

# STRONGER MY WAY

## COMMUNITY DAY



## Carecall247– Monitoring & Response Service

At Carecall247, we understand that you value your independence; that's why our support is designed to help you achieve this safely and securely. Our plans, tailored to suit your needs and daily routine, provide much more than just a traditional pendant alarm.

Our personal alarms are state-of-the-art devices, installed and monitored by our friendly team, so you can rest assured knowing you'll receive rapid response in case of emergency.

Our top priority is your peace of mind; we're here to provide the support you need, whenever you need it.

### Contact Details/ How to Access:

Email: [carecall@carecall247.co.uk](mailto:carecall@carecall247.co.uk) / [Liam.Bond@carecall247.co.uk](mailto:Liam.Bond@carecall247.co.uk)

Telephone: **0300 303 2682**

Website: [www.carecall247.co.uk](http://www.carecall247.co.uk)



## Croquet England

Croquet England is the National Governing Body of Croquet in England, responsible for promoting, regulating and co-ordinating all forms of the game.

There are over 230 Croquet Clubs in the UK, many of which are also affiliated to a local federation. Croquet is a competitive and social sport, played by over 8,500 people in the UK.

There are several clubs based in Essex, including a new club which has equipment to host indoor croquet. The indoor croquet is played on a carpet which also makes croquet accessible to wheelchair users.

Croquet is a sport which strives to encourage a diverse and inclusive population of players. The game itself is won by using both skill and strategy and is not a strenuous activity. Croquet is a uniquely enjoyable sport which is enjoyed by players with a wide range of ability, age, background and competitiveness.

### Contact Details/ How to Access:

Alison Maugham, Communications Support Officer, [alison.maugham@croquetengland.org.uk](mailto:alison.maugham@croquetengland.org.uk),  
Tel: **07766 720830** Website: [www.croquetengland.org.uk](http://www.croquetengland.org.uk)



## Community Agents (part of EWS)

Community Agents is a free to access home visiting service, helping people to live independently in their own home. We can help anybody over the age of 18 that is in particular need of a home visit in order to source the support needed. We are not carers, but Community Agents can assist with:

### Equipment

Assess and arrange installation for grab rails, bed rails, steps, toilet aids, bathing/showering aids, furniture raisers.

### Blue Badges & Bus Passes

Complete applications and renewals.

### Benefits

Assist with benefit form completion or signpost to the relevant, local service.

### Social Opportunities

Community Agents know many local clubs and activities and have details of what's on in your local area.

### Transport

Advise on community and hospital transport links.

### Meals & Shopping

If preparing meals or shopping is becoming difficult we have details of options that may be suitable.

### Carers Support

Provide support to unpaid carers including sourcing respite options and carers support groups.

**Please call EWS direct 0300 303 9988** to refer yourself, family member, friend or neighbour to Community Agents. Please note you must have the referrer's permission. Lines open Monday to Friday 8am-7pm and Saturday 9am-12pm.

**Community Agents** is part of the Essex Wellbeing Service.

### Contact Details/ How to Access:

Tel: **0300 303 9988**

Email: [provide.essexwellbeing@nhs.net](mailto:provide.essexwellbeing@nhs.net)

Website: [www.essexwellbeingsservice.co.uk](http://www.essexwellbeingsservice.co.uk)



## Community Mental Health Physiotherapy Department, Essex Partnership University NHS Foundation Trust (EPUT)



Essex Partnership University NHS Foundation Trust (EPUT) was formed on 1 April 2017 following the merger of North Essex Partnership University NHS Foundation Trust (NEP) and South Essex Partnership University NHS Foundation Trust (SEPT).

Since then, EPUT has grown from strength to strength, providing many community health, mental health and learning disability services to support more than 3.2 million people living across Luton and Bedfordshire, Essex and Suffolk.

The Mental Health Physiotherapy department provide assessment, treatment, advice and support to help with a variety of physical health issues involving neurology, respiratory and the musculoskeletal system alongside Mental health challenges. The team help restore range of movement, strength and functional ability to enable individuals to remain active, return to work, to participate in their hobbies and to improve their overall quality of life

### Contact Details/ How to Access:

Contact for professionals: Tel: **01268 243 567**, ext: **7567**.

Refer by a professional via referral form to: [epunft.rochfordphysioferrals@nhs.net](mailto:epunft.rochfordphysioferrals@nhs.net)



## Essex County Council - Care Technology Service

The Care TEC Service team in partnership with Livity Life and Provide CIC deliver a digital-first, innovative Care Technology service across Essex (excluding Thurrock and Southend)

What does the team deliver?

The Team delivers a free service for individuals, 18+, living in their own home or Supported Living who are eligible under the Care Act 2014 or full Care Act eligibility. The aim is to deliver assistive care technology to promote independence and wellbeing.

### Contact Details/ How to Access:

Social Care Connects – **0345 603 7630**



## ECL

ECL day services has an amazing in-house clinical team which offers Physiotherapy, Occupational Therapy, Speech and Language Therapy and Positive Behaviour Advice. These disciplines work closely together and focus on person centred care to enhance independence and improve quality of life. The clinical team work across ECL's day services for older people and people with learning disabilities and/or autism to ensure people with specialist needs are supported to safely use our centres.

