



# Level 2 Early Help support services

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- All Rise Collective (Toiletry Care bank)

## Addiction

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### **Alcoholics Anonymous** **Universal service**

Offers support for people facing an alcohol dependency.

Email: [help@aamail.org](mailto:help@aamail.org)

Website (live chat support available): [alcoholics-anonymous.org.uk](http://alcoholics-anonymous.org.uk)

National Service with Local Groups across Southend.

For details of local groups

[Find a Meeting | Alcoholics Anonymous - Great Britain \(alcoholics-anonymous.org.uk\)](#)

**Call: 0800 9177 650 (open 24/7, free of charge)**

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### **Gamblers Anonymous** **Universal service**

National Service with Local Groups across Southend.

Offers support for people facing a gambling dependency.

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

For details of local groups

[GA Meetings – Gamblers Anonymous](#)

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

**Call: 0330 094 0322 (standard landline rate)**

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### **GamCare** **Universal service**

Is the website of the National Gambling Helpline, offering confidential support and advice for anyone affected by gambling problems in England, Scotland and Wales.

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

**Call: 0808 8020 133 (free of charge)**

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### **Narcotics Anonymous** **Universal service**

National Service with Local Groups across Southend.

Offers support for people facing a drug dependency.

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

[Meetings Search | UKNA Meetings | Narcotics Anonymous Meetings in the United Kingdom](#)

**Call: 0300 999 1212 (10am — midnight, every day, standard landline rate)**

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## Stars

### Universal service

**Local Service** For people aged 30 yrs and over

[STARS Southend Treatment and Recovery Service - Forward Trust](#)

We help people who have issues with drugs and/or alcohol and want to make a positive change. We also support the family and friends of people who are worried about their loved one's substance use or have been affected by it.

Email: [Southend.referrals@forwardtrust.org.uk](mailto:Southend.referrals@forwardtrust.org.uk)

**Call: 01702 431 889**

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## Open Road - Southend Young Person Drug and Alcohol Service

### Universal service

Local Service For young people

[Southend Young Person Drug and Alcohol Service \(YPDAS\) - Open Road Visions](#)

We support young people aged 10-17 years and the transitional age of 18-29, who are affected or experiencing issues with drugs and/or alcohol.

If you want to refer yourself or you are a parent/carer for an under 18, you can complete the online referral form on our website under Support, alternatively

To make a referral: [Southend.YPreferral@openroad.org.uk](mailto:Southend.YPreferral@openroad.org.uk)

**Call: 01702 431 889**

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## Bereavement

### Bereavement support

[Bereavement | Livewell Southend](#)

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### Bereavement resources including ASD

From Little Havens Hospice



Child Friendly Grief  
Cycle.docx



ASD Grief  
document.docx



Children and grief  
pack.pdf

## **Cruse Bereavement Care**

### **Universal service**

Local Service, offers support, advice and information to children, young people and adults when someone dies.

[Home - Cruse Bereavement Support](#)

Email:

[southendonsea@cruse.org.uk](mailto:southendonsea@cruse.org.uk)

**Call: 0808 808 1677 / 01702 213 843**

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## **The Compassionate Friend**

### **Universal service**

The compassionate friend is a peer support network for bereaved parents, siblings and families. Has a support group in Westcliff.

[The Compassionate Friends \(tcf.org.uk\)](http://tcf.org.uk)

**Call: 0345 123 2304**

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## **Co-sleeping**

### **Universal service**

#### **Safer sleep for babies, Support for families**

The Lullaby Trust raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional support for bereaved families.

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

**Call: 0808 802 6868**

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## **Carers**

### **Carers First**

#### **Universal service**

**Carers First provide support in Southend for both Adult and Young Carers**

**Helpline: 0300 303 1555**

**Email:** [hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk)

<https://www.carersfirst.org.uk/get-support/adult-carer/>

<https://www.carersfirst.org.uk/get-support/professional-adult-carer-referral/>

<https://www.carersfirst.org.uk/get-support/young-carer/>

<https://www.carersfirst.org.uk/get-support/professional-young-carer-referral/>

<https://www.carersfirst.org.uk/get-support/parent-and-guardian-young-carer-referral-form/>

## Children and Family services

### **Livewell Universal service**

## Children, Young People and Families – Livewell Southend

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### **City Family Universal service**

[City Family | Empowering families to raise happy, healthy children](#)

**Call: 01702 844118**

**Email:** [contact@cityfamily.org.uk](mailto:contact@cityfamily.org.uk)

City Family is a purpose driven, social organisation, developed as the legacy vehicle of the ten year Lottery funded A Better Start Southend. Our core values underpin the decisions we make and the way that we work.

We connect parents and carers to support, services, and community networks, making family life a little easier.

Services provided by City Family are

**Your Family Service:** [YourFamily - City Family](#)

We offer and deliver a number of services and programmes including antenatal courses, baby massage classes, 121 family support, dad's groups and stay and play. We work with and alongside families from when they find out they are having a baby right up to their child starting secondary school.

We are open 6 days a week, our friendly Navigators would usually be the first person you would speak to, either by phone, on live chat or in person if you visit our family space in Westcliff.

**Dads Connect :** [Dads Connect - City Family](#)

We are DadsConnect, an Essex-based project all about empowering and supporting dads and male carers through their fatherhood journey.

We aim to connect dads and male carers, so that every dad can feel part of something. Get support for yourself and use your skills to make a difference in your community. Contact us to find out how you can get involved.

**City Family Explorers:** [City Family Explorers - City Family](#)

City Family Explorers is our creche and child care service, which predominantly supports parents to take part in local activities. The service is also available for private bookings

### **Southend Family Centres Universal service**

[THE Homepage – Family Centres](#)

Local service The Family Centres are open and delivering a range of activities.

Follow on Facebook at: [www.facebook.com/southendfamilycentres](http://www.facebook.com/southendfamilycentres)

Locations:

- Blenheim Family Centre - Blenheim Chase Leigh-on-Sea SS9 4HX
- Cambridge Road Family Centre - 40-42 Cambridge Road Southend-on-Sea SS1 1ES

- Centre Place Family Centre - Prospect Close Southend-on-Sea SS1 2JD
- Eastwood Family Centre - Eastwood Primary School Rayleigh Road Leigh-on-Sea SS9 5UT
- Friars Family Centre - Constable Way Shoeburyness SS3 9XX
- Hamstel Children and Family Centre - Hamstel Road Southend-on-Sea SS2 4PQ
- Prince Avenue Children and Family Centre - Hornby Avenue Westcliff-on-Sea SS0 0LG
- Summer court Family Centre - Summer court Road Westcliff on sea SS0 7AT

**Call: For up to date information on sessions please ring 01702 220 810**

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### **Jigsaws Referral needed**

A referral from one of the following is required and can be made via a referral form on S1:

health professionals providing care to the child, including consultants, clinical nurse specialists, GPs, Health Visitors and School Nurses.

