

Southend Association of Voluntary Services (SAVS)

Community Support Directory

October 2011



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Community Support Directory

Welcome to the SAVS Community Support Directory, which has been compiled for anyone interested in the Southend community and community development. We are fortunate that Southend has an active and vibrant voluntary and community sector which contributes to the quality of life for those living and working in the area.

This directory aims to give details of groups and support networks to supplement the services provided by the statutory authorities. Please make direct contact with the groups in this directory if you feel they might be able to help you. If you would like an organisation added or something amended please contact **Dan Turpin 01702 356021 info@savs-southend.co.uk**

SAVS is Southend's Council for Voluntary Services (CVS). Established in 1980, SAVS has become the acknowledged support and co-ordinating agency for the local voluntary sector, acting as a liaison point between voluntary and statutory organisations and members of the public. SAVS member organisations represent people with various disabilities, the young, the not so young, families, carers, ethnic minorities, and campaigners. SAVS task is to assist these agencies by supporting them in their work, providing practical assistance, resources, information and advice, liaison with others, advocacy, training opportunities, and publicity. In short, doing all we can to increase the effectiveness of voluntary activity and to raise the profile of the voluntary and community sector.

Information in this directory is for guidance only and is not a recommendation, SAVS cannot be held responsible for the quality of service provided by organisations listed or changes in the facilities available.

Addiction Support

Al-Anon Family Groups & ALATEEN UK and Eire

Worldwide fellowship provides understanding and support for families and friends of problem drinkers. Support for teenagers. Call confidential helpline for details of local meetings.

020 7403 0888

020 7403 0888

enquiries@al-anonuk.org.uk

www.al-anonuk.org.uk

Alcoholics Anonymous

Help for anyone who has drinking problems and wants to stop drinking.

01904 644026

www.alcoholics-anonymous.org

Community Drugs and Alcohol Service

Assessment and treatment for clients with drug and alcohol misuse including substitute prescribing referral for detoxification i.e residential rehabilitation group work education and information. Support for families and friends. Self referral. Open clinics Tues and Thurs 10am-4pm.

01702 440550

Drink Line

Helpline for people with alcohol related problems.

0800 9178282

Gamblers Anonymous & Gam Anon

Self-help groups practical advice and friendship for compulsive gamblers their families and friends.

08700 508880

info@gamblersanonymous.org.uk

www.gamblersanonymous.org.uk

Narcotics Anonymous

Help for anyone who has drug related problems and wants to be free from drug addiction. Local groups are operational adopting the "12 steps" towards recovery principle.

0300 9991212
0300 999 1212

www.ukna.org

South East Essex Epilepsy Support Group

Branch is run by volunteers with practical experience of epilepsy and its aims are to: a. Provide support to people with epilepsy; their families, friends and the general public. b. Provide education in helping people learn about epilepsy and its potential impacts. c. Raise public awareness to help inform and where necessary, change incorrect perceptions. d. Establish point of contact with all interested parties (public, healthcare professionals, schools, etc). e. Raise funds to take forward initiatives for the benefit of its members. f. To provide a social outlet for its members and the exchange of information in a relaxed and supportive environment.

01702 587299

peter.jhall@tiscali.co.uk

Advocacy Services

Advocacy Consortium Empowering Southend (ACES)

Community group of specialist advocacy services providing support and information for groups in Southend. 01702 340566

southeastsexadvocacy@btopenworld.com

BATIAS Independent Advocacy Services (Southend)

Provides advocacy to people with learning disabilities. Open referral. 01702 528021

batiasos@btconnect.com
batias.com

Independent Complaints Advocacy Service - Essex

Advice about how to make a complaint about the NHS support and representation at each stage of the procedure independent advice about how to take your complaint further. Information treated in confidence. 0845 456 1083

0845 456 1083
pohwer@pohwer.net
www.pohwer.net

PerProQue

Advocacy and learning disability consultancy for those with learning disabilities and their carers. 01702 610650

perproque@btopenworld.com

Shields Parliament

Represents the views of the learning disabled via elected councillors of Southend. Advocacy and consultancy work. Relieves and supports the learning disabled advances and promotes their education educates the community about disabled matters.

01702 334514
0808 808 1111
mandy.smedley@shieldsparliament.co.uk

Together Advocacy Centre

Advocacy services offered to people over the age of 18 living in the Southend area and suffering from mental illness.

01702 349191

07770 985808

pc-southendadvocacy@together-uk.org

Ayigrafrik Dance

Deliberate workshop class African dance contemporary dance and African drums with the youth and adults in Southend Community and area.

0771 9640557

aayigah@yahoo.fr; info@ayigrafrikdance.com
www.ayigrafrikdance.com

British Woodcarving Association

01277 899684

www.britishwoodcarvingassociation.co.uk

Essex Folk Association

Contact point for folk song and dance clubs barn dance bands and callers and other folk activities.

01702 231071

www.essexfolknews.co.uk

Focal Point Gallery

Provides access to and understanding of photography and new media art. A changing exhibition/programme of contemporary photography video and new media art.

01702 534108

focalpointgallery@southend.gov.uk
www.focalpoint.org.uk

Focal Point Gallery

Focal Point Gallery is South Essex's gallery for contemporary visual art, promoting and commissioning major solo exhibitions, group and thematic shows, a programme of events including performances, film screenings and talks, as well as offsite projects and temporary public artworks.

01702 534108

focalpointgallery@southend.gov.uk
www.focalpoint.org.uk

Highlands Forum Male Voice Choir & Mens Forum

Give frequent concerts at senior citizens clubs fellowships etc. New members welcome (tenors and basses). Meet at Highlands Methodist Church Hall. 01702 476021

Leigh Camera Club

We are a friendly club to all with an interest in photography. People of all ages whether beginner or more advanced are welcome. Meet at Leigh Community Centre Elm Road Leigh. 01702 478717

ron_willis@lineone.net
www.leighcameraclub.co.uk

Leigh Film Society

Brings famous films back into the area. Committed to further the interest in alternative film and associated visual arts unavailable in larger venues. 01702 482396

Info@Leighfilmsociety.org.uk
www.leighfilmsociety.org.uk

Leigh Floral Arrangement Group

Meet at Leigh Community Centre. Last Friday of month at 7.30pm. Visitors welcome. 01702 337259

Leigh on Sea Music Festival

Promotes the performance of music and drama competitions held in the summer for a two week period - syllabus available January 1st. 01702 477829

Leigh Orpheus Male Voice Choir

Study and practice music in order to foster the knowledge and appreciation of male voice choir music by means of public performances. Meets at the Salvation Army Temple, Hadleigh.

01702 544405

www.lomvc.org

Lunchtime Recitals Club

Live music recitals. Membership and recitals are free. Voluntary collection for the performers. A platform for talented musicians in the area.

01702 215624

rosemarypennington@southend.gov.uk

www.southend.gov.uk

Lunchtime Recorded Music Programmes

Free music listening presented by well known personalities. Able to present recorded music programmes to clubs.

01268 753487

johndowner701@btinternet

Momentum Arts

Passionate about creativity diversity and inclusion Momentum Arts is a catalyst for social change. We engage inspire and connect people and communities in the East of England through creative arts initiatives.

01223 500202

www.momentumarts.org.uk

Preview Live Music Club

Promotes live music. Guest artist plus 10 other acts weekly. Free entry membership ú1 for life.

01702 341 263

davidanton41@yahoo.com

www.previewclub.co.uk

South Essex Youth Symphony Orchestra

SEYSO provides orchestral training for young musicians through a series of courses workshop days and concerts featuring the great classics as well as modern and baroque pieces.

01702 207912

Southend Art Club

To promote the appreciation and practice of art in the area. Winter demonstrations held in Library.

01702 589031

www.southendartclub.org.uk

Southend Bach Choir

Classical and modern repertoire. New singers always welcome. Aim to give four public concerts each year. Meet at Blenheim Primary School.

01702 716041

southendbachchoir@tiscali.co.uk

www.southendbachchoir.org.uk

Southend Boys and Girls Choirs

Choirs for young singers. Opportunity for excellent choral training performances in major London venues foreign tours recordings and broadcasts.

01702 215624

rogerhumphrey@southend.org.uk

www.southendchoirs.org.uk

Southend Carnival Association

Promoting carnival in the town of Southend-on-Sea by organising an annual carnival.

01702 430564

info@southendcarnival.org.uk; chrischarles27@yahoo.co.uk

www.southendcarnival.org.uk

Southend Chamber Music Club

Provides an opportunity to perform and listen to a wide variety of small-ensemble music in an informal atmosphere. Membership is open to all interested in music both player and non-players.

01702 478625

david@galbraith-woods.co.uk

Southend Choral Society

To enjoy singing.

01702 465460

hgcrisp@googlemail.com

www.southendchoral.org

Southend Festival Chorus

Perform a wide variety of works. Rehearsals at rear of St. Peters Church Eastbourne Grove Westcliff.

01268 770569

little_rob20@hotmail.com

southendfestivalchorus.co.uk

Southend Mencap Music School

Enables adults and children with learning disabilities to experience music in all its forms. Teaching by professional tutors with volunteer help.

01702 341250

01702 341250

marc.mcowens@southendmencap.co.uk

[www.savsmembers.org /southendmencap](http://www.savsmembers.org/southendmencap)

Southend Philharmonic Orchestra

www.southendphilharmonic.co.uk

Southend Photographic Society

Teaches and improves photography standards both traditional and digital. Sept-May Fri 7.30pm for 8pm at The Guildhall Hill Road Southend

www.southndps.co.uk

Southend Poetry Group

Monthly meetings for anyone with an interest in poetry. Includes talks by members on a poet or theme of their choice evenings for reading members own poems and occasionally a guest poet.

01702 553191

turnedor029@tiscali.co.uk

www.southendpoetry.co.uk

Southend Wind Orchestra

Opportunities for amateur musicians to study and play a wide repertoire of contemporary music introducing such music to local audiences and further afield as ambassadors for Southend. Fundraising.

01702 206156

info@southendwindorchestra.org

www.southendwindorchestra.org

Southend Young Singers Choir

Open to people aged 8 to 21 years. Perform a wide and varied repertoire. Rehearsals at Clarence Road Baptist Church.

01702 585261

Southend-on-Sea Arts Council

Southend Arts Council was formed in June 1978, primarily to promote amateur arts with the Borough of Southend on Sea.

01702 523459

www.sosac.co.uk

Straight Up Media

Straight Up Media has been operating for 3 years providing a cost effective alternative to high-priced media agencies. Our goal is to provide media opportunities to community groups at reduced cost to assist their efforts in the community. We have worked with a number of local groups assisting with a variety of projects and media requirements including web based projects. Graphics and image. Video and sound/music. We have also assisted with copy writing. Media releases. Public relations and corporate identity. We believe in openness of every aspect of a project and total clarity in pricing.

info@straightupmedia.co.uk
www.straightupmedia.co.uk

The Deanery Orchestra

Provides young people of all ages from grade 3 upwards with an opportunity to play all styles of music for free.

01702 475983

girlingalan@hotmail.com

The Dickens Fellowship

Small group meeting once a month between September and June for Dickens readings and have social events four times a year.

01268 792 847

dennis-dickens@hotmail.co.uk

The Southend Band (The Civic Brass Band)

Traditional British-style brass band. Traditional classical dance and jazz. To promote the playing of brass instruments and music for brass. To provide musical education and recreation and to facilitate public performance opportunities.

01702 552668

thesouthendband@hotmail.co.uk
www.southendband.com

The Urban Music Collective

Music, performance workshops and tuition for young people aged between age 8 - 18. 01702 542846

simon@urbanmusiccollective.co.uk
www.urbanmusiccollective.co.uk

Thorpe Bay Methodist Art Group

A chance to swap ideas with fellow artists. £2.50 fee (inc. refreshments) - bring your own equipment. Held at Thorpe Bay Methodist Church. 01702 294321

Trinity Players

Promotes dramatic art by the performances of varied plays readings etc. 01702 584201

jean.goodson@tiscali.co.uk

Westcliff Film and Video Club

Movie Making. Members gather digital images and sound and by using various techniques create programmes that are viewed by an audience. 01702 545207

wfvc@hotmail.com
www.wfvc.org.uk

Zinc (formerly Theatre Resource)

Theatre Resource is an outstanding example of how to unite and include vulnerable disadvantaged and disabled people using creative learning. We work with people who have been excluded from opportunities to express themselves learn creative skills and help them see their ambitions fulfilled. We encourage and support vulnerable excluded children & young people older people disabled people those with mental health needs or learning disabilities and people with sensory impairments. Many beneficiaries have profound complex difficulties and face complex challenges and we use creative learning to offer some of the most vulnerable and isolated people the chance to test themselves gain skills and develop new ambitions.

01277 365626

01277 365003

Karen.oconnor@zincarts.org.uk

www.zincarts.org.uk

Child Death Helpline

Confidential helpline for all those affected by the death of a child. Offers emotional support to anyone affected by the death of a child of any age under any circumstances. It is staffed by trained volunteer bereaved parents.

020 7813 8416

0800 282 986

contact@childdeathhelpline

www.childdeathhelpline.org.uk

Cruse Bereavement Care (Southend-on-Sea & District Branch)

Provides support for all bereaved people (adults and children) through one-to-one counselling and support groups.

01702 213843

0844 477 9400

lena.newton@sky.com

www.crusebereavementcare.org.uk

The Ashley Jolly SAD Trust UK

Provide support and information for those living with a potentially life threatening arrhythmia/cardiac condition and those who have lost a loved one suddenly and unexpectedly to a cardiac condition.

01277 811215

01277 230642

May be listed as Sudden Arrhythmia Death Syndrome.

info@sadsuk.org

www.sadsuk.org

The Compassionate Friends

TCF is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other bereaved parents, siblings and grandparents who have suffered the death of a child/children. We offer support both directly to bereaved families and indirectly by fostering understanding and good practice amongst professionals concerned with child death and by increasing public awareness.

0845 1232304

0845 1232304

info@tcf.org.uk

www.tcf.org.uk

East Coast of African Community (ECOACO)

To relieve poverty and distress. Preserve and protect good health. Advance education of refugees and asylum seekers living in Southend-on-Sea by the provision of advice information and assistance in matters such as health, education - mother tongue and supplementary classes

ecoaco@hotmail.co.uk

Equality and Human Rights Commission

We have a statutory remit to promote and monitor human rights; and to protect, enforce and promote equality across the seven "protected" grounds - age, disability, gender, race, religion and belief, sexual orientation and gender reassignment.

020 3117 0235

0845 604 6610

info@equalityhumanrights.com

www.equalityhumanrights.com

Essex Asian Womens Association

Advancement of education and breaking down barriers to employment development of health and social care facilities including support for those suffering domestic violence provision of charitable advice and assistance to relieve need.

01702 584959

nirmalgupta1@hotmail.com

www.EAWAsouthend.com

Matabeleland/Midlands Gukurahundi Victims Development Association (MGVDA)

Relief of poverty hardship and distress amongst members. Advance education for the public benefit including asylum seekers.

01702 353671

www.mgvda.org

Moreyears Healthcare Consultancy

Moreyears UK seeks to explore and address the health needs and barriers for the older immigrants and older refugees who have settled in the UK. Moreyears UK also focus on HIV among immigrant population. We also aim among other things to foster a sense of belonging for older immigrants and refugees within the community through day centres, holiday breaks and social gatherings. Our programs include volunteer service for unwell older people.

01268745876

innocent.mudzingwa@moreyears.org; duncan.mbadzo@n

www.moreyears.org

Southend Bala Group

To teach Gujarati language and Indian instruments 07786 420839

Southend Ethnic Minority Forum

Champions the needs and interests of the ethnic minority community and promotes harmony in the whole community.

07932 721570

sandrahwilkes@hotmail.com
www.semf.info

Southend Malayalee Association

Meets the needs of Malayalee Community originating from Southend India advance their interest and develop partnership with the other organisations and agencies in pursuit of community cohesion and social inclusion. Activities for families especially children to promote arts and culture to integrate Malayalee community with local communities to develop and build a social and cultural integration. Intend to promote Keralas cultural heritage and traditions in to various other communities in Southend thus encouraging wider community development. Through partnership with other similar minded organisations we aim to encourage and support the people of Southend to understand each other celebrate diverse social cultural and religious celebrations of our community and to work towards a harmonious compassionate multicultural society where all are valued and respected.

01702 304897

secretary@southendmalayalee.com
www.southendmalayalee.com

Southend Zimbabwean Network

A community based organisation that intends to empower its community and speak with one voice to statutory bodies.

john@nadder.org.uk
www.allinone.recruitment.co.uk

THALAM (former The Home of Arts Literature and Music)

THALAM Family Club support community activities of its members and provide opportunities for them. 1. Practice & advancement of Kerala (Indian) tradition. 2. Promotion of charitable purposes for Kerala and other communities in UK and Abroad. 3. Promotion of social cultural & religious harmony between different religions cultures and nationalities Meetings are once a month or when required.

01702 306616

thalamclub@yahoo.com

www.thalam.org

Thames Gateway African Caribbean Council

TGACC is a charitable organisation founded for the benefit of the community, in particular for those members who are African or Caribbean or who are of African or Caribbean origin. We are an important part of the community and contribute to many projects and initiatives.

01375 415738

Tgacc@hotmail.com

<http://www.thurrock-community.org.uk/tgacc/>

Utiziro Kothawira

Relief of financial hardship among Black & Minority Ethnic communities promoting human rights and racial harmony advancement of education including heritage and cultural studies.

01702 341770

kothawira.utiziro@yahoo.co.uk

Carer Support

Carers Have Independent Lives (CHIL)

Weekly group for young carers. Activities and trips. 01702 615291

BrendaLewis@southend.gov.uk

COOL - Caring Over Our Lives (8-12 yrs)

Weekly group for young carers. Activities and trips. 01702 615291

BrendaLewis@southend.gov.uk

Fair Havens Hospice at Home

Providing respite care and emotional support in a persons own home. 01702 339365

info@spdnsnursecare.co.uk

www.spdnsnursecare.co.uk

Poppins Care

Care for the Elderly i.e personal care, medication,catheta care,respice,shopping,appointments & emergency care. 01702 292334

Secure Sitting Service Ltd

Sitting service to enable carers to have respice/personal time. Giving individual attention to those who are cared for – company/conversation/anything that makes those who need care comfortable.

01702 522896

info@securesittingservice.com

www.securesittingservice.com

South Essex Care & Health Association Ltd

An Association to support and promote organisations who are members by way of a BUDDY system / training / CRB UMBRELLA BODY / Advice / Online Bed Register. Formerly South Essex Care Homes Association.

