






## Health Contacts For Adults With LD / A

 <p style="text-align: center;">GP Surgery</p>	<p><b>GP Surgery</b></p> <p>Your GP surgery should be the first people you contact if you have a health concern, they will be able to refer you to other services depending on the issue.</p>						
	<p><b>Social Prescribers</b></p> <p>Social prescribing enables GPs, Nurses and other primary care professionals to refer people to a range of local, non-clinical services to support their health and wellbeing. Your GP can refer you to the Social Prescribers.</p>						
 <p style="text-align: center;">Hospital</p> 	<p><b>LD Nurses</b></p> <p><b>Have a question about a hospital appointment?</b></p> <p>All the major hospitals in Essex have Hospital Liaison Nurse Specialists that can answer any questions or concerns you have about your appointment.</p> <p><b>Colchester Hospital</b>  Stephanie Baker  Email: <a href="mailto:stephanie.baker@esneft.nhs.uk">stephanie.baker@esneft.nhs.uk</a> Tel: 01206 742160 ext 2160</p> <p><b>Broomfield Hospital, Chelmsford</b>  Shahnaz Begum  Email: <a href="mailto:Shahnaz.begum14@nhs.net">Shahnaz.begum14@nhs.net</a> Tel: 01245 514741</p> <p><b>Princess Alexandra Hospital, Harlow</b>  Karen Thomson  Email: <a href="mailto:karen.thomson17@nhs.net">karen.thomson17@nhs.net</a> Tel: 01279 978742</p> <p><b>Basildon Hospital</b>  Dave Thompson  Email: <a href="mailto:Dave.Thompson8@nhs.net">Dave.Thompson8@nhs.net</a> Tel: 01268 524900 ext 8064</p> <p><b>Southend Hospital</b>  Paula Pearl  Email: <a href="mailto:paula.pearl@nhs.net">paula.pearl@nhs.net</a> Tel: 01702 435555 ext 6448</p>						
	<p><b>Essex Learning Disability Partnership</b></p> <p>supports adults with a learning disability whose health needs cannot be met by other health services in Essex Support including OT's, physiotherapists, speech and language therapists and psychologists.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">North East Essex (Colchester)</td> <td style="text-align: right;">01206 363255</td> </tr> <tr> <td>Mid Essex (Braintree)</td> <td style="text-align: right;">01376 308700</td> </tr> <tr> <td>West Essex (Harlow)</td> <td style="text-align: right;">01279 459800</td> </tr> </table>	North East Essex (Colchester)	01206 363255	Mid Essex (Braintree)	01376 308700	West Essex (Harlow)	01279 459800
North East Essex (Colchester)	01206 363255						
Mid Essex (Braintree)	01376 308700						
West Essex (Harlow)	01279 459800						



### Active Essex

Active Essex Find Your Active is available to support you in taking your first steps to a more active lifestyle. You can phone them on 03330 131620 or look on their website for details of groups and activities near you. They also have videos of exercises on YouTube that you can do at home.

Website: <https://www.activeessex.org/activity-finder/>

Email: [administration@activeessex.org](mailto:administration@activeessex.org)



### Essex Wellbeing services

Essex Wellbeing Services can make referrals for you to local support for a range of issues from form filling and applying for a Blue Disabled badge to information about local groups and activities, as well health checks and emotional health and wellbeing support.

Tel: 0300 303 9988

Email: [provide.essexwellbeing@nhs.net](mailto:provide.essexwellbeing@nhs.net)



### Essex Frontline App

This is an app and website which has information about services across the Essex area. There are services which specialise in various disabilities, health, and advice. Download the app from the IOS or Android app stores.

Website: <https://essexfrontline.org.uk>



### Health Access Champions

The Health Access Champions are involved with checking and advising on NHS/HPFT information and services and Easy Read leaflets/documents. They play an active part in ensuring that the information given out by the Trust is in an Easy Read and accessible format. And ensuring feedback about services for people with learning disabilities is presented to the commissioners of services.

If you would like to speak to your local Health Access Champion about your experiences of the health services contact Lee Hamilton Line Manager Health Access Champions – Essex

Tel: 07977 291707

Email: [lee.hamilton5@nhs.net](mailto:lee.hamilton5@nhs.net)