

Children & Families Hub Directory of Services

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Children & Families Hub Directory of Services – User Guide

The Children & Families Hub uses the Effective Support Directory to signpost to services when the level of need in a request for support does not meet Children Social Care or Family Solutions.

- The 1st page of the Directory displays links to 22 Categories of Need. Click on the appropriate Category of Need to go a list of services that can offer support
- Each category is split into 3 sections; local, countywide & nationwide
- All services are required by the Equality Act to be accessible to meet the needs of children with disabilities, including sensory (sight and hearing), physical and learning disabilities, and their families regardless of the category of need the service is listed beneath
- To search for a particular phrase or keyword, hold down the “Ctrl” key & press “F”
- If you would like to add your service or request an amendment to the directory, please email update.directoryofservices@essex.gov.uk

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Services and support for special educational needs and disability

Information about support services and local opportunities for children and young people with SEND – find what you need all in one place.

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Asylum Seeker/Refugee

Countywide Services

Essex Interpreting Ltd

Tel: **01206 822080**

Email: info@essexinterpreting.com

Website: www.essexinterpreting.com

Essex Interpreting provides language solutions, offering the following services:

- 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

Who are our customers?

- 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

Ethnic Minority and Traveller Achievement Service

Tel: **01268 531291**

Address: **c/o Crays Hill Primary School, London Road, Crays Hill, Billericay, Essex. CM11 2UZ**

The Ethnic Minority and Traveller Achievement Service (EMTAS) provides a lead on:

- 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.

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Bereavement/Loss

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Little Havens Hospice

Tel: **01702 556645**

Website: www.havenshospices.org.uk

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

Little Havens Hospice provides care for children who are life-limited, are life-threatened or have palliative care needs. What this means is that the child has been diagnosed with a condition, meaning that their life may be shortened.

We can care for children and young people under the age of 19. We care for children, young people and their families from Essex and the surrounding London boroughs.

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Child Behavioural Difficulties

Countywide Services

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 County Fire & Rescue Service

Tel: **01376 576000**

Website: www.essex-fire.gov.uk

Essex County Fire and Rescue Service has created and adapted a number of intervention programmes which are delivered across Essex to a wide range of individuals. We visit over 120,000 school children every year, deliver around 55 Firebreak programmes and have six Fire Cadet Units running throughout. Firebreak is delivered to people from all cross-sections of society from child to adults and is a diversionary activity aimed to increase self-esteem whilst addressing the learning outcomes agreed with our partner agencies. [Read More...](#)

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Essex Youth Service Tel: 03330 322800 Email: youth.work@essex.gov.uk Website: youth.essex.gov.uk Online Form: Click Here Address: E2, County Hall, Chelmsford, Essex. CM1 1LZ	We help young people in Essex to get the most out of school, work and life. <ul style="list-style-type: none"> • Services for Young People • Schools • Community Groups • Click here for Rochford Youth Provision timetable • Click here for Castle Point Youth Provision Timetable
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
The Goodman Project – Delivered by Essex Youth Service Tel: 03330 322800 Email: youth.work@essex.gov.uk Website: youth.essex.gov.uk Online Form: Click Here Address: E2, County Hall, Chelmsford, Essex. CM1 1LZ	The Goodman Project is a 5 week 1-to-1 personal development programme for young men in the Southend, Essex and Thurrock areas aged 13 to 18. It is an early intervention programme for those who may be displaying signs of: <ul style="list-style-type: none"> • Lack of empathy • Hostile towards others • Manipulate • Putting others down • Dishonesty • Coercive behaviour • Dismissive of others views It is based around a model of healthy relationships and is a free service
Inner Resources Tel: 01702 200822 Tel (Mobile): 07734 514710 Email: info@innerresourcestraining.co.uk Website: www.innerresourcestraining.co.uk	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. They work with clients in their homes, schools, colleges and communities supporting engagement in a variety of activities, where necessary providing high level (crisis) support to families and individuals where circumstances have become extremely difficult. They aim to

	<p>reduce feelings of distress, frustration, anger and hopelessness.</p> <p>What we do How we do this Referral and Access</p>
<p>InterAct</p> <p>Tel: 01245 608201 Fax: 01245 608310 Email: training@interact.org.uk Website: www.interact.org.uk Address: Moulsham Mill, Parkway, Chelmsford, Essex. CM2 7PX</p>	<p>InterAct enables disadvantaged people and groups to improve their lives and communities. Providing training, resources, experience and support to those with mental health issues and learning difficulties.</p> <p>We are committed to providing social inclusion opportunities, and provide a range of services which 'help others to help themselves'.</p> <p>Based at Moulsham Mill in Chelmsford, InterAct reaches out to cover the entire county of Essex.</p>
<p>Kids Inspire</p> <p>Tel: 01245 348707 Email: clinicaladmin@kidsinspire.org.uk Website: kidsinspire.org.uk Address: Head Office, Fox Crescent, Chelmsford, Essex. CM1 2BL</p>	<p>We support children in Essex to become healthy adults who contribute positively to society. We offer bespoke mentoring, therapy, training and activity packages to empower children and the adults around them to make positive choices and improve their lives.</p>
<p>Kids Inspire – Healing Connections</p> <p>Tel: 01245 348707 Email: admin@kidsinspire.org.uk Website: kidsinspire.org.uk Address: Head Office, Fox Crescent, Chelmsford, Essex. CM1 2BL</p>	<p>Kids Inspire’s (KI) Healing Connections: Relationship Training Programme aims to empower families in a therapeutic context to improve skills, capacity for effective functioning, improving emotional wellbeing and preventing mental health conditions.</p> <p>The target group includes: Families of children with complex social, emotional, behavioural and mental health needs, Children and Young People (CYP) excluded/at risk of exclusion from school and CYP who have experienced Trauma, Adverse effects of living within a household where adult mental health issues impede personal development, Domestic Abuse and CYP who due to the above have had involvement with social care.</p> <p>Healing Connections focuses on what it means to live in an environment where connection has broken and discord is the language of communication. It coaches family members to make sense of relationships and emotions behind behaviour. It prevents family breakdown, teaching de-escalation of explosive situations.</p> <p>It supports the emotional/mental health and wellbeing of families and young people with</p>

	extensive knowledge/experience and teaches parents empathetic communication to change complex, negative family dynamics. This then increases autonomy, teaching participants to facilitate their own outcomes and move away from service-led delivery.
Specialist Teaching and Preschool Service Tel: Click for Details Email: Click for Details	<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 • More information & How to Request Support

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Children's Health Services

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Essex Child and Family Wellbeing Service

Mid Essex Tel: **0300 2470014**
North Essex Tel: **01206 372300**
South Essex Tel: **0300 2470013**
West Essex Tel: **01279 808230**
Website: essexfamilywellbeing.co.uk

The Essex Child and Family Wellbeing Service brings together a range of children's community services. It's provided by Virgin Care in partnership with Barnardo's on behalf of Essex County Council and the NHS. [Read More...](#)

Support Available

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- [8-19 Years](#)
- [For Parents & Carers](#)

Children & Families Hub Directory of Services

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Countywide Services

Children Affected by Parental Imprisonment (CAPI) Essex Service

Tel: 01268 558448
 Email: essex.capi@barnardos.org.uk
 Website: www.barnardos.org.uk
 Address: Suite 12b, Barclays Bank Chambers, High Road, Pitsea, Basildon, Essex. SS13 3AS

The Essex CAPI service has been established to provide information and advice to professionals and support to families affected by imprisonment.

[Read more...](#)

Dare to Care (The Children's Society)

Tel: 01245 493311
 Email: daretocarereferrals@childrenssociety.org.uk
 Website: www.childrenssocietyeast.org.uk
 Address: 114 Springfield Road, Chelmsford, Essex CM2 6LF

[Dare to Care](#)

Dare to care supports children and young people aged between 8 and 19 years (25 if SEN) who are affected by parental mental health (including dual diagnosis), witness to domestic violence and whose parents are offenders. Dare to care is based in Mid- Essex and funded by Essex County Council and the Mid Essex Clinical Commissioning Group and works alongside CHHAT (Community Hidden Harm Awareness Team).

Essex County Fire & Rescue Service

Tel: 01376 576000
 Website: www.essex-fire.gov.uk

Essex County Fire and Rescue Service has created and adapted a number of intervention programmes which are delivered across Essex to a wide range of individuals. We visit over 120,000 school children every year, deliver around 55 Firebreak programmes and have six Fire Cadet Units running throughout. Firebreak is delivered to people from all cross-sections of society from child to adults and is a diversionary activity aimed to increase self-esteem whilst addressing the learning outcomes agreed with our partner agencies. [Read More...](#)

- [Firebreak](#)

	<ul style="list-style-type: none"> • Fire Cadets • Juvenile Fire Setters • Education (Schools) • Crucial Crew
Essex Police CYP Police Officer Braintree 73656 Andy Holmes Email: 42073656@essex.pnn.police.uk Ext: 400336 Chelmsford & Maldon 1376 Clare Martinez	<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>
Essex Victims Gateway Website: essexvictimsgateway.org	<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 <p>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 Tel: 01245 493311 Email: eypdas@childrenssociety.org.uk Website: www.childrenssocietyeast.org.uk/eypdas Address: Project 114, 114 Springfield Road,	<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>
Essex Youthbuild Tel: 01245 461700 Email: carol.bogdanov.eyb@btconnect.com Website: essexyouthbuild.co.uk	<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</p>

<p>Address: 6 Grafton Place, Montrose Road, Chelmsford, Essex. CM2 6TG</p>	<p>to 1 numeracy and literacy tuition and other work ready activities such as Health and Safety, First Aid training and work experience.</p> <p>More Information</p>
<p>Essex Youth Offending Team Gangs Programme</p> <p>Referral Form: Click Here to go to Referral Form</p>	<p>Who should use the Assessment/Referral? All practitioners who have contact with young people who identify the Tell Tale Signs of gang involvement or exploitation.</p> <p>This risk assessment has been devised to primarily identify those individuals on the periphery of gang involvement or exploitation that would be deemed low or medium risk, which will allow agencies to plan intervention activities around them at the earliest opportunity. Those identified as High Risk would already be deemed to be involved with gangs and at a much greater risk of harm.</p> <p>Guidance on use of the Assessment/Referral: Step 1 – Identify the risks and protective factors: Ensure the practitioner has completed the risk assessment below with the Parent/carer of the individual in question.</p> <p>Step 2 – Identify additional vulnerability factors/Intelligence: Include details on any additional information concerning the vulnerability of the individual and would help to aid the development of the action plan around them.</p> <p>It is imperative that this risk assessment form is completed with the person who has parental responsibility for the child, and consent is obtained for information to be shared in a multi-agency forum, in order for the assessment to be referred. In the event of consent not being obtained, specific reasons as to why must be provided.</p> <p>Step 3 – Detail involvement with partner agencies: Include details of any known agency involvement with the child/adult/family either past or present</p> <p>Step 4 – Identify the individual and the assessor: It is imperative that the full details of both the individual and the assessor are recorded in this section</p> <p>Step 5 – What to do next: Follow the guidance set out in part 5. This will ensure you have reviewed and recorded the risk and shared with the relevant professionals.</p>

Essex Youth Service Tel: 03330 322800 Email: youth.work@essex.gov.uk Website: youth.essex.gov.uk Online Form: Click Here Address: E2, County Hall, Chelmsford, Essex. CM1 1LZ	We help young people in Essex to get the most out of school, work and life. <ul style="list-style-type: none"> • Services for Young People • Schools • Community Groups
PREVENT Tel: 03000 3334444 ext: 180521 / 01245 452133 Email: prevent@essex.pnn.police.uk Website: www.essex.police.uk	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...
Reach Every Generation Tel: 07956 760862 Email: gavin.mckenna@reacheverygeneration.com Website: reacheverygeneration.co.uk	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. 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. Read more...
Safe In Essex (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	Safe in Essex 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. <ul style="list-style-type: none"> • Drugs, alcohol and smoking • Gangs & Trafficking • Domestic abuse and victims of violence • E-safety • At risk of sexual exploitation • Risky sexual behaviour Antisocial behaviour and crime

<p>Sexual Assault Referral Centre (SARC) – Oakwood Place</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>
<p>Victim Support Essex</p> <p>Tel: 0808 178 1694 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>

Children & Families Hub Directory of Services

Domestic Abuse

Countywide Services

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	<p>Essex Change is a community based domestic violence intervention programme for men who want to end their violent or abusive behaviour towards a partner or ex-partner.</p> <p>They also run a women's service which aims to increase the safety of women and children by offering support and safety planning.</p>
Essex DV Directory of Services (Essex Police)	<p>This directory give professional's information and contact details of organisations offering support to victims of domestic abuse and services available to perpetrators.</p> <p>Download Essex DV Directory of Services Here...</p>
Essex Police Domestic Abuse Central Referral Unit Tel: 0800 3580351 Tel: 101 Extension 180340 Website: www.essex.police.uk	<p>We encourage you to report domestic abuse to us.</p> <p>Not knowing exactly what will happen when you call us can be worrying and prevent you from seeking help, so we've put together a step-by-step explanation.</p> <p>If you decide not to speak to us, please don't suffer in silence. Confide in someone you trust and contact one of the support organisations on our Help in Essex or Help across the UK pages.</p>
Safer Places Tel: 03301 025811 Tel: 0845 0177668 Fax: 01376 324247 Email: info@saferplaces.co.uk Website: www.saferplaces.co.uk	<p>services to adults and children affected by domestic and sexual abuse.</p> <p>Services:</p> <ul style="list-style-type: none"> • Safe Accommodation • Outreach (Community Support) • Additional Services • Training

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	<ul style="list-style-type: none"> • Outreach (Men & LGBT) • Male Victims • Triple R Programme
Sexual Assault Referral Centre (SARC) – Oakwood Place Tel: 01277 240620 Website: www.oakwoodplace.org.uk	<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>
VAWG (Violence against Women and Girls) Perpetrator Pathway Tel: 07568 432146 Email: PP.Advice@essexchange.cjsm.net Click Here to Download Referral Form	<p>New services aimed at breaking the cycle of domestic abuse are now available. They will help people to reflect on their behaviour and the damage this can cause and what they can do to change.</p> <p>These include:</p> <ul style="list-style-type: none"> • A single point of access, a dedicated resource to respond to enquiries and signpost people needing help with their behaviour onto the appropriate intervention. Delivered by the Change Project. • A mentoring programme to work with young men aged 13-18 who are at risk currently using abusive behaviours within an abusive relationship. Delivered by Essex Youth Service. • An outreach service, to focus on engaging with people who are using abusive behaviours in their relationship, within the community. Delivered by the Change Project. • A prison intervention programme: an educational behaviour change programme to challenge and underpin the attitudes of abusive behaviours for people who are in custody. Delivered by Essex Community Rehabilitation Company. • The bystander intervention: an educational programme for the prevention of sexual coercion and domestic abuse in university settings. • Enhanced support services for victims. <p>A support line has been set up so that anyone concerned about their behaviour or wanting to find help for someone else can get advice or be referred to the service that meets their need. The dedicated telephone number for the pathway is 07568 432146 and the service is currently available between Monday-Friday from 9am to 5pm.</p>
Victim Support Essex Helpline Tel: 0808 178 1694 Email: essex@victimsupport.org.uk Website: www.victimsupport.org.uk	<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>

Children & Families Hub Directory of Services

Education

Countywide Services

Alternative Education Commissioning Service

Caseworker (Mid) Tel: **03330 131159**
Principal Officer Tel: **03330 137981**
Senior Caseworker Tel: **03330 131152**
Commissioner for Alternative Education Tel:
03330 137981
Email: exclusions@essex.gov.uk

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

The broad functions of The Alternative Education Commissioning Service are:

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

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

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.

<p>Educational Psychology Parent Helpline</p> <p>Tel: 01245 433293 (Available every Monday afternoon during term-time, 1pm-5pm)</p> <p>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 <p>It is staffed by qualified educational psychologists who listen to parents concerns and work with them to find a positive way forward</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) • Transitions (all ages)
<p>Essex SEND Information, Advice & Support Service</p> <p>Tel: 03330 138913</p> <p>Email: send.iass@essex.gov.uk</p> <p>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> <ul style="list-style-type: none"> • Education • Entertainment & Leisure • Equipment & Resources • Family Support & Community • Health • Money Matters

	<ul style="list-style-type: none"> • One Planning & Education, Health & Care Plan • Preparing for Adulthood • Social Care • Transport
Essex Youth Service Tel: 03330 322800 Email: youth.work@essex.gov.uk Website: youth.essex.gov.uk Online Form: Click Here Address: E2, County Hall, Chelmsford, Essex. CM1 1LZ	We help young people in Essex to get the most out of school, work and life. <ul style="list-style-type: none"> • Services for Young People • Schools • Community Groups • Click here for Rochford Youth Provision timetable • Click here for Castle Point Youth Provision Timetable

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Employment

Countywide Services

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Family Conflict

Countywide Services

Essex Mediation Service

Tel: **01279 311431**

Email: info@essexmediation.co.uk

Website: www.essexmediation.co.uk

Address: **Harlow Enterprise Hub,
Edinburgh Way, Harlow, Essex CM20
2NQ**

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.

The Service is free if someone is on benefits and they have a very short waiting list – about 1-2 weeks.

Kids Inspire – Healing Connections

Tel: **01245 348707**

Email: clinicaladmin@kidsinspire.org.uk

Website: kidsinspire.org.uk

Address: **Head Office, Fox Crescent,
Chelmsford, Essex. CM1 2BL**

Kids Inspire's (KI) Healing Connections: Relationship Training Programme aims to empower families in a therapeutic context to improve skills, capacity for effective functioning, improving emotional wellbeing and preventing mental health conditions. The target group includes: Families of children with complex social, emotional, behavioural and mental health needs, Children and Young People (CYP) excluded/at risk of exclusion from school and CYP who have experienced Trauma, Adverse effects of living within a household where adult mental health issues impede personal development, Domestic Abuse and CYP who due to the above have had involvement with social care.

Healing Connections focuses on what it means to live in an environment where connection has broken and discord is the language of communication. It coaches family members to make sense of relationships and emotions behind behaviour. It prevents family breakdown, teaching de-escalation of explosive situations.

It supports the emotional/mental health and wellbeing of families and young people with extensive knowledge/experience and teaches parents empathetic communication to change complex, negative family dynamics. This then increases autonomy, teaching participants to facilitate their own outcomes and move away from service-led delivery.

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Family Hubs

Countywide Services

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Financial Concerns

Countywide Services

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Children & Families Hub Directory of Services

Housing Concerns

Countywide Services

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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Legal

Countywide Services

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Children & Families Hub Directory of Services

Lonely/Isolated/Socially Alienated

Countywide Services

<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><u>Head Office</u> 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. 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
<p>Essex Youth Service</p> <p>Tel: 03330 322800 Email: youth.work@essex.gov.uk Website: youth.essex.gov.uk Online Form: Click Here Address: E2, County Hall, Chelmsford, Essex. CM1 1LZ</p>	<p>We help young people in Essex to get the most out of school, work and life.</p> <ul style="list-style-type: none"> • Services for Young People • Schools • Community Groups • Click here for Rochford Youth Provision timetable • Click here for Castle Point Youth Provision Timetable

Children & Families Hub Directory of Services

Mental Health

Countywide Services

Big White Wall

Website: www.bigwhitewall.com

Big White Wall is an online mental health and wellbeing service offering self-help programmes, creative outlets and a community that cares. When you're dealing with everyday stressors or major life events, we'll help you get through it.

At the heart of Big White Wall is its community of members, who support, help each other and share what's troubling them in a safe and anonymous environment. The site is available 24 hours a day, 7 days a week, 365 days a year – no need to wait until morning, the next business day or for a doctors' appointment. You can find support simply by logging on.

To ensure safety and anonymity, the site is monitored by clinically trained 'Wall Guides', who are online 24/7. We know that finding help when you're distressed can be hard, so our Wall Guides are also there to help you feel welcome and guide you on how to get the most from our services.

[Read more](#)

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.

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<p>Emotional Wellbeing and Mental Health Service (EWMHS)</p> <p>Tel: 03003 001600 (9am to 5pm) Tel (Out of Hours): 03005 551201 Email: NELFT-EWMHS.referrals@nhs.net Website: www.nelft.nhs.uk</p>	<p>We are EWMHS. That's short for Emotional Wellbeing and Mental Health Service. We provide emotional and mental health support for children and young people.</p> <p>We know that reaching out for help can sometimes be difficult; this is why we are an open referral service. This means that we will take referrals directly from young people or someone else; like a parent, school or other professionals that contact our service.</p> <p>You can contact us by telephone, email or online and speak to a trained professional who will guide and help.</p> <p>Download EWMHS Information Booklet Download EWMHS Referral Form</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>Kids Inspire</p> <p>Tel: 01245 348707 Email: admin@kidsinspire.org.uk Website: kidsinspire.org.uk Address: Head Office, Fox Crescent, Chelmsford, Essex. CM1 2BL</p>	<p>We support children in Essex to become healthy adults who contribute positively to society. We offer bespoke mentoring, therapy, training and activity packages to empower children and the adults around them to make positive choices and improve their lives.</p>
<p>Kooth</p> <p>Website: kooth.com</p>	<p>Kooth.com is a free, confidential, safe and anonymous way for young people aged 11-26th birthday to ask for help from a team of highly qualified and experienced counsellors and support workers. This is a service that has been commissioned by Southend, Essex & Thurrock CCGs, for all young people who live in Southend, Essex & Thurrock to be able to access.</p> <p>Kooth.com is a well-established, award winning online counselling agency and is accredited by The British Association of Psychotherapy and Counselling (BACP). Founded in 2001, they are leading pioneers of online counselling in the UK, having won a number of prestigious awards.</p>

	<p>It is a transformational lifeline that has successfully helped and continues to reach the very vulnerable, many of whom would never have access to face-to-face counselling.</p> <p>KOOTH service includes:</p> <ul style="list-style-type: none"> • drop in chats with counsellors; • booked 1:1 chats with a counsellor; • themed message forums; • secure web-based email; • articles regarding mental health.
<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>Your Living Room</p> <p>Tel: 07710 709637 – Danny Tel: 07710 709635 – Harry Tel: 07710 709632 – Diane Email: danny@yourlivingroomcic.co.uk - Danny Email: harry@yourlivingroomcic.co.uk - Harry Email: diane@yourlivingroomcic.co.uk - Diane Website: yourlivingroomcic.co.uk</p>	<p>'Your Living Room' delivers a service that is accessible to all and that exists to make homes as functional, comfortable and organised as possible, according to the preferences and personality of the individual client. We aim to improve their quality of life and maintain their dignity at all times. Read More</p>

Children & Families Hub Directory of Services

Online Safety

Countywide Services

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Parental Routine/Boundaries

Countywide Services

Childcare Family Information Service Website: www.essex.gov.uk/fis	Find a childcare provider in Essex
InterAct Tel: 01245 608201 Fax: 01245 608310 Email: training@interact.org.uk Website: www.interact.org.uk Address: Moulsham Mill, Parkway, Chelmsford, Essex. CM2 7PX	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. We are committed to providing social inclusion opportunities, and provide a range of services which 'help others to help themselves'. Based at Moulsham Mill in Chelmsford, InterAct reaches out to cover the entire county of Essex.
Special Guardianship Support Services 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	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. 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. Download Special Guardianship Support Services Leaflet

Children & Families Hub Directory of Services

Safeguarding

Countywide Services

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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Child Exploitation

Countywide Services

CSE Toolbox

Website: www.cse-toolbox.uk

This site includes the risk and vulnerability assessment instruments, guidance and training on the use of these instruments and resources to use when working with children, young people, families and carers involved in cases of child sexual exploitation (CSE) in the Southend-on-Sea, Essex and Thurrock (SET) Local Authorities.

[Guidance for CSE Risk and Vulnerability Assessment](#)
[CSE Risk and Vulnerability Assessment Process](#)
[CSE Risk and Vulnerability Assessment](#)
[Risk Management Planning](#)
[Sharing information with the police](#)
[Downloadable Source Documents](#)

Synergy Essex

Tel: **0300 0037777**

Email: support@synergyessex.org.uk

Website: synergyessex.org.uk

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.

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.

Services offered across Essex include:

- 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

Children & Families Hub Directory of Services

Substance Misuse

Countywide Services

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

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

M-Pact (Moving Parents and Children Together)

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](http://openroad.org.uk/what_we_do/m_pact)

M-PACT (Moving Parents and Children Together) supports children/young people aged 10-17 who are experiencing the effects of parental substance misuse within the family.

The programme offers a 'Whole Family Approach', working with parents and children from up to eight families at any one time in different group combinations.

The programme is made up of 10 sessions; this includes an individual family assessment, eight consecutive weekly core sessions and a family review session. The programme is run by 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.

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.

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Children & Families Hub Directory of Services

Victim of Bullying

Countywide Services

Essex Youth Service

Tel: **03330 322800**
Email: youth.work@essex.gov.uk
Website: youth.essex.gov.uk
Online Form: [Click Here](#)
Address: **E2, County Hall,
Chelmsford, Essex. CM1 1LZ**

We help young people in Essex to get the most out of school, work and life.

- [Services for Young People](#)
- [Schools](#)
- [Community Groups](#)
- [Click here for Rochford Youth Provision timetable](#)
- [Click here for Castle Point Youth Provision Timetable](#)

Kids Inspire

Tel: **01245 348707**
Email: admin@kidsinspire.org.uk
Website: kidsinspire.org.uk
Address: **Head Office, Fox
Crescent, Chelmsford, Essex.
CM1 2BL**

We support children in Essex to become healthy adults who contribute positively to society. We offer bespoke mentoring, therapy, training and activity packages to empower children and the adults around them to make positive choices and improve their lives.

Children & Families Hub Directory of Services

Young Carer

Countywide Services

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

Tel: 01245 493311

Email: CHHATreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

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

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

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

Essex Young Carers Service

Tel: 0345 7430430

Email: young.carers@essex.gov.uk

Website: youth.essex.gov.uk/young-people/young-carers

[Click Here to Download Referral Form](#)

The service offers:

- Confidential one-to-one support with a dedicated key worker in the area you live, including telephone support.
- Information, advice and guidance and assisting you to access other services to support you as a young carer.
- Training opportunities e.g. moving people safely, building confidence and self-esteem, fire safety and access to counselling services if needed.
- Recreational activities to take you away from your caring role and meet other young carers and make new friends.
- Transition to adult carer services as you come up to 18.

[Click Here for Further Information](#)

[Young Carer Home Page](#)

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Children & Families Hub Directory of Services

Asylum Seeker/Refugee

Nationwide Services

Asylum Aid

Tel: **0207 3549264**

Email: advice@migrants.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.

Refugee Council

Tel: **0207 3466700**

Website:

www.refugeecouncil.org.uk

The Refugee Council provides free advice and information to asylum seekers and refugees in UK.
[Read More...](#)

[Asylum Seeker/Refugee Home Page](#)

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Children & Families Hub Directory of Services

Bereavement/Loss

Nationwide Services

Child Bereavement Network

Tel.: **0800 0288840**

Website:

www.childhoodbereavementnetwork.org.uk

A hub for those working with bereaved children, young people and their families across the U.K. supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

- generating new ideas
- supporting professionals
- signposting families
- advocating for bereaved children

The Samaritans

Tel: **01245 357357 (Local Helpline)**

Tel: **08457 909090 (National Helpline)**

Website: www.samaritans.org

The Samaritans offer a listening service to those going through a personal crisis and wanting to talk about their despair or suicidal feelings. There is someone to talk to 24 hours a day. Calls made to the national helpline are charged at local call rates from anywhere in the country.

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Children & Families Hub Directory of Services

Child Behavioural Difficulties

Nationwide Services

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Children & Families Hub Directory of Services

Children's Health Services

Nationwide Services

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Crime/Anti-Social Behaviour

Nationwide Services

Action for Prisoners Families

Information and resources for families of prisoners and offenders.

Website: www.prisonersfamilies.org.uk

National Information Centre on Children of Offenders (NICCO)

Website: www.nicco.org.uk

The National Information Centre on Children of Offenders, formerly i-HOP, has been established to provide an information service for all professionals who come into contact with the children and families of offenders, as well as academics and those responsible for strategic development and commissioning. The Centre is delivered by Barnardo's in partnership with Her Majesty's Prison and Probation Service (HMPPS).

An estimated 200,000 children every year have a parent in prison in England and Wales and 10,000 visits are made by children to our public prisons every week.

NICCO lists comprehensive information from voluntary and statutory agencies across England and further afield. The three Directories enable practitioners to search for Services, Resources or Research to inform their practice with children and families of offenders.

[Directory of Services](#)
[Directory of Resources](#)
[Directory of Research](#)

Paladin – National Stalking Advocacy Service

Tel: 0207 8408960

Email: info@paladinservice.co.uk

Website: paladinservice.co.uk

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.

[Crime/Anti-Social Behaviour Home Page](#)

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Children & Families Hub Directory of Services

Domestic Abuse

Nationwide Services

Ashiana

Tel: **0208 539 0427**

Website: www.ashiana.org.uk

Monday-Friday between 9.30am to 12pm and 1pm to 5pm

About Us

Ashiana started operating in 1989 and specialises in helping Black and Minority Ethnic women, in particular, women from South Asian, Turkish & Iranian communities, aged 16-30 years who are at risk of domestic violence and sexual violence.

Our Services

Ashiana runs three refuges with a total of 20 bed-spaces; two specifically for women aged 16-35 fleeing forced marriage. This multi award winning project is a unique and innovative service, offering specialist support to women and girls affected by forced marriage. We also designate a number of bed-spaces for women with no recourse to public funds.

We offer an advice and support service to women and girls who are experiencing domestic violence/sexual violence, enabling them to make informed decisions and exit violent relationships.

We provide counselling for women and girls affected by domestic violence and sexual violence.

We deliver an education programme for young people in schools across East London aimed at preventing domestic violence and enabling young people experiencing domestic violence to access appropriate services.

We deliver a range of awareness raising workshops for women in the community and training on domestic violence, sexual violence and harmful practices for professionals in the voluntary and statutory sector.

Childline

Tel: **0800 1111**

Website: www.childline.org.uk

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

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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.
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: <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.
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.
Karma Nirvana UK Helpline: 0800 5999 247 Email: info@karmanirvana.org.uk Website: www.karmanirvana.org.uk	Karma Nirvana is an award-winning British Human Rights Charity supporting victims of honour-based abuse and forced marriage. Honour crimes are not determined by age, faith, gender or sexuality, we support and work with all victims. We run a national helpline offering direct support and guidance to victims and professionals. Karma Nirvana provides training to the Police, NHS and Social Services. We act as expert witnesses in court, speak out in schools and attend awareness raising events nationally and internationally. In addition, our team lobby government and after ten years of campaigning, forced marriage became a criminal offence in 2014.
The Kiran Project Tel: 0208 5581986 Email: kiran.admin@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.