01268 784501

01268 784501

philroseman@secha.org.uk

www.secha.org.uk

Southend-on-Sea Care Services Directory

A comprehensive guide to choosing and paying for care. Full Care Services Directory 2010 available at www.carechoices.co.uk

www.carechoices.co.uk

SPDNS Nurse Care CIC

A domiciliary care provider offering care and support to people in their own home in Southend. Services available for children, young people, older people, people with disabilities, mental health problems and medical conditions. Hospice at home. Student support at South Essex College. Respite care available to give carers a break. Nail trimming service.

01702 431300

01702 431300

amandacherry@spdnsnursecare.com

www.spdnsnursecare.com

Young Carers Project

Support Southends Young carers by offering mentoring support and counselling. We also deliver the Sycamore Fund which is the Mayors Charity for providing outings and visits for young carers.

0845 0702315

enquiries@relatase.plus.com

4Children (formerly Kids Clubs Network)

Supports and develops the growth of out of school child care. Saturday clubs. Able to provide advice on out of school provision for children aged 4-14 years.

01245 438572

info@4children-essex.org.uk

www.4children.org.uk also www.4childrenlocalprojects.org

Adult and Toddler Group Clarence Road Baptist Church

Adult and Toddler Group.

01702 349069

admin@crbc.co.uk

www.crbc.co.uk

Avenue Child Contact Centre

Aims to alleviate the hardship and distress of children caused by the breakup of marriage and family preserving and protecting their mental and physical health by providing a centre where they can enjoy the company and love of their non-resident parent.

07963 301019

contact.avenue@virgin.net

Brainwave - Childrens Therapy Centre

Brainwave offers home-based therapy to children with Development Delay and disabilities such as Cerebral Palsy Downs Syndrome and Autism. After a 2 day initial assessment the therapy programme to suit the individual needs of each child. The therapists then show the parents how to do the therapy at home plus offer support.

0772 5956014

gerrygould@brainwave.org.uk

www.brainwave.org.uk

Catholic Childrens Society (Brentwood Diocese)

Brentwood Catholic Children's Society provides counselling for children and young adults, up to the age of eighteen years regardless of their beliefs, together with their families, who could be experiencing emotional difficulties. We employ qualified Social Workers or counselling staff to deliver a caring service, structured and intensive where necessary.

01268 784544

headoffice@childcareuk.org

<http://childcareuk.org/>

Cheeky Cherubs Baby and Toddler Club

Baby and Toddler group for all parents and carers to come along to with their little one's - providing a safe play and learning environment.

gillianlovet@hotmail.com

CHICKS (Country Holidays for Inner City Kids)

provides free six-day respite breaks for disadvantaged children from across the UK who would not otherwise have a break in that year. Children can be referred to CHICKS by any organisation or individual that works with the child in a professional capacity (not a parent or relative) such as a doctor. Teacher. youth group. family support team. young carers association among others.

01822 811020

info@chicks.org.uk

<http://www.chicks.org.uk/>

Cry-sis

Listening ear and information about how to calm a baby help it to sleep better and help parents to cope.

08451 228669

08451 228669

www.cry-sis.org.uk

Essex Southend & Thurrock Pre-School Learning Alliance

Support for Baby & Toddler Groups, pre-schools/playgroups, day nurseries and the parent committees involved in the running of community groups in this sector. Part of a national charity.

01702 534321

kaycork@southend.gov.uk

Fledgelings Child and Family Contact Centre

Provides a safe and friendly environment for children to meet an absent parent specialists in the field of domestic abuse.

01702 343868

fledgelings@sosdap.org

Help for Hurting Children

Various activities to support Uganda and Restore Project

01702 295602

fab75@tiscali.co.uk

Home-Start South East Essex

Offers emotional support, befriending and practical help for families with at least one child under the age of five experiencing difficulties or stress. Volunteers will offer weekly support in the families own home. Due to resourcing we offer a limited service in Southend.

01702 300107

home-startSEE@wwmail.co.uk

www.homestartsee.org.uk

Hyperactive Childrens Support Group

Help and support for hyperactive/ADHD children and their parents. Free introductory literature and pack for teachers. Interest in allergy and nutritional approaches to hyperactivity. ADHD and Autism Spectrum Disorder.

01243 539966

hacsg@hacsg.org.uk

www.hacsg.org.uk

Make-a-Wish Foundation

Make-A-Wish Foundation« UK grants magical wishes to children and young people fighting life-threatening illnesses. Since being established in the UK in 1986 we have granted over 5700 wishes.

01276 40 50 60

info@make-a-wish.org.uk

www.make-a-wish.org.uk

Moments

Supports families with children with special needs organises outings etc.

01702 216332

Mumba Childrens Project

Empowers youth by providing a platform from which they can engage in different activities i.e. music public speaking volunteer and charity work. We run an African themed charity pageant. Participate in Adult Literacy. We run a Mumba Day Care Centre in Zambia so youth from here can participate in fundraising and running of the centre.

missmalaikauk@yahoo.co.uk

National Association for Gifted Children

Helpline for parents teachers and children. Website based information counselling service. Local branches INSET training for schools.

0845 450 0295

amazingchildren@nagcbrtain.org.uk
www.nagcbrtain.org.uk

National Childminding Association

Helps and advises childminders in Southend. Support and Advice on all aspects of childminding.

01702 534222
0800 169 4486 (national)

joannehouston@southend.gov.uk
www.ncma.org.uk

Paediatric Community Nursing Team

Nursing care for children aged 0-16 years in their familiar home environment. Advice and support for carers. Referral from health professionals.

01702 313690

Parents Aid Southern Essex

Provide support services to Essex families at risk of social exclusion - Information & Advocacy - Befriending & Counselling - Family Mediation - Anger & Aggression Management and one-to-one Parenting Support. Currently unable to serve Southend.

01268 763631

info@parents-aid.org.uk
www.parents-aid.org.uk

Southend Adoption & Fostering Services

Providers of Southend Borough Councils fostering and adoption services. Please contact us for advice on how to become an adoptive parent or a foster carer or if you need help in tracing adopted relatives or birth families.

01702 354366

Fostering@southend.gov.uk

www.southend.gov.uk/adoption www.southend.gov.uk/fostering

Southend Bookstart Scheme

Encouraging parents to share books with children from an early age.

01702 615090

bookstart@southend.gov.uk

www.bookstart.org.uk

Southend Foster Families Council

We are a Membership organisation made up of all the foster carers in Southend. We offer mutual support and services applicable to foster carers.

01702 305472

deanrotteruk@gmail.com

Southend Toy Library

For children receiving hospital treatment or with special needs. The Library provides support/advice, specialist equipment, respite care, fun days and outings and a toy loan scheme.

01702 508180

Southend Utd. Community and Educational Trust

Projects such as learning through sport training drugs awareness healthy living and after school programmes.Plus intergenerational work environmental awareness adult fitness "back to work" programmes.

01702 341 351

s.goodsell@southendunited-cet.co.uk

www.southendunited-cet.co.uk

Southend-on-sea Borough Council Family Information Service

Offers free impartial information and advice on childcare; early education and other support services available to families living in the Southend-on-Sea Borough.

01702 392468

fissos@southend.gov.uk

www.southend.gov.uk

Special Needs and Parents (SNAP)

SNAP is based in Brentwood and is a voluntary organisation supporting parents and carers of children with any special need or disability. SNAP provides information services for families across Essex comprising a directory newsletters website and a specialist library of books videos and information sheets.

01277 211300

01277 211300

www.snapcharity.org

St Christophers Fellowship - Fostering

Recruits trains and supports carers and provides quality placements for looked after children.

01702 430120

richardhill@stchris.org.uk

www.stchris.org.uk

TAMBA (Twins & Multiple Births Assoc)

Support to parents of twins and multiple births through local support groups. News on discounts, advice from parents of twins or triplets, professional advice, family fun days.

01483 304442

0800 138 0509

enquiries@tamba.org.uk

www.tamba.org.uk

Taxi Drivers Charity Fund for Children

Providing underprivileged/disabled children outings in taxis for the day e.g. Pantomimes Clacton etc. on an outing they may not otherwise get. An annual free Easter party for sick and disabled children and their brothers,sisters and parents. Provided transport for elderly people for the past 14 years.

01702 524749

01702 421086/524749

stdcf@btinternet.com; suzzie.hatton@yahoo.co.uk

www.STDCF.co.uk

The National Deaf Childrens Society (NDCS)

The National Deaf Childrens Society (NDCS) is the national charity dedicated to creating a world without barriers for deaf children and young people. NDCS is an organisation of families parents and carers providing emotional and practical support through our Freephone Helpline our network of trained support workers our wide range of other support services and our publications and website. Services include free membership to parents and carers in the UK and for the professionals who support deaf children. Freephone helpline free publications website support from our family officers an audiologist and technology team an equipment fund and the opportunity to borrow equipment. NDCS can also help with welfare rights and benefit claims and making education choices.

020 7490 8656

0808 800 8880

helpline@ndcs.org.uk

www.ndcs.org.uk

Who Cares Trust

As well as helping thousands of children in care directly through our publications and projects, we also help bring about change by guiding and influencing those responsible for children in care. We help them to think and do differently, with the needs and perspective of the child at the centre. We give young people in care a voice through their involvement in our magazines and publications, and by helping them relay their concerns and views to decision-makers in local and central government.

020 7251 3117

mailbox@thewhocaretrust.org.uk

thewhocaretrust.org.uk

Young Minds

YoungMinds is the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people.

020 7336 8445

0800 1111

www.youngminds.org.uk

Community Groups

Association of Westborough Residents (AWR)

Residents Association

01702 349988

lydiasookias@live.co.uk

Belfairs Gardens Residents Association

A residents association representing members on Council matters that affect the Belfairs Gardens area. Meet at St Aidans Church Hall Fairway Leigh. Public meetings 4 times a year also newsletters and two outings a year.

01702 524712

audreyhinton@talktalk.net

Changing Faces

Changing Faces is the leading UK charity that supports and represents people who have disfigurements to the face, hand or body from any cause. We live in a culture where disfigurement is often seen as a medical 'problem' that could/should be fixed by surgery or medical intervention. However, surgery alone cannot always remove a disfigurement and can sometimes lead to further complications. Changing Faces helps people to face the challenges of living with a disfigurement and equips them with the appropriate tools to build self-confidence and self-esteem.

08453052091

02073919270

deborahm@changingfaces.org.uk

www.changingfaces.org.uk

Community Centres

These are no longer run by the council but can be seen at their website www.southend.gov.uk

Crossroads Care Essex

Provides respite care to carers by fully qualified support staff. Day care centre for young adults with disabilities. Youth Club for young adults with disabilities. Young Carers events / trips activities.

01268 660860

laura@crossroadsessex.org.uk

www.crossroadsessex.org.uk

Family Voice Southend-on-Sea

We are a parent led group representing parents and carers of children with a disability or learning difficulty making sure their voice is heard in the decision making process for the provision of local services.

01702 463833

stlmikewilson@btconnect.com

Ferndale St Lukes Community Association Ltd.

To provide a community centre for meetings functions. 01702 585677

melvynday@blueyonder.co.uk

Go-Culture

Go-Culture aims to promote various forms of art through dance, fashion, music etc; Intergrating art and various cultures of people who live in the local community and attempt to share this with the rest of the world.

01702 340144

goculture@yahoo.com

Hospital and Prison Action Network

To provide highly quality services for youths and adults in and out of hospital and prison by promoting their interest by offereing support, free and confidential advice and information.To restore life back to sick people in hospital and people in prison. To straighten the ways of life of prisoners and sick people.Our vision is to make a positive and lasting differences to the lives of young people and adult.

07501066097

hospitalandprisonaction@yahoo.com

www.hospitalandprisonaction.org

Leigh-on-Sea Endeavour Trust

Restoring and preserving the cockle boat Endeavour for the community. The ENDEAVOUR was built in Leigh-on-sea as a cockle boat in 1924 and spent most of her working life in Leigh. In 1940 she was one of the "Little Ships" which rescued troops from the beaches at Dunkirk. The Trust has restored her for community and educational use. Two monthly committee meetings and annual general meeting of members is held in October. Services are located in Leigh-on-Sea.

01702 473781

peter@dolby10.fsnet.co.uk

www.endeavourtrust.co.uk

Mendip & Treecot Community Group

We are a Community Group and hold a coffee morning every Thursday between 9am-12.30pm. We hold an Easter and Christmas party for the local children. In the summer we hold a Fun Day for the whole community. We also have various trips throughout the year. Services located at St Cedds Church Hall Bridgwater Drive.

01702 614063

ianhawkins4855@yahoo.com

Milton Community Partnership Ltd.

Devoted to enhancing the "quality of life" for everyone in Southend. Family activities and support for all ages clubs and excursions for retirees health and safety issues neighbourhood watch training lifestyle courses residents association.

01702 341605

miltoncommunity@hotmail.com

<http://beehive.thisisessex.co.uk>

Motiver

Motiver offers consulting and training services to charities and pressure groups. Our work covers three key areas: press and media, campaign development and fundraising.

01702 714699

james@motiver.co.uk

www.motiver.co.uk

Relatives and Residents Association

The RARA provides support and information for older people in homes and to their families and friends. It works to further an active partnership between relatives and homes with the aim of giving the residents the best possible care. Local groups.

020 7359 8148

020 7359 8136

info@relres.org

www.relres.org

Rosca Trust

Offers financial help by way of grants to registered charities and churches in Southend Castle Point and Rochford to support their social and welfare work. ROSCA cannot provide support for individuals.

01702 307840

kenbarcrowe@blueyonder.co.uk

Soroptimist International Southend-on-Sea & District

Soroptimist International was formed 90 years ago by a group of professional women in order to further the aims and education of women and girls. It is now a world-wide organisation which is fully represented on United Nations. Internationally, we have had a four year project to raise money for women and children in Sierra Leone after the civil war. The Southend Club is part of a London Anglia region whose focus this year has been to raise awareness of Violence Against Women. We also supply 20 bags of toiletries every month to Southend and Basildon Refuges.

01702 713408

cjcottridge@btinternet.com

South Westcliff Community Group

The recognition of area neighbours and building a stronger bond and confidence between all who live here or visit here.

01702 338004

info@SWCG.org

www.swcg.org

South Westcliff Community Group (SWCG) and Conservation Association Westcliff Seaboard (CAWS)

SWCG - The South Westcliff Community Group is an organisation of around 150 people who meet to take action to make our area a safer and better place to live in. CAWS - Conservation Association Westcliff Seaboard (CAWS) is a campaign group.

01702 338004

suzi@caws-uk.org

<http://www.swcg.org> and <http://www.groupsnearyou.com/g>

Southend Christian Fellowship

Serve the community through various community orientated projects including playgroup community café parent and toddler group youth groups the project charity shop. Project Charity Shop open at 631 Southchurch Rd from Mon-Sat 9.15am - 4.45pm. Free Weds evening meal 6pm-7.30pm

01702 461616

info@scfplaza.f9.co.uk

www.southendchristianfellowship.org.uk

Southend Community-in-Harmony Partnership

Celebrates diversity culture and heritage in the local community promotes greater understanding and tolerance aims to break down barriers of ignorance and misunderstanding and encourage and facilitate partnership working.

01702 479756

sandrahwilkes@hotmail.com; jjandm.barber@blueyonder.
www.southend-community-in-harmony.org.uk

Southend Neighbourhood Watch

Promotes and encourages the development of neighbourhood watch and community safety in Southend-on-Sea.

01702 464199

southendnhw@aol.com
www.southendcdrp.co.uk

Southend Police Station

Taking a lead in making Essex safer by reducing crime and disorder making people feel safer delivering services that are best value.

01702 431212

Southend-on-Sea BONDEKO

A social support group to provide a peaceful harmony (community), also to minimise isolation.

07832114830

jampy2008@gmail.com

Sported

Sported is a national charity, which provides support to voluntary and community sport organisations that work with young people in disadvantaged areas.

07827324871

d.sollis@sported.org.uk
www.sported.org.uk

St Davids Lunch Club

Provides a hot midday meal once a week for the elderly and housebound. Transport if required by a dial-a-ride. Social time. Weekly Wednesday 12 noon. Term time at St. Davids Church Hall Rayleigh Road Eastwood.

01702 556714

andrewnorton181@btinternet.com

St Lukes Community Partnership

Promote sustained social and economic regeneration of St. Lukes Ward. Meetings held at St. Edmunds Hall.

01702 610091

Symbioza-Roma Organisation (UK)

Promotes community cohesion with Romas, provides support and assistance to Romas, provides traditions and culture through Music groups, dance groups and singing groups.

01702 808615

symbioza8@wp.pl

The Shoebury Society

Holds interesting meetings and functions throughout the year. Related to the built environment and architecture of Shoeburyness and the surrounding areas.

01702 586622

bgsandford@btinternet.com

Trinity Family Centre Ltd

Supporting and developing family values and relationships across all ages and generations. Welcome In on Mon, Tue, Thu, Fri from 9.30am - 12pm. Lunch Club on Tue from 12pm - 2pm. Home from Home on Tue, Thu from 3.30pm - 5.30pm. Family Club on Tue from 6pm - 9pm.

01702 351998

family@trinity-westcliff.org

www.trinity-westcliff.org

Victory Residents Association

Aims to uplift the morale and community spirit of residents and community cohesion.

01702 615641

glennashdown@btinternet.com

Women 4 Women Essex

A social support group for women who identify as lesbian or bisexual.

w4wessex@hotmail.co.uk

www.w4wessex.co.uk

Atrium Clinic

Provides individual and group counselling sessions for those experiencing anxiety, stress and depression. Referrals via GPs although private sessions can be arranged.

01702 342256

smile@atriumclinic.co.uk

www.atriumclinic.co.uk

Dove Project

Part of SOS Domestic Abuse Projects. For enquiries give helpline number 01702 300006.

01702 302333

01702 300006

The Dove Project houses a collection of services for women experiencing or who have experienced domestic abuse sexual abuse rape and violence during their childhood. Services include the Drop-In Centre The Freedom Programme the SHE telephone helpline and Counselling.

enquiries@sosdap.org

www.savsmembers.org/sosdomesticabuseprojects

Family Mediation (relate)

South Essex Family Mediation is an independent charity helping in family mediation.

0845 2709400

admin@mediationse.plus.com

mediation4families.co.uk

Lighthouse Centre

Pregnancy testing crisis pregnancy post abortion miscarriage and still birth counselling. All services free clients can take time to explore all options in confidence opportunity to work through issues following abortion whether recent or not.

