

## No. 34

**Mid Essex CCG** - is responsible for planning, buying and monitoring health services for people living within the areas of Braintree, Chelmsford and Maldon.  
[www.midessexccg.nhs.uk](http://www.midessexccg.nhs.uk) | 01245 459459  
[meccg.patientexperience@nhs.net](mailto:meccg.patientexperience@nhs.net)

## No. 46

**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](http://www.groups.crohnsandcolitis.org.uk/me)  
 0845 1306813 | [me@groups.crohnsandcolitis.org.uk](mailto:me@groups.crohnsandcolitis.org.uk)

## No. 11

**Mid Essex Epilepsy Action** - exists to help improve the lives of everyone affected by epilepsy and we have support groups in several areas of Essex.  
[www.epilepsy.org.uk](http://www.epilepsy.org.uk) | 01708 479536  
[medgar@epilepsy.org.uk](mailto:medgar@epilepsy.org.uk)

## No. 14

**Moulding Futures** - we aim to challenge the stigma and discrimination of disadvantaged people and change the views of others while helping people who want to take small steps to improving their futures.  
[www.mouldingfutures.co.uk/about.html](http://www.mouldingfutures.co.uk/about.html) | 01245 399541

## No. 35

**MS-UK and Brentwood & Chelmsford Multiple Sclerosis Branch** - support all those in the community affected by Multiple Sclerosis to make the most of today, and live life to the full.  
[www.ms-uk.org](http://www.ms-uk.org) / 01206 226500 / [info@ms-uk.org](mailto:info@ms-uk.org)  
[www.bcmss.co.uk](http://www.bcmss.co.uk) / 07548 898945

## No. 23

**Older Peoples Research Group** - we are an over 50s group of Social Researchers trained by Anglia Ruskin University, who carry out commissioned research and audit into matters affecting the lives of older people.  
[olderpeoplesresearchgroupessex.org](http://olderpeoplesresearchgroupessex.org) | 01245 350214  
[info@oprgessex.org](mailto:info@oprgessex.org)

## No. 1

**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](http://www.openroad.org.uk) | 0844 499 1323

## No. 41

**Ormiston Families** - supports children, young people and their families to manage the challenges they face and improve their life chances.  
[www.ormiston.org](http://www.ormiston.org) | 01473 724517  
[maria.warren@ormiston.org](mailto:maria.warren@ormiston.org)

## No. 10

**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.  
[steve.tupper@btinternet.com](mailto:steve.tupper@btinternet.com)

## Creating Our Culture...

Sign up for a listening event at:  
<http://www.meht.nhs.uk/promotion/creating-our-culture>

## No. 30

**Rainbow Trust Children's Charity** - provides emotional and practical support for families who have a child with a life threatening or terminal illness.  
[www.rainbowtrust.org.uk](http://www.rainbowtrust.org.uk) | 01372 363438  
[enquiries@rainbowtrust.org.uk](mailto:enquiries@rainbowtrust.org.uk)

## No. 21

**Red Balloon - Braintree** - recovers children aged 11-17 years who are unable to attend school due to anxiety and, through a programme of counselling and learning, helps them build their confidence and return to mainstream education or employment.  
[www.redballoonlearner.org.uk](http://www.redballoonlearner.org.uk)  
 01223 354338 or 07823 556842 | [admin@group.rblc.org.uk](mailto:admin@group.rblc.org.uk)

## No.28

**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.info](http://www.remap.info)  
 01621 855354 or 01245 442641 | [essexcentral@remap.info](mailto:essexcentral@remap.info)

## No. 6

**Rethink** - is a national charity that provides support to people suffering with mental health problems.  
[www.rethink.org](http://www.rethink.org)  
 01245 491045 or 01245 349595 | 0121 522 7007(national)

## No.12

**Support 4 Sight** - provides Information, Support and Advice to people with sight loss, their families and carers.  
[www.support4sight.org.uk](http://www.support4sight.org.uk) | 01799 523700  
[info@support4sight.org.uk](mailto:info@support4sight.org.uk)

