

## About the service

We provide a range of guidance and support to help you feel more confident and able to manage independently.

We work with you to find out what help you need and how to achieve the things that are important to you.

You can receive a one off support or crisis intervention session or up to six months ongoing support.

The level of support you need will be agreed when we first contact you or at your assessment.

## Who can access the service?

Anyone can refer into this service, you just need to be over 16, living in the Basildon areas, Rochford, Rayleigh, Castle Point, Brentwood, Epping, Harlow or Uttlesford and in need of some support. You can refer yourself, be referred by another agency or professional or by your family or friends.

## How else can we help?

We also have regular, free, drop-ins across the borough. For information on times and dates in your area call **0800 288 8883** or email [efsco-ordinator@peabody.org.uk](mailto:efsco-ordinator@peabody.org.uk) or come and see us at:

**Peabody**  
Pembroke House  
Northlands Pavement  
Pitsea  
SS13 3DU

[peabody.org.uk](http://peabody.org.uk)

## What support do we offer?

At the beginning of the service we will go through an assessment with you to find out exactly what help you need.

We can help with a range of different things such as:

- Benefit claims and advice
- Employment, training and volunteering opportunities
- Housing and homelessness issues
- Support for drug and alcohol problems
- Help with managing rent arrears
- Getting support with mental health
- Help with managing money and budgeting
- Care and support options in Essex
- Health and wellbeing



# Essex Outreach Service

Our Essex Outreach Service offers free, short term, support to people over 16 who need to develop their skills to live independently.

