For over forty years, we've delivered high quality general needs homes for affordable rent, retirement housing, and independent living, and we have a strong affordable home ownership offer.</p> <p>Read More...</p>
<p>Nacro Epping Single Homeless Project Tel: 01279 443303 Address: Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR Mental Health Service - West Essex Tel: 01279 443303 Address: Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR Website: www.nacro.org.uk</p>	<p>Epping Single Homeless Project provides supported accommodation within the Epping Forest district. The project helps young people aged 16-18, 19-21 and 22+ to further establish, maintain and develop their independent living skills.</p> <p>The accommodation provision varies from shared accommodation to single units.</p> <p>Nacro Mental Health Service - West Essex offers accommodation and support for people with mental health problems aged from 16 to 64. Our focus is to support people to develop independent life skills, grow in confidence, take control of their lives and their mental health condition, and to break the cycle of hospitalisation and homelessness.</p> <p>Triangle Tenancy Service is a partnership with Westminster Drugs Project and Essex</p>

<p>Triangle Tenancy Service Tel: 01279 413314 Address: Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR</p>	<p>County Council that provides housing and intensive housing management support to homeless offenders and other with substance misuse issues.</p>
<p>Shelter Tel: 0808 800 4444 Email: info@shelter.org.uk Website: shelter.org.uk</p>	<p>Shelter is a charity that works to alleviate the distress caused by homelessness and bad housing. 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>Uttlesford District Council Tel: 01799 510335 Email: housingadmin@uttlesford.gov.uk Website: www.uttlesford.gov.uk Address: London Road, Saffron Walden, Essex. CB11 4ER</p>	<p>Housing information and advice</p>
<p>Your Living Room Tel: 07710 709637 – Danny Tel: 07710 709635 – Harry Tel: 07710 709632 – Diane Email: danny@yourlivingroomcic.co.uk - Danny Email: harry@yourlivingroomcic.co.uk - Harry Email: diane@yourlivingroomcic.co.uk - Diane Website: yourlivingroomcic.co.uk</p>	<p>'Your Living Room' delivers a service that is accessible to all and that exists to make homes as functional, comfortable and organised as possible, according to the preferences and personality of the individual client. We aim to improve their quality of life and maintain their dignity at all times. Read More</p>

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Legal

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

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Rights of Women

Tel: **0207 2516575**

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

Website: rightsofwomen.org.uk

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

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Lonely/Isolated, Socially Alienated

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<p>The Box</p> <p>Tel: 01992 577300 Website: www.theboxepping.org.uk Address: 134 High Street, Epping, Essex. CM16 4AG Areas Covered: Epping</p>	<p>The Box aims to meet the needs of young people in the Epping area by providing:</p> <ul style="list-style-type: none">• A Safe, Attractive Social Space for Young People The Box provides a safe and attractive space for young people to meet and relax with their friends, take part in activities, and try something new.• A Confidential Counselling Service The Box counselling service provides a safe, confidential space for young people to express and explore emotions with our qualified counsellor.
<p>Childline</p> <p>Tel: 0800 1111 Website: www.childline.org.uk</p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p>Essex Advocacy</p> <p>Tel: 0300 3435736 Text: SEAP (followed by your message) to 80800 Email: info@essexadvocacy.org.uk Website: www.essexadvocacy.org.uk</p>	<p>Essex Advocacy is specialist service which supports people who are most vulnerable, or who find themselves at a particularly challenging point in their lives.</p> <p>Our professional advocates enable people without the right support around them to have their voice heard when:</p> <ul style="list-style-type: none">• Decisions are being taken about their health and social care• Support is needed to make informed choices about their life• They wish to make a complaint about NHS care or treatment
<p>Essex Boys and Girls Clubs</p> <p>Head Office Tel: 01245 264783 Website: www.essexboysandgirlsclubs.org Address: Harway House, Rectory Lane Chelmsford, Essex. CM1 1RQ</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">• The Clubs• Projects

