



**ESSEX IS  
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# **Winter Information For Essex Residents**

## **Published October 2022**

# ESSEX COMMUNITY AND VOLUNTARY SECTOR SUPPORT ORGANISATIONS

# THURROCK

## Thurrock By Your Side (Thurrock CVS)

Referrals / For More Information  
01375 389891 / 07415 987427

The By Your Side project supports people in Thurrock, often elderly or vulnerable to settle home from hospital with the support of volunteers.

The project has really made a difference, especially to those who may not always have family or friends around them to help them following their discharge from hospital.

# ESSEX-WIDE (excl. Southend / Thurrock)

Essex Wellbeing Service

For Information / Referrals

0300 303 9988

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

Support with alcohol reduction, social isolation, mental health,  
befriending, social prescribing, parenting,  
stop smoking and weight management.

# **ESSEX-WIDE (inc. Southend / Thurrock)**

**British Red Cross**

**Support At Home and Assisted Discharge  
Home From Hospital - Covers Southend, Essex and Thurrock**

**01622 690 011**

**[ilcr\\_southeastadmin@redcross.org.uk](mailto:ilcr_southeastadmin@redcross.org.uk)**

# DISTRICT COMMUNITY HUBS - WITHAM / BRAINTREE

Witham Community Hub

01376 617998

[info@withamhub.co.uk](mailto:info@withamhub.co.uk)

[office@withamhub.co.uk](mailto:office@withamhub.co.uk)

Braintree - Braintree Office

Braintree Library

Offices 1 and 2

Fairfield Rd, Braintree, Essex, CM7 3YL

01376 550507

[information@community360.org.uk](mailto:information@community360.org.uk)

# DISTRICT COMMUNITY HUBS - BASILDON / BRENTWOOD

Basildon - Happy Hub

Eastgate Shopping Centre, Basildon, Essex, SS14 1AE

01268 520785

admin@motivated-minds.co.uk

<https://www.motivated-minds.co.uk/>

Food support, clothing, furniture, mental health and wellbeing.

Basildon, Billericay and Wickford CVS - <https://www.bbwcvs.org.uk>

Brentwood Mutual Aid - <https://www.brentwood-mutual-aid.org>

Brentwood CVS - <https://brentwoodcvs.org.uk>

# DISTRICT COMMUNITY HUBS - CHELMSFORD

Ideas Hub Chelmsford - <https://www.ideashubchelmsford.org>

Chelmsford CVS - <https://chelmsfordcvs.org.uk>

Danbury Volunteer Group - <https://www.danburyvolunteers.co.uk>



# DISTRICT COMMUNITY HUBS MALDON / CASTLE POINT / SOUTHEND / ROCHFORD

Maldon & District Community Voluntary Service - <https://maldoncvvs.org.uk>

Castle Point Association of Voluntary Services (CAVS) - <https://www.cavsorg.uk>

Southend SAVS - <http://savs-southend.org>

Rochford RAVS - <https://rravs.org.uk>

# MUTUAL AID GROUPS AND VARIOUS

Essex Mutual Aid Groups - <https://www.mutual-aid.co.uk> (Search 'Essex')

Hoarding Support

Your Living Room CIC - <https://www.yourlivingroomcic.co.uk>

Home Freedom LTD - <https://homefreedom.org>

Carers First Essex - Online, Phone & In-Person Support for Unpaid Carers  
<https://www.carersfirst.org.uk/essex/welcome/>

Age Well East - <https://agewelleast.org.uk>

Rethink Essex Advocacy

0300 790 0559 / [essexadvocacy@rethink.org](mailto:essexadvocacy@rethink.org) / <https://rethinkessexadvocacy.org>

# MUTUAL AID GROUPS AND VARIOUS

Lighthouse Furniture Project - <http://lighthousefurniture.org>

The Essex Map - <https://www.essexmap.co.uk>

Essex Floating Support Service - To access this service, visit the  
'Outreach Support' section of the Peabody website at  
<https://www.peabody.org.uk/news-views/2021/jul/essex-outreach>  
Or 0800 288 8883 / [efsco-ordinator@peabody.org.uk](mailto:efsco-ordinator@peabody.org.uk)