## No. 22

**Swan Care & Repair** - Care and Repair Team can offer a variety of services to help people to live independently and stay in their home. Care and Repair can assist with undertaking adaptations and repairs, utilizing an in-house Handyperson service and Caseworkers to manage the process.  
[www.swan.org.uk](http://www.swan.org.uk) | 01277 844235 | [care@swan.org.uk](mailto:care@swan.org.uk)

## No. 4

**The J's Hospice** - transforming young lives by providing specialist care and support for young adults 16 - 40 years across Essex, with life limiting and life threatening conditions.  
[www.thejshospice.org.uk](http://www.thejshospice.org.uk) | 01245 475474  
[info@thejshospice.org.uk](mailto:info@thejshospice.org.uk)

## No. 15

**The Stroke Club for Mid Essex** - a drop-in centre for stroke survivors and their families to regain a life.  
 01621 891007 (helpline)  
[contactgo4it@gmail.com](mailto:contactgo4it@gmail.com) / [pollylaidler@hotmail.com](mailto:pollylaidler@hotmail.com)

## No. 42

**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](http://www.wildernessfoundation.org.uk) | 0300 123 3073  
[info@wildernessfoundation.org.uk](mailto:info@wildernessfoundation.org.uk)

## No.9

**Tickers** - provide phase 4 exercise classes for people recovering from heart attacks.  
[www.tickersrehab.co.uk](http://www.tickersrehab.co.uk)  
**Cardiac Rehab Specialist is Christian O'Hare on 07951 225266**  
[david.cannon@tickersrehab.co.uk](mailto:david.cannon@tickersrehab.co.uk)

## No. 17

**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.volunteersex.org](http://www.volunteersex.org)  
 01376 550507 (Braintree), 01245 250731 (Chelmsford) & 01621 851891(Maldon)

**Time banking** - offer your time and skills to help others and you can also request help in return. To find out more contact your local Volunteering Centre or visit:  
[www.timebanking.org/our-membership/find-your-nearest](http://www.timebanking.org/our-membership/find-your-nearest)

## The below will be exhibiting at the main entrance 'Info' desk.

**Anglia Water** - is asking for your help to keep pipes and pumps working effectively and reduce the risk of sewage backing up and flooding into homes, gardens or the environment; wipes are surprisingly the biggest culprit.