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<p>Essex Youth Service (Targeted Team)</p> <p>Tel: 01279 404511 Mobile: 07919 624809 Email: rita.morgan@essex.gov.uk Address: Goodman House, Station Approach, Harlow, Essex. CM20 2ET Areas Covered: West Essex</p>	<p>PLEASE ADVISE SCHOOL PROFESSIONALS THAT THERE IS A CHARGE FOR SCHOOLS TO REFER.</p> <p>The Essex Youth Service Targeted Team supports young people through one to one and through group work Interventions. We work with young people 13-19yrs and up to 25yrs if they have a recognised special need. We work for a period of 3 months, identifying the barriers they need to overcome in order to move forward successfully in their lives. This could include improving attendance in education, post 16 options, accessing positive activities, increasing self-esteem and confidence and taking personal responsibility whilst building resilience. An action plan is agreed in consultation with the young person and they are encouraged to follow through with actions set.</p> <p>We understand that young people may not feel they need to change or not be ready to accept change, however if they are willing to explore areas of their life, this is when change can occur. The young person needs to be clear about the expectation on them to engage readily with the Targeted Youth Adviser and want to explore their challenges, opportunities and make change as required. We use a range of resources to support young people and where appropriate refer to other services and agencies for more specialised support.</p>
<p>NSPCC</p> <p>Tel: 0808 8005000 Website: www.nspcc.org.uk</p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p>Relate North Essex & East Herts</p> <p>Tel: 01245 258680 Email: admin@relate-northersex.org Website: www.relate-northersex.org Address: Click for Address</p>	<p>Services:</p> <ul style="list-style-type: none"> • 1 Hour Discussion • Relationship Counselling • Youth Counselling • Family Counselling • Separating Parent Information Programme (SPIPs) • Life Skills

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Mental Health

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Kids Inspire (FIF 5)

Tel: 01245 348707

Email: sue@kidsinspire.org.uk

Website: kidsinspire.org.uk

Areas Covered: **West 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.



RequestforEarlyHelp
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Brentwood Catholic Children's Society

Tel: 01268 784544

Email: headoffice@bccs.org.uk

Website: www.bccs.org.uk

Address: **Childcare House, Little Wheatley Chase, Rayleigh, Essex. SS6 9EH**

£50 per hour charge for service

Brentwood Catholic Children's Society provides counselling for children and young adults up to the age of eighteen, regardless of their beliefs, together with their families, who could be experiencing emotional difficulties.

[Read More](#)

The Box

Tel: 01992 577300

Address: **134 High Street, Epping, Essex CM16 4AG**

Website: www.theboxepping.org.uk

Areas Covered: **Epping**

The Box aims to meet the needs of young people in the Epping area by providing:

- **A Confidential Counselling Service**

The Box counselling service provides a safe, confidential space for young people to express and explore emotions with our qualified counsellor.

Childline

Tel: 0800 1111

Website: www.childline.org.uk

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

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Emotional Wellbeing and Mental Health Service (EWMHS)

Tel: **03003 001600**

Email: ewmhs@nelft.nhs.uk

Website: www.nelft.nhs.uk

From 1 November 2015, call 0300 300 1600 to access the EWMHS during working hours 9am-5pm, Monday to Friday.

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.

Accessible 24 hours per day, 365 days of the year for all young people across Southend, Essex and Thurrock.

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.

The service is also for young people with special educational needs (SEN) up to the age of 25.

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.



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Essex Advocacy

Tel: **0300 3435736**

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

Email: info@essexadvocacy.org.uk

Website: www.essexadvocacy.org.uk

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

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

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

Multisystemic Therapy (MST) – South & West Essex

Tel: **01268 728287**

Mobile: **07860 758777**

Address: **Basildon Enterprise Centre, 33 Noble**

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.

Research on MST, over the past 30 years, has shown its effectiveness in:

