



Mid and South Essex  
Integrated Care  
System



Mid and South Essex

# Do you feel you need extra **help and support,** perhaps after being discharged from hospital\*?

Get in touch with your local  
Community Hub for support  
with things such as:



Shopping



Support with energy costs



Collecting prescriptions



Your wellbeing

\* Supporting Basildon, Broomfield and  
Southend Hospital



Turn over  
for contact  
details!

# Mid and south Essex Community Hubs

Area	Email	Telephone number
Southend	homesafesos@savs-southend.co.uk	01702 356 000
Thurrock	adminBYS@thurrockcvs.org	07534 413 972
Basildon	admin@bbwcvs.org.uk	01268 294 124
Rochford	hub@megacentrerayleigh.co.uk	01268 779 999
Brentwood	enquiries@brentwoodcvs.org.uk	01277 715 080
Braintree	c360.socialprescribing@nhs.net	Weekdays: 01206 505 250 Weekends: 01206 216 611
Maldon	referrals@maldoncvs.org.uk	01621 851 891
Chelmsford	community@chelmsfordcvs.org.uk	01245 280 731
Castle Point	Wellness@cavsorg.uk	Weekdays: 01268 214 000 Weekends: 07808 783 304

