

	CONTACT POINT	DETAILS/CONTACT EMAIL DETAILS	TELEPHONE CONTACT DETAILS
MEDICAL			
NHS 111		NHS 111 select Option 1 for Medical, Option 2 for Mental Health	111
SOCIAL PRESCRIBER - WORKS WITH LOCAL SURGERIES	Leanne Smith	leanne.smith33@nhs.net	7580912184
BURNHAM OSTEOPATH (Holicity Health)	Nick O'Connor	www.holicity.co.uk	01621 786600
BURNHAM SURGERY		www.burnhamsurgery.co.uk	01621 782054
HEARING HELP - NHS HEARING & MAINTENANCE	Sophie Ede - by appointment on line	hearinghelpessex.org.uk	01245 496347
MAYLANDSEA MEDICAL CENTRE		www.dengiemedicalpartnership.nhs.uk	01621 742233
NHS Talking Therapies(formerly IAPT)	Self refer on-line	www.hpft-iapt.nhs.uk	01276 308704
Discharge from Hospital/Carer Support	Maldon CVS	www.maldoncv.org.uk	01621 851891
PRIMARY CARE NETWORK - collaboration of GPs across Dengie and South Woodham Ferrers	PCN	www.dengieandswfpcn.nhs.uk	
TRINITY MEDICAL CENTRE MAYLAND			01621 745400
WILLIAM FISHER MEDICAL CENTRE SOUTHMINSTER		www.williamfishermedicalcentre.nhs.uk	01621 772360
PHARMACIES			
FIVEWAYS			01621 782058
SAVAGES			01621 705042
SOUTHMINISTER			01621 772392
DENTISTS			
BURNHAM DENTAL PRACTICE		www.burnhamdentalpractice.com	01621 782644
SERENTY DENTAL SURGERY		www.serenitysurgery.co.uk	01621 783065

FOOD BANKS			
		Church Hall Southminster Weds AM. Vouchers via Citizens Advice in Southminster URC on Tuesday AM and Baptist Church Burnham on Thursday AM - www.maldoncitizensadvice.org.uk	Citizens Advice 01621 875774
UNITED REFORM CHURCH		Community in a Cup. Get together for tea and chat. 2-5pm every 3rd Thursday ie July 20, August 17th and so on	
OLIO		The #1 Free Sharing Ap - for foods etc	
BANKTHEFOOD	APP	An innovative app which links the donor to the foodbank at the most crucial time when they are in the supermarket or shop	https://www.bankthefood.org
DEFIBRILLATORS			
APP		what3words enabling emergency services to find current location	
BURNHAM BAPTIST CHURCH			
CO-OP SHOP			
HARVEY SMITH ACCOUNTANTS		HIGH STREET	
HUTTONS CAR REPAIRS		INDUSTRIAL ESTATE	
ROYAL BURNHAM YACHT CLUB		CAR PARK	
RIO CINEMA		OUTER WALL	
THE LIMES FARM SHOP			
TOWN COUNCIL OFFICES		OUTER WALL BY ENTRANCE	
SURGERY		ONLY ACCESSIBLE WHEN SURGERY IS OPEN	
SWALLOWTAILS RESTAURANT MARINA		OUTSIDE ENTRANCE TO TOILETS	
TESCO STORE			
COUNCIL			
BURNHAM TOWN COUNCIL	Kassie Taylor	Office@burnhamoncrouchtowncouncil.gov.uk	

YOUTH SUPPORT			
AIR CADETS BAPTISH CHURCH MON & THURS 7.15		www.raf.mod.uk/aircadets/find-a-squadron/london-south-east/essex-wing-hq/2531-burnham-on-crouch-df/	
SCOUTS FIRST GROUP		Scouts Hut Millfields/ webmaster@marshland.org.uk	
ESSEX CHILD & FAMILY WELLBEING SERVICE	Essex CC	www.essexfamilywellbeing.co.uk Also offering a Mobile Service	
SPECIAL NEEDS EDUCATION & DISABILITIES - SEND	Chantelle Poulter	or Tara Strydon	07958 456463 Tara 07909 505959
LIBRARY			
BURNHAM LIBRARY		www.libraries.essex.gov.uk click on Burnham on Crouch	0345 603 7628
SOUTHMINSTER LIBRARY			0345 603 7528
SPECIFIC			
ACTION FOR FAMILY CARERS		Looking out for Young Carers yc@affc.org.uk	0300 7 708090
MENS SHED SOUTHMINISTER - NOW OPEN	Matt Hume	www.info@essexshednetwork.co.uk	07935 216808
CHAIR OF MEN'S SUICIDE AWARENESS GP DENGIE	Les Davies	www.les.davies@essex-fire.gov.uk	
CARE4CARERS CLUB	Barbara	Barbara@care4carersclub.co.uk	07771 938275
DENGIE CANCER SUPPORT		first Thursday of month 10/12pm Studio on the Quay	07908 279751
ACTION FOR ESSEX CARERS		Action for Family Carers makes a positive difference to the lives of Carers including Young Carers. affc.org.uk	<u>01621 874817</u>
MDC/ECC SPECIFIC			
UNITED IN KIND		Working together to make Essex the kindest county in England www.unitedinkind.org	
ACTIVE COMMUNITY CONNECTOR	Amy Melton	www.amy.melton@ceessex.org.uk	
ACTIVE ESSEX	Holly	Find your sport locally www.activessex.org	