Website: www.kiranproject.org.uk	
ManKind Initiative Tel: 01823 334244 Website: www.new.mankind.org.uk Weekdays 10am to 4pm	<p>Our confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner).</p> <p>This can range from actual violence or object throwing to mental abuse such as constant bullying or constant insults. We provide both emotional support and practical information. We receive calls from male victims across all age ranges and professions:</p> <ul style="list-style-type: none"> • From dustmen and doctors to bankers and builders, • From men in their 20s to men in their 80s, • From men across England, Northern Ireland, Scotland and Wales. <p>We welcome calls from mothers, sisters and friends of male victims seeking information. We also receive calls from support organisations, charities and statutory agencies such as local authorities and police forces.</p>
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. The Men's Advice Line is open Monday-Friday 9am-5pm.</p>
Muslim Community Helpline Tel: 0208 904 8193 Tel: 0208 908 6715 Website: www.muslimcommunityhelpline.org.uk	<p>The Muslim Community Helpline is a national organisation for women, men, youth and children which was launched in 2007. We began our work as the nationwide Muslim Women's Helpline (1987) but changed status to reflect the growing number of calls from all members of the community.</p> <p>We are here to help and support , whatever your needs, and have trained volunteers with many years of experience on hand five days a week. We aim to provide a listening and emotional support service for members of the community in the United Kingdom.</p>

<p>National Domestic Violence Helpline</p> <p>Tel: 0808 2000 247 Website: www.nationaldomesticviolencehelpline.org.uk</p>	<p>The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.</p> <p>The Helpline can give support, help and information over the telephone, wherever the caller might be in the country. The Helpline is staffed 24 hours a day by fully trained female helpline support workers and volunteers. All calls are completely confidential. Translation facilities for callers whose first language is not English and a service for callers who are deaf or hard of hearing are available.</p>
<p>National Centre for Domestic Violence (NCDV)</p> <p>Tel: 0844 8044999 Text: NCDV to 60777 and they will call back Email: office@ncdv.org.uk Website: www.ncdv.org.uk</p>	<p>The National Centre for Domestic Violence (NCDV) provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.</p> <p>Our service allows anyone to apply for an injunction within 24 hours of first contact (in most circumstances). We work in close partnership with the police, local firms of solicitors and other support agencies (Refuge, Women's Aid etc) to help survivors obtain speedy protection.</p>
<p>NSPCC</p> <p>Tel: 0808 8005000 Website: www.nspcc.org.uk</p>	<p>A 24 hour free confidential helpline for children and young people.</p>
<p>Respect Phoneline</p> <p>Tel: 0808 8024040 Email: info@respectphoneline.org.uk Website: www.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>We are a team of skilled professionals offering advice, information and support to domestic violence perpetrators, as well as to their (ex) partners and frontline workers. We are a helpline and email service.</p> <p>Our key focus is to increase the safety of those experiencing domestic violence through promoting effective interventions with perpetrators.</p> <p>The Respect Phoneline is open Monday-Friday 9am-5pm.</p>
<p>Restored (Ending Violence Against Women)</p> <p>Tel: 02089 437706 Email: info@restoredrelationships.org</p>	<p>We aim to answer two questions of 'where is the Church?' and 'where are the men in the church?' when it comes to ending violence against women. We work with and through the church at international, national, regional and local level providing training and resources to equip churches and its members to respond effectively and appropriately to violence against women.</p>
<p>Single Parents</p> <p>Email: anna@singleparents.org.uk</p>	<p>SingleParents.org.uk is the parenting site by single parents for single parents. It has been written by a dedicated team and volunteers at Single Parent Action Network (SPAN). SingleParents.org.uk was born in 2008 and has supported thousands of single</p>

Website: www.singleparents.org.uk	mums and single dads nationwide with every aspect of single parenthood from coping with separation and/or divorce, understanding Court procedures, surviving domestic abuse, sharing parenting ideas, information on work and benefits and so much more!
Southall Black Sisters Helpline Tel: 0208 5710800 Website: www.southallblacksisters.org.uk	Southall Black Sisters provide information, advice, advocacy, practical help, counselling and support to Asian and African-Caribbean women and children experiencing domestic violence.
Women's Aid Tel: 0808 2000247 (National Helpline)	Provides a refuge for women and their families and advice on housing, legal issues and benefits. The charity also employs child care professionals who can help get your children to and from school safely and arrange free lunches if necessary.

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Children & Families Hub Directory of Services

Education

Nationwide Services

Advisory Centre for Education (ACE)

Tel: 0300 0115142

Website: www.ace-ed.org.uk

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

ACE Education Advice & Training is a new organisation that provides independent advice and information for parents on education issues in England. High quality training and consultancy services covering education law and guidance are provided to a wide range of education professionals.

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Children & Families Hub Directory of Services

Employment

Nationwide Services

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.

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Children & Families Hub Directory of Services

Family Conflict

Nationwide Services

Single Parents

Email: anna@singleparents.org.uk
Website: www.singleparents.org.uk

SingleParents.org.uk is the parenting site by single parents for single parents. It has been written by a dedicated team and volunteers at Single Parent Action Network (SPAN). SingleParents.org.uk was born in 2008 and has supported thousands of single mums and single dads nationwide with every aspect of single parenthood from coping with separation and/or divorce, understanding Court procedures, surviving domestic abuse, sharing parenting ideas, information on work and benefits and so much more!

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Family Hubs

Nationwide Services

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Children & Families Hub Directory of Services

Financial Concerns

Nationwide Services

Buttle UK

Tel: **02078 287311**

Email: info@buddleuk.org

Website: www.buddleuk.org

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

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

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

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

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

[Find out what help is available](#)

Freecycle

Website: uk.freecycle.org

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

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The Money Advice Service Tel: 0300 5005000 Website: www.moneyadviceservice.org.uk	Free, unbiased money advice.
National Debtline Tel: 0808 8084000 Website: www.nationaldebtline.org	Debt advice.
Payplan Tel: 0800 2802816 Tel (for Mobiles): 0207 7608980 Email: Via Website Website: www.payplan.com	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.
The Salvation Army Click for Local Church Information Website: www.salvationarmy.org.uk	The Salvation Army extends a helping hand to those who are homeless, friendless and in need. We passionately believe that no one is beyond hope, however great their problems. That disadvantaged people are given respect and access to the practical, social and spiritual support they need to realise their God-given potential and recover their personal dignity.
Turn2us Tel: 0808 8022000 Email: info@turn2us.org.uk Website: www.turn2us.org.uk	<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

Children & Families Hub Directory of Services

Housing Concerns

Nationwide Services

Shelter

Tel: **0808 800 4444**

Email: info@shelter.org.uk

Website: shelter.org.uk

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.

The Salvation Army

[Click for Local Church Information](#)

Website: www.salvationarmy.org.uk

The Salvation Army extends a helping hand to those who are homeless, friendless and in need. We passionately believe that no one is beyond hope, however great their problems. That disadvantaged people are given respect and access to the practical, social and spiritual support they need to realise their God-given potential and recover their personal dignity.

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Children & Families Hub Directory of Services

Legal

Nationwide Services

Bar Pro Bono Unit Website: www.barprobono.org.uk	The Bar Pro Bono Unit is a charity which helps to find pro bono (free) legal assistance from volunteer barristers. Read More...
Civil Legal Advice (CLA) Tel: 0345 3454345 Website: www.gov.uk/civil-legal-advice	Get free and confidential legal advice in England and Wales if you're eligible for legal aid. Read More... CHECK IF CALLER CAN GET LEGAL AID HERE
Family Rights Group Tel: 0808 8010366 Website: www.frg.org.uk	FRG provides free, confidential independent telephone and e-mail advice to family members who are involved with the local authority on the care of a child. Read More...
Grandparents Legal Centre Tel: 0843 2897130 Website: grandparentslegalcentre.co.uk	Specialist legal advice for grandparents, including local authority responsibilities and other issues affecting kinship carers.
The Law Society Tel: 02073 205650 Website: solicitors.lawsociety.org.uk	Use the Law Society's website or phone the number above to find a solicitor in your area who is accredited in children law.
LawWorks Clinics Network Website: www.lawworks.org.uk	If you have a problem and need legal advice to resolve it, you may be able to get help from a legal adviser or an organisation which specialises in your problem. The LawWorks Clinics Network provides free initial advice to individuals on various areas of social welfare law including employment law, housing matters, consumer disputes, debt and welfare rights.

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	<p>The clinics are for people who are not eligible for legal aid and cannot afford to pay for a lawyer.</p> <p>For an initial consultation with a solicitor please click here to find your local clinic</p>
<p>NYAS</p> <p>Tel: 0808 8081001 Email: help@nyas.net Website: www.nyas.net</p>	<p>NYAS is a UK charity providing socio-legal services. We offer information, advice, advocacy and legal representation to children, young people and vulnerable adults through a network of dedicated paid workers and volunteers throughout England and Wales.</p> <p>Helpline Children & Vulnerable Adult Services Legal Services</p>
<p>Rights of Women</p> <p>Tel: 0207 2516575 TypeTalk Service Available for deaf/hard of hearing Website: rightsofwomen.org.uk</p>	<p>Rights of Women is a voluntary organisation committed to informing, educating and empowering women concerning their legal rights</p>

Children & Families Hub Directory of Services

Lonely/Isolated/Socially Alienated

Nationwide Services

Childline Tel: 0800 1111 Website: www.childline.org.uk	A 24 hour free confidential helpline for children and young people.
NSPCC Tel: 0808 8005000 Website: www.nspcc.org.uk	A 24 hour free confidential helpline for children and young people.
The Salvation Army Click for Local Church Information Website: www.salvationarmy.org.uk	The Salvation Army extends a helping hand to those who are homeless, friendless and in need. We passionately believe that no one is beyond hope, however great their problems. That disadvantaged people are given respect and access to the practical, social and spiritual support they need to realise their God-given potential and recover their personal dignity.
The Samaritans Tel: 01245 357357 (Local Helpline) Tel: 08457 909090 (National Helpline) Website: www.samaritans.org	The Samaritans offer a listening service to those going through a personal crisis and wanting to talk about their despair or suicidal feelings. There is someone to talk to 24 hours a day. Calls made to the national helpline are charged at local call rates from anywhere in the country.

Children & Families Hub Directory of Services

Mental Health

Nationwide Services

Childline Tel: 0800 1111 Website: www.childline.org.uk	A 24 hour free confidential helpline for children and young people.
Help for Hoarders Website: www.helpforhoarders.co.uk	Help for compulsive hoarders and their families.
NSPCC Tel: 0808 8005000 Website: www.nspcc.org.uk	A 24 hour free confidential helpline for children and young people.
The Samaritans Tel: 01245 357357 (Local Helpline) Tel: 08457 909090 (National Helpline) Website: www.samaritans.org	The Samaritans offer a listening service to those going through a personal crisis and wanting to talk about their despair or suicidal feelings. There is someone to talk to 24 hours a day. Calls made to the national helpline are charged at local call rates from anywhere in the country.
Young Minds Helpline Tel: 0808 8025544 (Parents Helpline) Tel: 0207 0895050 (General Enquiries) Email: parents@youngminds.org.uk (For Parents) Email: ymentquiries@youngminds.org.uk (General Enquiries)	Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. We also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work and publications.

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Children & Families Hub Directory of Services

Online Safety

Nationwide Services

Child Exploitation and Online Protection (CEOP) Website: www.ceop.police.uk/safety-centre	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.
Childnet International Website: www.childnet.com	Childnet's mission is to work in partnership with others around the world to help make the internet a great and safe place for children. We work directly with children and young people from the ages of 3 to 18 on a weekly basis, as well as parents, carers, teachers and professionals, finding out about their real experiences online, and the positive things they are doing as well as sharing safety advice.
Digizen.org Website: 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.
Internet Matters.org Website: 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
Net Aware Tel: 0808 8005002 Website: net-aware.org.uk/	To children, online life is real life. NSPCC joined forces with O2 to help parents explore and understand online life as kids know it.
NSPCC Website: www.nspcc.org.uk	Online Safety The internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. But with the digital world changing all the time, how can you

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	<p>make sure your child's staying safe?</p> <p>That's where we come in. Whether you're an online expert or you're not sure where to start, our tools and advice will help you keep your child safe.</p> <p>And for schools and teachers, we've got free classroom resources that can be used in the classroom to help children.</p>
<p>Think U Know</p> <p>Website: www.thinkuknow.co.uk</p>	<p>Think U Know is a website that deals with internet safety and online child protection. There is an area for children and parents based upon age and understanding.</p>
<p>UK safer Internet Centre</p> <p>Website: www.saferinternet.org.uk</p>	<p>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.</p>

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Children & Families Hub Directory of Services

Parental Routine/Boundaries

Nationwide Services

Family Action – Digital Parent Support Service

Tel: **0808 802 0222**

Text: **07537 404282**

Email: NDPSS@family-action.org.uk

Website: www.family-action.org.uk/what-we-do/children-families/dpss

Our Digital Parent Support Service supports parents/carers on all aspects of parenting through our Free parent helpline: **0808 802 0222** (Open weekdays 6pm to 10pm and weekends 10am to 1pm). Support is also available from Virtual Befrienders and Virtual Counsellors. Find out more [here](#).

Our new Digital Parent Support Service uses a team of trained [volunteers](#) with knowledge and experience of managing the challenges of parenthood to support parents and carers 'virtually' by telephone, text message and email.

The service works with four types of [volunteers](#), each providing specific aspects of support or expertise.

[Parent Helpline Volunteer](#) – the first point of contact for parents and carers accessing the service, providing a range of immediate support as well as signposting callers to our volunteer virtual befrienders.

[Virtual Parent Befriender](#) – providing one to one weekly support sessions to parents and carers, focusing on practical parenting information, listening and emotional support.

[Virtual Expert](#) – providing our virtual befrienders and parent helpline volunteers with the information and expertise they need in key areas such as health, education, housing, social care, legal etc. to be able to help parents more effectively.

[Virtual Counsellor](#) – Providing 6-8 sessions of counselling and more in depth support to parents and carers referred to them by other service volunteers.

Accessing our free Digital Parent Support service couldn't be easier. Any parent or carer from anywhere in England and Wales can get in touch with the service via telephone, text message or email

Netmums

Website: www.netmums.com

Drop in Clinic

Our Drop in Clinic is the online equivalent of a Baby Clinic. We run it with the help of Unite/CPHVA and help about 700 mums each month. Mums post about a wide variety of topics from suffering with PND or with a child with special needs, to day to day concerns regarding parenting, their relationships and coping with life in general. One of our trained Health Visitors will be online Monday to Friday from 7.30pm to 9.30pm every evening. [Visit Drop in Clinic Here](#)

Online Courses

- [Helping with Depression](#)
- [Parenting Course](#)
- [Better Together Relationship Course](#)
- [Making Mums Happy](#)
- [Pregnancy Course](#)
- [Diet and Fitness](#)

Children & Families Hub Directory of Services

Child Exploitation

Nationwide Services

Childline Tel: 0800 1111 Website: www.childline.org.uk	A 24 hour free confidential helpline for children and young people.
Lucy Faithfull Foundation Helpline Tel: 0808 1000 900 Internet Services: 01372 847160 Website: www.lucyfaithfull.org.uk	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.
NSPCC Tel: 0808 8005000 Website: www.nspcc.org.uk	A 24 hour free confidential helpline for children and young people. <ul style="list-style-type: none"> • Preventing Abuse • Keeping Children Safe
PACE (Parents Against Sexual Exploitation) Tel: 0113 2405226 Email: Via Website Website: www.paceuk.info	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. 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... For Professionals Pace has a long history of working collaboratively with the police and social services and looks forward to further cooperation with more agencies. We offer training and guidance as well as accept referrals from those working with affected families who could benefit from independent parent support. Read More...

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	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...
Parents Protect Website Tel: 0808 1000900 (Stop it Helpline) Email: help@stopitnow.org.uk Website: www.parentsprotect.co.uk	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. 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. 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.
Survivors UK Tel: 0203 5983898 Email: info@survivorsuk.org Website: www.survivorsuk.org	Help for men who have been sexually abused or raped
Web based support for Parents and Young people	
Child Exploitation and Online Protection (CEOP) Website: www.ceop.police.uk/safety-centre	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.
Childnet International Website: www.childnet.com	Childnet's mission is to work in partnership with others around the world to help make the internet a great and safe place for children. We work directly with children and young people from the ages of 3 to 18 on a weekly basis, as well as parents, carers, teachers and professionals, finding out about their real experiences online, and the positive things they are doing as well as sharing safety advice.
Digizen.org Website: 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.
Internet Matters.org Website: 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
Net Aware	To children, online life is real life. NSPCC joined forces with O2 to help parents explore and

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Tel: 0808 8005002 Website: net-aware.org.uk/	understand online life as kids know it.
Think U Know Website: www.thinkuknow.co.uk	Think U Know is a website that deals with internet safety and online child protection. There is an area for children and parents based upon age and understanding.
UK safer Internet Centre Website: 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.

Children & Families Hub Directory of Services

Substance Misuse

Nationwide Services

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**

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](#)

Frank

Tel: **0300 1236600**

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

Email: [Via Website](#)

Website: www.talktofrank.com

Talk to Frank offers advice and information on drug related issues

[Substance Misuse Home Page](#)

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Children & Families Hub Directory of Services

Victim of Bullying

Nationwide Services

Childline

Tel: **0800 1111**

Website: www.childline.org.uk

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

NSPCC

Tel: **0808 8005000**

Website: www.nspcc.org.uk

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

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Children & Families Hub Directory of Services

Young Carer

Nationwide Services

[Young Carer Home Page](#)

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Children & Families Hub Directory of Services

Asylum Seek/Refugee

Mid Essex

Citizens Advice Bureau - Braintree

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

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

Citizens Advice Bureau - Chelmsford

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

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

Citizens Advice Bureau – Halstead

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

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.

[Asylum Seeker/Refugee Home Page](#)

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<p>Essex. CO9 2HR</p> <p>Citizens Advice Bureau – Maldon</p> <p>Tel: 01621 875774 Email: bureau@maldoncab.cabnet.org.uk Website: www.citizensadvice.org.uk/maldoncab Address: Council Offices, Princes Road, Maldon, Essex. CM9 5DL</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p>Citizens Advice Bureau - Witham</p> <p>Tel: 0344 4994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@withamcab.cabnet.org.uk Website: www.bhwcab.org.uk Address: Collingwood Road (by Public Hall), Witham, Essex. CM8 2DY</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Bereavement/Loss

Mid Essex

Farleigh Hospice

Tel: **01245 457300**
 Fax: **01245 457333**
 Email: info@farleighhospice.org
 Website: www.farleighhospice.org
 Address: **North Court Road,
 Chelmsford, Essex. CM1 7FH**

Farleigh Hospice offers bereavement support to adults, children and young people across mid Essex, regardless of whether or not their loss is related to a patient of the Hospice.

[Bereavement Support](#)

The J's Hospice

Tel: **01245 475474**
 Email: info@thejshospice.org.uk
 Website: www.thejshospice.org.uk
 Address: **36A Church Street, Great
 Baddow, Chelmsford, Essex. CM2
 7HY**

The J's provides tailored nursing, respite and end of life care, advice and advocacy, emotional care, bereavement support and a range of activities for the young adult and their family in the comfort and security of their own home. Our aim is to help young adults to live their life to the full, however short.

- [About the J's Hospice](#)
- [What we Do](#)

Re-new Counselling

Tel: **01245 359353**
 Email: sycamore@renew-us.org
 Website: www.renew-us.org
 Address: **Sadler's House, 2 Legg
 Street, Chelmsford, Essex. CM1
 1AH**

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

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Child Behavioural Difficulties

Mid Essex

FIF FUNDED PROJECT

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

FIF FUNDED PROJECT

[Download Mid Essex Early Help Request Form Here](#)

[Family Intervention Team](#)

Please note we are unable to support families who are currently or have been supported by statutory services as we are a Tier 2 early intervention service.

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

FIF FUNDED PROJECT

Kids Inspire

FIF FUNDED PROJECT

[Download Mid Essex Early Help Request Form Here](#)

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

<p>Tel: 01245 348707 Email: sue@kidsinspire.org.uk Website: kidsinspire.org.uk</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>FIF FUNDED PROJECT</p> <p>Kids Inspire</p> <p>Tel: 01245 348707 Email: sue@kidsinspire.org.uk Website: kidsinspire.org.uk</p>	<p>FIF FUNDED PROJECT Download Mid Essex Early Help Request Form Here</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>FIF FUNDED PROJECT</p> <p>Safe in Essex (The Children's Society)</p> <p>Tel: 01245 493311 Email: fifreferrals@childrenssociety.org.uk Website: www.childrenssocietyeast.org.uk</p>	<p>FIF FUNDED PROJECT Download Mid Essex Early Help Request Form Here</p> <p>Safe in Essex</p> <p>Please note we are unable to support families who are currently or have been supported by statutory services as we are a Tier 2 early intervention service.</p>

<p>Fax: 01245 491400</p>	<p>Parents and young people (over 13) may self-refer.</p> <p>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.</p> <p>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.</p>
<p>FAST (Families and Schools Together)</p> <p>Tel: 01787 374246 Email: fast@bulmer-st-andrews.essex.sch.uk Address: Bulmer St Andrews School, Church Road, Bulmer. Essex. CO10 7EH</p>	<p>Our criteria are that children need to be attending one of the schools on our list. They don't need to live within the catchment area - just attend. Our referrals come from schools/direct from families/GP's/other services etc.</p> <p>We are a team of trained Family Support Workers, dedicated to early intervention and preventative work.</p> <p>Many families run into difficulties from time to time – it's part of the stresses and strains of modern family life.</p> <ul style="list-style-type: none"> • Domestic and relationship breakdowns • Bereavement • Anxiety and stress • Anger management • Parenting problems and behaviour • Self-esteem...the list is endless, and common to all communities! <p>We can help you to manage these situations by providing:</p> <ul style="list-style-type: none"> • Advice and support for all families <p>Advice, training and support for all staff</p>
<p>Home-Start Chelmsford</p> <p>Tel: 01245 847420 Email: Chelmsford@home-startessex.org.uk Website: home-startchelmsford.com</p>	<p>Home-Start Chelmsford offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.</p> <p>Find out more about the support Home-Start Chelmsford offers</p>

Address: Unit 16D, Reeds Farm Estate, Writtle, Chelmsford, Essex. CM1 3ST	
Home-Start Maldon Tel: 01245 847430 Email: Maldon@home-startessex.org.uk Website: www.homestartmaldon.org.uk Address: Maldon District Council Offices, Princes Rd, Maldon, Essex. CM9 5DL	Home-Start Maldon offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives. Find out more about the support Home-Start Maldon offers
Home-Start Witham, Braintree & Halstead Tel: 01245 847470 Email: wbh@home-startessex.org.uk Website: www.home-startwbh.org.uk Address: 21 Coggeshall Road, Braintree, Essex. CM7 9DB	Home-Start Witham, Braintree & Halstead offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.

Can't find a suitable service? Have you checked [County-wide](#)?

Children & Families Hub Directory of Services

Children's Health Services

Mid Essex

5-19 Children's Public Health Teams

Braintree

Tel: **01376 556863**

Webpage: www.virgincare.co.uk

Address: **Carousel Family Hub,
Chapel Hill, Braintree, Essex. CM7
3QZ**

Maldon

Tel: **01621 272061**

Webpage: www.virgincare.co.uk

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

North West Chelmsford

Tel: **01245 396878**

Webpage: www.virgincare.co.uk

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

South East Chelmsford

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:

<p>Tel: 01245 396855 Webpage: www.virgincare.co.uk Address: The Waterhouse Business Centre, 2 Cromar Way, Chelmsford, Essex CM1 2QE</p> <p>Witham Tel: 01376 556863 Webpage: www.virgincare.co.uk Address: Carousel Family Hub, Chapel Hill, Braintree, Essex. CM7 3QZ</p>	<ul style="list-style-type: none"> • A height and weight check • Basic vision test • Hearing test if there is a concern identified • Onward referral to specialist services • On-going support & guidance throughout your child's school years <p>All children, young people and parents/carers/guardians have access to the school nursing team.</p>
<p>Health Visiting Teams</p> <p>Halstead Team Tel: 01376 542011 Webpage: www.virgincare.co.uk Address: Rehabilitation Unit, 78 Hedingham Road, Halstead, Essex. CO9 2DL</p> <p>Burnham Team Tel: 01621 272061 Webpage: www.virgincare.co.uk Address: Crouch Road, Burnham-on-Crouch, Essex. CM0 8DX</p> <p>Maldon Team Tel: 01621 272060 Webpage: www.virgincare.co.uk Address: The Pavillion, Bentalls Shopping Centre, Colchester Road, Heybridge, Essex. CM9 4GD</p> <p>Moulsham Team Tel: 01245 396855</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>

Webpage: www.virgincare.co.uk
Address: **The Waterhouse
Business Centre, 2 Cromar Way,
Chelmsford, Essex. CM1 2QE**

Parkside Team (Chelmsford)

Tel: **01245 396878**

Webpage: www.virgincare.co.uk
Address: **Health Visitors Office,
Parkside Medical Centre,
Melbourne Avenue, Chelmsford,
Essex. CM1 2DY**

Seesaw Team (Braintree)

Tel: **01376 542011**

Webpage: www.virgincare.co.uk
Address: **Suite 1 Technicon Centre,
Springwood Drive, Springwood
Industrial Estate, Braintree, Essex.
CM7 2YN**

Silver End Team

Tel: **01376 542011**

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

South Woodham Ferrers Team

Tel: **01245 396878**

Webpage: www.virgincare.co.uk
Address: **Merchant Street, South**

<p>Woodham Ferrers, Chelmsford, Essex. CM3 5XE</p> <p>Witham Team</p> <p>Tel: 01376 556863 Webpage: www.virgincare.co.uk Address: Carousel Family Hub, Chapel Hill, Braintree, Essex. CM7 3QZ</p>	
<p>Mid Essex Safeguarding Team</p> <p>The Mid Safeguarding Team is currently mainly contactable via mobile phones. They are awaiting a more permanent base /landline (currently Tekhnicon House, Braintree 03/04/17 for @ 2 weeks – ‘hot-desking’).</p>	<p>Christina George - Named Nurse Safeguarding Children: 07580 912539 Email: christina.george@nhs.net (3 days per week – Tues/Weds/Thurs) Cheryl Gerrard Named Nurse LAC/Safeguarding: 07508 011784 Email: cheryl.gerrard@nhs.net (full time)</p> <p>Lisa Sitch Health Advisor Young People 16+ /Safeguarding: 07949259557 Email: l.sitch@nhs.net (30hrs – variable days)</p> <p>Claire Plummer Safeguarding Nurse Advisor: 07580911897 Email: claire.plummer@nhs.net (30hrs – variable days)</p>
<p>Provide – Speech & Language Therapy – Children’s</p> <p>Tel: 01245 546313 or 01245 546335 Fax: 01245 546331 Website: www.provide.org.uk</p>	<p>We provide family-centred support for children, of pre-school and primary school age, which have difficulties with speech, language, communication and feeding.</p> <p>Our Children's Speech & Language Therapy Service Explained</p>

Children & Families Hub Directory of Services

Crime/Anti-Social Behaviour

Mid Essex

FIF FUNDED PROJECT

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

FIF FUNDED PROJECT

[Download Mid Essex Early Help Request Form Here](#)

[Family Intervention Team](#)

Please note we are unable to support families who are currently or have been supported by statutory services as we are a Tier 2 early intervention service.

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

FIF FUNDED PROJECT

Kids Inspire

FIF FUNDED PROJECT

[Download Mid Essex Early Help Request Form Here](#)

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

[Crime/Anti-Social Behaviour Home Page](#)

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<p>Tel: 01245 348707 Email: sue@kidsinspire.org.uk Website: kidsinspire.org.uk Areas Covered: Mid Essex</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>Braintree District Council</p> <p>Tel: 01376 552525 Email: csc@braintree.gov.uk Website: www.braintree.gov.uk</p>	<p>Community safety advice</p>
<p>Chelmsford City Council</p> <p>Tel: 01245 606606 Website: www.chelmsford.gov.uk</p>	<p>Community safety advice</p>
<p>Maldon District Council</p> <p>Tel: 01621 854477 Email: contact@maldon.gov.uk Website: www.maldon.gov.uk</p>	<p>Community safety advice</p>
<p>Mid Essex Youth Offending Team</p> <p>Tel: 01245 358092 Fax: 01245 358337 Email: yot.chelmsford.ecc@essex.gov.uk Address: Suite 2, Empire House, Victoria Road, Chelmsford, Essex. CM1 1PA</p>	<p>The aim of Essex Youth Offending Service (YOS) is to work with children and young people who have offended and to help prevent them getting into further trouble. We achieve this by working together with young people and their parents or carers, the victims of crime and other agencies and organisations in the local community.</p>
<p>Ormiston at HMP Chelmsford</p>	<p>Our friendly team at HMP Chelmsford will do all they can to help you and your family with their visit to the prison. We organise regular children's visits too so that children can visit their relative</p>

Tel: **01245 552452**

Website: www.ormiston.org

Address: **200 Springfield Road, Chelmsford,
Essex. CM2 6LQ**

in a more family-friendly environment.

We also run an accredited parenting course for fathers in prison. Our staff can also help with family liaison and work with other Ormiston teams to provide support to families in their homes, schools, children's centres and in their communities.

Children & Families Hub Directory of Services

Domestic Abuse

Mid Essex

Braintree Advice Services Partnership

Tel.: 03337 778087

Email: enquiries@brainteeasp.org.uk

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

Dare to Care (The Children's Society)

Tel: 01245 493311

Email:

daretocarereferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

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

[Dare to Care](#)

Dare to care supports children and young people aged between 8 and 19 years (25 if SEN) who are affected by parental mental health (including dual diagnosis), witness to domestic violence and whose parents are offenders. Dare to care is based in Mid- Essex and funded by Essex County Council and the Mid Essex Clinical Commissioning Group and works alongside CHHAT (Community Hidden Harm Awareness Team).

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

[Domestic Abuse Home Page](#)

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Children & Families Hub Directory of Services

Education

Mid Essex

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

Essex County Council Employability & Skills Mid Essex Team

Tel: **03330 138960**

Email: esuintervention.mid@essex.gov.uk

Website: www.whatsyourthing.org.uk

If you are aged 16 – 18 and looking for a job, education or training, you can contact Essex County Council's Employability & Skills Team to discuss the options that are available to you.

Our team of highly trained, experienced and friendly Advisers have access to opportunities in your area and can assist you with planning your next steps. We support young people into Apprenticeships, Jobs, College, Short Training Courses and Volunteering.