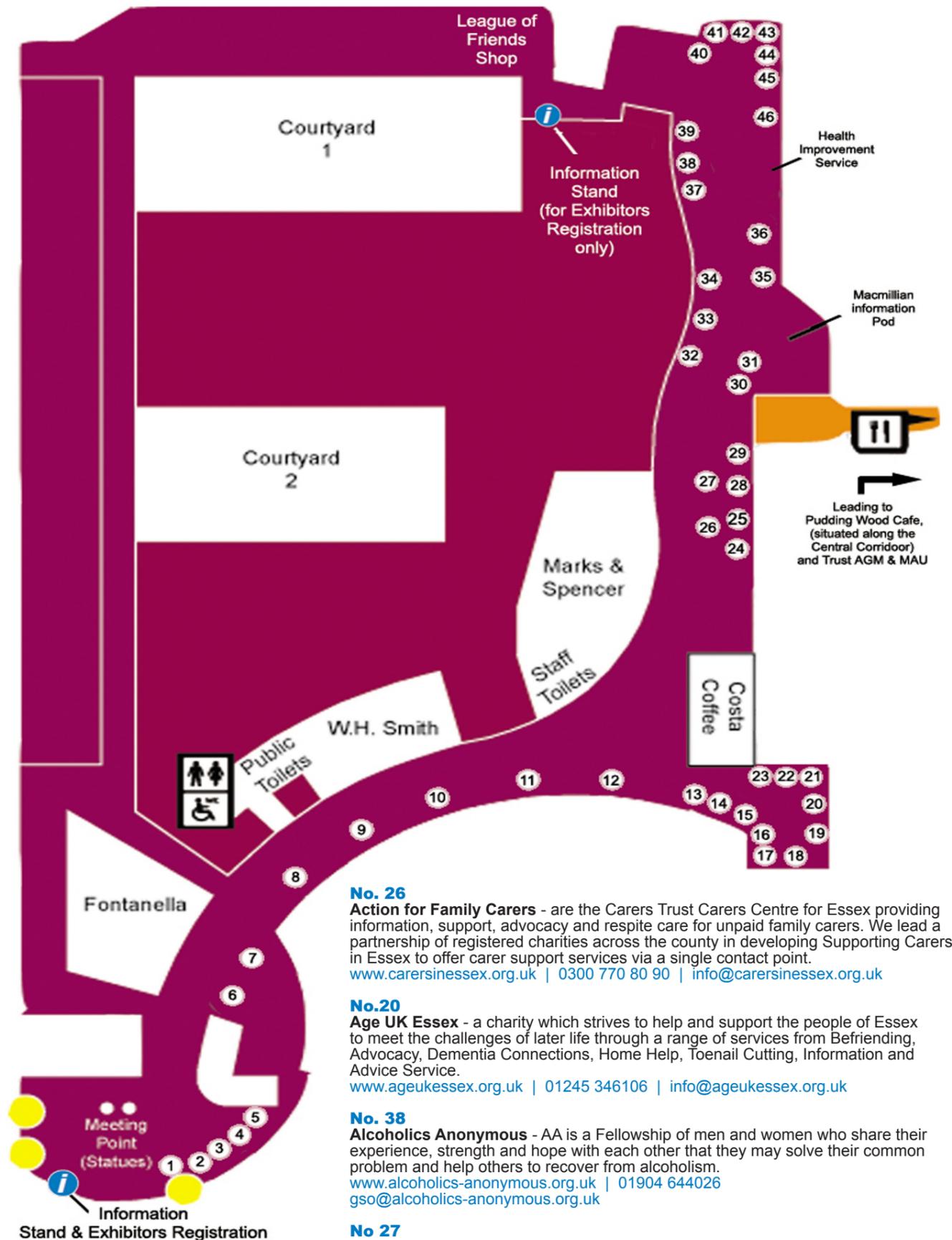
**EssexConnects** - is a searchable directory to help you to get in touch with hundreds of local charities, voluntary groups, and community sector services, based in Braintree, Chelmsford, Colchester, Epping, Harlow, Maldon and Uttlesford.  
[www.essexconnects.org.uk](http://www.essexconnects.org.uk)



# Welcome to Mid Essex Showcasing Healthcare Event and the Trust's Annual General Meeting (AGM) 10th September 2015



## Atrium map showing location of Exhibitors...



**No. 26**  
**Action for Family Carers** - are the Carers Trust Carers Centre for Essex providing information, support, advocacy and respite care for unpaid family carers. We lead a partnership of registered charities across the county in developing Supporting Carers in Essex to offer carer support services via a single contact point.  
[www.carersinessex.org.uk](http://www.carersinessex.org.uk) | 0300 770 80 90 | [info@carersinessex.org.uk](mailto:info@carersinessex.org.uk)

**No.20**  
**Age UK Essex** - a charity which strives to help and support the people of Essex to meet the challenges of later life through a range of services from Befriending, Advocacy, Dementia Connections, Home Help, Toenail Cutting, Information and Advice Service.  
[www.ageukessex.org.uk](http://www.ageukessex.org.uk) | 01245 346106 | [info@ageukessex.org.uk](mailto:info@ageukessex.org.uk)

**No. 38**  
**Alcoholics Anonymous** - AA is a Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.  
[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) | 01904 644026  
[gso@alcoholics-anonymous.org.uk](mailto:gso@alcoholics-anonymous.org.uk)

