


## Groups and Services Update 12/12/2018

### Groups/Support for Young People

Jaywick Young Parents Group	An informal, friendly nurturing group with food and plenty toys and activities for the children. For parents aged up to 25 years	Tuesdays 10am - 11:30am	Jaywick Community Resource Centre	Charlotte at EXTRA 01255 475001
Teen FLASH	For a young person aged 11-18 years who self-harms  Although we would like to see parents/carers and young people both attend Teen FLASH & FLASH if one person doesn't want to attend we would still welcome and value the attendance of the other at their group	There's an introduction workshop on Saturday 19th January 2019 which will allow young people to decide whether they want to do the four workshops, starting on 2nd February 2019. (Then 16/02, 02/03, 16/03).	The Ministry of Parenting CIC Wellington House 90-92 Butt Road Colchester Co3 3DA	<a href="mailto:Info@theministryofparenting.com">Info@theministryofparenting.com</a> 01206 562626
C.H.I.M.P.S'	A variety of weekly fun and physical activity sessions to encourage and support children and young people in maintaining an active lifestyle.	Dates depend on age of child	Clacton, Brightlingsea & Dovercourt	For times and information contact Kate French 01255 206272
'DEAL'	A 6-week course for 14-16 year olds focusing on Diet, Exercise And Lifestyle. This course is suitable for those who have a BMI above the healthy level for their age.	6 weeks 1.5 hours a week	Tendring & Colchester	For more information, contact Kate French on 01255 206272
Colchester and Tendring Youth Enquiry Service	Counselling 11-25 years Family Group Counselling 11-25yrs Anger management counselling 11-19 yrs	Ongoing referral via GP	Hurlingham Chambers 61 Station Road Clacton	Maria Hales Counselling Coordinator 01255 434601

YES Bump and Beyond	Teenage pregnancy and young parent group up to 21 years with children under 1 year  Antenatal Clinic	Ongoing Mondays 12.30-2.30pm  Ongoing referral by midwife	Hurlingham Chambers 61 Station Road Clacton	<a href="mailto:julie.skeritt@colchesteryes.org.uk">julie.skeritt@colchesteryes.org.uk</a> 01255 434601 or 07918051688
Colchester and Tendring Youth Enquiry Service	Housing and benefits casework	Ongoing	Hurlingham Chambers 61 Station Road Clacton	Sarah Aldous 07968618220
Community Drop-in	Informal Community Drop-in Inclusion Venture and Open Road	Monday, Wednesday and Friday 3-5pm	Open Road Brooklands Gardens Jaywick	Sarah 01255 476947 Or Sue 01255 434186
Inclusion Ventures	Groups for young people (7-19yrs) with a range of activities and mentoring	Various	Jaywick Community Resource Centre  Jaywick Methodist Church  CCA - Bishops Park site  Open Road Brooklands Gardens Jaywick	Contact Sarah 01255 476947  Debbie Fosker 01255 476947  Lee Barrett 07925801129 or 01255 476947  Sarah 01255 476947
Inclusion Ventures	Groups specifically for older (12+) girls  Groups specifically for older (12+) boys  These groups offer a range of activities and mentoring/quiet time	Tuesdays 5-7pm  Thursdays 3.45-5.45pm	Coppins Hall Community Centre Maldon Way Clacton	Contact Sarah 01255 476947  Debbie Fosker 01255 476947  Lee Barrett 07925801129

Boot Camp	Fitness Sessions for 16+ years Free of charge	Every Wednesday 12-1pm	Coppins Hall Community Centre (outside play area)	Lee Barrett 01255 476947 <a href="mailto:lee.barrett@inclusionventures.co.uk">lee.barrett@inclusionventures.co.uk</a>
CHHAT - Community Hidden Harm Awareness Team	A support group for young people (8-19 years old) affected by family substance misuse.			Amie Craven - Senior Practitioner 01245 493311 07775700264 <a href="mailto:Amy.craven@childrenssociety.org.uk">Amy.craven@childrenssociety.org.uk</a>   CHHAT Referral Form.doc
Papworth Youth Club	Cost is £2.50 Age range 11+	Every Wednesday 7-9pm	Green Lodge Youth Centre Old Road Clacton CO15 3AY	Call Gayle Kiff 07891006522
One to one support	Appointments and Drop in for free confidential information and support on any issues for 11-25 year olds	Every Monday	Coastal Community Centre Pathfield Road, Clacton on sea, CO15 3JL	To book an appointment Please call 01255 504 800 Or 01255 240 024

