

STAY SUPPORTED AT CHRISTMAS

SAMARITANS

Available all the time to listen to anyone unable to cope.

Try the Samaritans self-help app:

🌐 <https://selfhelp.samaritans.org>

☎ 116 123

✉ jo@samaritans.org

BRAINTREE FOODBANK

Provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis.

The office will be open from 9am to 12noon on Christmas Eve, Tuesday 29th to 31st December

All centres and office resume normal hours and days from Monday 4th January 2021

🌐 www.braintreearea.foodbank.org.uk

☎ 01376 330694

WITHAM COMMUNITY HUB

Witham Community Hub promote social inclusion for the public benefit of individuals living within the town of Witham and its surrounding area by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

Open Monday – Saturdays 10:00 – 14:00 in December excluding bank holidays.

Emergency cover only by phone 23rd December – 4th January.

☎ 0845 860 7648

✉ info@withamhub.co.uk

FIRST STOP CENTRE

First Stop Centre is a grass roots project that offers real and immediate help to members of the community who are struggling with problems in their lives and will signpost if needed. The centre provides a safe space, where the team can give private non-biased advice, offer food, basic skills classes, confidence classes, and counselling.

Open Monday, Tuesday, Thursday and Friday 10:30-13:30 until 18th December.

Open the above days 10:30-11:30 as the emergency community fridge 21st – 23rd December.

Re-open on 5th January.

☎ 01376 346535

ESSEX WELLBEING SERVICE

Supports all Essex residents with easy access and referral to all the wellbeing services they need. Links all Essex residents including parents and families with the practical, emotional and social care support they need as they adapt to 'the new normal' of their lives as lockdown eases.

☎ 0300 303 9988

✉ provide.essexwellbeing@nhs.net



ESSEX FAMILY SUPPORT SERVICE

Community360 are working in partnership and collaboration with other Voluntary and Community Sector organisations across Essex to deliver this Service as part of the wider Essex Child and Family Wellbeing Service.

The service will provide support to families which include school-aged children and young people aged 8 – 19 years. This will include families who are not already receiving support from specialist and statutory services (for families with children under 8 years, support will be provided by other Voluntary organisations).

The aim of this service is to support families to work towards the following outcomes:

- Emotionally healthy, happy and resilient- supporting families to develop and retain positive relationships
- Behaviour choices that promote safety and wellbeing – including reduction in participation of risky behaviours
- Socially connected, resilient and resourceful families- supporting people to connect with peers and communities
- Healthy inter-parental/guardian and family relationships- effective communication and conflict resolution

For those wishing to make a referral on behalf of a family please contact us for a referral form by emailing families@community360.org.uk Families are also able to self-refer by contacting us on: **01206 505 250**

HALSTEAD COMMUNITY FRIDGE

Halstead Community Fridge will be open throughout the Christmas period to enable residents and businesses to share surplus food and for anyone to help themselves to quality food that would otherwise be wasted, which can be located within the Lodge Gate building on The Causeway, Halstead.

WITHAM TOWN COUNCIL

Witham Town Council are offering hot, home cooked meal to people on their own or single parent families in Witham & surrounding villages. These will be delivered on Christmas day between 12:00 – 14:00. Please contact Susan on 07395 150669 or email xmas@455.org.uk

CITIZENS ADVICE

Citizens Advice, advice line - **0344 499 4719**

Advice line is open Monday – Friday 10:00-16:00 excluding bank holidays. Please be aware there will be reduced staff between Christmas and New Year

Warm Homes can help with:

- Maximising your income to make sure you are receiving all the benefits you are entitled to
- Helping you with fuel debt – if you have already fallen to arrears (in some cases we can apply to trusts and foundations to help pay these off – giving you a fresh start)
- Energy saving around the home
- Energy tariffs - are you on the best one for you?
- Access to grants for energy saving improvements – we can help you find the best scheme and help you apply
- Access to emergency fuel payments
- We can also provide free energy saving devices around the home.

 www.warmhomesessex.org.uk

Warm Homes number is **0300 3033 789** excluding bank holidays and is not an emergency service.

AVAILABLE FUNDING:

BRITISH RED CROSS - The hardship fund offers up to £120 per month for up to 3 months. The Hardship Fund will support people with no access to stable income sources, people who lack recognised legal status, people with no or in temporary accommodation, families living below the poverty line and those facing domestic or sexual and gender-based violence. Call the Coronavirus support line: 0808 196 3651

ESSEX ESSENTIAL LIVING FUND

The Essential Living Fund can help to pay for furniture, clothing, and daily living expenses. It has replaced Crisis Loans and Community Care Grants -

www.southend.gov.uk/extra-financial-help/essential-living-fund

- apply by calling **0300 7900124**