**No 27**  
**British Red Cross** - provide mobility aid equipment on loan at no charge and we also sell mobility aid equipment and daily living aid equipment.  
[www.redcross.org.uk/bheequipment](http://www.redcross.org.uk/bheequipment) | 08444 122772  
[BHEequipment@redcross.org.uk](mailto:BHEequipment@redcross.org.uk)

## Health Event Exhibitors...

**No. 7**  
**Chelmsford Breathe Easy Group (The British Lung Foundation)** - assisting and providing information on all lung problems.  
[www.blf.org.uk](http://www.blf.org.uk) | 0207 6885593

**No. 19**  
**Chelmsford CAB** - aim to provide the advice people need for the problems they face and campaign to improve policies and practices that affect people's lives.  
[www.chelmsfordcab.org](http://www.chelmsfordcab.org) | 01245 205605 (main line) / 01245 205656 (advice line) | [enquiries@chelmsfordcab.org](mailto:enquiries@chelmsfordcab.org) (no advice via this email address)

**No. 25**  
**Chelmsford Community Transport** - providing transport to Chelmsford and District residents who have difficulty using public transport.  
[www.chelmsfordct.org](http://www.chelmsfordct.org) | 01245 477789  
[Chelmsford.ct@btconnect.com](mailto:Chelmsford.ct@btconnect.com)

**No. 44**  
**Chelmsford Counselling Foundation** - a long-established charitable company providing professional, affordable counselling to adults and couples in the Essex area.  
[www.chelmsfordcounselling.org.uk](http://www.chelmsfordcounselling.org.uk) | 01245 284890  
[admin@chelmsfordcounselling.org.uk](mailto:admin@chelmsfordcounselling.org.uk)

**No. 8**  
**Chelmsford Talking Newspaper** - records and distributes Chelmsford's audio news and information service for blind or partially sighted people.  
[www.ChelmsfordTalkingNewspaper.org.uk](http://www.ChelmsfordTalkingNewspaper.org.uk) | 01245 354079  
[ChelmsfordTalkingNewspaper@gmail.com](mailto:ChelmsfordTalkingNewspaper@gmail.com)

**No. 18**  
**Dementia Adventure** - specialises in connecting people living with dementia with nature and a sense of adventure by providing holidays and short breaks, training and research.  
[www.dementiaadventure.co.uk](http://www.dementiaadventure.co.uk) | 01245 237548  
[info@dementiaadventure.co.uk](mailto:info@dementiaadventure.co.uk)

**No. 31**  
**Dengie Project Trust (The)** - Home from Hospital Service, supporting clients of 65 years and above prior/post discharge from hospital, plus The Knightswood Centre, day care available 365 days a year.  
[hfromh@dengiept.org.uk](mailto:hfromh@dengiept.org.uk) | 01621 773733

**No. 33**  
**Diabetes UK Chelmsford & District Group and Type 2 Together** - provides opportunities to exchange views, news, experiences and concerns on all matters relating to diabetes.  
[www.chelmsford.diabetesukgroup.org](http://www.chelmsford.diabetesukgroup.org) | 07516 897948 | [chelmsforddiabetes@outlook.com](mailto:chelmsforddiabetes@outlook.com) | [www.diabetes.org.uk/How\\_we\\_help/Talk-to-someone/Type-2-Together/](http://www.diabetes.org.uk/How_we_help/Talk-to-someone/Type-2-Together/) 01376 505245 | [Type2Together@diabetes.org.uk](mailto:Type2Together@diabetes.org.uk)

**No. 3**  
**Essex Mediation** - helps resolve disputes between partners, families, employees and businesses enabling them to communicate effectively to reach agreements.  
[www.essexmediation.co.uk](http://www.essexmediation.co.uk) | 01245 492200  
[info@essexmediation.co.uk](mailto:info@essexmediation.co.uk)

**No. 2**  
**Essex Mencap & City of Chelmsford Mencap** - promote the advancement of people with a learning disability by providing lifelong learning, short breaks and social clubs.  
[www.essexmencap.org](http://www.essexmencap.org) | 07874805515 | [Essexmencap@outlook.com](mailto:Essexmencap@outlook.com) | [www.cityofchelmsfordmencap.org.uk](http://www.cityofchelmsfordmencap.org.uk) | 01245 268 303 | [info@cityofchelmsfordmencap.org.uk](mailto:info@cityofchelmsfordmencap.org.uk)

