

SOBER ESSEX

England & Wales · Charity number 1213915

Details

Status Registered

Legal form CIO

Registered 2025-07-02

Register [View on the Charity Commission register](#)

Contact

Address 9 Avenue Road
Westcliff-On-Sea
SS0 7PN

Phone 07962115127

Email soberessex@gmail.com

Website www.soberessex.com

Activities

Objects: THE OBJECT OF THE CIO IS: TO PRESERVE AND PROTECT GOOD HEALTH AND RELIEVE THE NEEDS OF PEOPLE LIVING IN ESSEX WHO ARE AFFECTED BY ALCOHOL MISUSE, THROUGH THE PROVISION OF ONLINE COACHING AND MENTORING SUPPORT, ADVICE, GUIDANCE, SIGNPOSTING SERVICES AND ACTIVITIES DESIGNED TO ENABLE THEM TO POSITIVELY CHANGE THEIR RELATIONSHIP WITH ALCOHOL.

Activities: To preserve and protect good health and relieve the needs of people living in Essex who are affected by alcohol misuse, through the provision of online coaching and mentoring support, advice, guidance, signposting services and activities designed to enable them to positively change their relationship with alcohol.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** LOCAL
- Essex
- Southend-on-sea
- Thurrock

Trustees

Name	Role	Appointed
Jenny Downs	Chair	2025-07-03
Gavin Thain		2025-07-03
Lynsey Elizabeth Paddock		2025-07-03
Martin Riley		2025-07-03
Stephanie Gunn		2025-07-03
