











<p>Early Help & Advice Hub</p>	<p>The Early Help and Advice Hub provides information, advice and guidance to practitioners at levels 2 and 3 of the Effective Support windscreen as described in the Effective Support for Children and Families guidance. The Early Help and Advice Hub acts as the entry point into Family Solutions. The Hub's experienced practitioners receive and screen the Essex Request for Support forms to ensure that the appropriate level of support will be received for children, young people and families.</p>			<p style="text-align: center;">Early Help and Advice Hub 0845 603 7627 Please ask specifically for the Early Help and Advice Hub</p> 
<p>Homestart</p>	<p>The 'I can do it!' project is a new innovative project which is an exciting approach for Home Start that focuses on what a child can do. Matched mentors will serve as positive role models to assist children to develop appropriate coping strategies to deal with problems, building resilience at home, school and at community activities. This project is aimed at children and young people aged 5-11 years who have behavioural and or communication difficulties in the Colchester and Tendring areas.</p> <p>The 'Side by Side' project is a new project, with a fresh approach that offers</p>		<p style="text-align: center;">Colchester and Tendring areas.</p>	<p style="text-align: center;">To refer contact: Home-Start Colchester 2 Thomas Court East Street Colchester CO1 2TR 01206865349 team@homestartcolchester.org.uk www.homestartcolchester.org.uk</p>

	<p>a side by side mentor to families with a child between 5 -11 years. Supporting parents in their own home, offering emotional and practical support with an aim to encourage parents when they succeed and support them to learn further skills when they struggle. The project will support parents by using both volunteers and staff mentors, which will provide a wider skills bank and enable the project to meet various levels of need.</p>			
Homestart	<p>Varying services and support for parents that meet the criteria outlined in the link</p>	On going	Colchester North East Essex Tendring District	<p>HS-Colchester-Directory-of-Services</p>
Family Solutions Services	<p>Family Solutions is aimed at helping families with a range of issues on a voluntary basis. We work with families for up to 12 months by helping them identify their own solutions to their problems.</p> <p>In the early stages contact with the family can be on an intensive basis, reducing over time as they become more confident at addressing their problems.</p> <p>Family Solutions will work with families who have two or more of the following difficulties described as Intensive in the Effective Support for Children and Families in Essex Guidance:</p> <ul style="list-style-type: none"> • Families with no member in work • Families with significant non-school attendance (for whatever reason) 	On going	Across North East Essex	<p>For details and referral forms follow the link</p> <p>https://www.essexeffectivesupport.org.uk/</p> <p>Team Manager: Georgina Williams-Wright Tel: 033301 38912 The team e-mail address is familysolutionsnorth@essex.gov.uk</p>

	<ul style="list-style-type: none"> • Families with members involved in crime or anti-social behaviour • Families affected by domestic violence • Families living with drug and alcohol misuse • Families where children are in need and were open to social care • Families where children exhibit significant behavioural difficulties • Families facing eviction or with significant rent arrears or neighbour disputes • Families with one or more member of the household with (tier 2) mental health needs 			
'Parents' Helpline'	<p>A helpline for parents or carers providing advice and ideas about managing children's behaviour.</p> <p>Provided by Home School Liason Workers at Essex County Council's Social, Emotional and Behavioural Difficulties Team</p>	<p>Fridays 9.30-11.30am</p>		<p>0300 003 1864</p>  <p>Essex County Council</p>
Colchester Institute Counselling service	<p>Free counselling service provided by professional counselling students in a formal counselling role (fully supervised)</p>	<p>Term time only</p>		<p>Contact 01206 712184 Or email: CICSinfo@colchester.ac.uk</p>