01245 494838

0800 0282228

office.lighthouse@virgin.net

www.lighthouse.org.uk

No Panic

Aims to help people who have panic attacks phobias Obsessive Compulsive Disorders other related anxiety disorders including tranquiliser withdrawal and their families and or carers. Free 24hr helpline.

0808 808 0545

0808 808 0545

ceo@nopanic.org.uk

www.nopanic.org.uk

Rape & Incest Crisis Centre

SERICC provides a service to women and girls over 13 years old who have been raped, sexually assaulted, experienced child sexual abuse, sexual harassment or who have experienced any form of sexually violence or attempted sexual assault. Helpline open from Weds 10am-12pm Thurs 12pm-4pm Sats 10am-1pm; 'One to one' counselling by appointment only.

01375 381322
01375 380609

sericc@sericc.org.uk
www.sericc.org.uk

Relate South Essex

Relationship counselling for adults and sex therapy/sexual problems clinic. Youth counselling (14-18 yrs) by appointment.

0845 2709401

enquiries@relatese.plus.com
www.relatesouthessex.co.uk

South Essex Rape and Incest Crisis Centre

SERICC provides a service to women and girls over 13 years old who have been raped sexually assaulted experienced child sexual abuse or sexual harassment. Helpline and face-to-face counselling advocacy and support. The helpline can be accessed by women from all areas.

01375 381322
01375 380609

sericc@sericc.org.uk
www.sericc.org.uk

Southend Christian Counselling Service

To provide a professionally run confidential counselling service of high quality to all in Southend and surrounding area regardless of religious belief who are over 16.

01702 335252

enquiries@christiancounselling.info
www.christiancounselling.info

Sycamore Counselling Services

Branch of WHCM. Offers counselling to those with emotional and relationship problems. Linked to Bridge Basildon.

01245 359353

sycamore@whcm.org.uk
www.whcm.org.uk

The Miscarriage Association

Information and someone to talk to who has had a miscarriage and can understand.

01924 200799

01924 200799

info@miscarriageassociation.org.uk

www.miscarriageassociation.org.uk

The Olive Tree Centre

The Olive Tree Counselling Centre provides a listening and counselling service which will help you to explore and work through situations and issues in a confidential environment enabling you to understand your thoughts and feelings in a relaxed and informal way so that you may enjoy a more fulfilled life.

enquiries@olivetreecentre.org.uk

www.olivetreecentre.org.uk

WHCM Counselling & Support

Christian charity providing professional counselling and supervision for people of all faiths or none. Sliding scales of fees. Nearest branches: Bridge Counselling Basildon 01268 822800 and Sycamore Counselling Chelmsford 01245 359353

01245 269335

info@whcm.org.uk

www.whcm.org.uk

ADHD United

We are a support group for Parents/Carers of children with ADHD run by parents/carers of children with ADHD 07982462097

adhdunited@yahoo.co.uk
www.adhdunited.co.uk

British Deaf Association

The BDA is the largest Deaf organisation in the UK that is run by Deaf people. We represent the Sign Language community which is united by shared experiences history and most importantly by British Sign Language (BSL).

02476 550936

02476 550936
headoffice@bda.org.uk
www.bda.org.uk

The BDA wants to see a society where Sign Language users have the same rights responsibilities opportunities and quality of life as everyone else. BSL was recognised as an official British language on 18th March 2003 but it still does not have any legal protection. This means that Deaf Sign Language users do not have full access to vital information and services including education health and employment. We want to see an end to this.

Changing Places

The Changing Places Consortium is a group of organisations working to support the rights of people with profound and multiple learning disabilities to access their community. The Changing Places Consortium is campaigning for Changing Places toilets to be installed in big public places. The Changing Places Consortium has launched its campaign on behalf of those people who cannot use standard accessible toilets. This includes people with profound and multiple learning disabilities and their carers as well as many other disabled people.

0207 696 6019

ChangingPlaces@mencap.org.uk

Their website has a searchable database of disabled toilet facilities

Computers for the Disabled

Supply refurbished computers to disabled adults and kids elderly homes units centres etc. The only charity in the UK that do what we do and in the way that we do it. Our charity is run and funded by our disabled members. We do not charge for computers but ask you to cover any costs. Our computer systems start from only £78 and that including a Microsoft Licence worth £74.

01268 284834

01268 284834

bigpaulh@blueyonder.co.uk
www.cftd.co.uk

Contact a Family

Help for families with disabled children. Information about disabilities putting families in touch with each other assisting parents in developing local/national support groups providing a voice to raise awareness campaigning for families.

020 7608 8700

0808 808 3555

info@cafamily.org.uk

www.cafamily.org.uk

DIAL Basildon & South Essex

DIAL helps people to access a variety of information in one place by people who understand the problems that are being encountered. D.I.A.L is unique in the fact that it deals with problems relating to all disabilities and disability issues by people who are disabled. We provide advice and information on a wide range of subjects. Our volunteers understand the problems that can be encountered as many have been in the same situation themselves. This enables them to give advice with understanding and we feel that this puts us in a better position to give a quality specialist service to disabled people. DIAL can advise on a wide range of benefits and services available. We can give advice information and help on Welfare Benefits Day Centres Clubs Equipment Support Groups Adaptations Holidays Mobility Social Care Medical Services etc and give help to complete all known Government forms in relation to benefits claims.

01268 294400/1

01268 294400/1

jan@dialbasildon.co.uk; enquiries@dialbasildon.co.uk

www.dialbasildon.co.uk

DIAL Southend

Dial Southend provides information, advice and advocacy services to those who are disabled long term health condition and those who look after them. Meetings are daily from 10am - 4pm at SAVS in Southend-on-Sea.

01702 356033

0800 731 6372

chief.officer@dialsouthend.org

www.dialsouthend.org

Disability Benefit Enquiry Line

Help filling in forms, enquiries about the following claim forms: Attendance Allowance Disability Living Allowance Disability Working Allowance Industrial Injuries (bronchitis and emphysema) Disablement Allowance Invalid Care and Severe Disablement.

0800 882200

Disability Essex

The objects of DE shall be to relieve people living with disabilities in part but not exclusively by: a. Facilitating independent living in the community, including social life and recreation; b. Providing services which contribute to the quality of life and well-being of disabled people; c. encouraging and supporting the establishment and running of groups, associations, organisations and clubs set up for the, and/or run by, disabled people for the purpose of promoting the interests of disabled people; d. acting as coordinating body for voluntary organisations supporting the relief of disabled people in Essex; e. Co-operating with other appropriate bodies in working for an promoting the interests of disabled people in Essex.

08444121771 (with minicom)
08444121770
kay.ilott@disabilityessex.org
www.disabilityessex.org

Disabled Go

DisabledGo provides online access guides in a great deal of detail to a huge range of venues. We cover any venue you would access as a member of the public – cinemas hotels hospitals colleges sports grounds restaurants council offices parks historic land marks tourist attractions – the list goes on and on. DisabledGo is unique in sending a surveyor to visit every single venue feature on our website.

0845 270 4627
questions@disabledgo.com
www.disabledgo.com

Dystonia Support Group Essex

The Essex Dystonia Support Group supports local people with or caring for those who have dystonia. We support people who have any form of the neurological movement disorder known as dystonia and their families through the promotion of awareness, research and welfare. We are one of the 46 groups in the UK.

08458997117
www.dystonia.org.uk

ECDP Insight

Supports disabled people to use their lived experience as far as they want by identifying their goals and aspirations and providing personal development pathways. Pathways are made up of opportunities to support people as their personal development progresses.

01245 392310
insight@ecdp.co.uk
www.ecdp.org.uk

Essex Blind Charity

30+ affiliated clubs/groups throughout the country. Residential and respite care at Read House in Frinton. Expanding network of eye clinic support groups. Resource centres in Braintree Clacton Chelmsford Frinton Loughton Manningtree and Colchester. Formerly EVAB. Home Visiting Service in Tendring Chelmsford Colchester and Maldon areas.

01255 673654

0870 2405418

info@essexblind.co.uk

www.essexblind.co.uk

Essex Coalition of Disabled People

Promotes the social model of disability. Improve the quality of life of disabled people. Information rights education integration into the community consultation. Access issues human rights social equality advocacy service. Minicom: 01245 392302.

01245 392310

reception@ecdp.org.uk; insight@ecdp.org.uk

www.ecdp.org.uk

Families In Focus (Essex)

Support families of children with disabilities or special needs. Resource centre being set up. Provide drop in groups around the country. Parent support scheme for those going through statementing advice information help with benefit claims etc.

01245 353575

01245 353575

familiesinfocus@btconnect.com

Headway - The Brain Injury Association

Information and support for people with brain injury and their families.

0115 924 0800

0808 800 2244

enquiries@headway.org.uk

www.headway.org.uk

Headway Essex Community Support Service

Improves the well-being of people living with the effects of brain injury.

01206 768797

01206 768797

communitysupport@headwayessex.org.uk

www.headwayessex.org.uk

Hearing Help Essex

Service for hearing aid users in mid-Essex. Regular surgeries at local hospitals and medical centres. Contact them to make an appointment. Practical help and support.

01245 348440

hearing-help-essex@lineone.net
beehive.thisisessex.co.uk/hhe

Jubilee Sailing Trust - South Essex Group

Tall ships sailing for physically disabled and able-bodied people from 16 yrs upwards. We have two amazing tall ships, Lord Nelson and Tenacious, and we sail with mixed ability crews. 50% may be disabled, but 100% are actively involved. Possibly the most amazing time of your life....so why aren't you sailing with us ?

01702 307539

www.jst.org.uk

Livability

Livability provides Residential Care for people with Physical and Learning disabilities. We have 3 colleges for Education, provide supported living and lifestyle choices.

01702 440750

www.livability.org.uk

Look Essex

Dedicated to raising awareness and providing information and support for visually impaired children and young people their carers and families.

01277 203711

01277 203711

admin@lookessex.com
www.lookessex.com

Motor Neurone Disease Association South Essex

Contributes to research into the disease and offers help to patients and their carers.

01702 478661

08457 626262

iandmirwin@talktalk.net; sandyest@googlemail.com
www.mndsouthessex.org

Muscular Dystrophy Campaign

The Muscular Dystrophy Campaign is the only UK charity focusing on all muscular dystrophies and allied disorders. It has pioneered the search for treatments and cures for over 45 years and provides practical medical and emotional support to people affected.

0207 808 4808

0800 652 6352

info@muscular-dystrophy.org

www.muscular-dystrophy.org

National Federation of the Blind S.E Essex Branch

Assist blind people with their problems both personal and with statutory bodies.

01702 545440

National Federation of the Blind Southend and District Branch

Assist blind people with their problems both personal and with statutory bodies.

01702 477899

National Tremor Foundation

Support groups with regular meetings for both patients and carers. Friendship help and counselling are available. Quarterly magazine for members.

01708 386399

01708 386399

enquiries@tremor.org

www.tremor.org.uk

PHAB Senior (Southend)

Physically disabled and able bodied group. Meet at The Stables Chalkwell Park Drive Leigh.

01702 551727

paul.sands@southendphab.co.uk

www.southendphab.co.uk

Physical and Sensory Services (Social Care)

Working with people ages 18-64 yrs who are deaf or hard of hearing partially sighted or blind or have physical disabilities including HIV and individuals with no recourse to public funds. Mincom: 01702 610888. Services for over 65's can be reached on 01702 534440.

01702 215008
accessteam@southend.gov.uk

Rayleigh Rochford and Castle Point Talking Newspaper

Supplies a fortnightly newspaper for the blind.

01702 292337
01702 205169

RCHL (Redbridge Community Housing Limited)

Direct payments and Payroll services

01702 356000

Remap

Technical help for disabled people bringing engineering skills to bear on "one off" problems.

01702 217238

www.remap.info

Royal Association for Deaf People (RAD)

RAD promotes the welfare and interests of deaf people. We believe deaf people should receive the same access and opportunities as hearing people. We mainly support deaf people whose first preferred language is British Sign Language (BSL) but also work with people with all forms of deafness including those who are hard of hearing deafened or deafblind. Our services include: Advice. Advocacy. Employment Services. Children. Families and Youth Service. Deaf Community Development. Interpreting. Social Care. 24 hour emergency service for interpreting - please see website.

0845 688 2525

linda.parkin@royaldeaf.org.uk; info@royaldeaf.org.uk
www.royaldeaf.org.uk

Scope

Works with people who have cerebral palsy their families and carers. Offers information support supported employment independent living schemes schools and colleges offering services to respond to their needs.

0808 800 3333

0808 800 3333

response@scope.org.uk
www.scope.org.uk

Sense Essex Branch

Helps to improve and develop the support information, advice and facilities available to a) deafblind people and b) those with a single sensory impairment with other disabilities, of all ages, living with the county of Essex.

01268 544593

sense_essex@hotmail.com

Southend & District Riding for the Disabled

Woodland rides and lessons incorporating riding for the disabled. Ages 8+. Licensed riding establishment. At Belfairs park. Riding Centre Tel: 01702 525571

01702 585732

Southend Access Group

Advisory group with regard to access needs of those with impairments. 0800 7316372

southendaccessgroup@tiscali.co.uk

Southend-on-Sea Association for the Physically Handicapped

Promotes the welfare of physically handicapped people in the Southend area. 01702 302795

Southend-on-Sea Borough Council Blue Badge Team

Blue badges are issued to individuals with severe physical disabilities that seriously affect their mobility. The aim of the scheme is to provide individuals with closer access to shops and facilities. 01702 215003

Southend-on-sea Talking Newspaper

A weekly edition of local news recorded on a standard audio tape lasting 60 minutes. Free to anyone who is unable to read a newspaper. 01702 292337

eric.quarmby@talktalk.net

The Dyspraxia Foundation

A national network of local groups offering support and a range of activities specific to children and adults with dyspraxia. 01462 455016
01462 454986

dyspraxia@dyspraxiafoundation.org.uk
www.dyspraxiafoundation.org.uk

The National Autistic Society

Advice information and support for people with autistic spectrum disorder including Asperger syndrome. People can ring the Autism Helpline or e-mail autismhelpline@nas.org.uk.

020 7833 2299

0845 070 4004

autismhelpline@nas.org.uk

www.autism.org.uk

The Young M.E Sufferers Trust (Tymes Trust)

Support for children and young people with myalgic encephalomyelitis (M.E) their families and the people who care for them. Specialist service for teachers doctors and other professionals.

0845 003 9002

via website

www.tymestrust.org

Visual Impairment Department Sensory Advisory Service

Educational advice and support for children and pupils with a visual impairment who live or go to school in the Southend-on-sea Local Authority area.

01702 507613

vias@kingsdown.southend.sch.uk

Education & Employment

AGES AAA (Archaeology Group)

Promotes the interest in and teaches the basics of archaeology to a wide group.

01702 334984

basayer@talktalk.net

www.ages-aaa.co.uk

Blenheim Primary School and Childrens Centre

Blenheim is a centre for learning which encompasses a primary school, Surestart Childrens Centre and Community Café. Blenheim aims to serve all those within the west of Southend to provide improved outcome through the provision of learning, guidance, support and experiences

01702 474684

info@blenheim.southend.sch.uk

www.blenheimprimary.co.uk

Business Education Partnership for South East Essex

Facilitates links between schools and local companies for mutually agreeable benefits including experience for our students and possible business solutions.

01702 440021

scook@ceciljones.net

www.ceciljones.net

Crown College

4 vocational centre across S.E Essex. Apprenticeships in customer service, retail, business administration, estate agency/letting, warehousing, hospitality and catering and leadership and management. Crown also delivers vocational opportunities for 13-18 year olds. We offer a mix of vocational training in construction, motor vehicle and hair and beauty along with additional support with functional skills.

01702 341169

enquiries@crowncollege.co.uk

www.crowncollege.co.uk

Earls Hall Junior School

Junior school in Carlton Avenue

01702 333360

office@earlshall-jun.southend.sch.uk

www.earlshall-jun.southend.sch.uk

Essex Chambers of Commerce

Dealing with the issues of businesses in the area.

01702 560100

donnagale@essexchambers.co.uk

www.essexchambers.co.uk

Hamelin Trust Furniture Project

Furniture restoration project providing training opportunities for people with learning disabilities. To donate good quality furniture please contact the depot.

01268 414100

www.hamelintrust.org.uk

Hamstel Infant School and Nursery

School - Primary/Infant/Nursery

01702 468461

headteacher@hamstel-inf.southend.sch.uk

www.hamstelinfants.co.uk/southendpn

Icomputeit Community Interest Company

To provide basic computer skills training to people aged 50 or above either in their own homes or to groups of up to 6 people in venues such as community centres churches and sheltered accommodation

01702 479021

Gerry@lcomputeit.co.uk

www.lcomputeit.co.uk

Kingsdown School

School for SLD and PMLD children. Also run after school and holiday clubs.

01702 527486

dslattery@kingsdown.southend.sch.uk

www.kingsdownschool.org

Lancaster School Trust

Education for students aged 14-19 years

01702 342543

office@lancaster.southend.sch.uk

www.lancaster-school-southend.co.uk

Priory School

Education of special educational needs pupils (Social
Emotional and Behavioural)

01702 347490

office@priory.southend.sch.uk

www.priory.southend.sch.uk

ROSPA Advanced Drivers and Riders (SE Essex Group)

Offers the public an opportunity to improve skills. Non-
profit making organisation. ú20 to join ú48 test fee.

0102 528067

www.rosipa-southeastessex.org.uk

Saint Pierre School and Sportacular Holiday Schemes

School with Sportacular extra curricular scheme -
www.sportacular.co.uk

01702 474164

info@saintpierreschool.com

www.saintpierreschool.com

Seetec

Help unemployed to find sustainable employment.
Run courses to enable this to happen including I.T.
Support Motivation and Interview Technique Modules.

01702 213777

0800 652 5414

sandra.kennedy@seetec.co.uk

www.seetec.co.uk

South East Essex Job Club

Assists and supports those who are currently unemployed or facing unemployment. Helps with jobseeking, CV production, interview techniques, networking. Provides a safe environment for members to help and encourage one another.

07957498340

andybater@seejobclub.co.uk

www.seejobclub.co.uk

South Essex College of Further & Higher Education

See our website for full details.

01702 220483

learning@southessex.ac.uk

www.southessex.ac.uk

Southend Adult Community College

Provider of adult education for people of a wide range of ages and abilities. Courses in British Sign Language Makaton.

01702 445700

info@southend-adult.ac.uk

www.southend-adult.ac.uk

Southend Education Trust

Aims to enhance educational opportunities for young people in UK.

01702 534880

sandraroberts@southend.gov.uk

www.southendeducationtrust.co.uk

Southend Pier Museum Foundation Trust Ltd

Maintain for the public benefit a museum for the acquisition, preservation, exhibition and interpretation of material evidence and associated information relating primarily to Southend Pier and its history.