- Promoting parenting competencies

<p>Square, Burnt Mill Industrial Estate, Basildon, Essex SS13 1LT Areas Covered: South & West Essex</p>	<ul style="list-style-type: none"> • Improving young people’s problem-solving skills • Reducing truancy and involvement with negative peers • Decreasing adolescent substance abuse • Promoting involvement of support networks • Reducing out-of-home placements and re-arrest rates <p>Young people suitable for MST are:</p> <ul style="list-style-type: none"> • Between the ages of 11 – 16 years and live at home or with a custodial parent or main caregiver • At risk of entry to care and custody, involved with court system • Living with other young offenders • Having drug and alcohol problems, as well as school related problems • Displaying aggressive behaviours <p>Young people NOT suitable are those:</p> <ul style="list-style-type: none"> • Living independently • With current suicidal, homicidal and psychotic problems • Who are juvenile sex offenders <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>Nacro Mental Health Service - West Essex</p> <p>Tel: 01279 443303 Address: Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR Website: www.nacro.org.uk</p>	<p>Nacro Mental Health Service - West Essex offers accommodation and support for people with mental health problems aged from 16 to 64. Our focus is to support people to develop independent life skills, grow in confidence, take control of their lives and their mental health condition, and to break the cycle of hospitalisation and homelessness.</p>
<p>NSPCC</p> <p>Tel: 0808 8005000 Website: www.nspcc.org.uk</p>	<p>A 24 hour free confidential helpline for children and young people.</p>

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<p>Relate North Essex & East Herts</p> <p>Tel: 01245 258680 Email: admin@relate-northersex.org Website: www.relate-northersex.org Address: Click for Address</p>	<p>Services:</p> <ul style="list-style-type: none"> • 1 Hour Discussion • Relationship Counselling • Youth Counselling • Family Counselling • Separating Parent Information Programme (SPIPs) • Life Skills
<p>The Samaritans</p> <p>Tel: 08457 909090 Website: www.samaritans.org Areas Covered: Nationwide</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>West Essex Mind</p> <p>Tel: 01279 421308 Tel: 01279 876641 (Talking Therapies) Email: admin@westessexmind.org.uk Website: www.westessexmind.org.uk</p>	<p>We provide information and support to anyone who is affected by mental health problems, primarily in West Essex. Read More</p>
<p>YCT Counselling</p> <p>Tel: 01279 414090 Txt: 07956 887921 Email: admin@yctsupport.com Website: www.yctsupport.com</p>	<p>YCT is a counselling and therapeutic charity working with 5 – 25 year olds offering counselling, group support, drama/art therapy, play therapy/theraplay, group programmes (relationships, risky behaviours, exam stress, self-esteem, aspirations etc.) the Forest School programme, workshops, training and family work. In addition we offer training, consultancy, clinical supervision and counselling to those working with children and young people.</p> <p>YCT works in the community with many different organisations, and in education settings including primary/secondary schools, academies, colleges, specialist schools and alternative education settings. We work across Essex, Herts and North London.</p>
<p>Young Minds Helpline</p> <p>Tel: 0808 8025544 (Parents Helpline) Tel: 0207 0895050 (General Enquiries) Email: parents@youngminds.org.uk (For Parents) Email: ymentquiries@youngminds.org.uk (General Enquiries)</p>	<p>Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.</p> <p>We also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications</p>

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Website: www.youngminds.org.uk	
Your Living Room Tel: 07710 709637 – Danny Tel: 07710 709635 – Harry Tel: 07710 709632 – Diane Email: danny@yourlivingroomcic.co.uk - Danny Email: harry@yourlivingroomcic.co.uk - Harry Email: diane@yourlivingroomcic.co.uk - Diane Website: yourlivingroomcic.co.uk	'Your Living Room' delivers a service that is accessible to all and that exists to make homes as functional, comfortable and organised as possible, according to the preferences and personality of the individual client. We aim to improve their quality of life and maintain their dignity at all times. Read More

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Parental Routine/Boundaries

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The Children's Society (FIF 5)

Tel: 01245 493311

Email: fifreferrals@childrenssociety.org.uk

Fax: 01245 491400

Website: www.childrenssocietyeast.org.uk

Areas Covered: West Essex

Parenting Support

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

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

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

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

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



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Childcare Family Information Service

Find a childcare provider in Essex

Website: www.essex.gov.uk/fis

Family Learning (Via Adult Community Learning)

Offer free short courses, working in partnership with schools, children's centres, charities and anyone who has links to families.

Delivered on partner premises.

Tel: 0845 6037635

Email: bob.crosby@essex.gov.uk



- Can cover a broad range of skills including; financial management, cooking on a budget, household financial management, clothing recycling, first aid, art & craft, cookery, keep-fit, active lifestyle, textiles, science, parenting and internet security for children.
- Provide learning programmes for parents to show them how they can support their children's learning, attainment and development and improve their own skills.
- Programmes are bespoke and planned to meet individual need, employability, health & wellbeing, funding and partner priorities.