[Play and Parenting Team \(Jigsaws\) - Health and wellbeing | Livewell Southend](#)

Local service development and play advisors.

Jay Lowe

Specialist HV for children with additional needs.

Address: Rayleigh Clinic, East wood road, Rayleigh SS6 7JP

[epunft.jigsaw@nhs.net](mailto:epunft.jigsaw@nhs.net)

**Call: 07583 692 625**

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### **Volunteering Matters Referral needed**

Local service [Volunteers Supporting Families - Support Volunteer \(Southend-on-Sea\) - Volunteering Matters](#)

[catherine.whitehead@volunteeringmatters.org.uk](mailto:catherine.whitehead@volunteeringmatters.org.uk)

Catherine Whitehead

**Call: 01702 534 262**

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### **Shoeburyness Youth and Community Universal service**

Based in the heart of West Shoebury on Delaware Road, Shoeburyness youth and community centre offers a library upstairs, weekly youth sessions, young carers and club ink. Many services and groups run from here, please pop in or call to find out more information.

**Call: 01702 298 295**

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### **St Luke's Community Hub Universal service**

Local service based in Cluny Square, St Lukes community hub offers a wide range of community groups and activities including an art group for adults, youth groups, a free community gym and a gardening project.

Give us a call or message through Facebook.

1-3 Cluny Square, SOS, SS2 4AF

**Call: 01702 463 927**

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**Abacus Counselling and support**  
**Universal service and referrals**

[Talking Therapy | Abacus Counselling and Support | England](#)

Based in SS3

General enquiries - universal access

[info@abacuscounsellingandsupport.co.uk](mailto:info@abacuscounsellingandsupport.co.uk)

Referrals

[referral@abacuscounsellingandsupport.co.uk](mailto:referral@abacuscounsellingandsupport.co.uk)

**Call: General Enquiries 07910 261 780**

**Referrals - 07843 387 879**

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**Kids Inspire**  
**Universal service**

[Kids Inspire](#)



Referral-ITC CYP  
Specialist Support FIN



CYP counselling.docx



Referral-ITC CYP  
Specialist Support FIN

Kids Inspire, Open Door and Southeast and Central Essex Mind specialist early intervention service for

children and young people aged 5-18 years (or up to 25 if in receipt of an Education, Health and Care Plan). children and young people with emerging mental health issues. The three organisations will see children and young people with any of the following issues:

- low level depression
- anxiety
- low mood
- worries and concerns arising from Covid-19

The secure email address for referrals is [cypcounselling.kidsinspire@nhs.net](mailto:cypcounselling.kidsinspire@nhs.net)

How to referrer:

**Call: 01245 348 707 to discuss the referral directly**

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**Therapy for you**  
**Universal service**

[Therapy For You – We'll help you feel better](#)

Provided by Essex Partnership University NHS Foundation Trust (EPUT), our service makes a range of CBT-based therapies available to anyone over the age of 18 who lives in Southeast Essex or over the age of 16 who lives in Northeast Essex and is not currently receiving secondary mental health care or crisis services.

**Call: South East Essex 01268 739 128 / North East Essex 01206 334 001**

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**Home Start Essex**  
**Universal service**

Home-Start Essex aims to give children the best possible start in life by supporting parents and caregivers to feel less isolated, to build their confidence in themselves and their parenting and to find ways to manage the challenges they face. We build trusting, helpful relationships with families and deliver a range of flexible support to meet their individual needs, including volunteer-led home visiting, family groups, wellbeing services, school-readiness, and behaviour support programmes.

[Home - Home Start Essex \(home-startessex.org.uk\)](http://home-startessex.org.uk)

[info@home-startessex.org.uk](mailto:info@home-startessex.org.uk)

**Call: 01245 847410**

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**[Crisis support \(suicide prevention\)](#)**

**Livewell**

[Suicide prevention | Livewell Southend](#)

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**CMHT**

**Universal service**

[Suicide Prevention – Southend-on-Sea City Council](#)

[What does the team do? | New Adult Mental Health Team | Livewell Southend](#)

[Southend Adult Social Care Portal](#)

**Adult Mental Health Team (AMHT):** 01702 215008

**To contact the Community Mental Health Team please:**

**Call: 01702 456800**

**PAPYRUS:**

**Universal service**

[Papyrus UK Suicide Prevention | Prevention of Young Suicide](#)

HOPELINE247 is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.

**Call: 0800 068 4141 - Text: 88247**

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

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## **NELFT** **Universal service**

Local service for Under 18's

[Southend, Essex and Thurrock \(SET\) CAMHS | NELFT NHS Foundation Trust](#)

Southend, Essex and Thurrock Children's and Adolescent's Mental Health Service

Who are we?

The Southend, Essex and Thurrock Children's and Adolescent's Mental Health Service (SET CAMHS) provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties.

The service covers Southend, Essex and Thurrock and is open to young people under the age of 18.

Any child or young person experiencing mental health difficulties as well as any parent, guardian or professional can access the service for help and guidance.

There are lots of ways to access the service.

A child or young person can contact us directly

Any parent/guardian or professional such as a teacher, school nurse or GP can contact us on the behalf of the young person

If you need urgent help or out of hours help

**Call: NELFT 0800 953 0222**

**Email: [SET-CAMHS.referrals@nelft.nhs.uk](mailto:SET-CAMHS.referrals@nelft.nhs.uk)**

**NELFT out of hours: 0800 995 1000**

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## **SHOUT** **Universal service**

For all age groups. Confidential, text-based support service, offering support 24/7. It is free to text from all major mobile networks in the UK.

Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope.

To start a conversation, text the word 'Shout' to 85258. Trained Shout Volunteers are here to listen at any time of day or night and messages won't appear on your phone bill.

If your life is at imminent risk, please call the emergency services on 999.

Website (live chat support available): [giveusashout.org](http://giveusashout.org)

**Text: SHOUT to 85258 (open 24/7)**

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## **[CSE \(Child Sex Exploitation\)](#)**

## **CEOP Thinkuknow CSE support**

[CEOP Education](#)

## **Child exploitation disruption toolkit**

[Child exploitation disruption toolkit - GOV.UK](#)

Disruption tactics for those working to safeguard children and young people under the age of 18 from sexual and criminal exploitation.

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## **SeeTheSigns**

SeeTheSigns campaign aims to put an end to the recruitment of children and young people into these gangs, by informing people of the things to look out for and offering a way to contact relevant people who can help, should anyone have any concerns

[Are Drug Gangs Controlling Your Friends? | See the Signs](#)

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## **Debt**

### **Livewell**

[Finances – Livewell Southend](#)

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### **CAP - Christians against poverty Universal service**

Cap Money is a national charity with a debt centre based in Southend, working with partners across Southend to run budgeting courses and offer in house visiting for debt advice. A completely free service with very understanding staff.