ESF Families Programme	Support for families where there is Worklessness	 Reed in Partnership Families Programme.p	 ESF Referral Process for Partners (3).doc  Families Programme Summary v7.doc	
Education Welfare Service	Support to improve school attendance		Tendring area and Schools Magnet House Clacton Colchester area and Schools Essex House Colchester	01255 254646 01206 266588
Educational Psychology Parent Helpline	Educational Psychology Service Parent Helpline	See flyer Mondays 1 - 5 pm	 parent flyer.doc  provider flyer.doc	Tel 01245 433293
Quality Solicitors	FREE Drop in for family legal advice (15 mins) Pay as you go - legal advice service	Thursday Mornings on going	98 Pier Ave Clacton	Zoe Bartlett zbartlett@qsfjg.co.uk
One Support Essex Floating Support	This service provides individual housing related support to people in the community, preventing homelessness, helping them to maintain their tenancies, increasing life skills and to live more independently.	Service availability 8am-6pm Monday -Friday	Postal address: One Support Gateway 7 St Peters Court, St Peters Street, Colchester CO1 1WD	One Support Gateway 0300 1231921 Or text 07964115010 Email: essexfss@onehousinggroup.co.uk

Food Banks	Food parcels for people living in specific areas contact food banks directly for coverage details	Ongoing	Walton Community Centre Standley Road Salvation Army Clacton	07926015276 or 07931316872 Jane/Jackie (will deliver) 01255 431760 Tracey Cooke
Tendring Time Bank	<p>What is the Time Bank? It will be a way for people to help others in their community and be rewarded for it - in time. For every hour of time you give helping someone, you receive one time credit. The Time Bank will also be running fun, free activities in partnership with the local community.</p> <p>What can you do with your time credits? You can 'spend' your time credits when you need help from someone else. You can give them to another person who needs some help. You can save them.</p> <p>Who can join the Time Bank? Anyone. Age, ability, lack of finance or limited mobility are not barriers to participating in the time bank.</p>	Ongoing	Tendring area	<p>For more information please contact Email address: ian-layzell@hotmail.co.uk or jackiewise63@gmail.com</p> <p> TTBVolunteerForm.pdf</p> <p> TTB cartoon_questionnaire</p>
Success Feelosophy	Helping everyone learn to succeed.	email Keef Feeley for support		Keef Feeley keeffeeley@hotmail.co.uk www.successfeelosophy

<p>Colchester & Tendring Women's Refuge</p>	<p>The outreach department have recently amended their Referral Form. They request that you use this new version (embedded below) when referring into their service for outreach worker support.</p>  <p>If you are referring to group work or counselling only then the one page referral form is unchanged.</p>			<p>Colchester & Tendring Women's Refuge 01206 500585</p>
<p>M-PACT - Moving Parents and Children Together</p>	<p>A support group for children and young people suffering the consequence of parental substance misuse.</p>			<p>Families Plus Jill Cunningham House East Knoyle Salisbury Wilshire SP3 6BE 01747 832015 Admin.familiesplus@actiononaddiction.org.uk</p>
<p>Paediatric First Aid for Childcare Professionals</p>	<p>At Colchester First Aid we have a particular passion for teaching paediatric first aid and offer a fully comprehensive paediatric course for professionals. The course is ideal for childminders, nursery/crèche staff, nannies and au pairs and its content meets OFSTED's requirements for early years settings and is Essex County Council, Early Years and Childcare approved.</p>			<p>Colchester First Aid Please contact us for more information, prices, or to discuss your requirements or book a course. Web: www.colchesterfirstaid.com Email: info@colchesterfirstaid.com Phone: 07813 132288</p>

<p>SAFSA Support and Advice to Families Suffering Abuse</p>	<p>We offer support and advice to families surviving abuse. This can be from meeting up regularly to discuss things that are worrying in the families. Attending court dates as support alongside them or attending courses or groups with them until they have the confidence to attend alone.</p>	<p>Please call to discuss.</p>		<p>07873191466 Safsacharity1@gmail</p>
<p>Coram Children's Legal Centre</p>	<p>Coram Children's Legal Centre is an independent national charity committed to promoting children's rights in the UK and worldwide. It offers free legal advice for every parent, carer and young person in England, in all matters of family, child and education law.</p>	<p>8am-8pm Monday to Friday</p>	<p>Freephone telephone advice line on 0808 802 0008</p>	<p>www.childrenslegalcentre.com for free fact sheets and live web chat advisors Monday to Friday 9am-6pm</p>
<p>First Aid for Families</p>	<p>One of the most valuable investments you can make is in learning the skills to administer first aid to a member of your family. Of course, nobody wants or expects to need to use those life-saving skills, and we certainly hope you never have to, but be assured that completing a comprehensive, good quality, hands-on first aid course, tailored to your needs, will leave you totally confident that should an emergency occur, you know exactly what to do.</p>			<p>Colchester First Aid Please contact us for more information, prices, or to discuss your requirements or book a course. Web: www.colchesterfirstaid.com Email: info@colchesterfirstaid.com Phone: 07813 132288</p>