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	Please call Bob to discuss further.
Family Lives Parents Helpline and Website Tel: 0808 8002222 Tel (Essex Office): 01702 554782 Website: www.familylives.org.uk Address: Endway House, Endway, Hadleigh, Essex SS7 2AN	Leading Charity providing a range of free services to support families including a 24/7 helpline <ul style="list-style-type: none"> • Parents Together Online
Harlow Child Contact Centre (Freshwaters) Tel: 01279 450220 Email: freshwaters.cc@virgin.net Address: Administrator, Unit 34 New House, 67-68 Hatton Garden, London. EC1N 8JY	<ul style="list-style-type: none"> • Opening Times: Saturdays weekly 10am to 12 noon • Centre charges: No charge for service but donations welcome • Does not accept self-referrals • Supported contact available • Handover available • Accredited for supported contact
Home-Start Brentwood Tel: 01277 263325 Email: homestart@freenetname.co.uk Website: homestart-brentwood.org.uk Address: Larchwood Gardens Children's Centre, Larchwood Gardens, Brentwood, Essex. CM15 9NG	Home-Start Brentwood offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives. <p>Find out more about the support Home-Start Brentwood offers...</p>
Home-Start Harlow Tel: 01279 451669 Email: homestarharlow@btconnect.com Website: www.homestarharlow.org.uk Address: The Latton Bush Centre, Southern Way, Harlow, Essex. CM18 7BL	Home-Start Harlow offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives. <p>Find out more about the support Home-Start Harlow offers...</p>

<p>Home-Start Uttlesford</p> <p>Tel: 01799 520728 Email: admin@homestartuttlesford.org.uk Website: www.homestartuttlesford.org.uk Address: Council Offices, London Road, Saffron Walden, Essex. CB11 4ER</p>	<p>Home-Start Uttlesford offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.</p> <p>Find out more about the support Home-Start Uttlesford offers...</p>
<p>InterAct</p> <p>Tel: 01245 608201 Fax: 01245 608310 Email: training@interact.org.uk Website: www.interact.org.uk Address: Moulsham Mill, Parkway, Chelmsford, Essex. CM2 7PX</p>	<p>InterAct enables disadvantaged people and groups to improve their lives and communities. Providing training, resources, experience and support to those with mental health issues and learning difficulties.</p> <p>We are committed to providing social inclusion opportunities, and provide a range of services which 'help others to help themselves'.</p> <p>Based at Moulsham Mill in Chelmsford, InterAct reaches out to cover the entire county of Essex.</p>
<p>Loughton Child Contact Centre (The Tower Room)</p> <p>Tel: 0208 5023071 or 07958 117987 Email: pamelaokonkwo@btinternet.com Address: Co-ordinator, The Methodist Church, 260 High Road, Loughton, Essex. IG10 1RB</p>	<p>Opening Times: Saturdays fortnightly 10am to 12 noon Centre charges: No charge for service Accepts self-referrals Supported contact available Handover available Accredited for supported contact</p>
<p>Named Nurse Safeguarding Children Team</p> <p>Epping Forest – Anita Root Harlow – Rebecca Woollams Uttlesford – Tansy Cadman Tel: 01279 694940</p>	<p>Dedicated health team for child protection concerns for practitioners working within SEPT</p>
<p>National Association of Child Contact Centres</p> <p>Website: www.naccc.org.uk</p>	<p>Child contact centres and services are neutral places where children of separated families can enjoy contact with their non-resident parents and sometimes other family members, in a comfortable and safe environment.</p> <p>Local Centres Harlow</p>