Essex Community Transport Schemes - <https://www.agespace.org>

Fire Safety Checks - <https://www.essex-fire.gov.uk>

# ESSEX HOUSING AND HOMELESSNESS CONTACTS

Braintree - 01376 552525 Ext. 2147

Basildon - 01268 208197

Brentwood - 01277 312500

Castle Point - 01268 882324

Chelmsford - 01245 606336

Colchester - 01206 508097

Epping Forest - 01992 564207

Harlow - 01279 446371

Maldon - 01621 857373

Rochford - 01702 318 069

Southend on Sea - 01702 534144

Tendring - 01255 686435

Thurrock - 01375 652 820

Uttlesford - 01799 510671



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**COST OF LIVING SUPPORT  
FOOD**

# COST OF LIVING SUPPORT - FOOD

Citizens Advice Essex - <https://citizensadviceessex.org.uk>

The Essential Living Fund may be able to help in short-term, one-off emergencies with a food and fuel award. You can apply on the following link for Southend, Thurrock and the Essex County Council area.

<https://www.southend.gov.uk/extra-financial-help/essential-living-fund>

Find a Trussell Trust foodbank.

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

The Salvation Army also offers emergency assistance to people in need.

<https://www.salvationarmy.org.uk/budget-and-debt-advice/emergency-assistance>

# FOODBANKS - EPPING FOREST

Epping Forest Foodbank  
38c Chigwell Lane  
Oakwood Industrial Estate  
Loughton  
Essex  
IG10 3NY

0300 102 9808

<https://eppingforest.foodbank.org.uk>

[info@eppingforest.foodbank.org.uk](mailto:info@eppingforest.foodbank.org.uk)

# FOODBANKS - RAINHAM

Rainham Foodbank  
First Floor  
The Mick Fury House  
Lowen Road  
Rainham  
Essex  
RM13 8HT

01708 397484

<https://rainham.foodbank.org.uk>  
[info@rainham.foodbank.org.uk](mailto:info@rainham.foodbank.org.uk)



# FOODBANKS - CHELMSFORD

Chelmsford Foodbank  
(Postal address only)  
PO Box 9174  
Chelmsford  
CM1 9AE

**NOTE: All locations are closed on Bank (Public) Holidays.**

07512 574542  
<https://chelmsford.foodbank.org.uk>  
[info@chelmsford.foodbank.org.uk](mailto:info@chelmsford.foodbank.org.uk)

# FOODBANKS - SOUTHEND

Southend Foodbank Office  
Friendship House  
484 Southchurch Road  
Southend on Sea  
SS1 2QA

07456 426203 for general enquiries  
07714 425102 for anything warehouse-related, e.g. donations  
<https://southend.foodbank.org.uk>  
[info@southend.foodbank.org.uk](mailto:info@southend.foodbank.org.uk)

# FOODBANKS - BRENTWOOD

Brentwood Foodbank  
Doddinghurst Road Community Church  
56-60 Doddinghurst Road  
Brentwood  
CM15 9EH

01277 224528

<https://brentwood.foodbank.org.uk>  
[doddroadchurch@outlook.com](mailto:doddroadchurch@outlook.com)

# FOODBANKS - THURROCK

Thurrock Foodbank  
Thurrock Christian Fellowship  
2-4 Chase Road  
Corringham  
Essex  
SS17 7QH

01375 416200

<https://thurrock.foodbank.org.uk>

[info@thurrock.foodbank.org.uk](mailto:info@thurrock.foodbank.org.uk)

# FOODBANKS - BASILDON

Basildon Foodbank  
Pitsea Leisure Centre  
Northlands Pavement  
Pitsea  
Essex  
SS13 3DU

07424 660 862

<https://basildon.foodbank.org.uk>

[info@basildon.foodbank.org.uk](mailto:info@basildon.foodbank.org.uk)