ESSEX WELLBEING SERVICE		www.essexwellbeingservice.co.uk	
ESSEX SHORT BREAKS -FOR FAMILIES		www.shortbreaks@essex.gov.uk https://shortbreaks.essex.gov.uk	
FAMILIES IN FOCUS		www.helpline@familiesinfocusvessex.org.uk	01245 353575
MALDON FAMILY HUB		essexfamilywellbeing.co.uk	
UNITED IN KIND	Karis Gallizano	www.karis.galliano@ceesex.org.uk	07458 300900
LIVE WELL LINK WELL		working in partnership with GP Surgeries or contact direct www.livedwell.linkwell@nhs.net	0300 9988
COMMUNITY OFFICER DENGIE POLICE,FIRE,AMBULANCE	Les Davies	www.les.davies@essex-fire.gov.uk	
RELIGIOUS COMMUNITIES			
ALL SAINTS CREEKSEA		vera.wadman@allsaintscreeksea.org.uk	01621 783963
BAPTIST CHURCH		www.burnhambaptishchurch.co.uk	01621 493642
BUDDHIST SHRINE			01621 773619
JEHOVAH'S WITNESSES			01621 784900
METHODIST CHURCH (URC)	Rev'd Vicci Davidson	www.burnhammethodistchurch.com	07535 511421
MUSLIM		c/o Saudi Village, 40 Station Road, BoC CM0 8BQ	
PARISH CHURCH OF ST MARY THE VIRGIN	Rev'd Suzie Fryer	www.stmarysburnham.co.uk	01621 782071
ROMAN CATHOLIC ST CUTHBERTS	Parish Priest	maldon@dioceseofbrentwood.org	01621 852259
ST LEONARDS C OF E CHURCH SOUTHMINSTER	Revd Cannon Peter Begley	Also St Lawrence & All Saints Steeple. vicar@stleonardssouthminster.org.uk	
ST PETER'S CHAPEL-BRADWELL		www.bradwellchapel.org	01621 776846
TILLINGHAM CONGREGATIONAL CHURCH	Pastor P Grove	www.affinity.org.uk	01621 779620
UNITED REFORMED CHURCH	Rev'd Anne Sardeson	www.urb.org.uk Fellowship United Reformed Youth. Burnham central focus for Food Supplies and Warm Hubs	01621 783393
SCHOOLS			
ADULT COMMUNITY COLLEGE		www.aclessex.com	01621 853337
BOC PRE-SCHOOL PLAYGROUP		www.burnhampreschool@gmail.com	
BOC PRIMARY SCHOOL		admin@burnham-on-crouch.essex.sch.uk	01621 782070

