



# Shells

## SHELTER & HEALTH ENLISTING LOCAL SUPPORT

### SHELTER

REGISTER YOUR CONCERNS WITH **TENDRING DISTRICT COUNCIL** - Please call our contact centre on **01255 686 868** and ask to speak to the Housing Solutions Team, or email: [housingoptions@tendingdc.gov.uk](mailto:housingoptions@tendingdc.gov.uk)

**ANGLIA CARE TRUST** - ROUGH SLEEPER EARLY INTERVENTION: Providing intensive support, advocacy and accommodation specific services to individuals - tel: **01473 622 888** or email: [admin@angliacaretrust.org.uk](mailto:admin@angliacaretrust.org.uk)

**PEABODY** - ESSEX OUTREACH SERVICE:- Offers support and advice to help resolve issues, such as maximising benefits, access to housing and helping people feel more confident in accessing services within the local community to live more independently. - tel: **0800 28 888 83** or email: [efsco-ordinator@peabody.org.uk](mailto:efsco-ordinator@peabody.org.uk)

### HEALTH

**SUMMIT** - HEALTH ADVOCATE: Providing support to those affected by homelessness (or at risk of being homeless) by attending GP / health appointments and helping to understand the health outcomes and pathways for appropriate treatment. SUMMIT also has a range of bespoke services for adults with learning disabilities, autism and adults who have entrenched mental health disorders - please email: [info@summitservices.org.uk](mailto:info@summitservices.org.uk) or telephone: **01255 429 778**

**SELF CARE** - if you are happy to seek medical support without support - for minor illness, contact your pharmacy, GP or **111**.

**URGENT TREATMENT CENTRE** - A walk-in nurse-led service based at Clacton Hospital which is open **8am - 8pm** every day including weekends and public holidays, for assessment and treatment of minor injuries They can also treat minor illnesses such as ear, throat or skin infections and exacerbation of long-term conditions.

## LOCAL SUPPORT

### COMMUNITY VOLUNTARY SERVICES

**TENDRING** is run by the local community to support, promote and develop voluntary and community action. Services available in Clacton and Harwich include lunch clubs, social prescribing, winter resilience packs, volunteering and much much more - *Community Information Centre, 20-22 Rosemary Road, Clacton on Sea CO15 1NZ - Dovercourt & Harwich Hub, 276 High Street, Dovercourt, Harwich, CO12 3PD* - Office phone hours: Monday to Friday, 9am - 2pm (please leave a message on the answerphone if calling outside of these hours) tel: **01255 425 692**

**HOPE@TRINITY** is a Day Centre working with the homeless and vulnerable. Our centre is based at Trinity Methodist Church Clacton. We are usually open from **10am - 2pm** offering breakfast, and light lunches. We also have washing facilities for clothing, and a limited amount of second-hand clothing for those in need.

**OPEN ROAD** - DRUG & ALCOHOL SERVICES - COMPLEX CASES - Services include information and advice, one to one confidential assessments and one to one recovery worker support. Essex STaRs, NHS team, provide their clinics on a Wednesday and Thursday - prescribing methadone and buprenorphine - 132a Wellesley Road, Clacton on Sea, CO15 3QD tel: **01255 434 186**

**ESSEX ALCOHOL RECOVERY COMMUNITY (ARC)** ARC is provided by Phoenix Futures. They offer support, advice and information around alcohol use. People can benefit from support on a one to one basis, including counselling, and group support, where experiences can be shared with other people who have similar experiences. Support also given to family or friends affected by a loved one's drinking - tel: **01376 316 126** (Option 1) or email: - [essex.arc@phoenixfutures.org.uk](mailto:essex.arc@phoenixfutures.org.uk)

**FULL CIRCLE** - The service (delivered by Phoenix Futures) was commissioned to work with offenders with complex and additional needs across the whole of Essex. The work could include: substance misuse, mental health, learning disabilities, or any other need that, if left unmet, is likely to increase the risk of reoffending. They offer a signpost and referral service, advocacy and can attend appointments with clients as necessary, tel: **0808 1000 110** for more information.

**HEALTHWATCH (ESSEX)** - THE INFORMATION & SIGNPOSTING SERVICE can help people access, understand, and navigate health, social care and wellbeing services in Essex. Anyone can contact them confidentially for help on health and social care services, tel: **0300 500 1895** - text: **07712 395 398** - email: [info@healthwatchessex.org.uk](mailto:info@healthwatchessex.org.uk)



North East Essex Health & Wellbeing Alliance