# FOODBANKS - HARLOW

Harlow Foodbank  
Distribution Centre #1  
ST PAUL'S CHURCH HARLOW  
College Square  
Harlow  
Essex  
CM20 1LS

01279 724515

For vouchers, contact Harlow Community Hub - 01279 927005

<https://mrct.org.uk>

harlowfoodbank@mrct.org.uk

# FOODBANKS - COLCHESTER

Colchester Foodbank  
3, Tollgate Retail Park  
(opposite McDonalds, between Currys and B&M)  
Tollgate West  
Colchester  
CO3 8RG

01206 621998

<https://colchester.foodbank.org.uk>

[info@colchester.foodbank.org.uk](mailto:info@colchester.foodbank.org.uk)

# FOODBANKS - UTTLESFORD

Uttlesford Food Bank  
Back of Stansted House  
(Behind Posh Wash)  
Shire Hill  
Saffron Walden  
CB11 3AQ

<https://uttlesford.foodbank.org.uk>



# COST OF LIVING SUPPORT - FOOD CYCLE

‘We are FoodCycle, and our vision is to make food poverty, loneliness and food waste a thing of the past for every community.’

‘We connect communities, reducing loneliness and food poverty – working with thousands of volunteers and surplus food to help everyone who needs us.’

‘By creating welcoming spaces for people from all walks of life to meet, eat and have conversations, and by offering a weekly telephone Check-in and Chat, we are supporting people’s health and mental wellbeing.’

<https://foodcycle.org.uk/who-we-are/>

# COST OF LIVING SUPPORT - FOOD

Brentwood and Hutton Parish - <https://www.huttonparish.com/dailybread>

‘We warmly invite you to come to your Community Kitchen if you could use a little help in providing for yourself or your family the delicious, nutritious food that everyone deserves. You don't need to be referred.’

Southend - <https://www.svp.org.uk/st-vincent-southend>

‘St Vincent's Centre, Southend-on-Sea is a busy community hub supporting vulnerable people in the community with foodbank services, hot meals, in and outreach support, and household items and clothing.’

# COST OF LIVING SUPPORT - FREE / CHEAP FOOD APPS

‘Too Good To Go aims to reduce food waste and save you money at the same time. It hooks you up with local cafés, bakeries and restaurants which have leftover food at the end of the day, and lets you buy it at a discounted rate.’

<https://toogoodtogo.co.uk/en-gb>

‘OLIO connects neighbours with each other and with local businesses so surplus food can be shared, not thrown away. This could be food nearing its sell-by date in local stores, spare home-grown vegetables, bread from your baker, or the groceries in your fridge when you go away.’

<https://olioex.com/about/>

# COST OF LIVING SUPPORT - SOCIAL SUPERMARKETS

## Basildon Social Supermarket

<https://ukdaily.news/london/new-social-supermarket-in-basildon-offering-groceries-at-reduced-prices-640.html>

## Tendring Social Supermarket

<https://www.gazette-news.co.uk/news/19975035.essexs-first-community-supermarket-help-feed-low-income-families-tendring/>



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**COST OF LIVING SUPPORT  
ENERGY BILLS**

# SIX WAYS TO SAVE MONEY ON YOUR ENERGY BILLS (BBC NEWS)

## USE AN AIR FRYER OR MICROWAVE INSTEAD OF AN OVEN

Ovens can be an inefficient way of cooking as they involve heating a relatively large space. Using a microwave, pressure cooker or air fryer instead could save money.

For example, since 1 October it costs 3p to heat up a frozen ready meal in a 800W (watts) microwave for seven minutes. It would cost 40p for 35 minutes in a 2000W oven, energy efficiency website Sust-it estimates.

<https://www.sust-it.net/energy-calculator.php>

# SIX WAYS TO SAVE MONEY ON YOUR ENERGY BILLS (BBC NEWS)

## SWITCH TO LED LIGHTBULBS

Lighting makes up 11% of the average UK household's energy consumption, according to The Energy Saving Trust and Which? Switching to LED bulbs can make a big difference.