CLOSE TO HOME CHILDCARE		www.closetohomechildcare.com	01621 782787
HILLSIDE PLAYCARE CENTRE		www.hillsideplaycare.com	01621 774422
ORMISTON RIVERS ACADEMY		www.ormistonriversacademy.co.uk	01621 782377
SEND COMMUNITY GROUP		Chantelle Poulter 07958 456463	07858 456463
SOUTHMINSTER PRE-SCHOOL		http://www.southminsterpreschool.co.uk/	07789 222916
ST MARY'S C OF E PRIMARY SCHOOL		www.stmarysschoolburnham.org.uk	01621 782626
TREETOPS PRE-SCHOOL PLAYGROUP		www.treetopspreschool.weebly.com	01621 783265
THE EDUCATIONAL PSYCHOLOGIST HELPLINE		Chantelle Poulter 07958 456463	01245 204338
SPORT			
BURNHAM COASTAL ROWING		www.burnhamrowingclub@uk	01621 784182
BURNHAM CRICKET CLUB		www.burnhamsportsc.hitscricket.com	01621 784309
BURNHAM CROQUET CLUB		www.burnham.croquet.org	01621 782282
BURNHAM GOLF CLUB		www.burnhamgolfclub.co.uk	01621 785293
BURNHAM HILLSIDE BOWLS CLUB		www.burnhamhillsidebowlsclub.org	07734 707437
BURNHAM RUGBY CLUB		www.burnhamrugby.com	01621 784383
BURNHAM RAMBLERS FOOTBALL			01621 784383
BURNHAM SAILING CLUB (JUNIORS)	Secretary	www.enquiries@burnhamsc.co.uk	01621778952/772685
CREEKSEA SAILING CLUB		Creeksea Sailing Club Home	01621778952/772685
CROUCH KAYAK CLUB		membership@crouchkayak.club	
DENGIE 100 BADMINTON CLUB		www.placesleisure.org	
PARK RUN CHILDREN	Country Park 9AM SUN	www.parkrun.org.uk/burnhamriverside-juniors/	
PARK RUN ADULTS	Country Park 9AM SAT	www.parkrun.org.uk	07712 052853
JACKS CENTRE LATCHINGTON BOWLS		www.facebook.com/JacksCentreLatchingdon	01621 742051
KAZENKAI MARTIAL ARTS	Sheryl Glanville	Village Hall 3.45/5.45 www.kazenkai.com	01621 742051
ROYAL BURNHAM YACHT CLUB		www.rbyc.uk	01621 782044
ROYAL CORINTHIAN YACHT CLUB		www.royalcorinthian.co.uk	01621 782105
RUGBY BURNHAM RAMBLERS/FOOTBALL		www.pitchero.com/clubs/burnhamramblersfc	01621 784383
SOUTHMINSTER BOWLS CLUB		www.southminsterbowlclub.wixsite.com/southminsterbo wls	01621 783091

SOUTHMINSTER TENNIS CLUB			07848 962028
TAI CHI	Lisa Kay	lisa.essexdtaichi@gmail.com	07771 656063
WALK and TALK		Meet Baptist Church 2pm on Weds and Sunday	minister@burnhambaptistchurch.co.uk
WALKING FOOTBALL	Katherine	Burnham Ramblers 20 June 12/1pm then every Sat - £5 per session	07736 901799
YOGA	Nicky	nicky@theyogaeffect.life	07432 108669
SOCIAL CLUBS			
BURNHAM ART CLUB		sjrspiers@gmail.com	01621 776570
BURNHAM DARBY & JOAN		URC Burnham 1st and 3rd Friday at 14.00	01621 783226
BURNHAM ON CROUCH WI	Sue	3rd Thursday of month Kings Hall rear of Constitutional Club	01621 786081
BURNHAM HISTORY SOCIETY		burnhammuseum@outlook.com	01621 782184
BURNHAM MUSIC GROUP	Sheila Williams	Village Hall 7.15 Tuesdays suejones47@icloud.com	https://burnhammusicgroup.co.uk
CHINESE EXERCISE CLASS		Baptist Church Starting 1 Feb 10.30/11.30 please book	01621 851891
DANCE ACADEMY	Sue Jones	Village Hall	07541 229828
DARBY & JOAN		United Reform Church 1st and 3rd Fridays 2.00pm	<u>01621 783226</u>
DENGIE D-CAF	Karen Butler	All Saints Creeksea 2nd Wednesday each month 11am/ 4th Thursday each month 11am/1pm www.dengiecaf.org	07966 843186
DENGIE 100 LADIES GROUP		Fourth Tuesday of month 19.30 Memorial Hall Southminster (Subs Annual £25)	<u>01621 772178</u>
DENGIE HUNDRED PROBUS CLUB	Christina Franchi	Chrisnutt@fissing.co.uk	
HARMONY MODERN CHOIR			07805 080190
MAPLIN WI	Chris Nutt	URC Burnham 7.15 1st Tuesday	pattrudgett@hotmail.com
ROTARY CLUB BOC AND DENGIE 100		www.acpservices.com/rotary	07973 175501
ROYAL BRITISH LEGION - BURNHAM	Jim	Council Chambers 7.30pm first Monday of month	01621 783136