Referrals can be sent to

[referrals@capuk.org](mailto:referrals@capuk.org)

However, this is a universal service, and anyone can call the freephone number to arrange support.

Caps website has lots of useful advice regarding UC, finances and budgeting.

[CAP UK | Money and debt advice](#)

**Call: 0800 3280 006**

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### **KMAC – Kings money advice centre – Debt issues. Universal service**

KMAC is here to help. We are a free, confidential and proficient debt advice service, authorized and regulated by the Financial Conduct Authority. No matter how big or small your debts are and whatever your circumstances, we want to help!

[connect@kmacsouthend.uk](mailto:connect@kmacsouthend.uk)

[www.kmacsouthend.uk](http://www.kmacsouthend.uk)

**Call: 01702 522 197**

## **Domestic Violence Support services**

**Livewell** [Domestic abuse | Livewell Southend](#)

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### **Safe Steps**

#### **Universal service and referrals**

[Safe Steps - For a brighter future free from abuse](#)

Supporting survivors of domestic abuse in Southend-on-Sea and the wider Essex Area. Professional and self-referrals can be made via the online form.

Adults: Dove team of independent domestic violence Advisors (IDVAS) provide emotional and practical support, offering guidance to help you and your family remain safe. This includes, but is not limited to, safety planning, court support, advocacy with social care, police, health services and housing'.

Children and non-abusing parent: Fledglings is specialist child and family support service offering programmes of recovery, 1:1 support and counselling, working with the non-abusing parents and their child/ren, from the age of 5.

Early Years IDVA team provide a dedicated support service for parents experiencing domestic abuse who have children under 5 years old.

Teenagers and Young adults – Break the cycle: Break the cycle team is a child and young person violence advisors (CYPVA) service supporting those aged 13-19 years. They also deliver healthy relationship workshops and training in Southend's school.

Refer online at [www.safesteps.org](http://www.safesteps.org)

**Call: 01702 302 333**

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### **Fledglings**

#### **Universal service and referrals**

[Fledglings - SafeSteps](#)

Fledglings provides a domestic abuse recovery service for the non-abusing parents/carers and children and young people (CYP), from the age of 5, who have been exposed to domestic violence. As we are a recovery service, we are only able to work with children and non-abusing parent post-separation, and where the risk from any ongoing abuse is managed or mitigated.

[referrals@safesteps.org](mailto:referrals@safesteps.org)

**Call: 01702 302 333**

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**ESSEX COMPASS**

## [About Compass](#)

Essex Domestic Abuse Helpline:

Helpline available from 8 am to 8 pm weekdays and 8 am to 1 pm weekends.

**0330 333 7444**

**ReSet** - ReSET A safe space and support for residents of Southend, Essex and Thurrock who want to make changes to their abusive behaviours towards partners or family members. Contact us E: [reset@cranstoun.org.uk](mailto:reset@cranstoun.org.uk) How to sign up to the programme Programme participants can self-refer or be referred by a support worker or other professional. Essex COMPASS A partnership of domestic abuse services providing a response in Essex. To make a referral [www.essexcompass.org.u](http://www.essexcompass.org.u)

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## **SAFER PLACES**

### **Universal service**

A refuge is safe temporary accommodation for anyone escaping domestic abuse. Safer Places has 8 refuges across Essex and Hertfordshire, including specialist therapeutic refuge spaces for women with multiple needs and women with no recourse to public funding.

Safer places also provide a range of support services.

[info@saferplaces.co.uk](mailto:info@saferplaces.co.uk)

<https://www.saferplaces.co.uk/>

[referrals@saferplaces.co.uk](mailto:referrals@saferplaces.co.uk)

**Call: Helpline 03301 025 811**

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## **Refuge**

National helpline for help finding refuge space

[Refuge – For women and children. Against domestic abuse.](#)

Freephone, 24-hour Helpline

**Call: 0808 2000 247**

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## **NCDV - National Centre for Domestic Violence**

### **Universal service**

[Domestic Violence & Abuse · Emergency Injunction Service \(ncdv.org.uk\)](#)

A free, fast emergency injunction service to survivors of domestic abuse and violence regardless of their financial circumstances, race, gender or sexual orientation.

[office@ncdv.org.uk](mailto:office@ncdv.org.uk)

**Text: NCDV to 60777**

**Call: 0800 970 2070**

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## **Good Man**

Good Man is a five week male mentoring programme for boys and young men who are at risk of entering into abusive relationships in the future and/ or are at current risk within an abusive relationship. Good Man can be delivered as a group or on a 1:1 basis.

For more information visit and online referral please visit : [Good Man - Male Mentoring](#)

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

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## **Sisters in Strength**

Sisters in Strength is a 5 week female mentoring programme for 10-18 year olds. The programme looks to educate young people about the value of respect and the characteristics of healthy and unhealthy relationships. Equipping them with the necessary skills to develop and maintain relationships. Sisters in Strength can be delivered as group work or on a 1:1 basis.

For more information visit and online referral please visit: [Sisters In Strength - Female mentoring](#)

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

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## **[Education support services](#)**

### **Livewell SEND**

[SEND Local Offer – Livewell Southend](#)

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### **Access and Inclusion Team**

#### **Universal service**

[How we can support | Southend-on-Sea City Council Inclusion Team | Livewell Southend](#)

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### **EHE - Elective Home Education**

#### **Universal service**

[Home education – Southend-on-Sea City Council](#)

To contact the Elective Home Education Service to discuss your child's education and request an Elective Home Education pack.

[kimholmes@southend.gov.uk](mailto:kimholmes@southend.gov.uk) (Tue, Wed, Thur)

**Call: 01702 215 909**

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### **EPS – Education Psychology Service - EP Connect**

#### **Universal service**

Educational Psychologists (EPs) work with children and young people in educational and early years settings. They draw on a range of psychological theories in their work. The underpinning ethos involves looking at the environment around the

child/young person, trying to ensure that it is enabling them to reach their full potential. EPs use psychology to empower others to solve problems.

[Educational Psychology Service 2025/26 | Southend Learning Network](#)

EP CONNECT SERVICE - for Parents

Tuesdays 3pm – 4.30pm term time

Thursdays 8 am– 9.30am term time

**Call: 01702 212 690**

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## **Ethnic minorities Support Services**

**BAATN** – The Black African and Asian Therapy Network.

**Universal service**

[Home - The Black, African and Asian Therapy Network](#)

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## **CAST - Communities and Sanctuary Seekers Together**

**Universal service**

Communities and Sanctuary Seekers Together (CAST) is a Southend-based community group, committed to bring an end to destitution amongst asylum seekers, refugees, and migrants with no recourse to public funding (NRPF) living in Southend. The organisation is made up of asylum-seekers, refugees and the wider community, and supports destitute and homeless asylum seekers by providing resources, advice and accommodation.

