



# MY HEALTH & WELLBEING MATTERS



## Health and wellbeing support

If you are looking for support with your wellbeing please contact  
**Essex Wellbeing Service**

Call **0300 303 9988** or email  
**provide.essexwellbeing@nhs.net**

Opening Hours:  
Monday to Friday 8.00am - 7.00pm  
Saturday 10.00am to 2.00pm

## PRACTICAL SUPPORT

- Essential Shopping support
- Shopping buddy support
- Referrals to food banks
- Medication collection
- Telephone Befriending
- Posting Mail



## LIFESTYLE SUPPORT

- Adult learning
- Caring responsibilities
- Dementia care
- Drug and alcohol
- Finances, benefits and debt
- Form filling
- Healthy Eating
- Housing
- Home adaptations
- Learning disability and/or autism
- Loneliness
- Mental wellbeing
- Mobility support
- Parenting and family matters
- Physical Activity
- Practical living skills
- Sensory impairment
- Sleep
- Social Isolation
- Smoking cessation

**Note:** *this service does not offer urgent or clinical support.*

To sign up to free winter health and wellbeing email alerts from mid and south Essex health and care partnership visit:  
**[bit.ly/mid-essex-winter-20-21](https://bit.ly/mid-essex-winter-20-21)**

For more information you can go to **[essexcovidvaccine.nhs.uk](https://essexcovidvaccine.nhs.uk)**



## LOCAL SUPPORT

If you are looking for personalised health and wellbeing support, consider booking an appointment with a **social prescriber** in your GP Practice - ask for them when you ring. The **Social Prescriber** will be able to signpost you to local support services, that you may not be aware are available.

For local opportunities to be physically active visit [findyouractive.activityfinder.net](https://findyouractive.activityfinder.net)

Your local voluntary sector organisation (**CVS**) can provide other support too:

**Chelmsford:** Call CVS Community Resilience Hub on **01245280731** or email: [communityresponse@chelmsfordcvs.org.uk](mailto:communityresponse@chelmsfordcvs.org.uk)

**Braintree:** Community 360  
Call **01376 550507** or email [information@community360.org.uk](mailto:information@community360.org.uk)

**Maldon:** Maldon and District CVS  
Call **01621 851891** or email [admin@maldoncvs.org.uk](mailto:admin@maldoncvs.org.uk)

They can help with:

- Emergency supplies e.g food, electrical items clothing (warm coat, slippers)
- Support with costs e.g fuel, heating
- Warmth packs
- Knowledge of local community groups that could benefit you
- Essential shopping support
- Medication collection
- Signposting to befriending
- Other support services

**Essex County Fire and Rescue** can provide free Home Fire Safety Checks, as well as Safe and Well Visits. During a visit they can fit free smoke alarms and sensory alarms and provide advice and guidance relating fire safety and burglary prevention. They can also signpost to other local services to support health and wellbeing.

To arrange a visit: Visit our website and use our online referral form [https://www.essex-fire.gov.uk/Home\\_Fire\\_Safety](https://www.essex-fire.gov.uk/Home_Fire_Safety)

For more information:

Email us at [home.safety@essex-fire.gov.uk](mailto:home.safety@essex-fire.gov.uk)

Or call on **0300 303 0088**

(Telephone opening hours are 09.30 - 16.00, Monday to Friday)

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## HEALTH SUPPORT

Call **999** if you or someone you know experiences an acute life-threatening medical or mental health emergency. Dial **111** if you have an urgent medical problem and you are not sure what to do.

Pharmacists can also help with more than just medication. Find your local pharmacist [www.nhs.uk/nhs-services/prescriptions-and-pharmacies/pharmacies/how-your-pharmacy-can-help/](https://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/pharmacies/how-your-pharmacy-can-help/) for help with common conditions and minor injuries.

The Samaritans offers a listening service if you are going through a personal crisis and wanting to talk about your concerns, worries or troubles. There's someone to talk to 24 hours a day and it is open to anyone. Calls made to the national helpline are charged at local call rates from anywhere in the country.

Call **116 123** (lines open 24/7) or **01245 357357** or email [jo@samaritans.co.uk](mailto:jo@samaritans.co.uk) or visit [www.samaritans.org/how-we-can-help/contact-samaritan](https://www.samaritans.org/how-we-can-help/contact-samaritan)

Anyone can suffer from suicidal thoughts but every one of us can make a difference. Go to <https://letstalkaboutsucideeessex.co.uk> and take the training.

### Referral Support Service

If you have a query about your hospital appointment or referral, please call the **Referral Support Service** on: **03001 230771**. Lines open Monday - Friday 8am-6pm.