SIMPLY SOCIAL (WOMENS GROUP)		Clark Lewis Hall 2nd Thursday of the month 2-4pm	
SLIMMING WORLD		Village Hall Wednesdays	078891 43935
SOUTHMINSTER OPERATIC & CHORAL SOCIETY		rehearse Tuesdays 19.30 United Reform Church Hall Southminster	01621 773010
THE DENGIE 100 PROBUS CLUB		www.chairman@probusclub.co.uk	
U3A BOC		Meet 1st Friday of month Burnham Village Hall lvanU3A.boc@gmail.com www.boc.u3a.org.uk	07388 153930
WALKING BUDDIES		Meet 1st Friday of month Burnham Village Hall lvanU3A.boc@gmail.com www.boc.u3a.org.uk	07388 153930
CHARITIES			
AGE UK		www.ageuk.or.uk/essex	01245 346106
ALZHEIMERS SOCCIETY		www.alzheimers.org.uk	0333 150 3456
ARTHRITIS CARE		www.nhs.uk	
BREAST CANCER CARE		www.breastcanceruk.org.uk	
BRITISH DIABETIC ASSOC		www.diabetes.org.uk	0345 123 2399
CANCER UK		www.cancerresearchuk.org.uk	0300 123 1022
CITIZENS ADVICE - BURNHAM DROP IN SURGERY THURS 10/13.00 BAPTIST CHURCH HALL BOC & SOUTHMINSTER URC TUES AM		bureau@maldoncab.cabnet.org.uk	01621 875774
CITIZENS ADVICE - COMMUNITY		community@maldoncab.cabnet.org.uk	01621 875774
FARLEIGH HOSPICE		www.farleighhospice.o BEREAVEMENT SUPPORT Children Yoyo 01245 457416 Adults Circle 01245 457300	
HOME-START ESSEX (MALDON)		www.home-start.org.uk	01245 847410
MACMILLIAN		www.macmillian.org.uk	01245 847410
MARIE CURIE		www.mariecurie.org.uk	0808 808 0000
MIND		www.mind.org.uk	0800 090 2309
PEABODY		Over 16s Support with day-to-day living	0300 123 3393
PROSTATE CANCER		www.prostatecancer.org.uk	0800 88 8883
RNIB		www.rnib.org.uk	0800 074 8383
RSPCC		www.rspcc.org.uk	0303 123 9999
SALVATION ARMY		www.salvationarmy.org.uk	0808 800 5000

SHELTER		www.shelter.org.uk	01621 840088
STROKE ASSOC		www.stroke.org.uk	0344 515 1540
GENERAL IMPORTANT TELEPHONE NUMBERS			
AMBULANCE		EMERGENCY 999	
COASTGUARD		EMERGENCY 999	0203 817 2222
CROUCH HARBOUR AUTHORITY		www.crouchharbour.uk	01621 783602
ELECTRICITY		www.ukpowernetworks.co.uk	
FIRE		EMERGENCY 999	
GAS		www.britishgas.co.uk/help-and-support/emergencies	0800 111 999
LIFEBOAT CENTRE BURNHAM ON CROUCH			01621 786670
POLICE STATION		999	01621 783602
POST OFFICE		www.postoffice.co.uk	01621 784899
SEWAGE/ANGLIAN WATER	HQ	www.anglianwater.co.uk	03457 145 145
WATER/ESSEX AND SUFFOLK	HQ	www.eswater.co.uk	0345 782 0999
JOHN WHITTINGALE MP		www.john.whittingdale.mp@parliament.uk	01621 855663
FUNERAL DIRECTORS BURNHAM			
PAUL J KING		www.pauljking.com	01621 855552
CO-OP	24 hour 0800 0808 231223	www.eastofengland.coop	01621 834939
VETS			
EDGEWOOD VETERINARY GROUP BOC		www.edgewoodvets.co.uk	01621 784080
PUBLIC TRANSPORT			
BUS PASS		www.gov.uk/apply-for-elderly-person-bus-pass	
GREATER ANGLIA		www.greateranglia.co.uk	01702 541511
CARE HOMES			
ESTORIL	ALTHORNE	www.carehome.co.uk	01376 574900
MANSION HOUSE RESIDENTIAL HOME	ALTHORNE	www.mansionhouser ResidentialHome.co.uk	01621 774776
SOUTHMINSTER RESIDENTIAL HOME	SOUTHMINSTER	www.southminsterresidentialhome.co.uk Residential for Children with Autism/Learning difficulties	01621 742269
SQUEAKS HOUSE	SOUTHMINSTER	www.carehome.co.uk	01621 772385
SWAN CARE RESIDENTIAL HOME	TILLINGHAM	www.carehome.co.uk	01621 779171