Our role can also involve supporting you with personal marketing skills such as interview techniques, CV and letter writing, developing confidence and advice on how to access the hidden job market.

The team mainly provide information over the telephone, via email, Facebook or text alerts, but face to face appointments may be available if required.

Essex Youth Service (Targeted Team)

Tel: **01245 706806**

Mobile: **07717 867075**

Email: sue.daniels@essex.gov.uk

Address: **Chelmergate, 193-196 Moulsham
Street, Chelmsford, Essex CM2 0LG**

**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

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	<p>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>
Missing Education & Child Employment Tel: 03330 139944 Email: ME&CE.mid@essex.gov.uk	Advice for Schools, professionals and parents who have any queries regarding School Attendance, Home Education, or Child Employment and Entertainment .
Provide – Speech & Language Therapy – Children’s Tel: 01245 546313 or 01245 546335 Fax: 01245 546331 Website: www.provide.org.uk	<p>We provide family-centred support for children, of pre-school and primary school age, which have difficulties with speech, language, communication and feeding.</p> <p>Our Children's Speech & Language Therapy Service Explained</p>
Red Balloon Learner Centres – Braintree Serving Mid & North Essex Tel: 07823 556842 Email: louise.miller@rbair.org.uk Website: redballoonlearner.co.uk	<p>We are able to offer a safe learning environment to young people who have been bullied to the extent that they cannot attend school, and are missing out on their education.</p> <p>We work with local authorities and a range of other statutory and voluntary agencies that support children and young people.</p> <p>If you are a parent / carer or you work in these fields and know of a child or young person aged 10 - 17 who is missing from education because they are bullied, then please contact us.</p>
Re-new Counselling Tel: 01245 359353 Email: sycamore@renew-us.org Website: www.renew-us.org Address: Sadler’s House, 2 Legg Street, Chelmsford, Essex. CM1 1AH	<p>Counselling in Schools</p>

Specialist Teaching and Preschool Service

Tel: [Click for Details](#)

Email: [Click for Details](#)

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

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

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

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Employment

Mid Essex

Citizens Advice Bureau - Braintree

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

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

Citizens Advice Bureau - Chelmsford

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

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

Citizens Advice Bureau – Halstead

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

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>Essex. CO9 2HR</p> <p>Citizens Advice Bureau – Maldon</p> <p>Tel: 01621 875774 Email: bureau@maldoncab.cabnet.org.uk Website: www.citizensadvice.org.uk/maldoncab Address: Council Offices, Princes Road, Maldon, Essex. CM9 5DL</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p>Citizens Advice Bureau - Witham</p> <p>Tel: 0344 4994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@withamcab.cabnet.org.uk Website: www.bhwcab.org.uk Address: Collingwood Road (by Public Hall), Witham, Essex. CM8 2DY</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p>Essex County Council Employability & Skills Mid Essex Team</p> <p>Tel: 03330 138960 Email: esuintervention.mid@essex.gov.uk Website: www.whatsyourthing.org.uk</p>	<p>If you are aged 16 – 18 and looking for a job, education or training, you can contact Essex County Council's Employability & Skills Team to discuss the options that are available to you.</p> <p>Our team of highly trained, experienced and friendly Advisers have access to opportunities in your area and can assist you with planning your next steps. We support young people into Apprenticeships, Jobs, College, Short Training Courses and Volunteering.</p> <p>Our role can also involve supporting you with personal marketing skills such as interview techniques, CV and letter writing, developing confidence and advice on how to access the hidden job market.</p> <p>The team mainly provide information over the telephone, via email, Facebook or text alerts, but face to face appointments may be available if required.</p>
<p>Jobcentre Plus Braintree</p> <p>Tel: 0800 0556688 (New Benefit Claims) Tel: 0345 6043719 (General Enquiries) Address: The Old Post Office, Fairfield Rd, Braintree, Essex. CM7 3HA</p>	<p>Benefit and employment advice</p>

Jobcentre Plus Chelmsford Tel: 0345 6060234 Address: 88 New London Road, Chelmsford, Essex. CM2 0PD	Benefit and employment advice
Jobcentre Plus Witham Tel: 0345 6043719 Address: 2-3 Freebournes Court, Witham, Essex. CM8 2BL	Benefit and employment advice

Can't find a suitable service? Have you checked [Nationwide](#)?

Children & Families Hub Directory of Services

Family Conflict

Mid Essex

FIF Funded Project

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

FIF FUNDED PROJECT

[Download Mid Essex Early Help Request Form Here](#)

[Family Intervention Team](#)

Please note we are unable to support families who are currently or have been supported by statutory services as we are a Tier 2 early intervention service.

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

FIF Funded Project

Kids Inspire

FIF FUNDED PROJECT

[Download Mid Essex Early Help Request Form Here](#)

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

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<p>Tel: 01245 348707 Email: sue@kidsinspire.org.uk Website: kidsinspire.org.uk</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>FIF Funded Project</p> <p>Kids Inspire</p> <p>Tel: 01245 348707 Email: sue@kidsinspire.org.uk Website: kidsinspire.org.uk</p>	<p>FIF FUNDED PROJECT Download Mid Essex Early Help Request Form Here</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>Chelmsford Child Contact Centre</p> <p>Tel: 07513 340692 Email: chelmsfordccc@hotmail.co.uk Address: Central Baptist Church, Victoria Road South, Chelmsford, Essex. CM1 1LN</p>	<ul style="list-style-type: none"> • Opening Times: Alternate Saturdays 10.30am to 12.30pm • Centre Charges: No charge for service • Accepts Self-referrals • Self-referrals accepted if court order in place • Supported Contact Available • Handover Available • Accredited for supported contact

Relate North Essex & East Herts Tel: 01245 258680 Email: Relate.Enquiries@relate.org.uk Website: www.relate.org.uk Address: Click to find your nearest Relate	We're the UK's largest provider of relationship support, and every year we help over a million people of all ages, backgrounds and sexual orientations to strengthen their relationships. Find out more about what we do and how we can help you here. Read More...
Re-new Counselling Tel: 01245 359353 Email: sycamore@renew-us.org Website: www.renew-us.org Address: Sadler's House, 2 Legg Street, Chelmsford, Essex. CM1 1AH	<ul style="list-style-type: none"> • Children's Counselling • Young People's Counselling • Counselling in Schools
Witham Child Contact Centre Tel: 07790 458903 Email: lin.withamccc@googlemail.com Address: United Reformed Church, Newland Street, Witham, Essex. CM8 1AH	<ul style="list-style-type: none"> • Opening Times: 1st & 3rd Saturday of month 2pm to 4pm • Centre Charges: No charge for service • Accepts Self-referrals – Subject to meeting NACCC requirements for supported contact • Supported Contact Available • Handover Available • Accredited for Supported Contact

Can't find a suitable service? Have you checked [Countywide](#)?

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Children & Families Hub Directory of Services

Family Hubs

Mid Essex

[Braintree](#) [Chelmsford](#) [Maldon](#)

Further details and activity timetables can be found by clicking on each site webpage.

Braintree

Carousel Family Hub

Tel: 01376 556863

Email: ecfws.midessex@barnardos.org.uk

Website:

essexfamilywellbeing.co.uk/centre/carousel-family-hub/

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

Carousel Family Hub serves Braintree district and coordinates services from smaller Healthy Family Delivery Sites in local areas including Acorn (Halstead), Harlequin (Witham), Seesaw (Braintree) and Silver End.

Carousel Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.

Our wide range of services include interactive childminder sessions with activities that support your babies development, toddler learning journey opportunities that capture your child's development in a book and baby weighing facilities.

We want parents and carers to have access to services and networks which will empower and help them support their family.

Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.

Acorn Healthy Family Delivery Site

Tel: 01787 477162

Email: cfws.midessex@barnardos.org.uk

Acorn Family Hub is based in Halstead, and is part of the Carousel Family Hub, which serves the whole of Braintree.

Acorn Family Hub is a warm and friendly centre for families. We welcome children, young

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<p>Website: essexfamilywellbeing.co.uk/centre/acorn-family-hub/ Address: Old School Hall, Beridge Road, Halstead, Essex. CO9 1JH</p>	<p>people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include interactive sessions for children aged 0-5 which encourage child development and learning, Baby, Bump and Me sessions and school nurse drop-in sessions are available during term time.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities, for a full list, please see the timetable below.</p>
<p>Harlequin Healthy Family Delivery Site</p> <p>Tel: 01376 535270 Email: cfws.midessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/harlequin-family-hub/ Address: Spa Road, Witham, Essex. CM8 1NA</p>	<p>Harlequin Healthy Family Delivery Site is based in Witham and sits under the Carousel Family Hub, which covers the whole of Braintree.</p> <p>Harlequin Healthy Family Delivery Site offers a wide range of services and information for families.</p> <p>Our services range from family drop-in sessions where parents meet, chat and share parenting and childcare advice, to Stay & Play groups for 0-5, Bumps and Babies groups for parents and children 0-1.</p> <p>Please feel free to contact us or come along and meet staff leading the groups and activities.</p>
<p>Seesaw Healthy Family Delivery Site</p> <p>Tel: 01376 555260 Email: cfws.midessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/seesaw-family-hub/ Address: Lancaster Way, Braintree, Essex. CM7 5UL</p>	<p>Seesaw Healthy Family Delivery Site is based in Braintree and is part of the Carousel Family Hub, which covers the whole of Braintree.</p> <p>Seesaw Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include interactive play and learn sessions for 0-5's, and baby sensory sessions for 0-1 which encourage your child's development We also encourage families to attend our health drop-in sessions.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p>

	<p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<p>Silver End Healthy Family Delivery Site</p> <p>Tel: 01376 587960 Email: cfws.midessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/silver-end-family-hub/ Address:</p>	<p>Silver End Family Hub is part of Carousel Family Hub.</p> <p>Silver End Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include interactive play and learn sessions which support the development of children aged 0-5, breastfeeding sessions and messy play.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities, for a full list.</p>
<h2 style="text-align: center;">Chelmsford</h2>	
<p>Chelmsford Central Family Hub</p> <p>Tel: 01245 283396 Email: cfws.midessex@barnardos.org.uk Webpage: essexfamilywellbeing.co.uk/centre/chelmsford-central-family-hub/ Address: Chelmsford Library, Market Road, Chelmsford, Essex. CM1 1QH</p>	<p>Chelmsford Central Family Hub serves Chelmsford City and supports the delivery of activities in other local areas including Chelmsford West and Chetwood (South Woodham Ferrers).</p> <p>Chelmsford Central Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include coffee drop-in sessions where parents come to relax, meet other parents and share advice, and Rhyme Time which supports the development of your child's communication through singing, interaction and movement.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>

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<p>Chelmsford West Healthy Family Delivery Site</p> <p>Tel: 01245 283254 Email: cfws.midessex@barnardos.org.uk Webpage: essexfamilywellbeing.co.uk/centre/chelmsford-west-family-hub/ Address: Dixon Avenue, Chelmsford, Essex. CM1 2AQ</p>	<p>Chelmsford West Healthy Family Delivery Site is part of the Chelmsford Central Family Hub, which serves all of Chelmsford.</p> <p>Chelmsford West Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include health drop-in sessions for families with children 0-8, parent coffee mornings where parents come to relax, meet other parents and share advice, and services that help with healthy feeding, behaviour management, sleep routines, potty training and many more.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<p>Chetwood Healthy Family Delivery Site</p> <p>Tel: 01245 329240 Email: cfws.midessex@barnardos.org.uk Webpage: essexfamilywellbeing.co.uk/centre/chetwood-family-hub/ Address: Shirebourn Vale, Off Gandalf's Ride, South Woodham Ferrers, Essex. CM3 5ZX</p>	<p>Chetwood Family Hub is based in South Woodham Ferrers and is a part of the Chelmsford Central Family Hub.</p> <p>Chetwood Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include Stay and Play for 0-5s and child health clinic services which offer advice and information from a health visitor.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>

Maldon

Maldon Family Hub

Tel: **01621 851590**

Email: cfws.midessex@barnardos.org.uk

Website:

essexfamilywellbeing.co.uk/centre/maldon-family-hub/

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

Maldon Family Hub serves Maldon district and facilitates the delivery of services from other local areas, including Dengie Healthy Family Delivery Site.

Maldon Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.

Our wide range of services include Bumps and Babies, interactive sensory play sessions with babies and health clinic services.

We want parents and carers to have access to services and networks which will empower and help them support their family.

Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.

Dengie Healthy Family Delivery Site

Tel: **01621 783933**

Email: cfws.midessex@barnardos.org.uk

Website:

essexfamilywellbeing.co.uk/centre/dengie-family-hub/

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

Dengie Healthy Family Delivery Site is based in Burnham-On-Crouch and is part of Maldon Family Hub, which covers all of Maldon District.

Dengie Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start.

Our wide range of services include family health drop-in sessions with a health visitor and the family wellbeing team, and fun play activities for children aged 0-4.

We want parents and carers to have access to services and networks which will empower and help them support their family.

Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.

Children & Families Hub Directory of Services

Financial Concerns

Mid Essex

Braintree Area Foodbank

Tel: **01376 330694**
 Email: info@braintreearea.foodbank.org.uk
 Website: braintreearea.foodbank.org.uk
 Areas Covered: **Braintree, Halstead, Witham**

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

Braintree District Council

Tel: **01376 557882**
 Email: benefits@braintree.gov.uk
 Website: www.braintree.gov.uk
 Address: **Causeway House, Braintree, Essex. CM7 9HB**

Benefits & debt advice

Citizens Advice Bureau - Braintree

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

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

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Citizens Advice Bureau - Chelmsford Tel: 01245 205656 (Advice Line) Tel: 01245 205605 (Office) Fax: 01245 281388 Website: www.chelmsfordcab.org Address: Burgess Well House, Coval Lane, Chelmsford, Essex. CM1 1FW	The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.
Citizens Advice Bureau – Maldon Tel: 01621 875774 Email: bureau@maldoncab.cabnet.org.uk Website: www.citizensadvice.org.uk/maldoncab Address: Council Offices, Princes Road, Maldon, Essex. CM9 5DL	The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.
Citizens Advice Bureau - Witham Tel: 0344 4994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@withamcab.cabnet.org.uk Website: www.bhwcab.org.uk Address: Collingwood Road (by Public Hall), Witham, Essex. CM8 2DY	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.

Can't find a suitable service? Have you checked [Nationwide](#)?

Children & Families Hub Directory of Services

Housing Concerns

Mid Essex

Braintree District Council

Tel: **01376 557882**

Email: housing@braintree.gov.uk

Website: www.braintree.gov.uk

Address: **Causeway House, Braintree,
Essex. CM7 9HB**

Housing information & advice

Chelmsford Borough Council

Tel: **01245 606606**

Website: www.chelmsford.gov.uk

Housing information & advice

Citizens Advice Bureau - Braintree

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

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

Email: bureau@braintreecab.cabnet.org.uk

Website: www.bhwcab.org.uk

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

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

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<p>Citizens Advice Bureau - Chelmsford</p> <p>Tel: 01245 205656 (Advice Line) Tel: 01245 205605 (Office) Fax: 01245 281388 Website: www.chelmsfordcab.org Address: Burgess Well House, Coval Lane, Chelmsford, Essex. CM1 1FW</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p>Citizens Advice Bureau – Halstead</p> <p>Tel: 0344 4994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@halsteadcab.cabnet.org.uk Website: www.bhwcab.org.uk Address: The Ramsey College, Halstead, Essex. CO9 2HR</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p>Citizens Advice Bureau – Maldon</p> <p>Tel: 01621 875774 Email: bureau@maldoncab.cabnet.org.uk Website: www.citizensadvice.org.uk/maldoncab Address: Council Offices, Princes Road, Maldon, Essex. CM9 5DL</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>
<p>Citizens Advice Bureau - Witham</p> <p>Tel: 0344 4994719 (General Advice line) Tel: 01787 479397 (Disability Outreach) Email: bureau@withamcab.cabnet.org.uk Website: www.bhwcab.org.uk Address: Collingwood Road (by Public Hall), Witham, Essex. CM8 2DY</p>	<p>The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.</p>

Greenfields Community Housing Tel: 01376 535400 Website: www.greenfieldsch.org.uk Areas Covered: Braintree, Halstead, Witham.	Greenfields is a Community Gateway Association based in the Braintree District, Essex. About Greenfields
Maldon District Council Tel: 01621 854477 Email: contact@maldon.gov.uk Website: www.maldon.gov.uk	Housing information & advice
Moat Tel: 0300 3230011 Email: customer@moat.co.uk Website: www.moat.co.uk	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. Read More...
Nacro Bartletts Parent and Child Tel: 01245 351336 Address: 2a Coval Avenue, Chelmsford, Essex. CM1 1TF Chelmsford & Maldon Single Homeless Tel: 01245 505882 Address: 134 New Writtle Street, Chelmsford, Essex. CM2 0RR Mental Health Service – Mid Essex Tel: 01376 331170 Address: 5 Julien Court Road, Braintree, Essex. CM7 9BN Website: www.nacro.org.uk Please see website for email contact form	Nacro provides homes for people and supports them to keep stable living arrangements. Nacro Bartletts Parent and Child provides supported housing to 16-25 year olds in the Chelmsford area who are homeless single parents with a child/children or pregnant. Nacro's Chelmsford & Maldon Single Homeless Project provides supported housing to 16-25 year olds in the Chelmsford area who are homeless. The projects provide support and temporary accommodation for up to 2 years, preparing users for a more permanent, independent accommodation in the community. Nacro Mental Health Service - Mid Essex is a supported housing project for single people in Braintree and the surrounding area who have experiences mental health and who may also have social problems. The project provides temporary accommodation with support that aims to maximise an individual's independent living skills, preparing them for more permanent accommodation in the community.

**One Housing Group – Essex
Floating Support Service**

Tel: **0300 1231921**

Text: **07964 115136**

Email: essexfss@onehousinggroup.co.uk

Website: www.onehousinggroup.co.uk

Address: **One Support, Menzies**

**Distribution, Suites 2 & 4, Sheepcotes,
Springfield Business Park, Chelmsford.
CM2 5AS**

This service provides individual housing related support to people in the community, preventing homelessness, helping them to maintain their tenancies, increase life skills and to live more independently.

We offer a flexible and responsive service that is sensitive to our customer's needs.

[Read More...](#)

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Legal

Mid Essex

[Legal Home Page](#)

[Go to Directory Home Page](#)

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Children & Families Hub Directory of Services

Lonely/Isolated/Socially Alienated

Mid Essex

FIF FUNDED PROJECT

Kids Inspire

Tel: 01245 348707

Email: sue@kidsinspire.org.uk

Website: kidsinspire.org.uk

FIF FUNDED PROJECT

[Download Mid Essex Early Help Request Form Here](#)

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

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

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

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

Coaching involves a semi structured process of questioning and reflection.

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

FIF FUNDED PROJECT

Kids Inspire

Tel: 01245 348707

Email: sue@kidsinspire.org.uk

Website: kidsinspire.org.uk

FIF FUNDED PROJECT

[Download Mid Essex Early Help Request Form Here](#)

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.

	<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>Re-new Counselling</p> <p>Tel: 01245 359353 Email: sycamore@renew-us.org Website: www.renew-us.org Address: Sadler's House, 2 Legg Street, Chelmsford, Essex. CM1 1AH</p>	<ul style="list-style-type: none"> • Children's Counselling • Young People's Counselling • Counselling in Schools

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Mental Health

Mid Essex

FIF FUNDED PROJECT

Kids Inspire (FIF 5)

Tel: 01245 348707

Email: sue@kidsinspire.org.uk

Website: kidsinspire.org.uk

FIF FUNDED PROJECT

[Download Mid Essex Early Help Request Form](#)

[Here](#)

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.

Dare to Care (The Children's Society)

Tel: 01245 493311

Email:

daretocarereferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

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

[Dare to Care](#)

Dare to care supports children and young people aged between 8 and 19 years (25 if SEN) who are affected by parental mental health (including dual diagnosis), witness to domestic violence and whose parents are offenders. Dare to care is based in Mid- Essex and funded by Essex County Council and the Mid Essex Clinical Commissioning Group and works alongside CHHAT (Community Hidden Harm Awareness Team).

[Mental Health Home Page](#)

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<p>IAPT (Improving Access to Psychological Therapy)</p> <p>Tel: 01376 308704 or 01376 308705 Fax: 01376 308720 Email: midessex.iapt@nhs.net Website: www.hpft.nhs.uk Address: Tekhnicon House, Springwood Drive, Braintree, Essex. CM7 2YN Areas Covered: Mid Essex</p>	<p>The Mid Essex IAPT service provides psychological therapy. We offer a range of treatment options including advice and support, guided self-help, individual therapy, Cognitive Behavioural Therapy (CBT), group treatment and employment support.</p> <p>Depression, anxiety, stress and low self-esteem are just some of the common problems people experience.</p> <p>Referrals are accepted through a number of routes, the main route by GPs. Every time a service user is seen, a detailed assessment will be made of their progress so that they get the therapy best suited to their needs.</p> <p>There are a range of resources and services that people can access, such as self-help material, books on prescription, counselling that we will be able to sign post individuals to.</p>
<p>Nacro Mental Health Service – Mid Essex</p> <p>Tel: 01376 331170 Address: 5 Julien Court Road, Braintree, Essex. CM7 9BN</p> <p>Website: www.nacro.org.uk Please see website for email contact form</p>	<p>Nacro Mental Health Service - Mid Essex is a supported housing project for single people in Braintree and the surrounding area who have experiences mental health and who may also have social problems.</p> <p>The project provides temporary accommodation with support that aims to maximise an individual's independent living skills, preparing them for more permanent accommodation in the community.</p>
<p>Re-new Counselling</p> <p>Tel: 01245 359353 Email: sycamore@renew-us.org Website: www.renew-us.org Address: Sadler's House, 2 Legg Street, Chelmsford, Essex. CM1 1AH</p>	<ul style="list-style-type: none"> • Children's Counselling • Young People's Counselling • Counselling in Schools

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Online Safety

Mid Essex

[Go to Online Safety Home Page](#)

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Children & Families Hub Directory of Services

Parental Routine/Boundaries

Mid Essex

FIF FUNDED PROJECT

The Children's Society

Tel: 01245 493311

Email: fifreferrals@childrenssociety.org.uk

Fax: 01245 491400

Website: www.childrenssocietyeast.org.uk

FIF FUNDED PROJECT

[Download Mid Essex Early Help Request Form Here](#)

Parenting Support

Please note we are unable to support families who are currently or have been supported by statutory services as we are a Tier 2 early intervention service. 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.

Chelmsford Child Contact Centre

Tel: 07513 340692

Email: chelmsfordccc@hotmail.co.uk

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

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

Home-Start Chelmsford

Tel: 01245 847420

Home-Start Chelmsford offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.

[Parental Routine/Boundaries Home Page](#)

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<p>Email: Chelmsford@home-startessex.org.uk Website: home-startchelmsford.com Address: Unit 16D, Reeds Farm Estate, Writtle, Chelmsford, Essex. CM1 3ST</p>	<p>Find out more about the support Home-Start Chelmsford offers</p>
<p>Home-Start Maldon</p> <p>Tel: 01245 847430 Email: Maldon@home-startessex.org.uk Website: www.homestartmaldon.org.uk Address: Maldon District Council Offices, Princes Rd, Maldon, Essex. CM9 5DL</p>	<p>Home-Start Maldon offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.</p> <p>Find out more about the support Home-Start Maldon offers</p>
<p>Home-Start Witham, Braintree & Halstead</p> <p>Tel: 01245 847470 Email: wbh@home-startessex.org.uk Website: www.home-startwbh.org.uk Address: 21 Coggeshall Road, Braintree, Essex. CM7 9DB</p>	<p>Home-Start Witham, Braintree & Halstead offers support to families with one or more children under 5. Support can be through a volunteer who visits the family in their own home, or through our Family Group. You do not have to pay for the help Home-Start gives.</p>
<p>Witham Child Contact Centre</p> <p>Tel: 07790 458903 Email: lin.withamccc@googlegmail.com Address: United Reformed Church, Newland Street, Witham, Essex. CM8 1AH</p>	<ul style="list-style-type: none"> • Opening Times: 1st & 3rd Saturday of month 2pm to 4pm • Centre Charges: No charge for service • Accepts Self-referrals – Subject to meeting NACCC requirements for supported contact • Supported Contact Available • Handover Available • Accredited for Supported Contact

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Child Exploitation

Mid Essex

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**

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.

<p>Centre for Action on Rape & Abuse (CARA)</p> <p>Tel: 01206 769795 Email: info@caraessex.org.uk Website: www.caraessex.org.uk Address: PO Box 548, Colchester, Essex. CO1 1YP Areas Covered: Mid & North Essex</p>	<p>CARA is a confidential support service run by women for women children and young people of both genders under the age of 19 who have suffered any form of sexual violence, past or present.</p> <p>We provide formal counselling for rape and sexual assault, including child sexual abuse. We also offer an advocacy service and can accompany women to the police, to court, to the GUM clinic, or to other meetings if they request it.</p> <p>We are continually looking at other ways in which we can expand our services, if possible or appropriate.</p>
<p>Chelmsford Rape & Sexual Abuse Centre</p> <p>Tel: 01245 492123</p>	<p>Counselling, support and advice</p>
<p>Essex Police CYP Police Officer</p> <p><u>Braintree</u> 73656 Andy Holmes Email: 42073656@essex.pnn.police.uk Ext: 400336</p> <p><u>Chelmsford & Maldon</u> 1376 Clare Martinez</p>	<p>There are 13 CYP officers across the force and at least one in each policing district. The role is very much focused on safeguarding and diverting children and young people away from negative behaviours.</p> <p>CYP officers work closely with partner agencies, including Youth Offending Teams and ensure the correct referrals and interventions are offered to young people at risk of offending or becoming victims.</p> <p>Their overarching aim is to identify and resolve issues involving young people within the community who are most at risk of becoming repeat offenders or victims, or at risk of harm from Child Sexual Exploitation.</p>
<p>Essex Police Missing Person Liaison Officer</p> <p><u>Chelmsford & Maldon</u> 74656 Carly Double Email: 42074656@essex.pnn.police.uk Ext: 420386</p> <p><u>Braintree</u> 76433 Anneliese Skinner Email: 42076433@essex.pnn.police.uk Ext: 202202</p>	<p>The responsibility of the Missing Person Liaison Officers (MPLO) is to maintain a comprehensive overview of missing people within a defined area in order to identify those who are at risk of significant harm and to co-ordinate the response from Essex Police and its partners, so as to reduce the likelihood of harm occurring to vulnerable people. There are 10 MPLOs; one for each Essex Police District Policing Area.</p>

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Substance Misuse

Mid Essex

Open Road Chelmsford

Tel: **01245 284772**

Helpline: **0844 4991323**

Website: openroad.org.uk

Address: **Mansard House, 107-109 New London Road, Chelmsford, Essex. CM2 0PP**

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

Available Services:

- [Open Access](#)
- [Needle & Syringe Programme](#)
- [Structured Recovery Programme](#)
- [Stimulant Service](#)
- [Counselling](#)
- [Family Support](#)
- [Body Therapy](#)

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Victim of Bullying

Mid Essex

Red Balloon Learner Centres – Braintree Serving Mid & North Essex

Tel: 07823 556842

Email: louise.miller@rbair.org.uk

Website: redballoonlearner.co.uk

We are able to offer a safe learning environment to young people who have been bullied to the extent that they cannot attend school, and are missing out on their education.

We work with local authorities and a range of other statutory and voluntary agencies that support children and young people.

If you are a parent / carer or you work in these fields and know of a child or young person aged 10 - 17 who is missing from education because they are bullied, then please contact us.

[More About Red Balloon](#)

Re-new Counselling

Tel: 01245 359353

Email: sycamore@renew-us.org

Website: www.renew-us.org

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

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

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

[Victim of Bullying Home Page](#)

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Children & Families Hub Directory of Services

Young Carer

Mid Essex

Action For Family Carers

Tel: 01621 851640

Fax: 01621 874817

Email: enquiries@affc.org.uk

Website: www.affc.org.uk

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

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

Crossroads Care Braintree Young Carers

Tel: 01376 529985

Email: braintreexroads@btconnect.com

Website: braintreecrossroadscare.org.uk

Address: Braintree & District Crossroads,
The Pines, Lynderswood Farm,
Lynderswood Lane, Braintree, Essex. CM7
8QN

Young Carers

Young Carers are children who care or help care for someone who may have a physical or learning disability, a long term illness or mental illness. They may have help with their caring role; or they may be the sole carer; either way we can offer them our support through our Young Carers Club. We offer support to young carers from the age of 8 to 18 in their caring role, giving them a break whilst also giving them a chance to experience activities that they may not normally have the opportunity to take part in.

Young Carers Club

Braintree young carers club is on Thursday evenings from 4.45 - 6.45pm

Halstead young carers club is on Tuesday evenings from 5.30 - 7.30 pm

At club nights we provide games, activities and workshops, most recently we had Mad Science attend our club and provide workshops including an Electricity workshop, the children all got hands on and learnt about Electricity in a fun way with our Van de Graff Static Generator which made their hair stand on end and then took part in a Plasma Ball challenge, we basically electrocuted the children in a safe way, all in the name of science of course, hee hee! The

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	<p>younger group took part in the Polymers and Putty workshop, where they again got hands on and learnt how and why things stretch then got to make a pot of Putty that they took away with them.</p>
<p>Dare to Care (The Children's Society)</p> <p>Tel: 01245 493311 Email: daretocarereferrals@childrenssociety.org.uk Website: www.childrenssocietyeast.org.uk Address: 114 Springfield Road, Chelmsford, Essex CM2 6LF</p>	<p><u>Dare to Care</u></p> <p>Dare to care supports children and young people aged between 8 and 19 years (25 if SEN) who are affected by parental mental health (including dual diagnosis), witness to domestic violence and whose parents are offenders. Dare to care is based in Mid- Essex and funded by Essex County Council and the Mid Essex Clinical Commissioning Group and works alongside CHHAT (Community Hidden Harm Awareness Team).</p>
<p>YMCA Chelmsford Young Carers</p> <p>Tel: 01245 355677 Email: ben.gibbons@ymcachelmsford.org.uk Website: www.chelmsfordymca.co.uk/youth Address: Victoria Road, Chelmsford, Essex. CM1 1NZ</p>	<p>Young Carers meet every Saturday, 1:00pm-3:00pm (7-17 year olds) at YMCA Chelmsford.</p> <p>Young Carers meet up to chill out, make new friends and take part in different activities each week. These can include movie nights, cooking, arts and crafts, pool competitions and trips out! We provide a meal every week, a listening ear and a chance for young carers to enjoy some time out.</p>

Can't find a suitable service? Have you checked [Countywide?](#)

[Young Carer Home Page](#)

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Children & Families Hub Directory of Services

Asylum Seek/Refugee

North Essex

Citizen's Advice Bureau Tendring

Tel: 03444 770808

Email: bureau@cabtendring.org.uk

Website: www.citizensadvice.org.uk

Address: 18 Carnarvon Road,
Clacton-on-Sea, Essex. CO15 6QF

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.

