

December Newsletter 2023



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HELP



SUPPORT



INFORMATION



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cost of living
support**

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ECFWS Christmas Week



25th - 29th December

All Delivery Sites and
Little Lions Family Hub

Closed

Opening Times

Northlands Park Family Hub

Larchwood Gardens Family Hub

Oak Tree Family Hub

Monday 25th December Christmas day – **closed**

Tuesday 26th December Boxing day – **closed**

Wednesday 27th December – open 9.00 – 5.00

Thursday 28th December – open 9.00 – 5.00

Friday 29th December – open 9.00 – 5.00

BASILDON

Monday & Friday	10am until 4pm	Basildon Centre, St Martins Square, Basildon, SS14 1DL	Drop-in - no appt required
Monday & Friday	9am until 5pm	Basildon Centre, St Martins Square, Basildon, SS14 1DL	Form Filling Service Book appt call 0800 288 8883 or email: efscoordinator@peabody.org.uk
Monday, Tuesday, Thursday & Friday	9am until 5pm	Pembroke House, Northlands Pavement, Pitsea, SS13 3DU	Book appt call 0800 288 8883 or email: efsco-ordinator@peabody.org.uk

BRENTWOOD

Tuesday	9.30 until 1pm	St Peter's Church, Cloughton Way, Hutton. CM13 1JS	Drop-in - no appt required
Wednesday	10am until 2pm	Doddinghurst Community Church, CM15 9EH	Drop-in - no appt required
Thursday	9.30 until 4pm	Brentwood Council, Ingrave Road, CM15 8AY	Book appt call 0800 288 8883 or email: efsco-ordinator@peabody.org.uk

Castle Point and Rochford

Monday & Friday	9.30 until 4pm	Canvey Jobcentre, 140 Furtherwick Rd, Canvey Island SS8 7AL	By appt only please email - CandRTeamDropIn@peabody.org.uk
Tuesday	9.30 until 2pm	Rochford Library, 8 Roche Close, Rochford, SS4 1PX	By appt only please email - CandRTeamDropIn@peabody.org.uk
Wednesday	9.30 until 12.30	Lady of Canvey & The English Martyrs Church, 224 Long Rd, Canvey, SS8 0JS	By appt only please email - CandRTeamDropIn@peabody.org.uk
Friday	10am until 2pm	Rayleigh Job Centre, 10 London Hill, SS6 7HR	By appt only please email - CandRTeamDropIn@peabody.org.uk



Area	Address	Face to Face	Telephone Advice
Basildon	Basildon Centre, St Martins Square, Basildon, SS14 1DL	Drop in Advice session time Mon- Thurs 9:30 - 12:00	Monday - Friday 09:00 -17:00 Saturday 9:00 - 12:00
Billericay	Billericay Library 143 High Street Billericay CM12 9AB	Drop in Advice session time Tuesday - 9:30 - 12:00pm text	Monday - Friday 09:00 -17:00 Saturday 9:00 - 12:00
Wickford	Wick Community Centre Silva Island Way Wickford SS12 9NR	Drop in Advice session time Wednesday 9:30 – 12:00	Monday - Friday 09:00 -17:00 Saturday 9:00 - 12:00
Brentwood	Suite 4, Town Hall, Ingrave Road Brentwood CM14 9PJ	Drop in Advice session time Tuesday: 10:00 - 5:00 Friday:10:00 – 13:00	Monday - Friday 09:00 -17:00 Saturday 9:00 - 12:00
Canvey	140 Furtherwick Road Canvey Island Essex SS8 7AL	Appointments only for Universal Credit claimants.	Monday - Friday 09:00 -17:00 Saturday 9:00 - 12:00
Rayleigh	The Mill Hall Bellingham Lane Rayleigh SS6 7ED	Drop in Advice session time Tuesday - 10.00 - 13:00 Thursday 10:00 – 13:00	Monday - Friday 09:00 -17:00 Saturday 9:00 - 12:00
Rochford	Back Lane Rochford Essex SS4 1AY	Drop in Advice session time Tuesday - 10.00 - 13:00	Monday - Friday 09:00 -17:00 Saturday 9:00 - 12:00