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
InterAct Short Breaks	<p>Providing friendship and leisure activities for young people with additional needs/learning disabilities age 10-18.</p> <p>Volunteers in Tendring and Colchester wanted to support short breaks &amp; a pilot scheme for 19+ to develop independence/social skills in the community as part of a friendship group. Volunteer training provided.</p>	<p>2 local areas of regular weekly term time activities out in community:</p> <p>Colchester on Tuesday evenings: Tendring Wednesday evenings (Fortnightly.) Centre based:</p> <p>Clacton Youth Club on Thursday evenings in Clacton Coastal Community Centre, Pathfields Road, Clacton CO15 3JL Also holiday day trips and occasional weekends/residentials</p>	Various venues : see InterAct activity programme at <a href="http://www.interact.org.uk">www.interact.org.uk</a>	<p>Short Breaks: call Jenny Jackson 07972330725 or InterAct office 01245 608206 or email <a href="mailto:jenny.jackson@interact.org.uk">jenny.jackson@interact.org.uk</a></p> <p>For details of volunteer opportunities please call Ali Perrot on 01245 608333.</p> <p>For details about the 19+ pilot call Lesley Bailey 01245 608307</p>
HIYA	Harwich Inspired Youth Action - youth forum for YP's aged 11-18 years old. HIYA tackle negative stereotypes of youths by organising and carrying out projects, events and campaigns within the local community.	Sign up is for 10 sessions and we are currently recruiting for the group to start in April 2019.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504 800 to sign up
Cookery	6 week cookery course for YP's aged 12-25. Course is split into two age groups, 12-16 and 17-25.	Weekly for 6 weeks between 4-5.30pm on a Tuesday.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800 to be placed on waiting list for cookery
Wildlife Group	Young people aged 11-25 years old working together to carry out wildlife projects. They can carry out scientific studies, expand knowledge of wildlife and gain valuable experience. There are also various activities that go on through the school holidays such as animal handling etc. Launching in January 2019 is the new	<p>Wednesday 3.30-5pm - Badge scheme. 11-14 year olds.</p> <p>Thursday 3.30-5pm - Badge scheme. 11-14 year olds.</p> <p>Thursday 5.30-7pm - badge scheme - 15-25 year olds.</p> <p>Badge are 6 week programmes and people can sign up to as many badges as they want to. 5</p>	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800 or <a href="mailto:teentalkfern@hotmail.com">teentalkfern@hotmail.com</a>

	badge scheme - young people will complete badges and be presented with a badge and a certificate at the end of the 6 weeks.	will run across the year.		
Drop in	YP's aged 11-25 years old can access our service by using our drop in. This will give them access to a support worker who they can discuss any worries etc. with.	Open daily: From Jan 2019 9.30am-5.30pm. Monday-Friday with occasional closures on Wednesday mornings for team meetings/training. We are also doing a late evening every Thursday until 7pm.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800 and speak to any support worker. Referrals can also be made over the phone by ringing here.
outreach	Another way for 11-25 year olds to gain access to our service. This is run out of clacton library	Clacton Library is open on a Tues, Wed and Thurs afternoon between 1.45-4.45pm. This can be accessed as a drop-in or call the office to make appointments. This is only during term time	Clacton Library, Station Road Clacton-on-Sea CO15 1SF	01255 504800 and speak to any support worker. Referrals can also be made over the phone by ringing here.
Clacton Coffee Club	For YP's aged 18-25 this is a coffee club to improve social inclusion and help look for employments, training etc.	This is held every Thursday between 11am-12.30pm. This is only held during term time.	Clacton Library, Station Road Clacton-on-Sea CO15 1SF	01255 50800 and speak to any support worker
Volunteering	Different volunteering opportunities aimed at young people aged 16-25. Opportunities include: School holiday volunteer Admin volunteer Fundraising and promotional volunteer Cliff Park Mural painting volunteer Gardening volunteer This list will be updated as and when	Young people can find out about volunteering opportunities by contacting us directly or looking on our Facebook page 'Harwich Teen Talk'	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800 and speak to Fern Lovett

	opportunities arise.			
Holiday activities	Looking for something to do in the school holidays? We have plans in place for February half term and the Easter Holidays. Both young people and family activities. Call for more information.	Various days over the school holidays.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	<a href="mailto:teentalkfern@hotmail.com">teentalkfern@hotmail.com</a> or 01255 504800
Housing	Housing Support for 16-19 Year olds			Lisa Adams - Social worker, Magnet House
Coffee club Harwich	An informal coffee club for 18-25 year olds to improve social inclusion, discuss what YP's would like to do and improve confidence and gain information	Held every Thursday between 2-3.30pm	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800 and speak to any support worker
Moving Parents and Children Together (M-PACT)	Structured 10 session program devised to address parental substance misuse. Parents and children (aged 10-17 years)	Rolling	Various	Sue Peachey 01255 434186 <a href="mailto:sue.peachey@openroad.org.uk">sue.peachey@openroad.org.uk</a>
Play and Learn Group	A 10 week play and learn group suitable for pre-school children 1-4 years. The 10 week programme will offer support on Early Years development and School Readiness, providing a safe learning environment and to make friends.			To register for a place email: <a href="mailto:office@homestartcolchester.org">office@homestartcolchester.org</a> <u>.uk</u> or call 01206 854625
Nursery provision - 2-5s	Free places for eligible 2 year olds and fee-paying places for 2-5s. Free places for 3-5s (15 - 30hrs depending on financial circumstances).	Every day - term-time. Core provision from 8.30-3.15pm with lunch club. £2.50 per hour additional hours. Flexible hours considered .Breakfast and after school clubs if sufficient demand	Sparkles and Little Stars Nursery	