	<p>Loughton</p>
<p>Netmums</p> <p>Website: www.netmums.com</p>	<p>Drop in Clinic</p> <p>Our Drop in Clinic is the online equivalent of a Baby Clinic. We run it with the help of Unite/CPHVA and help about 700 mums each month. Mums post about a wide variety of topics from suffering with PND or with a child with special needs, to day to day concerns regarding parenting, their relationships and coping with life in general. One of our trained Health Visitors will be online between 9am and 12 noon Monday to Friday and from 7.30pm to 9.30pm every evening. Visit Drop in Clinic Here</p> <p>Online Courses</p> <ul style="list-style-type: none"> • Helping with Depression • Parenting Course • Better Together Relationship Course • Making Mums Happy • Pregnancy Course • Health, Happy Family Eating
<p>Special Guardianship Support Services</p> <p>Tel: 03330 139860 Email: sgo.support@essex.gov.uk Address: Essex County Council, SGO Support Team, PO Box 11, County Hall, Chelmsford, Essex. CM1 1QH</p>	<p>We are here for special guardianship families who may need specialist support on issues they may face whilst their child is growing up. Every family has a few problems along the way and special guardianship families do as well.</p> <p>To find out whether our service is the right one for you we will do an assessment. There is no automatic entitlement to services but together we will explore what is available to meet your needs. This may be either through us or another service/agency.</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div data-bbox="813 1133 1041 1257" style="text-align: center;">  Special Guardianship Support Services Leaflet </div> <div data-bbox="1108 1133 1288 1257" style="text-align: center;">  Prospective SGs booklet.pdf </div> </div>

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Safeguarding

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Essex Safeguarding Children Board (ESCB)

Tel: 03330 138936

Email: escb@essex.gov.uk

Website: www.escb.co.uk

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

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

[Find out more about the ESCB](#)

Local Authority Designated Officer (LADO)

Tel: 03330 139797

Email: childrens.safeguarding@essex.gov.uk

The role of the Local Authority Designated Officer is to:

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

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Sexual Abuse/CSE

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Centre for Action on Rape & Abuse (CARA)

Tel: 01206 769795

Email: info@caraessex.org.uk

Website: www.caraessex.org.uk

Address: PO Box 548, Colchester, Essex. CO1 1YP

Areas Covered: Mid & North Essex

CARA is a confidential support service run by women for women children and young people of both genders under the age of 19 who have suffered any form of sexual violence, past or present.

We provide formal counselling for rape and sexual assault, including child sexual abuse.

We also offer an advocacy service and can accompany women to the police, to court, to the GUM clinic, or to other meetings if they request it.

We are continually looking at other ways in which we can expand our services, if possible or appropriate.

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

Telephone: 01245 493311

Email: CSE.referrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

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

Areas Covered: Essex-Wide

www.childrenssocietyeast.org.uk/care

The CARE team provides specialist support to children and young people aged 8-24 years who are victims or at risk of Child Sexual Exploitation (CSE) across Essex.

Methods of service delivery include:

- **One to one intensive support**

Individual therapeutic work with children and young people to provide support and understanding to ensure they receive a needs led service, helping them to move forward, increase their emotional wellbeing and keep them safe.

- **Targeted group work sessions**

Young people identified to be at risk of child sexual exploitation will have access to our 8 week targeted therapeutic group work provision.

- **Positive activities**




A positive activities programme led by young people will develop social skills and confidence.

- **Parenting support**

Advice and guidance for parents and carers, enabling them to provide safe environments within the family context. We also provide signposting and can work with transitioning families into additional support where required.

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	 Children's Society C.A.R.E.pdf
Childline Tel: 0800 1111 Website: www.childline.org.uk	A 24 hour free confidential helpline for children and young people.
CSE Risk Assessment & Information Reporting Email: Intelligence-AIUIinbox@essex.pnn.police.uk Email: 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 <u>Harlow</u> 70922 Gemma Sunderland Email: 42070922@essex.pnn.police.uk Ext: 300140 <u>Brentwood & Epping</u> 74030 Neil Ross Email: 42074030@essex.pnn.police.uk Ext: 313607 <u>Uttlesford</u> 73656 Andy Holmes Email: 42073656@essex.pnn.police.uk Ext: 400336	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	The responsibility of the Missing Person Liaison Officers (MPLO) is to maintain a

