

No where to sleep tonight:

Chelmsford County Council

<https://www.chelmsford.gov.uk/housing/advice-about-homelessness/homelessness-advice/>

Contact the Housing team online: <https://forms.chelmsford.gov.uk/contactus-housing/>

Tel: 01245 606400

Tel (out of hours): 01245 606644

The following link advises what to do and what to expect if you are a family facing homelessness and you have nowhere to sleep tonight:

<https://streetsupport.net/families/advice/?parentScenarioId=5fb2882e0532b72cb46a0ca5>

Please see the following link on advice about:

Intentionally Homeless

Challenging a Council's decision

What will happen if you say no to Council accommodation

<https://streetsupport.net/families/advice/?parentScenarioId=5fb2882e0532b72cb46a0ca5&id=5fd25052568ce10f38ee377f>

Citizens Advice Chelmsford

Burgess Well House

Coval Lane

Chelmsford

CM1 1FW

<http://www.chelmsfordcab.org/>

08001448848 **Advice line**

01245 205605 (**Admin/reception only – no advice**)

<https://www.citizensadvice.org.uk/housing/homelessness/challenging-your-homeless-decision/if-you-disagree-with-your-homeless-application-decision/#:~:text=It%20can%20be%20complex%20to,ha d%20to%20leave%20your%20home.>

Shelter:

Helpline: 0808 8004444

Advice on how to avoid becoming 'intentionally homeless'

https://england.shelter.org.uk/housing_advice/homelessness/intentionally_homeless

https://england.shelter.org.uk/housing_advice

No recourse to public funds:

NRPF Network, Islington Council

222 Upper Street, London, N1 1XR

Email: nrpf@islington.gov.uk

<https://www.nrpfnetwork.org.uk/>

Local Refugee, Asylum seeker and non-UK resident help:

[https://streetsupport.net/chelmsford/asylum-seeker-refugee-and-non-uk-resident-advice-and-help.p
df](https://streetsupport.net/chelmsford/asylum-seeker-refugee-and-non-uk-resident-advice-and-help.pdf)

At risk of losing your home:

Contact **Local Council** (see details above)

Legal advice:

Contact **Citizens Advice** or **Shelter** (see details above)

Local services:

Ideas Hub Chelmsford

offers 3 x free legal sessions on Mondays 10am-1pm
at The Art Place, Meadows Shopping centre, Chelmsford CM2 6FD

To book call: 07964805397 - Debora Aloba from Affordable Law
(does not cover criminal or immigration, can prepare clients for court and accompanies on occasion)
<https://www.ideashubchelmsford.org/contact/>

Peabody

Peabody offer help and support to try and prevent homelessness. They offer a 'drop-in' service, people can attend and get free advice. The timetable is as follows:

Chelmsford			
Monday	9.00-14.30	Parkside Community Hub, Melbourne Ave, Chelmsford CM1 2DY	Form Filling Only efsko-ordinator@peabody.org.uk or call 0800 288 8883 for appointment
Tuesday	10:00-13:00	Chelmsford Meadow Job Centre, Meadow Shopping Centre, Meadow Walk, The Meadows, Chelmsford, CM26FD	Drop In
Tuesday	9.00 – 12.30	Parkside Community Hub, Melbourne Ave, Chelmsford CM1 2DY	Drop In
Thursday	12:30-14:00	St Andrews Church, Chignal Road, Chelmsford CM1 2JB	Drop-in
Friday	10:00-12:30	Evangelical Church, Grove Road, Chelmsford, CM2 0EY	10th, 24th February, 10th, 24th March, 2nd and 21st April, 5th and 19th May
Friday	10:00-13:00	Job Centre Plus, Gemini Centre, 88 New London Road, Chelmsford, CM2 0PD	Weekly Drop In

Peabody Essex Outreach

Tel: 0800 288 8883

Email: efsko-ordinator@peabody.org.uk

Website: <https://www.peabody.org.uk/>

Central Law CIC:

Tel: 01245951300

(30 minute slot for legal advice with a lawyer, email to arrange)

<https://centrallawcic.co.uk/contact-us/>

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

Other financial help:

<https://streetsupport.net/families/advice/?parentScenarioId=5fb2882e0532b72cb46a0ca3&id=>

Turn2Us (Also benefit help)

<https://www.turn2us.org.uk/>

Glasspool (Provide timely, small, one-off grants to individuals, couples and families to help them cope when things get tough).

