**Directory of Services for Care Navigation**

**Southend and Castle Point and Rochford**

**Smoking cessation services**

* Smokefree

[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

* Southend Stop Smoking Service <http://www.southend.gov.uk/info/200445/healthier_lifestyles/473/stop_smoking>
* NHS Choices (search for smoking cessation service on postcode) <https://www.nhs.uk/Service-Search/Smoking-cessation-clinic/LocationSearch/636>
* Provide Essex Lifestyle Service (not Southend)

<https://www.essexlifestyleservice.org.uk/>

**Lifestyle services**

* Provide Essex Lifestyle Service (smoking cessation, lifestyle advice, self-management programmes for long term conditions) (not Southend)

<https://www.essexlifestyleservice.org.uk/>

* My Weight Matters online programme (ACE)

<http://acelifestyle.org/weight-management>

* ACE Lifestyle Southend (weight, exercise, smoking)

<http://acelifestyle.org/southend-lifestyle>

* 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>
* Parkrun

[www.parkrun.org.uk](http://www.parkrun.org.uk)

* 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](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) (not Southend)

<https://www.essexlifestyleservice.org.uk/>

**Cardiac**

* British Heart Foundation (all areas of heart disease)

[https://www.bhf.org.uk](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](http://www.bloodpressureuk.org/)

* Blood Pressure association

<http://www.bpassoc.org.uk/>

* Take Heart (patient support group)

<http://www.takeheartsouthend.org/>

* Essex Heartbeat (support group for patients with rhythm problems and/or an implantable cardiac device)

<http://www.essexheartbeat.org/>

**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**

* Helen Rollason Cancer Charity

<http://www.helenrollason.org.uk/>

* Macmillan cancer support

<https://www.macmillan.org.uk/>

* Cancer Research UK

[http://www.cancerresearchuk.org](http://www.cancerresearchuk.org/)

* Sue Ryder

[www.sueryder.org](http://www.sueryder.org/)

* Prostate Cancer UK

[https://prostatecanceruk.org](https://prostatecanceruk.org/)

* Breast Cancer Care

[https://www.breastcancercare.org.uk](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**

* Therapy for You (South Essex)

<https://www.therapyforyou.co.uk/about>

* 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)

* South East and Central Essex MIND

<https://www.seandcessexmind.org.uk/>

* 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 at Fair Haven hospice

<https://www.havenshospices.org.uk/home>

**Dementia**

* Healthwatch Essex Dementia Handbook <https://www.healthwatchessex.org.uk/what-we-do/topics/dementia-project/dementia-handbook/>
* Age UK

[https://www.ageuk.org.uk](https://www.ageuk.org.uk/)

* Dementia UK

[https://www.dementiauk.org](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

**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/>

* 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](https://www.mind.org.uk/information-support/helping-someone-else/carers-friends-family-coping-support/)

* MENCAP (learning disabilities)

<https://www.mencap.org.uk/>

**Sexual health**

* Essex Sexual Health Service (not Southend)

<https://www.essexsexualhealthservice.org.uk/>

* Kingsley Ward Contraception and Sexual Health Services (Southend) <http://www.thekwc.nhs.uk/>
* 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**

* ECL (formerly Essex Cares - support to live independently for people with learning, physical, sensory or mental health needs)

<https://www.ecl.org/>

* 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/>

* 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>
* 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/>