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<p><u>Brentwood, Epping & Harlow</u> 76632 Sharon McDonald Email: 42076632@essex.pnn.police.uk Ext: 300140</p> <p><u>Uttlesford</u> 76433 Anneliese Skinner Email: 42076433@essex.pnn.police.uk Ext: 202202</p>	<p>comprehensive overview of missing people within a defined area in order to identify those who are at risk of significant harm and to co-ordinate the response from Essex Police and its partners, so as to reduce the likelihood of harm occurring to vulnerable people. There are 10 MPLOs; one for each Essex Police District Policing Area.</p>
<p>Lucy Faithfull Foundation</p> <p>Helpline Tel: 0808 1000 900 Internet Services: 01372 847160 Website: www.lucyfaithfull.org.uk</p>	<p>The Lucy Faithfull Foundation (LFF) is the only UK-wide child protection charity dedicated solely to reducing the risk of children being sexually abused. We work with families that have been affected by sexual abuse including: adult male and female sexual abusers; young people with inappropriate sexual behaviours; victims of abuse and other family members.</p>
<p>Named Nurse Safeguarding Children Team</p> <p>Epping Forest – Anita Root Harlow – Rebecca Woollams Uttlesford – Tansy Cadman Tel: 01279 694940</p>	<p>Dedicated health team for child protection concerns for practitioners working within SEPT</p>
<p>NSPCC</p> <p>Tel: 0808 8005000 Website: www.nspcc.org.uk</p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p>PACE (Parents Against Child Sexual Exploitation)</p> <p>Tel: 0113 2405226 Email: Via Website Website: www.paceuk.info</p>	<p>Pace works alongside parents and carers of children who are – or are at risk of being – sexually exploited by perpetrators external to the family. We offer guidance and training to professionals on how child sexual exploitation affects the whole family.</p> <p>For Parents 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. Read More...</p> <p>For Professionals Pace has a long history of working collaboratively with the police and social</p>

	<p>services and looks forward to further cooperation with more agencies. We offer training and guidance as well as accept referrals from those working with affected families who could benefit from independent parent support. Read More...</p> <p>Keep them safe: an interactive CSE learning tool Keep them safe is a free online learning tool from Pace and Virtual College which has been accessed by more than 29,000 parents and professionals (as of March 2016). Read More...</p>
<p>Parents Protect Website</p> <p>Tel: 0808 1000900 (Stop it Helpline) Email: help@stopitnow.org.uk Website: www.parentsprotect.co.uk</p>	<p>This website is an information and resources website which aims to raise awareness about child sexual abuse, answer questions and give adults the information, advice, support and facts, they need to help protect children.</p> <p>If you want to ask a question or talk through any issues or concerns, call the Stop it Now! Confidential, Freephone helpline on 0808 1000 900.</p> <p>The helpline is available from 9am-9pm Monday to Thursday and 9am-5pm Fridays. Alternatively you can contact us for help and advice via email.</p>
<p>SERICCC (South East Rape & Incest Crisis Centre)</p> <p>Tel: 01375 380609 Email: sericc@sericc.org.uk Website: www.sericc.org.uk</p>	<p>SERICCC 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. More Information</p>
<p>Sexual Assault Referral Centre (SARC)</p> <p>Tel: 01277 240620 Website: www.oakwoodplace.org.uk</p>	<p>A Sexual Assault Referral Centre (SARC) provides services to victims of rape or sexual assault regardless of whether the victim reports the offence to the police or not.</p> <p>SARCs are designed to be comfortable and multi-functional, providing private space for interviews and examinations, and some may also offer counselling services. Sexual Assault Referral Centres have specialist staff that are trained to help you make informed decisions about what you want to do next.</p> <div style="text-align: center;">  SARC pathway V2 Sept 2014.pdf </div>

<p>Survivors UK</p> <p>Tel: 0203 5983898 Email: info@survivorsuk.org Website: www.survivorsuk.org</p>	<p>Help for men who have been sexually abused or raped</p>
<p>Synergy Essex</p> <p>Tel: 0300 0037777 Email: support@synergyessex.org.uk Website: synergyessex.org.uk</p>	<p>Synergy Essex is the partnership of Essex Rape Crisis Centres and provides support and information to anyone who has been sexually abused or raped, or who has been affected by sexual violence at any time in their lives.</p> <p>You can call us and speak to a First Contact Navigator to find out more about our services or you can contact our centres directly.</p> <p>Services offered across Essex include:</p> <ul style="list-style-type: none"> • One-to-one sexual violence counselling and emotional support for adults and children, supporters and carers • Independent Sexual Violence Advisers and specialist advocacy • Training and consultancy
<p>Web based support for Parents and Young people</p>	<p>www.thinkuknow.co.uk website that deals with internet safety and online child protection. There is an area for children and parents based upon age and understanding.</p> <p>www.internetmatters.org This is funded by internet companies and gives parents an idea on how to protect their children when they are using internet enabled devices. There are also articles on topics such as online grooming, cyberbullying and also information on e-safety.</p> <p>www.ceop-police.uk The Child Exploitation and Online Protection Centre (CEOP) works across the UK tackling child sex abuse and providing advice for parents, young people and children. Any concerns around online abuse can be reported on the site.</p> <p>www.nspcc.org UK Information for parents about how to keep children safe.</p> <p>www.childnet.com Childnet's mission is to work in partnership with others around the world to help make the internet a great and safe place for children. We work</p>

