

No. 1

Helping Hands Essex - help alcoholics who want to kick the habit to adopt a life of abstinence by means of residential rehabilitation or by engaging in a committed day programme.

www.helpinghandsessex.org.uk
01245 475660 or 07940 576825
graham@helpinghandsessex.org.uk

No. 40

InterAct - working with people to fulfil their potential, improve their lives and their communities.

www.interact.org.uk | 01245 608201
mail@interact.org.uk

No. 33

League of Friends & Mid Essex Hospital Charity - the charity's aim is to enhance and improve patient care, the hospital environment, and provide grants for projects all of which are over and above those served by government funding.

01245 514559 or 01245 514460
Yvonne.Carter@meht.nhs.uk

No. 20

Lighthouse Family Trust - 1:1 support for anyone suffering as a result of a pregnancy crisis or loss for whatever reason.

www.lighthouseft.org.uk (currently down due to updating platform)
01245 494838 | office@lighthouseft.org.uk

No. 22

Maldon Active Support Team project (MAST) - aims to help people to get involved with their local community through a mixture of group and one to one support.

www.maldoncvcs.org.uk | 01621 851891 or 07740 112039
mast@maldoncvcs.org.uk

No. 4

Mid Essex Crohns and Colitis UK - informs and supports people who need information on various subjects relating to Crohns or Colitis.

www.groups.crohnsandcolitis.org.uk/me | 0845 130 6813
me@groups.crohnsandcolitis.org.uk

No. 16

Mid Essex Mind - provides a package of support to individuals, carers and families through a wide range of diverse services from telephone support, advocacy, elderly support, befriending support and physical and emotional wellbeing activities.

www.mid-essex-mind.org.uk | 01621 853211
admin@mid-essex-mind.org.uk

No. 17

Open Road - deliver CHOICES which is an open access service, offering assessment and case management for young people and adults affected by drugs and alcohol and operate a Needle Syringe Provision in all centres.

www.openroad.org.uk | 0844 4991323

No. 43

Patient Council & Culture - the Patient Council started in 2003 and has been encouraged and supported ever since by Mid Essex Hospital Services Trust as a valuable resource serving the needs and interests of patients across the trust.

maureen.hindle12@btinternet.com

We are working on a Code to share the values and behaviours we expect here at our hospital, as we are proud to care for you, our patients.

<http://www.meht.nhs.uk/about-us/culture/>

Tell Us Your Views

No. 31

Rainbow Trust Children's Charity - provides individually tailored high quality support to families who have a child with a life threatening or life limiting illness.

www.rainbowtrust.org.uk | 01708 375830

No. 8

REMAP Essex Central - a nationwide charity which designs and makes one off aids for the disabled i.e. aids which are not otherwise available.

www.remap.org.uk | 01621 855354 or 01245 442641
david.pitt@talktalk.net

No. 5

Renew Counselling - offers low cost counselling and therapeutic support to people from 5 years old upwards who can't access it under the NHS or can't afford to pay privately.

www.renew-us.org | 01245 269335 | info@renew-us.org

No. 18

South East and Central Essex Mind - provide high quality mental health services, information, training and signposting for individuals and professionals who are experiencing or working with people with mental illness.

www.seandcessexmind.org.uk
01245 345083 or 01702 601123
office@seandcessexmind.org.uk

No. 9

Support 4 Sight - provides Information, Support and Advice to people with sight loss, their families and carers.

www.support4sight.org.uk | 01799 523700
info@support4sight.org.uk

No. 34

The J's Hospice - transforming young lives providing specialist care and support for young adults with life limiting and life threatening conditions.

www.thejshospice.org.uk | 01245 475474
info@thejshospice.org.uk

No. 10

The Stroke Club for Mid Essex - a drop-in centre for stroke survivors and their families to regain a life!

01621 891007 (helpline) | pollylaidler@hotmail.com

No. 11

Tickers - we provide phase 4 exercise classes for people recovering from heart attacks.

www.tickersrehab.co.uk
Cardiac Rehab Specialist is Christian O'Hare on 07951 225266 | david.cannon@tickersrehab.co.uk

No. 42

Volunteer Centres - if you are thinking about volunteering, then your local volunteer centre is a good place to start to find out more about the diversity of volunteering roles in the community and how to get involved.

www.volunteerssex.org/ | 01376 550507 (Braintree), 01245 250731 (Chelmsford) & 01621 851891 (Maldon)

No. 12

The Wilderness Foundation - aims to preserve wild spaces in the UK and to use wilderness experiences to bring about measurable, positive change in disadvantaged and vulnerable young people, enabling them to improve their lives.