Foodbanks - South East

Area	Adress	Details
Salvation Army Hadleigh Temple	148 London Rd, Hadleigh, Benfleet, SS7 2PF.	Referral needed Open 9am - 12:30pm every day.
Hopeworx Food Hub	33 Brook Road, Brook Road Industrial Estate Rayleigh SS6 7XJ	Not a food bank but can supply emergency food parcels Email referral needs to be made info@hopeworx.org.uk / 01268 743232
Rochford	St Marks Hall, St Marks Field, Rochford, SS4 1PT	No Referral needed Monday - Friday 9:30 - 10:30
The Shoebury Arc	Friars Baptist Church, Eagle Way, Shoebury, SS3 9RJ	No Referral needed Store cupboard items, hot cooked meals, Pre-loved children's clothing & toiletries
The Trussel Trust	Rochford - Golden Cross Parade SS4 1UB	E-voucher needs to be generated by staff The Trussel Trust run a number of foodbanks in Southend area. Families can access the foodbank three times in 6 months www.southend.foodbank.org.uk
Canvey Island	Bobby's Big Heart	A Facebook site that was created during the pandemic by a family in Canvey Island. They can provide food parcels, which can be accessed via Facebook messenger or by emailing Bobbysbigheart@hotmail.com

Foodbanks - South West

Area	Adress	Details
Basildon Food Bank	Pitsea Leisure Centre, Northlands Pavement, Pitsea, SS13 3DU	E-voucher needs to be generated by staff Tues 19:30 - 21:00 and Friday 12:30 - 2:30 Tel: 07424 660862
Basildon Salvation Army	6 Fauners, Cherrydown West, Basildon, SS16 5AP	By appointment only Tues - from 1:30pm. Emergency parcel can be order other times Tel: 01268 524454
Helping Hands	Lee Chapel North Community Hall, Laindon, SS15 5HL	Email referral needs to be made Tues and Thurs 12:00 - 3:00pm Tel: 07936 110424
Motivated Minds Happy Hub	Happy Hub, Eastgate Shopping Centre, Basildon SS14 1AE	Must do online registration, before Wed, book pick up time either Thurs, Fri or Sat. Hub opening hours 10:00 - 4:00pm Tel: 01268 520785
Wickford Salvation Army	Jersey Gardens Wickford SS11 7AE	No voucher required Thursdays between 10am and 11.30am. New registrations should attend between 11.15am and 11.30am. Tel: 01268 769761
Billericay Food Bank	19 Radford Crescent, Billericay CM12 0DU	If someone needs help they need to telephone to get support They ask people to collect their food at certain times on either Thursday or Friday. Tel: 07707466262
Doddinghurst Road Community Church Food Bank	Doddinghurst Road Community Church 56-60 Doddinghurst Road Brentwood, CM15 9EH	E-voucher needs to be generated by staff Tuesday - 10:00 - 13:00 and Wednesday - 10:00 - 13:00 Tel: 01277 224528
Brentwood Food Bank	Brentwood Baptist Church 91 Kings Rd, Brentwood CM14 4DR	E-voucher needs to be generated by staff Fri 10:00 - 13:00 Tel: 01277 224326
Brentwood Daily Bread Cafe	Saint Peter's Church Claughton Way Hutton CM13 1JS	Not a food bank but offer emergency food parcels and frozen meals - no voucher required Mon - Sat - 10am -12pm Tel: 01277 262864
St George the Martyr Church	Ongar Road (near Robin Hood Roundabout) Brentwood, Essex. CM15 9HR	Not a food bank but offer emergency food parcels no voucher required Saturday - 10:00 - 11:30am Tel: 01277 213618

Community Supermarkets

Basildon

The community supermarkets offer people who may be struggling with food bills the opportunity to purchase food and household essentials at reduced prices, bridging the gap between food banks and affordable supermarkets.



