



Directory of Services for Care Navigation

Mid Essex

- Provide(NHS) www.provide.org.uk 0300 309 9999
- Provide wellbeing www.providewellbeing.co.uk 0300 303 9966
- Provide Essex Lifestyle Service
[https://www.essexlifestyleservice.org.uk/0300 3039 9988](https://www.essexlifestyleservice.org.uk/030030399988)
- Living Well Essex www.livingwellessex.org
- Connect Well Essex www.connectwellessex.org.uk
- Essex County Council *Adult Social Care* on: 0345 603 7630.

Smoking cessation services

- Smokefree
www.nhs.uk/smokefree
- NHS Choices (search for smoking cessation service on postcode)
<https://www.nhs.uk/Service-Search/Smoking-cessation-clinic/LocationSearch/636>
- Provide Essex Lifestyle Service
<https://www.essexlifestyleservice.org.uk/>

Lifestyle services

- Ace Lifestyle. Weight management services 0800 022 4524 www.ancelifestyle.org
- Provide Essex Lifestyle Service (smoking cessation, lifestyle advice, self-management programmes for long term conditions)
<https://www.essexlifestyleservice.org.uk/>
- Connect Well (local help and support, Braintree, Chelmsford, Maldon)
<http://connectwellessex.org.uk/>
- My Weight Matters online programme (ACE)
<http://ancelifestyle.org/weight-management>
- Health and fitness apps
<http://www.nhs.uk/Conditions/nhs-health-check/Pages/tools-and-technology-that-can-help.aspx>
<https://www.bhf.org.uk/heart-matters-magazine/activity/7-free-fitness-apps>
- Couch to 5K (exercise programme)

<https://www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx>

- Change 4 Life (healthy lifestyle advice)
<https://www.nhs.uk/change4life>
- Walking for Health (search on postcode)
<https://www.walkingforhealth.org.uk/walkfinder>
- Heart and Sole walks www.heartandsole@chelmsford.gov.uk 01245 606979 /606569
- Seated exercise programme
<https://www.nhs.uk/Livewell/fitness/Pages/sitting-exercises-for-older-people.aspx>
- Seated exercise programme
<https://www.bhf.org.uk/heart-matters-magazine/activity/chair-based-exercises>

Drugs and alcohol

- Alcoholics Anonymous
<https://www.alcoholics-anonymous.org.uk/>
- Narcotics Anonymous
<http://ukna.org/>
- Open Road
<http://openroad.org.uk/>
- Essex Young People's Drug and Alcohol service
<http://www.childrenssocietyeast.org.uk/eypdas/>
- Living Well Essex
<https://www.livingwellessex.org/health-and-well-being/alcohol-and-substance-misuse/>
- Essex Specialist Treatment and Recovery Service
<https://eput.nhs.uk/our-services/essex/essex-mental-health-services/adults/drug-alcohol-service/essex-specialist-treatment-and-recovery-service>

Long term conditions

- Provide Essex Lifestyle Service (smoking cessation, lifestyle advice, self-management programmes for long term conditions)
<https://www.essexlifestyleservice.org.uk/>

Cardiac

- British Heart Foundation (all areas of heart disease)
<https://www.bhf.org.uk>
- Heart UK (high cholesterol)
<https://heartuk.org.uk/>

- Heart Research UK Helping Hearts (congenital heart disease)
<https://www.heartresearch.org.uk/chd/>
- Cardiomyopathy UK (heart failure)
<http://www.cardiomyopathy.org/>
- Pumping Marvellous (heart failure)
<http://pumpingmarvellous.org/>
- British Society for Heart Failure (heart failure)
<http://www.bsh.org.uk/>
- Arrhythmia Alliance (heart rhythm problems)
<http://www.heartrhythmalliance.org/afa/uk>
- Blood Pressure UK
<http://www.bloodpressureuk.org>
- Blood Pressure association
<http://www.bpassoc.org.uk/>
- Essex Heartbeat (support group for patients with rhythm problems and/or an implantable cardiac device)
<http://www.essexheartbeat.org/>
- Chelmsford and District Cardiac patient support group
Tel: 01621893064

Respiratory

- Asthma UK
<https://www.asthma.org.uk/>
- British Lung Foundation (all lung disease)
<https://www.blf.org.uk/>
- Cystic Fibrosis Trust
<https://www.cysticfibrosis.org.uk/>
- Living Well with COPD
<http://www.livingwellwithcopd.com/>
- Breathe Easy patient support group
<https://www.blf.org.uk/support-for-you/breathe-easy> (search on postcode for local services). Also provide singing classes, exercise classes and pulmonary fibrosis support groups.

Diabetes

- Diabetes UK
<https://www.diabetes.org.uk/>
- Diabetes.co.uk
<https://www.diabetes.co.uk/index.html>

- Patient support groups
https://www.diabetes.org.uk/how_we_help/local_support_groups(search on postcode for local services).
- Patient support groups
<https://www.nhs.uk/Service-Search/Information-and-support-for-diabetes/LocationSearch/333>(search on postcode for local services).