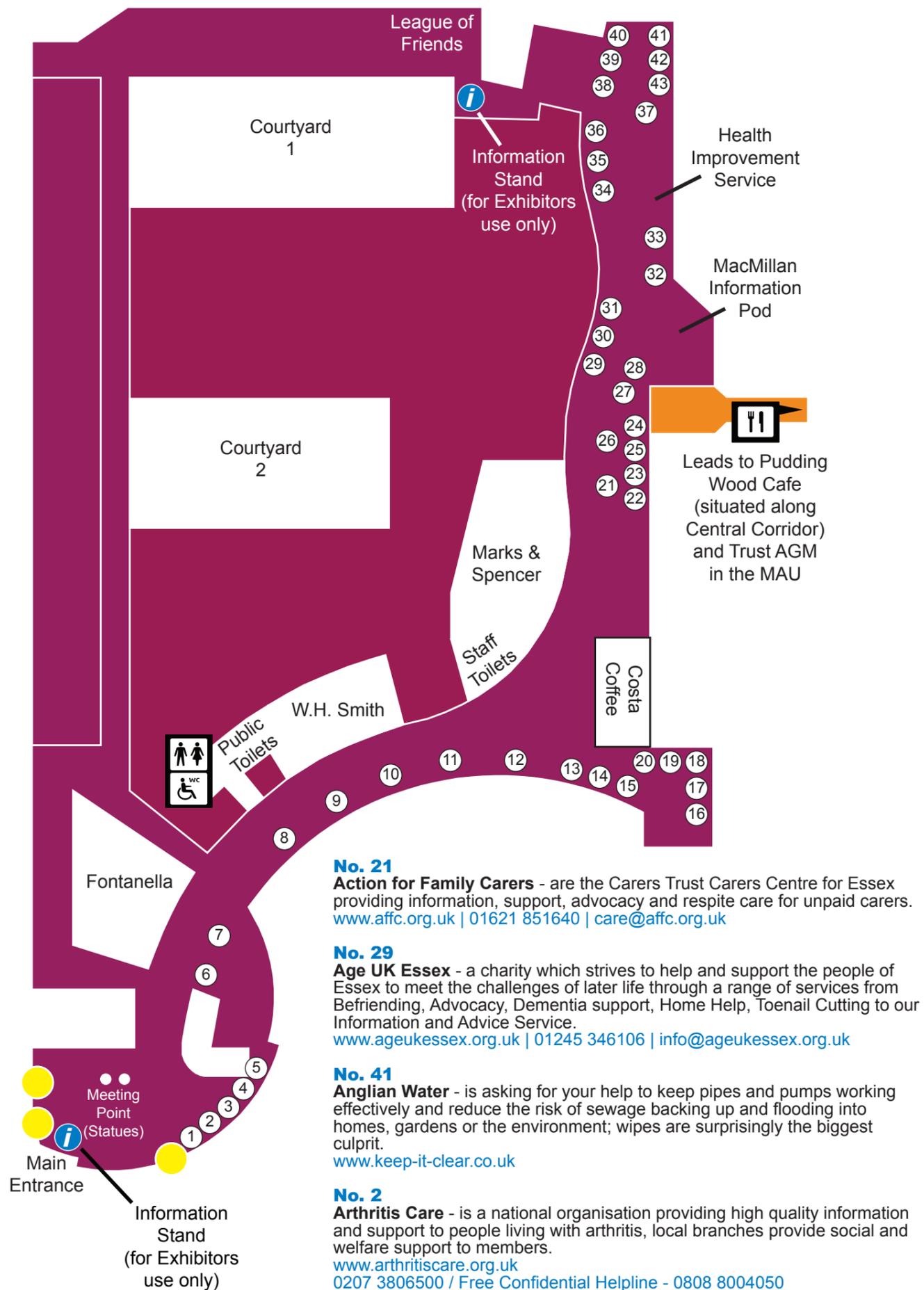
www.wildernessfoundation.org.uk | 0300 1233073
info@wildernessfoundation.org.uk



Welcome to Mid Essex Showcasing Healthcare Event and the Trust's Annual General Meeting (AGM)



Atrium map showing location of Exhibitors...



