

Mid & South Essex

# Signposting manual

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## National signposting

### Healthy Weight

<https://www.nhs.uk/live-well/healthy-weight/>

### NHS Digital Weight Management Programme

<https://www.england.nhs.uk/digital-weight-management/>

### Healthy Lifestyles

<https://www.nhs.uk/live-well/healthy-body/>

### Smoking

<https://www.nhs.uk/live-well/quit-smoking/>

### Nutrition

<https://www.nhs.uk/live-well/eat-well/>

### Physical Activity Guidelines

<https://www.nhs.uk/live-well/exercise/>

### Active10

<https://www.nhs.uk/oneyou/active10/home>

### Sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

### Alcohol Consumption

<https://www.nhs.uk/live-well/alcohol-support/>

### Mood

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

## Mid & South Essex

### Smoking cessation

#### **Smoking services for Essex residents (excluding Southend and Thurrock)**

Stop Smoking services are available, and free, to everyone living or working in Essex via the Essex Wellbeing Service. Contact telephone 0300 303 9988 or Email: [provide.essexwellbeing@nhs.net](mailto:provide.essexwellbeing@nhs.net)

#### **Thurrock: Thurrock Healthy Lifestyle Service**

Can arrange an appointment with a Stop Smoking Adviser either at your local GP practice or at a venue local to you. Telephone: 0800 292 2299 or email: [thls@thurrock.gov.uk](mailto:thls@thurrock.gov.uk)

#### **Southend: Smoking service for Southend residents**

Any smoker who lives or works in the City of Southend-on-Sea is eligible to sign up for Stop Smoking Support. You can call 01702 212000 or email [southessex.stopsmoking@nhs.net](mailto:southessex.stopsmoking@nhs.net).

### Weight management, nutrition, physical activity and diabetes

#### Tier 1 covers universal lifestyle services provided by NHS England

The following Better Health Apps are completely free Tier 1 universal services offered by NHS England to all residents. They cover nutrition (Weight Loss Plan and Food Scanner), movement and exercise (Active10 for walking, and Couch to 5k for running), smoking and reducing alcohol intake. They are freely available for immediate download and use (without any referral required). No formal referral is needed; patients simply download the relevant app and away they go!

[NHS Weight Loss Plan on the App Store \(apple.com\)](https://apple.com)

[NHS Food Scanner on the App Store \(apple.com\)](https://apple.com)

[NHS Active 10 Walking Tracker on the App Store \(apple.com\)](https://apple.com)

[NHS Couch to 5K on the App Store \(apple.com\)](https://apple.com)

[NHS Quit Smoking on the App Store \(apple.com\)](https://apple.com)

[NHS Drink Free Days on the App Store \(apple.com\)](https://apple.com)

They are also accessible on Android as well as Apple phones.

**Tier 2 covers lifestyle Weight Management Services provided by NHS England (such as DWMP, NDPP and Soups and Shakes Low Calorie Diet) as well as those commissioned by Local Authorities.**

Patients are required to complete at least one Tier 2 service prior to being considered for referral into Tier 3 and there is strong recommendation to try all relevant Tier 2 services prior to Tier 3 services due to increasing pressure on and waiting lists for Tier 3 services.

There is not a restriction against residents accessing more than one Tier 2 service, and they are allowed to be re-referred (after 36 months for DWMP, for example) if they would like to try a service again.

**The NHS DWMP – Digital Weight Management Programme only via GP Referral** – is an app or website-based weight loss programme for anyone with a BMI equal or >30 (adjusted to 27.5 for BAME) with additional diagnosing of Diabetes Type 1 or 2 and/or Hypertension. Delivered online over 12 weeks covering all aspects of habit and mindset change, nutrition, and movement/exercise for weight loss. Optional 50-100 minutes of supportive coaching/ interactive games based on assessed need.

**The NHS NDPP – National Diabetes Prevention Programme** – is for those with a history indicating they are at risk of developing Diabetes.

**The NHS Type 2 Diabetes Path to Remissions Programme** (previously called the 'Low Calorie Diet') is for those who have been diagnosed with Type 2 Diabetes within the last 6 years and have a BMI >27 (adjusted to >25 for BAME). It involves a 800-calorie/ day soups and shakes diet with meals provided, and is delivered by Oviva.