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Bereavement/Loss

North Essex

The J's Hospice

Tel: **01245 475474**

Email: info@thejshospice.org.uk

Website: www.thejshospice.org.uk

Address: **36A Church Street, Great Baddow, Chelmsford, Essex. CM2 7HY**

The J's provides tailored nursing, respite and end of life care, advice and advocacy, emotional care, bereavement support and a range of activities for the young adult and their family in the comfort and security of their own home. Our aim is to help young adults to live their life to the full, however short.

- [About the J's Hospice](#)
- [What we Do](#)

St. Helena Hospice

Tel: **01206 890360**

Website: www.sthelenahospice.org.uk

Address: Barncroft Close, Highwoods, Colchester, Essex. CO4 9JU

St Helena Hospice exists to meet the physical, emotional and spiritual needs of people with life-limiting illness, no matter what their diagnosis. We are here to support families, including children, before and after bereavement and to support people from every background and faith who need our services. [Read More](#)

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

[Bereavement/Loss Home Page](#)

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Children & Families Hub Directory of Services

Child Behavioural Difficulties

North Essex

FIF FUNDED PROJECT

The Children's Society

Tel: **01245 493311**

Email: fifreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

Fax: **01245 491400**

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[Download North Essex Early Help Request Form](#)

Young People Risky Behaviours

Please note we are unable to support families who are currently or have been supported by statutory services as we are a Tier 2 early intervention service. 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.

FIF FUNDED PROJECT

Colchester & Tendring YES

Tel Colchester: **01206 710771**

Tel Tendring: **01255 434601**

Email: info@colchesteryes.org.uk

Website: www.yesyouthenquiryservice.org

FIF FUNDED PROJECT

[Download North Essex Early Help Request Form](#)

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.

[Child Behavioural Difficulties Home Page](#)

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	<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>FIF FUNDED PROJECT</p> <p>Homestart Colchester (FIF 5)</p> <p>Tel: 01206 865349 Email: team@homestartcolchester.org.uk Website: homestartcolchester.org.uk Address: 2 Thomas Court, East Street, Colchester, Essex. CO1 2TR</p>	<p>FIF FUNDED PROJECT Download North Essex Early Help Request Form</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>Colchester & Tendring Youth Enquiry Service</p> <p>Tel: 01206 710771 Email: info@colchesteryes.org.uk Website: www.yesyouthenquiryservice.org Address: 9 Trinity Street, Colchester, Essex. CO1 1JN</p>	<p>We provide a non-judgemental, informal, accessible and confidential service for young people between the ages of 11-25 years old.</p> <p>We offer an initial assessment meeting which gives an opportunity to talk through the problems or situation that you are facing. From that we can link you to the service that appropriate - either internally, or with one of the many other services that work with young people across Colchester.</p> <p>How We Can Help</p>
<p>EXTRA – Support For Families</p> <p>Tel: 01255 475001 Text: 07794 991987</p>	<p>Extra - Support for Families (EXTRA) is here to help anyone caring for children in the Tendring district to meet the challenges of parenting.</p> <p>We offer local opportunities for parents to meet at fun days, one-off workshops and a range of parenting programmes.</p> <p>Through these activities, EXTRA aims to help parents develop their parenting skills to bring out</p>

<p>Email: extrasupportforfamilies@btconnect.com Website: www.extrasupportforfamilies.co.uk Address: Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, Clacton-on-Sea, Essex. CO15 2JP Areas Covered: Tendring</p>	<p>the best in their children, reduce conflict in the home, improve family relationships and build confidence in parents/carers to cope with future challenges.</p> <p>EXTRA acts as a central agency to co-ordinate the provision of parenting support throughout Tendring. We have a parenting platform every couple of months where practitioners involved in parenting, from Sure-Start Children's Centres, schools, adult community learning, health and so on, gather to share information on what is going on and to find ways to provide what parents need in the area.</p> <ul style="list-style-type: none"> • Courses • Workshops
<p>Home-Start Colchester – Covering Colchester, Clacton, Frinton, St Osyths, and Jaywick</p> <p>Tel: 01206 865349 Email: team@homestartcolchester.org.uk Website: www.homestartcolchester.org.uk Address: 2 Thomas Court, East Street, Colchester, Essex. CO1 2TR Areas Covered: Colchester, Clacton, Frinton, St Osyths, and Jaywick</p>	<p>Home-Start Colchester 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 Colchester offers...</p>
<p>Home-Start Harwich</p> <p>Tel: 01255 556230 Email: team@homestartcolchester.org.uk Address: St Nicholas' Hall, Stour Road, Bathside, Harwich, Essex. CO12 3HS</p>	<p>Home-Start Harwich 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>Inclusion Ventures</p> <p>Tel: 01255 476947 Website: www.inclusionventures.co.uk Address: Coppins Hall Community Centre, Maldon Way, Clacton-on-Sea, Essex. CO16 7PA</p>	<p>Our aim is to improve the lives of vulnerable young people from the most disadvantaged areas of West Clacton; supporting them to discover a wider prospective, and positive future that fulfils their potential!</p> <p>We offer young people a specialised staff team that understand the underlying issues that lead young people to challenge. With respect and trust, we gradually encourage them to understand the responsibility that goes hand in hand with their rights.</p>

<p>The Ministry of Parenting</p> <p>Tel: 01206 562626 Email: info@theministryofparenting.com Website: www.theministryofparenting.com Address: The Colchester Business Centre, George Williams Way, Colchester, Essex. CO1 2JS</p>	<p>The Ministry of Parenting is led by a team of experts with a proven track record of excellence in parent training, consultancy, community development and parental mental health. The individuals behind the business also have a large network of contacts and are able to access a range of consultants, facilitators and trainers to help deliver the Company's aims and objectives.</p> <p>Services Offered: STOP Parents of Teenagers One-to-One Parent Coaching Programme – Payment required for Programme</p>
<p>Teen Talk</p> <p>Tel: 01255 504800 / 01255 240024 Email: teentalk1@hotmail.co.uk Website: www.teentalkharwich.co.uk Address: 17 Cliff Road, Dovercourt, Harwich, Essex. CO12 3PP</p>	<p>Teen Talk is "Young Person Centred". We do not give advice or tell someone what to do, but offer support, space and time for a young person to work through their own issues, at their own pace. We feel that Young people are the experts in their lives and with support can effectively make changes for the better.</p> <p>Services Available</p> <ul style="list-style-type: none"> • Drop In • Outreach • Life Skills Programmes • Sexual Health

Can't find a suitable service? Have you checked [County-wide](#)?

Children & Families Hub Directory of Services

Children's Health Services

North Essex

North Essex Child & Family Wellbeing Service (0-19)

Tel: **01206 372300**

Address: Lanswood Park,
Broomfield Road, Colchester,
Essex. CO7 7FD

North Colchester Teams

Castle Team
Stour Team

South Colchester Teams

Blackwater Team
Chappel Viaduct

North Tendring

Mayflower

South Tendring Teams

Martello
Naze Tower

Health Visiting & School Nursing Services covering North Essex

The service, which is provided by Virgin Care in partnership with Barnardo's, ensures that families continue to have easy access to local services, but staff are also be able to reach children and families in the community; whether in a local clinic, play area or in a family's front room. This flexible and innovative new way of working is about providing services without walls and ensuring we are reaching those families who need support the most. The services are for children from before they are born through to the age of 19 (or 25 for young people with special educational needs and disabilities).

We deliver broad areas of support:

1. Health Visiting: e.g. Antenatal contact, transition to parenthood, SIDS, new baby review, maternal (perinatal) mental health, wellbeing and development of child under 1 year and 2-2 1/2 year reviews, support to 'be ready for school'
2. Parenting Support: e.g. breastfeeding support, school entry review, childcare confidence support, support for expectant mother and father
3. School Nursing: e.g. support for young people in schools with wellbeing and health and mid teen health review and help with family health
4. Family Health: e.g. substance misuse (parents), contraception advice, nutrition support, mental health (maternal & infant), smoking cessation
5. Resilience and Development: prepare for learning, DV support, returning to work, accessing ETE, safeguarding

	<p>6.Support for ages 5-19: e.g. dental care, review of immunisation status, appropriate interventions for any physical, emotional or developmental problems, provides children, parents and school staff with information on specific health issues, measuring height and weight</p> <p>7. Support for young people with special educational needs and disabilities (SEND) up to the age of 25. Through utilising the family hubs, delivery and outreach sites there is a wide range of universal and target activity that is available for children, young people and families.</p>
<p>Colchester Hospital Safeguarding Children Team</p> <p>Tel: 01206 742267</p>	<p>Helen Chase, Head of Safeguarding: 07932 662598</p> <p>Gemma Shadbolt, Named Nurse Safeguarding Children – Paediatrics & Emergency Department: 07917173935</p> <p>Jo Jerrom, Named Midwife Safeguarding Children: 07801 097597</p> <p>Sue Finnis, Safeguarding Advisor Children: 07920 581131</p> <p>Margaret Philip, Safeguarding Children Secretary</p>

Children & Families Hub Directory of Services

Crime/Anti-Social Behaviour

North Essex

Colchester Borough Council – Community Safety Support Officer

Tel: **03300 538039**
 Mobile: **07966 239353**
 Email: simon.day@colchester.gov.uk

Working with adults and families that are victims of criminal gang exploitation. As part of the Colchester Safer Partnership delivering multi-agency and tailor-made support to empower vulnerable Colchester residents to make positive life choices and divert them away from gang related offending behaviour.

Work can either be preventative in terms of identifying individuals in the early stages of offending behaviour and have increased vulnerabilities making them the targets of criminal exploitation and post arrest work to support individuals who continue to remain vulnerable and at risk.

Essex Probation – North Essex Delivery Unit

Tel: **01206 768342**
 Website: www.essexcrc.co.uk
 Address: **Ryegate House, 23 St. Peter's Street, Colchester, Essex. CO1 1HL**

Essex Probation is nationally valued as an innovative and authoritative provider of a range of services which reduce reoffending across our county, making communities safer.

Services

- [Work with Courts](#)
- [Offender Management](#)
- [Interventions](#)
- [Public Protection](#)
- [Prisons](#)
- [Accommodation](#)

North Essex Youth Offending Team

Tel: **01206 573188**
 Fax: **01206 564660**
 Email: yot.colchester.ecc@essex.gov.uk

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.

Address: Stanwell House, Stanwell Street, Colchester, Essex. CO2 7DL	
Tendring District Council Tel: 01255 686868 Website: www.tendringdc.gov.uk	Community safety advice

Children & Families Hub Directory of Services

Domestic Abuse

North Essex

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**

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.

Colchester & Tendring Women's Refuge

Tel: **0808 2000247 (National Helpline)**

Old House Tel: 01206 500585

Fax: 01206 867253

Big House Tel: 01206 761276

Fax: 01206 761352

For Women Centre Tel: 01206 867120

Fax: 01206 867253

Email: info@colchester-refuge.org.uk

Website: www.colchester-refuge.org.uk

Address: **PO Box 40, Colchester, Essex. CO1 2XJ**

Colchester & Tendring Women's Refuge supports women, together with their children, who have suffered domestic abuse. We offer crisis accommodation and outreach support to help them make independent decisions about their futures.

Our services

We provide **crisis accommodation** at any one time for 21 women (and their children where necessary).

We provide **practical and emotional support** to help women make independent decisions about their future.

We provide a **specialist children's department** to provide support for children who have been forced to live with domestic abuse. This includes pre-school provision rated "outstanding" by OFSTED in December 2014.

We deliver **outreach support** to men and women in the community experiencing domestic abuse or violence and who feel unable to leave their partner and/or wish to remain in their own home.

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	<p>We support former Refuge residents to help them rebuild their lives.</p> <p>We run a range of support programmes to help women recognise and come to terms with the violence they have suffered, including one to one counselling.</p> <p>We employ Independent Domestic Violence Advisors (IDVAs) to support women.</p>
<p>Specialist Midwife Vulnerable Women (CHUFT)</p> <p>Tel: 07508 042625</p> <p>Email: annie.parker@nhs.net</p> <p>Address: Specialist Midwife Office, Constable Wing, CGH, Turner Road, Colchester CO4 5JL</p>	<p><u>Criteria for referral to Specialist Midwife for Vulnerable Women</u></p> <ul style="list-style-type: none"> • Any young women aged under 20 years • Women who misuse substances (alcohol and/or drugs) including regular use of recreational drugs, misuse of over-the-counter medications, misuse of prescription medications, misuse of alcohol or misuse of volatile substances (such as solvents or inhalants) to an extent where physical dependence or harm is a risk (to the women and/or her unborn baby) • Women who are recent migrants (within the previous 12 months), asylum seekers or refugees, or who have difficulty reading or speaking English • Women who experience domestic abuse; including incidents of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between intimate partners or family members. Also including forced marriage, female genital mutilation and 'honour violence'. • Other complex social factors should be considered such a poverty, homelessness if impacting on the pregnancy and well-being of the women and specialist care is appropriate <p><u>Young women aged under 20 years</u></p> <ul style="list-style-type: none"> • Contact made by either phone or letter for appointment at 16 weeks to see Specialist Midwife in either Colchester, Clacton or Harwich existent joint teenage clinics with YES TP Link worker • Seen by Specialist Midwife and link worker at 16,20,25,28 and 31 weeks in teen clinic. • Offered peer parent education, health in pregnancy course and birth workshop. • Support and advice with housing application, benefits and liaison with other agencies to support. • Transfer back to community midwife at 34 weeks to continue universal maternity care • Written update sent to community midwife on transfer back to her care. • Offer of postnatal appointment pre 21 days for contraception and benefit advice in Colchester. <p><u>Recent migrants, asylum seekers or refugees, or difficulty with English</u></p> <ul style="list-style-type: none"> • Provide information and hand-outs in native language • Signpost to community groups specialising in supporting these women • Provide direct number for women and families for further advice. • Monitor DNA to consultant and community midwife and follow up

Women who misuse substances

- Complete antenatal liaison form and T-ACE screening tool (appendix 6 and 4 guidelines)
- Offer referral for specialist community support
- Monitor DNA to consultant and community midwife and follow up
- Provide direct number for contact and support
- Offer home visits in addition to NICE antenatal care pathway
- Liaise with other agencies to ensure information sharing and appropriate plan for birth
- Offer visit to NNU and 1:1 parent education if necessary

Women who experience domestic abuse

- Provide direct number for contact and support
- Monitor DNA to consultant and community midwife and follow up
- Offer referral for specialist community support/Rose Project
- Liaise with other agencies to ensure information sharing and appropriate plan for birth
- Provide direct number for contact and support
- Offer home visits in addition to NICE antenatal care pathway

As this is a new post the pathways are in the process of development and subject to change, however any referral will be discussed with the referrer to ensure a holistic approach and individualised care can be maintained.

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Education

North Essex

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

Bright Futures

Tel: 01255 429171

Email: jonathan.marriott@essex.gov.uk

Address: 5 Russell Road, Clacton-on-Sea,
Essex. CO15 6BE

A Big Lottery funded project working with young people who are not in education, employment or training (NEET) or at risk of being NEET in the future.

Essex County Council Employability & Skills North Essex Team

Tel: 03330 138961

Email: esuintervention.north@essex.gov.uk

Website: www.whatsyourthing.org.uk

If you are aged 16 – 18 and looking for a job, education or training, you can contact Essex County Council's Employability & Skills Team to discuss the options that are available to you.

Our team of highly trained, experienced and friendly Advisers have access to opportunities in your area and can assist you with planning your next steps. We support young people into Apprenticeships, Jobs, College, Short Training Courses and Volunteering.

Our role can also involve supporting you with personal marketing skills such as interview techniques, CV and letter writing, developing confidence and advice on how to access the hidden job market.

The team mainly provide information over the telephone, via email, Facebook or text alerts, but face to face appointments may be available if required.

Red Balloon – Braintree Serving Mid and North Essex

Tel: 07823 556842

We are able to offer a safe learning environment to young people who have been bullied to the extent that they cannot attend school, and are missing out on their education.

We work with local authorities and a range of other statutory and voluntary agencies that

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<p>Email: louise.miller@rbair.org.uk Website: www.redballoonlearner.co.uk</p>	<p>support children and young people.</p> <p>If you are a parent / carer or you work in these fields and know of a child or young person aged 10 - 17 who is missing from education because they are bullied, then please contact us.</p> <p>More About Red Balloon</p>
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Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Employment

North Essex

C.A.N (Colchester Advice Network)

Website: www.colchesteradvicenetwork.org.uk

The Colchester Advice Network (C.A.N.) is an email advice service offering free, confidential and impartial advice for the residents of the Borough of Colchester. Nine local agencies are working together to provide debt, employment, housing and welfare benefits advice via email, once the advice form at www.colchesteradvicenetwork.org.uk is completed.

Citizen's Advice Bureau Colchester

Tel: 03444 770808

Website: www.colchestercab.org.uk

Address: Blackburn House, Ground Floor, 32 Crouch Street, Colchester, Essex. CO3 3HH

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 Tendring

Tel: 03444 770808

Email: bureau@cabtendring.org.uk

Website: www.citizensadvice.org.uk

Address: 18 Carnarvon Road, Clacton-on-Sea, Essex. CO15 6QF

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.

The Coastal Community Centre (Tendring)

Tel: 01255 420707

Email: ccc@clactoncoastalacademy.org.uk

Address: Pathfields Road, Clacton-on-Sea, Essex. CO15 3JL

The Coastal Community Centre is open to anyone in the local area from 9am – 4pm. Anyone is welcome to drop in, have a cuppa, a chat or join in the activities. We have a team of very experienced support workers who are available to help or be able to direct people to those who can help. Drop in 1pm – 2:30pm

What We Can Help With

- Benefits
- Housing

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	<ul style="list-style-type: none"> • Debt and Money Management • Health issues • Family Matters • Completing Forms • Depression and Anxiety
Colchester Community Based Work Clubs Tel: 07984437468 (Sandra) 07826891121 (James)	<ul style="list-style-type: none"> • Help and advice with CVs, job applications, interview tips and techniques • Networking, experience sharing and job seeking ideas designed for the client • Simply Turn up on the day or call/text the number provided for information.
Essex County Council Employability & Skills North Essex Team Tel: 03330 138961 Email: esuintervention.north@essex.gov.uk Website: www.whatsyourthing.org.uk	<p>If you are aged 16 – 18 and looking for a job, education or training, you can contact Essex County Council's Employability & Skills Team to discuss the options that are available to you.</p> <p>Our team of highly trained, experienced and friendly Advisers have access to opportunities in your area and can assist you with planning your next steps. We support young people into Apprenticeships, Jobs, College, Short Training Courses and Volunteering.</p> <p>Our role can also involve supporting you with personal marketing skills such as interview techniques, CV and letter writing, developing confidence and advice on how to access the hidden job market.</p> <p>The team mainly provide information over the telephone, via email, Facebook or text alerts, but face to face appointments may be available if required.</p>
Jobcentre Plus Clacton Tel: 0345 6060234 Address: 55 Station Road, Clacton-on-Sea, Essex. CO15 1RS	Benefits & employment advice
Jobcentre Plus Colchester Tel: 0345 6043719 Address: 138 High Street, Colchester, Essex. CO1 1YJ	Benefits & employment advice

Can't find a suitable service? Have you checked [Nationwide](#)?

Children & Families Hub Directory of Services

Family Conflict

North Essex

FIF FUNDED PROJECT

Colchester & Tendring YES

Tel Colchester: **01206 710771**

Tel Tendring: **01255 434601**

Email: info@colchesteryes.org.uk

Website: www.yesyouthenquiryservice.org

Areas Covered: **North Essex**

FIF FUNDED PROJECT

[Download North Essex Early Help Request Form](#)

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.

Clacton-on-Sea Child Contact Centre

Tel: **01255 474391**

Email: mail@seanfountain.co.uk

Address: **C/o Pier Avenue Baptist Church
117 Pier Avenue, Clacton-on-Sea, Essex.
CO15 1NJ**

Opening Times: 2nd & 4th Saturdays, 2.30pm to 4.30pm

Centre charges: Under review

Accepts Self-referrals

Supported Contact Available

Accredited for Supported Contact

Colchester Child Contact Centre (St Matthew's Church)

Opening Times: 2nd & 4th Saturdays of the month 2pm to 4pm

Centre charges: No charge for service

Accepts Self-referrals

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<p>Tel: 07941 821688 or 07941 821688 Email: carrie.potts@ntlworld.com Address: Co-ordinator, St Matthews Church, Harwich Road, Colchester, Essex. CO4 3HR</p>	<p>Supported Contact Available Handover Available Accredited for Supported Contact</p>
<p>Colchester & Tendring Youth Enquiry Service</p> <p>Tel: 01206 710771 Email: info@colchesteryes.org.uk Website: www.yesyouthenquiryservice.org Address: 9 Trinity Street, Colchester, Essex. CO1 1JN</p>	<p>We provide a non-judgemental, informal, accessible and confidential service for young people between the ages of 11-25 years old.</p> <p>How We Can Help Family Counselling</p>
<p>Relate North Essex & East Herts</p> <p>Tel: 01245 258680 Email: Relate.Enquiries@relate.org.uk Website: www.relate.org.uk Address: Click to find your nearest Relate</p>	<p>We're the UK's largest provider of relationship support, and every year we help over a million people of all ages, backgrounds and sexual orientations to strengthen their relationships. Find out more about what we do and how we can help you here. Read More...</p>

Can't find a suitable service? Have you checked [Countywide](#)?

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Children & Families Hub Directory of Services

Family Hubs

North Essex

[Colchester](#) [Tendring](#)

Colchester

Berechurch Family Hub

Tel: **01206 578978**

Email: ecfws.northessex@barnardos.org.uk

Website:

essexfamilywellbeing.co.uk/centre/berechurch-family-hub-2/

Address: **The Ormiston Centre, School Road, Monkwick, Colchester, Essex. CO2 8NN**

Berechurch Family Hub serves the whole of Colchester, and it is from there that activities offered at Greenstead, Little Hands and St. Anne's and Castle Healthy Family Delivery Sites are coordinated.

Berechurch Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.

Our wide range of services include interactive play, music and movement sessions for children 0-5, and visit our baby clinic services at Hythe Community Centre where you can speak with your local health team and have your baby weighed.

We want parents and carers to have access to services and networks which will empower and help them support their family.

Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.

Greenstead Healthy Family Delivery Site

Tel: **01206 861950**

Email: ecfws.northessex@barnardos.org.uk

Greenstead Family Hub serves the areas of Greenstead and Wivenhoe, and is part of the Berechurch Family Hub covering the whole of Colchester.

Greenstead Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and

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<p>Website: essexfamilywellbeing.co.uk/centre/greentead-family-hub/ Address: Greenstead Community Centre, Hawthorn Avenue, Colchester, Essex. CO4 3QE</p>	<p>services to help children and families achieve the best start in life.</p> <p>Our wide range of services include baby beginnings, a calm and relaxing breastfeeding environment for new mums and mums-to-be, parenting programmes which offer great tips on interactive play and the importance of praise, routines and boundaries.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities</p>
<p>Little Hands Healthy Family Delivery Site</p> <p>Tel: 01206 216240 Email: ecfws.northessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/little-hands-family-hub/ Address: Stanway Fiveways Primary School, Winstree Road, Colchester, Essex. CO3 0QG</p>	<p>Little Hands Healthy Family Delivery Site serves the areas of Stanway, Copford and Marks Tey, and sits under the Berechurch Family Hub, which covers the whole of Colchester.</p> <p>Little Hands Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include antenatal care, interactive group sessions for child-minders and their mindees, and family drop-in services which are supported by a health visitor.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<p>St Anne's & Castle Healthy Family Delivery Site</p> <p>Tel: 01206 861950 Email: ecfws.northessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/st-annes-and-castle-family-hub/ Address: Harwich Road, Colchester, Essex.</p>	<p>St Anne's and Castle Family Hub serves the areas of St Anne's, Longridge, town centre (Castle) and North Station. It is part of the Berechurch Family Hub covering the whole of Colchester.</p> <p>St Anne's and Castle Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include interactive drop-in sessions for young parents and baby</p>

CO4 3DH	<p>clinics where new parents meet, access information and share advice.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<h2 style="text-align: center;">Tendring</h2>	
<p>Sydney House Family Hub</p> <p>Tel: 01255 479386 Email: ecfws.northessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/sydney-house-family-hub/ Address: Sydney House, 61a Langham Road, Clacton-on-Sea, Essex. CO16 7AG</p>	<p>Sydney House Family Hub serves the areas of Clacton, Walton, Brightlingsea, Jaywick, St Osyth, Thorrington and Wivenhoe, alongside other local hubs in Rainbow (Walton), Harwich Library and St. James.</p> <p>Sydney House Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include Baby Massage and Baby Beginnings, baby clinic drop-in sessions which are supported by a health visitor, after school drop-in sessions for primary school age children and their parents/carers and interactive group sessions for childminders and their mindees.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<p>Harwich Library Healthy Family Delivery Site</p> <p>Email: ecfws.northessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/harwich-library-healthy-family-delivery-site/ Address: Upper Kingsway, Dovercourt, Harwich, Essex. CO12 3JT</p>	<p>Harwich Library Healthy Family Delivery Site sits under the Sydney House Family Hub, which serves the whole of Tendring.</p> <p>Harwich Library Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include baby weighing and family drop-in sessions which engage the whole family, a 10-week toddler support course with story time and treasure baskets which will encourage your child's development and an 8-week course aimed at improving your child's speech and language skills (self or agency referral only).</p>

[Family Hubs Home Page](#)

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	<p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<p>Rainbow Healthy Family Delivery Site</p> <p>Tel: 01255 850475 Email: ecfws.northessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/rainbow-family-hub/ Address: 13 Old Pier Street, Walton-on-the-Naze, Essex. CO14 8AW</p>	<p>Rainbow Family Hub is based in Walton-on-the-Naze and is part of the Sydney House Family Hub, covering the areas of Clacton, Walton, Brightlingsea, Jaywick, St Osyth, Thorrington and Wivenhoe.</p> <p>Rainbow Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include baby clinics, weekly family drop-in sessions where you can access health advice, and hands-on sessions for new mums which are supported by a health visitor.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<p>St James and Holland Valley Delivery Site</p> <p>Tel: 01255 222503 Email: ecfws.northessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/st-james-and-holland-valley-family-hub/ Address: Unit 4, 30 Oxford Road, Clacton-on-Sea, Essex. CO15 3TB</p>	<p>St James and Holland Healthy Family Delivery Site serves the area of Clacton, Walton, Brightlingsea, Jaywick, St Osyth, Thorrington and Wivenhoe, and sits under the larger Sydney Family Hub, which covers the whole of Tendring.</p> <p>St James and Holland Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include interactive learning activities which will improve your child's development and support their wellbeing and practical advice and support for parents and families through courses such as 'Managing Behaviour' and 'Family Budgeting'.</p> <p>We want parents and carers to have access to services and networks which will empower</p>

	<p>and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<p>Windmill Healthy Family Delivery Site</p> <p>Tel: 01255 222503 Email: ecfws.northessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/windmill-family-hub/ Address: Mayes Lane, Ramsey, Harwich, Essex. CO12 5EL (Please note this is not for postal enquiries)</p>	<p>Windmill Healthy Family Delivery Site is based in Harwich and sits under the Sydney House Family Hub, which serves the whole of Tendring.</p> <p>Windmill Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include baby weighing and family drop-in sessions which engage the whole family, a 10-week toddler support course with story time and treasure baskets which will encourage your child's development and an 8-week course aimed at improving your child's speech and language skills (self or agency referral only).</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>

Children & Families Hub Directory of Services

Financial Concerns

North Essex

C.A.N (Colchester Advice Network)

Website: www.colchesteradvicenetwork.org.uk

The Colchester Advice Network (C.A.N.) is an email advice service offering free, confidential and impartial advice for the residents of the Borough of Colchester. Nine local agencies are working together to provide debt, employment, housing and welfare benefits advice via email, once the advice form at www.colchesteradvicenetwork.org.uk is completed.

Citizen's Advice Bureau Colchester

Tel: 08444 770808

Website: www.colchestercab.org.uk

Address: Blackburn House, Ground Floor, 32 Crouch Street, Colchester, Essex. CO3 3HH

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 Tendring

Tel: 08444 770808

Email: bureau@cabtendring.org.uk

Website: www.citizensadvice.org.uk

Address: 18 Carnarvon Road, Clacton-on-Sea, Essex. CO15 6QF

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.

The Coastal Community Centre (Tendring)

Tel: 01255 420707

Email: ccc@clactoncoastalacademy.org.uk

Address: Pathfields Road, Clacton-on-Sea, Essex. CO15 3JL

The Coastal Community Centre is open to anyone in the local area from 9am – 4pm. Anyone is welcome to drop in, have a cuppa, a chat or join in the activities. We have a team of very experienced support workers who are available to help or be able to direct people to those who can help. Drop in 1pm – 2:30pm

What We Can Help With

- Benefits
- Housing

[Financial Concerns Homepage](#)

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	<ul style="list-style-type: none"> • Debt and Money Management • Health issues • Family Matters • Completing Forms • Depression and Anxiety
Colchester Foodbank Tel: 07957 809041 (Between 10am-4pm Mon-Fri) Email: colchfbank@gmail.com Website: colchester.foodbank.org.uk	<p>Schools, churches, businesses and individuals donate non-perishable, in-date food to the foodbank. All food given out by foodbanks is donated.</p> <p>'Supermarket Collections' are one of the main ways that food is donated: These are food drives held at supermarkets where volunteers give shoppers a 'foodbank shopping list' and ask them to buy an extra item or two for local people in crisis.</p> <p>Colchester Foodbank is there to help in a crisis situation, not maintenance. It assists people through a temporary shortfall in money when they cannot afford to buy food.</p> <p>Self – referral is not possible. A person needs to be referred for a parcel by a professional person who is aware of their situation.</p>
Open Door Tel: 01206 769436 Email: hello@opendoorcolchester.co.uk Website: www.opendoorcolchester.co.uk Address: Colchester Baptist Church, Eld Lane, Colchester, Essex. CO1 1LS Opening Times: 10.00am – 2.00pm Monday, Wednesday & Friday	<p>Open Door drop-in centre is based in the centre of Colchester and provides a safe and welcoming environment to all.</p> <p>We believe that everyone in life should be able to go somewhere to meet friends, make new ones, and receive support or advice if/when needed, regardless of their present or past circumstances.</p> <p>What Open Door Offer</p> <ul style="list-style-type: none"> • A warm welcome to everyone in a relaxed café style setting • Friendship and a listening ear • Value-for-money food and drink • Crisis support • Advice on a wide range of issues (including welfare and housing) • Sign-posting and referrals to other agencies • Advocacy • Reconciliation and mediation • Debt management • Counselling

Can't find a suitable service? Have you checked [Nationwide?](#)

Children & Families Hub Directory of Services

Housing Concerns

North Essex

April Centre

Tel: (Main Office) **01206 578731**
Tel (Day Centre): **01206 761647**

- Services for homeless people/people at risk of homelessness.
- Walk-in advice centre 9.30am-1.30pm Mon-Fri offering advice on benefits, housing options, form filling, landlord/tenancy issues, and signposting.
- Day centre 1-6pm Mon & Thurs with food, recreational activities, internet access.
- Food parcels for those moving to new accommodation.
- Outreach work with rough sleepers in Colchester & Clacton.