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 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 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.

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Substance Misuse

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ADAS (West Essex Alcohol & Drug Service)

Tel: 01279 641347 / 01279 438716

Email: admin@adasuk.org

Website: www.adasuk.org

ADAS aims to work in partnership to support individuals and families affected by alcohol and drug misuse to enable them to make positive lasting changes which improve the quality of their lives.

- [Child & Family](#)
- [Community Alcohol Service](#)
- [Counselling](#)
- [Satellite Services](#)
- [Service User Group](#)
- [Recovery Activities](#)

AL-ANON Family Groups & ALATEEN

Tel: 02074 030888

Email: enquiries@al-anonuk.org.uk

Website: www.al-anonuk.org.uk

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

Areas Covered: Nationwide

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

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

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

Essex Young People's Drug and Alcohol Service

Tel: 01245 493311

Email: eypdas@childrenssociety.org.uk

Website:

www.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

Talk to Frank offers advice and information on drug related issues

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<p>Text: Your question and FRANK to 82111 Email: Via Website Website: www.talktofrank.com</p>	
<p>M-Pact (Moving Parents and Children Together)</p> <p>Essex Co-ordinator: Sigrid Doktorowski-Smith Tel: 01376 349237 Email: sigrid.doktorowski-smith@actiononaddiction.org.uk Website: www.actiononaddiction.org.uk/For-Families/M-Pact-Programme Website: openroad.org.uk/what_we_do/m_pact Areas Covered: Essex-wide</p>	<p>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.</p> <p>The programme offers a 'Whole Family Approach', working with parents and children from up to eight families at any one time in different group combinations.</p> <p>The programme is made up of 10 sessions; this includes an individual family assessment, eight consecutive weekly core sessions and a family review session. The programme is run by experienced professionals who work with the young people and parents to reduce the harmful impact that parental substance misuse and addiction has on family life.</p> <p>Please note that access to the M-Pact programme is dependent on having an appropriate number of families in the area to work with, please advise professionals to contact the Essex co-ordinator for further information.</p>
<p>Nacro</p> <p>Website: www.nacro.org.uk</p> <p>Triangle Tenancy Service Tel: 01279 413314 Address: Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR</p>	<p>Triangle Tenancy Service is a partnership with Westminster Drugs Project and Essex County Council that provides housing and intensive housing management support to homeless offenders and other with substance misuse issues.</p>

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Open Road Harlow

Tel: **01279 434621**

Helpline: **08444 991323**

Website: openroad.org.uk

Address: **26, Wych Elm, Harlow, Essex.**

CM20 1QR

Areas Covered: **Harlow, Uttlesford, Epping Forest (Covering Loughton & Waltham Abbey)**

Open Road is a registered charity that provides support for individuals affected by drugs and alcohol across Essex.

Our Harlow premises have been refurbished to offer an open access reception area, group working room, needle and syringe provision room and individual treatment rooms.

Our Team is available Monday to Friday for anyone wanting to access advice, information, support, assessment and access to more formal treatment.