**Call: 01702 436 659**

**Email:** [castsanctury@hotmail.com](mailto:castsanctury@hotmail.com) / [info@castsanctuaryuk.org](mailto:info@castsanctuaryuk.org)

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## **Welcome to the UK**

**Universal service**

A charity that helps people who are new to the UK, please call Ilda Staffa on 07398 884 141 for more info or pop into their hub situated in Victoria Plaza – open.

[Welcome to the UK | Southend-on-Sea | Newcomers \(welcome2theuk.com\)](#)

**Call: 01702 808 579**

**Email:** [office@welcome2theuk.com](mailto:office@welcome2theuk.com)

Welcome to the UK now have hubs in Basildon and Grays – all the information is on the website above.

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## **Refugee Council**

Support and information for refugees and people seeking asylum.

[www.refugeecouncil.org.uk/](http://www.refugeecouncil.org.uk/)

**Call: General enquiries 020 7346 6700**

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

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## Reach Her

Empowering Women through food and friendship, Bringing women together in Southend to tackle loneliness and boost wellbeing. For women from all walks of life. Cooking sessions, relaxed coffee mornings, supportive conversation and Cultural connections. Get Involved, Be inspired, Reach Her.

St John's Church  
Church Road  
Southend-on-Sea  
SS1 2AL

**Email** : [Sophiakpan.reachher@gmail.com](mailto:Sophiakpan.reachher@gmail.com)

**Call: 07931 267463**

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## [Financial Support and Advice including Housing advice](#)

### **Livewell – financial**

[Finances – Livewell Southend](#)

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### **Cost of Living Support** **Universal service**

For up-to-date information:

[Cost of living support – Southend-on-Sea City Council](#)

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### **ELF – Essential Living Fund** **Universal service**

For extra help and information regarding DHP's please see

[Discretionary Housing Payments – Southend-on-Sea City Council](#)

[Essential Living Fund – Southend-on-Sea City Council](#)

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### **CAB – Citizens Advice** **Universal service**

[Home | Citizens Advice Southend](#)

#### **Get in contact:**

Citizens Advice Southend  
1 Church Road, Southend-on-Sea  
Essex. SS1 2AL

**Call: 08082 78 7978**

Our out-of-office hours number is: 07503 669359

## **Turn2us**

### **Universal service**

Benefits calculator, grants and organisations that may be able to help.

[Fighting UK Poverty - Turn2us](#)

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## **[Health - Children's](#)**

### **Livewell – Children and Families Health**

[Health – Livewell Southend](#)

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### **Health Visitors - Under 5's**

#### **Universal service**

[Health visiting 0-5 – Livewell Southend](#)

Health Visitors aim to promote the health and well-being of families with children under the age of five.

The Southend Health Visiting Team can be contacted Monday-Friday, 9am-5pm, excluding bank holidays.

If you have any concerns about your child's health/development and you have not had an appointment, do contact us:

**Call:** 01702 534911

**Email:** [MSEICB-S.Southend0-19PublicHealthServiceAdmin@nhs.net](mailto:MSEICB-S.Southend0-19PublicHealthServiceAdmin@nhs.net)

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## **The Lighthouse Centre**

### **Referrals only**

Services include:

- Paediatric Outpatient Clinic
- Paediatric Physiotherapy
- Paediatric Occupational Therapy
- Paediatric Speech and Language Therapy
- Paediatric Audiology
- Children with Disabilities Social Care Team
- Specialist Health Visitors
- Little Fishes Therapy Through Play Groups
- Toy Library
- Sensory Stimulation (including Sensory Garden)

**E-mail** [epunft.lighthouse.reception@nhs.net](mailto:epunft.lighthouse.reception@nhs.net)

**Website:** [About the Lighthouse Child Development Centre - Essex Partnership University NHS Foundation Trust](#)

**Call: 0344 257 3952**

## **OCCUPATIONAL THERAPY - Children's team**

### **Referral needed**

Access Team – Occupational therapy

For inquiries - Email: [accessteam@southend.gov.uk](mailto:accessteam@southend.gov.uk)

[Children's Service – Independent living and Occupational Therapy \(OT\) – Southend-on-Sea City Council](#)

social worker or health professional can refer you for an Occupational Therapist assessment via:

emailing [OTchildrenreferrals@southend.gov.uk](mailto:OTchildrenreferrals@southend.gov.uk)

**Call: 01702 212 719 / 01702 215 008**

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## **School Nursing Team**

### **Universal service**

[School Nursing – Livewell Southend](#)

Children and Public Health Department

Young people living in Southend can access Chat Health, which is a secure and confidential text messaging service for young people aged between 11 to 19 years. It allows young people living in Southend to get in touch easily and anonymously with a School Nurse for advice and support.

11- to 19-year-olds can **text 07520 649895** for advice regarding mental health, sexual health, bullying, drugs, alcohol, self-harm, relationships and smoking.

Email: [MSEICB-S.Southendpublichealthnurses@nhs.net](mailto:MSEICB-S.Southendpublichealthnurses@nhs.net)

**Call: 01702 534 843**

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## **Sleep**

### **Universal service**

The Children's Sleep Charity who offers advice to anyone whose child is not sleeping well.

[www.thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk)

The Children's Sleep Charity who offers advice to anyone whose child is not sleeping well.

Email: [hi@thechildrenssleepcharity.org.uk](mailto:hi@thechildrenssleepcharity.org.uk)

**Call: 07520 666 806**

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## **Speech and Language**

### **Referral needed**

[Children's Speech & Language Therapy - Essex Partnership University NHS Foundation Trust](#)

Email: [epunft.children.SSLT@nhs.net](mailto:epunft.children.SSLT@nhs.net)

**Call: Administration team - 01702 578 614**

## [Health – Adults](#)

### **Livewell – Health**

[Health – Livewell Southend](#)

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### **Everyone Health Universal service**

[Home - Everyone Health Southend-on-Sea](#)

Everyone wants to be healthy and all Everyone Health are here to make that happen.

Teaming up with Southend-on-Sea City Council, we are here to help with every aspect of health, fitness and wellbeing, with all our programmes proven to have long term benefits.

Our service is free for people aged 16 and above who live or work in Southend or are registered with a Southend GP practice. This includes support to lose weight, eat more healthily and get active.

Depending on the programme you're on, our services can be accessed in your GP's practice, pharmacy, a community location or, if you need special support, your own home. There's also a dedicated help line and online service.

Work place Wellbeing - Physical activity

NHS Health Checks - Weight management

Health Trainers - Social prescribing

### **Self-referral on website**

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### **Occupational therapy – Adult Team Universal service**

[Adult occupational therapy services | Independent living and occupational therapy \(OT\) | Livewell Southend](#)

You can get support by making a [referral on our portal](#). This is the quickest and easiest way to contact us. If you do not have access to the internet, you can call our Contact Centre on 01702 215008.