01268 755448

keithsmith881@tiscali.co.uk

www.southendpiermuseum.co.uk

Southend Savers

Southend Credit union located at 3 Warrior Square
Southend-on-sea SS1 2JN. SCU is a saving and loan
organisation. It caters to all ages.

01702 611912

southendsavers@btconnect.com

www.essexsavers.co.uk

Southend-on-Sea Borough Council Children and Learning

Including Education & Childrens Social Services 01702 215920

Southend-on-Sea Borough Council Libraries

Information.education/lifelong learning resources for
the whole community.Placing social
inclusion.community cohesion and accessibility as
high priorities.

01702 534100

matthewholmes@southend.gov.uk

www.southend.gov.uk

St Mary's C of E Primary School

Church of England Primary School for pupils aged 5-
11 years. 01702 354012

grants@st-marysprittlewell.southend.sch.uk

www.st-marysprittlewell.com

The Childrens Legal Centre National Education Line

Telephone advice regarding childrens education. 01206 877 910
0845 345 4345

clc@essex.ac.uk

www.childrenslegalcentre.com

The London Bus Theatre Company

Theatre company touring schools to deliver messages such as anti-bullying anti-smoking through role-playing.

01702 203686

01208814514

kathy@londonbustheatre.co.uk

www.londonbustheatre.co.uk

The NOVA Partnership

The nova partnership is a consortium of 15 training providers and educators funded by the LSC to deliver work based programmes such as apprenticeships and employability programmes across the Thames Gateway South Essex Region.

01702 220593

www.nova.org

University of Essex Southend Campus

Provision of higher education and business support services.

01702 328200

www.essex.ac.uk/southend/

University of the Third Age Leigh-on-Sea Branch (U3A)

Interest Groups that provide informal learning in a social setting to people no longer in full-time employment (usually those over 55 years)

01702 712922

Jennifer.simpson1@yahoo.co.uk

www.u3asites.org.uk/leigh/

University of the Third Age Southend Branch (U3A)

Promotes learning and studying for retired people. Membership ú10 per year. Keen to get team leaders for study groups.

01702 476246

rsaward@sky.com

www.U3A.southend

University of the Third Age Thorpe Bay (U3A)

Providing educational service to retired people in the area. Informing on topics of general interest to our members. Providing facilities in which new interests and skills may be developed. Monthly general meetings are held with participation of appropriate speakers and groups run by members. Our aim is to keep members' minds active in later life, offering social contact for the otherwise isolated retired members of our community. Monthly meetings are held on the third Friday in the month from 1.30pm to 4pm

01702 582115

patriciaanntaylor1@hotmail.com

Volunteers in Southend Schools

ViSS recruits, screens and trains local people, including students, to volunteer in Southend schools to support the learning and development of children and young people. We work with local schools and education providers to develop volunteering roles and opportunities and to promote good practice in involving volunteers. We are funded by Southend Education Trust. Set ad hoc Volunteer Forum meeting happening once or twice a term.

01702 474684 ext 333

visschools@live.com

www.visschools.co.uk

British Cactus & Succulent Society, Southend

The objectives of the Society are to promote the study, conservation, propagation and cultivation of cacti and other succulent plants. Membership of the Society is open to all. Meetings: CIVIC CENTRE COMMITTEE ROOM Victoria Avenue, Southend. First Friday monthly at 7.00pm for 7.30pm (except August).

01702 522908

cassemmbell@yahoo.co.uk

<http://www.essex.bcass.org.uk/southend/index.html>

Essex Flood Forum

Working to raise the profile of the need for flood defence protection in the area.

01702 216970

07766 911916

essexflood.forum@virgin.net

www.ukflood.com

Essex Horse and Pony Protection Society

Rescues Horses and ponies from abuse. Care for several hundred animals. 24hr emergency service investigate complaints. Raises public awareness. Volunteers must be over 18 years old and experienced in handling horses.

01268 584603

administration@ehpps.org.uk

www.ehpps.org.uk

Essex Reptiles and Amphibians club

To promote the responsible keeping of reptiles and amphibians. Meetings are held in Chelmsford.

01621 819675

ppuffadder@aol.com

www.essexreptiles.co.uk

Essex Wildlife Trust

Campaigns for the protection and conservation of wildlife throughout Essex. Voluntary work childrens activities.

01621 862960

maureens@essexwt.org.uk. staff and volunteer officer

www.essexwt.org.uk

Friends of Hadleigh Castle Country Park

To conserve and protect the park and ultimately to assist in its development for future local generations. For Park Rangers contact:01702 551072. A few occasional opportunities may arise to assist the regular staff - most are filled at short notice.

01702 559151

Groundwork South Essex

Environmental regeneration working in partnership on a series of projects aimed at improving the quality of life and the local environment, including a low carbon project.

01268 752368

Sharon.Brinn@groundwork.org.uk
www.groundwork-southessex.org.uk

Leigh Horticultural Society

All meetings and Shows are held at The Leigh Road Baptist Church Marguerite Drive Leigh on Sea Essex SS9 1NN

Annabrowning@hotmail.co.uk
<http://www.leighgardening.org.uk/>

Renaissance Southend Ltd

Urban Regeneration Company (not for profit)
Regeneration of Southend-on-Sea.

01702 224503
01702 224500

sheilasutton@renaissancesouthend.co.uk
www.renaissancesouthend.co.uk

Rescuers Wildlife Sanctuary

Rescues and rehabilitates sick or injured animals. Volunteers are always welcome but must be over 14 unless accompanied by an adult. Training is given. Visits are preferred in the afternoon.

01268 752923
01268 752923

www.rescuerswildlifesanctuary.org.uk

RSPCA Essex South & Southend Branch

Animal welfare and support. Rehoming and treatment of rescued animals in Southend and South Essex.

rspcaessexsth@live.co.uk

www.rspca-essexsouthsouthend.org.uk

South East Essex Conservation Volunteers

A BTCV community network group that carries out practical conservation projects throughout south east Essex. Regular sites worked at include Hadleigh Castle Country Park Two Tree Island Dodds Grove St. Marys Nature Reserve (North Shoebury) Rayleigh Mount and nature reserves in Canewdon. All tools and training provided.

01702 258492

SEECV@abpayne.plus.com

South East Essex Friends of the Earth

Campaign for endangered species tropical rainforests and on climate change. Campaign locally against speeding for cycleways and against pollution and incineration of household waste.

08444 841239

0808 800 1111

www.seefoe.org.uk

South East Essex Organic Gardeners

The group was formed in 1994 to promote the principals of organic gardening by: composting organic waste protecting wildlife reducing pollution encouraging species diversity. Single membership £8.00; family membership £12.00; schools free. Affiliated to Garden Organic and Soil Association.

01702 201914

caroleshorney@hotmail.com

www.seeog.org.uk

South East Essex Womens Environmental Network

Aim to educate, inform and inspire women and to learn about their environment. Research and aim to reduce the number of chemicals in our environment.

01268 752 264

sharon_chan14@hotmail.com

www.seewen.org.uk

South Essex Natural History Society

The AIMS are to further the study and conservation of the flora and fauna particularly in South Essex, and to create an awareness of the importance of local wildlife. The Society takes an active interest in local affairs relating to natural history. It holds meetings both indoors in Southend and outdoors.

01702 588115

v.tring@virgin.net

<http://www.essexinfo.net/senhswildlife/>

Southend Beach Hut Owners Association

Safeguarding the interests of beach hut owners. Combating vandalism and crime against beach huts. Working in partnership with police and council and foreshore dept. Providing information to members on beach hut ownership.

01702 613131

ianrobbo@madasafish.com

<http://beehive.thisisessex.co.uk> then choose "local issues"

Southend Museum Service

Exhibitions displays and events flora and fauna collections free identification service. Discovery Centre Planetarium. Planetarium upstairs cannot admit children under 5 years old.

01702 434449

www.southendmuseums.co.uk

Southend-on-Sea Borough Council's Recycling Facilities

The Stock Road and Leigh Marshes Household Waste Recycling Centres are open as follows:
1st November - 31st January: 8am till 4pm (closed Christmas Day, Boxing Day and New Years Day)
1st February - 31st October: 8am – 5pm
1st May - 31st August: 8am – 5pm (Tuesdays 8am – 8pm)
In order to access either site residents can simply show:
A valid Driving Licence, or
A Southend Council Tax bill for 2010/11, or
An existing 2010 Waste Disposal Permit (existing 2010 Waste Disposal Permits issued to Southend-on-Sea residents can continue to be used up until 1st April 2011)
Please note that residents unable to provide any of the above will be required to pay the £5.20 entrance fee per visit per family car (trailers are not permitted). The entrance fee ticket machine accepts coins only and staff on-site are not permitted to accept or change monies relating to this fee

01702 215006

The RSPB South East Essex Local Group

Work with local government to create and implement solutions to conservation problems. Work in the local community to provide a better future for wildlife. Educate the public in environmental issues. Meet at the Maybrook Centre. Provides free illustrated evening and daytime talks.

01702 525152

grahamm@southeastrspb.co.uk

www.southendrspb.co.uk

Active Christian Trust

Works with the community to create opportunities for young people to develop trusting relationships through the provision of quality leisure sport and cultural facilities in a safe non-judgmental and caring environment.

01268 779999

skape.warehousecentre@btconnect.com

All Saints, St John, St Mark Southend & St Alban Westcliff Churches

Church of England Southend Deanery

01702 342587

stephenburdett@waitrose.com

Apostolic Faith Mission UK

Our organisation is primarily a christian church that is open to anybody regardless of race, colour, creed. Our intention is to initiate community projects, provide coffee mornings for the elderly, after school club, nursery, computer training, befriending services and so on.

cchati@hotmail.com

Avenue Baptist Church Milton Road

Baptist Churches

01702 342159

phil.andrews@avenuebaptist.com

Belle Vue Baptist Church

Baptist Churches

01702 611929

Boys Brigade South East Essex

Aim to advance Christs Kingdom amongst boys and promote the habits of obedience reverence discipline self-respect and all that tends towards a true Christian manliness. Provides umbrella support for the 12 local Boys Brigade Groups, including training, leadership support, child protection, organisation of activities for all various age groups.

01702 589378

01277 203711

bbinseessex@boys-brigade.org.uk

www.bbseessex.co.uk

Carlton Gospel Hall

Christian Brethren (open)

Chalkwell Park and Trinity Church (Argyll Road)

The Methodist Church Southend and Leigh Circuit.

Chalkwell 715176

dsmith2505@hotmail.com

Christian Aid London and South East (Main Office)

Charity

020 7523 2105

LSE@chirstian-aid.org

www.christianaid.org.uk

Church from Scratch

Christian church aiming to bring the good news to the area spiritually physically and emotionally. Youth and childrens work. Network of weekly small groups across the area. No particular emphasis on Sundays.

01702 344222

peter1@dominey.org.uk; parsonking@hotmail.co.uk

www.churchfromscratch.org

Church of England Hadleigh Deanery Area Dean

Church of England Hadleigh Deanery

01268 682596

dstudor@tiscali.co.uk

Church of The Sacred Heart

Roman Catholic Church

01702 465720

southend@dioceofbrentwood.org

Clarence Road Baptist Church

Serves as the body of Christ in order to extend the kingdom of God and glorify his name by worship prayer and evangelism. Encouraging and equipping the congregation for service giving pastoral care and supporting social action at home and abroad.

01702 349069

admin@crbc.co.uk

www.crbc.co.uk

Coleman Street Chapel

Christian Brethren (open)

01702 308921

Crowstone St. Georges Church

United Reformed Church

01702 352668

East Street Providence Strict Baptist Church

Strict Baptist Church

ninnis@blueyonder.co.uk

Eastwood Baptist Church

Baptist Churches

01268 742380

gareth.christine@btinternet.com

Eastwood United Reformed Church

United Reformed Church

01702 475114

Elim Pentecostal Church Leigh-on-sea

Elim Pentecostal Churches

01702 477624

Embroiderers Guild SE Essex Branch

Sat: Highlands Methodist Church, Sutherland
Boulevard, Leigh-on-Sea Wed: Avenue Baptist
Church, Milton Road, Westcliff-on-Sea

www.embroiderersguild.com

Ferndale Road Baptist Church

Baptist Churches

01702 300164

stephenpauldray.yahoo.co.uk

Glad Tidings Fellowship UK

Faith organisation with religious activities. Teachings and family empowerment, social activities. Help given with youths, drugs and alcoholism. Venue at ST Mellitus Centre for the Deaf, Oakhurst / Sutton Road, Southend-on-Sea on a Sunday from 9.30am-2pm.

01268745876

pastor_gtfsouthend@yahoo.co.uk; kudadi@yahoo.com

Highlands Church

The Methodist Church Southend and Leigh Circuit.

01702 713971

rev.sue@btinternet.com

Hindu Association (Southend and District)

Aims to promulgate belief in Hindu religion to provide a meeting place for members to provide educational facilities for younger people to learn the mother tongue and generally help the Hindu Community to play an active part in British Society.

01702 298514

01702 420 965

nikimistry@gmail.com

<http://www.hinduassociationsouthend.btik.com/home.ikml>

Holy Trinity Southchurch

Church of England Southend Deanery

01702 352448

michael@ballard4701.fsnet.co.uk

Kings Church Blenheim Primary School

Kings Church

01702 523639

info@kingssouthend.org.uk

www.kingssouthend.org

Leigh Road Baptist Church

Place of Worship Christian church with outreach into the local community.

01702 478698

office@lrbc.org.uk

www.lrbc.org.uk

Leighfields Road Chapel Eastwood Evangelical Church

Union of Evangelical Churches

01702 520434

Lesbian and Gay Christian Movement

To provide support to lesbian gay bi-sexual and transgender christians of all denominations. To support inclusive churches and challenge homophobia and transphobia in churches and faith-based organisations.

020 7739 1249

lgcm@lgcm.org.uk

www.lgcm.org.uk

Love Southend Street Pastors

Show Gods love to the community of Southend by being present in team of four on the streets at night to show care to listen to support and help people especially young people to move into positive endeavours.

07790 869003

john.bastin1@gmail.com

www.lovesouthend.org

Our Lady Help of Christians and St. Helen Churches

Roman Catholic Church

01702 342324

westcliff@dioceofbrentwood.org

Our Lady of Lourdes and St. Joseph Churches

Roman Catholic Church

01702 478078

southend@dioceofbrentwood.org

Salvation Army (Southend)

Spiritual and social welfare for the community.
Services of worship.

01702 346856

francis@saarmysouthend.redshieldnet.com
www.salvationarmy.org.uk/southend

Salvation Army Day Centre Leigh

Meets the needs of the community and demonstrate
Gods care with the provision of a luncheon club and
day care facilities for the elderly. Pre-School and
charity shop.

01702 478092

08457 626262

catherine.snell@salvationarmy.org.uk

Salvation Army Southchurch

The Salvation Army

01702 618781

Shoebury Evangelical Church

Union of Evangelical Churches

01702 296425

Shoebury Gospel Hall

Christian Brethren (open)

Shoebury Thorpe Bay Gt Wakering and Whittingham Ave Methodist Churches

The Methodist Church Southend and Leigh Circuit. 01702 298135

normanhooks@blueyonder.co.uk

Shoeburyness and Thorpe Bay Baptist Church

Baptist Churches

01702 292620

rich.shorter@shoeburybaptistchurch.org.uk or helen.watts

Shoeburyness Friars Congregation Baptist Church

Baptist Churches

01702 297189

South Essex Religious Education Centre (SEREC)

SEREC provides a much needed resource of great value to the school and Faith Communities of our locality.

01702 552099

serec@surfald.org

Southchurch Park United Reformed Church

United Reformed Church

01702 616656

Southend & District Reform Synagogue

The synagogue being part of the Reform movement, holds its Sabbath festival and other services in a mixture of Hebrew and English. Friday night services commence at 7.30pm and Saturday services at 10.30am.

01702 711663

email via website

<http://www.southendreform.co.uk/>

Southend & Westcliff Hebrew Congregation

Religion, education, youth centre, carework, meeting place, services, celebrations. Daily meetings at Synagogue and communal halls at varied times.

01702 344900

swhc@btclick.com; swhcmanager@hotmail.co.uk

www.swhc.org.uk

Southend General Hospital Church of England

Church of England Hospital Chaplain

01702 435555

Southend General Hospital Free Churches

Hospital Chaplain Free Churches

01702 435555

Southend General Hospital Roman Catholic

Hospital Chaplain Roman Catholic

01702 435555

Southend Islamic Trust

01702 347265

Southend Sikh Society

1) Advancement of the Sikh religion. 2) Advancement of education in particular by the establishment of a reference library and by the provision of classes in Punjabi language and music and the teaching of Sikh history culture and customs. 3) the provision of facilities for recreation and other leisure time occupation with the purpose of improving conditions of life. 4) The promotion of good relations between persons of different racial and ethnic groups.

01702 520311

bharj21@hotmail.com

Southend Unitarians

Promoting self enquiry open to people of all faiths and none.

01702 616990

garyleggett@talktalk.net

www.ukunitarians.org.uk/southend

Southend Vineyard

Southend Vineyard is a christian church meeting on Sundays at 11am at Southend High for Boys. Drop-in centre for homeless The Storehouse providing food and clothing for the poor.

01702 612900

ellie@southendvineyard.org.uk

www.southendvineyard.org.uk

St Aidans Church Leigh-on-Sea

Church of England Hadleigh Deanery

01702 512531

timbarnes@timbo7.fsnet.co.uk

St Andrew and St. Peters Churches South Shoebury

Church of England Southend Deanery

01702 292778

St Andrews Church Westcliff

Church of England Southend Deanery

01702 302255

revskimber@blueyonder.co.uk

St Augustines Church Thorpe Bay

Church of England Southend Deanery

01702 587597

robert_farrell@hotmail.com

St Clements Church Leigh-on-Sea

Church of England Hadleigh Deanery

01702 475967

kenneth.havey@btinternet.com

St Davids Church Eastwood

Church of England Hadleigh Deanery

01702 523126

joycefamily400@btinternet.com

St George and the English Martyrs Shoebury and St. Gregory Thorpe Bay Churches

Roman Catholic Church

01702 292726

shoebury@dioceseofbrentwood.org

St James Church Leigh-on-Sea

Church of England Hadleigh Deanery

01702 471786

St John Fisher Church Prittlewell

Roman Catholic Church

01702 465720

southend@dioceofbrentwood.org

St Laurence and All Saints Eastwood Church

Church of England Hadleigh Deanery

01702 525272

niran@btinternet.com

St Lukes Church (Church of England)

Church of England Church in the ward/parish of St Lukes. Serving the spiritual/practical and community needs of people in the area. Our church and our large church hall with additional Dance Hall are used by many volunteer community groups including Baden Powell groups Karate Line Dance Dance pre-school groups Youth groups Age Concern Southend awareness Fayres. Use of buildings is made by Local Resident Association Group meetings. We have land set aside and used for a Community Allotment Project. The church supports St Lukes Healthy Living Centre Community Interest Company and seeks to actively support and facilitate their great projects.