Health Event Exhibitors...

No. 28

Autism Anglia - offers a wealth of expertise and support for people affected by autism, including our specialist residential school, adult housing and study centres, and our dedicated Family Support team. www.autism-anglia.org.uk | 01206 577678 info@autism-anglia.org.uk

No. 26

Brentwood & Chelmsford Multiple Sclerosis Branch - main aim is to support all those in the community affected by Multiple Sclerosis, that support can cover many areas. www.bcmss.co.uk | 07948 898945

No. 27

CHARMS - the only hyperbaric oxygen therapy and therapy centre in Essex for neuro, other cases and their carers, offering advice and advocacy. www.charms.fsnet.co.uk | 01245 461212 therapy@charms.fsnet.co.uk

No. 7

Chelmsford Breathe Easy Group (The British Lung Foundation) - assisting and providing information on all lung problems. www.blf.org.uk | 0207 6885593

No. 23

Chelmsford Community Transport - providing transport to Chelmsford and District residents who have difficulty using public transport. www.chelmsfordct.org | 01245 477789 chelmsford.ct@btconnect.com

No. 3

Chelmsford Counselling Foundation - a long-established charitable company providing professional, affordable counselling to adults and couples in the Essex area. www.chelmsfordcounselling.org.uk | 01245 284890 admin@chelmsfordcounselling.org.uk

No. 19

Chelmsford Talking Newspaper - records and distributes Chelmsford's audio news and information service for blind or partially sighted people. www.ChelmsfordTalkingNewspaper.org.uk 01245 354079 ChelmsfordTalkingNewspaper@gmail.com

No. 13

Crossroads Care Braintree District & Chelmsford - are a Sitting Service (respite care) offering Carers a break from their caring role. www.braintreecrossroadscare.org.uk | 01376 529985 braintreexroads@btconnect.com

No. 35

Dementia Adventure - specialises in connecting people living with dementia with nature and a sense of adventure by providing training, research, consultancy and adventures. www.dementiaadventure.co.uk | 01245 230661 info@dementiaadventure.co.uk

No. 25

Dengie Project - daycentre for the elderly's health and wellbeing, covering most of Mid-Essex and is open 365 days a year. 01621 772273 | pathway@dengiept.org.uk

No. 15

Diabetes UK Chelmsford and District Group - provides opportunities to exchange views, news, experiences and concerns on all matters relating to diabetes. www.diabeteschelmsford.com | 07516 897948 chelmsforddiabetes@outlook.com

No. 14

Epilepsy Action - we aim to provide support and information to people with epilepsy and their families. www.epilepsy.org.uk | Local information 01708 479536 Freephone Helpline 0808 8005050 medgar@epilepsy.org.uk

No. 38

Essex Cares - supports adults across the county to live independently both within their homes as well as in their local communities. www.essexcares.org | 0800 03597790 info@essexcares.org

No. 37

EssexConnects - is a searchable directory to help you to get in touch with hundreds of local charities, voluntary groups, and community sector services in Braintree, Chelmsford, Colchester, Epping, Harlow, Maldon and Uttlesford. www.essexconnects.org.uk

No. 6

Essex Sight - provide practical help, emotional support and advice to visually impaired people and their carers. www.essexblind.co.uk | 0870 2405418 info@essexblind.co.uk

No. 32

Essex Young People's Drug and Alcohol Service - a project of The Children's Society working with young people and their families across the county. www.eypdas.org.uk | 01245 493311 EDA@childsoc.org.uk

No. 39

Families InFocus - supports families of children and young people with disabilities and special needs, a one-stop information and advice service. www.familiesinfocusessex.org.uk | 01245 353575 helpline@familiesinfocusessex.org.uk

No. 24

Headway Essex - provides information, advice and support for people who have sustained an acquired brain injury and those who care for them. www.headwayessex.org.uk | 01206 768797 communitysupport@headwayessex.org.uk

No. 36

Healthwatch Essex - is the new independent consumer champion created to gather and represent the views of the public and will make sure that the views of the public and people who use services are taken into account at both local and national level. www.healthwatchessex.org.uk | 01376 572829 enquires@healthwatchessex.org.uk

No. 30

Hearing Help Essex - helping hard of hearing people in Mid-Essex with support, advice and help with keeping their NHS hearing aid comfortable, clean and working properly. www.hearinghelpessex.org.uk | 01245 348440 info@hearinghelpessex.org.uk