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### **Sexual health including Contraception and STI testing Universal service**

[Brook Southend - Brook Southend \(sexualhealthsouthend.co.uk\)](#)

Brook Southend offers a wide range of confidential services including STI testing, treatment, contraception (including long-acting and emergency), pregnancy testing, and specialist young people's services.

The Victoria Shopping Centre, 362 Chartwell Square. SS2 5SP.

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## [Mental Health support services – Children and Young People](#)

### **Livewell - Mental health for children and young people**

[Mental health for children and young people](#) | [Mental health](#) | [Livewell Southend](#)

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**CAMHS** (SET) Formerly EWMHS

[Southend, Essex and Thurrock \(SET\) CAMHS | NELFT NHS Foundation Trust](#)

To contact the service between the hours of 9am-5pm, Monday to Friday

Online referrals - [Online Referral Form - SEH CHAMS](#)

Email : [SET-CAMHS.referrals@nelft.nhs.uk](mailto:SET-CAMHS.referrals@nelft.nhs.uk)

**Call : 0800 953 0222 Out of hours: 0800 995 1000**

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### **SECE MIND**

South Essex and Central Mind is a charity which serves the Chelmsford, Castle Point, Rochford, South Woodham Ferrers and Southend areas helping support local people with their mental health and wellbeing needs.

They offer a range of support for people aged 5+, including Wellbeing Mentors, parent and child support, group sessions and specialist counselling services. Support can be accessed through referral either through school, a parent or by the individual.

<https://www.secemind.org.uk/cyp-services>

Email: [hello@secemind.org.uk](mailto:hello@secemind.org.uk)

**Call : 01702 601123**

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### **Kooth – Online counselling Universal service**

[Home - Kooth](#)

Age - 11 to 18

Eligibility - Open to all

An online, mental health and wellbeing service for children and young people.

What you'll find on Kooth includes:

- Live text-based chat sessions with a member of their team
- Send a message to our team inbox anytime
- Support from their online community of young people
- A range of self-help tools
- Helpful content written by other young people and Kooth's professional team

Some things to remember about Kooth include:

- They're completely free to use
  - You're anonymous to them
  - No bullying or trolling takes place on their site
  - You don't need any kind of referral to join
  - Signing up and getting started only takes a few minutes
  - No problem is too small
-

**Young Minds**  
**Universal service**

[Young Minds | Mental Health Charity For Children And Young People | Young Minds](#)

Young Minds provides information on child and adolescent mental health and services for parents and professionals.

Email: [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk)

**For young people Text: YM to 85258**

**For parents**

**Call: 0808 802 5544 (9:30am — 4pm, Mon to Fri, free of charge. Typetalk, Textdirect and interpreters available)**

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**The Mix**  
**Universal service**

The Mix offers advice about sex, relationships, drugs, mental health, money and jobs for under 25s.

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

Website (live chat support available): [youngminds.org.uk](http://youngminds.org.uk)

**Text: THEMIX to 85258**

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**[Mental health Support Services for Adults](#)**

**Livewell – Mental Health support for Adults**

[Get help with your mental health | Mental health | Livewell Southend](#)

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**SECE MIND**

[SECE Mind](#)

Our mission is to provide support and empower all those living with poor mental health in South East and Central Essex.

General Enquiries: [hello@secemind.org.uk](mailto:hello@secemind.org.uk)

**Call: 01702 601123**

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**Trust Links**

**Universal service and referral**

[Trust Links - Southend's independent mental health charity](#)

Trust Links is your local mental health and wellbeing charity. Who work across South-East Essex to support people experiencing mental health difficulties, families and other community members. Our projects support over 1,500 people a year in Southend, Rochford and Castle Point. We offer the following services:

Therapeutic gardening through our Growing Together projects  
Recovery and wellbeing workshops and courses through REACH Recovery College  
Access to the REACH Wellbeing Hub, which provides specialist advice and support from visiting agencies  
Youth groups and activities for children of secondary-school age.

[admin-support@trustlinks.org](mailto:admin-support@trustlinks.org)

Reach Recovery College – Run a variety of self-help courses, please call or visit [www.reachrecoverycollege.org.uk](http://www.reachrecoverycollege.org.uk)

**Call: 01702 213 134**

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## **SANE**

### **Universal service**

[Home - SANE](#)

SANE provides emotional support and information for people affected by mental illness, their families and carers.

Email : [support@sane.org.uk](mailto:support@sane.org.uk)

SANE line is open between 4pm to 10pm, 365 days a year

**Call: 0300 304 7000**

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## **Andy Mans Club – It's okay to talk**

[Andy's Man Club - Health services | Livewell Southend](#)

ANDYSMANCLUB is a group where men aged 18 and above can speak openly about their mental health in a judgment-free, non-clinical environment. Groups now operate nationwide and are completely volunteer-led, with the vast majority of group facilitators having first interacted with ANDYSMANCLUB when they came through the door as a service user. The Southend group meet every Monday at 7pm at Roots Hall, SS2 6NQ.

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

Website - <https://andysmanclub.co.uk/>

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## **[SEN & ND Support Services](#)**

### **Livewell**

[SEND Local Offer – Livewell Southend](#)

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## **SEND Team**

### **Universal service**

[Support available for children and young people with special educational needs and disabilities – Southend-on-Sea City Council](#)

For information about special educational needs and disabilities (SEND) and what to do if you think your child or young person has special educational needs please visit the SEND Local Offer.

[SENTeam@southend.gov.uk](mailto:SENTeam@southend.gov.uk)

**Call: 01702 215 264**

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**SENDIASS**

**Universal service**

[Support and Advice for Families from SENDIASS Southend](#)

Email: [iass@southend.gov.uk](mailto:iass@southend.gov.uk)

**Call: 01702 215 499**

Please note: This number has a 24-hour answerphone facility. We endeavour to make contact in 5 working days

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**SSIF Southend SEN Independent Forum**

**Universal service**

[Southend SEND Independent Forum](#)

Who are Southend SEND Independent Forum (SSIF)?

Southend SEND Independent Forum (SSIF) is made up of a group of parents and carers of children and young people with Special Educational Needs and/or Disabilities, SSIF is funded by the Department for Education and we work in partnership with the Southend-on-Sea City Council as well as Health and Education settings with an aim to shape and influence services, to ensure they are fit for purpose and meet the needs of children and young people (0-25 years) with Special Educational Needs and/or Disabilities and their families living in Southend.

Email: [southendsendindependentforum@gmail.org.uk](mailto:southendsendindependentforum@gmail.org.uk)

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**Autism Central**

[Autism Central for Parents and Carers | Autism Central](#)

Autism Central is a peer education programme, commissioned by NHS England. It aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support.

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**Neurodivergent Safe Space**

[HOME | ND Safe Space](#)

Registered charity who supports Neurodivergent teenagers and young people between the age of 12-21 who are experiencing mental health difficulties.