Membership £3.50 a year
All you need is proof of address

Laindon Community Centre Austin Road, Laindon, SS15 6NX

Open: Friday Time: 13:00 – 15:00

Trinity Methodist Church 481 Clay Hill Road, Vange, SS16 4NN

Open: Tuesday Time: 10:00 – 12:00

Canvey

We have a combination of donations and items purchased making up a diverse offering of dry & canned goods, toiletries, fresh fruit & veg as well as some refrigerated items, including chicken/mince etc.



Sign up for an annual membership for £5 - this will grant you access to our community supermarket and our subsidised grocery store

Tuesdays:

Link Road Hardstanding – 10am–2pm

Paddocks – 2pm-4pm

Fridays:

St. Nicholas Church – 10am–11am (except 3rd Friday of every month)

Small Gains Hall – 11.30am–12.30pm

Canvey Island Football Club – 2pm–3pm

Community Meals

Brentwood



This organisation offers free community meals.

Tea Time Together: a mid week tea time event that runs every other Wednesday during term times from 4pm - 6pm. Includes a choice of hot meals, soup, sandwiches, snacks, cakes and deserts. Also activities for the children and a story time session. This is a great event to come along to if you fancy a meal, snack or just a drink, a friendly chat and if needed a grocery bag to go home with.

Sunday lunches: held once a month on Sundays from 12:30pm - 2:00pm. It's a free two-course hot meal that's open to anyone. The community meals on Sunday are run in partnership with Pilgrims Hatch Baptist Church after their Sunday service

Bishop's Hall Community Hall
Elizabeth Road CM15 9NP
www.mannameals.org
07956 439983

Energy

To find out how your energy provider is supporting customers, please visit their website directly. Links to the websites of some of the UK's largest firms can be found below:

[Octopus](#)

[British Gas](#)

[Ovo Energy](#)

[EDF Energy](#)

[Scottish Power](#)

[E.ON Energy Fund](#)

[E.ON Next Energy Fund](#)

If you have a prepayment meter and can't afford to top it up, ask your energy supplier for 'emergency credit'

·[Citizens Advice](#) help with your energy bills includes access to a fuel hardship fund, a budgeting tool, plus temporary credit on gas and electricity meters.

·[The Fuel Bank Foundation](#) provide emergency financial support through the Foundation's network of partners for people on prepayment meters.

·[Energy Saving Trust](#) help with understanding how to save money on your energy bills.

Councils

Click on your council in the list below to find out about cost-of-living advice.

- [Essex County Council](#)
- [Basildon Borough Council](#)
- [Brentwood Borough Council](#)
- [Canvey Borough Council](#)
- [Rochford District Council](#)



Household Items

Lighthouse Furniture Project

<http://www.lighthousefurniture.org>



The Lighthouse Project are based in Hutton, Brentwood. They collect all types of furniture and electricals and provide essential items to those on low incomes for low prices.

Open: Mon 9:30 to 16:30 Tue-Fri 9:00 to 16:30 Sat 9:00 to 12:30

Address: 25/27 Tallon Road, Brentwood Essex. CM13 1TE

Tel: 01277 222050 Email: admin@lighthousefurniture.org



If you find yourself in need of some help this winter, the Essential Living Fund can help pay for heating, electricity, water and food. We can also help you get essential household items like a fridge, cooker or table.

To get a grant you must

- Live in Essex, Southend or Thurrock
 - Be aged over 16
- How to apply

Check if this applies to you.

Visit www.southend.gov.uk/elfforessex

Or if you are vulnerable or have no access to the internet you can call 0300 7900124 (between 8:45am - 5:00pm).

Health and Wellbeing

Mental Health Free Support

NHS 111



What can NHS 111 do for mental health?

If you need to talk to someone urgently about your mental health, or you're concerned about a family member, call NHS 111 and select option 2 to be placed in direct contact with a mental health worker in your area. The number is free to call from a landline or mobile, even if you have no credit left.

VitaMinds



A free and confidential NHS service

We all experience times when we feel like we can't cope, sometimes this can start to affect our everyday lives and prevent us from doing the things we normally do. If you are suffering from depression, anxiety, post-traumatic stress disorder, excessive worry or low mood, then VitaMinds can help.