<https://www.glasspool.org.uk/>

Debt advice:

<https://streetsupport.net/chelmsford/money-help-services/>

(Street Support homepage 'Cost-of-living help').

Domestic Abuse:

National Domestic Abuse Helpline: 0808 2000247 (open 24 hours a day)

<https://refuge.org.uk/>

<https://refuge.org.uk/i-need-help-now/how-we-can-help-you/our-refuges/>

The above organisation can give advice about your legal rights, give help with specialist support and help you find a safe refuge.

Compass:

Essex Domestic Abuse Helpline: 0330 3337444

(8am - 8pm weekdays and 8am – 1pm weekends, messages responded to within 24 hours)

<https://www.essexcompass.org.uk/>

(Also offer help for men who are victims of domestic abuse)

The Next Chapter (Braintree, Chelmsford, Colchester, Maldon, Tendring & Uttlesford)

Helpline: 0330 3337444 or 01206 500585

<https://www.thenextchapter.org.uk/>

The Change Project (Chelmsford)

Tel: 0845 3727701

Email: tcp@thechangeportfolio.org

<https://www.thechange-project.org/contact/>

Offer support, counselling and more.

Respect

Respect is a charity which runs support services and programmes for those who inflict abuse in relationships including young men and women.

Phoneline: 0808 802 4040 Monday to Friday 9am-5pm

Email: info@respectphoneline.org.uk

Website: www.respectphoneline.org.uk

(incl. online chat service)

Respect also provides an advice line for men who are victims of an abusive relationship. **Men's**

Advice Line: 0808 801 0327 Monday to Friday 9am-5pm

Email: info@mensadvice.org.uk **Website:** www.mensadvice.org.uk

(incl. online chat service)

Refuge

Supports women, children & men experiencing domestic violence with a range of services.

Telephone: 0808 2000 247

Website: www.refuge.org.uk

National LGBT Domestic Abuse Helpline

Helpline: 0800 999 5428

Emotional and practical support for LGBT people experiencing domestic abuse. Abuse isn't always physical- it can be psychological, emotional, financial and sexual too. Speak out, don't suffer in silence.

Sharan Project (South Asian Women Help & Support)

Information Line: 0844 504 3231

Website: www.sharan.org.uk

The National Centre for Domestic Violence

The National Centre for Domestic Violence provides a free, fast emergency injunction service for survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.

Freephone: 0800 970 2070 Text: NCDV to 60777 (they will call you back)

Email: office@ncdv.org.uk

Website: www.ncdv.org.uk

Victim Support

Confidential support for all victims of crime and domestic abuse.

Support Helpline: 0808 1689111

Website: www.victimsupport.org.uk

(24/7 help chat line)

Women's Aid

Women's Aid is a national charity which works to end abuse against women and children.

Tel: 0808 2000 247 (Freephone 24-hour national domestic abuse helpline)

Email: helpline@womensaid.org.uk

Website: www.womensaid.org.uk

Other Abuse support:**Victim Support Essex**

If you've been affected by crime, call Victim Support in Essex

Telephone: 0808 17 81 694 Lines are open 8am to 5pm Monday to Friday.

Or 0808 16 89 1111 if you need support outside of our open hours.

Website:

www.victimsupport.org.uk/help-and-support/get-help/support-near-you/eastengland/essex

Action on Elder Abuse

Charity giving help and information about the abuse of older people, including abuse by family members and partners.

Helpline: 0808 808 8141

Email: enquiries@elderabuse.org.uk

Website: www.elderabuse.org.uk

Broken Rainbow

For the lesbian, gay, bisexual, and transgender community.

Tel: 0300 999 5428.

Website: www.brokenrainbow.org.uk/help/helpline/

Childline

The UK's free and confidential helpline is not just for children. They also offer help to young people up to the age of 19 who are in distress or danger.