Address: 9 West Road, Westcliff On Sea, SS0 8AU

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**Cerebra**

Registered charity which provides health and social care advice and support for the families of children with brain conditions from birth to the age of 16. They have a specialist postal library which contains a wide range of books for both adults and children and a selection of toys specially chosen for children with brain conditions.

[About Us - Cerebra](#)

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## **[Specialist Support Services](#)**

### **Alopecia UK Support group**

**Universal service**

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[Alopecia UK](#)

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### **SEET1 - Diabetes type 1 support group**

**Universal service**

South East Essex Type 1 Families Group

Established in 2016 with the aim of bringing type 1 children and their families together

07595 607944

Keeley McDermott seet1diabetes@gmail.com

<https://www.facebook.com/groups/SEEssexType1Diabetes/>

Keep update with all our latest news and events via Facebook

### **Fire setters (Juvenile)**

**Universal service**

[Juvenile Fire Setters \(essex-fire.gov.uk\)](#)

Anyone can make a direct referral to the Juvenile Fire Setter Scheme. Historically we have received referrals from parents, family members, schools and other related agencies. An intervention can only take place with the permission of the parent or guardian of the child. Please complete online form: Fire Safety Intervention Referral Form

**Call: 01376 576 000**

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### **Havens Hospice**

**Universal Service and referrals**

[Homepage - Havens Hospices](#)

Havens Hospices provides specialist care and support for people of all ages who are living with incurable conditions and their families. We work closely with health and social care professionals to ensure their care and support is the best it can possibly be, so they can get the most from life, and make every day count.

This care is provided free of charge.

**Call: 24 hours a day on 01702 220 350**

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## **We Stand**

### **Universal service**

#### [We Stand](#)

Child sexual abuse affects the whole family. It can fracture family relationships and creates lasting trauma. We Stand takes a unique whole family approach to supporting victims of child sexual abuse and their non-abusing parents, carers, and siblings.

We aim to ensure that all families impacted by child sexual abuse are supported to move on positively with their lives.

We Stand offers a range of services for their non-abusing parents, carers, and siblings.

We aim to ensure that all families impacted by child sexual abuse are supported to move on positively with their lives.

**Call: 0800 980 1958**

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## **Paladin Service - National Stalking Advocacy Service**

### **Universal service and referrals**

#### [Paladin – National Stalking Advocacy Service \(paladinservice.co.uk\)](http://paladinservice.co.uk)

Paladin NSAS is a trauma-informed service established in 2013, to assist high risk victims of stalking in England and Wales. Our unique trained team of accredited Independent Stalking Advocacy Caseworkers (ISACs) ensure that high risk victims of stalking are supported and that a coordinated community response is developed locally to keep victims and their children safe.

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## **PACT – Support for prisoners and their families**

### **Universal service**

Pact is a pioneering national charity that supports prisoners, people with convictions, and their children and families.

#### [Prison Advice and Care Trust](#)

#### [Who else can help? | Prison Advice and Care Trust](#)

**Call: 0808 808 2003**

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## **SOS Rape Crisis**

### **Universal service**

#### [Southend-On-Sea Rape Crisis - SOSRC](#)

Southend on Sea Rape Crisis provides free, confidential specialist support for all survivors who have been raped or experienced any other form of sexual violence at any time in their lives.

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

**Call: Southend Office 01702 667 590 / Services in Essex 0300 003 77 77**

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## **NICCO**

### [NICCO](#)

Supporting all professionals to work with offenders' children and their families.

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## **Synergy Essex**

### [Synergy Essex I Rape and Sexual Abuse Specialist Services](#)

Synergy Essex is a partnership of rape and sexual abuse centres in Essex: Centre for Action on Rape and Abuse (CARA), SERICC Rape and Sexual Abuse Specialist Service and Southend-on-Sea Rape Crisis (SOS Rape Crisis).

To Speak to a First Contact Navigator., Make an appointment and Receive information or practical support.

**Phone 0300 003 7777**

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## **Forced Marriage -Honour Based Violence**

Forced Marriage Unit 020 7008 0151

(Mon-Fri: 09.00-17.00)

Email: [fmufco.gov.uk](mailto:fmufco.gov.uk) Web: [Forced marriage - GOV.UK](#)

Address: Forced Marriage Unit, Foreign & Commonwealth Office, Old Admiralty Building,  
London, SW1A 2PA

For out of hours emergencies, please telephone 0207 008 1500 and ask to speak to the  
Global Response Centre.

**Freedom Charity** – 24 hour helpline 0845 607 0133

**UK Asian Women's Centre** 0121 523 4910

**DOLI Project - support group** 0845 6581 057

**Women's Aid National** 0808 2000 247

**Karma Nirvana Honour Network** 0800 5999 247

**Ashiana Network:** <http://www.ashiana.org.uk> 0208 5390 427

**Women's Resource Centre (London):** 0208 9616 549

**Iranian and Kurdish Women's Rights Organisation (IKWRO):**

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

If you need help - 07862 733511 (24hrs) 0207 920 6460

**Newham Asian Women's Project (London):** 0208 472 0528 - <http://www.nawp.org/>

**Roshni (Nottingham Asian Women's Aid):** 0115 948 3450

**Shakti Women's Aid (Edinburgh):** 0131 475 2399 - <http://www.shaktiedinburgh.co.uk/>

**Southall Black Sisters (London):** 0208 571 0800

<http://www.southallblacksisters.org.uk/> 0208 571 9595

Helpline Office Hours: Monday - Friday 10am - 5pm. Closed Wed 12.30pm - 1.30pm.

General Enquiries Office Hours: Monday - Friday 9am - 4pm. Closed for lunch 12.30pm -1.30pm.

**FGM Project Metropolitan Police** – Project Azure 0207 230 8392

**FORWARD** 0208 960 4000

**The African Well Women's Clinic (AWWC)** 0207 188 6872

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## **Spiritual & Ritual Abuse (SARA)**

Ritual abuse is a threat to the wellbeing of children across the UK. Subversive and exceptionally secretive in nature, it can be incredibly difficult to identify and combat.

If you need somebody to talk to about any abuse that you experienced, or someone has disclosed to you, you can call us on 0808 801 0331 or email [support@napac.org.uk](mailto:support@napac.org.uk)

RAINS (Ritual Abuse Information Network and Support) is an information service that you can email for support and information – [rains@rains-home.org.uk](mailto:rains@rains-home.org.uk)

The National Rape Crisis Helpline is run by Rape Crisis South London (RASASC), providing support to women and girls aged 13 and above who have survived any sort of sexual violence, they can be contacted on 0808 802 9999.

[NAPAC - Supporting Recovery From Childhood Abuse](#)

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## **The Survivors Trust**

[The Survivors Trust - Rape & Sexual Abuse Services UK](#)

We offer a free and confidential helpline to any survivor anywhere in the UK and Ireland that feels like they need to talk. Whether you want to discuss what happened to you or just call for a chat, our helpline volunteers will be there to listen.

