

COMMUNITY SERVICES

In the Maldon District

Developed by One Maldon District

maldon.gov.uk/onemaldondistrict



INTRODUCTION

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

It comprises of four sections:

- Tips for keeping well.
- Energy saving tips.
- Financial support.
- Further information and support.



A close-up photograph of an elderly woman with short, light-colored hair and glasses, smiling broadly. She is wearing a green and black striped swimsuit and is in a swimming pool, with water splashing around her. The background is a bright, slightly blurred outdoor setting.

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

Try not to sit still for more than an hour at a time. Even a little bit of activity now and then can help your circulation and maintain strength and mobility.

Wiggle your fingers and toes whilst sitting to keep your blood circulating.

Eat well

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

Get your vaccinations

Respiratory viruses are more widespread in our communities, so it's especially important to get your vaccinations.

Flu vaccinations

Flu vaccinations are an important way to protect your health during the winter.

You can access a free flu vaccination from your GP or pharmacist if you:

- Are aged 65 or over (including if you will be 65 by 31st March 2024).
- Have certain long-term health conditions.
- Are pregnant.
- Live in a care home.
- Are the main carer for an older or disabled person, or receive a carer's allowance.
- Live with someone who has a weakened immune system.

Frontline health and social care workers can also get a flu vaccination through their employer.

For more information, contact your GP or local pharmacy.





TIPS FOR KEEPING WELL

Keeping warm

Try to keep warm throughout the day.

Suggestions include:

- Keep your windows/doors closed.
- Use a hot water bottle or electric blanket to keep warm in bed.
- Wear suitable clothing.

Stop the spread of germs

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

- Washing your hands regularly
- Avoid close contact with people who are unwell.

Stay stocked up

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

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

If you need support, please call them on **01621 851 891**.

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 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
- Insulating roof, loft, and cavity wall spaces can reduce heat loss in your home and save £100 - £200 per year.



Winter Fuel Payment

This is an annual tax-free payment for households that include someone born on or before 25 September 1957.

You could get between £250 and £600 to help with your bills in winter this year. The exact amount depends on your age and whether other people in your household also qualify.

If you've received it before or if you claim a State Pension, then you should get your Winter Fuel Payment automatically this year.

If you need to claim your payment, call **0800 731 0160**. You will need your National Insurance number, your bank or building society details and the date that you were married or entered into a civil partnership (if appropriate).

Warm Home Discount

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

You get the payment automatically if your electricity supplier is part of the Warm Home Discount scheme and you or your partner receive the Guarantee Credit portion of Pension Credit. You can also qualify if you get other benefits such as Universal Credit or Employment and support allowance and you have high energy costs. Receiving this doesn't affect your entitlement to any other benefits.

This discount is a one-off discount applied to your electricity bill applied between early October 2023 and 31st March 2024. If you are eligible, you should get a letter by early January 2024. If you believe you are eligible but have not received a letter then contact the scheme before 29th February 2024.

If you want to find out more about this, contact Maldon and District Citizens Advice on **01621 875 774** or **[maldoncitizensadvice.org.uk](https://www.maldoncitizensadvice.org.uk)**.



Cold Weather Payment

Between 1 November and 31 March each year, extra money is available when there's very cold weather for people receiving:

- Pension Credit.
- Income Support.
- Income-based Jobseeker's.
- Allowance.
- Income-related Employment.
- Support Allowance.
- Universal Credit.
- Support for Mortgage Interest.

The average temperature in your area needs to have been 0 ° C or less for 7 consecutive days.

You get £25 a week for each 7 day period of cold weather. If you're eligible, you'll be paid automatically after each 7 day period of cold weather.

You should receive your payment within 14 working days.

Cost of Living Payments

You may get a payment of £900 paid in three lump sums of approximately £300 each if you get payments of any of the following:

- Universal Credit.
- Income-based Jobseeker's Allowance.
- Income-related Employment and Support Allowance.
- Income support.
- Pension Credit.
- Child or working tax credits.

The payments will be made separately from your benefit. They are not taxable and don't affect the benefits or tax credits you get.

Two of these payments have already been paid and the third will be paid in the spring of 2024.

Call Maldon and District Citizens Advice on **01621 875 774** for more details.