SEND Information, Advice and Support - Essex County Council	We provide information, advice and support about all aspects of Education for young people with Special Educational Needs or Disability.	Monday - Friday 9.00am - 5.00pm	Essex wide - have support workers in all four areas of Essex.	Helpline number: 0333 013 8913 Email address: send.iass@essex.gov.uk
Samaritans	Face to face drop in service available. Two Samaritans will be present within the centre's communal area and café for 3 hours	Every Thursday 10am - 1pm	Coastal Community Centre, Pathfields Road, Clacton	For more information please call Coastal Community Centre 01255 420707
Healthwatch Essex	Information and signposting with regards to health & care services in your area	Monday - Friday 9am - 5pm	All over Essex	0300 500 1895 Healthwatchessex.org.uk/info
Family Support	Home visiting, 1-1 coaching to support issues affecting families with children 0-5 years Registration to Children's Centres and information of groups/activities to attend for parents/carers of children 0-5 years		Please find attached Family Support referral form for professionals & parents/carers self-referral use.	Tammy Keen-07792650209 Tammy.keen@barnardo's.org.uk

Barnardo's
Essex CAPI
Service

The Essex CAPI Service provides information and advice to professionals, and support to children, young people and their families when they have been affected by parental imprisonment or at any point of the Criminal Justice System.

The services main aims:

- Home, school and community support for children, young people and their families through a referral pathway. One to one support for children affected by parental offending in schools to explore their thoughts and feelings.
- Partnership working with agencies and organisations across Essex including Health, Education and Social Care, HMP&YOI Chelmsford and other prisons, Court Services and Community Rehabilitation Companies (Probation teams).
- Induction talks for detainees and satellite support for their families in the UK. Family day events and services provided at the Colchester Military Correction Training Centre (MCTC).
- Training courses and workshops for professionals including Hidden Sentence Training.
- Multi Agency Steering Group meetings for professionals to discuss local needs and issues affecting children, young people and their families, local and national data and opportunities for joint working.
- Establishment of Single Point of Contact (SPOC) leads across Essex to provide a network of advice and local knowledge and support for professionals and families to access.

To discuss your family's situation in confidence call, text or email the Essex CAPI Service:
01268 558448
07947219802
essex.capi@barnardos.org.uk

Talent Match South East	Specialist mentoring of young people 18-24 years old in Tendring/Colchester areas. Help and advice is given and also help searching for employment/gaining skills		Clacton-on-sea	Lorraine Jones Specialist Mentor 07392 082846 lorrainejones@southendymca.org.uk
Young Adult Carers	Providing practical and emotional support to 16-24 year olds who help to care for a parent/sibling with a long term physical or mental disability.	To suit the young adult carer	Tendring District	Anna Varnai-Clarke 07702858643 Anna.varnai-clarke@affc.org.uk
The Central	We have a community space for up to 16 people which can be hired out.	Can be hired whenever it is available for £5 per hour.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	teentalk1@hotmail.com 01255 504800
Health shop	Teen Talk support workers are able to issue c-cards/condoms to young people up until the age of 25. We can also do chlamydia tests	During our opening times.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800
Child in Need Reviewing Service	Offering an independent service to chair Child in Need Reviews	N/A	Various	Ian Turfkruyer - Child in Need Reviewing Officer Ian.turfkruyer@essex.gov.uk
CARA	Provides independent, specialist support to victims and survivors of any kind of sexual violence. CARA works with adult women and men, young people (aged 13-19) and children aged 12 and under from across mid and north Essex. The services we provide include: -Specialist counselling for adults. -Specialist counselling and support for young people.		We provide our services from our head office in Colchester and from outreach premises in Braintree, Chelmsford, Clacton-on-Sea and Great Dunmow.	Enquiry Line: 01206 769795 Email: info@caraessex.org.uk Web: http://www.caraessex.org.uk

