

WINTER COMMUNITY SERVICES AND INFORMATION

In the Maldon District



Developed by One Maldon District Partnership

maldon.gov.uk/onemaldondistrict

INTRODUCTION

This leaflet provides information and advice on community services that you can access living in the Maldon District.

Sections include:

- Tips for keeping well
- Energy saving tips
- Safe heating tips
- Financial support
- Mental health in winter
- Food and crisis support
- Families and carers
- Community hubs/ activities and warm places
- Digital support
- Living well this winter events





TIPS FOR KEEPING WELL

Get advice if you feel unwell

If you or your family feel unwell, seek medical advice from your local pharmacy, GP or by calling **111**.

Look in on neighbours and relatives and make sure they are safe, warm and well.

Keep moving

Staying active during the winter months is essential to staying well and this will look different for everyone. Try to get outside for some activity such as a walk. Activities such as swimming or gentle yoga can provide great indoor options. Try not to sit still for long periods of time and when you do, make sure to move your fingers and toes around often to assist your circulation.

Eat well

Eat regularly as it helps keep you warm. Have at least one hot meal a day and regular hot drinks.

Stay social

When it is cold, it is easy to stop seeing family, friends and neighbours. Make sure to arrange to meet people regularly and consider phone calls if the weather prevents you going outside.



TIPS FOR KEEPING WELL

Keeping warm

Try to keep warm throughout the day using the following tips:

- Wear multiple thin layers
- Keep your windows/doors closed.
- Use a hot water bottle or electric blanket to keep warm in bed.
- Heat the rooms you spend most time in
- Use draft excluders
- Have plenty of hot food and hot drinks

Stop the spread of germs

Other simple measures which can help to reduce the spread of illness include:

- Washing your hands regularly with warm water and soap
- Avoid close contact with people who are unwell.
- Avoid sharing towels and other household items with someone who is unwell

Stay stocked up

It's a good idea to keep your cupboards stocked with basic food, drinks and medication.

Volunteers providing shopping* and prescription delivery support are available from Maldon and District CVS.

01621 851 891

*cash only service

TIPS FOR KEEPING WELL

Vaccinations

Some illnesses are more prevalent in cold weather and vaccinations are offered to help prevent these. Contact your GP or pharmacy if you think you should have any vaccinations.

Flu vaccinations are recommended if you:

- are 65 or over
- have some long term conditions
- are pregnant
- live in a care home
- are a carer for someone older or disabled
- receive carers allowance
- live with someone with a weakened immune system.

Covid-19 vaccinations are recommended if you:

- are 65 or over
- are between 6 and 64 with an increased risk of serious illness from Covid-19
- are pregnant
- live in a care home
- are a frontline worker

RSV (respiratory syncytial virus)

vaccinations are recommended if you are between 74 and 79 or are pregnant.

Pneumococcal vaccinations are recommended for babies, people aged 65 or over or anyone at higher risk of serious illness.



ENERGY SAVING TIPS

There are simple things you can do to help cut down your energy bills.

These include:

- Turn off unnecessary lights and appliances
- Shower instead of taking a bath
- Fix any dripping taps
- Only boil the amount of water you need for hot drinks (consider using a flask)
- Avoid heating rooms you don't use
- Avoid drying clothes in your bedroom
- Use a slow cooker or air fryer if you have one
- Washing clothes at 30°C
- Keep radiators and heaters clear of obstructions
- Make sure external doors and windows are draught-proofed
- Shut doors, windows, and curtains when you're not in a room.
- Make sure your dishwasher is full and set to economy before using
- Use energy-efficient appliances (A+++ rated) and turn off devices when not in use
- Upgrade to efficient appliances like smart thermostats and programme them to match your schedule



An aerial photograph showing a residential area with many houses covered in snow. A river or canal flows through the scene, with a small dock and a boat visible in the foreground. The sky is overcast.

SAFE HEATING TIPS

Here are some tips for using heaters safely.

- Make sure heaters are well maintained and in good working order.
- Never install, repair or service appliances yourself. Make sure anyone who does is registered with the Gas Safe Register (for gas appliances), the Heating Equipment Testing and Approval Scheme (HETAS) (for solid fuel appliances), or the Oil Firing Technical Association (OFTEC) (for oil appliances).
- Don't take risks with old heaters – if it's electrical and getting older, get it tested by a qualified electrician or buy a new one.
- Where appropriate, secure heaters against a wall to stop them falling over, or fit wall-mounted heaters.
- Keep heaters well away from clothes, curtains and furniture and never use them for drying clothes.
- Always sit at least one metre away from a heater as it could set light to your clothes or chair.
- Before attempting to move your heater, turn it off and allow it to cool first.