01702 467620

jamesmccluskey202@btinternet.com

www.stluke-prittlewell.org.uk

St Lukes Church Prittlewell

Church of England Southend Deanery

01702 467620

St Margarets Church Leigh-on-Sea

Church of England Hadleigh Deanery

01702 471773

St Mary with St. Paul Churches Prittlewell

Church of England Southend Deanery

01702 343470

St Marys Church North Shoebury

Church of England Southend Deanery

01702 584053

ian.fisher@btclick.com**St Michael and All Angels Churches**

Church of England Southend Deanery

01702 478452

St Nicholas Church

To offer spiritual and pastoral support to the members of the community (Great Wakering Village) regardless of faith background

ajhurd@googlemail.comwww.stnicholas-greatwakering.org.uk**St Peters Church Eastwood**

Roman Catholic Church

01702 522879

eastwood@dioceofbrentwood.org

St Peters Church Prittlewell

Church of England Southend Deanery

01702 525126

St Saviours Church Westcliff

Church of England Southend Deanery

01702 342920

stsaviourwest@aol.com

St Stephens Church (Prittlewell)

Church, Hall and Community Services including marriage, baptism, bereavement, community groups, older peoples services and youth groups. Community Café.

01702 305953

01702 305953

office@ststephens.org.uk

The Bridgwater Drive Church

Aim to show Gods love to the community incorporating St Cedds Church and Bridgwater URC.

01702 525125

The Christ Church Centre

Church of England - Faith Group. Running parents/toddlers groups and community café' hub. Provisor of spiritual welfare and support. Facilities available for community use.

01702 582585 (vicarage)

vicar@christchurchsouthend.org.uk; emswylie@aol.com

www.christchurch-southend.co.uk

The Cornerstone (Home of Eastern Southend United Reformed Church)

United Reformed Church

01702 602589

tcsscp@yahoo.com

The Greek Orthodox Church Of St. Barbara

The Orthodox Church of St. Barbara (within St John's Church). 01702 466435

The U.K Islamic Mission

Promotes the faith of Islam and the Islamic Charitable Organisations in the United Kingdom and more particularly in South East Essex. Meet at Southend Mosque 191-197 West Road Westcliff. 01702 337598

The Wellspring Church

The Wellspring Church

info@thewellspring.org.uk

Union Congregational Church Leigh-on-Sea

Congregational

Wesley Church New Road and Belfairs

The Methodist Church Southend and Leigh Circuit.

Wesley 01702 711851

kwepage@me.com

West Leigh Baptist Church

Baptist Churches

01702 474141

sjwmin@aol.com

www.wlbc.org.uk

Westcliff Baptist Church

Baptist Churches

01702 340532

info@westcliffbaptist.plus.com

Westcliff United Reformed Church

United Reformed Church

01702 556624

World Harvest Family Church

World Harvest Family Church

idythewinner@aol.com

World Harvest Family Church

We are an outward looking ministry that conducts church meetings and town activities

01702 431609

worldharvestfc@talktalk.net

Action for M.E.

Action for M.E. is the UK's leading charity dedicated to improve the lives of people with M.E. It provides information and support to people affected by M.E. and their carers and campaigns for more research, better treatments and better services for them. It has a volunteer support line, welfare rights line and a range of helpful booklets and leaflets.

0845 123 2380
0845 123 2314

admin@afme.org.uk
www.afme.org.uk

Aim For Total Health Hypnotherapy

Hypnotherapy and Psychotherapy. Workshops. Introductory talks to organisations.

01702 305781

info@aim4totalhealth.com
www.aim4totalhealth.com

Aquatherapy

Gentle Water Therapy classes for all ages. Free trial sessions. All pools 94 degrees plus.

01702 475508

anne@aquatherapy.org.uk
www.aquatherapy.co.uk

beat

National charity providing information help and support for people affected by eating disorders in particular anorexia and bulimia nervosa. Youthline - up to 18 years: 0845 634 7650 (Mon-Fri 4pm-6.30pm).

0300 123 3355
0845 634 1414

info@b-eat.co.uk
www.b-eat.co.uk

Breast Cancer Care London and the South

Breast Cancer Care offers support and information to those affected by breast cancer. Free confidential service delivered by health care professionals and trained volunteers. Helpline group and one-to-one support. Textphone: 0808 800 6001

0845 077 1895
0808 800 6000

src@breastcancercare.org.uk
www.breastcancercare.org.uk

Breathe Easy Southend

Support and practical information for people living with lung disease their families carers and friends. Meet at St Helens Church Hall Milton Road Westcliff.

01702 258661

08458 505020

breatheeasysouthend@hotmail.co.uk

British Heart Foundation

Our vision is of a world in which people do not die prematurely of heart disease. We will achieve this through pioneering research, vital prevention activity and ensuring quality care and support for everyone living with heart disease.

020 7554 0000

internet@bhf.org.uk

www.bhf.org.uk

British Polio Fellowship

The team are on hand five days a week to inform and support on all aspects of living with polio or Post Polio Syndrome. We can be contacted by freephone, email or letter and you can rely on us to provide the most up to date and timely information available. Our Branches and Groups are split into nine Regions. All Regions and Branches are represented by an elected Chairman, Secretary, Treasurer and - in most cases - a Welfare Officer. Groups are represented by a Group Leader.

0800 018 0586

info@britishpolio.org.uk

www.britishpolio.org.uk

British Red Cross Society

We are a volunteer-led humanitarian organisation that helps people in crisis, wherever and whenever they are. Find out more about how we help.

0844 412 2830

AdminBHE@redcross.org.uk

<http://www.redcross.org.uk>

CADGERS

bladder prostate kidney penis cancer
Speakers on issues relating to the disease. A chance to share experiences.

01702 435555 Ex 4077

catherine.miles@southend.nhs.uk

Child Growth Foundation

To support children and adults with growth disorders raises funds for research educational programmes for health and social workers to promote child measurement as a means of early diagnosis of problems.

020 8995 0257

jenny.cgf@btopenworld.com

www.childgrowthfoundation.org

CLIC Sargent

Professional help and practical care for children (under 25 years) diagnosed with cancer and their families. Home support and support in hospital from the day of diagnosis. Financial assistance for those in need. Short therapeutic holidays.

020 8752 2800

0800 197 0068

helplineclicsargent.org.uk

www.clicsargent.org.uk

Continence Advisory Service

Treatment advice support for people and their carers experiencing bladder/bowel problems. Written referral needed by a health care professional for a clinic appoint. Clinics for adults and children in most towns. Advice given over phone by specialist.

01268 448500

01268 448507

Contraception Sexual Health Services (Southend) (The KWC)

Free confidential advice for male and female married or single birth control menopause advice emergency contraception pregnancy testing smears cancer awareness advice information on sexually transmitted diseases including HIV/AIDS. Please contact Nevada Shaw - Sexual Health Specialist for requests for Sexual Health and Relationship talks / training support. Email - nevada.shaw@see-pct.nhs.uk

01702 577110

julie.kiss@see-pct.nhs.uk

www.thekwc.nhs.uk

Diabetes UK (Eastern Region)

Diabetes UK is the largest organisation in the UK working for people with diabetes, funding research, campaigning and helping people live with the condition.

01376 501390

0845 123 2399

eastern@diabetes.org.uk

www.diabetes.org.uk/In_Your_Area/Diabetes-UK-Eastern/

Different Strokes

A registered charity providing a unique, free service to younger stroke survivors throughout the United Kingdom. Our services and the number of stroke survivors benefiting from them have grown dramatically since we were formed in 1996. We are run by stroke survivors for stroke survivors, for active self help and mutual support

01702 465801

southend@differentstrokes.co.uk

www.differentstrokes.co.uk

Downs Heart Group

Support for families of those who have a heart problem linked to Downs Syndrome. Bi-annual conference information pack and video available quarterly newsletter.

0844 288 4800

0844 288 4800

info@dhg.org.uk

www.dhg.org.uk

Duchenne Family Support Group

Provides support for families affected by Duchenne Muscular Dystrophy.

0870 241 1857

0800 121 4518

info@afsg.org.uk

www.dsfg.org.uk

Dyslexia Action

Comprehensive services for people with dyslexia on policy issues at the DCFS works in partnership with schools and other service providers.

01784 222300

info@dyslexiaaction.org.uk

www.dyslexiaaction.org.uk

Epilepsy Action

Epilepsy Action is the leading representative organisation for epilepsy in the UK with around 16000 members. Epilepsy Action helps over 685000 people every year through its range of services including its Advice and Information Centre Branch network and Accredited Volunteer scheme. The organisations award-winning Website receives over 70000 visitors a month.

0113 210 8800

0808 800 5050

helpline@epilepsy.org.uk

www.epilepsy.org.uk

ERIC

(Education and Resources for Improving Childhood
Continence) 0117 960 3060
0845 370 8008

Information and Support for children and their families
on childhood bedwetting daytime wetting and soiling
and constipation. Leaflets and information available to
download from website www.eric.org.uk. Resources
are available to purchase from the webshop
www.ericshop.org.uk.
info@eric.org.uk
www.eric.org.uk

Essex and Southend LINK (South East Essex Locality)

LINK is a network of individuals groups and
communities working together to improve local health
and social care services. Host organisation is
CEMVO. 01702 350479

gill.dawson@essexandsouthendlink.org.uk
essexandsouthendlink.org.uk

Essex Association for Spina Bifida and Hydrocephalus

To assist people with spina bifida and/or
hydrocephalus their families and carers, and to give
help on all issues relating to individual development. 01708 442844

essexspinabifida@hotmail.com
www.easbah.org.uk

Essex Liver Support Group

For people with liver disease to be able to meet share
experiences and provide information to the patient
carers and anyone interested. 01799 500 622

essex.liversupport@ntlworld.com

Haemophilia Society

To ensure that those with haemophilia and related
bleeding disorders and their families receive the best
quality treatment care and support. 0207 831 1020
0800 018 6068

info@haemophilia.org.uk
www.haemophilia.org.uk

Havens Hospices

Haven Hospices incorporates Fair Havens Hospice and Little Havens Children's Hospice. Fair Havens Hospice provides respite breaks, symptom control, psychological support and end-of-life care to adults. (Southend, Castle Point and Rochford). Little Havens provides respite breaks, symptom control and end-of-life care to youngsters not expected to reach adulthood because of a life-limiting or life-threatening condition. (Essex wide)

01702 556645

fkadesh@havenshospices.org.uk

www.havenshospices.org.uk

Healthy Life Essex Community Interest Company

To be an informed conduit across sectors including healthcare professionals central and local government environmentalists 3rd sector organisations and the wider community.

01702 468387

jill@healthylifeessex.co.uk

www.HealthyLifeEssex.co.uk

Huntingtons Disease Association

The Huntington's Disease Association exists to support people affected by the disease and to provide information and advice to professionals whose task it is to support Huntingtons disease families.

0151 298 3298

info@hda.org.uk

www.hda.org.uk

Lady McAdden Breast Screening Unit

Operates as a well-woman clinic providing women who reside within Essex with a breast screening service for an appropriate age group backed up by help support and advice for women of any age to become breast aware.

01702 343288

Linda.Harrison@ladymcadden.org

Leukaemia CARE

Network of local contacts and support groups offering befriending and listening services bereavement support holiday breaks discretionary financial help and information booklets on each type of leukaemia and lymphomas.

01905 755977

0800 1696680

care@leukaemiacare.org.uk

www.leukaemiacare.org.uk

Lymphoma Support For You

We are a support group for people who are affected by lymphoma (a form of cancer), this includes carers and families.

01702 552655

expandingworld@live.com

M.E Support

M.E. Support website with information and guidance.

Louise@mesupport.co.uk

<http://www.mesupport.co.uk/>

Macmillan Cancer Support

Macmillan Cancer Support improves the lives of people affected by cancer. We provide practical medical and financial support and push for better cancer care. Cancer affects us all. We can all help. We are Macmillan

0808 808 00 00

webmanager@macmillan.org.uk

www.macmillan.org

MENTER East of East of England Black & Minority Ethnic Network

To promote equalities particularly race equality and advocacy for the BME sector. To build a strong and representative regional BME network.

01733 341061

john@menter.org.uk

www.menter.org.uk

National Childbirth Trust

The National Childbirth Trust wants all parents to have an experience of pregnancy birth and early parenthood that enriches their lives and give them confidence in being a parent providing local support and putting parents in touch for social networking. The NCT also runs antenatal classes and provides information on maternity issues breastfeeding and postnatal support including specialist groups for caesareans and miscarriage. It has approximately 320 branches throughout the country and the NCT is also involved in research and campaigning.

0300 330 0770

enquiries@nct.org.uk

www.nct.org.uk

NHS Direct

National Helpline - Trained nursing staff give advice including where local help may be available. 0845 4647
Interpreters are available. Textphone: 0845 606 4647.

www.nhsdirect.nhs.uk

NHS South Essex Stop Smoking Service

Support service for those who wish to give up smoking patients may be referred or contact the service direct. Group and individual support offered and advice regarding aids to quit smoking.

01702 313705

southessex.stopsmoking@nhs.net
southessexstopsmokingservice.nhs.uk

Options Pregnancy Crisis Centre

Crisis pregnancy counselling post-abortion problems miscarriage distress - all services are free. Appointment Only.

07966 311262

padma49@career-sos.com

Ovacome - Ovarian Cancer Support

We are a UK wide support network providing information and support for everyone affected by ovarian cancer.

0207 299 6654
0845 371 0554

ovacome@ovacome.org.uk
www.ovacome.org.uk

Parkinsons Disease Society Southend & District Branch

To help patients and their relatives with the problems of Parkinsons. To collect and disseminate information and to help individuals maintain a better quality of life. Meets at Crowstone St Georges URC Kings Road Westcliff - Monthly Thursday at 2pm.

01702 339088

Parkwood NHS Health Trainer Service

We offer free information and one to one support to people who wish to make a healthy lifestyle change, increase physical activity, weight management, eat more healthily, stop smoking, alcohol consumption.

01702 461377

susie.tyer@parkwoodhealthcare.co.uk; michelle.livett@pa

Patient Advice and Liaison Service - S.E.Essex PCT

Advice support and information on local health services. Contact for compliments concerns and complaints. Contact for local/emergency NHS dentists (outside working hours contact NHS Direct 0845 46 47)

01702 224642

www.southend-pct.nhs.uk

Peaceful Place Day Centre

Peaceful Place is a unique charity established in 1996 offering specialised help and support for people in South East Essex living with younger onset dementia.

01702 546476

enquiries@peacefulplace.co.uk
peacefulplace.co.uk

Pets as Therapy

Charity providing volunteers with temperament assessed dogs and cats who give time to visit with their pet to establishments in their local area such as nursing and residential homes hospitals hospices main stream and special needs schools.

01844 345445

reception@petsastherapy.org
www.petsastherapy.org

Priory Hospital Chelmsford

Private hospital specialising in the management of acute mental illness - inpatient day patient outpatient services adults and adolescents.

01245 345345

chelmsford@priorygroup.com
www.priorygroup.co.uk

Prostate Cancer Support Federation

Cancer Support

0161 474 8222

0845 601 0766

psasec@prostatecancersupport.info

www.prostatecancersupport.info

RHS-UK/EKBOM Syndrome Association

Advice and support line written information on request (enclose a large SAE). With large 1st class stamp.

01634 233638

01634 260483

bev.finn@yahoo.co.uk

www.RHSUK-ESA.org.uk

Sarcoidosis Association

Information and support for Sarcoidosis sufferers their carers family and friends and to raise awareness of the disease. The information we provide is to help you understand your illness and for others around you to support you the best way they can. We are fully aware of the lack of information that is received on diagnosis which makes life extremely complicated and frustrating adding to the depression that we all feel. Full details can be found on our website.

0800 950 0125

enquires@uksarcoid.org

www.uksarcoid.org

Sexual Advice Association

Patient support group for sexual dysfunction. Providing information and support via a telephone/email/Helpline for sufferers their partners and Healthcare professionals. On request callers can be put in touch with specialists in their area with whom they can discuss the appropriate treatment.

0207 4867262

0207 4867262

info@sexualadviceassociation.co.uk

www.sexualadviceassociation.co.uk

Sexual Health Clinic

Confidential screening for sexually transmitted infections family planning advice HIV testing (same day test result) sexual health advice.

01702 385121

alison.keefe@southend.nhs.uk

South East Essex Community Healthcare

Provides a health visiting service to homeless people mainly families but including anyone with health problems. Alerting them to facilities available advocacy liaising with statutory and non-statutory agencies addressing healthcare issues.

01702 578800

julia.lashly@see.pct.nhs.uk

Southend & District Alzheimers Society

Advice on local services assistance with behavioural problems contact with local psychiatric services etc. General help with problems of carers.

01268 778959

0845 300 0336

janice.farrant@alzheimers.org.uk

www.alzheimers.org.uk

Southend & District Hospital Radio

To provide a music service to patients and staff within Southend Hospital.

01268 747359

gold.j@tiscali.co.uk

www.southendhospitalradio.com

Southend Blind Welfare Organisation

Maintains and develops a resource centre for people with visual impairment demonstrating equipment. Provides help and information at Southend Hospital Eye Clinic. Provides clubs for visually impaired people. Provides a residential home in Southend.

01702 342131

sbwo@tesco.net

www.southendblindwelfare.org.uk

Southend Collaborative Care Team

Aim to prevent admission to hospital respite care and residential care and facilitate early discharge. Short term care on the basis of assessment via adult screening (01702 534646). Rehabilitation - personal care confidence building living skills.

01702 606900

01245 581212

shirleylough@southend.gov.uk

www.southend.gov.uk

Southend University Hospital NHS Trust Voluntary Services

Recruitment and placement of suitable volunteers to assist busy healthcare staff and a variety of tasks. Assist in new projects.

01702 435555 ext 6135

volunteers@southend.nhs.uk

www.southend.nhs.uk

Southend-on-Sea Borough Council AIDS/HIV Social Work Team (Social Care)

Ensures that advice information and support services are available to users carers families and friends.