Cancer

- Macmillan cancer support
<https://www.macmillan.org.uk/>
- Cancer Research UK
<http://www.cancerresearchuk.org>
- Sue Ryder
www.sueryder.org
- Prostate Cancer UK
<https://prostatecanceruk.org>
- Breast Cancer Care
<https://www.breastcancercare.org.uk>
- Roy Castle Lung Cancer Foundation
<https://www.roycastle.org/>
- Bowel Cancer UK
<https://www.bowelcanceruk.org.uk/>
- Support groups
<https://www.nhs.uk/Service-Search/Information-and-support-for-cancer/LocationSearch/320>(search on postcode for local services).
- Support groups
<https://www.macmillan.org.uk/in-your-area/choose-location.html>(search on postcode for local services).

Depression and anxiety

- Health in Mind (Mid Essex)
<https://www.northessexiapt.nhs.uk/mid-essex>
- Services for depression and anxiety and contact details
<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>
- NHS Choice Moodzone
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
- MIND
<https://www.mind.org.uk/information-support/local-minds/>(search on postcode for local services)

- Mid and North Essex MIND
<https://mnessexmind.org/>
- Healthwatch Essex Guide to Health and Wellbeing for young people
<http://www.essexyeah.org.uk/mental-health.html>

Bereavement

- CRUSE Bereavement care
<https://www.cruse.org.uk/home>
- Bereavement support Farleigh Hospice (for adults and children, includes bereavement not connected to hospice)
<https://www.farleighhospice.org/bereavement-support>

Dementia

- Healthwatch Essex Dementia Handbook
<https://www.healthwatchesessex.org.uk/what-we-do/topics/dementia-project/dementia-handbook/>
- Age UK
<https://www.ageuk.org.uk>
- Dementia UK
<https://www.dementiauk.org>
- NHS Choices Dementia guide
<https://www.nhs.uk/conditions/dementia/help-and-support/>
- Alzheimer's Society
<https://www.alzheimers.org.uk/>
- Alzheimer's Navigators
essex@alzheimers.org.uk Tel: 01245 260911
- Alzheimer's Research UK tel 03001115555

Carers

- Community Agents Essex (supporting older people and informal carers)
<https://www.communityagentsessex.org.uk/>
- Living Well Essex
<https://www.livingwellessex.org/looking-after-someone/>
- Citizens advice
<https://www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support/>
- Carers UK
<https://www.carersuk.org/>
- Carers First
www.carersfirst.org.uk

- The Money Advice Service
<https://www.moneyadviceservice.org.uk/en/articles/support-services-available-to-carers>
- Carers Trust
<https://carers.org/>
- Age UK
<https://www.ageuk.org.uk/information-advice/care/helping-a-loved-one/>
- Mind
https://www.mind.org.uk/information-support/helping-someone-else/carers-friends-family-coping-support/#.Wnh4b6hl_IU
- MENCAP (learning disabilities)
<https://www.mencap.org.uk/>

Sexual health

- Essex Sexual Health Service
<https://www.essexsexualhealthservice.org.uk/ tele.0300 003 1212>
- NHS Choices
<https://www.nhs.uk/Service-Search/Sexual-health-services/LocationSearch/1847>
search on postcode for local services providing sexual health and contraception services (includes pharmacies)
- Healthwatch Essex Guide to Health and Wellbeing for young people
<http://www.essexyeah.org.uk/sexual-health-relationships.html>

Dental services

- Search for an NHS dentist
<https://www.nhs.uk/Service-Search/Dentist/LocationSearch/3>
- Call NHS England's Customer Contact Centre on 0300 311 2233 if cannot find dentist accepting NHS patients.
- NHS 111 can provide details of emergency dental services.

Miscellaneous information sources/ services

- Connect Well Essex (local help and support, Braintree, Chelmsford, Maldon)
<http://connectwellessex.org.uk/>
- Essex Connects – Social prescribing www.essexconnects.org.uk
- ECL (formerly Essex Cares - support to live independently for people with learning, physical, sensory or mental health needs)
<https://www.ecl.org/>
- Essex County Council Health and Social Care. Adult safety& care 0345 6037630

- Essex Age UK (expert advice, help at home, toe nail cutting, information on clubs and activities) <https://www.ageuk.org.uk/essex/>
- Clubs and groups directory
<https://www.ageuk.org.uk/essex/activities-and-events/clubs-and-groups/>
- Healthwatch Essex Information service- how to access help & support
tel 0300 500 1895
- Living Well Essex (information and health support)
<https://www.livingwellessex.org/>
- Healthwatch Essex Guide to Health and Wellbeing for young people
<http://www.essexyeah.org.uk/index.html>
- Care Choices (information on care providers and care homes in Essex)
<http://www.carechoices.co.uk/region/Essex>
- Mid Essex Continence Advisory Service (patients can refer themselves)
<https://www.provide.org.uk/service/continence-advisory-service-adult/>
- Provide(NHS) www.provide.org.uk 0300 309 9999
- Provide wellbeing www.providewellbeing.co.uk 0300 303 9966
- Red Cross Mobility Services 0344 4122772
- Turn2us (national charity helping people in financial hardship)
<https://www.turn2us.org.uk/>
- Gamblers Anonymous
<https://www.gamblersanonymous.org.uk/>
- Relate (relationship support)
<https://www.relate.org.uk/>
- Family Lives (parenting)
<https://www.familylives.org.uk/>
- BEAT (eating disorders)
<https://www.beateatingdisorders.org.uk/>
- Refuge (domestic violence)
<https://www.refuge.org.uk/>