Tel: 0800 11 11 (24-hour helpline)

Website: www.childline.org.uk

Freedom Charity

We aim to empower young people to feel they have the tools and confidence to support each other and have practical ways in which they can help their best friend around the issues of family relationships which can lead to early and forced marriage and dishonour-based violence. The Helplines are manned by trained professionals to help victims of forced marriage and their friends who are seeking help, support and advice. 24/7

Helpline: 0845 607 0133 **Textline** (text '4freedom' to 88802)

Website: www.freedomcharity.org.uk

Galop

Galop offers support for lesbian, gay, bisexual, and transgender (LGBT) people experiencing hate crime, sexual violence or domestic abuse.

Helpline: 0800 999 5428

(Monday and Thursday 10am-8pm, Tuesday and Wednesday 10am-5pm, Friday 1pm-5pm).

Email: help@galop.org.uk

Website: www.galop.org.uk

Honour Network

Karma Nirvana Karma Nirvana is a registered Charity that supports victims and survivors of forced marriage and honour-based abuse.

Telephone: 0800 5999 247

Email: info@karmanirvana.org.uk

Website: www.karmanirvana.org.uk

Rape & Sexual Abuse Support Centres

Rape & Sexual Abuse Support Centres offer a range of services for women and girls who have been raped or experienced another form of sexual abuse.

National Freephone helpline: 0808 802 9999

(12 oon-2:30pm and 7pm-9.30pm any day of the year. Also 3pm – 5:30pm on weekdays)

Other mental health help:**Healthwatch Essex**

offers information, advice and guidance on accessing health and wellbeing services in Essex

Tel: 03005001895 **Text:** 07712395398

email: info@healthwatchessex.org.uk

(Opening hours Mon – Fri 9.00 – 16.30)

Website: <https://healthwatchessex.org.uk/speak-to-our-team/>

Essex Wellbeing service

Mental health support

Tel: 03003039988

email: provide.essexwellbeing@nhs.net

(Opening hours Mon – Fri 8.00 – 19.00 Sat 9.00 – 12.00)

Website: <https://www.essexwellbeingsservice.co.uk/services/mental-health>

Mind

Mid & North East Essex Mind – Maldon office

Tel: 01206764600

Email: enquiries@mnessexmind.org

YoungMinds:

Mental Health Help for Children and young people.

Parents Helpline: 0808 8025544 (Monday – Friday 9.30am – 4pm)
(Webchat available)

For young people struggling to cope **Text:** SHOUT to 85258 (24/7 support)

Website: <https://www.youngminds.org.uk/about-us/contact-us/>

Help with pets for people escaping domestic abuse:**Freedom Project:**

Tel: (London & South East) 0800 2989199

Email: freedomproject@dogstrust.org.uk

<https://www.dogstrustfreedomproject.org.uk/en/contact-us>

Takes care of dogs from families fleeing domestic abuse.

Paws Protect:

Tel: (London & South East) 0345 2601280

Email: pawsprotect@cats.org.uk

<https://www.cats.org.uk/what-we-do/paws-protect/accessing-paws-protect>

Takes care of cats from families fleeing domestic abuse.

Family Help:**Baby Basics:**

(Part of the community activities from:

Moulsham Lodge Methodist Church,

Lime Walk, Chelmsford,

CM2 9NJ

Tel: 07895 904594

Email: babybasicschelmsford@gmail.com

<https://baby-basics.org.uk/>

offers help and support to new mothers or families who are struggling to meet the financial and practical burden of looking after a new baby. Clothing bank, baby equipment etc, see a list here:

<https://baby-basics.org.uk/how-to-get-involved/giving-supplies/>

Growbaby Chelmsford:

199 Moulsham Street, Chelmsford, CM2 0LJ

Opening hours: 10am – 12.00 (Saturday monthly) 10am – 1pm (Wednesday weekly)

Tel: 07564 982595

Email: growbaby@chelmsfordvineyard.org

<https://www.growbaby.org/directory/growbaby-chelmsford>

Offer 0-5yrs clothes, shoes, coats, buggies, cots.

Finding food help in Chelmsford:

<https://streetsupport.net/chelmsford/chelmsford-food-rota.pdf>

Foodbanks can also help with hygiene products.