### **Essex Wellbeing Services (EWS) Weight Management (Essex-wide, except currently Southend and Thurrock)**

For more information on how to access the below courses and programmes visit: [www.essexwellbeing.co.uk/services/weight-management](http://www.essexwellbeing.co.uk/services/weight-management) Tel: 0300 303 9988

EWS offers free or subsidised weight loss courses for adults age 18+ with BMI 25+ (BAME adjusted to BMI 22.5+) delivered in a wide variety of formats such as:

**My Weight Matters** is a 12-week programme delivered face-to-face, phone or virtually, including group support, all about promoting weight loss placing a focus on healthier habits of healthy eating, portion management, and keeping active in a safe, steady, and sustained way.

**The Sound Doctor** is a video-based course educational course which uses award-winning high-quality films, animations and tips from doctors, consultants, nurses and other healthcare professionals. IT is supported with a closed Facebook group LoseWeightHappily in Essex with a Weight Management Practitioner available daily. [www.thesounddoctor.org](http://www.thesounddoctor.org)



**The Low Carb Programme** is a self-guided programme supported with sessions with a Weight Management Practitioner, and a supportive online community on the EWS Low Carb Facebook group. Participants can benefit from information, skills, tips and support to help you to adopt a low-carb approach and achieve their health goals.

### **Freshwell Low Carb Project by Colne Valley PCN**

Freshwell Low Carb programme is available to those registered to a GP surgery within the Colne valley PCN without needing a referral at:

<https://www.colnevalleypcn.nhs.uk/local-support-advice/colne-valley-low-carb-lifestyle/>

### **Everyone Health (Southend only)**

**Everyone Health** offers a 12-week programme to support inactive Southend residents aged 16+ under either Tier 1 for those overweight with BMI 25+, or at Tier 2 for those obese with BMI 30+ (BAME adjusted to BMI 27.5+) or overweight above 27.5 with co-morbidities. to manage their weight with nutrition and physical activity group and 1-to-1 sessions with a registered nutritionist, and options to access Slimming World or Weight Watchers or signposting to local support services.

Visit: [www.everyonehealth.co.uk](http://www.everyonehealth.co.uk) Email: [eh.southend@nhs.net](mailto:eh.southend@nhs.net) Tel: 0333 005 0095

### **Thurrock Healthy Lifestyle Service (Thurrock only)**

For more information on the below programmes (and to self-refer) visit:

<https://www.thurrock.gov.uk/public-health/thurrock-healthy-lifestyle-service>

Tel: 0800 292 2299 Monday to Friday from 9am to 5pm Email: [thls@thurrock.gov.uk](mailto:thls@thurrock.gov.uk)

Referral can also be done via GP.

**Slimming World:** Offer of a 12-week face-to-face group membership to Slimming World to support adult Thurrock residents (not a Slimming World member within past 3 months) with BMI 25-39.9 (BAME adjusted to BMI 23) to manage their weight via nutrition and physical activity advice.

**Exercise on referral scheme:** The 'exercise on referral' scheme is for people with BMI 25-39.9 (BAME adjusted to BMI 23) who can be helped by a programme of exercise to manage and improve their weight and/or long-term conditions. The programme is provided at the Impulse Leisure Centres in Thurrock.

**Tier 3, commissioned by NHS MSE ICS, covers specialist multi-disciplinary team Weight Management Services for those with higher BMIs and co-morbidities.**

Everyone should be referred to **at least** one Tier 2 service prior to being referred to the relevant Tier 3 service for your geographical location. **Referral into Tier 3 is currently exclusively via GP, and it should be noted that referral to Tier 3 does not guarantee that medication will be offered.**

Tier 3 is also currently running a waiting list and under review, so we strongly encourage GPs, social prescribers, etc. to support their residents with other alternatives to Tier 3 wherever possible.

**Tier 3 Weight Management – Ways to Wellness by Oviva (Mid Essex Only)**

[www.oviva.com/uk/en/programmes/tier-3-weight-management/#form](http://www.oviva.com/uk/en/programmes/tier-3-weight-management/#form)

Offering a team of healthcare experts to better manage your health, lose weight, become more active and to build new habits to help you lead a healthier, happier lifestyle.