01702 534227

Works closely with clinical nurses partner agencies

eg. Health housing and benefits agency THT (Terrence Higgins Trust) and other voluntary groups.

disability@southend.gov.uk

www.southend.gov.uk

Southend-on-Sea Borough Council Social Care

Social care services for children adults and their carers including: young people and families older people people with learning physical or sensory disabilities people with mental health needs people with HIV/AIDS people with drug alcohol and substance misuse problems.

01702 215000

council@southend.gov.uk

Southend-on-Sea Stroke Club

To provide friendship and comfort at congenial social gatherings for stroke survivors to help improve their quality of life. Meetings at St Marys Church Hall Victoria Avenue Southend on 2nd and 4th Mon of each month 8pm to 10pm.

01702 466803

alan.watkins@talktalk.net

www.southendstrokeclub.btik.com

Specialist Dental Service

Dental Services for people who have problems accessing usual dental services those with physical sensory or mental disabilities.

01702 577000

david.gowry@see-pct.nhs.uk

south east essex PCT

St John Ambulance (S. Essex Area HQ)

01245 265678

www.sja.org.uk

St Johns Ambulance Leigh-on-sea Cadets and Leigh Bouncy Badgers

fun activities and learning about first aid principles for children and young people aged 6-18yrs. A recognised youth organisation undertaking First Aid duties and fundraising.

01702 478909

Joylwatson@hotmail.co.uk

St Lukes Healthy Living CIC

Carries on activities which benefit the community of St Lukes Ward and provides services designed to improve the health and well-being of local people and create training employment and social enterprise opportunities for residents and adjacent wards.

01702 612680

st.lukeshlc@hotmail.co.uk

www.stlukehlcic.org.uk

Star Partnership

Building capacity and community development in deprived wards in Rochford District. Services for specific health conditions are physical activity. mental health.befriending.creative arts.advocacy.mediation.mentoring.counselling.advice on benefits.funding advice.employment advice.crime victim support.voluntary group support.

01268 464610

jean.broadbent@see-pct.nhs.uk

Take Heart Southend and District

Promotes the welfare and care of cardiac patients both in and out of the hospital. Provides support on aftercare for patients and their partners when resuming home and social life. To establish and facilitate local contact support and counselling centres accessible to anyone with cardiac complaints including their relatives and friends. To increase public awareness of heart disease its causes treatment implications and help available. To provide social and personal contact with people who share and understand their needs and problems. To liaise with existing groups in this or similar fields. To act as an information centre for those people requiring literature on heart disease.

01702 293469

takeheart@blueyonder.co.uk

www.cardiacsupportsouthend.co.uk

Teenage Pregnancy Southend

Raising awareness on sexual health issues for young people access and provision to confidential healthcare supporting parents back into education young mums group nursery nurse supporting and enhancing parenting skills ante natal group.

01702 215513

chrisclark@southend.gov.uk

Terrence Higgins Trust

Community support, advocacy, specialist advice, immigration, welfare rights, housing advice, peer support groups, grant applications, safer sex advice, information and resources. THT East provides services throughout Essex. Also based in Chelmsford and Colchester.

01702 340791

0845 1221200

info.southend@tht.org.uk; info.chelmsford@tht.org.uk; info. www.tht.org.uk

The Cinnamon Trust

Dog walking and animal fostering for those who are ill or elderly.

01736 757900

admin@cinnamon.org.uk

www.cinnamon.co.uk

The Meningitis Trust

The Meningitis Trust is here to support every individual touched by meningitis and the Trust's services and support are a lifeline to help them rebuild their lives. It also raises awareness of the signs and symptoms of meningitis and associated septicaemia.

01453 768000

0800 028 18 28

info@meningitis-trust.org

www.meningitis-trust.org

The National Osteoporosis Society

Provides information and support for people diagnosed with osteoporosis.

01761 471771

0845 450 0230

info@nos.org.uk

www.nos.org.uk

The Southend Leg Club (Ulcer Care)

A group where people can learn to care for their leg condition and meet others who are in the same situation.

07977966014

www.legclub.org

Tracheo-Oesophageal Fistula Support

Offers support and information to the families and carers of babies born with tracheo-oesophageal fistula oesophageal atresia and other related conditions. Newsletters conferences friends funding and financial assistance.

0115 961 3092

office@tofs.org.uk

www.tofs.org.uk

Womens Royal Voluntary Service

Provides welfare services not otherwise available for young old lonely disabled and troubled people. Meals on Wheels can be arranged via social care.

01702 610691

Abbeyfield Southend Society Ltd

Registered social landlord providing sheltered housing and registered care for the elderly. Meetings in the morning every 4 - 6 weeks in Southend-on-Sea.

01702 213350

s.speakman@abbeyfieldsouthend.co.uk

www.abbeyfieldsouthend.co.uk

Acorn Housing Association Ltd

Supported accommodation for single homeless people aged between 16 and 60 without dependants.

01702 619089

diane@harpssouthend.co.uk

Carr-Gomm Society

01702 392535

bridie.hughes@carr-gomm.org.uk

www.carr-gomm.org.uk

Family Mosaic Pitsea Office

We offer a free support service to vulnerable people. Not for profit Housing Association with charitable status. Providing affordable housing and also provide a range of support services to vulnerable people.

01268 498500

01268 284130

cliff.hughes@familymosaic.co.uk

www.familymosaic.co.uk

Family Mosaic Southend Office

We offer a free support service to vulnerable people. Not for profit Housing Association with charitable status. Providing affordable housing and also provide a range of support services to vulnerable people.

01702 445870

maureen.cresswell@familymosaic.co.uk

www.familymosaic.co.uk

Granta Housing Society

Granta exists to serve the community and make a positive difference to the quality of peoples lives by providing affordable and sustainable social housing and care. Floating support service for adults with Learning Difficulties.

01702 546407

pm.southend@grantahousing.org.uk
www.grantahousing.org.uk

Homeless Action Resource Project - Day Service HARP

HARP (Homeless Action Resource Project) is a charity organisation that provides services for the homeless. We are a team of trained professionals that are available to advise and support homeless people through resettlement and transition into independent living. Providing accomodation, food, clothing and any other housing needs. See also HARP Night Shelter.

01702 306101

dean@harpssouthend.co.uk
www.harpssouthend.co.uk

Homeless Action Resource Project - Night Shelter HARP

Overnight emergency accommodation. Daytime housing advice and emergency assistance for homeless people or at risk of homelessness. See also HARP Day Centre.

01702 615000

clive@harpssouthend.co.uk; stephen@harpssouthend.co.uk
www.harpssouthend.co.uk

In Touch Support

Committed to meeting the housing support needs of a wide spectrum of people across the local communities including people with more complex and challenging support needs. Provides a priority response to those people who find themselves in a housing crisis.

01702 445870

0845 6027895

paula.blundell@intouchsupport.co.uk
www.betterintouch.co.uk

Leasehold Advisory Service

Independent advice agency, free advice to leaseholders, landlords and others on law affecting residential leasehold property. Mon-Fri 9.30am-1pm and 2pm-3.30pm

0207 3745380

0845 345 1993

info@lease-advice.org
www.lease-advice.org

Mellor House

Residential care for people with profound and multiple disabilities referral required. Run by MENCAP. 01702 346042

h30430mencap.org.uk
www.mencap.org.uk

NACRO Services

Creates safer and more inclusive communities. The housing directorate provides supported housing to single homeless and others with additional support needs.

01702 437183

sally.hall@nacro.org.uk; jennifer.king@nacro.org.uk
www.nacro.org.uk

Papworth Trust Home Solutions

Assist with obtaining funding and help older and vulnerable people stay in their own homes. General advice provided. Small repairs performed by small repairs technician.

01702 465182

anne.crossley@papworth.org.uk
www.papworth.org.uk

Richmond Fellowship

Support housing scheme for people with mental health conditions who are homeless. Monthly meetings at Century House.

01702 352192

01702 352192

century.house@richmondfellowship.org.uk; chris.musson@richmondfellowship.org.uk
www.richmondfellowship.org.uk

Rosemead Project (Stonham)

11 bed project accommodating ex-offenders and single homeless people from the age of 17 upwards in need of support. Staff encourage residents to choose and apply for suitable move-on accommodation when they feel ready for independent living.

01702 467604

ruth.purchase@homegroup.org.uk

Safer Places

Supporting people who are or have experienced domestic abuse through Help. Support. Access to refuge. Outreach provision. Counselling service. Education and training. Refuge space for 22 women and their children and floating support for people who wish to remain in their own homes Male or Female. Out of the hours emergency support provision including access to safe accomodation. Counselling Drop in Activities and Employability Training Freedom Programme.

08450 743216 ext 214

01702 618026

allison.mann@saferplaces.co.uk; kim.hartley@saferplaces
www.saferplaces.gov.co.uk

Salvation Army (Bradbury Home)

Bradbury Homes aim is to provide older people service users with accommodation and care in a happy and friendly atmosphere realised in a Christian setting.

01702 435838

lawrence.taylor@salvationarmy.org.uk
www.salvationarmy.org.uk

Sanctuary Housing

Provide supported housing services to people with mental issues learning disabilities and referred from the YOT. We support them in teaching independent living skills and help prepare them for independence.

01702 611271

martine.king@sanctuary-housing.co.uk

Serving the Homeless

Members drawn from five Leigh churches - to serve the homeless.

01702 714672

elicot@sky.com

Shelterline

Free 24 hr telephone helpline covering England Scotland and Wales for people with any sort of housing related problem.

0808 800 4444

0808 800 4444

Shoeburyness Residents' Association

A residents association to preserve and improve the quality of life for the people of Shoeburyness - supporting the community. Monthly meetings on Wednesdays at Shoeburyness Baptist Church at 7.30pm

01702 295487

marianlivermore@hotmail.com

South Essex Homes

South Essex Homes is the Arms Length Management Organisation (ALMO) of Southend-on-Sea Borough Council, which means that we're responsible for the management and maintenance of the Council's homes. South Essex Homes is a Company Limited by Guarantee. For information on Residents Associations go to <http://www.southessexhomes.co.uk/content.asp?content=9850>

0800 833 160

www.southessexhomes.co.uk

South Essex Homes Hostels/Supported Housing

Housing/temporary accommodation.

01702 214242

deborahford@seh.southend.gov.uk

www.southessexhomes.co.uk

Southbase

To prevent social isolation and provide housing support to vulnerable people at risk of homelessness or poor health.

07501 726311

herman.prescote@intouchsupport.co.uk

Southend People Service User Panel

Supporting People offers vulnerable people the opportunity to improve their quality of life. The user panel is consulted and updated on all aspects of the supporting people programme. The panel can suggest improvements to services or raise concerns or identify gaps in services provided. The panel also invites guest speaker of their choice to improve knowledge and understanding and determine how agencies work together.

01702 534892

karenvaughan@southend.gov.uk

www.southend.gov.uk/supportingpeople

St Saviours Housing Association

The organisation primarily provides support and accommodation to homeless men.

01702 364164

richardthorn@msn.com

www.thearkproject.org

The Southend On Sea Darby and Joan Organisation Ltd

Care of the elderly - over 55 years old - by way of the provision of care homes and sheltered housing, information and advice

01702 345969

admin@darbyandjoan.org

www.darbyandjoan.org

Acceptance

Helpline and support for parents and families of homosexual people of whatever age. Founders and members are all parents of gay children and hope to bring understanding to a situation which is often feared and misunderstood. Confidential.

01795 661463

01795 661463

jillandgordon@acceptance.fsnet.co.uk

Advantage Card Scheme

Offers discounts for families/children over 60s young people disadvantaged groups at Southends 5 leisure Centres and some private business in the town.

01702 215010

council@southend.gov.uk

www.southend.gov.uk

Amnesty International (Southend Branch)

Working against grave abuses worldwide of the rights to physical and mental integrity freedom of conscience and expression and freedom from discrimination.

01268 757043

amnestysouthend@googlemail.com

<http://southend.amnesty.org.uk/>

Answers Direct

Answers Direct Essex Libraries Centre enquiry service is available by phone e-mail or online. Other services include Homework Helper (online chat) and the business information service (online telephone and e-mail)

0845 603 7628

answers.direct@essex.gov.uk

www.answersdirect.info

Castle Point Association of Voluntary Services CAVS

Council for Voluntary Services and Volunteer Centre; projects include Children's Centre, Be safer project(adults with learning disabilities), Community Activity Project (Physical exercises for hard to reach groups)

01268 638416

office@castlepointavs.org.uk

<http://www.cavscastlepoint.org.uk>

Ceoliacs in Southend

Support for other ceoliac suffer's and newly diagnosed, sharing information.

hazel@mgd.me.uk

CHARMS The Essex Therapy Centre

CHARMS provides advice (benefits), advocacy, counselling, hyperbaric oxygen therapy, massage, a drop-in on a daily basis, to people with neurological conditions and their carers. We also run social events, family history tracing and IT tuition. Also services for people with cancer and children with autism, CP or neurological problems.

01245 461212

therapy@charms.fsnet.co.uk

www.charms.fsnet.co.uk

Consumer Direct

For consumers who have queries or complaints about their energy supply (or a complaint about the postal service)

08454 04 05 06

<http://www.consumerdirect.gov.uk/EnergySupplyandPost/>

Consumer Focus

The independent champion for consumers across England Wales Scotland and (for postal consumers) in Northern Ireland. We operate across the whole of the economy persuading businesses and public services to put consumers at the heart of what they do.

contact@consumerfocus.org.uk

CSV Community Service Volunteers

The empowering families project provides support to families through volunteers befriending the family and acting as a sound role model providing advice support and practical help as appropriate. We have volunteers in child protection.

01702 534262

catherinewhitehead@southend.gov.uk

www.csv.org.uk

Essex Advanced Motorcyclists Group

To promote excellence in motorcycling.

0845 2261237

cread@eamg.org.uk

www.eamg.org.uk

Essex Energy Efficiency Advice Centre

Energy conservation advice centre; Free and impartial energy advice to all SME's (small businesses) throughout East Anglia plus signposting to grants soft loans, and financial assistance for energy efficient plant where relevant.

01621 842299

0800 512 012

info@essexec.com

www.saveenergy.co.uk

Families Need Fathers

Campaigns and provides support for parents of either gender who because of family breakdown have restricted contact with their children. We also help grandparents and others affected by these issues.

0300 0300 110

0300 0300 363

admin@fnf.org.uk

www.fnf.org.uk

Gateway to Healthy Independent Living

Help for young people aged 17-30 towards living independently help with accessing training education health advice and assistance back into employment.

01702 301309

annetteisted@southendymca.com

Gingerbread

Support for lone parents and their families.

0808 802 0925

membership@gingerbread.org.uk / info@gingerbread.org.

www.gingerbread.org.uk

Juvenile Fire Setters Scheme

Assists young people parents and guardians to understand the consequences of playing with or lighting deliberate fires.

01376 576022

jfs@essex-fire.gov.uk
www.essex-fire.gov.uk

Kidscape

Anti-bullying and child protection charity. Helpline for parents of bullied young people. Advice and training on bullying and child protection for young people parents carers and professional. Assertiveness training for badly bullied young people.

020 7730 3300
08451 205 204

contact@kidscape.org.uk
www.kidscape.org.uk

Leasehold Advisory Service

The Leasehold Advisory Service provides free legal advice to leaseholders landlords professional advisers managers and others on the law affecting residential leasehold and commonhold.

020 73745380

info@lease-advice.org
www.lease-advice.org

Mentoring and Befriending Foundation

The Mentoring and Befriending Foundation (MBF) provides guidance and support to organisations and practitioners involved in mentoring and befriending. As the national strategic body MBF also works to influence policy and practice in the sector and across government.

0161 787 8600

info@mandbf.org
www.mandbf.org.uk

National Association of Widows

Run by widows for widows and anyone who has lost a partner through bereavement providing friendship and support with local branches throughout the country. Headquarters membership is also available for widows who have no local contact.

024 7663 4848

office@nawidows.org.uk
www.nawidows.org.uk

National Debtline

National Debtline is a national telephone helpline for people with debt problems in England Wales and Scotland. We give expert advice over the telephone and via email and send callers in debt a self-help information pack free of charge. The service is free confidential and independent.

0808 808 4000

www.nationaldebtline.co.uk

National Stalking Helpline

The National Stalking Helpline has been established by Network for Surviving Stalking, Protection Against Stalking and Suzy Lamplugh Trust. It is the first national helpline to specialise in providing information and advice to victims of harassment and stalking as well as their friends and family.

0300 636 0300

advice@stalkinghelpline.org

www.stalkinghelpline.org

Needaloo

The aim of need a loo? Is to list all the publicly accessible disabled toilet facilities in the United Kingdom with maps showing locations.

mail@needaloo.org

<http://needaloo.org>

Neighbourhood Policing

Each area across Essex has an allocated neighbourhood specialist officer who listens to local concerns and looks into ways of tackling them with the help of a team of other police officers and PCSOs and in partnership with residents and other local agencies with the Crime & Disorder Reduction Partnership. To find out more about whats happening in your area visit the website.

01702 423181

www.essex.police.uk/my_neighbourhood

NHS Retirement Fellowship (Southend & Rochford Branch)

The Fellowship is a registered charity that exists to promote the welfare and interests of retired NHS staff. It was established in 1978 and has gone from strength to strength enjoying the support of NHS Chief Executives at local and national level.

01702 520724

jill_weston2004@hotmail.com

www.nhsrf.org.uk

PAPYRUS (Prevention of Young Suicides)

Provide information to anyone concerned that someone they know may be suicidal. Leaflets and books can be downloaded from their website.

01282 432555

0800 0684141

admin@papyrus-uk.org

www.papyrus-uk.org

Rayleigh Rochford and District Association for Voluntary Service RRAVS

Standard CVS operation

01268 772796

rravs@rravs.org.uk

www.rravs.org.uk

Refugee Integration and Employment Service

RIES is a new service funded by UK Border Agency and delivered by the Refugee Council as the lead contractor in the East of England, London and the West Midlands. The service aims to help and support newly recognised refugees to integrate smoothly and quickly into UK Society.

020 7346 6774

www.refugeecouncil.org.uk

Rochford District Volunteer Development Agency

Works with volunteers and volunteer groups. Meet at members homes.

01268 767614

Royal Aeronautical Society

The object and responsibility of every branch is to supplement locally the efforts of the Society: to support and maintain the highest professional standards in all aerospace disciplines; to provide a unique source of specialist information and a local forum for the exchange of ideas; and to exert influence in the interests of aerospace in both the public and industrial arenas.

020 76704300

southendbranch@aerosociety.com

www.raes.org.uk

Royal Air Force Families Federation

The RAF Families Federation represents the views and concerns of RAF personnel and their families on the issues that affect them as part of a RAF family. We operate entirely outside the RAF chain of command, so we can always promise an independent and confidential service.