FINANCIAL SUPPORT

Warm Home Discount

Warm Home Discount is a one-off £150 discount to your electricity bill to reduce eligible customers' bills over the winter months.

An automatic payment should occur if you're with an electricity supplier who is part of the discount scheme and you or your partner receive certain means-tested benefits or tax credits and high energy costs. If you believe you are eligible but have not received payment or a letter by early January 2025 then contact the scheme before 28th February 2025 on 0800 030 9322.

If you want to find out more about this, or any of the following benefits, contact Maldon and District Citizens Advice on 01621 875774

Pension Credits

Pension credit is there to provide extra money to help with living costs if you are over the State Pension age and have a low income.

If you are eligible for any amount of pension credits and you sign up then you may be able to claim further benefits such as the winter fuel payment.

To claim Pension Credit, call 0800 99 1234.





FINANCIAL SUPPORT

Winter Fuel Payment

To get the winter fuel payment of either £200 or £300 to help you pay for your heating bills this winter, you must have been born before 23 September 1958 **AND** be receiving certain benefits.

Most payments are made automatically and a letter sent in November or December will outline how much you will receive.

If you believe you are eligible and have not received a letter or payment by 29 January 2025, contact the Winter Fuel Payment Centre on **0800 731 0160**. They will ask for your name, address, date of birth and national insurance number.

Cold Weather Payment

You could get £25 for each 7 day period of very cold weather between 1 November 2024 and 31 March 2025

You may be eligible if you are getting certain other benefits. If so, then you will get these payments automatically. You should receive your payment within 14 working days of the cold weather.

MENTAL HEALTH IN WINTER

Cold and dark in winter can affect your mental health. Below are some tips to help you practice self-care and look after your mental health.

- Adopt a positive outlook and practise gratitude
- Try deep breathing
- Try to stay active
- Stay in touch with people close to you
- Eat well
- Get plenty of sleep
- Make the most of natural light
- Plan ahead for the winter
- Seek support and talk to someone
- Look after your physical health
- Try mindfulness
- Learn something new
- Volunteer in your local community
- Be kind to yourself
- Try to keep to a daily routine
- Do things you enjoy
- Try writing or journaling



MENTAL HEALTH IN WINTER - CONTACTS

In an emergency if you are unable to keep yourself safe, call **999** or go straight to the nearest **A&E**.

In a crisis contact **NHS** on **111** and select **option 2** for urgent mental health support - Available 24/7.

Samaritans can provide support in a range of mental health issues from crisis to support. Available 24/7 on 116123.

National Suicide Prevention Hotline

6pm- midnight, every day 0800 689 5652

Mind Support line to talk about your mental health.

9am-6pm, Mon-Fri (except Bank Holidays) 0300 102 1234

Mind Infoline to learn more about mental health.

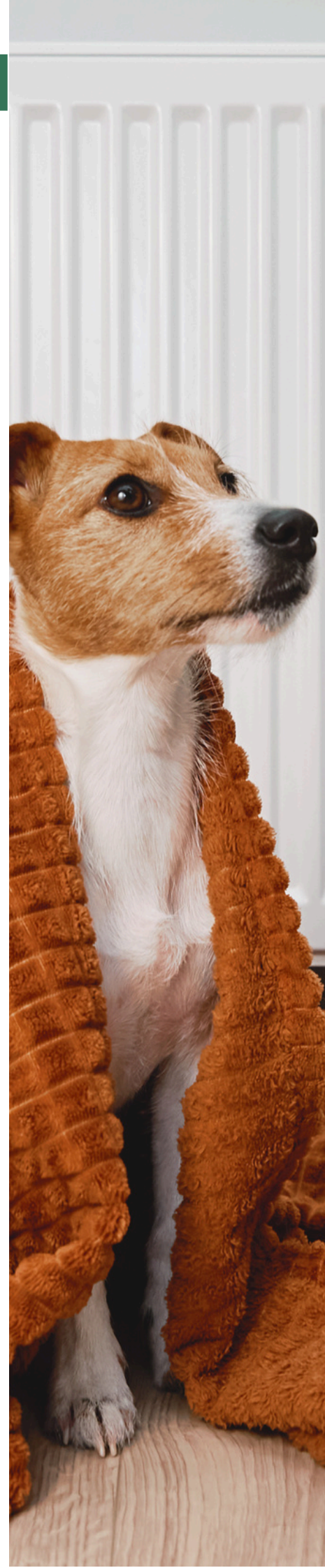
9am-6pm, Mon-Fri (except Bank Holidays) 0300 123 3393

Mind Legal line for legal information on mental health laws.