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 Church, Maldon, CM9 5DB

Wednesdays 9.30am - 1pm

Tel: 07940 830 855

Dengie Food Pantry

United Reformed Church, Southminster, CM0 7DF

Wednesdays 10am - 12pm

Tel: 01621 776 821

The Village Larder - Tollesbury Hub

The Centre, Tollesbury, CM9 8QD

Mondays 9am - 12pm

Tel: 07742 538 171

Maldon District Community Response

provides residents with household items and non-perishable food if they find themselves in crisis.

Tel: 01621 851 891*

*Weekdays 9am - 3pm

COMMUNITY HUBS AND WARM PLACES

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

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, Maldon, CM9 5HD

Fridays 10am - 1pm

Tel: 01621 852 471

Dengie drop-in hubs

These will change location each month, for more details please contact Maldon and District CVS on **01621 851 891**.





COMMUNITY HUBS AND WARM PLACES

Warm Places

Local Warm Places include libraries and other public building in the district.

Please call **Maldon & District CVS** on **01621 851 891** for more details.

Burnham Community in a Cup

United Reformed Church, Burnham, CM0 8HF

Thursdays 2pm-4pm

Tel: 01621 783 393

Heybridge Welcome Space

Plantation Hall, CM9 4AL

Weekdays 9am-3pm

Tel: 01621 855 652

Walter's Third Thursday Cafe

Woodham Walter Village Hall, CM9 6RF

3rd Thursday of each month 10am-12pm

Tel: 01245 373 686

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

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

Tel: 01621 851 640*

*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

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

Tel: 03330 322 800

Essex Activate offer free kids' resources during school holidays.

Tel: 03330 131 620



COMMUNITY ACTIVITIES

Coffee, Cakes and Company

Steeple Village Hall, CM0 7JY

Tuesdays 1.30pm - 4pm

£4 contribution needed

Tel: 07803 173 285

Cold Norton Senior Coffee Mornings

Cold Norton Village Hall, CM3 6 JQ

Every other Thursday 9.30-11.30am

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

Get Together with Friends - Mayland

Lawling Park Hall, CM3 6AD

Tuesdays 1.30-3.30pm

£3 contribution required

Tel: 01621 772 273

Get Together with Friends - North Fambridge

North Fambridge Village Hall, CM3 6LS

Tuesdays 10am - 12pm

£3 suggested contribution

Tel: 01621 772 273





COMMUNITY ACTIVITIES

Harbour

St Mary's Church, Maldon, CM9 5HP

Mondays 10am - 12pm

£1.50 donation required

Tel: 01621 851 891

Community Cafe - Mayland

St Barnabus Family Centre, CM3 6DZ

Fridays 10am-12pm

Tel: 01621 741 770

Tel: 01621 742 596

Power of Friendship

Museum of Power, CM9 6QA

Second Wednesday each month

10.30am - 12.30pm

£3 contribution required

Tel: 01621 843 183

Chatty Cafe - Morrisons Maldon

Limebrook Way, CM9 6GG

Wednesdays 10am - 12pm

Tel: 07740 536 376

Chatty Cafe - Burnham-on-Crouch

Bistro on the Quay, CM0 8AT

Daily

Tel: 07908 279 751

COMMUNITY ACTIVITIES

RVS Tollesbury Day Centre

Parish Rooms, CM9 8QJ

Tuesdays 9.30am - 1pm

A small charge applies

Tel: 0330 555 0310

Lunch Club at Plantation Hall*

Plantation Hall, CM9 4AL

Thursdays 10am - 2.30pm

£5 contribution required

Tel: 01621 851 891

*Aimed at people aged 65+

Soup Stop

The Citadel, 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 details about other community activities happening across the district.



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, 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

Monday i-team

The Maldon Pioneers Association
All Saints Church, CM9 5PW
Mondays 9am (term time only)

Tel: 07506997655

IT drop in - Burnham on Crouch Library

103 Station Road, CM0 8HQ
Saturdays 10am-12pm

Tel: 0345 603 7628

Developed by One Maldon District

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

One Maldon District 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 | Mid and South Essex NHS | Sir John Whittingdale OBE MP | Rt Hon Priti Patel MP | Essex County Council | Maldon District Council | Maldon and District CVS | Maldon District Sense of Place Board | National Probation Service | Plume Academy | Ormiston Rivers Academy | All Saints Primary School | Churches Together in Maldon | Maldon Livewell | Active Essex | Moat Homes

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