	<p>-Play therapy for children of 12 and under and support for their families.</p> <p>-ISVA (Independent Sexual Violence Adviser) support through the criminal justice process.</p> <p>-Advocacy services including advice and support around benefits, housing issues and health appointments.</p> <p>-A women-only social group with creative and holistic activities.</p>			
InterAct Training	<p>A range of training and support for better emotional and mental wellbeing for young people, adults and organisations. We can also develop bespoke courses that suit your needs e.g. on resilience.</p>	<p>Mental Health First Aid (MHFA): Youth and adult MHFA available : call Lesley to put name on list.</p>	Various Venues	Lesley Bailey 01245 608307
1-1 HOME VISITING SUPPORT	<p>Referrals only</p> <p>Support for first-time parents, isolated parents, families new to the area, families needing help with their child's behaviour.</p>	<p>Parents can self-refer. Professionals can refer to receive this service on parent's behalf with parent consent.</p>	<p>Essex Child and Family Wellbeing Service</p> <p>Across areas</p>	<p>Martello Team Team Manger Sarah.Mason@barnardos.org.uk</p> <p>Naze Tower Team Team manger Gillian.morgan@barnardos.org.uk</p>
Family Mediation			<p>Hurlingham Chambers 61 Station Road Clacton-On-Sea CO15 1SD</p>	Debra Colket
SHAPE	<p>Early intervention service aimed at 11 - 17 year olds presenting with early signs of anorexia, bulimia and binge eating disorder. We provide counselling, nutritional advice and family support for those experiencing</p>		<p>Hurlingham Chambers 61 Station Road Clacton-On-Sea CO15 1SD</p>	<p>Lucy Ilesly - lucy.ilesly@colchesteryes.org.uk</p>

	disordered eating.			
iS Essex	<p>Trained independent supporters offer a free service working with families & young people as they go through the assessment process for an Education Health Care Plan (EHCP). Support can also be offered to schools and colleges in a range of ways. We also support with EHCP transfers - families welcome to contact iSEssex as soon as they know transfer is due. We can also support Annual Reviews (subject to continued funding).</p> <p>iSEssex can also offer 'bespoke' workshops on One Planning for any groups of parents and/or practitioners (group size 10+). Volunteers also wanted, full training provided.</p>	<p>EHCP/Person-Centered-Planning workshops</p> <p>Support for families – one planning and EHCP related meetings</p>	Various Venues.	<p>For Independent Support, iSEssex, call 01245 608300 or email info@isessex.org www.isessex.org</p> <p>For EHCP workshops for parents, see: http://www.essexlocaloffer.org.uk/event/ehcp-workshops-parent-carers/</p> <p>More detailed PCP training/workshops, new programme published for Spring term http://www.essexlocaloffer.org.uk/event/free-training-person-centred-approaches-one-planning-and-education-health-and-care-plans/</p> <p>For Bespoke workshops, contact Peter Dilley 01245 608353</p> <p>For Volunteer opportunities call Ali Perrot on 01245 608333</p>
The Central	We have a community space for up to 16 people which can be hired out.	Can be hired whenever it is available.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	teentalk1@hotmail.com 01255 504800
Fire Service	Works with Hoarders & Fire Safety checks			0300 303 0088
Missing Education & Child Employment Service	<p>Core function is to protect children's education, through fulfilling the Local Authority's statutory functions in relation to school absence, children missing education, child employment and entertainment licensing.</p> <p>If school interventions have not improved a child's attendance, we provide, at no charge to schools/academies, a structured response where legal intervention, in the form of penalty notice, prosecution or Education Supervision Order, is considered to be necessary. School Attendance Orders are also issued when children are not on a school roll or are not in receipt of a suitable education.</p>			<p>Duty Officer Line - Open to Schools/ Professionals/ Parents/ Members of Public:</p> <p>Available Monday to Thursday 9am to 5pm and Fridays 9am - 4:30pm Telephone: 0333 013 9983 or email: ME&CE.NE@essex.gov.uk</p>
	Schools, including Academies and Free Schools are required to inform the LA (under The Education			