9am-6pm, Mon-Fri (except Bank Holidays) 0300 466 6463

SHOUT provides a 24/7 text service for people who are struggling to cope on 85258.

SANeline for out of hours mental health support 4pm-10pm, every day 0300 304 7000





MALDON DISTRICT CONNECTS

Maldon District Connects is an online directory of local services and activities.

Web: maldondistrictconnects.org.uk

Tel: 01621 851 891

FOOD AND CRISIS SUPPORT

Maldon Food Pantry

Elim Pentecostal Church, 17 Wantz Road,
Maldon, CM9 5DB

Wednesdays 9.30am - 1pm

Tel: 07940 830 855

Dengie Food Pantry

United Reformed Church, North Street,
Southminster, CM0 7DF

Wednesdays 10am - 12pm

Tel: 01621 776 821

Tel: 07740 103 806

The Village Larder - Tollesbury Hub

The Centre, Congregational Church, East
Street, Tollesbury, CM9 8QD

Mondays 9am - 12pm

Tel: 07742 538 171

Maldon District Community Response

provides residents with emergency food
and small essential items if they find
themselves in crisis.

Tel: 01621 851 891*

*Weekdays 9.30am - 12pm

CVS closed 25/12/24 - 02/01/25

FAMILIES AND CARERS

Essex Child and Family Wellbeing

Service provides local support, advice, and services to children and families across Essex.

Tel: 0300 247 0013 *Weekdays 9am - 5pm

Essex Youth Service provide youth activities for young adults in the district.

Tel: 03330 322 800

Home-Start Essex provides support to help parents feel less isolated and give children the best possible start in life.

Tel: 01245 847410 *Weekdays 9am - 4.30pm

Essex Activate provides free resources and holiday clubs for families and young people.

Haf@activeessex.org

07809 105066

<https://www.activeessex.org/children-young-people/essex-activate/>

Action for Family Carers provides information and support to carers who have unpaid, caring responsibilities for others.

Tel: 0300 7 70 80 90*

*Weekdays 9am - 4.30pm

Carers First Essex provide a carers support service for Maldon District carers.

Tel: 0300 303 1555*

*Mon-Thurs 9am-5pm / Fri 9am - 4.30pm



COMMUNITY HUBS/ACTIVITIES AND WARM PLACES

Community Hubs and Warm Places provide people with respect, support and warmth in the local community.

Maldon Library and Burnham-on-Crouch Library*

0345 603 7628

*Opening days and times vary

Community in a cup

Maldon Reformed Church, Maldon , CM9 4PZ

Last Tuesday of each month 10am - 12pm

Tel: 01621 859 365

Fullbridge Church Community hub

Fullbridge Church, Maldon, CM9 4LE

Tuesdays 9.30am - 1pm

Tel: 01621 851 891

Maldon Welcome Space

Quaker Meeting House, Butt Lane, Maldon,

CM9 5HD

Fridays 10am - 1pm

Tel: 01621 852 471

Burnham Community in a Cup

United Reformed Church, Burnham-on-Crouch,

CM0 8HF

Thursdays 2pm-4pm

Tel: 01621 783 393





COMMUNITY HUBS/ACTIVITIES AND WARM PLACES

Walter's Third Thursday Cafe

Woodham Walter Village Hall, Rectory Road, CM9 6RF

3rd Thursday of each month 10am-12pm

Tel: 01245 373 686

Heybridge Welcome Space

Plantation Hall, Colchester Road, Heybridge, CM9 4AL - Weekdays 9am-3pm

Tel: 01621 855 652

Coffee, Cakes and Company - Steeple

Steeple Village Hall, Garden Fields, CM0 7JY

Tuesdays 1.30-4pm (£4 contribution)

Tel: 07803 173 285

Cold Norton Senior Coffee Mornings

Cold Norton Village Hall, Cherry Blossom Lane, CM3 6 JQ

Every other Thursday 9.30-11.30am (£1.50 contribution)