Chatterpillars	A speech and language group for children aged from 2 years	Thursdays 10am-11.30am	Sydney House Family Hub 61a Langham Drive, Clacton CO16 7AG	Sydney House Family Hub Manager 01255 479386
Confident Cooking	<i>For 2-5 year olds. Learn new healthy recipe ideas and make simple tasty snacks on this Healthy Eating Cooking Course for families.</i>	<i>Friday's 12:00-13:30 - 6 week course.</i>	<i>St James Children Centre, Unit 4, 30 Oxford Road, Clacton-On-Sea. CO15 3TB</i>	<i>St James Children's Centre 01255 222503</i>
Baby Massage	<i>A course for babies up to 6 months; Learn techniques promoting babies development.</i>	<i>4 week course</i>	<i>Essex Child and Family Wellbeing Service</i>  <i>Across areas</i>	<i>Sydney House Hub 01255679386 St James Delivery Site 01255 222 503 Rainbow Delivery Site 01255 850 475</i>
Chatterpillars	<i>Speech &amp; Language Course for 2-5 year olds to help support speech &amp; language delay.</i>	<i>09:30-10:30 Thursday's for 8 week course. Call to Book</i>	<i>Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN</i>	<i>Michelle Whiteman &amp; Sarah Metcalfe 01206 578978</i>
Confident Cooking	<i>For 2-5 year olds. Learn new healthy recipe ideas and make simple tasty snacks on this Healthy Eating Cooking Course for families.</i>	<i>Monday 10:30-11:30 - 6 week course.</i>	<i>Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN</i>	<i>Lauren Bairstow 01206 578978</i>
Baby Massage	<i>Learn massage techniques and bond with your baby in a calm relaxed environment.</i>	<i>Times &amp; Days vary. Call to book and for more information</i>	<i>Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN</i>	<i>Berechurch Childrens Centre 01206 578978</i>

<i>Sensory Room</i>	<i>Come and enjoy a calm relaxing sensory experience with your child.</i>	<i>Call to book sensory session between 08:00 &amp; 17:00</i>	<i>Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN</i>	<i>Berechurch Childrens Centre 01206 578978</i>
<i>Sensory Group</i>	<i>For 0-5 year olds to come along and explore the multi-sensory room.</i>	<i>Last Thursday of each month 11:00-12:00</i>	<i>Shorefields School 114 Holland Road, Clacton-On-Sea, CO15 6HF</i>	<i>St James Children's Centre/ Natalie Pannell 01255 222503</i>
After School Club	Youth Group session for ages 7-19 years	Mondays 3.30 - 5pm	Sydney House 61A Langham Drive, Clacton-On-Sea CO16 7AG	Inclusion Ventures Ltd Unit8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Tweenies	Youth Group session for younger ages 7-12 years	Tuesdays 4.15-6.15	Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	
Chill Out Session	Youth Group chill out session for younger ages 7-12years	Tuesdays 4-6pm	Inclusion Ventures Base 12 Brooklands Gardens Jaywick CO15 2JP	
Chill Out Session	Youth Group chill out session for older ages 14-19 years	Tuesdays 6.45-8.15pm	Marion Heath Community Hall Rush Green Road, Clacton-On-Sea CO16 7AD	
Clacton Bike Kitchen	Free service providing the chance to learn new skills and help mend your bike	Wednesdays 5-7pm	Blue Container Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	
Jaywick Bike Kitchen	Free service providing the chance to learn new skills and help mend your bike	Wednesdays 7-9pm	Unit 8, Lotus Way, Jaywick Sands, CO15 2LU	
Activity Group	Youth Group session for ages 13-19 years	Thursdays 6.15-8.15pm	Jaywick Methodist Church Crossways, Jaywick CO15 2NA	
After School Club	Youth Group session for ages 7-13 years	Fridays 3.30-5.30pm	Sydney House 61A Langham Drive, Clacton-On-Sea CO16 7AG	
Activity Group	Youth Group session for ages 7-12years	Fridays 4-5.30pm	Jaywick Methodist Church Crossways, Jaywick CO15 2NA	



Drop-In Session	Youth Group chill out session for mixed ages 7-19years includes indoor sports	Fridays 6-8pm	Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	
Teenage pregnancy linkworker & Young parent support	Support for young parents/ parents-to-be under the age of 19 in tendring area. (various support offered for example, housing, benefits, pregnancy options, 1:1 support) Young parent group every Monday 12:30 until 2pm (please note the start time will be changing after Christmas to 1pm until 2:30pm)		Youth enquiry service Hurlingham Chambers 61 station road Clacton-On-Sea CO15 1SD	Simone Doctor 07918051688/01255434601 Simone.doctor@colchesteryes.org.uk



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