**No. 5**  
**Hamelin Trust** - support individuals with disabilities and their carers by providing a range of services which include; short break respite, community support, clubs, activities, training projects, hydrotherapy and support for unpaid adult carers in Rochford, Basildon, Billericay, Brentwood and Chelmsford.  
[www.hamelintrust.org.uk](http://www.hamelintrust.org.uk) | 01277 653889  
[enquiries@hamelintrust.org.uk](mailto:enquiries@hamelintrust.org.uk)

**No. 39**  
**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](http://www.headwayessex.org.uk) | 01206 768797  
[communitysupport@headwayessex.org.uk](mailto:communitysupport@headwayessex.org.uk)

**No. 29**  
**Healthwatch Essex** - is the 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.healthwatchesessex.org.uk](http://www.healthwatchesessex.org.uk) | 01376 572829  
[enquires@healthwatchesessex.org.uk](mailto:enquires@healthwatchesessex.org.uk)

**No. 24**  
**Hearing Help Essex** - helping hard of hearing people in Mid-Essex and Uttlesford with support, advice and help with keeping their NHS hearing aid comfortable, clean and working properly.  
[www.hearinghelpessex.org.uk](http://www.hearinghelpessex.org.uk) | 01245 348440  
[info@hearinghelpessex.org.uk](mailto:info@hearinghelpessex.org.uk)

**No. 37**  
**Helping Hands Essex** - is a community based rehab helping alcoholics who want to kick the habit to adopt a life of abstinence by engaging as a resident or committing to the day care programme. "Stay sober - Live life".  
 01245 356169 | [graham@helpinghandsessex.org.uk](mailto:graham@helpinghandsessex.org.uk)

**No. 45**  
**Home-Start Mid-Essex (Braintree, Chelmsford, Maldon)** - provides a volunteer home visiting service for families with young children who are experiencing difficult circumstances.  
[www.homestartchelmsford.co.uk](http://www.homestartchelmsford.co.uk) | 01245 421222  
[office@homestartchelmsford.co.uk](mailto:office@homestartchelmsford.co.uk)

**No. 40**  
**Hope & Encouragement for Lone Parents (HELP)** - aims to support and encouragement lone parents and access Parents in a fun, exciting, energetic and relevant way for the people of today through various events, activities and workshops.  
[www.loneparenthelp.org.uk](http://www.loneparenthelp.org.uk) | 01621 856001 / 07960975736  
[office@loneparenthelp.org.uk](mailto:office@loneparenthelp.org.uk)

**No. 13**  
**InterAct** - working with people to fulfil their potential, improve their lives and their communities.  
[www.interact.org.uk](http://www.interact.org.uk) | 01245 608201 | [mail@interact.org.uk](mailto:mail@interact.org.uk)

**No. 36**  
**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](mailto:Yvonne.Carter@meht.nhs.uk)

**No. 32**  
**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](http://www.lighthouseft.org.uk)  
 01245 494838 | [office@lighthouseft.org.uk](mailto:office@lighthouseft.org.uk)

**No. 43**  
**Maldon Parkinson's (UK)** - our aim is to help and support people affected with Parkinson's.  
[parkinsons.org.uk](http://parkinsons.org.uk) | 0808 800 0303

**No. 16**  
**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](http://www.maldoncvcs.org.uk) | 01621 851891 or 07740 112039  
[mast@maldoncvcs.org.uk](mailto:mast@maldoncvcs.org.uk)  
**Maldon Shed** - a community space for practical people  
[www.maldonshed.btck.co.uk](http://www.maldonshed.btck.co.uk) | 01621 851891  
[theshed@maldoncvcs.org.uk](mailto:theshed@maldoncvcs.org.uk)