Tel: 01621 828 673

Drop In for Tea and Cake - Wickham Bishops

St Bartholomew's Church Hall, Church Road, CM8 3LA

Second Monday each month 2.30pm-4pm

Tel: 01621 892 032



COMMUNITY HUBS/ACTIVITIES AND WARM PLACES

Get Together with Friends - Mayland

Lawling Park Hall, Katonia Avenue,
CM3 6AD

Tuesdays 1.30-3.30pm (£3 contribution)

Tel: 01621 772 273

Get Together with Friends - North Fambridge

North Fambridge Village Hall, Ferry Road,
CM3 6LS

Tuesdays 10am - 12pm

£3 suggested contribution

Tel: 01621 772 273

Harbour

The Octagon behind St Mary's Church,
Maldon, CM9 5HP

Mondays 10am - 12pm

Tel: 01621 851 891

Community Cafe - Mayland

St Barnabus Family Centre, Imperial
Avenue, CM3 6DZ

Fridays 10am-12pm

Tel: 01621 742 596

Coffee and Chat

St Andrew's Church, Fambridge Road,
Althorne, CM3 6BZ

First Monday of the month (except bank
holidays) 10am to 12pm

Tel: 01621 744912

COMMUNITY HUBS/ACTIVITIES AND WARM PLACES

Chatty Cafe - Morrisons (Maldon)

Limebrook Way, CM9 6GG

Wednesdays 10am - 12pm

Tel: 07740 536 376

Chatty Cafe - Burnham-on-Crouch

Bistro on the Quay, The Quay, CM0 8AT

Daily 9.30am - 5pm

Tel: 07908 279 751

RVS Tollesbury Day Centre (lunch and social club)

Parish Rooms, Church Street, CM9 8QJ

Tuesdays 9.30am - 1pm

A small charge applies

Tel: 0330 555 0310

Soup Stop

The Citadel, 12 Wantz Road, Maldon,
CM9 5DE

Wednesday's 11am - 1pm

Tel: 01621 840 088

This is not an exhaustive list of activities, visit **maldondistrictconnects.org.uk** or call **01621 851 891** for more.





COMMUNITY ACTIVITIES

Digital drop-in sessions

Providing a friendly and welcoming atmosphere for people to meet up with other members of their community and learn some useful digital skills.

Digital drop-in Burnham-on-Crouch

United Reformed Church, 53 Station Road, CM0 8HF

1st and 3rd Monday each month
10am - 12pm

Tel: 01621 851 891

Digital drop-in Maldon

Fullbridge Church, CM9 4LE

Wednesdays 10am - 12pm

Tel: 01621 851 891

Digital drop-in Mayland

St Barnabus Centre, Imperial Avenue, CM3 6AH

Fridays 10am - 12pm

Available upon request appointment service.

Tel: 01621 851 891

IT drop in - Burnham on Crouch Library

103 Station Road, CM0 8HQ

Tuesdays 12.30pm - 2pm

Tel: 0345 603 7628



LIVING WELL IN WINTER EVENTS

One Maldon District Partnership is running or supporting a number of events over winter to allow residents to connect with each other as well as access services to help them be healthy and happy over the winter.

Family winter hub (Maldon)

Blackwater Leisure Centre, Park Drive,
Maldon, CM9 5UR

Friday 20th December 2024

3.30pm-6.30pm

This event will have activities, children and family services and a special guest appearance

Family winter hub (Burnham-on-Crouch)

Dengie Hundred Leisure Centre, Millfields,
CM0 8HS

Thursday 2nd January 2025

3pm-5pm

This event will have activities, crafts, food and children and family services.

ACL family fun day

Carmelite House Library, White Horse Lane,
Maldon, CM9 5FW

Saturday 18th January 2025

10am to 1pm

Tel: 0345 603 7635



Developed by One Maldon District Partnership

One Maldon District Partnership is a senior level partnership, working together to ensure a healthier and prosperous Maldon District.

One Maldon District Partnership seeks to maximise collaboration to ensure there are lots of opportunities for better health, wellbeing, and community safety within the district.

It includes:

Essex Fire Police and Crime Commissioner | Essex Police | Essex County Fire and Rescue Service | NHS Mid and South Essex Integrated Care Board | Maldon and Witham Primary Care Network | Rt Hon Sir John Whittingdale OBE MP | Rt Hon Dame Priti Patel DBE MP | Essex County Council | Maldon District Council | Maldon and District CVS | National Probation Service | Plume Academy | Ormiston Rivers Academy | All Saints Primary School | Churches Together in Maldon | Maldon Livewell | Active Essex | Moat Homes

maldon.gov.uk/onemaldondistrict