Free, confidential helpline: 08088 010 818

Monday – Thursday: 10am-12.30pm, 1.30pm-3pm & 6pm-8pm

Friday: 10am – 12.30pm & 1.30pm – 3pm

Saturday: 10am – 12.30pm

Sunday: 6pm – 8pm

Bank holidays: 10am – 12.30pm

Text Service: 07860 022 956

Email: [helpline@thesurvivorstrust.org](mailto:helpline@thesurvivorstrust.org)

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## **24/7 Rape and Sexual Abuse Support Line**

Telephone support for anyone aged 16+ in England and Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence – at any point in their life.

This includes people who have experienced sexual violence or abuse themselves, as well as their friends, family or anyone else who is trying to support them.

Freephone 0808 500 2222

Available 24/7 every day of the year

Online chat via the website: [www.247sexualabusesupport.org.uk/#live-chat](http://www.247sexualabusesupport.org.uk/#live-chat)

Website: [www.247sexualabusesupport.org.uk](http://www.247sexualabusesupport.org.uk)

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## **Safeline: National Male Survivor Helpline**

A dedicated service for men and boys in England and Wales affected by sexual violence and abuse and those who support them.

National helpline: 0808 800 5005

Available: Monday – Friday 9am – 8pm.

Saturday – Sunday 10am – 2pm.

Office telephone: 01926 402 498. Monday – Friday 9am – 5pm

Male Survivor SMS Text Service – text 07860 065187 (texts are charged at your standard rate).

Male Survivor Email Service email [support@safeline.org.uk](mailto:support@safeline.org.uk).

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

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## **GALOP**

Support for LGBT+ people who experience sexual assault, harassment, image-based sexual abuse, or other forms of sexual situations that happen without consent.

National Helpline: 0800 999 5428

Opening hours: Monday – Thursday 10am – 8.30pm. Friday 10am – 4.30pm.

Webchat: <https://galop.org.uk/get-help/helplines/>

Email: [help@galop.org.uk](mailto:help@galop.org.uk)

The Hourglass mission is to end the harm, abuse and exploitation of older people in the UK. They support older men, women and their families suffering from the five forms of abuse: physical, psychological, financial, sexual or neglect.

Hourglass' confidential services provide information and support to older people, or anyone concerned about an older person who is at risk of, experiencing, or recovering from any form of abuse or neglect.

Freephone: 0808 808 8141

Available 24/7

Free text service: 07860 052 906

online chat support: <https://wearehourglass.org/hourglass-services>

Email: [helpline@wearehourglass.org](mailto:helpline@wearehourglass.org)

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

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## **Social Services**

### **Southend Social Care**

#### **For professionals**

If you are not sure whether a child is at risk you can discuss the circumstances with us or with someone else who works with children, such as a teacher, health visitor or the [NSPCC](#). All professionals who work with children have a responsibility to safeguard them and will know how to help.

To help decide whether to contact us to make a referral, you should refer to Southend's multi-agency threshold document, which can be found on [the Southend Safeguarding Partnership website](#) and speak to your agency's safeguarding lead.

To report your concerns to Southend Children's Single Point of Contact Team, please complete a referral on our [portal](#).

If you are reporting concerns relating to neglect, please make sure to attach the Graded Care Profile Tool. If you have not completed the training, please find more information about it on [the Southend Safeguarding Partnership website](#). If you are concerned about harmful sexualised behaviours, please refer to the Brook Traffic Light Tool to assist with decision making. In the event that you have not accessed the training please find more information about it on [the Southend Safeguarding Partnership website](#).

If you are concerned about child sexual or criminal exploitation, county lines and gangs please refer to our [county lines page](#).

If you would like to discuss whether or not a referral is required, please call the Southend Children's Single Point of Contact Team for a professional consultation. If calling for consultation, please make this clear and do not provide the details of the family.

We want to keep all children and young people in Southend-on-Sea City safe from harm. If you are concerned about that a child is suffering or is at risk of suffering significant harm, abuse or neglect, please contact us. We will listen, assess your concerns, and can take action if a child is at risk.

Alternatively you can call us on 01702 215007 during work hours and 0345 606 1212 outside of work hours.

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## **ESSEX Social Care**

[Children, young people and families | Essex County Council](#)

Urgent concern

If a child or young person is in immediate danger, call 999.

If the child you are concerned about is at risk of immediate harm, call 0345 603 7627 and ask for the priority line. This number is open Monday to Thursday 8:45 am to 5pm, and Fridays 8:45am to 4:15pm.

For out of hours or bank holidays, call the Emergency Duty Team on 0345 606 1212.

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## **[Gender and Identity](#)**

### **Transpire**

#### **Universal service**

[TRANSPIRE | South Essex Trans Network \(transpiresouthend.org\)](#)

Transpire is a voluntary community group supporting people who identify as trans. We are also one of Southend's largest LGBTQI+ peer support networks.

Our core belief is that no one should feel isolated or alone. We help people of all ages and backgrounds to come together in a social safe space, providing an environment where people can 'be themselves' without fear of prejudice or judgement.

Our Facebook group is the main area where our members get to hangout, talk with others and keep tabs on our upcoming events. Anyone is welcome to join, regardless of whether you are trans. The group is here to facilitate discussion, networking and support.

How to contact us

[General enquiries: info@transpiresouthend.org](mailto:info@transpiresouthend.org)

[Media enquiries: media@transpiresouthend.org](mailto:media@transpiresouthend.org)

[Event management: events@transpiresouthend.org](mailto:events@transpiresouthend.org)

[Safeguarding: safeguarding@transpiresouthend.org](mailto:safeguarding@transpiresouthend.org)

[Phone: 01702 668060](tel:01702668060)

[Follow us on twitter: @transpiresouthend](https://twitter.com/transpiresouthend)

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## **Mermaids**

[Homepage - Mermaids \(mermaidsuk.org.uk\)](http://mermaidsuk.org.uk)

support network for parents and children who are transgender

[info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk)

**Call: 08088 010 400**

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## **Miscellaneous**

### **Advantage Cards**

#### **Universal service**

The Southend Advantage Card offers you:

- reduced prices for a range of activities such as swimming, golf and concerts (discounts off memberships at any of the Council-run leisure centres are not applicable with an Advantage Card)
- access to special promotions and additional discounts for certain special events
- discounted rates for [donated seats](#)
- free equipment hires at our leisure centres for concessionary groups
- you can use your Advantage Card as a deposit for equipment (including racquet hire)
- free entry as a spectator at our leisure centres

With the range of activities that you could save on, the small cost of the Southend Advantage card will be quickly recovered.

Apply online:

[Southend Advantage Card – Southend-on-Sea City Council](#)

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## **SAVS**

### **Universal service**

<https://savs-southend.org/>

SAVS is an independent charity known as a council for voluntary service or CVS. That means we work behind the scenes to help local charities and community groups achieve their full potential.