Beacon House

Tel: **01206 761960 / 08000 186328**
Fax: **01206 762260**
Email: admin@beaconhouseministries.org.uk
clinic@beaconhouseministries.org.uk
lifeskills@beaconhouseministries.org.uk
Website: www.beaconhouseministries.org.uk
Address: **90 – 91 East Hill, Colchester, Essex. CO1 2QN**

Beacon House is a Christian Charity that offers healthcare and wellbeing facilities to those who are homeless, in insecure accommodation, or at high risk of homelessness.

Our main services include:

- A Primary Care Clinic
- Male and Female shower facilities
- Laundry services, Clothing and toiletries store
- Hot Food and Drink Cafe
- Life Skills Development Centre

Beacon House exists as a Christian agency to offer a wide range of services within an atmosphere of acceptance and care to those in need. Some of the services we provide include:

Life Skills

- Life Skills Training
- Anger Management Courses
- Cooking and Home Management
- IT Skills
- Benefit Applications

Wellbeing

[Housing Concerns Home Page](#)

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	<ul style="list-style-type: none"> • Counselling Service • Stop Smoking service • Laundry and Clothes store • Showering facilities • Toiletries Store <p>Healthcare</p> <ul style="list-style-type: none"> • Drop in clinic • Flu Vaccination • Sexual Health Clinic • Needle Exchange • HIV and Disease screening <p>Additional</p> <ul style="list-style-type: none"> • Women's Group • Hot food and drink Cafe • Barber • Foot care specialist • Postal Services • Computer Suite
<p>C.A.N (Colchester Advice Network)</p> <p>Website: www.colchesteradvicenetwork.org.uk</p>	<p>The Colchester Advice Network (C.A.N.) is an email advice service offering free, confidential and impartial advice for the residents of the Borough of Colchester. Nine local agencies are working together to provide debt, employment, housing and welfare benefits advice via email, once the advice form at www.colchesteradvicenetwork.org.uk is completed.</p>
<p>Catch 22 - Colchester Housing Intervention Project</p> <p>Tel: 07850 927811 Email: alex.flook@catch-22.org.uk Website: www.catch-22.org.uk Address: Suite 25, The Colchester Centre (Weston Business Centre), Hawkins Road, Colchester. CO2 8JX</p>	<p>Colchester Housing Intervention Project is family focused in its approach to helping local residents during a time of housing crisis or tenancy uncertainty – causes of which could be linked to anti-social behaviour, rent arrears, debt and more. We work with the family as a whole to support the young people and tackle the root causes and other underlying issues, such as substance misuse, neglect and poverty.</p> <p>More Information...</p>

Citizen's Advice Bureau Colchester Tel: 08444 770808 Website: www.colchestercab.org.uk Address: Blackburn House, Ground Floor, 32 Crouch Street, Colchester, Essex. CO3 3HH	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 Tendring Tel: 08444 770808 Email: bureau@cabtendring.org.uk Website: www.citizensadvice.org.uk Address: 18 Carnarvon Road, Clacton-on-Sea, Essex. CO15 6QF	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.
The Coastal Community Centre (Tendring) Tel: 01255 420707 Email: ccc@clactoncoastalacademy.org.uk Address: Pathfields Road, Clacton-on-Sea, Essex. CO15 3JL	The Coastal Community Centre is open to anyone in the local area from 9am – 4pm. Anyone is welcome to drop in, have a cuppa, a chat or join in the activities. We have a team of very experienced support workers who are available to help or be able to direct people to those who can help. Drop in 1pm – 2:30pm What We Can Help With <ul style="list-style-type: none"> • Benefits • Housing • Debt and Money Management • Health issues • Family Matters • Completing Forms • Depression and Anxiety
Colchester Borough Homes Tel: 01206 282514 Email: info@cbhomes.org.uk Website: www.colchesterboroughhomes.co.uk Address: First Floor, Rowan House, Sheepen Road, Colchester, Essex. CO3 3WG	Council Housing support and advice
Colchester YMCA Tel: 01206 579415 Website: www.ymcaessex.org.uk	Colchester YMCA has a 44-room supported housing unit. We house young people aged 16-25, supporting them to ensure that they will become responsible adults, working or in education/training, who are able to maintain a tenancy and look after themselves when they leave the YMCA. The residents are able to stay at the YMCA for a two year period, and

	after support and training we successfully move them on to independent living.
Emmaus Tel: 01206 431616 (Colchester) Tel: 01223 576103 (National) Email: info@emmauscol.org Website: www.emmaus.org.uk	<p>Emmaus (pronounced em-MAY-us) is a homelessness charity with a difference. We don't just give people a bed for the night; we offer a home, meaningful work and a sense of belonging.</p> <p>Emmaus social enterprises generate revenue that pays for companions' home, food and upkeep, as well as providing a small weekly allowance. This is key to restoring feelings of self-worth, showing these individuals that their actions make a real difference, both to their own life, and the lives of others.</p>
Korban Tel: 01206 869533 Email: info@korban.org.uk	<p>Colchester Korban Project provides a safe and secure stop-gap for vulnerable young people, whilst solutions are found to their housing problems.</p> <p>Volunteer families offer a young person the chance to stay in a safe, friendly, normal environment. This allows an often confused and vulnerable young person the chance to take stock of their situation without the worry of where they will sleep tonight.</p>
Nacro Clacton Tel: 01255 688607 Address: 57 Wellesley Road, Clacton-on-Sea, Essex. CO15 3PR Harwich Tel: 01255 240981 Address: 1 Pepys Street, Harwich, Essex. CO12 3HG Colchester Tel: 01206 864209 Address: Suite 2, Unit 6 Challenge Way, Hythe Hill, Colchester, Essex. CO1 2LY Website: www.nacro.org.uk	<p>Nacro provides homes for people and supports them to keep a stable home.</p> <p>Nacro's Clacton, Harwich & Colchester and Tendring Single Homeless Projects provide accommodation with structured support for young, single homeless individuals from 16-25 year old.</p> <p>Nacro Mental Health Service - North Essex is a supported housing project for single people in Colchester and the surrounding area who have experienced mental health and who may also have social problems.</p> <p>The project provides temporary accommodation with support that aims to maximise an individual's independent living skills, preparing them for a more permanent independent accommodation in the community.</p>

<p>One Housing Group – Essex Floating Support Service</p> <p>Tel: 0300 1231921 Text: 07964 115136 Email: essexfss@onehousinggroup.co.uk Website: www.onehousinggroup.co.uk Address: One Support, Menzies Distribution, Suites 2 & 4, Sheepcotes, Springfield Business Park, Chelmsford. CM2 5AS</p>	<p>This service provides individual housing related support to people in the community, preventing homelessness, helping them to maintain their tenancies, increase life skills and to live more independently.</p> <p>We offer a flexible and responsive service that is sensitive to our customer's needs.</p> <p>Read More...</p>
<p>Open Door</p> <p>Tel: 01206 769436 Email: hello@opendoorcolchester.co.uk Website: www.opendoorcolchester.co.uk Address: Colchester Baptist Church, Eld Lane, Colchester, Essex. CO1 1LS Opening Times: 10.00am – 2.00pm Monday, Wednesday & Friday</p>	<p>What Open Door Offer</p> <ul style="list-style-type: none"> • A warm welcome to everyone in a relaxed café style setting • Friendship and a listening ear • Value-for-money food and drink • Crisis support • Advice on a wide range of issues (including welfare and housing) • Sign-posting and referrals to other agencies • Advocacy • Reconciliation and mediation • Debt management • Counselling
<p>Phoenix Supported Housing</p> <p>Tel: 01206 561767 or 01206 546854 Email: info@phx.org.uk Website: www.phx.org.uk Address: 147 Straight Road, Colchester, Essex CO3 9DE</p>	<p>We offer supported housing services to people with mental health and/or learning difficulties. We provide help with accessing benefits and maintaining our client's mental health and wellbeing to ensure they can lead a full and independent life. Our properties are located throughout Colchester and offer different types of accommodation to people in need.</p> <p>Our services are offered free of charge and can be accessed by anyone living in Colchester or Tendring. We are happy to accept referrals from GPs, charities, partner organisations and other professionals, including self-referrals.</p> <p>Established in 1966, Phoenix Homes Colchester has been serving the people of Colchester and Tendring for over 50 years. Phoenix Homes Colchester is a Registered Charity No: 1119817 and Company Limited by Guarantee No: 6205036, registered in England and Wales, whose activities include Phoenix Supported Housing and Phoenix Alcohol Project. For more information, please visit our website on www.phx.org.uk</p>

Tendring District Council Tel: 01255 686868 Website: www.tendringdc.gov.uk	Housing advice and information

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Legal

North Essex

[Legal Home Page](#)

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Children & Families Hub Directory of Services

Lonely/Isolated/Socially Alienated

North Essex

Army Welfare Service

Tel: **01206 816581**

Fax: **01206 816600**

Address: **Community Centre, Fallowfield Road, Colchester, Essex. CO2 9LL**

Provides learning opportunities, programmes, activities and experiences for military personnel and their families. These will be social, recreational, educational and responsive to local needs. They will be locally accessible, affordable and of good quality.

The Coastal Community Centre (Tendring)

Tel: **01255 420707**

Email: ccc@clactoncoastalacademy.org.uk

Address: **Pathfields Road, Clacton-on-Sea, Essex. CO15 3JL**

The Coastal Community Centre is open to anyone in the local area from 9am – 4pm. Anyone is welcome to drop in, have a cuppa, a chat or join in the activities.

We have a team of very experienced support workers who are available to help or be able to direct people to those who can help. Drop in 1pm – 2:30pm

What We Can Help With

- Benefits
- Housing
- Debt and Money Management
- Health issues
- Family Matters
- Completing Forms
- Depression and Anxiety

Colchester & Tendring Youth Enquiry Service

Tel: **01206 710771**

Email: info@colchesteryes.org.uk

Website: www.yesyouthenquirysevice.org

Address: **9 Trinity Street, Colchester, Essex.**

We provide a non-judgemental, informal, accessible and confidential service for young people between the ages of 11-25 years old.

We offer an initial assessment meeting which gives an opportunity to talk through the problems or situation that you are facing. From that we can link you to the service that appropriate - either internally, or with one of the many other services that work with young people across Colchester.

CO1 1JN	How We Can Help
Community Youth Hangout Tel: 08727 255969 Email: jo.tandy@essex.gov.uk Address: Colchester Townhouse, 39/42 East Stockwell Street, Colchester, Essex, CO1 1SS	<p>Youth hangout is on every Tuesday from 16:30 -18:30 at Colchester Townhouse. The session is free to all young people from 13-19 up to 25 (SEN).</p> <p>Youth Hangout is a well-established group and has been running successfully for a year. This term the group has been focussed around developing life skills. The volunteers who run the sessions alongside youth service staff wanted to facilitate sessions with young people that they would perhaps not normally be taught in schools/colleges. We have offered sessions around financial management in terms of budgeting, saving and paying bills.</p> <p>Each term a new programme is developed using ideas that the group have given volunteers, observations made during the previous term and forthcoming key events such as voting for elections or referendum, examination period or national days.</p> <p>The sessions are delivered using different methods including quizzes, role play or making posters. The group are encouraged to participate but engagement is optional.</p> <p>Working in partnership with Essex Youth Service.</p>
Essex Advocacy Tel: 0300 3435736 Text: SEAP (followed by your message) to 80800 Email: info@essexadvocacy.org.uk Website: www.essexadvocacy.org.uk	<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
Greenstead Community Youth Club Tel: 01206 791979 Email: info@greensteadcommunitycentre.org.uk Website: www.greensteadcommunitycentre.org.uk Address: Greenstead Community Centre, Hawthorn Avenue, Colchester, Essex, CO4 3QE	<p>Monday evenings 7:30 – 9.00pm the Greenstead Community Centre opens for 10 – 16 year olds to attend a youth club session – small charge of £1 per session</p> <p>The sessions provide a range of activities for members to get involved in including; inside sports, pool and arts and crafts.</p> <p>There is a small tuck shop for young people to buy refreshments. The session offers a separate area for the teenagers to chill out in and do activities without the younger members interrupting.</p> <p>The session is run by volunteers from the local community in partnership with Essex Youth</p>

	<p>Service.</p> <p>This session closes on Bank holidays</p>
<p>Open Door</p> <p>Tel: 01206 769436 Email: hello@opendoorcolchester.co.uk Website: www.opendoorcolchester.co.uk Address: Colchester Baptist Church, Eld Lane, Colchester, Essex. CO1 1LS Opening Times: 10.00am – 2.00pm Monday, Wednesday & Friday</p>	<p>Open Door drop-in centre is based in the centre of Colchester and provides a safe and welcoming environment to all. We believe that everyone in life should be able to go somewhere to meet friends, make new ones, and receive support or advice if/when needed, regardless of their present or past circumstances.</p> <p>What Open Door Offer</p> <ul style="list-style-type: none"> • A warm welcome to everyone in a relaxed café style setting • Friendship and a listening ear • Value-for-money food and drink • Crisis support • Advice on a wide range of issues (including welfare and housing) • Sign-posting and referrals to other agencies • Advocacy • Reconciliation and mediation • Debt management • Counselling
<p>Outreach Youth</p> <p>Tel: 07895 342202 Email: andy@outreachyouth.org.uk Email: info@outreachyouth.org.uk Website: www.outreachyouth.org.uk Address: Contact for Address</p>	<p>Outreach Youth supports and works with young people across Suffolk and North Essex, aged 13 to 19 years, who are gay, lesbian, bisexual, transgender or questioning their sexuality.</p> <p>We provide opportunities for gay, lesbian, bisexual, transgender or questioning young people to meet as a group and offer one-to-one support in safe, welcoming, non-judgemental settings in Ipswich, Lowestoft, Bury St Edmund and North Essex.</p> <p>Colchester sessions are run fortnightly 3 – 4:30p.m. Outreach youth venues aren't shown on our publicity material or web site to ensure young people who are not 'out' can access a safe environment.</p> <p>Outreach Youth offer the opportunity to catch up with each other in a fun and relaxed atmosphere, which allows you to be yourself. We also offer one to one support for young people who are (or think they might be) gay, lesbian, bisexual, transgender or questioning their sexuality, but would prefer the opportunity to meet up with an experienced gay youth worker.</p>

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Mental Health

North Essex

FIF FUNDED PROJECT

Colchester & Tendring YES (FIF 5)

Tel Colchester: **01206 710771**

Tel Tendring: **01255 434601**

Email: info@colchesteryes.org.uk

Website: www.yesyouthenquiryservice.org

FIF FUNDED PROJECT

[Download North Essex Early Help Request Form](#)

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.

CAB Tendring – Mental Health Caseworker Service

Tel: **0844 4770808**

Email: bureau@tendringcab.cabnet.org.uk

Address: **18 Carnarvon Road, Clacton on Sea, Essex. CO15 6QF**

Engages with those with mental illness who struggle to engage with mainstream services/specialist advisers in the acute psychiatric wards & in people's homes/ advice & support regarding money, housing & employment issues/Outreach available/Offer support & advise best options for presenting problems/outreach at Enfold project.

The Coastal Community Centre (Tendring)

Tel: **01255 420707**

The Coastal Community Centre is open to anyone in the local area from 9am – 4pm. Anyone is welcome to drop in, have a cuppa, a chat or join in the activities. We have a team of very experienced support workers who are available to help or be able to direct people to those who can help. Drop in 1pm – 2:30pm

[Mental Health Home Page](#)

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<p>Email: ccc@clactoncoastalacademy.org.uk Address: Pathfields Road, Clacton-on-Sea, Essex. CO15 3JL</p>	<p>What We Can Help With</p> <ul style="list-style-type: none"> • Benefits • Housing • Debt and Money Management • Health issues • Family Matters • Completing Forms • Depression and Anxiety
<p>Early Intervention in Psychosis (EIP) Service</p> <p>Tel: 01206 333700 Fax: 01206 544092 Email: EIP.East@nepft.nhs.uk Address: 14 Creffield Road, Colchester, Essex. CO3 3JA</p>	<p>We work with young people aged between 14 and 35 years who are, or may be, experiencing a psychotic illness for the first time. The Service aims to provide assessment, treatment and interventions as early as possible reducing the time it takes to recover, improving outcomes and reducing the risk of longer term problems. We also aim to provide support, education, assessment and advice to the young person's family, carers, friends and relatives.</p>
<p>Inclusion Ventures</p> <p>Tel: 01255 476947 Website: www.inclusionventures.co.uk Address: Coppins Hall Community Centre, Maldon Way, Clacton-on-Sea, Essex. CO16 7PA</p>	<p>Our aim is to improve the lives of vulnerable young people from the most disadvantaged areas of West Clacton; supporting them to discover a wider prospective, and positive future that fulfils their potential!</p> <p>We offer young people a specialised staff team that understand the underlying issues that lead young people to challenge. With respect and trust, we gradually encourage them to understand the responsibility that goes hand in hand with their rights.</p>
<p>Light Group</p> <p>Tel: 07791 592573 / 07538 129507 Email: light_group2011@yahoo.co.uk</p>	<p>LIVING IN GREATER HOPE TOGETHER</p> <p>LIGHT is a client-centred therapeutic support group focusing on adults whose lives are affected by childhood abuse. The group is based in Colchester, North East Essex. It is open to both men and women and offers a secure and confidential place where all issues related to abuse, including sexual, physical and emotional abuse and neglect, can be addressed.</p> <p>The group is supported by experienced group facilitators who are fully qualified. There is a minimal weekly charge for members of £5.</p> <p>Our Aims</p> <ul style="list-style-type: none"> • To foster interaction amongst survivors of abuse in order to develop a network of mutual support. • To provide a safe and confidential environment where issues of trust, emotion and coping

	<p>can be explored.</p> <ul style="list-style-type: none"> • To help reduce the sense of isolation experienced by survivors of abuse. • To work with group members in gaining a greater sense of personal growth and resolution. • To develop the potential of members to process their experiences and move toward a greater sense of resolution.
<p>Mid Tendring Education Partnership</p> <p>Tel: 07944 333685 Address: Brightlingsea Infant School, Eastern Road, Brightlingsea, Essex. CO7 0HU</p>	<p>MTEP will commission a qualified counsellor to support Primary aged children and their families who are presenting with emerging emotional, psychological and mental health difficulties, in order to attain real change for our children to be 'Emotionally well; free from, or experiencing a reduction in emotional distress'.</p> <p>The Counsellor will work with children and families to assist with the varied emotional and practical difficulties and help empower families and individuals through learning new skills and coping mechanisms to help them move forward and deal with future family difficulties, achieving positive change in self-esteem and emotional wellbeing.</p>
<p>Nacro Mental Health Service – North Essex</p> <p>Tel: 01206 864209 Address: Suite 2, Unit 6 Challenge Way, Hythe Hill, Colchester, Essex. CO1 2LY Website: www.nacro.org.uk</p>	<p>Nacro Mental Health Service - North Essex is a supported housing project for single people in Colchester and the surrounding area who have experienced mental health and who may also have social problems.</p> <p>The project provides temporary accommodation with support that aims to maximise an individual's independent living skills, preparing them for a more permanent independent accommodation in the community.</p>
<p>NEEMAS (North Essex Mental Health Advocacy Service)</p> <p>Tel: 0800 6524546 (Free from a Landline) or 01268 558448 Text or WhatsApp: 07912 205336 or 07912 205352 Email: NEEMAS@barnardos.org.uk</p>	<p>North East Essex Mental Health Advocacy Service provides informal mental health advocacy to children and young people who:</p> <ul style="list-style-type: none"> • Are aged 10-18 years (or up to 25 with additional needs) • Are receiving services from mental health or social care services in NE Essex • Are living, learning or registered in NE Essex, including Looked after children placed with in North East Essex
<p>NERIL (North Essex Resource & Information Line for Mental Health)</p> <p>Tel: 0845 0900 909</p>	<p>NERIL is a voluntary telephone helpline staffed by trained workers who give information, support and advice about mental health. The line is open every day between 4pm and 8am.</p>
<p>Open Door</p> <p>Tel: 01206 769436</p>	<p>Open Door drop-in centre is based in the centre of Colchester and provides a safe and welcoming environment to all.</p> <p>We believe that everyone in life should be able to go somewhere to meet friends, make new</p>

<p>Email: hello@opendoorcolchester.co.uk Website: www.opendoorcolchester.co.uk Address: Colchester Baptist Church, Eld Lane, Colchester, Essex. CO1 1LS Opening Times: 10.00am – 2.00pm Monday, Wednesday & Friday</p>	<p>ones, and receive support or advice if/when needed, regardless of their present or past circumstances.</p> <p>What Open Door Offer</p> <ul style="list-style-type: none"> • A warm welcome to everyone in a relaxed café style setting • Friendship and a listening ear • Value-for-money food and drink • Crisis support • Advice on a wide range of issues (including welfare and housing) • Sign-posting and referrals to other agencies • Advocacy • Reconciliation and mediation • Debt management • Counselling
<p>Phoenix Supported Housing</p> <p>Tel: 01206 561767 or 01206 546854 Email: info@phx.org.uk Website: www.phx.org.uk Address: 147 Straight Road, Colchester, Essex CO3 9DE</p>	<p>We offer supported housing services to people with mental health and/or learning difficulties. We provide help with accessing benefits and maintaining our client's mental health and wellbeing to ensure they can lead a full and independent life. Our properties are located throughout Colchester and offer different types of accommodation to people in need.</p> <p>Our services are offered free of charge and can be accessed by anyone living in Colchester or Tendring. We are happy to accept referrals from GPs, charities, partner organisations and other professionals, including self-referrals.</p> <p>Established in 1966, Phoenix Homes Colchester has been serving the people of Colchester and Tendring for over 50 years. Phoenix Homes Colchester is a Registered Charity No: 1119817 and Company Limited by Guarantee No: 6205036, registered in England and Wales, whose activities include Phoenix Supported Housing and Phoenix Alcohol Project. For more information, please visit our website on www.phx.org.uk</p>
<p>Teen Talk</p> <p>Tel: 01255 504800 / 01255 240024 Email: teentalk1@hotmail.co.uk Website: www.teentalkharwich.co.uk Address: 17 Cliff Road, Dovercourt, Harwich, Essex. CO12 3PP Areas Covered: Tendring</p>	<p>Teen Talk is "Young Person Centred". We do not give advice or tell someone what to do, but offer support, space and time for a young person to work through their own issues, at their own pace.</p> <p>We feel that Young people are the experts in their lives and with support can effectively make changes for the better.</p> <p>Services Available</p> <ul style="list-style-type: none"> • Drop In • Outreach

	<ul style="list-style-type: none"> • Life Skills Programmes • Sexual Health
TMHS – Tendring Mental Health Support Tel: 01255 429778 Address: Orwell Road, Clacton-on-Sea, Essex. CO15 1PP	<p>Tendring Mental Health Support is a charity that has been offering services within Essex for over thirty years, working in partnership with statutory health authorities. Summit House is the base of one of the longest standing mental health advocacy services in the country.</p> <p>Upon the foundation on this service, the learning disability service was developed. Over the last fourteen years the Independent Advocacy Service for people with a learning disability has grown from a one person service working only in the Tendring Area to a team of eighteen members of staff covering Tendring, Colchester, Maldon, Chelmsford and Braintree. Advocacy is taking action to help people say what they want, secure their rights, represent their interests and obtain the services they need.</p> <p>Our aim is to offer help in a non-judgemental way to any adult with a mental health problem or a learning disability to enable them to play an active part in everyday life.</p> <p>Tendring Mental Health Support plays a fundamental role in supporting other user led groups within its premises.</p>
YCT Counselling Tel: 01279 414090 Txt: 07956 887921 Email: admin@yctsupport.com Website: www.yctsupport.com	<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>

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Online Safety

North Essex

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Children & Families Hub Directory of Services

Parental Routine/Boundaries

North Essex

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Colchester & Tendring YES (FIF 5)

Tel Colchester: **01206 710771**

Tel Tendring: **01255 434601**

Email: info@colchesteryes.org.uk

Website: www.yesyouthenquiryservice.org

FIF FUNDED PROJECT

[Download North Essex Early Help Request Form](#)

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.

Clacton-on-Sea Child Contact Centre

Tel: **01255 474391**

Email: mail@seanfountain.co.uk

Address: **C/o Pier Avenue Baptist Church
117 Pier Avenue, Clacton-on-Sea, Essex.**

Opening Times: 2nd & 4th Saturdays, 2.30pm to 4.30pm

Centre charges: Under review

Accepts Self-referrals

Supported Contact Available

Accredited for Supported Contact

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<p>CO15 1NJ</p> <p>Colchester Child Contact Centre (St Matthew's Church)</p> <p>Tel: 07941 821688 or 07941 821688 Email: carrie.potts@ntlworld.com Address: Co-ordinator, St Matthews Church, Harwich Road, Colchester, Essex. CO4 3HR</p>	<p>Opening Times: 2nd & 4th Saturdays of the month 2pm to 4pm Centre charges: No charge for service Accepts Self-referrals Supported Contact Available Handover Available Accredited for Supported Contact</p>
<p>EXTRA – Support For Families</p> <p>Tel: 01255 475001 Text: 07794 991987 Email: extrasupportforfamilies@btconnect.com Website: www.extrasupportforfamilies.co.uk Address: Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, Clacton-on-Sea, Essex. CO15 2JP</p>	<p>Extra - Support for Families (EXTRA) is here to help anyone caring for children in the Tendring district to meet the challenges of parenting. We offer local opportunities for parents to meet at fun days, one-off workshops and a range of parenting programmes. Through these activities, EXTRA aims to help parents develop their parenting skills to bring out the best in their children, reduce conflict in the home, improve family relationships and build confidence in parents/carers to cope with future challenges.</p> <p>EXTRA acts as a central agency to co-ordinate the provision of parenting support throughout Tendring. We have a parenting platform every couple of months where practitioners involved in parenting, from Sure-Start Children's Centres, schools, adult community learning, health and so on, gather to share information on what is going on and to find ways to provide what parents need in the area.</p> <ul style="list-style-type: none"> • Courses • Workshops
<p>Home-Start Colchester - Covering Colchester, Clacton, Frinton, St Osyths, and Jaywick</p> <p>Tel: 01206 865349 Email: team@homestartcolchester.org.uk Website: www.homestartcolchester.org.uk Address: 2 Thomas Court, East Street, Colchester, Essex. CO1 2TR</p>	<p>Home-Start Colchester 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 Colchester offers...</p>

Home-Start Harwich Tel: 01255 556230 Email: team@homestartcolchester.org.uk Address: St Nicholas, Stour Road, Bathside, Harwich, Essex. CO12 3HS	Home-Start Harwich 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.
The Ministry of Parenting Tel: 01206 562626 Email: info@theministryofparenting.com Website: www.theministryofparenting.com Address: The Colchester Business Centre, George Williams Way, Colchester, Essex. CO1 2JS	The Ministry of Parenting is led by a team of experts with a proven track record of excellence in parent training, consultancy, community development and parental mental health. The individuals behind the business also have a large network of contacts and are able to access a range of consultants, facilitators and trainers to help deliver the Company's aims and objectives. Services Offered: STOP Parents of Teenagers One-to-One Parent Coaching Programme – Payment required for Programme

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Child Exploitation

North Essex

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

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.

CSE Champions Network

[Click here](#)

Alan Williams, a youth officer, is able to offer sessions free of charge around online safety in particular. These sessions can be delivered to parents/carers, professionals or young people.

Although based in Tendring he is able to work in Colchester on this specific issue, please contact him if you would like more information alan.williams@essex.pnn.police.uk

Essex Police CYP Police Officer

Colchester

70579 Kelly Metcalfe

Email: 42070579@essex.pnn.police.uk

Ext: 430821

281 Barry Clough

Email: 42000281@essex.pnn.police.uk

Ext: 430258

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

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<p><u>Tendring</u></p> <p>72462 Cornelius Bowen Email: 42072462@essex.pnn.police.uk</p>	<p>harm from Child Sexual Exploitation.</p>
<p>Essex Police Missing Person Liaison Officer</p> <p><u>Colchester</u> 6615 Amanda Tomlinson Email: 42006615@essex.pnn.police.uk Ext: 430234</p> <p><u>Tendring</u> 72656 Jamie Skipper Email: 42072656@essex.pnn.police.uk Ext: 440356</p>	<p>The responsibility of the Missing Person Liaison Officers (MPLO) is to maintain a comprehensive overview of missing people within a defined area in order to identify those who are at risk of significant harm and to co-ordinate the response from Essex Police and its partners, so as to reduce the likelihood of harm occurring to vulnerable people. There are 10 MPLOs; one for each Essex Police District Policing Area.</p>
<p>Fresh Start – new beginnings</p> <p>Tel: 01473 353355 Email: diana@fsnb.org.uk / malcolm@fsnb.org.uk Website: www.fsnb.org.uk</p>	<p>Fresh Start - new beginnings is a therapeutic treatment service based in Ipswich for children and young people. We work throughout Suffolk, Norfolk and North Essex to provide a therapeutic service for children and young people up to 18 years old, who have reported being sexually abused. In addition we offer advice and support to their families to assist them in coping with symptoms associated with this kind of trauma.</p> <p>We aim to help children and young people make sense of the confusion they feel and to teach them coping strategies to deal with the difficulties they face. By highlighting their strengths and potential we ensure that they are able to move from victim to survivor.</p> <ul style="list-style-type: none"> • Criteria for Referral • Referral Forms • Resources • Training and Commissioned Work • Harmful Sexual Behaviour

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Substance Misuse

North Essex

NEEDAS (Drug and Alcohol Team North East Essex)

Tel: **01206 287250**

Address: **Herrick House, 35 East Stockwell Street, Colchester, Essex. CO1 1ST**

Service offered: a joint health and social care team that provides assessment, detoxification, care planning, residential referrals and day programmes, as well as information, advice, counselling and support for those with drug and/or alcohol or other substance misuse problems. The team offers home visits, liaison with statutory and voluntary agencies, prescriptions and specialist care for children and families where appropriate.

Who the service is for: young people and adults aged 17-65 living in the Colchester and Tendring areas.

