

Free Community Contacts
(Supporting families in financial difficulties)

Epping Locality

The Epping Community Hub, High Street, Epping is a one-stop shop for residents to access services for help and advice. Providers offer drop-in sessions at various times in the week. The link below gives you more information

<https://www.eppingforestdc.gov.uk/community/epping-community-hub/>

[see services at the community hub](#)

The Financial Wellbeing Hub at Ninefields Waltham Abbey runs on Tuesdays. It is a one stop shop for residents to access financial advice & support as well as mental health support. They offer regular workshops to cover digital support/returning to or applying for work, benefits, and budgeting.

Citizens Advice Epping Forest District

T: 01992 561494 (Epping Office)

Adviceline: 03003302107/ Freephone 0808 278 7855

Local information

Website: www.citizensadviceefd.org.uk

Online advice public website: www.citizensadvice.org.uk

<https://3food4u.org/>

<https://3food4u.org/wp-content/uploads/2022/08/2022-08-13-3f4u-Poster.jpg>

No Assessment or Referral required, just drop in for basic groceries and essentials for you & family.

T 01991 842 642

E info.3food4u@gmail.com

Warm Places offering a warm place to socialise, read a book, take part in activities & be in a warm place to save on their heating at home. Details

<https://www.eppingforestdc.gov.uk/cost-of-living/warm-places/>

Alzheimer's Society
Up-to-date Info

The Change Project
121 Interventions and advice to any resident - 16yrs+ who want to make positive changes in how they behave in relationships with partners/family/others

Barclays Bank
Financial guidance

CHESS

Moving forward purposefully and in good health after becoming homeless. CHESS provide accommodation, support and signposting to services

Changing Pathways
Provides advocacy and support to survivors of Domestic Abuse

Citizens Advice
Ask away

Epping Forest Food Bank

Digital Inclusion Project

- Loss of Income
- Illness/Health Barriers
- Need to self-isolate
- Having limited/no access to digital devices/data

In order to access: -
Employment support/skills for life/Banking

Essex County Council – Adult Social Care

Support designed to maintain and promote independence for disabled people, older people and informal carers.

If an individual has needs that are not eligible, their local authority will support by signposting or connecting to voluntary or local community organisations.

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Harlow Locality

The Michael Roberts Charitable Trust

www.mrct.org.uk

Phoenix Resource Centre Harlow

The Phoenix Resource Centre is a registered charity focusing on the protection & preservation of the environment. They redistribute resources to those in need, for more info see link

<https://www.phoenixresourcecentre.co.uk/>

Harlow Community Hub provide a one stop shop of direct advice to help those in need. Referrals can be made to each of the hub partners' services via the Community Hub, which can be reached in a variety of pop up places, the main ones being the Harvey Centre, Harlow Foodbank and Moot Hall, or through self-referral to the helpline or email. Details Helpline 10am- 2pm (01279 927005)

harlowcommunityhub@rainbowservices.org.uk

The Community Hub is configured as a unique One Stop Shop, designed to give direct advice in the first instance – this is not a signposting service. The emphasis is on giving a quick response based on a holistic approach to people's problems and needs.

Harlow Food Bank

www.mrct.org.uk

The Foodbank is to help individuals and families in crisis by providing free emergency food until the appropriate agencies are in a position to assist.

Aim is to engage with communities, introducing sustainable projects that enable marginalised people to break through their cycle of poverty.

Harlow -Maybury Open Door

www.mrct.org.uk

is a community drop-in, open to all and supports a range of adults including elderly, people with disability, homeless, isolated people and others who just need to venture out and meet new friends.

Harlow - Bounty Club

www.mrct.org.uk

Collects surplus food and makes it available to those on a low income.

Most of the food has up to a week's use-by date on it & is fresh vegetables, fruit, bread, meat, cheese, yoghurts, eggs, salads etc. No Frozen Food.

Start at Bounty Club for weekly shop and if short you'll have to get it somewhere else.

For £2.50 you get to fill your Bounty Club bag, can be worth £15 - £20.

Individuals/Couple membership is £2.50 per visit = 1 Bounty Club bag approx. 15g of food (size of 1.5 Tesco reusable bags)

Family membership is £5 per visit = 2 Bounty Club bags. Remember to take your Bounty Club bag each time

Bump to Five

www.mrct.org.uk

Providing essential items for kids in Harlow and the surrounding area, from pregnancy to newborn and up to five years old.

Bump-to-five take in donated items, including pre-loved clothing, cots, buggies and other essentials and gifts them to families who need support. They check, sort and re-distribute to families referred by caring professionals.

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Uttlesford Locality

Clothing Bank

Email:- uttlesfordclothingbank@gmail.com

Worrying About Money

Aim to support residents in Uttlesford who may be worried about money. Sign-posts a range of local and national routes to help.

An electronic copy of the Uttlesford leaflet can be downloaded here: <https://ifanuk.org/uttlesford-leaflet>

An interactive version of the leaflet can be accessed here:

www.worryingaboutmoney.co.uk/uttlesford

Uttlesford Foodbank provides emergency food and care parcels to individuals and families during times of crisis. They operate out of our warehouse in Saffron Walden and have collection points for clients in Saffron Walden, Stansted, Dunmow, Thaxted.

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

Uttlesford Food Bank

How to get help

- **Get in touch call or email**
Phone: 07531 436 335
Email: info@uttlesford.foodbank.org.uk (or use form online)
- **Arrange a visit to a referral agency**
- **Once referred go to nearest food bank**

Worrying About Money

<https://ifanuk.org/uttlesford-leaflet>

Financial advice and support is available if you're struggling to make ends meet.

Follow the steps online to find out where to get help in Uttlesford.

Step 1: What is the Problem?

Step 2: What are some Options?

Step 3: Where can I get help with these options?

A list of services are provided and offer free & confidential advice

Other Support agencies are also list with contacts