A household using a dozen 40W incandescent or halogen bulbs for four hours a day could spend about £238 per year, Sust-it estimates. LED equivalents would cost £41.70 - a saving of £196.30 a year. LED bulbs can cost more, but have a longer lifespan and will save money over time.

<https://www.which.co.uk/reviews/cutting-your-energy-bills/article/how-to-save-on-your-energy-bill/10-ways-to-save-on-energy-bills-aX2RS8b8IIMR>

<https://energysavingtrust.org.uk/advice/lighting>

# SIX WAYS TO SAVE MONEY ON YOUR ENERGY BILLS (BBC NEWS)

## TAKE CONTROL OF YOUR CENTRAL HEATING

Set your thermostat at the lowest comfortable temperature (often 18 to 21C).

Turning your thermostat down just one degree could cut bills by about £145 a year, the Energy Saving Trust says. This is based on a semi-detached house with the heating on between 7am-9am and 4pm-11pm on weekdays and between 7am-11am at weekends.

In smaller homes, like a terraced house or a flat, the savings will be lower.



# SIX WAYS TO SAVE MONEY ON YOUR ENERGY BILLS (BBC NEWS)

## INSULATE AND DRAUGHT-PROOF YOUR HOME

If your home is poorly insulated it will lose heat more easily and be harder to keep warm.

Insulation and draught-proofing to stop heat escaping around doors and windows helps trap heat.

Professional draught-proofing might cost about £225, the Energy Saving Trust says. However, it can save about £125 a year - based on a typical semi-detached home.

# SIX WAYS TO SAVE MONEY ON YOUR ENERGY BILLS (BBC NEWS)

## MAKE BETTER USE OF APPLIANCES

Washing machines and tumble dryers can be energy hungry, according to Emily Seymour. But there are ways to use them efficiently, she says.

Use any eco settings and turn your machine down - particularly if clothes aren't that dirty.

Washing clothes at 30C and using one less cycle a week could save £28 a year, the Energy Saving Trust says.

# SIX WAYS TO SAVE MONEY ON YOUR ENERGY BILLS (BBC NEWS)

## TAKE SHORTER SHOWERS

A typical household with gas heating will see about 12% of its energy bill used to heat water for showers, baths and taps, the Energy Saving Trust says.

However, if you have a power shower the saving could be less as you'll use more hot water.

Meanwhile, cutting your shower time from eight to four minutes could save £70 a year. This is based on five showers a week.



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**COST OF LIVING SUPPORT  
COOKING APPLIANCE USAGE COSTS**



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# HOW MUCH IT COSTS TO RUN DIFFERENT COOKING APPLIANCES

## Electric cooker

Cost per day to run: 87p

Cost per week to run: £6.09

Cost per month to run: £26.38

Cost per year to run: £316.54

## Dual cooker (part electric, part gas)

Cost per day to run: 72p

Cost per week to run: £5.08

Cost per month to run: £22

Cost per year to run: £264.03

# HOW MUCH IT COSTS TO RUN DIFFERENT COOKING APPLIANCES

## Gas cooker

Cost per day to run: 33p

Cost per week to run: £2.32

Cost per month to run: £10.17

Cost per year to run: £120.83

## Slow cooker

Cost per day to run: 16p

Cost per week to run: £2.32

Cost per month to run: £10.07

Cost per year to run: £120.83

# HOW MUCH IT COSTS TO RUN DIFFERENT COOKING APPLIANCES

## Air fryer

Cost per day to run: 14p

Cost per week to run: £1.01

Cost per month to run: £4.40

Cost per year to run: £52.74

## Microwave

Cost per day to run: 8p

Cost per week to run: 58p

Cost per month to run: £2.50

Cost per year to run: £30.02

# HOW MUCH IT COSTS TO RUN DIFFERENT COOKING APPLIANCES

Households who primarily cook with an oven could save up to £604 a year by using more energy-efficient cooking methods, a study has found.