How to access the service: referral can be made by individuals directly or through referral from a GP or other healthcare professional.

Open Road Clacton

Tel: **01255 434186**

Helpline: **08444 991323**

Website: openroad.org.uk

Address: **132a Wellesley Road, Clacton-on-Sea, Essex. CO15 3QD**

and alcohol across Essex.

Available Services:

- [Access to Nature](#)
- [Choices](#)
- [Needle & Syringe Programme](#)
- [Open Access](#)

Open Road Colchester

Tel: **01206 766096**

Helpline: **08444 991323**

Website: openroad.org.uk

Address: **5a Queen Street, Colchester, Essex. CO1 2PG**

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

Available Services:

- [Access to Nature](#)
- [Choices](#)
- [Family Support](#)

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	<ul style="list-style-type: none"> • Needle & Syringe Programme • Open Access
Phoenix Alcohol Project Tel: 01206 561767 or 01206 546854 Email: info@phx.org.uk Website: www.phx.org.uk Address: 147 Straight Road, Colchester, Essex CO3 9DE	<p>We offer support to people who wish to make changes to their drinking, whether this is to reduce the amount they drink or to stop completely. We provide social support, activities, drop-ins and structured groups, in addition to outreach, one-to-one and counselling services. Our dedicated keyworkers will ensure every client's support needs are met in a holistic manner that considers their mental and physical health, alongside other circumstances.</p> <p>Our services are offered free of charge and can be accessed by anyone living in Colchester or Tendring. We are happy to accept referrals from GPs, charities, partner organisations and other professionals, including self-referrals.</p> <p>Established in 1966, Phoenix Homes Colchester has been serving the people of Colchester and Tendring for over 50 years. Phoenix Homes Colchester is a Registered Charity No: 1119817 and Company Limited by Guarantee No: 6205036, registered in England and Wales, whose activities include Phoenix Supported Housing and Phoenix</p>

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Victim of Bullying

North Essex

Red Balloon – Braintree Serving Mid and North Essex

Tel: **07823 556842**

Email: louise.miller@rbair.org.uk

Website: www.redballoonlearner.co.uk

We are able to offer a safe learning environment to young people who have been bullied to the extent that they cannot attend school, and are missing out on their education.

We work with local authorities and a range of other statutory and voluntary agencies that support children and young people.

If you are a parent / carer or you work in these fields and know of a child or young person aged 10 - 17 who is missing from education because they are bullied, then please contact us.

[More About Red Balloon](#)

Teen Talk

Tel: **01255 504800 / 01255 240024**

Email: teentalk1@hotmail.co.uk

Website: www.teentalkharwich.co.uk

Address: **17 Cliff Road, Dovercourt,
Harwich, Essex. CO12 3PP**

Teen Talk is "Young Person Centred". We do not give advice or tell someone what to do, but offer support, space and time for a young person to work through their own issues, at their own pace. We feel that Young people are the experts in their lives and with support can effectively make changes for the better.

Services Available

- [Drop In](#)
- [Outreach](#)
- [Life Skills Programmes](#)
- [Sexual Health](#)

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Young Carer

North Essex

Action For Family Carers

Tel: 01621 851640

Fax: 01621 874817

Email: enquiries@affc.org.uk

Website: www.affc.org.uk

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

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

Colchester Carers Centre

Tel: 01206 560997

Fax: 01206 500446

Email: info@colchestercarerscentre.co.uk

Website: www.colchestercarerscentre.co.uk

Address: Colchester Business Centre, Unit
3, 1 George Williams Way, Colchester,
Essex. CO1 2JS

Colchester Carers Centre provides support, advice and information to all carers. The Centre offers help and support on an individual basis to carers and their families. The Centre works in partnership with all local and national statutory and voluntary welfare agencies.

The Colchester Carers Centre runs a Young Carers Project which offers respite, support and leisure time activities to young people who are providing care for an adult family member (referrals taken for Young Carers aged from 8 to 12 years).

The Centre offers respite services for children with special needs (Referrals taken up to the age of 8 years old) and a meeting place for carers and welfare organisations to get together.

Can't find a suitable service? Have you checked [Countywide?](#)

[Young Carer Homepage](#)

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Children & Families Hub Directory of Services

Asylum Seek/Refugee

South Essex

Citizens Advice Bureau - Basildon

Tel (From Landline): **0844 4770808**

Tel (From Mobile): **0300 4562595**

Website: www.bascab.org.uk

Address: **The Basildon Centre, St.**

Martin's Square, Basildon, Essex. SS14 1DY

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

Citizens Advice Bureau - Rochford

Tel (From Landline): **0844 4770808**

Website: www.rochfordcab.org.uk

Address: **Back Lane, Rochford, Essex. SS4 1AY**

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.

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Bereavement/Loss

South Essex

Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service

Tel: **01268 638405**

Email: familymentoring@castlepointavs.org.uk

Website: www.cavsfamilymentoring.org.uk

Address: **The Tyrells Centre, 39 Seamore Avenue, Thundersley, Essex. SS7 4EX**

There's no guide book on being a parent or carer. Facing challenges on a daily basis is part of everyday life, but when they become overwhelming you may need a helping hand. The CAVS Family Mentoring Service provides a network of support to families with children aged between pre-birth and 19 years by allocating an experienced, non-judgemental, support worker and trained volunteer.

The CAVS Family Mentoring Service will arrange a level of care that suits you, from general support in coping with daily life to bespoke parenting programmes and one to one mentoring.

The aim of the service is to help children, young people, and their families to lead safer, happier and healthier lives.

Do you need support with any of the following?

- Managing finances
- Isolation
- Family separation
- Housing
- Healthy lifestyle
- Domestic abuse
- Managing children's behaviour
- Relationships
- Socialising
- Sibling rivalry
- New baby
- Bereavement
- Lack of confidence and low self esteem

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	<ul style="list-style-type: none"> • Routines • Bullying • Employment support and training
Little Havens Hospice Tel: 01702 556645 Website: www.havenshospices.org.uk Address: Daws Heath Road, Thundersley, Essex. SS7 2LH	<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>
Relate South Essex Tel: 01702 342901 Email: enquiries@relatese.plus.com Website: www.relatesouthessex.co.uk Address: 29 Harcourt Avenue, Southend-on-Sea, Essex. SS2 6HT	<p>Relate South Essex is a local charity and a member of Relate, the largest provider of relationship support in the country. We offer counselling services to families, individuals, couples, young people and offer sex therapy services. We are able to work with clients on any number of issues including loss, bereavement, anxiety, loneliness, dealing with feelings of anger, jealousy and we work with any relationship difficulty not just within the family. It can be issues with a work colleague, incidents at the school gate, dispute with the neighbour.</p> <p>Our counsellors have a number of years counselling experience and high level counselling qualifications before they specialise and train with ourselves. Therefore, you can be assured that you are seeing a professionally qualified counsellor who is regularly supervised in their case work and monitored to ensure they continue to develop their skills to adapt to the needs of a changing environment. Quality and governance are high on the agenda here at Relate South Essex.</p> <p>We run alongside the counselling service a number of bespoke training courses, workshops and education programmes such as “Peer Mentoring” within schools, raising the self-esteem and confidence of the pupils.</p> <p>We deliver one of the longest running family mediation services in the county, where we work with those who have agreed to divorce or separate. However, they are unable to reach agreement on child contact or finances. We work with the clients to reach an amicable agreement thus potentially avoiding attendance at court, reducing the emotional and financial cost to the family, in particular the children.</p> <p>Our website details are www.relatesouthessex.co.uk. Twitter handle is relatese and Facebook is RelateSouthEssex</p>
St Luke's Hospice	St. Luke's Hospice provides specialist palliative care for people living in the Basildon and

Tel: **01268 524973**

Website: www.stlukeshospice.com

Thurrock districts with any life threatening, life limiting disease. This often means cancer but also includes other illnesses that are no longer curative, such as Heart Failure, Multiple Sclerosis, Chronic Obstructive Pulmonary Disease or Motor Neurone Disease for example. Care and support is offered through a wide range of services that are tailor made to meet the needs of individuals. This care is extended to carers, families and friends.

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Child Behavioural Difficulties

South Essex

FIF FUNDED PROJECT

The Children's Society

Tel: 01245 493311

Email: fifreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

Fax: 01245 491400

FIF FUNDED PROJECT

[Download South Essex Early Help Request Form](#)

[Form](#)

Young People Risky Behaviours

Please note we are unable to support families who are currently or have been supported by statutory services as we are a Tier 2 early intervention service.

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.

FIF FUNDED PROJECT

Family Intervention Team (The Children's Society)

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[Form](#)

[Family Intervention Team](#)

[Child Behavioural Difficulties Home Page](#)

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<p>Tel: 01245 493311 Email: FIFreferrals@childrenssociety.org.uk Website: www.childrenssocietyeast.org.uk Address: 114 Springfield Road, Chelmsford, Essex CM2 6LF</p>	<p>Please note we are unable to support families who are currently or have been supported by statutory services as we are a Tier 2 early intervention service.</p> <p>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*.</p> <p>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.</p> <ul style="list-style-type: none"> • 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
<p>FIF FUNDED PROJECT</p> <p>GLOW – Delivered by Southend YMCA</p> <p>Tel: 07552 350434 Email: glow@southendymca.org.uk Website: www.southendymca.org.uk</p>	<p>FIF FUNDED PROJECT <u>Download South Essex Early Help Request Form</u></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>FIF FUNDED PROJECT</p> <p>Open Door</p> <p>Tel: 01375 389882 Email: kim.synclair@oasisopendoor.co.uk Website: www.opendoorthurrock.co.uk</p>	<p>FIF FUNDED PROJECT Download South Essex Early Help Request Form</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>Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service</p> <p>Tel: 01268 638405 Email: familymentoring@castlepointavs.org.uk Website: www.cavsfamilymentoring.org.uk Address: The Tyrells Centre, 39 Seamore Avenue, Thundersley, Essex. SS7 4EX</p>	<p>There's no guide book on being a parent or carer. Facing challenges on a daily basis is part of everyday life, but when they become overwhelming you may need a helping hand. The CAVS Family Mentoring Service provides a network of support to families with children aged between pre-birth and 19 years by allocating an experienced, non-judgemental, support worker and trained volunteer.</p> <p>The CAVS Family Mentoring Service will arrange a level of care that suits you, from general support in coping with daily life to bespoke parenting programmes and one to one mentoring.</p> <p>The aim of the service is to help children, young people, and their families to lead safer, happier and healthier lives.</p> <p>Do you need support with any of the following?</p> <ul style="list-style-type: none"> • Managing finances • Isolation • Family separation • Housing • Healthy lifestyle • Domestic abuse • Managing children's behaviour • Relationships • Socialising

	<ul style="list-style-type: none"> • Sibling rivalry • New baby • Bereavement • Lack of confidence and low self esteem • Routines • Bullying • Employment support and training
Families Learning About Self-Harm (FLASH) - Delivered by Castle Point Association of Voluntary Services (CAVS) Tel: 01268 638405 Email: familymentoring@castlepointavs.org.uk	Starting September 2018 in Rayleigh FLASH is a group course for parents/carers of a young person who is exhibiting self-harming behaviour; it aims to create better communication and personal relationships. The course will cover: <ul style="list-style-type: none"> • Explain self-harm and how to relate • Demonstrate the developmental processes • Deliver practical strategies • Improve listening, praise and encouragement skills • Set realistic expectations of parents/carer FLASH is a course for parents to learn practical skills, over 10 weekly sessions. For more information or to book your place, contact CAVS.
Home-Start Basildon Tel: 01245 847460 Email: basildon@home-startessex.org.uk Website: www.homestart-basildon.org.uk	Who we help: <ul style="list-style-type: none"> • Parents or grandparents with at least one child under the age of five living with them. • Living in the Basildon, Billericay or Wickford area. • Anyone can refer to our service including parents self-referring. • Parents need to consent to our service. • Parents need to have identified the need for a volunteer. What we do: Our trained parent volunteers; <ul style="list-style-type: none"> • visit for 2 hours a week for 6 months breaking isolation • are free of charge • Are non-judgemental • Promote independence and empowerment • Provide adult company and someone they can talk to confidentially • Provide emotional support • Provide parents with support to positively parent their children e.g. children's behaviour, play and children's routines

	<p>We cannot do:</p> <ul style="list-style-type: none"> • Housework • Child-minding or take the children out of the house on their own • Transport families in the volunteers cars • Provide personal care • Support out of office hours (Monday to Friday 09.30am until 3.30pm), Bank holidays or weekends. <p>How do I refer:</p> <ul style="list-style-type: none"> • You are welcome to come to the office to speak to an Organiser who will help you if you have any difficulties with reading, writing, or using a computer, please phone the office first. • Complete a referral form by contacting the office or downloading one below. • The more information you can give around your needs the better we can plan your support • The form needs to be signed and then it can be returned by post or handed into the office personally. Only scan and e-mail if you can securely, by password protecting. • Once we receive your referral we will write to you to confirm receipt. • We will then contact you to perform an Initial Visit (Assessment) to your home, within 3 weeks of the referral.
<p>Inspiration Youth Call</p> <p>Tel: 0800 0803046 / 0845 5240293 Email: office@inspirationyouthcall.co.uk Website: www.inspirationyouthcall.co.uk Address: Suite 2A Chester House, Chester Hall Lane, Basildon, Essex. SS14 3BG</p>	<p>Inspiration Youth Call supports vulnerable young people from all walks of life, enabling them to develop socially and educationally by providing services at home, at play and in the community. Our vision is to inspire children and young people with hope, aspiration and a future.</p> <ul style="list-style-type: none"> • Community Mentoring • In-School Mentoring • Peer Mentoring • Youth Clubs
<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,</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

<p>Essex SS13 1LT</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>Relate South Essex</p> <p>Tel: 01702 342901 Email: enquiries@relatese.plus.com Website: www.relatesouthessex.co.uk Address: 29 Harcourt Avenue, Southend-on-Sea, Essex. SS2 6HT</p>	<p>Relate South Essex is a local charity and a member of Relate, the largest provider of relationship support in the country. We offer counselling services to families, individuals, couples, young people and offer sex therapy services. We are able to work with clients on any number of issues including loss, bereavement, anxiety, loneliness, dealing with feelings of anger, jealousy and we work with any relationship difficulty not just within the family. It can be issues with a work colleague, incidents at the school gate, dispute with the neighbour.</p> <p>Our counsellors have a number of years counselling experience and high level counselling qualifications before they specialise and train with ourselves. Therefore, you can be assured that you are seeing a professionally qualified counsellor who is regularly supervised in their case work and monitored to ensure they continue to develop their skills to adapt to the needs of a changing environment. Quality and governance are high on the agenda here at Relate South Essex.</p>

	<p>We run alongside the counselling service a number of bespoke training courses, workshops and education programmes such as “Peer Mentoring” within schools, raising the self-esteem and confidence of the pupils.</p> <p>We deliver one of the longest running family mediation services in the county, where we work with those who have agreed to divorce or separate. However, they are unable to reach agreement on child contact or finances. We work with the clients to reach an amicable agreement thus potentially avoiding attendance at court, reducing the emotional and financial cost to the family, in particular the children.</p> <p>Our website details are www.relatesouthessex.co.uk. Twitter handle is relatese and Facebook is RelateSouthEssex</p>
<p>Rochford Extended Services</p> <p>Tel: 01702 545771 Email: extendedservices@kes.essex.sch.uk Website: www.rochfordextendedservices.org.uk Address: The King Edmund School, Vaughan Close, Rochford, Essex. SS4 1TL</p>	<p>Working in partnership with all the Rochford Local Delivery Group Schools, to provide bespoke support for schools children & families</p>
<p>Speech and Language Services</p> <p>Great Oaks Clinic Tel: 01268 522401 Address: Great Oaks, Basildon, Essex. SS14 1EH</p> <p>Brentwood Community Hospital Tel: 01277 695000 Address: Crescent Drive, Shenfield, Brentwood, Essex. CM15 8DP</p> <p>Hadleigh Clinic Tel: 01702 578600 Address: 49 London Road, Hadleigh Benfleet, Essex. SS7 2QL</p>	<p>This service is a health provision offering support for speech and Language in addition to Occupational therapy and BAM (Behaviour and Anger Management).</p> <p>Great Oaks clinic and Brentwood community Hospital provide diagnosis for Autism and social communication difficulties.</p>

Specialist Teaching and Preschool Service

Tel: [Click for Details](#)

Email: [Click for Details](#)

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

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

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

Can't find a suitable service? Have you checked [County-wide](#)?

Children & Families Hub Directory of Services

Children's Health Services

South Essex

South Essex Child and Family Wellbeing Service

Tel: **0300 247 0013**

Website: essexfamilywellbeing.co.uk

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

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

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

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

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Children & Families Hub Directory of Services

Crime/Anti-Social Behaviour

South Essex

FIF Funded Project

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

FIF FUNDED PROJECT

[Download South Essex Early Help Request Form](#)

[Form](#)

[Family Intervention Team](#)

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- 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

Basildon Council

Tel: 01268 533333

Community safety advice

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Email: customerservices@basildon.gov.uk Website: www.basildon.gov.uk	
Castle Point Council Tel: 01268 882200 Email: info@castlepoint.gov.uk Website: www.castlepoint.gov.uk	Community safety advice
Essex Police CYP Police Officer <u>Basildon</u> 70652 Christopher Burch Email: 42070652@essex.pnn.police.uk Ext: 382062 <u>Castle Point, Rochford & Rayleigh</u> 2203 Esther Howitt Email: 42002203@essex.pnn.police.uk Ext: 490540	<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>
Rochford District Council Tel: 01702 546366 Email: Via Website Website: www.rochford.gov.uk	Community safety advice
South Essex Youth Offending Team Tel: 01268 520612 Fax: 01268 270924 Email: yot.basildon.ecc@essex.gov.uk Address: 31, Battleswick, Basildon, Essex. SS14 3LA	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.
Yellow Door Tel: 01268 683431 / 01268 514792 Mobile: 07436 102825 Email: drop-in@cyp-yellowdoor.org.uk	<p>We are an independent charity offering Information, Advice, Advocacy, Emotional and Practical Support, Education and Counselling and Activities to young people between 11 and 25.</p> <p>Yellow door can help you; if you are feeling low, depressed or anxious. If you are having</p>

Website: www.canveyislandyouthproject.org.uk

Address: **Poplar Road, Canvey, SS8 7BN**

family problems. If you need advice about drugs and alcohol. If you would like support to claim benefits. If you are a young parent or need a CV, training or work advice. If you are facing homelessness and need advice on finding accommodation.

We have a range of service including: An Advice and Information Drop-in, Counselling Service, Emotional Support Service, Counselling in schools, Educational Workshops, Performing Arts Club and Young Parents Group.

We are informal, non-judgemental, and confidential. We also have activities you can take part in such as a Performing Arts Group, Arts and Craft group, Sports Activities, Parkour, Youth Bus and Youth Café.

[Read more...](#)

Children & Families Hub Directory of Services

Domestic Abuse

South Essex

Changing Pathways (Formerly Basildon Women's Aid)

Tel: **01268 729707**

Email (enquiries): welcome@changingpathways.org

Email (referrals): referrals@changingpathways.org

Website: changingpathways.org

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

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

The Parklands Outreach Centre

Tel: **01268 729707**

Email: parklands@basildonwa.org

This centre in Felmores End, Felmores, Basildon, is run by staff from Basildon Women's Aid and offers a helpline, support groups, advice and information surgeries and one to one counselling.

All of the services are free and the centre is open Monday to Friday between 9.30am and 5pm.

SOS (Southend-on-Sea) Domestic Abuse Projects

Tel Dove Centre: **01702 351648**

Tel Women: **01702 302333**

Tel Male: **01702 343868**

Tel Children & Families: **01702 343868**

Email: enquiries@sosdap.org

Website:

Covers Rochford providing advice and support for the victims of domestic violence. They have advice lines for women, men and children.

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www.savsmembers.org/sosdomesticabuseprojects	
South Essex Rape & Incest Crisis Centre Tel: Support & Information: 01375 380609 Tel: Office Telephone: 01375 381322 (no telephone counselling via this number) Email: sericc@sericc.org.uk	SERICC provides specialist services any individual who has or who is experiencing any form of sexual violence at any time in their life. You can also phone if you are worried about your child, someone else in your family, or someone you know.

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Education

South Essex

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

Essex County Council Employability & Skills South Essex Team

Tel: **03330 1389842**

Email: esuintervention.south@essex.gov.uk

Website: www.whatsyourthing.org.uk

If you are aged 16 – 18 and looking for a job, education or training, you can contact Essex County Council's Employability & Skills Team to discuss the options that are available to you.

Our team of highly trained, experienced and friendly Advisers have access to opportunities in your area and can assist you with planning your next steps. We support young people into Apprenticeships, Jobs, College, Short Training Courses and Volunteering.

Our role can also involve supporting you with personal marketing skills such as interview techniques, CV and letter writing, developing confidence and advice on how to access the hidden job market.

The team mainly provide information over the telephone, via email, Facebook or text alerts, but face to face appointments may be available if required.

Rochford Extended Services

Tel: **01702 545771**

Email: extendedservices@kes.essex.sch.uk

Website: www.rochfordextendedservices.org.uk

Address: **The King Edmund School, Vaughan Close, Rochford, Essex. SS4 1**

Working in partnership with all the Rochford Local Delivery Group Schools, to provide bespoke support for schools children & families

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Specialist Teaching and Preschool Service

Tel: [Click for Details](#)
Email: [Click for Details](#)

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

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Employment

South Essex

Basildon Council

Tel: 01268 533333

Email: customerservices@basildon.gov.uk

Website: www.basildon.gov.uk

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

Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service

Tel: 01268 638405

Email: familymentoring@castlepointavs.org.uk

Website: www.cavsfamilymentoring.org.uk

Address: The Tyrells Centre, 39 Seamore Avenue, Thundersley, Essex. SS7 4EX

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- Managing finances
- Isolation
- Family separation
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- Healthy lifestyle
- Domestic abuse
- Managing children's behaviour
- Relationships

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	<ul style="list-style-type: none"> • Socialising • Sibling rivalry • New baby • Bereavement • Lack of confidence and low self esteem • Routines • Bullying • Employment support and training
Citizens Advice Bureau - Basildon Tel (From Landline): 0844 4770808 Tel (From Mobile): 0300 4562595 Website: www.bascab.org.uk Address: The Basildon Centre, St. Martin's Square, Basildon, Essex. SS14 1DY	The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.
Citizens Advice Bureau – Castle Point Tel: 08444 770808 Email: advice@cpcab.org.uk Website: www.castlepointcitizensadvicebureau.org.uk Address: The Whitehouse, Rear of Council Offices, Kiln Road Benfleet, Essex. SS7 1TF	The Citizens Advice service offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.
Citizens Advice Bureau - Rochford Tel (From Landline): 0844 4770808 Website: www.rochfordcab.org.uk Address: Back Lane, Rochford, Essex. SS4 1AY	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.
Essex County Council Employability & Skills South Essex Team Tel: 03330 1389842 Email: esuintervention.south@essex.gov.uk Website: www.whatsyourthing.org.uk	<p>If you are aged 16 – 18 and looking for a job, education or training, you can contact Essex County Council's Employability & Skills Team to discuss the options that are available to you.</p> <p>Our team of highly trained, experienced and friendly Advisers have access to opportunities in your area and can assist you with planning your next steps. We support young people into Apprenticeships, Jobs, College, Short Training Courses and Volunteering.</p>

	<p>Our role can also involve supporting you with personal marketing skills such as interview techniques, CV and letter writing, developing confidence and advice on how to access the hidden job market.</p> <p>The team mainly provide information over the telephone, via email, Facebook or text alerts, but face to face appointments may be available if required.</p>
<p>Jobcentre Plus Basildon</p> <p>Tel: 0845 6043719 Address: Regent House, The Gore, Basildon, Essex. SS14 2EE</p>	<p>Benefits & employment advice</p>
<p>Peabody – Essex Outreach Support Service (Formerly Family Mosaic)</p> <p>Tel: 0800 2888883 Text: 07976 929982 Email: efscsco-ordinator@peabody.org.uk Website: www.peabody.org.uk</p>	<p>Providing housing related support services to people living in Basildon, Castle Point, Rochford, Rayleigh, Southend, Brentwood, Epping, Harlow and Uttlesford areas</p> <p>We can help you with:</p> <ul style="list-style-type: none"> • Housing benefit advice & claims • Finding employment & training opportunities • Housing problems & those threatened with homelessness • Getting support for drug & alcohol problems • Support with managing rent arrears • Getting Support for mental health • Financial advice • Budgeting support
<p>Signpost Resource Centre Basildon</p> <p>Tel: 07880 035969 Email: spb@sign-post.info Website: www.sign-post.info</p>	<p>We are an independent charitable organisation (not an Employment Agency or affiliated to Job Centre Plus) with 20 years of experience, helping people of all ages and from all walks of life to get back into work or to move on. Every day we're listening to the experiences of others who are looking for work, so we really know what's happening and what employers are looking for when they are recruiting new staff. We offer a relaxed and welcoming environment where it's up to you how long you stay.</p>
<p>Yellow Door</p> <p>Tel: 01268 683431 / 01268 514792 Mobile: 07436 102825</p>	<p>We are an independent charity offering Information, Advice, Advocacy, Emotional and Practical Support, Education and Counselling and Activities to young people between 11 and 25.</p>

Email: drop-in@cyp-yellowdoor.org.uk
Website: www.canveyislandyouthproject.org.uk
Address: **Poplar Road, Canvey, SS8 7BN**

Yellow door can help you; if you are feeling low, depressed or anxious. If you are having family problems. If you need advice about drugs and alcohol. If you would like support to claim benefits. If you are a young parent or need a CV, training or work advice. If you are facing homelessness and need advice on finding accommodation.

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[Read more...](#)

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Family Conflict

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<p>FIF Funded Project</p> <p>Open Door (FIF 5)</p> <p>Tel: 01375 389882 Email: kim.synclair@oasisopendoor.co.uk Website: www.opendoorthurrock.co.uk</p>	<p>FIF FUNDED PROJECT Download South Essex Early Help Request Form</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>Billericay Child Contact Centre</p> <p>Tel: 07593 028534</p>	<p>Opening Times: 2nd & 4th Sunday of month 2.30pm to 4.30pm Centre charges: No charge for service Accepts Self-referrals Supported Contact Available Handover Available Accredited for Supported Contact</p>
<p>Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service</p> <p>Tel: 01268 638405 Email: familymentoring@castlepointavs.org.uk Website: www.cavsfamilymentoring.org.uk Address: The Tyrells Centre, 39 Seamore Avenue, Thundersley, Essex. SS7 4EX</p>	<p>There's no guide book on being a parent or carer. Facing challenges on a daily basis is part of everyday life, but when they become overwhelming you may need a helping hand. The CAVS Family Mentoring Service provides a network of support to families with children aged between pre-birth and 19 years by allocating an experienced, non-judgemental, support worker and trained volunteer.</p> <p>The CAVS Family Mentoring Service will arrange a level of care that suits you, from general support in coping with daily life to bespoke parenting programmes and one to one mentoring. The aim of the service is to help children, young people, and their families to lead safer, happier and healthier lives.</p> <p>Do you need support with any of the following?</p> <ul style="list-style-type: none"> • Managing finances • Isolation • Family separation • Housing • Healthy lifestyle • Domestic abuse

	<ul style="list-style-type: none"> • Managing children's behaviour • Relationships • Socialising • Sibling rivalry • New baby • Bereavement • Lack of confidence and low self esteem • Routines • Bullying • Employment support and training
<p>Relate South Essex</p> <p>Tel: 01702 342901</p> <p>Email: enquiries@relatese.plus.com</p> <p>Website: www.relatesouthessex.co.uk</p> <p>Address: 29 Harcourt Avenue, Southend-on-Sea, Essex. SS2 6HT</p>	<p>Relate South Essex is a local charity and a member of Relate, the largest provider of relationship support in the country. We offer counselling services to families, individuals, couples, young people and offer sex therapy services. We are able to work with clients on any number of issues including loss, bereavement, anxiety, loneliness, dealing with feelings of anger, jealousy and we work with any relationship difficulty not just within the family. It can be issues with a work colleague, incidents at the school gate, dispute with the neighbour.</p> <p>Our counsellors have a number of years counselling experience and high level counselling qualifications before they specialise and train with ourselves. Therefore, you can be assured that you are seeing a professionally qualified counsellor who is regularly supervised in their case work and monitored to ensure they continue to develop their skills to adapt to the needs of a changing environment. Quality and governance are high on the agenda here at Relate South Essex.</p> <p>We run alongside the counselling service a number of bespoke training courses, workshops and education programmes such as “Peer Mentoring” within schools, raising the self-esteem and confidence of the pupils.</p> <p>We deliver one of the longest running family mediation services in the county, where we work with those who have agreed to divorce or separate. However, they are unable to reach agreement on child contact or finances. We work with the clients to reach an amicable agreement thus potentially avoiding attendance at court, reducing the emotional and financial cost to the family, in particular the children.</p> <p>Our website details are www.relatesouthessex.co.uk. Twitter handle is relatese and Facebook is RelateSouthEssex</p>

Can't find a suitable service? Have you checked [Countywide](#)?

Children & Families Hub Directory of Services

Family Hubs

South Essex

[Basildon](#) [Castle Point](#) [Rochford](#)

Basildon

Northlands Park Family Hub

Tel: **01268 720170**

Email: ecfws.southessex@barnardos.org.uk

Website:

essexfamilywellbeing.co.uk/centre/northlands-family-hub/

Address: **Davenants, Basildon, Essex. SS13 1QX**

Northlands Park Family Hub serves the Basildon district and facilitates activities from other local Healthy Family Delivery Sites, including Fryerns Farm, All About (Laindon), Sunnyside (Billericay) and Highcliffe (Wickford).

Northlands Park Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.

Our wide range of services include healthy family drop-in sessions, baby-weighing and baby time sessions which encourage play, learning and development for children aged 0-1.

We want parents and carers to have access to services and networks which will empower and help them support their family.

Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.

All About Healthy Family Delivery Site

Tel: **01268 418523**

Email: ecfws.southessex@barnardos.org.uk

Website:

essexfamilywellbeing.co.uk/centre/all-about-

All About Healthy Family Delivery Site is based in Laindon, which is part of the Northlands Park Family Hub.

All About Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.

