

USEFUL CONTACTS

Action Fraud	Call: 0300 123 2040 Visit: www.actionfraud.police.uk
Action for Family Carers	Call: 0300 770 8090 Email: care@affc.org.uk Visit: www.affc.org.uk
Active Essex	Visit: activeessex.org/keep-essex-active YouTube channel: www.activeessex.org/keep-essex-active-youtube
Carers First Essex	Call: 0300 303 1555 Email: hello@carersfirst.org.uk Visit: www.carersfirst.org/essex
Council for Voluntary Service Uttlesford	Call: 01371 878400 Email: info@cvsu.org.uk Visit: www.cvsu.org.uk
Compass <i>For victims of domestic abuse</i>	Call: 0330 333 7444 Email: enquires@essexcompass.org.uk Visit: www.essexcompass.org.uk
Cruse Bereavement Care Dementia Connect	Call: 01223 633536 Email: cambridge@cruse.org.uk Visit: www.cruse.org.uk
Dementia Connect (<i>Alzheimer's Society</i>)	Call: 0333 150 3456 Visit: www.dementiaconnect.alzheimers.org.uk
Digital Learners	Call: 01371 878400 Visit: www.cvsu.org.uk/communities/digital-boomers/
Essex Coronavirus Action	Facebook: www.facebook.com/essexcoronavirusaction/
Essex Befriends	Call: 0300 770 1263 Email: essexbefriends@affc.org.uk Visit: www.essexbefriends.org.uk
Essex Energy Switch (<i>iChoosr</i>)	Call: 0800 048 8285 Visit: www.uttlesford.gov.uk/essex-energy-switch
Essex Wellbeing Service <i>A one stop shop for wellbeing support in Essex</i>	Call: 0300 303 9988 Email: provide.essexwellbeing@nhs.net Visit: www.essexwellbeing.co.uk
Library services in Essex	Call: 0345 603 7628 Email: answers.direct@essexcc.gov.uk Visit: www.essex.gov.uk/essex-libraries
Next Chapter <i>For victims of domestic abuse</i>	Call: 01206 500585 / 01206 761276 Email: info@thenextchapter.org.uk Visit: www.thenextchapter.org.uk

NHS 111	Call: 111 Visit: www.111.nhs.uk
Opendoor Counselling Service	Call: 07803 178794 Visit: www.open-door.info
Mind in West Essex	Call: 01371 876641 Email: admin@mindinwestessex.org.uk Visit: www.mindinwestessex.org.uk
My Weight Matters	Call: 0800 022 4524 Email: acecic.weightmanagement-adults@nhs.net Visit: www.aceyweightmatters.org
Uttlesford Citizens Advice	Call: 01799 618840 Email: web@uttlesfordcab.org.uk Visit: www.uttlesfordcab.org.uk
Uttlesford Community Travel	Call: 01371 875787 – 01799 519008 – 01245 279052 Email: info@uttlesfordcommunitytravel.org Visit: www.uttlesfordcommunitytravel.org
Uttlesford Community Response Hub	Call: 0333 340 8218 Email: communityresponse@uttlesford.gov.uk
Uttlesford District Council	Call: 01799 510510 Email: uconnect@uttlesford.gov.uk Visit: www.uttlesford.gov.uk
Uttlesford District Council <i>Environmental Health Team</i>	Call: 01799 510510 Email: environmentalhealth@uttlesford.gov.uk
Uttlesford Food Bank <i>(via Uttlesford Citizens Advice)</i>	Call: 01799 618840 Visit: www.uttlesfordcab.org.uk
Uttlesford Frontline <i>For valuable factsheets and further services</i>	Visit: www.uttlesfordfrontline.org.uk
Uttlesford Home Repairs Assistance <i>(Uttlesford District Council Environmental Health Team)</i>	Call: 01799 510482 Email: environmentalhealth@uttlesford.gov.uk
Uttlesford Housing Options	Call: 01799 510510 Email: housingoptions@uttlesford.gov.uk
Saffron Walden Dementia Action Alliance	Email: info@saffronwaldendaa.org.uk Call: 07973 409566
Samaritans	Call: 116 123 Email: jo@samaritans.org Visit: www.samaritans.org
Support for Sight <i>Delivering services for blind and partially sighted people of all ages in Essex</i>	Call: 01799 588897 Email: info@support4sight.org.uk Visit: www.support4sight.org.uk
The Essex Map <i>Online tool designed to bring communities closer together by helping you find services, groups and activities in your area</i>	Email: communications@essexalliance.org.uk Visit: www.essexmap.co.uk Facebook: facebook.com/essexmap
The Silver Line	Call: 0800 470 8090 Email: info@thesilverline.org.uk Visit: www.thesilverline.org.uk
The Transition Project <i>Help for those who are looking for work</i>	Call: 01799 500543 Email: swtransitionproject@gmail.com Visit: www.transitionproject.co.uk
Volunteer Uttlesford	Call: 01799 510525 Email: volunteer@volunteeruttlesford.org.uk Visit: www.volunteeruttlesford.org.uk