

# SOCIAL PRESCRIBING FOR REFERRAL/SIGNPOSTING

## ALCOHOL SERVICES ESSEX ARC.PHOENIX FUTURES



Essex Alcohol Recovery Community Phoenix can provide information for reducing alcohol, tips and goals or provide more in depth support and resources

Web: [www.phoenix-futures.org.uk](http://www.phoenix-futures.org.uk)

e mail: [essex.arc@phoenixfutures.org.uk](mailto:essex.arc@phoenixfutures.org.uk) Call on 01376 316 126

## ACTIVE ESSEX



<https://www.activeessex.org> A wealth of activities all ages & abilities

## HAPPINESS & WELLBEING



Happiness & Wellbeing app and website [www.actionforhappiness.org](http://www.actionforhappiness.org)

## DIGITAL EXCLUSION



Helping people to get on Line

<https://www.superfastessex.org/get-help-with-digital/skills/di-map/>

## DRUGS & alcohol recovery



You can contact centres direct:

[Basildon](#) – 01268 531435

[Chelmsford](#) – 01245 284772

[Clacton](#) – 01255 434186

[Colchester](#) – 01206 766096

[Harlow](#) – 01279 434621

## ESSEX WELLBEING SERVICE (EWS)



Telephone: 0300 303 9988 [Online referral link:  
https://refer.essexwellbeingservice.co.uk/](https://refer.essexwellbeingservice.co.uk/)

E-mail Address: [provide.essexwellbeing@nhs.net](mailto:provide.essexwellbeing@nhs.net)  
[www.essexwellbeingservice.co.uk](http://www.essexwellbeingservice.co.uk)

Stop Smoking (pharmacies that are not able to deliver this service)
Lifestyle Change (emotional health, drug and alcohol reduction, sleep, confidence, and self-esteem, physical activity)
Weight Management (exclusions - pregnant/breast feeding, eating disorder diagnosis, must be over 18)
Low Carb Weight Management Programme (exclusions – Type 1 diabetes, diagnoses and/or active eating disorder, pregnant or breastfeeding, BMI less than 25, must be over 18)
Child Lifestyle Services (suitable for children aged between 4 and 17)
Debt and Benefits Support
Carers Support and for access to Specialist Carers Services (offering support with emergency care planning, LPA, Carers Rights & Assessment, getting financial support, short breaks, counselling/mediation)
Home Adaptations (grab rails, toilet raisers, bath rails)
Social Isolation (specialist befriending, local social clubs, connecting with the community)
Employment Support (developing employability skills, adult learning)
Support to Improve Mobility (seated exercises, walking clubs)
Healthy Balance, Strength, and Balance Exercises ( <i>Mid Essex Only</i> )
Home Safety and Security (fire service assessment, care call support)