**Tier 3 Weight Management by MoreLife (Southend, CPR, Thurrock and Basildon & Brentwood excluding Mid Essex)**

Visit <https://www.more-life.co.uk/in-your-area/essex/> Email: [essex@more-life.co.uk](mailto:essex@more-life.co.uk) or call: 0800 038 9050

Offering a specialist Tier 3 Adult Weight Management Service which supports individuals to achieve a healthier weight and improve their overall well-being.

**Tier 4 covers surgical interventions, including bariatric surgery such as gastric bands and is the most extreme option for very advanced obesity and comorbidities.**

**Tier 4 Weight Management:**

The Homerton Hospital for South Essex: <https://www.homerton.nhs.uk/>

The Homerton or Luton & Dunstable Trust for Mid Essex:

<https://www.bedfordshirehospitals.nhs.uk/ms/obesity/what-we-offer/surgical-weight-loss-clinic-tier-4>

**Structured education for people diagnosed with type 2 diabetes**

Free NHS advice and support for people to help them self-manage their type 2 diabetes.

**NHS Healthy Living Programme for People with type 2 diabetes**

Free online service designed to provide advice and information to people living with type 2 diabetes and their families/carers, to help them better manage their condition.

To self-refer go to: <https://www.healthyliving.nhs.uk/>

**Diabetes UK**

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/education>

**Basildon and Brentwood** NELFT Adult Diabetes Service

SWEET Basic is a half day in-person group course for people who are newly diagnosed with type 2 diabetes.

<https://www.nelft.nhs.uk/services-bsbwtk-adult-diabetes/>

Telephone: 0300 300 1509 Email: [swe.diabetes@nhs.net](mailto:swe.diabetes@nhs.net)

**Mid Essex** Provide CIC, Adult Diabetes service

Free in-person group or 1-to-1 education session for people diagnosed with type 2 diabetes - requires a GP referral. Or self-refer online for the free Mydiabetes app.

<https://www.provide.org.uk/service/diabetes-service/>

Telephone: 0300 131 0111 Email: [Provide.ccc@nhs.net](mailto:Provide.ccc@nhs.net)

**Southend, Castle Point and Rochford**

Essex Partnership University NHS Foundation Trust (EPUT), Adult Diabetes Team  
STEP education for people newly diagnosed with Type 2 diabetes – option of either a face-to-face session, Mydiabetes app or information pack.

<https://eput.nhs.uk/our-services/community-diabetes-service/>

Advice Line Telephone: 0333 0153 481 Email: [diabetes.one@nhs.net](mailto:diabetes.one@nhs.net)

### Additional physical activity options:

**Active Essex** - <https://www.activeessex.org/about-us/>

Email: [administration@activeessex.org](mailto:administration@activeessex.org) Tel: 03330 131620

Active Essex is the Physical Activity and Sport Partnership for Essex, Southend, and Thurrock, and are one of 43 Active Partnerships in England who work collaboratively with local partners to ensure the power of physical activity and sport can transform lives. Their vision is to create an active Essex to improve everyone's health and wellbeing. This will be underpinned by working together across systems to make physical activity a part of everyday life. We will ensure we do this together, by continuing to strengthen communities, by providing tools to enable our young to have the best and most healthy start to life, by creating attractive local spaces and places to encourage people to be active and ensuring that good physical and mental wellbeing can be accessed by everyone.

**Chelmsford Walking Group** - <https://www.chelmsford.gov.uk/leisure-centres/where/community-sport-and-wellbeing/heart-and-sole-walks/>

Heart and Sole is a free health walk scheme, run by volunteers with support from our Community Sport and Wellbeing Team. They run regular led walks all across Chelmsford, linked to The Ramblers "Wellbeing Walks" programme.