VitaMinds works in partnership with the NHS to offer a range of short-term psychological therapies, known as IAPT (Improving Access to Psychological Therapies) to adults 16-years and over.

VitaMinds is a FREE service and you don't need to visit a GP to get help.



The Craig Tyler Trust

Committed to serving individuals and their families who need help coping with mental ill health. Drop in centre welcomes everyone who needs support no matter what the problem is.

We are that friendly face for people to chat to us without any judgement.

All volunteers have mental health and suicide prevention training and have lived experiences of mental ill health.

E-mail: Admin@thecraigtylertrust.co.uk Tel : 07749691268

Domestic Abuse

ARE YOU IN FEAR OF OR EXPERIENCING DOMESTIC ABUSE?

The South Essex Domestic Abuse Hub is a place where you can come for help, advice and assistance. The Hub includes a range of support services that you can access.



FOR MORE ADVICE, SUPPORT & ASSISTANCE CALL
01268 206798



How to get in touch

To get help from the South Essex Domestic Abuse Hub

Phone: 01268 206798

Lines are open Monday-Friday
9am to 5pm.

If you are in immediate danger
then please dial 999.

COMPASS – Essex Domestic Abuse Helpline

Phone: 0330 333 7 444

Helpline available from 8 am to 8 pm weekdays
and 8 am to 1 pm weekends. Messages will be
responded to within 24hrs.

24hr National Domestic Violence Helpline

Phone: 0808 2000 247

Brighter Futures Freephone Helpline

Phone: 08081 695675

Email: referrals@changingpathways.org

Admin & Professional Enquiries

Phone: 01268 729 707

Email: welcome@changingpathways.org

All calls are strictly confidential.

Confidential self-referrals are welcome either by
telephone or email.



Changing Pathway <https://changingpathways.org/>

SERIC <https://sericc.org.uk/>

Contact local council offices for local information

Baby Items

Baby Basics Billericay

Baby Basics exists to provide essential equipment clothing and toiletries free

Requests must come from a professional who works alongside the family and not directly from the individual in need.

Email or call the Baby Basics Billericay team to make the referral.

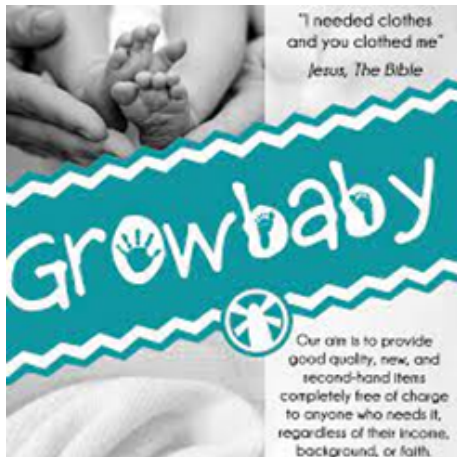
You: Name, agency and your contact details.

Your Client: Name, due date of baby, gender (if known)

Any other information you think is important for us to know.

Email billericaybabybasics@gmail.com

Telephone Number 07537 170350



Growbaby

is a project aimed at ensuring babies and children under 5 have everything they need FREE for their early years of life.

Contact details

Email: admin@rayleighvineyard.org.uk

Phone: 07708 479428

Moses Basket

Charity organisation that supports families in Brentwood with practical needs looking after babies and young children, by redistributing donations of clothing and equipment.

No referral needed.

Telephone to request items and arrange collection

Tel : 07443 606102.



Eating Out

Christmas School Holidays - This is for two weeks usually starting the last Friday before Christmas week.

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

M&S CAFES

Spend £5 & get one free kid's meal Mon - Fri during the Oct Half term (various dates)

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

YO! SUSHI

From Monday 16th October - Friday 27th 2023 kids eat free with every £10 adult spend

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

BILLS

2 kids eat FREE Monday - Friday from Monc 23rd October - Friday 3rd November 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.