



Emergency contact numbers

Listening ear, practical support, and social care

- Samaritans 116 123
- Crisis team (mental health) 111 option 2
- Essex social services emergencies 01245 434083
- Adult social care (out of hours) 0345 606 1212
- LGBT+ Switchboard 0300 330 0630

Children, young people, and families

- Childline 0800 1111
- Families in focus 01245 353575
- The mix – under 25s advice 0808 808 4994
- Family Lives helpline 0808 800 2222

Tendring district council

- Out of hours emergencies 01255 222022
- Minicom Text Phone on 01255 422470

Health, crime, utilities

- NHS 111 or 999 for emergencies
- Police 101 or 999 for emergencies
- Power cut 105
- Smell gas 0800 111 999

Cost of living help and advice

In this leaflet:

Our services
How to contact us
Local food banks
Where to get free meals
Cost of living help
Energy advice
Emergency help

Here for everyone



Keep this leaflet safe for when it's needed.



Contact us

- Phone:** 01255 377080
- Website:** www.cabtending.org
- Email:** Use the form on our website
- In person:** Call us first – see website for venues



Our specialist services



Debt advice

Call **01255 377080** to make an appointment to talk to our debt adviser.



Energy advice

Call **0300 303 3789** to make an appointment to talk to our energy adviser.



Domestic abuse

Call **07859 391587** to talk to our domestic abuse adviser.



McMillan cancer support

Call **01255 377080** for practical advice if you are living with cancer.



Mental health hub

Call **01255 225027** for info on how we can support your recovery from ill mental health.



Information on cost of living support is available from our website:
www.tendingdc.gov.uk/community/cost-living-support
Citizens Advice Tending are here to help 01255 377080

Energy advice – tips for staying warm

- Have a plan ready in case of a power cut.
- Wrap up with a hot water bottle and sit with your feet up – the air is cooler at ground level.
- Draw your curtains in the evening – this minimises heat loss through windows.
- Tuck long curtains behind radiators – and keep radiators clear of furniture and washing so the heat can circulate.
- Get to know your timer and thermostat so you don't waste energy but use it efficiently.
- Keep the rooms you spend most time in warm - 21°C/70°F during the day and 18°C/64°F for your bedroom at night. You don't have to heat the whole house.
- Join a club or activity, or volunteer – take advantage of someone else's heating.
- **Get advice** - You could be entitled to extra benefits, grants for helping to keep your house warm, or help to manage your debts.

www.cabtending.org



Energy saving tips:

Small things you can do to save on energy	Savings
Switch TV off standby	£65
Draft proof gaps around your home	£125
Turn lights off as you leave a room	£25
Wash clothes at 30 degrees	£34
Limit showers to 4 minutes	£95
Don't over fill the kettle	£43
Insulate your hot water tank	£70
Wait for full load to use dishwasher	£17

You can also

Turn your thermostat down slightly

Get a smart meter to monitor your usage

Cook with a microwave rather than an oven

Make sure your appliances are working efficiently by:

- Keeping washer/dishwasher/dryer clean
- Defrosting fridge and freezer
- Bleeding your radiators
- Keeping oven door closed when cooking
- Using eco balls in the tumble dryer
- Replacing light bulbs with LED or smart bulbs
- Fitting radiator reflector panels or just tin foil behind your radiators

Citizens Advice Tendring is here to help 01255 377080



Visit us at:

Face to face advice is by appointment only.

You can phone or drop in to be triaged and:

- we can book you an appointment
- or arrange to call you back for telephone advice

Clacton, 18 Carnarvon Road. Mon to Thurs 10 - 4

Harwich, Harwich Jobcentre Plus, 164 - 168 High Street, Dovercourt. Mon & Tues 9 – 12.30.

Dovercourt, All Saints Church, Main Rd. Mon 9.30 -11.30.

Jaywick Sands, Community Forum, Jaywick Enterprise Centre, Lotus way. Tues 9.30 – 2.30.

Brightlingsea, The Parish Hall, Victoria Place Weds 10 – 12.30.