01780 781650

www.raf-ff.org.uk

Safe Haven East Domestic Violence Helpline

Domestic Violence Helpline.

01702 300063

volunteers@southendwomensaid.co.uk

www.southendwomensaid.co.uk

Soldiers Sailors and Airmans Families Assoc. Forces Help

Looks after the welfare of service and ex-service men and women and their families by helping them to help themselves friendly advisers whatever the problem assistance to obtain practical assistance from statutory bodies. Agents for various funds.

01708 755060

london.NE@ssafa.org.uk

www.ssafa.org.uk

SOS Bus Project

The SOS bus is a multi-agency initiative to meet the needs of any person in Southends clubland at night. It is a first point of contact for those whose wellbeing is threatened.

01702 301059

07790 869 003

john.bastin1@gmail.com

SOS Domestic Abuse Projects

Give advice protection and shelter to women and children under threat of domestic violence or having suffered violence. Contact via the Dove Project 01702 302333. Childrens advocacy. Probably changing name to SOS Domestic Abuse Projects 29.10.09

01702 343868

01702 300006

www.southendwomensaid.co.uk

Southend on Sea Citizens Advice Bureau

We provide a quality assured advice and information advice. Appointments line after initial assessment 01702 456352. For annual meeting held at SAVS please call phone number provided.

0844 477 0808

trish.carpenter@southendcab.demon.co.uk; cab@souther
www.southendcab.org.uk

Southend Planetarium

The Southend Planetarium is the only public Planetarium facility in the south-east outside of London. It presents a range of talks about astronomy and the night sky. All our presentations are given live giving plenty of opportunity for any questions you may wish to ask and are generally suitable for ages 7 to adult.

01702 434449

<http://www.southendmuseums.co.uk/planetarium/planetari>

Southend-on-Sea Borough Council

Helpline for raising problems with councillors Mon 5pm-6pm 01702 436365. Council emergencies (homelessness environmental health road safety emergency repairs): 01702 466550 Mon-Thu 5pm-8am Fri 4.30-12am.

01702 215000

01702 436365 (Mon eve)

www.southend.gov.uk

Southend-on-sea Borough Council Adult Social Services

01702 215008

www.southend.gov.uk

Southend-on-Sea Borough Council Culture Dept

Making Southend a desirable place to live work and play by making it attractive active and alive with sport and culture.

01702 215612

rosemarypennington@southend.gov.uk/katetrueman@sol
www.southend.gov.uk

Southend-on-sea Borough Council Customer Service Centre

01702 215000

Southend-on-sea Borough Council Electoral Registration & Councillor Enquiries

01702 215010

www.southend.gov.uk

Southend-on-sea Borough Council Environmental Health Trading Standards & Licensing

01702 215005

www.southend.gov.uk

Southend-on-sea Borough Council General Enquiries

01702 215000

www.southend.gov.uk

Southend-on-sea Borough Council Housing Advice & Choice Based Lettings

01702 215002

www.southend.gov.uk

Southend-on-sea Borough Council Housing Benefit & Council Tax Benefit

Housing Benefits Council Tax Benefit & Council Tax 01702 215001
(including Non-Domestic Rates)

www.southend.gov.uk

Southend-on-sea Borough Council Leisure Culture & Tourism

Including leisure/sports facilities libraries museums 01702 215011
and parks.

www.southend.gov.uk

Southend-on-sea Borough Council Parking Highways & Transport

01702 215003

www.southend.gov.uk

Southend-on-sea Borough Council Planning Development & Building Control

01702 215004

www.southend.gov.uk

Southend-on-Sea Borough Council Pupil Access Team

Administration of pupil admissions. Advice and 01702 215007
guidance in relation to admissions and exclusions. 01702 215000
Children Missing Education.

admissions@southend.gov.uk

www.southend.gov.uk

Southend-on-sea Borough Council Registration Service (Births Deaths & Marriages)

Registration of births deaths marriage and civil partnership. Advisory service - following a death (where the deceased lived in Southend) able to act on the bereaveds behalf to contact various agencies to inform of event eg. Pension service other council services utilities DVLA passport office tax office etc. Provision of civil funerals - celebrants able to conduct funerals within Essex although not at a Religious venue however the ceremony is able to contain some religious content. Marriage and Civil Partnership ceremonies: naming renewal of vows commitment. Copy certificates.

01702 215009

registeroffice@southend.gov.uk advisory service only: can
www.southend.gov.uk/registration service

Southend-on-Sea Borough Council School Attendance and Child Employment Service

A targeted service with statutory responsibilities under Section 444(1) and 444(1A) of the Education Act 1996 to ensure regular school attendance for all young people from 5-16 using legal enforcement where appropriate. Schools are currently allocated time based on attendance data and targets. The allocation is for challenging and supporting whole school work as well as carrying out case work with families. The Attendance Officer and School follow the processes as set out in Be There! the new strategy for improving school attendance in Southend.

01702 215909

Southend-on-Sea Borough Council Supporting People Team

The Supporting People programme offers vulnerable people the opportunity to improve their quality of life by providing a stable environment which enables greater independence. It delivers housing-related support services which are cost effective and reliable. For full directory - <http://www.southend.gov.uk/resources/spservicedirectory.pdf>

01702 534892

carolinefoley@southend.gov.uk

Southend-on-sea Borough Council Waste Fly Tipping Fly Posting & Graffiti

01702 215006

www.southend.gov.uk

Southend-on-Sea Borough Council Youth Offending Service

The Youth Offending Service works with young people to prevent offending and further offending. The Team includes professionals from Social Care Education the Probation Service Essex Police and the Health Authority. The Team aims to make a positive contribution to reducing crime and disorder in Southend. We also run Youth Offending Panels. Panels consist of two community volunteers and a member of the Youth Offending Service. The panel work with the young offender to agree a contract aimed at putting things right.

01702 534300

alisongarcia@southend.gov.uk

Traveline

Information service for buses coaches and trains available throughout England Wales and Scotland.

0871 200 22 33

www.traveline.org.uk

True Vision Hate Crime

True Vision is an initiative designed to provide you with information about hate crime and how you can report it. Hate crime in any form is unacceptable. That is why it is important that if you or someone you know experiences hate crime that you report it.

www.report-it.org.uk

Turn2us

Turn2us exists to help people access the money available to them - through benefits, grants and other financial help. Our free, accessible website has been designed to help people find appropriate sources of financial support, quickly and easily, based on their particular needs and circumstances.

0808 802 2000

www.turn2us.org.uk

Victim Support Essex

Offering support to anyone his or her family neighbours and friends affected by crime. Offices are open for visits or home visits can be arranged. Information and support for victims and witnesses going to court.

01277 357 560

0845 456 5995

maggie.gibson@victimsupport.org.uk

www.victimsupport.org

Volunteer Centre Southend

Provides information and advice about all aspects of volunteering. Database of opportunities available for those considering volunteering.

01702 356060

If you are a voluntary or community group seeking new volunteers, or maybe you are thinking about starting to involve volunteers in your activities for the first time, the Volunteer Centre can help you. To register your organisation and to discuss your needs please call Emily on 01702 356060.

vb@savs-southend.co.uk

www.savs-southend.org

These services are free and we can offer a fully accessible, confidential space to discuss your needs. Groups do not have to be members of SAVS to register with the Volunteer Centre Southend.

Welfare Rights Advice

Advice on welfare rights.

01268 289555

Winter Warmth Advice

Aims to protect older people and those with chronic conditions from the effects of the cold. Open 1st October - 31st March.

01623 724524

0800 085 7000

0800 085 7857

www.doh.gov.uk/kwkw

Learning Disabilities

Family Support Worker

Provides information and support to individuals with learning difficulties their parents/carers and local agencies. Advice is free confidential and independent. Information can be provided by telephone e-mail or home visits.

01702 334514

01702 334514

southendmencap.advocacy@hotmail.co.uk

National Association for Special Educational Needs

Promotes the development of young people with special educational needs supports those who work with them.

01827 313005

welcome@nasen.org.uk

www.nasen.org.uk

Network 81

Advice on choosing schools statementing and assessment procedures legal duties of local authorities etc. a national network of parents working towards properly resourced inclusive education for children with special needs.

0845 0774056

0845 0774055

network81@btconnect.com

www.network81.org

Prospects for People with Learning Disabilities

Enables people with learning disabilities to live life to the full.

01702 348171

01702 348171

heathera@prospects.org.uk

www.prospects.org.uk

S.A.F.E (Supporting Asperger Families in Essex)

Provides advice and support for families with children and adults with Asperger Syndrome. Organises a variety of activities for various age groups. Holds meeting every second Monday of the month from 8pm - 9pm at the Southend and District Reform Synagogue in London Road.

01702 473303

01621 842734

fernclive@pottershome.co.uk

www.aspergers.org.uk

Salvation Army Hadleigh Training Centre

Provide training opportunities for clients with special needs to enhance their personal development and maximise their potential to enter mainstream training and/or employment. Referrals from the employment Service and Social Care.

01702 426 260

shelley.carter@salvationarmy.org.uk

www.sahtc.co.uk

Shared Leisure

Befriending/Buddy service for adults with learning disabilities.

01702 215008

jennieandrews@southend.gov.uk

Southend Mencap

Supporting needs and interests of people with a learning disability and those of their parents and carers. Numerous projects and activities such as advocacy, music, sports, drama and children's clubs.

01702 341250

01702 341250

marc.mcowens@southendmencap.co.uk

www.savsmembers.org/southendmencap

The St Christopher Young Peoples Trust

The trust is a champion for young people with learning disabilities specialising in Autistic Spectrum Disorder Aspergers Syndrome Attention Deficit Hyperactivity Disorder (ADHD) and associated communication and interaction difficulties seeking to improve the quality of life for such children young adults and their families.

01702 524193

office@tscs.southend.sch.uk

www.spanglefish.com/stchristopheryoungpeoplestrust

The Thursday Club

Promotes a meeting place for people of all ages who have learning difficulties so that they can expand their social skills and to provide respite for carers. Meets at Leigh Youth Centre.

01702 558770

01702 716524

Anxiety UK

Promotes the relief and rehabilitation of persons suffering with anxiety disorders through information and provision of self-help services. Advances awareness of the general public causes and conditions of anxiety disorders and associated phobias. They also provide a national helpline and therapy services.

08444 775774

info@anxietyuk.org.uk

www.anxietyuk.org.uk

Basildon MIND

Promotes services based on the needs wishes and rights of individuals aims to provide services to enable people with mental health problems to gain independence self-esteem self-confidence and to make choices for themselves.

01268 284130

01268 284130

Info@basmind.org; sheila@basmind.org

www.basmind.org

Carers UK

National voice for carers raising awareness and providing information advice and support. Freephone: 0808 808 7777

0207 378 4999

0808 808 7777

info@ukcarers.org

www.carersuk.org

Centre for Mental Health

We work to improve the quality of life for people with mental health problems by influencing policy and practice in mental health and related services. We focus on criminal justice and employment, with supporting work on broader mental health and public policy.

020 7827 8300

contact@centreformentalhealth.org.uk

www.centreformentalhealth.org.uk

Childline

Free national helpline for children and young people in danger and distress. Confidential phone counselling for any child 24 hrs a day. Children away from home helpline operates Mon-Fri 3.30pm-9.30pm Sat & Sun 2pm-8pm.

020 7825 2775

0800 1111

0800 400222

www.childline.org.uk

Churches Together in Southend

Umbrella group for churches in Southend wishing to work together. 01702 312780

nigeltownend@blueyonder.co.uk

Community Mental Health Team Southend East and Central

One of the 2 Mental Health teams in the area offering assessment advice guidance and treatment of severe and enduring mental health problems. Open referral. Ring for appointment. 01702 440400

InterAct Chelmsford Ltd

Enables people with learning disabilities mental ill health and economic disadvantage to transform their lives. Manage various projects both on site and in the community. 01245 608221

julie.wright@interact.org.uk
www.interact.org.uk

MDF The Bi-Polar Organisation

A national user led organisation which works to enable people affected by manic depression/bipolar to take control of their lives. The organisation aims to educate the public and professionals about manic depression/bipolar and campaigns for greater research into methods of treatment. Services include: network of self-help groups in England and Wales for people with manic depression/bipolar their relatives and friends a quarterly journal Pendulum publications research papers self management training programme employment advice travel insurance scheme 24 hr helpline (including legal advice) life assurance scheme and web-based message boards. For details of particular services please call 08456 340 540. Details of local self-help groups are available on our web site. 020 7793 2600
020 7793 2600

mdf@mdf.org.uk
www.mdf.org.uk

OCD Action

Support, information and advocacy services for people affected by Obsessive Compulsive Disorder. Also BDD Body Dysmorphic Disorder.

0845 390 6232

support@ocdaction.org.uk

www.ocdaction.org.uk

Rethink Eastern Region

Working together to help everyone affected by severe mental illness recover a better quality of life.

01702 430432

0845 4560455

cath.weir@rethink.org

www.rethink.org

Sane Services

Helpline and e-mail service for those experiencing mental health problems plus their family and friends. Local and general advice.

020 7375 1002

08457 678000

info@sane.org.uk and sanemail@sane.org.uk

www.sane.org.uk

Shoebury and Southend Community Mental Health Team

Specialist teams provides a range of support and treatment options to people who have mental health needs. Southend provides support to people with mental health problems including help to find work, leisure activities, access to residential or day services, individual community support and support to carers.

01702 440400

01268 366000

South East Essex Self Harm Support

Walk-in facility for people who suffer from mental health issues.

seeshs@hotmail.co.uk

South Essex Mental Health Information Line

Advice and support to people who experience mental health difficulties or anyone who needs information. 01258 284130

South Essex Mental Health Information Line (SEMHiL)

Information on local mental health groups and information to help people in making decisions about their own health. 08456 013 617
01268 284130

info@semhil.eclipse.co.uk

South Essex Partnership University NHS Foundation Trust (SEPT)

Provides hospital services for those with serious mental health problems. Long or short stay wards including forensic. Referrals by consultants GPs crisis team or community worker. Telephone switchboard manned 24hrs. 0300 1230808

www.southessex-trust.nhs.uk

Southend Carers Forum

Southend Carers Forum exists to help Carers who look after or care for a relative, neighbour or friend, who is suffering from a long-term illness; physical or sensory disability; learning difficulty; mental health problems and drug or alcohol problems. We provide information, advice and support, on the issues that concern them most, irrespective of age group and social, ethnic, cultural and religious background and also aim to represent their interests with policy makers and services providers. Our range of support services include a Carers Telephone Helpline; Information and Advice; Carers Drop-in Centre; Support Groups and Luncheon Clubs; Ex/Former Carers Support, Social Events; Carers Handbook; Newsletters; Website. 01702 393933
01702 393933

info@southendcarers.co.uk

www.southendcarers.co.uk

Southend Community Mental Health Team

The teams provide services to people experiencing mental health difficulties in both the community and in-patient settings in order to promote positive mental health and independence. Thereby ensuring improved access to appropriate support services and resources, supporting timely discharge from hospital and reducing the need for hospital admission.

01702 440400

www.sept.nhs.uk/Our-services/Adult-Mental-Health-Service

Southend MIND

Mental health services offering practical and emotional support for persons vulnerable to mental health problems and support for their carers. Home visits available. Services reflecting the right to be treated as an individual and to be fully consulted.

01702 601123

office@southendmind.org.uk

www.southendmind.org.uk

The Southend Manic Depression Fellowship Self-Help Group

A support group for people who suffer from bipolar disorder, carers, family and friends. Meet at SAVS Centre, 29/31 Alexandra Street, Southend

0845 340540

mdf.southend@btinternet.com

www.mdf.southend.btinternet.co.uk

Together for Mental Wellbeing

Mental Health Charity providing advocacy and residential support in the Southend area / Thorpe Bay area. Nationally providing a wide range of support for clients with mental health and substance misuse problems.

01245 608240

susie-nankivell@together-uk.org

www.together-uk.org

Trust Links

Trustlinks is a local Mental Health Charity that provides community gardens to improve the wellbeing for those suffering mental ill health. Services are also provided for carers of those with mental ill health. Gardening services are also available at competitive roles.

01702 213134

office@trustlinks.org

www.trustlinks.org

Trustlinks Carers Breakthrough Project

Carers breakthrough offers support to carers of those with mental health needs including dementia. We offer listening support, including advice and information, advocacy (home visits available) A counselling service, an OCD support group, an holistic self help group (gentle yoga, relaxation and breathing techniques) a walking group, links with open arts groups and growing together, oppotunities for therapeutic breaks.

01702 346001

breakthrough@trustlinks.org

www.trustlinks.org

WHCM Bridge Counselling

WHCM Bridge assess counselling to young people (11 to 19) and adults. Based in Basildon.

01268 822800

bridge@whcm.org.uk

www.whcm.org.uk

Action on Elder Abuse

Action on Elder Abuse (AEA) works to protect and prevent the abuse of vulnerable older adults. Action on Elder Abuse operate the UK and Ireland only national freephone helpline for anyone concerned in any way about the abuse of older people. Although it cannot provide legal advice it can provide information on the nature of elder abuse and indicate what action might be taken in response to abuse or to prevent it.

0208 835 9280

080 8808 8141

enquiries@elderabuse.org.uk

www.elderabuse.org.uk

Age Concern Essex

The welfare of the elderly in Essex. Services include: information and advice home support/home help counselling advocacy and befriending. Holidays and insurance service 01245 264499. Toe nail cutting service: 01245 423333.

01245 346106

jacqui.mee@ageuk Essex.org.uk

www.ageconcern Essex.co.uk

Age Concern Southend

Providing services for vulnerable elderly living alone. Designed to improve their quality of life and to lead independent lives for as long as possible. Services include befriending, medical transport, advice and information to the public from the office and outreach work. We are champions of the elderly ensuring public and private services to meet their requirements. Hearing aid batteries, fact sheets.

01702 215780

enquiry@acsos.co.uk

www.acsos.co.uk

Age UK

Age UK works with 350 partners across the country to understand local needs and deliver the most appropriate services for older people. They can put you in touch with the one closest to you. Call the helpline for further information.

0800 169 65 65

www.ageuk.org.uk

Anchor Trust

Anchor Trust has more than 40 years experience of working with older people and providing residential care homes. We work with local authorities and primary care trusts across England to provide older people with care services and retirement solutions.

020 7419 6965

www.anchor.org.uk

C.A.P.E. Community Action Project for the Elderly

Promoting the welfare of the elderly by providing an effective home support service to those who may experience difficulty with routine domestic tasks. We cover all aspects of housework laundry and shopping together with tailor made individual services.