<p>Missing Education & Child Employment Service</p> <p>Child Missing Education</p>	<p>(Pupil Registration) (England) Regulations, 2006) of the details of pupils who have been absent from school for 10 continuous school days and contact cannot be made with the parent/carer to establish the reason for the absence and the absence has not been reported. In Essex schools are required to notify the LA via the Missing Pupil Checklist- the LA will then investigate the situation.</p> <p>Members of Public or Other Professionals can report any child they suspect not to be receiving an education or missing from education, to Central Child Missing Education team.</p> <p>You may remain anonymous and MECES will carry out checks prior to contacting the parents or carers.</p> <p>Contact by:</p> <ul style="list-style-type: none"> • completing the referral form on ECC website • telephone: 0333 013 8967 • email: cme@essex.gov.uk 	<p>Reporting a Child not receiving at education:</p> <ul style="list-style-type: none"> • tel: 0333 013 8967 • email: cme@essex.gov.uk • completing the referral form on ECC website
<p>Child Employment</p>	<p>The law relating to child employment allows for young people aged 13 and above to take on part time employment. Any young person who assists in a trade or occupation for profit is considered as employed, even if they receive no payment. For example, children who help their parents in a shop without receiving payment are still considered to be employed.</p> <p>Application has to be made for such employment to Essex County Council and a free permit granted. It's the employers' responsibility to apply, not the child. There is no cost.</p> <p>The local authority may revoke a child's employment permit if the authority thinks that the child is undertaking illegal tasks or the child's health, welfare <u>or education</u> is likely to suffer.</p> <p>Full-time work</p> <p>No child or young person of compulsory school age is eligible for full time work. Where a young person wishes to engage in full time work, they must first reach minimum school leaving age. (Last Friday in June of Year 11).</p> <p>Restrictions upon when and where children and young people are eligible to work</p> <p>There are several restrictions on when and where children are allowed to work.</p> <p>Children are not allowed to work:</p> <ul style="list-style-type: none"> • without an employment permit issued by the education department (this role is fulfilled by the Missing Education and Child Employment Service for children and young people within Essex) • in places like a factory or industrial site • during school hours • before 7am or after 7pm • for more than one hour before school 	<p>MEMBERS OF THE PUBLIC ARE TO REPORT ANY CHILDREN OF SCHOOL AGE WORKING ILLEGALLY TO THE CENTRAL CHILD EMPLOYMENT & ENTERTAINMENT TEAM</p> <p>Tel: 0333 013 8967 or email child.employment@essex.gov.uk</p>

- for more than 4 hours without taking a break of at least 1 hour
- in most jobs in pubs and betting shops in any work that may be harmful to their health, well-being or education
- without having a 2-week break from any work during the school holidays in each calendar year

Examples of permitted employment:

Light agricultural/horticultural

Delivering newspapers

Hairdressing - general duties

Office

Café/restaurant - waiting tables/general duties

Riding stables

Domestic hotel duties

Shop work - general duties

Examples of prohibited employment:

Cinema, night club, disco

Street trading

Commercial kitchen preparing or cooking food

Fairground/amusement arcade or skittle alley

Collecting money or selling/canvassing door to door

Slaughter house

Industrial, construction or manufacturing industries

Selling or delivering alcohol

Collecting/sorting rubbish

Delivering milk or fuel

Using dangerous machinery

Telephone sales

Personal care of residents in care/nursing homes

Exposure to biological or chemical agents

Anything that is three metres or more above ground level

Anything that involves exposure to adult material

Anything that involves heavy lifting

There are also special rules which only apply during term times and school holidays.

Term time/school holiday rules relating to child employment

During **term time** children can only work a maximum of 12 hours a week. This includes:

- a maximum of 2 hours on school days and Sundays

- a maximum of 5 hours on Saturdays for 13 to 14-year-olds, or 8 hours for 15 to 16-year-olds

During **school holidays 13 to 14-year-olds** are only allowed to work a maximum of 25 hours a week.