Frinton, Frinton Community Centre, Soken House, Triangle Shopping Centre. Thurs 9.30 – 12.30

www.cabtendring.org

Lunch clubs in Tendring

Lunch clubs provide:

Low cost lunches
Healthy nutritious food
Warm friendly spaces
Chat & companionship
Transport sometimes
Other services & events!

Call first to book



If you can't attend
they may deliver –
please ask!

CVST Lunch club

99 Carnarvon Road, Clacton on Sea

Monday – Friday 12 noon

Meals must be booked before 10am on the day.

Call 01255 475913 or 07510 930601 and ask for Julie.

Prices:

- Main meal – £4 .00
- Pudding – £1.50
- Tea & Coffee – 50p

Cost of living help

Government support

- Low-income Cost of Living Payment: £650
- Pensioner Cost of Living Payment: £300
- Disability payment: £150
- For everyone: £400 paid in stages Oct–March
- Council Tax rebate for bands A-D: £150

If you haven't had the payments you are entitled to or are struggling, **get advice**. You may be entitled to

- additional benefits
- grants to help with energy or cost of living
- support to manage, pay or write off your debts.

Tips to help with the cost of living

- Do a budget and shopping list. Know what you spend and where you might cut down.
- Check your subscriptions – are you paying for something you don't use?

Where to get information

Your mortgage, fuel provider or bank, may have help or financial support available. Contact their customer services helpline or check their website.

Other useful websites: www.turn2us.org.uk
www.moneysavingexpert.com
www.grantsonline.org.uk



Food banks in Tendring

Free bags of shopping to take home and cook.

Clacton, Salvation Army: 103 Old Road, Clacton.
01255 431760 – need to call first and be referred:
Tues & Thurs 9.30 -11, Fri 2 - 2.30

Brightlingsea, Parish Hall, Victoria Place.
07970 480968 / 07881 703673 / 01206 303902
Phone on Tuesday to say you are coming
Weds 10 – 12 pick up your food

Walton & District Community Foodbank
0800 688 9577
email: walton.foodbank@gmail.com

Manningtree, Foundry Court, Colchester Road.
07870 967353: Tues 10 – 12

Harwich, Morrisons car par, Iconsfield Park,
Dovercourt: Tuesdays 10 - 2.30

Lunch clubs continued.....

Alresford Autumn Centre, Brightlingsea **£8**
Tuesday – Contact Gary Scott 01206 303702

Brightlingsea Autumn Centre Brightlingsea **£8**
Friday - Contact Gary Scott 01206 303702

Clacton Salvation Army, Old Rd **£4.50**
Wed to Fri - Contact Tracy Cooke on 01255 431760

Jaywick Golf Green Hall, Golf Green Rd
£2.50/£3.50
(Residents/non-res) Thurs - Contact 01255 427453

Jaywick Resource Centre, Brooklands Gdns **£3**
Wednesday – on 01255 423388

St Osyth Dumont Hall, Dumont Ave **£5**
Thursday - Contact: 01255 822437



Free meals

These organisations provide free meals and other services. You are welcome to just turn up on the day at the time stated.

Where	When		Information	Contact
Salvation Army, Embrace Old Road, Clacton	Mondays 9.30 – 11.00 am		Breakfast with other services- FREE	
Food Cycle Baptist Church, 117 Pier Ave, Clacton	Mondays 12 noon		Just turn up - FREE	clacton@foodcycle.org.uk
Hope At Trinity Trinity Methodist Church, Pier Avenue, Clacton	Tues, Weds, Thurs, Fri 10-30 am – 1 pm		Just turn up - FREE	hopeattrinityclacton@gmail.com
Pier Avenue Baptist Church	Thursday 9.30 am – 11 am		Just turn up - FREE (breakfast)	https://www.pieravenuebaptistchurch.org.uk/
St James's Soup Kitchen Tower Rd, Clacton, CO15 1LE	Saturdays 7-8 pm		Just turn up - FREE	Via Facebook page https://www.facebook.com/stjamesclacton
Soul Food Kitchen Marine Parade East, Sea Front Shelter, near St Pauls Road	Sundays 6 pm		Just turn up - FREE	