Researchers calculated the energy consumption of 83 appliances and compared the running costs with the cheapest alternative.

They found that the most energy-intensive cooking appliance is an electric oven, which typically costs 87p per day to run or £316 a year. However, a microwave costs just 8p per day - representing a potential saving of £287 per year. An air fryer would cost just £52 a year, a saving of £264.



# HOW MUCH IT COSTS TO RUN DIFFERENT COOKING APPLIANCES

The research by energy supplier Utilita also looked at how cooking methods can slash power consumption by up to 90 per cent and save an additional £317 a year. Batch cooking can bank £158 a year, using the correct sized pan with a lid saves £72, simmering rather than boiling £68 and not overfilling the kettle £19.

SOURCE - <https://www.independent.co.uk/news/uk/home-news/energy-cap-crisis-uk-oven-microwave-b2153180.html>



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**COST OF LIVING SUPPORT  
'HEAT THE BODY, NOT THE HOME'**

# HEAT THE BODY, NOT THE HOME

There is an extensive guide about 'heating the body, and not the home' at <https://www.moneysavingexpert.com/utilities/heat-the-human-not-the-home-save-energy/>

The table on the following page gives a rough idea about various ways to do this, the initial cost of each, and the ongoing cost of each.

They are all focused on just keeping your body warm, as opposed to your whole home.

# HEAT THE BODY, NOT THE HOME

Ways of <b>heating the human</b> , not the home				
	HEATING METHOD	INITIAL COST	COST PER HOUR (1)	COST PER WEEK (2)
USB gloves	Plug into USB	£5	Less than 1p	5p (3)
Heated insoles	Plug into USB	£8	Less than 1p	5p (3)
USB hand warmers	Plug into USB	£9	Less than 1p	5p (3)
Electric gilet	Charge via USB	£46 (including battery pack)	Less than 1p	5p (3)
Microwaveable wheat bag	Microwave for 60 seconds (4)	£4	1.4p	69p
Hot water bottle (1.5L)	Boil water in kettle (5)	£5.50	7p (6)	£1 (7)
Reusable hand warmers	Boil in water on hob	£5 for a pair	Less than 1p	£1.38 (gas hob)



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**COST OF LIVING SUPPORT  
ESSEX SUSTAINABLE WARMTH SCHEME**



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# ESSEX SUSTAINABLE WARMTH SCHEME

If you're an Essex homeowner with a household income below £30,000, you may be eligible for up to £10,000 of work to make energy efficient improvements to your home through the Sustainable Warmth Scheme. This was previously called the Green Homes Grant Local Authority Delivery Scheme.

Improvements covered by the scheme include insulation, heating, excluding gas and oil boilers, heating controls, ventilation, hot water systems, solar thermal, solar PV, and lighting.

The funding covers the entire cost of the improvements, up to £10,000.

An application form is available at  
<https://surveys.est.org.uk/s/GreenHomesGrantSchemeLAD>

# ESSEX SUSTAINABLE WARMTH SCHEME

To be eligible for the scheme, you must own a home in Essex that is currently rated as Energy Performance Certificate (EPC) D, E, F or G, and have a household income below £30,000.

If you have a household income above £30,000, you may still be eligible if you or someone in your household receives:

Armed Forces Independence Payment - Attendance Allowance  
Carer's Allowance - Child Tax Credit - Constant Attendance Allowance  
Disability Living Allowance - Guaranteed Pension Credit  
Income-based Jobseeker's Allowance  
Income-related Employment and Support Allowance - Income Support  
Industrial Injuries Disablement Benefit - Personal Independence Payment  
Severe Disablement Allowance - Universal Credit  
War Pensioners' Mobility Supplement - Working Tax Credit

# ESSEX SUSTAINABLE WARMTH SCHEME

Funding is also available for private landlords, local authority-owned properties and social housing, however a 33% contribution from the landlord is required and the maximum funding per property is £5,000.