This includes:

- a maximum of 5 hours on weekdays and Saturdays
- a maximum of 2 hours on Sunday

During **school holidays 15 to 16-year-olds** can only work a maximum of 35 hours a week. This includes:

- a maximum of 8 hours on weekdays and Saturdays
- a maximum of 2 hours on Sunday

Table of times and hours permitted for child employment

Term-time					
	Age	Monday to Friday	Saturday	Sunday	Maximum Hours Per Week
All 7am - 7pm	13 & 14	2 Hours	5 Hours	2 Hours	12 Hours
	15 & 16	2 Hours	8 Hours	2 Hours	12 Hours
School Holidays					
All 7am - 7pm	13 & 14	5 Hours	5 Hours	2 Hours	25 Hours
	15 & 16	8 Hours	8 Hours	2 Hours	35 Hours

MEMBERS OF THE PUBLIC ARE TO REPORT ANY CHILDREN OF SCHOOL AGE WORKING ILLEGALLY TO THE CENTRAL CEE TEAM

0333 013 8967 or child.employment@essex.gov.uk

Entertainment Licensing :

MECES responsible on behalf of Local Authority to issue the Licenses for children performing in shows, pantomimes, films etc. and for issuing the Essex Chaperone Licenses for those supervising the children.

The performance / rehearsals cannot impact on child's education - if so then then performance Licenses could be revoked> Productions can be stopped, if Production Manager / Team do not comply with the law.

**Child Employment Team:
Tel : 0333 013 8967**

	<p>If you have a query relating to a child or young person who is involved in employment or entertainment, please contact our Child Employment Team on: 0333 013 8967 or child.employment@essex.gov.uk</p>	<p>or email child.employment@essex.gov.uk</p>
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<p>Children & Young People's Service</p>	<p>Private Counselling</p> <p>Our Children & Young People's Private Counselling Service offers therapy to children aged from 5 years to 18. We provide a safe, contained and reflective space for young people to express, explore and process difficult emotions and experiences through creative and therapeutic interventions. We offer children a safe environment where they are free to play, draw and talk about their experiences in order to make sense of their emotional world, to grow and to develop.</p> <p>Counselling is currently available in Colchester and Clacton, the cost per session is £40 payable on the day. We offer Colchester and Clacton appointments on a Monday between 9- 5 and in Colchester only, on a Tuesday evening 5pm to 7pm a Wednesday and Thursday 9-5. We will make every effort to see you in the venue of your choice at a time which is the most convenient for you.</p> <p>A counselling session lasts for 30 to 45 minutes for a 5 to 8 year old, and up to 50 minutes for a 9 to 18 year old. Depending on the needs of the young person, the fee however remains the same. For more information or to book an appointment please call us on 01206 764600.</p> <p>One to One support for 5 – 19 year olds</p> <p>We offer one to one support for children and young people aged 5 – 18 years living in the Maldon area. If your child goes to one of the following schools then they will have the details of how to refer a student.</p> <p>All Saints C of E Heybridge Primary</p>	<p>Ongoing</p>	<p>Mid & North East Essex</p>	<p>Contact Mid & North East Essex Mind 272A, Mersea Road, Colchester, Essex, CO2 8QZ 01206-764600 enquiries@mnessexmind.org www.mnessexmind.org</p>
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	<p>Maldon Primary St Francis Catholic School St Nicholas C of E Primary The Plume Acadamy Wentworth Primary</p> <p>Unfortunately, we are unable to take referrals from any other schools at present.</p>			
TAFSO	<p>Please let me take this opportunity to introduce myself, my name is Louise Vickery and I am the new Team Around the Family Support Officer for North. My role is about supporting all partners that work with families that have level 2 needs with early help approaches that encourage sustainable outcomes and multi-agency working. This will mainly be done through building your confidence to co-ordinate team around the family meetings, write early help plans and engage difficult to reach families. The support I can offer will depend on how you feel about these aspects of working with families and can range from a chat over the phone for advice and guidance, delivering workshops, to modelling/co-facilitating a team around the family meeting. I would warmly welcome contact being made by anyone who would like to explore how I could support you in your roles.</p>		North Essex	<p>Louise Vickery</p> <p>Email: TAFSO@essex.gov.uk</p> <p>Mobile: 07738886000</p> <p>Lync: 03330137560</p>



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