Available Services

- [Choices](#)
- [Counselling](#)
- [Open Access](#)
- [Needle & Syringe Programme](#)
- [Stimulant Service](#)

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Victim of Bullying

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Childline Tel: 0800 1111 Website: www.childline.org.uk	A 24 hour free confidential helpline for children and young people.
Essex Youth Service (Targeted Team) Tel: 01279 404511 Mobile: 07919 624809 Email: rita.morgan@essex.gov.uk Address: Goodman House, Station Approach, Harlow, Essex. CM20 2ET Areas Covered: West Essex	THIS SERVICE CAN ONLY BE REFERRED TO FOR FREE BY FAMILY SOLUTIONS, CHILDREN'S SOCIAL CARE, CAMHS OR YOT PLEASE ADVISE SCHOOL PROFESSIONALS THAT THERE IS A CHARGE FOR SCHOOLS TO REFER. The Essex Youth Service Targeted Team supports young people through one to one and through group work Interventions. We work with young people 13-19yrs and up to 25yrs if they have a recognised special need. We work for a period of 3 months, identifying the barriers they need to overcome in order to move forward successfully in their lives. This could include improving attendance in education, post 16 options, accessing positive activities, increasing self-esteem and confidence and taking personal responsibility whilst building resilience. An action plan is agreed in consultation with the young person and they are encouraged to follow through with actions set. We understand that young people may not feel they need to change or not be ready to accept change, however if they are willing to explore areas of their life, this is when change can occur. The young person needs to be clear about the expectation on them to engage readily with the Targeted Youth Adviser and want to explore their challenges, opportunities and make change as required. We use a range of resources to support young people and where appropriate refer to other services and agencies for more specialised support.
NSPCC Tel: 0808 8005000 Website: www.nspcc.org.uk	A 24 hour free confidential helpline for children and young people.
REALfriends (Ethan Rees Linwood Memorial Fund) Tel: 01371 830403 Mobile: 07506 602284 / 07889 033446	REALfriends will provide a structured, long term, support program designed exclusively for young people currently enduring bullying. It will provide young people, parents and carers in Uttlesford with information, training and support to help them deal with the effects of bullying. REALfriends will equip young people with a toolbox of practical skills which will empower and

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<p>Email: morag@ethanrees.org Website: www.ethanrees.org Areas covered: Uttlesford</p>	<p>help them deal with the effects of being bullied. They will join a group of 'REALfriends' who will understand what they have endured. As a peer group they will help each other to perfect the techniques they have learned in the club so they become 'bully proof' and safe in the future. The program has been devised with knowledge gained through extensive worldwide research into the various areas of bullying and the effective resources utilized to combat it.</p> <p>Read More...</p>
<p>Relate North Essex & East Herts</p> <p>Tel: 01245 258680 Email: admin@relate-northersex.org Website: www.relate-northersex.org Address: Click for Address</p>	<p>Services:</p> <ul style="list-style-type: none"> • 1 Hour Discussion • Relationship Counselling • Youth Counselling • Family Counselling • Separating Parent Information Programme (SPIPs) • Life Skills

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Young Carer

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<p>Action for Family Carers</p> <p>Tel: 01621 851640 Website: www.affc.org.uk/young-carers</p>	<p>Young Carers Harlow</p> <p>Young Carers club held fortnightly on a Tuesday</p>
<p>Crossroads Care – Brentwood Young Carers Club</p> <p>Tel: 01277 201789 Email: info@brentwoodcrossroads.org.uk Website: www.brentwoodcrossroads.org.uk Address: 2nd Floor, 51 Tallon Road, Hutton, Brentwood, Essex. CM13 1TG</p>	<p>The Young Carers Club was established by Brentwood Crossroads to provide additional support and "time out" for young people aged from 8-19 years who have a caring role at home.</p> <p>The Club meets fortnightly at the Walter Boyce Centre and provides a meeting place for young carers to meet with others in a similar situation.</p>
<p>Caring for Harlow Carers</p> <p>Tel: 01279 308314 Email: helen@harlowcarers.org.uk Website: www.harlowcarers.org.uk/hc2012/young_carers Address: Harlow Young Carers, Caring For Harlow Carers, 3 Wych Elm, Hamstel Road, Harlow, Essex CM20 1QP Areas Covered: Harlow</p>	<p>Whatever your circumstances, Caring for Harlow Carers, a registered charity, can offer you support and information to help you in your caring role.</p>
<p>CHHAT – Community Hidden Harm Awareness Team</p> <p>Tel: 01245 493311 Email: CHHATreferrals@childrenssociety.org.uk Website: www.eypdas.org.uk Address: 114 Springfield Road, Chelmsford, Essex CM2 6LF</p>	<p>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.</p> <p>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</p>

Areas Covered: **Essex Wide**

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.

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