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<p>family-hub/ Address: James Hornsby High School, Leinster Road, Laindon, Essex. SS15 5NX</p>	<p>Our wide range of services include antenatal care, healthy family drop-in sessions, Baby Bumps and Baby Massage classes.</p> <p>We also have conversational café sessions for those who would like to improve their English skills and free crèche is available.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<p>Fryerns Healthy Family Delivery Site</p> <p>Tel: 01268 720170 Email: ecfws.southessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/fryerns-family-hub/ Address: Greenshoots Adult Community College, Ely Way, Basildon, Essex. SS14 2EQ</p>	<p>Fryerns Farm Healthy Family Delivery Site is based in the Fryerns area of Basildon and is one of several centres in Basildon District which are part of the Northlands Park Family Hub.</p> <p>Fryerns Farm Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include family and parent drop-in sessions, where parents are welcome to meet other parents to chat and share childcare advice, or access information and support from staff and other professionals.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<p>Highcliffe Healthy Family Delivery Site</p> <p>Tel: 01268 574486 Email: ecfws.southessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/highcliffe-family-hub/ Address: Rettendon View, Wickford, Essex.</p>	<p>Highcliffe Healthy Family Delivery Site is based in Wickford and is one of several delivery centres in Basildon District, which are part of the Northlands Park Family Hub.</p> <p>Highcliffe Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p>

SS11 8JE	<p>Our wide range of services include supportive group sessions for grandparents to spend time with their grandchildren and healthy family drop-in sessions with baby weighing and midwife clinic services.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
Sunnyside Healthy Family Delivery Site Tel: 01277 659589 Email: ecfws.southessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/sunnyside-family-hub/ Address: Rosebay Avenue, Billericay, Essex. CM12 0GH	<p>Sunnyside Healthy Family Delivery Site is based in Billericay and is one of several delivery centres in Basildon District, which are part of the Northlands Park Family Hub. Sunnyside adjoins a local pre-school on Rosebay Avenue.</p> <p>Sunnyside Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include Baby Massage and baby weighing facilities, we also provide physiotherapy referral services and new parents are welcome to join our 'breast friends' café.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<h2 style="text-align: center;">Castle Point</h2>	
Little Lions Family Hub Tel: 01268 683671 Email: ecfws.southessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/little-lions-family-hub/ Address: Northwick Park Primary School, Third Avenue, Canvey Island, Essex. SS8 9SU	<p>Little Lions Family Hub serves Castle Point district along with Little Handprints Healthy Family Delivery Site in Thundersley.</p> <p>Little Lions Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include child health clinic sessions which are led by a health visitor, interactive play and learn drop-in sessions for parents and carers with children aged 0-5, pregnancy fitness classes for mums-to-be and antenatal appointments with a</p>

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	<p>community midwife.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<p>Little Handprints Healthy Family Delivery Site</p> <p>Tel: 01268 753557 Email: ecfws.southessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/little-handprints-family-hub/ Address: Thundersley Primary School, Dark Lane, Thundersley, Essex. SS7 3PT</p>	<p>Little Handprints Healthy Family Delivery Site is based in Thundersley and is a delivery centre in Castle Point District which is part of the Little Lions Family Hub.</p> <p>Little Handprints Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include family drop-in sessions which are led by a health visitor, interactive play and learn for parents with children aged 0-5, and antenatal services.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<h2 style="text-align: center;">Rochford</h2>	
<p>Oak Tree Family Hub</p> <p>Tel: 01268 775910 Email: ecfws.southessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/oak-tree-family-hub/ Address: Groveswood Primary School, Grove Road, Rayleigh, Essex. SS6 8UA</p>	<p>Oak Tree Family Hub serves Rochford district along and coordinates activities from other local Healthy Family Delivery Sites, including Willows (Hullbridge), Wishing Well (Rochford), Seashells (Great Wakering) and Ladybird (Rayleigh).</p> <p>Oak Tree Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include healthy family drop-in sessions which offer advice and support for the whole family, antenatal and post-natal sessions which provide support with routines and family wellbeing.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p>

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	<p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<p>Ladybird Healthy Family Delivery Site</p> <p>Tel: 01268 775910 Email: ecfws.southessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/ladybird-family-hub/ Address: Grange Community Centre, Little Wheatley Chase, Rayleigh, Essex. SS6 9EH</p>	<p>Ladybird Healthy Family Delivery Site is based in Rayleigh in Rochford District and is part of the Oak Tree Family Hub.</p> <p>Ladybird Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include grandparent play sessions for grandparents and their grandchildren, antenatal clinic services and healthy family drop-in sessions.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<p>Seashells Healthy Family Delivery Site</p> <p>Tel: 01702 541460 Email: ecfws.southessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/sea-shells-family-hub/ Address: Great Wakering Primary School, High, Street, Great Wakering, Essex. SS3 0EJ</p>	<p>Seashells Healthy Family Delivery Site is based in Great Wakering and is one of several centres in Rochford District which is part of the Oak Tree Family Hub.</p> <p>Seashells Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include drop-in play sessions which encourage children's learning and development, 'how to' sessions which promote positive interaction with children, healthy family drop-in sessions, baby weighing, and Baby Massage.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities, for a full list.</p>

<p>Willows Healthy Family Delivery Site</p> <p>Tel: 01268 775910 Email: ecfws.southessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/willows-family-hub/ Address: Riverside Primary School, Ferry Road, Hullbridge, Essex. SS5 6ND</p>	<p>Willows Healthy Family Delivery Site is based in Hullbridge and is one of several delivery centres in Rochford, which are part of the Oak Tree Family Hub.</p> <p>Willows Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include interactive Rhyme Time classes for families with children aged 0-5 and healthy family/ family time drop-in sessions for families to relax and spend time together.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<p>Wishing Well Healthy Family Delivery Site</p> <p>Tel: 01702 541460 Email: ecfws.southessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/wishing-well-family-hub/ Address: Waterman Primary School, The Boulevard, Rochford, Essex. SS4 1QF</p>	<p>Wishing Well Healthy Family Delivery Site is based in Rochford and is one of several delivery centres in Rochford District which is part of the Oak Tree Family Hub.</p> <p>Wishing Well Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include 'how to' sessions which promote positive interaction with children and families, Hartbeeps baby and toddler classes and antenatal clinics services which can be arranged by appointment through the midwife.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>

Children & Families Hub Directory of Services

Financial Concerns

South Essex

Basildon Council

Tel: 01268 533333

Email: customerservices@basildon.gov.uk

Website: www.basildon.gov.uk

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

Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service

Tel: 01268 638405

Email: familymentoring@castlepointavs.org.uk

Website: www.cavsfamilymentoring.org.uk

Address: The Tyrells Centre, 39 Seamore Avenue, Thundersley, Essex. SS7 4EX

There's no guide book on being a parent or carer. Facing challenges on a daily basis is part of everyday life, but when they become overwhelming you may need a helping hand. The CAVS Family Mentoring Service provides a network of support to families with children aged between pre-birth and 19 years by allocating an experienced, non-judgemental, support worker and trained volunteer.

The CAVS Family Mentoring Service will arrange a level of care that suits you, from general support in coping with daily life to bespoke parenting programmes and one to one mentoring.

The aim of the service is to help children, young people, and their families to lead safer, happier and healthier lives.

Do you need support with any of the following?

- Managing finances
- Isolation
- Family separation
- Housing
- Healthy lifestyle
- Domestic abuse
- Managing children's behaviour
- Relationships

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	<ul style="list-style-type: none"> • Socialising • Sibling rivalry • New baby • Bereavement • Lack of confidence and low self esteem • Routines • Bullying • Employment support and training
Peabody – Essex Outreach Support Service (Formerly Family Mosaic) Tel: 0800 2888883 Text: 07976 929982 Email: efsko-ordinator@peabody.org.uk Website: www.peabody.org.uk	Providing housing related support services to people living in Basildon, Castle Point, Rochford, Rayleigh, Southend, Brentwood, Epping, Harlow and Uttlesford areas We can help you with: <ul style="list-style-type: none"> • Housing benefit advice & claims • Finding employment & training opportunities • Housing problems & those threatened with homelessness • Getting support for drug & alcohol problems • Support with managing rent arrears • Getting Support for mental health • Financial advice • Budgeting support

Can't find a suitable service? Have you checked [Nationwide?](#)

Children & Families Hub Directory of Services

Housing Concerns

South Essex

Basildon Council

Tel: 01268 533333

Email: customerservices@basildon.gov.uk

Website: www.basildon.gov.uk

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

Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service

Tel: 01268 638405

Email: familymentoring@castlepointavs.org.uk

Website: www.cavsfamilymentoring.org.uk

Address: The Tyrells Centre, 39 Seamore Avenue, Thundersley, Essex. SS7 4EX

There's no guide book on being a parent or carer. Facing challenges on a daily basis is part of everyday life, but when they become overwhelming you may need a helping hand. The CAVS Family Mentoring Service provides a network of support to families with children aged between pre-birth and 19 years by allocating an experienced, non-judgemental, support worker and trained volunteer.

The CAVS Family Mentoring Service will arrange a level of care that suits you, from general support in coping with daily life to bespoke parenting programmes and one to one mentoring.

The aim of the service is to help children, young people, and their families to lead safer, happier and healthier lives.

Do you need support with any of the following?

- Managing finances
- Isolation
- Family separation
- Housing
- Healthy lifestyle
- Domestic abuse
- Managing children's behaviour
- Relationships

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	<ul style="list-style-type: none"> • Socialising • Sibling rivalry • New baby • Bereavement • Lack of confidence and low self esteem • Routines • Bullying • Employment support and training
Castle Point Borough Council Tel: 01268 882200 Email: info@castlepoint.gov.uk Website: www.castlepoint.gov.uk	Housing information and advice
Peabody – Essex Outreach Support Service (Formerly Family Mosaic) Tel: 0800 2888883 Text: 07976 929982 Email: efsko-ordinator@peabody.org.uk Website: www.peabody.org.uk	Providing housing related support services to people living in Basildon, Castle Point, Rochford, Rayleigh, Southend, Brentwood, Epping, Harlow and Uttlesford areas We can help you with: <ul style="list-style-type: none"> • Housing benefit advice & claims • Finding employment & training opportunities • Housing problems & those threatened with homelessness • Getting support for drug & alcohol problems • Support with managing rent arrears • Getting Support for mental health • Financial advice • Budgeting support
Rochford Housing Tel: 0300 1233511 or 0800 1313348 Email: contactus@sanctuary-housing.co.uk Website: www.rochfordhousing.co.uk	Council housing information and advice
Swan House Foyer Tel: 01277 844700 Website: www.swan.org.uk	Swan House Foyer provides supported accommodation for single young people aged 16 to 24 who are in housing need and require support to acquire the skills to live independently. Referrals are accepted from Basildon Borough Council, Social Services, YOT, Probation and Basildon Community Resource Centre. All referrals must have a local verified connection to Basildon.

Yellow Door

Tel: **01268 683431 / 01268 514792**

Mobile: **07436 102825**

Email: drop-in@cyp-yellowdoor.org.uk

Website: www.canveyislandyouthproject.org.uk

Address: **Poplar Road, Canvey, SS8 7BN**

We are an independent charity offering Information, Advice, Advocacy, Emotional and Practical Support, Education and Counselling and Activities to young people between 11 and 25.

Yellow door can help you; if you are feeling low, depressed or anxious. If you are having family problems. If you need advice about drugs and alcohol. If you would like support to claim benefits. If you are a young parent or need a CV, training or work advice. If you are facing homelessness and need advice on finding accommodation.

We have a range of service including: An Advice and Information Drop-in, Counselling Service, Emotional Support Service, Counselling in schools, Educational Workshops, Performing Arts Club and Young Parents Group.

We are informal, non-judgemental, and confidential. We also have activities you can take part in such as a Performing Arts Group, Arts and Craft group, Sports Activities, Parkour, Youth Bus and Youth Café.

[Read more...](#)

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Legal

South Essex

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Children & Families Hub Directory of Services

Lonely/Isolated/Socially Alienated

South Essex

Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service

Tel: **01268 638405**

Email: familymentoring@castlepointavs.org.uk

Website: www.cavsfamilymentoring.org.uk

Address: **The Tyrells Centre, 39 Seamore Avenue, Thundersley, Essex. SS7 4EX**

There's no guide book on being a parent or carer. Facing challenges on a daily basis is part of everyday life, but when they become overwhelming you may need a helping hand. The CAVS Family Mentoring Service provides a network of support to families with children aged between pre-birth and 19 years by allocating an experienced, non-judgemental, support worker and trained volunteer.

The CAVS Family Mentoring Service will arrange a level of care that suits you, from general support in coping with daily life to bespoke parenting programmes and one to one mentoring.

The aim of the service is to help children, young people, and their families to lead safer, happier and healthier lives.

Do you need support with any of the following?

- Managing finances
- Isolation
- Family separation
- Housing
- Healthy lifestyle
- Domestic abuse
- Managing children's behaviour
- Relationships
- Socialising
- Sibling rivalry
- New baby
- Bereavement
- Lack of confidence and low self esteem
- Routines

	<ul style="list-style-type: none"> • Bullying • Employment support and training
Relate South Essex Tel: 01702 342901 Email: enquiries@relatese.plus.com Website: www.relatesouthessex.co.uk Address: 29 Harcourt Avenue, Southend-on-Sea, Essex. SS2 6HT	<p>Relate South Essex is a local charity and a member of Relate, the largest provider of relationship support in the country. We offer counselling services to families, individuals, couples, young people and offer sex therapy services. We are able to work with clients on any number of issues including loss, bereavement, anxiety, loneliness, dealing with feelings of anger, jealousy and we work with any relationship difficulty not just within the family. It can be issues with a work colleague, incidents at the school gate, dispute with the neighbour.</p> <p>Our counsellors have a number of years counselling experience and high level counselling qualifications before they specialise and train with ourselves. Therefore, you can be assured that you are seeing a professionally qualified counsellor who is regularly supervised in their case work and monitored to ensure they continue to develop their skills to adapt to the needs of a changing environment. Quality and governance are high on the agenda here at Relate South Essex.</p> <p>We run alongside the counselling service a number of bespoke training courses, workshops and education programmes such as “Peer Mentoring” within schools, raising the self-esteem and confidence of the pupils.</p> <p>We deliver one of the longest running family mediation services in the county, where we work with those who have agreed to divorce or separate. However, they are unable to reach agreement on child contact or finances. We work with the clients to reach an amicable agreement thus potentially avoiding attendance at court, reducing the emotional and financial cost to the family, in particular the children.</p> <p>Our website details are www.relatesouthessex.co.uk. Twitter handle is relatese and Facebook is RelateSouthEssex</p>
Yellow Door Tel: 01268 683431 / 01268 514792 Mobile: 07436 102825 Email: drop-in@cyp-yellowdoor.org.uk Website: www.canveyislandyouthproject.org.uk Address: Poplar Road, Canvey, SS8 7BN	<p>We are an independent charity offering Information, Advice, Advocacy, Emotional and Practical Support, Education and Counselling and Activities to young people between 11 and 25.</p> <p>Yellow door can help you; if you are feeling low, depressed or anxious. If you are having family problems. If you need advice about drugs and alcohol. If you would like support to claim benefits. If you are a young parent or need a CV, training or work advice. If you are facing homelessness and need advice on finding accommodation.</p>

We have a range of service including: An Advice and Information Drop-in, Counselling Service, Emotional Support Service, Counselling in schools, Educational Workshops, Performing Arts Club and Young Parents Group.

We are informal, non-judgemental, and confidential. We also have activities you can take part in such as a Performing Arts Group, Arts and Craft group, Sports Activities, Parkour, Youth Bus and Youth Café.

[Read more...](#)

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Mental Health

South Essex

FIF Funded Project

Open Door

Tel: 01375 389882

Email: opendoor@opendoorservices.org

Website: www.opendoorthurrock.co.uk

FIF FUNDED PROJECT

[Download South Essex Early Help Request Form](#)

[Form](#)

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.

Families Learning About Self-Harm (FLASH) - Delivered by Castle Point Association of Voluntary Services (CAVS)

Tel: 01268 638405

Email: familymentoring@castlepointavs.org.uk

Starting September 2018 in Rayleigh

FLASH is a group course for parents/carers of a young person who is exhibiting self-harming behaviour; it aims to create better communication and personal relationships. The course will cover:

- Explain self-harm and how to relate
- Demonstrate the developmental processes
- Deliver practical strategies
- Improve listening, praise and encouragement skills
- Set realistic expectations of parents/carers

FLASH is a course for parents to learn practical skills, over 10 weekly sessions. For more information or to book your place, contact CAVS.

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<p>Open Adult Counselling Service</p> <p>Website: www.oacs.org.uk</p> <p>Benfleet Tel: 07963 279272 Email: info@oacs.org.uk Address: Benfleet Methodist Church, 633 High Road, Benfleet, Essex. SS7 5LH</p> <p>Rayleigh Tel: 07722 958017 Email: info@oacs.org.uk Address: Citizens Advice Bureau, Civic Suite, Hockley Road, Essex. SS6 8EB</p>	<p>ACS is a voluntary, independent, non-profitmaking and confidential counselling service provided by qualified, supervised counsellors.</p> <p>We provide a one to one counselling service for the community with both male and female counsellors.</p> <p>Our aim is to provide a counselling service which is accessible to everyone in the community whatever their financial status.</p> <p>We do not charge a set fee, but we do ask clients to make an agreed regular donation. This will be discussed at the first session.</p> <p>The service is available to any residents, aged 18 or over, who live in the South-East Essex area. (Benfleet & Rayleigh)</p> <ul style="list-style-type: none"> • What do we do? • How we can help?
<p>Peabody – Essex Outreach Support Service (Formerly Family Mosaic)</p> <p>Tel: 0800 2888883 Text: 07976 929982 Email: efscsco-ordinator@peabody.org.uk Website: www.peabody.org.uk</p>	<p>Providing housing related support services to people living in Basildon, Castle Point, Rochford, Rayleigh, Southend, Brentwood, Epping, Harlow and Uttlesford areas</p> <p>We can help you with:</p> <ul style="list-style-type: none"> • Housing benefit advice & claims • Finding employment & training opportunities • Housing problems & those threatened with homelessness • Getting support for drug & alcohol problems • Support with managing rent arrears • Getting Support for mental health • Financial advice • Budgeting support
<p>Reclaiming Lives – Delivered by Kids Inspire</p> <p>Tel: 01245 348707 Email: clinicaladmin@kidsinspire.org.uk Website: kidsinspire.org.uk</p>	<p>Emotional and mental health support for young people coping with the effect of trauma in Basildon and South Essex</p> <ul style="list-style-type: none"> • Are you concerned about the emotional or mental well-being of a young person? • Are you a young person concerned about your own emotional or mental wellbeing? • Experience of abuse and/or neglect in early childhood? • Impacted by a traumatic event such as a medical procedure, accident, sudden loss of a relative or friend? <p>Kids Inspire can support a family by sharing ways to cope with:</p> <ul style="list-style-type: none"> • Emotional well-being

	<ul style="list-style-type: none"> • Educational & peer activity • Relationships • Tolerance of overwhelming emotions • Self-awareness
<p>Relate South Essex</p> <p>Tel: 01702 342901 Email: enquiries@relatese.plus.com Website: www.relatesouthessex.co.uk Address: 29 Harcourt Avenue, Southend-on-Sea, Essex. SS2 6HT</p>	<p>Relate South Essex is a local charity and a member of Relate, the largest provider of relationship support in the country. We offer counselling services to families, individuals, couples, young people and offer sex therapy services. We are able to work with clients on any number of issues including loss, bereavement, anxiety, loneliness, dealing with feelings of anger, jealousy and we work with any relationship difficulty not just within the family. It can be issues with a work colleague, incidents at the school gate, dispute with the neighbour.</p> <p>Our counsellors have a number of years counselling experience and high level counselling qualifications before they specialise and train with ourselves. Therefore, you can be assured that you are seeing a professionally qualified counsellor who is regularly supervised in their case work and monitored to ensure they continue to develop their skills to adapt to the needs of a changing environment. Quality and governance are high on the agenda here at Relate South Essex.</p> <p>We run alongside the counselling service a number of bespoke training courses, workshops and education programmes such as “Peer Mentoring” within schools, raising the self-esteem and confidence of the pupils.</p> <p>We deliver one of the longest running family mediation services in the county, where we work with those who have agreed to divorce or separate. However, they are unable to reach agreement on child contact or finances. We work with the clients to reach an amicable agreement thus potentially avoiding attendance at court, reducing the emotional and financial cost to the family, in particular the children.</p> <p>Our website details are www.relatesouthessex.co.uk. Twitter handle is relatese and Facebook is RelateSouthEssex</p>

Re-new Counselling (Bridge Centre) Tel: 01268 822800 Email: sycamore@renew-us.org Website: www.renew-us.org Address: Bodey House, Church Walk, Basildon, Essex. SS14 1WW	<ul style="list-style-type: none"> • Adults • Children • Young People • Couples Counselling • Counselling in Schools
Therapy for You Tel: 01268 739128 Website: www.therapyforyou.co.uk Address: Pride House, Christy Close, Laindon, Essex. SS15 6EA	<p>Therapy For You is about making sure people from South Essex have access to the right type of talking therapy when they need it. People's experiences of dealing with life's problems can vary from person to person.</p> <p>Therapy for You can offer a range of talking therapies to help. These are offered in accordance with NHS treatment guidelines and will be discussed when you contact our service.</p> <ul style="list-style-type: none"> • Who is it for? • How to access services
YCT Counselling Tel: 01279 414090 Txt: 07956 887921 Email: admin@yctsupport.com Website: www.yctsupport.com	<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>
Yellow Door Tel: 01268 683431 / 01268 514792 Mobile: 07436 102825 Email: drop-in@cyp-yellowdoor.org.uk Website: www.canveyislandyouthproject.org.uk Address: Poplar Road, Canvey, SS8 7BN	<p>We are an independent charity offering Information, Advice, Advocacy, Emotional and Practical Support, Education and Counselling and Activities to young people between 11 and 25.</p> <p>Yellow door can help you; if you are feeling low, depressed or anxious. If you are having family problems. If you need advice about drugs and alcohol. If you would like support to claim benefits. If you are a young parent or need a CV, training or work advice. If you are facing homelessness and need advice on finding accommodation.</p> <p>We have a range of service including: An Advice and Information Drop-in, Counselling Service, Emotional Support Service, Counselling in schools, Educational Workshops,</p>

Performing Arts Club and Young Parents Group.

We are informal, non-judgemental, and confidential. We also have activities you can take part in such as a Performing Arts Group, Arts and Craft group, Sports Activities, Parkour, Youth Bus and Youth Café.

[Read more...](#)

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

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Online Safety

South Essex

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Children & Families Hub Directory of Services

Parental Routine/Boundaries

South Essex

FIF Funded Project

The Children's Society (FIF 5)

Tel: 01245 493311

Email: fifreferrals@childrenssociety.org.uk

Fax: 01245 491400

Website: www.childrenssocietyeast.org.uk

FIF FUNDED PROJECT

[Download South Essex Early Help Request Form](#)

Parenting Support

Please note we are unable to support families who are currently or have been supported by statutory services as we are a Tier 2 early intervention service.

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.

BEST (Basildon Education Services Trust)

Tel: 01268 498861

Email: bestadmin@basildonbest.org.uk

Website: www.basildonbest.org.uk

Address: The Basildon Upper Academy,
Wickford Avenue, Pitsea, Essex. SS13

BEST provides over 50 different projects, activities and events for pupils and parents and BEST schools. They include:

- Raising achievement projects including the Basildon Challenge
- Engaging parents in their children's education
- Holiday activities for pupils
- Emotional Health and Wellbeing Support
- Education Business Link activities
- Leadership and Management support including CPD

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3HL	<ul style="list-style-type: none"> • Inter school sports activities • School collaboration around traded services Read More
Billericay Child Contact Centre Tel: 07593 028534	Opening Times: 2nd & 4th Sunday of month 2.30pm to 4.30pm Centre charges: No charge for service Accepts Self-referrals Supported Contact Available Handover Available Accredited for Supported Contact
Billericay Parents Forum Tel: 01277 633910 Email: info@billericayparents.com Website: billericayparentsforum.wordpress.com	The Billericay Parents Forum is a registered charity that offers support to local families. The organisation is run solely by parents, but works in close partnership with local schools, health and other professionals and many other organisations in the area.
Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service Tel: 01268 638405 Email: familymentoring@castlepointavs.org.uk Website: www.cavsfamilymentoring.org.uk Address: The Tyrells Centre, 39 Seamore Avenue, Thundersley, Essex. SS7 4EX Areas Covered: Castle Point	<p>There's no guide book on being a parent or carer. Facing challenges on a daily basis is part of everyday life, but when they become overwhelming you may need a helping hand. The CAVS Family Mentoring Service provides a network of support to families with children aged between pre-birth and 19 years by allocating an experienced, non-judgemental, support worker and trained volunteer.</p> <p>The CAVS Family Mentoring Service will arrange a level of care that suits you, from general support in coping with daily life to bespoke parenting programmes and one to one mentoring. The aim of the service is to help children, young people, and their families to lead safer, happier and healthier lives.</p> <p>Do you need support with any of the following?</p> <ul style="list-style-type: none"> • Managing finances • Isolation • Family separation • Housing • Healthy lifestyle • Domestic abuse • Managing children's behaviour • Relationships • Socialising • Sibling rivalry

	<ul style="list-style-type: none"> • New baby • Bereavement • Lack of confidence and low self esteem • Routines • Bullying • Employment support and training
Childcare Family Information Service Website: www.essex.gov.uk/fis	Find a childcare provider in Essex
Essex Community Development Tel: 07575302124 / 07432115879 Email: info@essexcommunitydevelopment.org Website: essexcommunitydevelopment.org	<p>ECD is an independent voluntary organisation that offers early intervention mentoring and support to children aged 8 to 18 and their families. Our services include but are not limited to children with</p> <ul style="list-style-type: none"> • mild learning difficulties • poor social skills • at risk of drug and alcohol misuse / addiction • low self esteem • children with challenging behaviour • have been victims of bullying <p>We aim to support our service users in the development of skills and knowledge they may require to overcome any challenges or barriers they may face in the home, community or in school, as it is our strong belief that every young person deserves a fair chance in life.</p>
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	<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
Home-Start Basildon Tel: 01245 847460 Email: basildon@home-startessex.org.uk Website: www.homestart-basildon.org.uk	<p>Who we help:</p> <ul style="list-style-type: none"> • Parents or grandparents with at least one child under the age of five living with them. • Living in the Basildon, Billericay or Wickford area. • Anyone can refer to our service including parents self-referring. • Parents need to consent to our service.

	<ul style="list-style-type: none"> • Parents need to have identified the need for a volunteer. <p>What we do: Our trained parent volunteers;</p> <ul style="list-style-type: none"> • visit for 2 hours a week for 6 months breaking isolation • are free of charge • Are non-judgemental • Promote independence and empowerment • Provide adult company and someone they can talk to confidentially • Provide emotional support • Provide parents with support to positively parent their children e.g. children's behaviour, play and children's routines <p>We cannot do:</p> <ul style="list-style-type: none"> • Housework • Child-minding or take the children out of the house on their own • Transport families in the volunteers cars • Provide personal care • Support out of office hours (Monday to Friday 09.30am until 3.30pm), Bank holidays or weekends. <p>How do I refer:</p> <ul style="list-style-type: none"> • You are welcome to come to the office to speak to an Organiser who will help you if you have any difficulties with reading, writing, or using a computer, please phone the office first. • Complete a referral form by contacting the office or downloading one below. • The more information you can give around your needs the better we can plan your support • The form needs to be signed and then it can be returned by post or handed into the office personally. Only scan and e-mail if you can securely, by password protecting. • Once we receive your referral we will write to you to confirm receipt. • We will then contact you to perform an Initial Visit (Assessment) to your home, within 3 weeks of the referral.
InterAct	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

<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>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>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 • Meet ups
<p>Parents 1st</p> <p>Tel: 01268 525758 Website: www.parents1st.org.uk</p>	<p>Improving the physical and emotional health of expectant parents through pregnancy, birth and beyond</p> <p>Vulnerable pregnant women in Basildon and Canvey Island currently have poor access to personalised support to improve their physical and emotional wellbeing and build resilience in preparation for changes ahead. Furthermore many pregnant mothers feel negative about their community and distrustful of professionals.</p> <p>The project will build upon our previous successful project in Basildon, expanding the service to Canvey Island. 3yr funding secured from Henry Smith Foundation will support sustainability. A continuum of informal one-to-one peer support at home and in hospital, from early pregnancy, through childbirth and post birth.</p> <p>Volunteers with particular personal qualities and life experience will be recruited from the local</p>

	<p>area. They will receive on-going high quality accredited training and professional supervision that equips them to promote health and wellbeing and enable women to plan for the birth, manage their care and make informed decisions.</p> <p>A weekly group exercise programme that improves physical and emotional wellbeing facilitates social support networks and promotes self-care. Pregnant mothers experiencing back pain, mental health issues and obesity will benefit. A fully qualified fitness trainer and health promotion specialist will deliver the sessions.</p> <p>Peer support Volunteers will encourage marginalised families to participate</p>
Parents Aid Tel: 01268 763631 Email: info@parents-aid.org.uk Website: www.parents-aid.vpweb.co.uk Address: 11 Sonters Down, Rettendon Village, Chelmsford, Essex. CM3 8EU	<p>Parents Aid (Southern Essex) is a charity that works locally, for and with parents and families at risk of social exclusion, to improve the quality of their lives. We achieve change by championing their voices and providing support services to meet their needs.</p> <p><u>Services Offered</u></p>
Rochford Extended Services Tel: 01702 545771 Email: extendedservices@kes.essex.sch.uk Website: www.rochfordextendedservices.org.uk Address: The King Edmund School, Vaughan Close, Rochford, Essex. SS4 1TL	<p>Working in partnership with all the Rochford Local Delivery Group Schools, to provide bespoke support for schools children & families</p>

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Child Exploitation

South Essex

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**

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.

Essex Police CYP Police Officer

Basildon

70652 Christopher Burch

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.