ECL provide training and expertise across all services in how best to support individuals with diagnosed conditions like diabetes, enteral care and epilepsy and the clinical team offer bespoke training to staff and individuals to support them with their physiotherapy, speech and language therapy, occupational therapy and behavioural needs.

The clinical team at ECL also work in conjunction with local NHS professionals, adult social care services and family members and/carers as part of a multidisciplinary approach to making sure each person using our services can do so as independently and as safely as possible.

### Contact Details/ How to Access:

Tel: **03330 135 438**

Email: [ECL.ContactCentre@essexcares.org](mailto:ECL.ContactCentre@essexcares.org)

Website: [www.ecl.org](http://www.ecl.org)



## Sport for Confidence – Single point of Access Service

Seeking to support those who have become disconnected from the community/loved ones and who require additional support to be able to access meaningful opportunities outside of the home environment. By placing an occupational therapist at the 'front door' of this service, it is possible to support those who face challenges to their occupations and work holistically with a focus on prevention. The service supports individuals through initial assessment interviews and therapeutic interventions to achieve positive outcomes related to physical, mental and emotional health and all social circumstances and life opportunities. Our team have a focus on utilising sport and physical activity as a therapeutic means and end.

### Contact Details/ How to Access:

Email: [info@sportforconfidence.com](mailto:info@sportforconfidence.com)

Website: [www.sportforconfidence.com](http://www.sportforconfidence.com)



## Essex Wellbeing Service

The Essex Wellbeing service consists of a range of partners delivering a range of services to the residents of Essex. This includes NHS Health checks, weight management support and smoking cessation. For further information on all of our services please visit [www.essexwellbeingservice.co.uk](http://www.essexwellbeingservice.co.uk)

### Contact Details/ How to Access:

Tel: **0300 303 9988**

Website: [www.essexwellbeingservice.co.uk](http://www.essexwellbeingservice.co.uk)



## George Hurd Over 50's Activity Centre

We are an over 50's Activity Centre based in the centre of Basildon. We hold a varied number of activities for example, Art & Craft Classes, Bridge, Chess, Keep-Fit, Yoga, Pilates, Chair Keep-Fit, Beading, Ceramics, Flower Arranging and many, many more.

We run day trips to seaside towns, castles, river trips and theatre shows throughout the year.

We have a dining hall, where you can sit and have a chat over a cup of tea/coffee, we also have a choice of biscuits, tea cakes and sweets. We also have a hot meal Monday and fish 'n' chips Friday, not forgetting the toasties mid-week.

If you are looking to learn a new skill or have a passion for one of our activities, why not come along and give it a go and at the same time make new friends.

### Contact Details/ How to Access:

**George Hurd Over 50's Activity Centre, Audley Way, Basildon SS14 2FL**

Tel: **01268 205305**

Opening hours: **Monday to Friday, 9am to 4.30pm**



## Healthwatch Essex

Healthwatch Essex collects data and lived experience by engaging with the people of Essex relating to health, care and wellbeing services and uses that information to inform the way services are designed and delivered. It is important to us that the work that we do creates meaningful change.

Since we were formed our team has worked with thousands of people across Essex to understand the bigger picture of how people experience health, care and wellbeing here. We take the time to explore trends and work closely with providers to ensure that what we capture can help shape improvements.

We help people access, understand, and navigate health, care and wellbeing services in Essex.

Anyone can contact us confidentially for help on health, care and wellbeing services, including how to access the support you need, what to do if you have a concern or complaint or how to share feedback about services.

### Contact Details/ How to Access:

Tel: **0300 500 1895**

Email: [info@healthwatchessex.org.uk](mailto:info@healthwatchessex.org.uk)

Text/WhatsApp: [www.essexwellbeingservice.co.uk](http://www.essexwellbeingservice.co.uk)

Website: [www.healthwatchessex.org.uk](http://www.healthwatchessex.org.uk)



## Home Instead Basildon

We're looking for Care Professionals who are kind and compassionate and who, by understanding our values and mission, are dedicated to delivering the highest standard of care.

To ensure continuity for both Clients and Care Professionals, you will see the same Clients every week, with minimum one hour visits, enabling you to build a relationship and a routine focused around quality of life in the comfort of the Client's home.

Driving licence and access to own transport required.

### Contact Details/ How to Access:

**01268 733820** or email [chris.armstrong@homeinstead.co.uk](mailto:chris.armstrong@homeinstead.co.uk)



## My Path 2 Wellness CIC

My Path 2 Wellness CIC improves the health and wellbeing of people in Essex and beyond, particularly those facing health challenges or barriers to accessing traditional wellness services by offering wellness activities, lifestyle education, health coaching and support across different life stages. We promote physical, mental, and socio-emotional health, focus on preventing and managing long-term health conditions and encouraging self-care and healthy lifestyle practices.