01702 434421

0870 333 5999

services@capehomehelp.co.uk

www.capehomesupport.co.uk

Club 60

Keeping Senior Citizens fit and health mentally and physically. A social facility where they can have light snacks and non-alcoholic beverages and meet friends in a warm friendly and safe atmosphere. Membership ú25. Meet at Queensway House.

01702 613562

Counsel and Care

Information and advice about community care for people over 60. Their families and carers.

0848 300 7585

0848 300 7585

advice@counselandcare.org.uk

www.counselandcare.org.uk

Elder Abuse Response

Information and advice on abuse of older people. Offers membership services publications and confidential helpline giving information for anyone and emotional support for those involved when an older person is abused.

0208 835 9280

0808 808 8141

enquiries@elderabuse.org.uk

www.elderabuse.org.uk

Elderly Accommodation Counsel

Offer free advice about all forms of accommodation and care for older people. Nationwide database of sheltered housing retirement housing to buy and rent care homes and support services.

020 7820 1343

0207 820 1343

enquiries@eac.org.uk

www.housingcare.org

HandyVan Scheme

HandyVan is a unique home support service from Help the Aged to help you feel safer in your home. Trained HandyVan fitters can install security equipment, change locks on doors and windows, and fit smoke alarms and carbon monoxide detectors.

0845 026 1055

www.helptheaged.org.uk

Trained HandyVan fitters can install security equipment change locks on doors and windows, and fit smoke alarms and carbon monoxide detectors.

Independent Age (formerly RUKBA)

Helps people over the age of 70 living on low incomes to remain in their homes and maintain independence. Helps those who have contributed positively in their lives to helping others.

01480 420090

rosemary.buisseret@independentage.org.uk

www.independentage.org.uk

Interchurch Caring Luncheon Club

Luncheon club run by the interchurch caring for the elderly.

01702 478691

Jewish Care

Day Centre for Jewish Active Older People. Dementia Day Care Centre. Sheltered Accommodation. Domiciliary Care.

01702 334655

020 8922 2222

gfreeman@jcare.org

www.jewishcare.org

Mental Health Team for Older People

Specialist services for elderly mentally infirm people aged 65 years and above. Bereavement counselling and carer support. Care at home. Referrals via GP through the Clinical Assessment Service known as CAS.

01702 226190

Normandy Veterans Association

Promotes fellowship and comradeship amongst ex-servicemen and women who served in the Normandy campaign during World War 2.

01702 522843

Priory House Day Centre

Day centre for older people referral required.

01702 343010

Royal Air Force Association

Concerned with the welfare of ex-service personnel and their dependants. Available only to ex-services.

01702 345054

Salvation Army Over 60s Club

Speakers and entertainers for everyone over 60.

01702 346856

francis@saarmysouthend.redshieldnet.com

South East Essex Advocacy for Older People

Provide one-to-one support and citizen advocacy for frail elderly and housebound people helping them at a critical time in their lives. Housing advocacy and dementia advocacy are also available. Recruits and trains volunteers.

01702 340566

southeastessexadvocacy@btopenworld.com

Southend & District Pensioners Campaign Group

Campaigning for the betterment of lives of pensioners. Helps to keep pensioners informed of their rights advocacy monthly meetings with speakers (of an educational and cultural nature).

01702 348161

southendpensionerscampaign1@googlemail.com

St Martins Residential Care Ltd (Mission of Help)

Provide residential and respite care for the elderly. Small interview room available for hire/donation.

01702 471132

sue@smartinscare.org

www.smartinscare.org

Warm Front

Free home insulation and possibly central heating for those who qualify (on certain benefits). Government funded initiative.

0800 316 2805

customer.management@eaga.com

www.warmfront.co.uk

Social Groups

Belfairs Methodist "Open House" Coffee Morning

Coffee Morning.

01702 421245

kwepage@mac.com

Bisexual Lesbian and Gay Youth Group (BLAG)

Weekly activities for young people under 20 years.
Youth centre based informal educational
opportunities various activities information and advice.

07768 011666

suechenery@southendyouthservice.org.uk

www.blagchat.org.uk

Cedars Centre

For men and women 50+. Teach crafts - hand pottery
painting keep fit greetings card making and
embroidery. Good alternative to sitting at home.

01268 774 517

01268 776 015 (secretary)

Eastwood Wine Circle

Social group for wine and beer makers and drinkers.
Holds event and raises money for charities.

01702 510274

info@eastwoodwinecircle.co.uk

www.eastwoodwinecircle.co.uk

English Speaking Union

Foster friendship between English speaking nations
worldwide arranges exchanges scholarships and
conferences. Social activities including talks coffee
mornings and lunches. Music trust gives annual grant
to assist a young musician.

01702 582882

Essex Pelargonium Society

Assists with and discusses the propagation of all sections of the pelargonium and geranium species. Annual shows raising funds for charities lively and enthusiastic society of gardeners.

01702 584329

richard.hampshire@virginmedia.com
www.simplesite.com/essex-pelargoniums

Essex Society for Family History S.E Essex Branch

Genealogy group

01702 522992

heather@feather1.demon.co.uk
www.esfh.org.uk

Gay Essex Mens Social Group

Social group for gay and bisexual men. Predominantly men over 26 but does not refuse men under 25. News letter videos and library. Referrals to youth groups. Ring for details of regular meetings. Informal chat before accessing the group.

01702 471021

barry@gemsgroup.co.uk
www.gemsgroup.co.uk

International German Club

Social Club for speakers of German of any nationality. Club nights and excursions.

01702 290428

renaharrington@talktalk.net
www.southendgermanclub.co.uk

Leigh Caledonian Dancers

We gather to enjoy SCOTTISH COUNTRY DANCING. This is not HIGHLAND STEP dance nor does it involve swords! Couples dance in sets and all members receive a booklet with dance notations. You do not need to have a partner with you - there will be plenty of willing persons to join you in a dance. Club meetings begin at 7.45pm - and there is a "technical" session at 7:15pm for those who wish to brush up on the steps and formations.

01702 354414

leighcaledonian@live.co.uk
www.leighcaledonian.info/

Leigh Glendale Over 55 Club

A warm welcome free tea and biscuits and entertainment. Membership ú2 per month. Lunch available before the club at the day centre at 1pm cost ú4.00.

01702 478092

leigh.on.sea.corps@salvationarmy.org.uk

Leigh Wesley Church Mens Forum

Varied non-denominational programme music speakers slides etc for retired men.

01702 477393

Lets Go Club

A friendly club which offers members the opportunity to enjoy a variety of day excursions.

01702 477539

www.letsgoclub.co.uk

Naval and Military Club (Southend-on-sea) Ltd.

Provides social activities mutual helpfulness mental and moral improvement and other advantages of a club to members. For ex-military personnel. Membership fee.

01702 347169

navalmilitary@btconnect.com

Royal British Legion (Essex)

The legions mission is to safeguard the welfare interests and memory of those who are serving or have served in the Armed Forces.

01242 348818

ifrancis@britishlegion.org.uk

www.britishlegion.org.uk

Salvation Army Drop In Centre

Safe Warm comfortable place to meet snacks and tea available. 01702 348999

Salvation Army Mens Fellowship

Talks and social activities for mature men. 01702 348999

South East Essex Group of Ramblers Association

Committed to safeguarding routes in town and country increasing access for walkers protecting the countryside and promoting walking to all. 01702 354375

<http://sites.google.com/site/southeastessexramblers/>

Southend & District Wine and Gardening Club

Wine Tasting social evenings etc. You do not have to be a winemaker or drinker to join. Keen to welcome disabled people. There are not many winemakers left but plenty of winedrinking gardeners!! 01702 465801

pat.rushman@blueyonder.co.uk

Southend Area Vegetarians

Encourages a vegetarian diet by bringing together like-minded people in an informal setting and by responding to requests for information. 01702 540903

soocoleman4@aol.com

www.wgsoc.org

Southend Irish Association

The Southend Irish Association has been in existence for almost 50 years and was born out of a need by the Irish community in Southend to meet regularly in an atmosphere of common interest bonded by a common Irish heritage.

01702 305282

gloughnane@blueyonder.co.uk
www.southendirish.co.uk

Southend Jazz Circle

Evening gathering with a speaker and recorded music of a particular genre or personality.

SS3 9RY

Southend Leigh and District Aquarist Society

Fish Club. Monthly meetings held at St. Andrews Hall Southview Drive Westcliff-on-sea Essex

01702 613753

sladas@blueyonder.co.uk
www.southendaquarist.co.uk

Southend Radio Flying Club

For members to fly radio-controlled airplanes and teach new members to fly as well.

01268 778843

Southend UFO Group

Researches UFO sightings in South Essex. Regular Meetings.

doults@tiscali.co.uk
www.essexufo.co.uk

Southend Womens Guild of Friends

Social events fundraising friendship

01702 203971

The Len Forge Centre

Provision of facilities for local adult football to encourage participation in sport and healthy activities. Secondary use of facilities by local residents for social and sporting activities

01702 520482

07766 911916

LFCfacilities@aol.com

Transliving

Host monthly parties for people with issues of gender. Support groups counselling advice for family and partners social gatherings magazines and literature available.

01268 583761

01268 583 761

stacy@transliving.co.uk

www.transliving.co.uk

United Nations Association Southend and District Branch

Promotes awareness understanding of and support for the United Nations system. Fundraisers and provides information in the Southend area.

01702 710035

Belfairs Methodist Badminton Club

Badminton Club

01702 421245

kwepage@mac.com

Essex County Bowling Club

Promotes the playing of indoor and outdoor bowling.

01702 338261

info@essexcountybc.com

www.essexcountybc.com

Friends of Disabled Bowlers (Essex County)

To give disabled people the opportunity to enjoy a sport and a social side to their lives. Junior members from 10 years old are welcome. We bowl once a month at the Jacks Bowling Centre Latchingdon.

01621 742486

pjg37@aol.com

Greenways Ladies Bowling Club

Meets for enjoyment and recreational bowling.

01268 747471

jennifermyers@btinternet.com

Leigh Tennis Club

The Leigh Tennis Club is situated off Highlands Boulevard Leigh-on-Sea. It comprises 3 hard all weather courts with floodlighting pavilion and bar. The Club is privately owned and managed by Anne Louise Wright B Sc. and LTA licensed coach. Membership is subscription only with a limited facility for guests. The Club organises both social and competitive tennis for juniors and adults coaching at beginner and intermediate level. Tennis is played all year round and the coaching season runs from 1st March until December.

01702 715509

anne@leightennis.co.uk

<http://www.leightennis.co.uk/>

Prittlewell Bowls Club

A thriving mixed club providing social and competitive bowls on excellent greens in the summer. Indoor activities include Short Mat bowls in the winter and numerous social events throughout the year. Free tuition by qualified coaches available. At Priory Park Victoria Avenue Southend-on-Sea

01702 612476

bernardelaine.clark@virgin.net

www.prittlewellbowlsclub.co.uk

SEALS Swimming Club for the disabled

People with disabilities their families and carers can have fun and exercise in a safe environment. ú1 per session.

01702 461042

andynead8@hotmail.co.uk

www.southend.gov.uk

Shi Kon Martial Arts

We teach tai chi and martial arts to all ages. We arrange sessions for community groups and are looking to work more extensively within the community to promote alternative forms of exercise suitable for all skill levels ages and fitness levels. We run tailored courses for various organisations ranging from exercise programmes for the elderly to programmes for young offenders. Our Medway Club is Clubmark certified and the Essex Club is in the process of obtaining certification.

01702 546257

gavin@shikon.com

www.shikon.com

Shoebury Park Bowling Club

Happy Club for over 18s.

01702 292504

willron@live.co.uk

South East Group of the Cycle Touring Club

The Essex CTC is part of the 70000 strong national Cyclists' Touring Club. The CTC provides its membership with a range of services appropriate for modern day cycling such as third party insurance legal advice and discounts on all kinds of cycling and general outdoor activities. The Club also campaigns for cycling issues both at local level and in discussion with government.

ctc@essexcycling.co.uk

www.essexcycling.co.uk

Southchurch Park Bowling Club

01702 469215

Southchurch Park Croquet Club

Croquet Club providing a sport which has no age and no ability restrictions. Beginners coached.

01702 303957

www.croquet.org.uk/

Southend Chess Club

Plays twice a week.

01702 345902

s.wedlock@sky.com

www.southendchessclub.co.uk

Southend Judo Club

Southend Judo Club was formed in 2005, with the purpose of providing facilities for and to foster and promote community participation in the Olympic sport of Judo at all levels, providing opportunities for recreation and competition. Sessions held at Chase Sport & Fitness, Prittlewell Chase, Westcliff-On-Sea, Essex SS0 0PR

07961 184740

pknaapen@gmail.com

www.southendjudo.co.uk

Southend Scorpions Basketball Team

01702 587718

mccannmoira@btconnect.com

www.essexbasketball.co.uk

Southend-on-Sea and EMT Cricket Club

cricket for all ages and abilities. U11 and U13 - Training at Southend High School for Boys 19.00-20.00 every Wednesday (Jan-Apr) starting Jan 6th. U15 +adults 20.00-21.00 Wed (Jan-Apr) starting Jan 6th. Any queries please contact us via the website.

01702 332176

www.sosemtcc.org.uk

Sportessex

Ensuring that everyone in Essex has the opportunity to take part in sport at the level that they want to encouraging people to volunteer in sport.

01245 438614

administration@sportessex.org.uk

www.sportessex.com

Trinity Football Club

An FA affiliated charter standard development club. Provides well run affordable football for all. Ages 3-adult. Mens. Youth. Girls. Sociability (football for disabled). Our coaches are FA qualified and CRB checked.

07752 853094

kim@trinityfc.com

www.trinityfc.com

Transport

CareCars

Car service trips to hospital for local residents who cannot use public transport donation required (calculated according to mileage) some drivers can take wheelchairs. 7 days notice required. 01702 385125

Dial-a-Ride (Southend Council)

Minibus travel for people who are unable to use public transport covers Southend and Castle Point. Brokerage Scheme for underused minibuses. 01702 215666/5

barrythomas@southend.gov.uk

Leigh Town Council

Town council providing a community transport scheme for local elderly and disabled residents. 01702 716288

council@leighonseatowncouncil.gov.uk
www.essexinfo.net/leigh-on-sea

Youth Groups

1312 Southend-on-Sea Air Cadets Welfare Committee

Uniformed Voluntary Youth Organisation (Aviation Orientated) Cadets 01702 614751

henryskinner@blueyonder.co.uk
www.1312squadron.co.uk

1312 Southend-on-Sea Air Training Corps

Youth Organisation which encourages youngsters to foster team spirit and take an interest in aviation and outdoor pursuits. 01702 530559

1312sqn@essex-aircadets.org
www.1312squadron.co.uk

Amigos Mentor Scheme

AMIGOS offers mentoring to young people in Southend who are looked after children or are known to the youth offending service. Our aim is to offer support and practical advice to this client group with a particular emphasis on education training and employment as well as having fun! AMIGOS seeks to recruit volunteers from the local area to work with this client group and would be asking for a minimum commitment for two hours per week. 01702 534300

audreyrigg@southend.gov.uk

Bar 'N' Bus Trust

Reaching out to young people by educating supporting and encouraging. Youth bus 8pm-10pm Tuesday North Road Car Park Westcliff. 01268 793331

team@barnbus.org.uk
www.barnbus.org.uk

Canvey Island Youth Project

Support for young people responding in a way appropriate to the particular young person and their situation. Provide a reliable drop-in facility for young people aged 11-25 years 6 days a week plus counselling befriending homeless support and outreach. 01268 514792

ciyouth.project@virgin.net
www.canveyislandyouthproject.org.uk

Connexions Access Point

Information on what is to offer in Southend local sports support groups volunteering college courses etc. Validation of bus photocards. Connexions access point for advice guidance and support.

01702 469501
080 800 13 2 19

www.estconnexions.co.uk

Connexions Direct Youth Advice Line

Advice line dealing with everything from career and housing to drugs and pregnancy. Text 07766 413219

08080 013219
08080 013219

via website
www.connexions-direct.com

Educational Psychology Service (Southend Borough Council)

Applies psychology skills and understanding to help Southend Children and Learning Department and schools to provide a quality service for children with special educational needs. Works closely with schools and SENCOs. School SENCOs will normally refer pupils to an educational psychologist upon completion of a common assessment framework (CAF).

01702 215966
colingordon@southend.gov.uk

Essex Boys and Girls Clubs

Provide activities and events, outdoor pursuits opportunities for young people to engage in that helps develop their potential and social well being. Also training for club leaders and young leaders, together with advice and assistance on club management and development. Services are located county wide. Evening and weekends are also worked delivering activities and training to affiliated member clubs.

01245 264783
ronb@essexboysandgirlsclubs.org
www.essexboysandgirlsclubs.org

Essex Young Witness Project

Provides support to young witnesses who are giving evidence about sexual or violent crimes and who may be distressed by the court appearance. Run by the NSPCC.

01206 768333

Leigh Youth Club

Youth Club with pool table tennis art and board games and First Steps Job Club. Leigh Youth Forum.

01702 478426

Kevanbaker@southend.gov.uk

Millrace IT Ltd

A social enterprise owned by the charity Interact (1048631). Help people wanting to get back into employment but are having difficulties because of disadvantage health or other problems.

01376 518508

richard.huckett@millraceit.co.uk

www.millraceit.co.uk

Southend Sea Cadets

Variety of nautical theme based activities based on customs of Royal Navy help young people become responsible adults

01702 552659

alan.friedrich@pecltd-uk.com

<http://units.ms-sc.org/southendonsea>

Southend West Guide Division

National Guide association for the development of young ladies from 6 to 25. All local leaders are volunteers.

01702 710207

07884 465856

c.haddow833@btinternet.com

www.girlguidingessexsoutheast.org.uk

Southend Youth and Connexions Service

Encourages empowers and challenges young people to achieve their full potential through learning opportunities and supportive interventions. Summer events listing at www.behappy.org.uk

01702 420290

connexions@southend.gov.uk

www.southend-connexions.co.uk

The Duke of Edinburghs Award

Structured activities for young people aged 14-19yrs. 01702 615291
Training and support provided.

debbieloftus@southend.gov.uk

YMCA

A Christian charity committed to helping young people particularly at times of need regardless of gender race ability or faith. Housing provision for the homeless and training courses for example Food Hygiene First Aid and Music.

01702 301301

syriecox@southendymca.com

NOTES

Produced by Southend Association of Voluntary Services (SAVS)
29-31 Alexandra Street, Southend-on-Sea, Essex, SS1 1BW

www.savs-southend.org/csd info@savs-southend.co.uk