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<p>Email: 42070652@essex.pnn.police.uk Ext: 382062</p> <p>Castle Point, Rochford & Rayleigh 2203 Esther Howitt Email: 42002203@essex.pnn.police.uk</p>	<p>CYP officers work closely with partner agencies, including Youth Offending Teams and ensure the correct referrals and interventions are offered to young people at risk of offending or becoming victims.</p> <p>Their overarching aim is to identify and resolve issues involving young people within the community who are most at risk of becoming repeat offenders or victims, or at risk of harm from Child Sexual Exploitation.</p>
<p>Essex Police Missing Person Liaison Officer</p> <p>Basildon 7998 Jonathan Shepherd Email: 42007998@essex.pnn.police.uk Ext: 380060</p> <p>Castle Point, Rochford & Rayleigh 8358 Maddy Hewitt Email: 42008358@essex.pnn.police.uk Ext: 490163</p>	<p>The responsibility of the Missing Person Liaison Officers (MPLO) is to maintain a comprehensive overview of missing people within a defined area in order to identify those who are at risk of significant harm and to co-ordinate the response from Essex Police and its partners, so as to reduce the likelihood of harm occurring to vulnerable people. There are 10 MPLOs; one for each Essex Police District Policing Area.</p>

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Substance Misuse

South Essex

Open Road Basildon

Tel: **01268 531435**

Helpline: **08444 991323**

Website: openroad.org.uk

Address: **13 Southview Road, Vange, Basildon, Essex. SS16 4ER**

Areas Covered: **South Essex**

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

Available Services:

- [Acupuncture](#)
- [Choices](#)
- [Counselling](#)
- [Family Support](#)
- [Needle & Syringe Programme](#)
- [Open Access](#)
- [Stimulant Service](#)
- [Structured Recovery Programme](#)

Peabody – Essex Outreach Support Service (Formerly Family Mosaic)

Tel: **0800 2888883**

Text: **07976 929982**

Email: efsco-ordinator@peabody.org.uk

Website: www.peabody.org.uk

Providing housing related support services to people living in Basildon, Castle Point, Rochford, Rayleigh, Southend, Brentwood, Epping, Harlow and Uttlesford areas

We can help you with:

- Housing benefit advice & claims
- Finding employment & training opportunities
- Housing problems & those threatened with homelessness
- Getting support for drug & alcohol problems
- Support with managing rent arrears
- Getting Support for mental health
- Financial advice
- Budgeting support

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Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Victim of Bullying

South Essex

Castle Point Association of Voluntary Services (CAVS) Family Mentoring Service

Tel: **01268 638405**

Email: familymentoring@castlepointavs.org.uk

Website: www.cavsfamilymentoring.org.uk

Address: **The Tyrells Centre, 39 Seamore Avenue, Thundersley, Essex. SS7 4EX**

Areas Covered: **Castle Point**

There's no guide book on being a parent or carer. Facing challenges on a daily basis is part of everyday life, but when they become overwhelming you may need a helping hand. The CAVS Family Mentoring Service provides a network of support to families with children aged between pre-birth and 19 years by allocating an experienced, non-judgemental, support worker and trained volunteer.

The CAVS Family Mentoring Service will arrange a level of care that suits you, from general support in coping with daily life to bespoke parenting programmes and one to one mentoring.

The aim of the service is to help children, young people, and their families to lead safer, happier and healthier lives.

Do you need support with any of the following?

- Managing finances
- Isolation
- Family separation
- Housing
- Healthy lifestyle
- Domestic abuse
- Managing children's behaviour
- Relationships
- Socialising
- Sibling rivalry
- New baby
- Bereavement
- Lack of confidence and low self esteem

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- Routines
- Bullying
- Employment support and training

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Young Carer

South Essex

Carers Choices

Tel: 01268 881130

Email: care@carerschoice.org

Website: www.carerschoices.org/young-carers

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

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

SCAFT (Supporting Carers and Families Together)

Tel: 01268 741811

Email: info@scaft.org.uk

Website: www.scaft.org.uk

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

Young Carers Project

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

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

[More Information](#)

Can't find a suitable service? Have you checked [Countywide?](#)

[Young Carer Home Page](#)

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Children & Families Hub Directory of Services

Asylum Seek/Refugee

West Essex

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.**

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>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>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</p>	<p>Support service for ethnic minorities, refugees, migrants and other isolated communities in the Harlow, Epping, Uttlesford and surrounding areas. Find out more about the support Integration Support Services offers...</p>

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Bereavement/Loss

West Essex

St Francis Hospice

Tel: **01708 753319**

Website: www.sfh.org.uk

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.

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Child Behavioural Difficulties

West Essex

FIF Funded Project

The Children's Society

Tel: 01245 493311

Email: fifreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

FIF FUNDED PROJECT

[Download West Essex Early Help Request Form](#)

Young People Risky Behaviours

Please note we are unable to support families who are currently or have been supported by statutory services as we are a Tier 2 early intervention service. 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.

FIF Funded Project

Family Intervention Team (The Children's Society)

Tel: 01245 493311

Email: FIFreferrals@childrenssociety.org.uk

Website: www.childrenssocietyeast.org.uk

FIF FUNDED PROJECT

[Download West Essex Early Help Request Form](#)

[Family Intervention Team](#)

Please note we are unable to support families who are currently or have been supported by statutory services as we are a Tier 2 early intervention service.

Are you working with a family who are struggling with a child's challenging behaviour? Our

[Child Behavioural Difficulties Home Page](#)

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<p>Address: 114 Springfield Road, Chelmsford, Essex CM2 6LF</p>	<p>service can offer early help and support to parents of 5 - 18 year olds*.</p> <p>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.</p> <ul style="list-style-type: none"> • 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
<p>FIF FUNDED PROJECT</p> <p>Kids Inspire</p> <p>Tel: 01245 348707 Email: sue@kidsinspire.org.uk Website: kidsinspire.org.uk</p>	<p>FIF FUNDED PROJECT Download West Essex Early Help Request Form</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>FIF Funded Project</p> <p>Open Door</p> <p>Tel: 01375 389882 Email: mentoring@opendoorservices.org Website: www.opendoorthurrock.co.uk</p>	<p>FIF FUNDED PROJECT Download West Essex Early Help Request Form</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>Home-Start Brentwood</p> <p>Tel: 01245 847460 Email: brentwood@home-startessex.org.uk Website: www.homestart-brentwood.org.uk Address: Astra House, Southfields Business Park, Christy Way, Laindon, Essex. SS15 6TQ</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: 01245 847440 Email: harlow@home-startessex.org.uk Website: www.homestartharlow.org.uk Address: Harlow Study Centre, Waterhouse Moor, Harlow, Essex. CM18 6BW</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: 01245 847450 Email: uttlesford@home-startessex.org 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>Multisystemic Therapy (MST) – South & West Essex</p> <p>Tel: 01268 728287 Mobile: 07860 758777</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>Address: Basildon Enterprise Centre, 33 Noble Square, Burnt Mill Industrial Estate, Basildon, Essex SS13 1LT</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 • 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>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>

Can't find a suitable service? Have you checked [County-wide](#)?

Children & Families Hub Directory of Services

Children's Health Services

West Essex

Named Nurse Safeguarding Children Team

Epping Forest – Anita Root
Harlow – Rebecca Woollams
Uttlesford – Tansy Cadman
Tel: **01279 694940**

Dedicated health team for child protection concerns for practitioners working within SEPT

West Essex Health Visiting Teams

Brentwood Team

Tel: **01277 695244**
Webpage: www.virgincare.co.uk
Address: **Brentwood Community Hospital, Crescent Drive, Brentwood, Essex. CM15 8DR**

Dunmow Team

Tel: **01255 670220**
Webpage: www.virgincare.co.uk
Address: **Dunmow Community Clinic, 58 New Street, Great Dunmow, Essex. CM6 1BH**

Epping & Chigwell Team

Tel: **01279 827324**

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

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

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

[Children's Health Services Home Page](#)

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Webpage: www.virgincare.co.uk

Address: **Epping Community Clinic, St Margarets Hospital, The Plain, Epping, Essex. CM16 6TN**

Harlow North Team

Tel: **01279 698625**

Webpage: www.virgincare.co.uk/

Address: **Nuffield House Community Clinic, The Stow, Harlow, Essex. CM20 3AU**

Harlow South Team

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**

- Home safety, housing problems, domestic abuse or child abuse

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

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**

Children & Families Hub Directory of Services

Crime/Anti-Social Behaviour

West Essex

FIF Funded Project

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

FIF FUNDED PROJECT

[Download West Essex Early Help Request Form](#)

[Family Intervention Team](#)

Please note we are unable to support families who are currently or have been supported by statutory services as we are a Tier 2 early intervention service.

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

FIF Funded Project

Open Door

FIF FUNDED PROJECT

[Download West Essex Early Help Request Form](#)

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

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<p>Tel: 01375 389882 Email: mentoring@opendoorservices.org Website: www.opendoorthurrock.co.uk</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>Brentwood Borough Council</p> <p>Tel: 01277 312500 Email: enquiries@brentwood.gov.uk Website: www.brentwood.gov.uk</p>	<p>Community safety advice</p>
<p>Epping District Council</p> <p>Tel: 01992 564608 Website: www.eppingforestdc.gov.uk</p>	<p>Community safety advice</p>
<p>Essex Police CYP Police Officer</p> <p><u>Harlow</u> 70922 Gemma Sunderland Email: 42070922@essex.pnn.police.uk Ext: 300140</p> <p><u>Brentwood & Epping</u> 74030 Neil Ross Email: 42074030@essex.pnn.police.uk Ext: 313607</p> <p><u>Uttlesford</u></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>

73656 Andy Holmes Email: 42073656@essex.pnn.police.uk Ext: 400336	
Harlow Council Tel: 01279 446655 Email: contact@harlow.gov.uk Website: www.harlow.gov.uk	Community safety advice
Nacro Website: www.nacro.org.uk Triangle Tenancy Service Tel: 01279 413314 Address: Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR	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.
Uttlesford District Council Tel: 01799 510510 Email: uconnect@uttlesford.gov.uk Website: www.uttlesford.gov.uk	Community safety advice
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.

Children & Families Hub Directory of Services

Domestic Abuse

West Essex

Safer Places

Tel: 03301 025811

Email: info@saferplaces.co.uk

Website: www.saferplaces.co.uk

Safer Places is an independent charity which provides a comprehensive range of services to adults and children affected by domestic and sexual abuse who live in west Essex, mid Essex, east Hertfordshire and Southend.

Services:

- [Safe Accommodation](#)
- [Outreach Community Support](#)
- [Additional Services](#)
- [Training](#)
- [Outreach Men and LGBT](#)
- [Male Victims](#)
- [Triple R Programme](#)

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.

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Education

West Essex

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

The Box

Tel: **01992 577300**

Website: www.theboxepping.org.uk

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

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

- **An Alternative Education Programme**

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.

Essex County Council Employability & Skills West Essex Team

Tel: **03330 138962**

Email: esuintervention.west@essex.gov.uk

Website: www.whatsyourthing.org.uk

If you are aged 16 – 18 and looking for a job, education or training, you can contact Essex County Council's Employability & Skills Team to discuss the options that are available to you.

Our team of highly trained, experienced and friendly Advisers have access to opportunities in your area and can assist you with planning your next steps. We support young people into Apprenticeships, Jobs, College, Short Training Courses and Volunteering.

Our role can also involve supporting you with personal marketing skills such as interview techniques, CV and letter writing, developing confidence and advice on how to access the hidden job market.

The team mainly provide information over the telephone, via email, Facebook or text alerts, but face to face appointments may be available if required.

Specialist Teaching and Preschool Service

Tel: [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

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Email: [Click for Details](#)

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

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

Can't find a suitable service? Have you checked [County-wide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Employment

West Essex

The Box

Tel: **01992 577300**

Website: www.theboxepping.org.uk

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

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

- Quality Information & Advice Services

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.

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

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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Hall, Highbridge Street, Waltham Abbey, Essex. EN9 1DE	
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.
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.
Essex County Council Employability & Skills West Essex Team Tel: 03330 138962 Email: esuintervention.west@essex.gov.uk Website: www.whatsyourthing.org.uk	<p>If you are aged 16 – 18 and looking for a job, education or training, you can contact Essex County Council's Employability & Skills Team to discuss the options that are available to you.</p> <p>Our team of highly trained, experienced and friendly Advisers have access to opportunities in your area and can assist you with planning your next steps. We support young people into Apprenticeships, Jobs, College, Short Training Courses and Volunteering.</p> <p>Our role can also involve supporting you with personal marketing skills such as interview techniques, CV and letter writing, developing confidence and advice on how to access the</p>

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	<p>hidden job market.</p> <p>The team mainly provide information over the telephone, via email, Facebook or text alerts, but face to face appointments may be available if required.</p>
<p>Jobcentre Plus Brentwood</p> <p>Tel: 0845 6043719 Address: Fairfield House, Fairfield Road, Brentwood, Essex. CM14 4SB</p>	Benefits & employment advice
<p>Jobcentre Plus Harlow</p> <p>Tel: 0845 6043719 Address: Beaufort House, Crown Gate, Harlow, Essex. CM20 1NA</p>	Benefits & employment advice
<p>Peabody – Essex Outreach Support Service (Formerly Family Mosaic)</p> <p>Tel: 0800 2888883 Text: 07976 929982 Email: efsco-ordinator@peabody.org.uk Website: www.peabody.org.uk</p>	<p>Providing housing related support services to people living in Basildon, Castle Point, Rochford, Rayleigh, Southend, Brentwood, Epping, Harlow and Uttlesford areas</p> <p>We can help you with:</p> <ul style="list-style-type: none"> • Housing benefit advice & claims • Finding employment & training opportunities • Housing problems & those threatened with homelessness • Getting support for drug & alcohol problems • Support with managing rent arrears • Getting Support for mental health • Financial advice • Budgeting support

Can't find a suitable service? Have you checked [Nationwide?](#)

Children & Families Hub Directory of Services

Family Conflict

West Essex

FIF Funded Project

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

FIF FUNDED PROJECT

[Download West Essex Early Help Request Form](#)

[Family Intervention Team](#)

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- 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

FIF Funded Project

Kids Inspire

FIF FUNDED PROJECT

[Download West Essex Early Help Request Form](#)

Counselling & Mediation

[Family Conflict Home Page](#)

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<p>Tel: 01245 348707 Email: sue@kidsinspire.org.uk Website: kidsinspire.org.uk</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>FIF Funded Project</p> <p>Open Door</p> <p>Tel: 01375 389882 Email: mentoring@opendoorservices.org Website: www.opendoorthurrock.co.uk</p>	<p>FIF FUNDED PROJECT Download West Essex Early Help Request Form</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>Harlow Child Contact Centre (Freshwaters)</p> <p>Tel: 01279 450220 Email: freshwaters.cc@virgin.net Address: Administrator, Unit 34 New House, 67-</p>	<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

<p>68 Hatton Garden, London. EC1N 8JY</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>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

Can't find a suitable service? Have you checked [Countywide](#)?

Children & Families Hub Directory of Services

Family Hubs

West Essex

[Brentwood](#)

[Epping Forest](#)

[Harlow](#)

[Uttlesford](#)

Brentwood

Larchwood Gardens Family Hub

Tel: **01277 374912**

Email: ecfws.southessex@barnardos.org.uk

Website:

essexfamilywellbeing.co.uk/centre/larchwood-gardens-family-hub/

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

Larchwood Gardens Family Hub serves Brentwood District and the surrounding areas.

Larchwood Gardens Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.

Our wide range of services include speech and language therapy group sessions for children to help improve their communication and drop-in clinic services with a nurse or health visitor.

We also offer Baby Massage courses and Safer Places services which support and advise on issues such as domestic abuse.

We want parents and carers to have access to services and networks which will empower and help them support their family.

Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.

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Epping Forest

Brambles Family Hub

Tel: 01992 575175

Email: ecfws.westessex@barnardos.org.uk

Website:

essexfamilywellbeing.co.uk/centre/brambles-family-hub/

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

Brambles Family Hub serves the areas of Epping Forest district along with Healthy Family Delivery Sites delivered locally from Hazelwood (Waltham Abbey), Little Oaks (Loughton) and True Stars (Chigwell).

Brambles Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.

Our wide range of services include interactive stay and talk together workshops which focus on speech and language development for children, and postnatal pilates. We also have the Little Alice Theatre company for children to enjoy music, movement and drama.

We want parents and carers to have access to services and networks which will empower and help them support their family.

Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.

Hazelwood Healthy Family Delivery Site

Tel: 01992 809059

Email: ecfws.westessex@barnardos.org.uk

Website:

essexfamilywellbeing.co.uk/centre/hazelwood-family-hub/

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

Hazelwood Healthy Family Delivery Site is based in Waltham Abbey and is one of several centres in Epping Forest district which are part of the Brambles Family Hub

Hazelwood Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.

Our wide range of services include interactive stay and play, music sessions for children aged 2-6, baby clinic services and Baby Massage.

We want parents and carers to have access to services and networks which will empower and help them support their family.

Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.

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<p>Little Oaks Healthy Family Delivery Site</p> <p>Tel: 02084 187904 Email: ecfws.westessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/little-oaks-family-hub/ Address: Loughton Resource Centre, Torrington Drive, Loughton, Essex. IG10 3TD</p>	<p>Little Oaks Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include tailored sessions for children with additional needs aged 0-5, interactive stay and play activities and breastfeeding support.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p> <p>Little Oaks Healthy Family Delivery Site is based in Loughton and is one of several delivery centres in Epping Forest district which are part of Brambles Family Hub.</p>
<p>True Stars Healthy Family Delivery Site</p> <p>Tel: 02032 432086 Email: ecfws.westessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/true-stars-family-hub/ Address: The Limes Centre, Limes Farm, Chigwell, Essex. IG7 5LP</p>	<p>True Stars Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include drop-in sessions for parents, term time stay and play sessions and fun Friday sessions which support your child's learning and development. You can also visit our Limes Centre community café to meet and make friends with other parents in the local area.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p> <p>True Stars Healthy Family Delivery Site is based in Chigwell and is one of several centres in Epping Forest district which are part of the Brambles Family Hub.</p>

Harlow

Treehouse Family Hub

Tel: **01279 772600**

Email: ecfws.westessex@barnardos.org.uk

Website: essexfamilywellbeing.co.uk/centre/tree-house-family-hub/

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

Tree House Family Hub serves Harlow district along with other local centres in Potter Street and Meadows.

Tree House Family Hub is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.

Our wide range of services include interactive drop-in sessions for the whole family, child health clinic services and baby massage.

We want parents and carers to have access to services and networks which will empower and help them support their family.

Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.

The Meadows Healthy Family Delivery Site

Tel: **01279 773900**

Email: ecfws.westessex@barnardos.org.uk

Website: essexfamilywellbeing.co.uk/centre/the-meadows-family-hub/

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

The Meadows Healthy Family Delivery Site is based in Harlow and is part of the Treehouse Family Hub.

The Meadows Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.

Our wide range of services include interactive come and play sessions for children and child health clinic services where you can access information relating to your child's health and wellbeing.

We want parents and carers to have access to services and networks which will empower and help them support their family.

Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.

Potter Street Healthy Family Delivery Site

Tel: **01279 420587**

Email: ecfws.westessex@barnardos.org.uk

Potter Street Family Hub is attached to the Potter Street Primary Academy and is open when services or activities are being delivered. Please note that parking is not permitted on the school premises. We are based in Harlow and are part of the Tree House Family Hub.

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<p>Website: essexfamilywellbeing.co.uk/centre/potter-street-family-hub/ Address: Carters Mead, Harlow, Essex. CM17 9EU</p>	<p>Potter Street Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p> <p>Our wide range of services include baby weighing, breastfeeding network and volunteers support and guidance for mums. Our healthy family support workers offer help with issues such as child behaviour, benefit and debt referrals, and liaise closely with health visitors, social care and schools.</p> <p>We want parents and carers to have access to services and networks which will empower and help them support their family.</p> <p>Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.</p>
<h2>Uttlesford</h2>	
<p>Spangles Family Hub</p> <p>Tel: 01279 812348 Email: ecfws.westessex@barnardos.org.uk Website: essexfamilywellbeing.co.uk/centre/spangles-family-hub/ Address: Lower Street, Off Chapel Hill, Stansted Mountfitchet, Essex. CM24 8LR</p>	<p>Spangles Family Hub serves Uttlesford district and oversees activities delivered in the local area, including from Little Goslings Healthy Family Delivery Site in Great Dunmow.</p> <p>Spangles Family Hub is a happy and friendly environment which offers a wide range of services and information for the whole family.</p> <p>Our services include antenatal booking appointments, PETALS Senses sessions that allow you and your child to enter a sensory world that is full of lights, colours, textures, smells and lots more!</p> <p>Families can access Citizens Advice services which offer help with anything from debt to employment.</p> <p>Children with Hearing Impairment will benefit from the CHIPS play sessions (term time only).</p>
<p>Little Goslings Healthy Family Delivery Site</p> <p>Tel: 01371 878494 Email: ecfws.westessex@barnardos.org.uk</p>	<p>Little Goslings Healthy Family Delivery Site is based in Great Dunmow and is part of the Spangles Family Hub.</p> <p>Little Goslings Healthy Family Delivery Site is a warm and friendly centre for families. We welcome children, young people and their families and provide access to support and services to help children and families achieve the best start in life.</p>

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Website:

essexfamilywellbeing.co.uk/centre/little-goslings-family-hub/

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

Our wide range of services include breastfeeding advice, Well-Baby clinic services, baby weighing with the health visiting team and baby yoga sessions which help you to relax and spend time with your baby.

We want parents and carers to have access to services and networks which will empower and help them support their family.

Please feel free to contact us or come along and meet the Barnardo's team leading the groups and activities.

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Children & Families Hub Directory of Services

Financial Concerns

West Essex

Brentwood District Council

Benefits and debt advice

Tel: **01277 312500**

Email: enquiries@brentwood.gov.uk

Website: www.brentwood.gov.uk

Citizen's Advice Bureau Brentwood

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.

Tel: **08444 770808**

Website:

www.citizensadvice.org.uk/brentwoodcab

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

Citizen's Advice Bureau Epping Forest District

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.

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.

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EN9 1DE	
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.
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.
Epping District Council Tel: 01992 564288 Email: contactus@eppingforestdc.gov.uk Website: www.eppingforestdc.gov.uk Address: Civic Offices, High Street, Epping, Essex CM16 4BZ	Benefits and debt advice.
Harlow District Council Tel: 01279 446655 Email: contact@harlow.gov.uk	Benefits and debt advice

Website: www.harlow.gov.uk Address: Civic Centre, Water Gardens, Harlow, Essex. CM20 1WG	
Harlow Foodbank 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	Giving nutritionally balanced emergency food to people in crisis who have nowhere else to turn
Lighthouse Furniture Project Tel: 01277 222050 Website: www.lighthousefurniture.org Address: 27 Tallon Road, Hutton, Brentwood, Essex. CM13 1TE	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...
Peabody – Essex Outreach Support Service (Formerly Family Mosaic) Tel: 0800 2888883 Text: 07976 929982 Email: efSCO-ordinator@peabody.org.uk Website: www.peabody.org.uk	Providing housing related support services to people living in Basildon, Castle Point, Rochford, Rayleigh, Southend, Brentwood, Epping, Harlow and Uttlesford areas We can help you with: <ul style="list-style-type: none"> • Housing benefit advice & claims • Finding employment & training opportunities • Housing problems & those threatened with homelessness • Getting support for drug & alcohol problems • Support with managing rent arrears • Getting Support for mental health • Financial advice • Budgeting support
Uttlesford District Council Tel: 01799 510335 Email: benefits@uttlesford.gov.uk Website: www.uttlesford.gov.uk Address: London Road, Saffron Walden, Essex. CB11 4ER	Benefits and debt advice

Can't find a suitable service? Have you checked [Nationwide](#)?

Children & Families Hub Directory of Services

Housing Concerns

West Essex

Brentwood District Council

Housing information and advice.

Tel: **01277 312500**

Email: enquiries@brentwood.gov.uk

Website: www.brentwood.gov.uk

Citizen's Advice Bureau Brentwood

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.

Tel: **08444 770808**

Website:

www.citizensadvice.org.uk/brentwoodcab

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

Citizen's Advice Bureau Epping Forest District

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.

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.

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EN9 1DE	
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.
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.
Epping District Council Tel: 01992 564288 Email: contactus@eppingforestdc.gov.uk Website: www.eppingforestdc.gov.uk	Housing information and advice.
Harlow District Council Tel: 01279 446655 Email: contact@harlow.gov.uk Website: www.harlow.gov.uk	Housing information and advice

<p>Address: Civic Centre, Water Gardens, Harlow, Essex. CM20 1WG</p>	
<p>Moat</p> <p>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</p> <p>Epping Single Homeless Project Tel: 01279 443303 Address: Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR</p> <p>Mental Health Service - West Essex Tel: 01279 443303 Address: Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR Website: www.nacro.org.uk</p> <p>Triangle Tenancy Service Tel: 01279 413314 Address: Shield House, Elizabeth Way, Harlow, Essex. CM19 5AR</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 County Council that provides housing and intensive housing management support to homeless offenders and other with substance misuse issues.</p>
<p>Peabody – Essex Outreach Support Service (Formerly Family Mosaic)</p> <p>Tel: 0800 2888883 Text: 07976 929982 Email: efsc-ordinator@peabody.org.uk Website: www.peabody.org.uk</p>	<p>Providing housing related support services to people living in Basildon, Castle Point, Rochford, Rayleigh, Southend, Brentwood, Epping, Harlow and Uttlesford areas</p> <p>We can help you with:</p> <ul style="list-style-type: none"> • Housing benefit advice & claims • Finding employment & training opportunities • Housing problems & those threatened with homelessness • Getting support for drug & alcohol problems • Support with managing rent arrears • Getting Support for mental health • Financial advice

<p>Uttlesford District Council</p> <p>Tel: 01799 510335 Email: housingadmin@uttlesford.gov.uk Website: www.uttlesford.gov.uk Address: London Road, Saffron Walden, Essex. CB11 4ER</p>	<ul style="list-style-type: none"> • Budgeting support <p>Housing information and advice</p>
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Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Legal

West Essex

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Children & Families Hub Directory of Services

Lonely/Isolated/Socially Alienated

West Essex

The Box

Tel: 01992 577300

Website: www.theboxepping.org.uk

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

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

- **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.

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

[Lonely/Isolated/Socially Alienated Home Page](#)

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Children & Families Hub Directory of Services

Mental Health

West Essex

FIF Funded Project

Kids Inspire

Tel: 01245 348707

Email: sue@kidsinspire.org.uk

Website: kidsinspire.org.uk

FIF FUNDED PROJECT

[Download West Essex Early Help Request Form](#)

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.

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

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

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4AG Website: www.theboxepping.org.uk	express and explore emotions with our qualified counsellor.
Multisystemic Therapy (MST) – South & West Essex Tel: 01268 728287 Mobile: 07860 758777 Address: Basildon Enterprise Centre, 33 Noble Square, Burnt Mill Industrial Estate, Basildon, Essex SS13 1LT	<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 • 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>
Peabody – Essex Outreach Support Service (Formerly Family Mosaic)	Providing housing related support services to people living in Basildon, Castle Point, Rochford, Rayleigh, Southend, Brentwood, Epping, Harlow and Uttlesford areas

<p>Tel: 0800 2888883 Text: 07976 929982 Email: efsko-ordinator@peabody.org.uk Website: www.peabody.org.uk</p>	<p>We can help you with:</p> <ul style="list-style-type: none"> • Housing benefit advice & claims • Finding employment & training opportunities • Housing problems & those threatened with homelessness • Getting support for drug & alcohol problems • Support with managing rent arrears • Getting Support for mental health • Financial advice • Budgeting support
<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>

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Online Safety

West Essex

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Children & Families Hub Directory of Services

Parental Routine/Boundaries

West Essex

FIF Funded Project

The Children's Society

Tel: 01245 493311

Email: fifreferrals@childrenssociety.org.uk

Fax: 01245 491400

Website: www.childrenssocietyeast.org.uk

FIF FUNDED PROJECT

[Download West Essex Early Help Request Form](#)

Parenting Support

Please note we are unable to support families who are currently or have been supported by statutory services as we are a Tier 2 early intervention service.

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.

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

- 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

Home-Start Brentwood offers support to families with one or more children under

[Parental Routine/Boundaries Home Page](#)

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<p>Tel: 01245 847460 Email: brentwood@home-startessex.org.uk Website: www.homestart-brentwood.org.uk Address: Astra House, Southfields Business Park, Christy Way, Laindon, Essex. SS15 6TQ</p>	<p>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: 01245 847440 Email: harlow@home-startessex.org.uk Website: www.homestartharlow.org.uk Address: Harlow Study Centre, Waterhouse Moor, Harlow, Essex. CM18 6BW</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: 01245 847450 Email: uttlesford@home-startessex.org 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>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>

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Safeguarding

West Essex

[Safeguarding Homepage](#)

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Children & Families Hub Directory of Services

Child Exploitation

West Essex

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

Uttlesford

73656 Andy Holmes

Email: 42073656@essex.pnn.police.uk

Ext: 400336

Essex Police Missing Person Liaison Officer

Brentwood, Epping & Harlow

76632 Sharon McDonald

Email: 42076632@essex.pnn.police.uk

Ext: 300140

Uttlesford

76433 Anneliese Skinner

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.

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

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Email: 42076433@essex.pnn.police.uk
Ext: 202202

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

Children & Families Hub Directory of Services

Substance Misuse

West Essex

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](#)

Nacro

Website: www.nacro.org.uk

Triangle Tenancy Service

Tel: 01279 413314

Address: Shield House, Elizabeth Way,
Harlow, Essex. CM19 5AR

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.

Open Road Harlow

Tel: 01279 434621

Helpline: 08444 991323

Website: openroad.org.uk

Address: 26, Wych Elm, Harlow, Essex.
CM20 1QR

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,

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	<p>support, assessment and access to more formal treatment.</p> <p>Available Services</p> <ul style="list-style-type: none"> • Choices • Counselling • Open Access • Needle & Syringe Programme • Stimulant Service
<p>Peabody – Essex Outreach Support Service (Formerly Family Mosaic)</p> <p>Tel: 0800 2888883 Text: 07976 929982 Email: efsko-ordinator@peabody.org.uk Website: www.peabody.org.uk</p>	<p>Providing housing related support services to people living in Basildon, Castle Point, Rochford, Rayleigh, Southend, Brentwood, Epping, Harlow and Uttlesford areas</p> <p>We can help you with:</p> <ul style="list-style-type: none"> • Housing benefit advice & claims • Finding employment & training opportunities • Housing problems & those threatened with homelessness • Getting support for drug & alcohol problems • Support with managing rent arrears • Getting Support for mental health • Financial advice • Budgeting support

Can't find a suitable service? Have you checked [Countywide](#) & [Nationwide](#)?

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Children & Families Hub Directory of Services

Victim of Bullying

West Essex

REALfriends (Ethan Rees Linwood Memorial Fund)

Tel: **01371 830403**

Mobile: **07506 602284 / 07889 033446**

Email: morag@ethanrees.org

Website: www.ethanrees.org

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 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.

[Read More...](#)

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Children & Families Hub Directory of Services

Young Carer

West Essex

Action for Family Carers

Tel: 01621 851640

Website: www.affc.org.uk/young-carers

[Young Carers Harlow](#)

Young Carers club held fortnightly on a Tuesday

Crossroads Care – Brentwood Young Carers Club

Tel: 01277 201789

Email: info@brentwoodcrossroads.org.uk

Website: www.brentwoodcrossroads.org.uk

Address: 2nd Floor, 51 Tallon Road, Hutton, Brentwood, Essex. CM13 1TG

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.

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.

Caring for Harlow Carers

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

Whatever your circumstances, Caring for Harlow Carers, a registered charity, can offer you support and information to help you in your caring role.

Can't find a suitable service? Have you checked [Countywide?](#)

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