We've been supporting not-for-profit groups in Southend for more than 30 years.

### **Savs community directory**

[Community Support Directory – SAVS](#)

**Call: 01702 356 000**

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## Universal service

The YMCA run a variety of projects for young people

[www.southendymca.org.uk](http://www.southendymca.org.uk)

**Call: 01702 301 30**

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## Visit Southend Universal service

[Visit Southend](#)

- All the latest Events
  - Things to do,
  - Places to explore
  - Family Events
  - Free events
- 

## Storehouse – free food parcel, food support

Referrals: no referral needed except for the Wednesday family session

Opening times:

- Monday 10:30am – 12pm and 1pm – 2pm. Open session
- Wednesday: 09:30am – 11:30am – family sessions by referral only, women only session - 1pm – 2pm
- Friday 10:30am – 12pm men only session and 1pm – 2pm - open session.

Address: Storehouse Community Centre, Coleman Street, Southend-On-Sea, Essex, SS2 5AW.

**Call: 01702 612 900 (Vineyard Centre) / 01702 617 348 (Direct)**

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## The One Love

[Home - The One Love Project](#)

Referrals: No referral necessary

Opening times: Every Thursday: 11:30 - 12:30: adults only. 1pm - 2pm: families with children

Address: Hollybrook, Carnarvon Road (Behind Police Station), SS2 6LR

## The Shoebury Ark- free food parcels

Referrals: No referrals needed but priority given to SS3 residents (proof of address will be requested on first visit).

Opening times: Tuesday 2pm- 4pm

Address: Friars Baptist Church, Eagle Way, Shoeburyness SS3 9RJ

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

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## St Vincent's Centre Southend -free food parcel

Referrals: No referrals

Opening times: Monday to Friday -10:30am to 2:30pm

Address: Unit 9 Victoria Business Park, Short Street - Southend SS2 5BY

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### **Vinnie's Pick 'n Mix**

A low-cost food market, £1 annual membership, £4.50 for up to 15 items on the first occasion, £3.50 thereafter.

Referrals: No referral necessary

Opening times: Friday 10:30 – 13:00pm

Address: Unit 9, Victoria Business Park, Short St, Southend-on-Sea SS2 5BY.

**Call: 01702 592 980**

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### **Southend Food Bank: Food Parcel**

**Referral: Food vouchers needed**

Access referrals from:

- SAVS **01702 356 000**
- South Essex Community Hub **01702 611 199**
- Email: [info@sech-uk.com](mailto:info@sech-uk.com)
- Citizens Advice Southend: **01702 456 352** or **01702 456 354**
- Welcome to the UK: **01702 808 579**

Opening times:

- Monday 1-3pm

Address: Ferndale Baptist Church, North Avenue, Southend, SS2 5HU

- Monday 5-6:30pm - Address: Hawk well Baptist Church, Rectory Road, Rochford, SS4 1UG
  - Tuesday 1-3pm - Address: Belle Vue Baptist Church, Belle Vue Avenue, Southend, SS1 2QZ
  - Wednesday 9:30-11am - Address: Eastwood Baptist Church, Rayleigh Road, Eastwood, SS9 5PY
  - Wednesday 2-4pm - Address: St Saviours Church, Kings Road, Westcliff, SS0 8LL
  - Thursday 1-3pm - Address: Shoeburyness and Thorpe Bay Baptist Church, 90 Thorpdene Gardens, Shoeburyness, SS3 9JD
  - Friday 12:30-2:30pm - Address: Earls Hall Baptist Church, 120 Hobley thick Lane, Westcliff-on-sea, SS0 0RJ
  - Saturday 9:30-11am - Address: West Leigh Baptist Church, 1150 London Road, Leigh-on-sea, SS9 2AJ
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### **Food on the doorstep**

A low-cost food market, to become a member you must live or work within 15 minutes of the club. Annual joining fee £1 and £3.50 weekly for items that would generally cost up to £12-£15 in a supermarket.

Referral: You need to self-refer yourself before your first visit. Email: [SouthendFoodClubs@family-action.org.uk](mailto:SouthendFoodClubs@family-action.org.uk) or phone below

Opening times:

- Friday 1:30pm to 3:20pm - Address: Centre Place Family Centre Prospect Close, SS1 2JD:
- Saturday 10:30am to 12:20pm - Address: Summer court Family Centre, Summer court Road, Westcliff on Sea, SS0 7AU

**Call: Karen on 07812 496 015 or Natasha on 07971 951 636**

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### **All Rise Collective (Toiletry Care bank)**

Free toiletry/essentials bag, period/baby bag, Referrals: No referrals

Opening times:

Every other Tuesday, 10.30am -11.30am

Address: St Marks Centre, Princes Street, Southend on Sea SS1 1QA

Opening times: Every third Thursday of the month 9am -10am

Address: Westcliff Free Church, 635 London Rd, Westcliff -On-Sea SS0 9PE

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### **Free meals**

#### **HARP (Homeless Action Resource Project)**

Breakfast. All welcome.

Opening time: Monday, Tuesday, Wednesday, Thursday, Friday 10am-11am.

Address: Bradbury Centre, 103-107 York Road, Southend on Sea.

**Call: 01702 430 696**

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#### **All Saints Church**

Free continental breakfast, £2 charge for a cooked breakfast, All welcome

Opening times: Tuesday 8am – 11am.

Address: 1 Sutton Road/Southchurch Road SS2 5PA.

**Call: 01702 307 518**

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#### **57 West**

Tea, coffee, and snacks

Opening times: Wednesday, Thursday 12pm to 2pm, Friday 11am – 1pm

Address: Clarence Road Baptist Church, 6 Clarence Rd, Southend-on-Sea SS1 1AN.

**Call: 07938 847 147**

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#### **One Love Soup Kitchen**

All welcome

Opening times: Monday, Thursday 7pm to 8.30pm.

Address: Holybrook, Carnarvon Road, Southend-On-Sea, SS2 6LR.

**Call: 07927 803 559**

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### **Kindness Kitchen**

A hot meal, outreach and a hot drink, all welcome

Opening time: Tuesday, Wednesday, Friday, Saturday and Sunday 7pm- 8pm,

Address: St. Vincent's Centre, Unit 9, Victoria Business Park, Short Street, Southend-on-Sea SS2 5BY.

**Call: 01702 592 980**

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### **The Shoebury Ark**

1 free meal for every person in a household (adults' and children's meals available).

Referrals: No referrals needed but priority given to SS3 residents (proof of address will be requested on first visit).

Opening times: Tuesday 2pm- 4pm

Address: Friars Baptist Church, Eagle Way, Shoeburyness SS3 9RJ

E: [info@shoeburyark.org.uk](mailto:info@shoeburyark.org.uk)