**Healthy Balance Service** (via EWS/Provide)

<https://www.provide.org.uk/service/healthy-balance-service/>

The service offers community exercise classes throughout mid Essex for people who want to improve their strength and balance, to increase their confidence with mobility, and help prevent falls

**MAN v FAT Football**

<https://www.manvfatfootball.org/Leagues/FindALeague>

<https://manvfat.com/essex/>

**MAN v FAT** is a network of weight loss football clubs for men with BMI 27.5+, where players can score goals on and off the pitch, as weight loss progress directly impacts your team's performance. There's no upper age limit and you can go completely at your own pace, so you don't need to worry about your fitness levels.

There is a monthly fee to pay, but if you enter the code EWS into the promotion code box as you register, you will receive a unique discount just for Essex Wellbeing Service customers.

MAN v FAT leagues in Essex are in Colchester, Colchester Shrub End, Braintree, Basildon, Bishop Stortford, Romford, Maldon, Chelmsford and Harlow

**Parkrun** - <https://www.parkrun.org.uk/>

Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is 5k and takes place every Saturday morning. Junior Parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning.

Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along.

There are currently 24 Parkruns being held weekly across Essex.



**Ramblers** - <https://www.essexarearamblers.co.uk/>

Formed in 1984, Essex Area Ramblers is one of 59 similar county organisations across the country. Essex offers some of East of England's most beautiful country and coastal walks that are easy to get to. There are 20 Ramblers' groups within the Essex Area, which cover parts of North and East London as well as the county itself.

**The Body Coach app** (with app community) by Joe Wicks offers adults a structured, tailored fitness and food plan with tailored workouts and recipes to burn fat, build fitness and improve overall health. EWS offers a 10% discount.

**Yoga4Health Programme** <https://www.yoga4all.co/yogaonprescription>

A 10-week free programme geared towards those affected by stress, anxiety, depression, social isolation or at risk of a lifestyle disease. It teaches gentle yoga techniques that can be practiced on a mat or in a chair. Lots of focus on breathwork and relaxation.

## **Mental Health and Wellbeing**

**NHS information** - <https://www.midandsouthessex.ics.nhs.uk/health/choose-well/mental-health-services/>

**Futures in Mind** was designed for people from across Essex who are looking for support with recovery from substance and alcohol addiction and / or mental ill health issues.

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

**SANE** offers non-judgemental and compassionate emotional support

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

**Rethink Mental Illness** improves the lives of people severely affected by mental illness through networks of local groups and services <https://www.rethink.org/help-in-your-area/groups-in-your-area/>

### **Basildon and Brentwood**

NHS Basildon and Brentwood Talking Therapies – **VitaMinds**

<https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/basildon-and-brentwood/>

Contact: 01268 977171

**MIND** Basildon

<https://www.basmind.org/> Contact: 01268 284130 [info@basmind.org](mailto:info@basmind.org).  
37 East Walk, Basildon, Essex, SS14 1HA

**MIND** Thurrock & Brentwood

<https://thurrockandbrentwoodmind.org.uk/> Contact: 01375 391411,  
[reception@tbmind.org.uk](mailto:reception@tbmind.org.uk). 152 Bridge Road, Grays, Essex, RM17 6DB

### **Mid Essex (Chelmsford, Braintree, Maldon, Halstead)**

NHS Mid Essex Talking Therapies – **Health in Mind**

<https://www.hpft-iapt.nhs.uk/service/mid-essex>

Contact Number: 01376 308704

**MIND** Mid & North East Essex

<https://mnessexmind.org/> Contact: 01206 764600 [enquiries@mnessexmind.org](mailto:enquiries@mnessexmind.org)

### **South East Essex (Southend, Castle Point & Rochford)**

NHS South East Essex Talking Therapies – **Therapy for You**

<https://www.therapyforyou.co.uk> Contact: 01268 739128

**MIND South East & Central Essex**

<https://www.secemind.org.uk/> Contact: 01702 601123 [hello@secemind.org.uk](mailto:hello@secemind.org.uk)  
Jubilee Centre, 112a Southchurch Road, Southend-on-Sea, Essex, SS1 2LX

**Thurrock**

**NHS Talking Therapies Thurrock – Inclusion Thurrock**

<https://inclusionthurrock.org/> Contact: 01375 898680

**MIND Thurrock & Brentwood**

<https://thurrockandbrentwoodmind.org.uk/> Contact: 01375 391411,  
[reception@tbmind.org.uk](mailto:reception@tbmind.org.uk). 152 Bridge Road, Grays, Essex, RM17 6DB