We are a not-for-profit organisation based in Brentwood, UK. At My Path 2 Wellness CIC, our passion goes beyond delivering accessible and inclusive wellness activities, lifestyle coaching and support. As a Community Interest Company, our commitment is to reinvest any surplus back into programmes and services that benefit our community. By participating in our activities, you are not just investing in your own wellbeing – you are also helping to fund ongoing initiatives that promote the lives of others. This approach ensures that the support we provide continues to grow, reach more people and evolve to meet the changing needs of those we serve:

- Perinatal (prenatal & postpartum) community
- Children & adolescents
- Adults
- Older adults (65+)
- People, living with (or are at risk) of long-term health conditions

We believe that everyone deserves the opportunity to thrive!

### Contact Details/ How to Access:

Connie Bedford

Tel: **07393 866507**

Email: [admin@mypath2wellness.com](mailto:admin@mypath2wellness.com)

Website: [www.mypath2wellness.com](http://www.mypath2wellness.com)



## Laindon Activity Centre

We are lively Activity Centre for the over 50's, offering approx. 60 classes per week, including Art, Short Mat Bowls, Exercise and Craft classes.

We also arrange day trips and holidays for our members.

### Contact Details/ How to Access:

Telephone **01268 411753** or through the [Basildon Council Website](#).



## NHS Basildon & Brentwood Alliance

### Basildon & Brentwood Slipper Swap

Did you know that 'sloppy' slippers or other inappropriate footwear can increase the risk of falling?

Through the slipper swap project, older and frail residents can swap their old slippers for a free brand-new pair which have design features to help prevent falls, such as secure fastenings and robust soles. Where necessary, residents will also be linked to other sources of support which could be beneficial.

Many older people are keen to stay independent at home, however walking indoors in worn-out slippers, barefoot or in socks can increase the risk of falls, slips and trips. This may result in spending time in hospital or receiving treatment at home which can make them feel less independent and more socially isolated.

We are also working with partners who can provide further advice and support. Find out more:

[Basildon and Brentwood - Mid and South Essex Integrated Care System \(ics.nhs.uk\)](#)

### Contact Details/ How to Access:

Linzi Young: [linzi.young1@nhs.net](mailto:linzi.young1@nhs.net)

Kim Langridge: [kim.langridge@essex.gov.uk](mailto:kim.langridge@essex.gov.uk)



## NELFT Community Falls Strength and Balance Exercise Service (Basildon and Brentwood)

The Community falls strength and balance exercise service offers structured muscle strength and balance exercise programme for the population aged 65 and older across the Basildon (including Wickford and Billericay) and Brentwood to reduce the falls risk and rate. We deliver the exercise programme either at your home or group venues.

### Contact Details/ How to Access:

Tel: 0300 300 1843

Email: [FallsStrength&BalanceExerciseService@nelft.nhs.uk](mailto:FallsStrength&BalanceExerciseService@nelft.nhs.uk)

Website: [www.nelft.nhs.uk/community-falls-strength-and-balance-exercise-service](http://www.nelft.nhs.uk/community-falls-strength-and-balance-exercise-service)



## Stroke Association South West Essex

If you've had a stroke, we're here to help. One of our Stroke Association Support Coordinators will work with you to identify your priorities and what's important to you so that we can best support you in rebuilding your life after stroke.

### We offer:

- A personalised review of what's important to you.
- Someone to talk to who understands.
- Tips to support your recovery.
- Information about stroke and access to other local services.
- Information on how to reduce your risk of stroke.
- The chance to share experiences with others in a similar situation.
- Telephone and online support.
- Hospital and home visits.

### Contact Details/ How to Access:

Michelle Turner – [michelle.turner@stroke.org.uk](mailto:michelle.turner@stroke.org.uk) – 07940 107844 – SS postcodes

Leanne Harris – [leanne.harris@stroke.org.uk](mailto:leanne.harris@stroke.org.uk) – 07712 853621 – CM postcodes

Emma Cleary – [emma.cleary@stroke.org.uk](mailto:emma.cleary@stroke.org.uk) – 07739 745927 – RM postcodes



## Rehabilitation & Frailty Team / NELFT

- **Frailty Virtual Ward** is for patients with frailty or complex comorbidities, who may have an urgent care need or exacerbation of underlying long-term conditions, which could be supported, monitored and treated in their own homes.
- **Intensive Rehabilitation Service** delivers rehabilitation programs to Patient's in their homes for up to 21 days. Patients must have realistic, achievable short term rehabilitation goals and be off their baseline functionally. Patients must be medically fit to engage in intensive rehabilitation both physically and cognitively and be aged 18 and over. Areas covered: Basildon, Wickford, Billericay, Brentwood and Thurrock.

### Contact Details/ How to Access:

Tel: 0300 300 1909 Electronic referrals accepted



## Yoga4all

Yoga4all delivers and physical and mental health service through yoga and mindfulness to support wellbeing.

The service is delivered in Basildon, Castlepoint and Southend through seated and mat based yoga classes and programmes.

Delivering accessible yoga regardless of age or ability.

### Contact Details/ How to Access:

Tel: 01702 475700

Email: [contact@yoga4all.co](mailto:contact@yoga4all.co)

Website: [www.yoga4all.co](http://www.yoga4all.co)



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