



**1 April Centre** – (drop-in) Provides a place to go during the day, housing and benefits advice, resettlement and outreach services for those who are homeless.  
Opening times – 2-7pm Mon, Thurs, Sat  
**9 Queen Street**  
Tel: 500510

**2 Beacon House** – Health care, practical help, counselling and life skills training.  
**90 East Hill**  
Tel: 761960 freephone: 0800 0186328

**3 Citizens Advice Bureau (CAB)**  
Debt counselling, advice, advocacy.  
**Winsley's House, High Street**  
Tel: 765331  
From summer 2003 the CAB will be based at Cornerstone (see 5)

**4 Colchester Police Station**  
**10 Southway**  
Tel: 762212

**5 Cornerstone**  
One-stop multi-agency advice centre,  
**Headgate Buildings, Sir Isaacs Walk.**

**6 Housing Advice Centre**  
Colchester Borough Council.  
**Angel Court, High Street**  
Tel: 282555/282560

**7 Job Centre Plus**  
Benefit and Employment advice.  
**High Street**  
Tel: 288900

**8 Matrix** – Support services, social enterprise and the Big Issue. Support with work related skills and employment.  
**20 Church Walk**  
Tel: 369007

**9 MIND** – Mental Health advice & advocacy.  
**76 Maldon Road**  
Tel: 760362/564825

**10 Night Shelter**  
Direct access accommodation.  
Opening times – 7.15pm – 9am  
**39 - 41 Alexandra Road**  
Tel: 549885

**11 North East Essex Drug & Alcohol Service (NEEDAS)** – Counselling/help with drug/alcohol misuse.  
**Herrick House 35 East Stockwell Street**  
Tel: 287250/1

**12 Open Door** – Drop-in, counselling & crisis intervention.  
Opening times Mon, Tue, Wed, & Fri  
10am – 2pm  
**Eld Lane Baptist Church, Eld Lane**  
Tel: 769436

**13 Open Road** – Drug and alcohol advice and therapies.  
**78 Maldon Road**  
Tel: 766096

**14 Sign Post Centre** – Guidance and help for unemployed people or those seeking new direction.  
**Wilson Marriage Centre, Barrack Street**  
Tel: 791149

**15 Social Security/DWP**  
Crown Buildings.  
**40 Chapel Street South**  
Tel: 288000

**16 Social Services**  
**East Hill House, 76 High Street**  
Colchester  
Tel: 761954

**17 Soup Run** – Provides soup/sandwiches to those who are homeless - provided by volunteers.  
8pm-9pm St Nicholas Square  
Every night including Christmas.

**Women's Aid** – Including refuge.  
Address not publicised  
Tel - 01206 500585 (24 hours)