**Reach Out for Mental Health** - <https://www.thurrock.gov.uk/mental-health/community-mental-health-7308-069609>, [info@reachoutfmh.co.uk](mailto:info@reachoutfmh.co.uk)

**Men's Shed** – Men's Shed is similar to a traditional Shed in its nature, in as much as it is a space full of tools and projects. There is however one key difference: *You're never alone at a Men's Shed.* <https://essexshednetwork.co.uk/>

## Alcohol and Drugs

### Essex Livewell

Information on all national and locally available support services for substance misuse.

<https://www.livewellcampaign.co.uk/livewell-articles/alcohol-and-drugs-support/>

### Drink Coach

Self-assessment tool to work out what level of risk you are at as a result of your drinking. Access to personalised advice online and to find out where you can get face-to-face support locally.

<https://drinkcoach.org.uk/>

### Open Road

Open Road is an established Drug and Alcohol recovery support charity in Essex. They provide services to support people on their journey to recover from drug and alcohol addiction. They also offer help to individuals in the Criminal Justice sector.

<https://www.openroad.org.uk/> Telephone: 0844 499 1323

### Phoenix Futures - Essex Alcohol Recovery Community

Phoenix Futures provides support, advice, and information around alcohol use for anyone over the age of 18 living in Essex. They offer one-to-one and group support, and access to an in-house counselling service.

Telephone: 01376 316126 (option 1) Email: [essex.arc@phoenixfutures.org.uk](mailto:essex.arc@phoenixfutures.org.uk)

### Futures in Mind

<https://www.futuresinmind.org.uk/> - Service is designed for people from across Essex who are looking for support with recovery from substance and alcohol addiction and / or mental ill health.

### Essex Young People's Drug and Alcohol Service (EYPDAS)

For people aged below 25 years who are themselves addicted to drugs or alcohol, or who have a family member that is.

<https://www.childrensociety.org.uk/information/young-people/east/EYPDAS>

Telephone: 01245 493311 Email: [supportercare@childrensociety.org.uk](mailto:supportercare@childrensociety.org.uk)

## Lifestyle Services

<https://www.midandsouthessex.ics.nhs.uk/health/choose-well/lifestyle-services/>

<https://www.agespace.org/local/essex> - Directory of Information

<https://www.livewellsouthend.com/> - Directory of information local to Southend

<https://www.livewellcampaign.co.uk/> All 13 Essex Local Authorities and our partners have come together to collaborate on the health and wellbeing agenda and work towards achieving better health outcomes for people across Essex.

The Livewell campaign was created to promote healthy messages and support everyone in Essex (communities, families and individuals) to help improve their physical and mental wellbeing.

<https://www.essex.gov.uk/leisure-culture-and-local-heritage/community-and-voluntary-organisations> - Directory of local community and voluntary organisations throughout the whole of Essex.

<https://chelmsfordcvs.org.uk/> - Chelmsford CVS is an independent support and development organisation set up to champion, support and strengthen local charities, voluntary and community groups.

<https://agewelleast.org.uk/> - We believe everyone deserves to age well, and it is our mission to support and empower people in later years. We advise and provide practical information; we connect communities to tackle loneliness; we support people through challenges and empower people to live well with dementia.

## Support for carers

Anyone who provides any sort of unpaid care or support (not just physical care) for a friend or relative who would not be able to manage to live independently, or whose health and wellbeing would deteriorate without this help and support, can be considered a carer. You do not need to live with the person you look after to be a carer

<https://www.essexwellbeingservice.co.uk/services/carers>

The Essex Wellbeing Service offer a confidential phone call with you to chat about your concerns and challenges, and to help you find the support and advice relevant to your needs.

<https://www.southend.gov.uk/help-advice-carers>

Sources of information, advice and guidance to support carers.



<https://www.thurrock.gov.uk/support-for-carers/information-and-advice-for-carers> Thurrock Carers Service provides information, advice and support to all adults who are unpaid carers of a Thurrock resident. The service is free and confidential.

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