Free School Meals:

<https://www.gov.uk/apply-free-school-meals>

Health Start Vouchers:

<https://www.healthystart.nhs.uk/>

If you are more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

Cheap food Apps:

<https://www.toogoodtogo.com/en-gb>

<https://olioapp.com/en/>

Furniture Banks:**SVP Springfield (St Vincent de Paul Society)**

Beardsley Drive, Springfield,
Chelmsford, CM1 6GQ

Tel: 0330 0436474 / 07796393131

Email: PresidentSpringfield@svp.org.uk

https://www.svp.org.uk/?fbclid=IwAR2c_FZHufK7_9XzT5SmCb1DPmZfnn58QCvMDtBTd5Ht6RH0U3Dzz0sisQE

White goods, furniture (including beds), kitchen equipment etc. List here:

<https://staugustinespringfield.org.uk/svp-furniture-project/>

Lighthouse Furniture Project LTD

25/27 Tallon Road, Brentwood,
Essex, CM13 1TE

Tel: 01277 222050

Email: admin@lighthousefurniture.org

<http://www.lighthousefurniture.org/>

Opening hours: Monday: 9.30am – 4.30pm

Tuesday – Friday: 9.00am – 4.30pm

Saturday: 9.00am- 12.30pm

(Telephone is not manned at the weekend)

Offer discounted furniture, white goods and household products (including electrical items, kitchen ware and bedding. Some items may be free of charge depending on circumstance.

Low-Cost Child Care:**Up to 30 hours Free Childcare**

<https://www.gov.uk/apply-30-hours-free-childcare>

Universal Credit Childcare help

<https://www.gov.uk/help-with-childcare-costs/universal-credit>

Check what benefits you are entitled to:

<https://www.turn2us.org.uk/>

Tax-free Childcare

<https://www.gov.uk/tax-free-childcare>

Finding Childcare (that accepts Tax-free childcare), Nurseries, schools in the local area (this link can also be used to find these services in another area other than Chelmsford by using the search option.

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

<https://www.childcare.co.uk/search/All-Childcare-Services/Chelmsford>

Low-cost tutoring:**Estia Tuiton**

Affordable Maths & English tuition for ages 5-16 (From £12.00 per week for the whole family)

Tel: 08081699487

Website:

https://www.affordableacademicsuccess.com/?utm_source=Adwords&utm_medium=ppc&utm_campaign=&utm_content=&campaignid=1839850794&adgroupid=72338536049&utm_term=tutor%20classes&leadsource=Client-General&wid=10724&gclid=Cj0KCQjwla-hBhD7ARIsAM9tQKt_HkcSs8YVO_M608GrzIA08bN06ZpFGVgIEBPxL3kHcYdRyZ3RMKcaAg9WEALw_wcB

Learn Laugh Play

Online classes (range of subjects). Subscribe weekly or 4-weekly for the whole family to have access to each of the classes for £2.50 (+VAT) per week or £5.00 (+VAT) for GCSE subjects.

To contact use contact form on website.

Website:

https://learnlaughplay.co.uk/whats-on/?gclid=Cj0KCQjwla-hBhD7ARIsAM9tQKvClgLTVLuQsN1loLY6EXWHivjNWFUfjYjd0B7kOTZkxw3-w7rx4OcaAmSVEALw_wcB

Little Edi Foundation:

585 Galleywood Road, Chelmsford

Essex, CM2 8BS

Tel: 07859 815929

Email: littleedifoundation@gmail.com

Creates development opportunities for disadvantaged young people from local areas this may include giving aid including fresh food, toys, school equipment and uniform, volunteering and organising events for the younger children and have a summer scheme.

Finding health care away from your local area:

You may find that you are placed in temporary accommodation that is not near where you and your family were registered previously.

To find GP and dentists and other NHS services:

This website will show you where your nearest doctor, dentist or urgent care centres are.

<https://www.nhs.uk/nhs-services/>

To find a pharmacy near you:

<https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

Call **111** for health advice 24 hours a day.

For more advice on homelessness, finding a new home, housing benefit, housing Associations in Chelmsford:

<https://www.chelmsford.gov.uk/housing/housing-associations/>

Reporting concerns:

If you see, hear or suspect that an adult is being abused, contact **Essex Social Care Direct** via phone or email.

If you suspect a crime has been committed ring **999** if it is an emergency, or **101** if it is not an urgent situation.

Where there are concerns about the immediate welfare or safety of an adult contact:

Essex Adult Social Care on 0845 603 7634

Southend Adult Social Care on 01702 215008

Thurrock Adult Social Care on 01375 511000