



Groups and Services Update 29.03.2019

Coffee Mornings and Support Groups



Jaywick Young Parents Group	An informal, friendly nurturing group with food and plenty toys and activities for the children	Tuesdays 10:00am - 11:30am	Jaywick Community Resource Centre	For more information contact EXTRA on: 01255 475001 admin@extrasupportforfamilies.co.uk
Heroes Peer Support Group	A weekly support group for all parents/carers to have fun and make friends. Activities decided by you! Refreshments provided and early years workers on hand to entertain your children	Mondays (During term time) 10am- 12noon	Coppins Hall Community Centre, Maldon Way, Clacton	For more information contact EXTRA on: 01255 475001 admin@extrasupportforfamilies.co.uk
Special Needs Support Coffee Afternoon	This coffee afternoon is an opportunity for parents or carers of children with an additional need to meet up and chat once a month. There will be occasional speakers too.	Tuesday 30 th April, 21 st May, 25 th June, 23 rd July 12-2pm	Coppins Hall Community Centre, Maldon Way, Clacton	Contact EXTRA on 01255 475001 or admin@extrasupportforfamilies.co.uk
Special Needs Support Coffee Morning	This coffee morning is an opportunity for parents or carers of children with an additional need to meet up and chat once a month. There will be occasional speakers too.	Friday 26 April, 24 May, 28 June and 19 July (Last Friday of every month during term time) 9.15-11.15am	Walton Community Centre, Standley Road, Walton-on-the-Naze	Contact EXTRA on 01255 475001 or admin@extrasupportforfamilies.co.uk

Feel Good Friday	Join like minded parents to help you to feel good! There will be refreshments, activities and monthly guest speakers to help you improve your emotional wellbeing.	Every Friday (Term Time Only) 10-11.30am	Jaywick Community Resource Centre	Contact EXTRA on 01255 475001 or admin@extrasupportforfamilies.co.uk
Friday Friends	A free weekly group for parents/carers and their children to have fun and make friends. Activities decided by you! Come along for some Friday fun with free hot drinks and snacks.	Every Friday (Term Time Only) 10-12pm	St Nicholas Hall, Stour Road, Dovercourt	Contact EXTRA on 01255 475001 or admin@extrasupportforfamilies.co.uk Run in partnership with Home Start Harwich 
Home Start Plus project	Home visiting families with children of 0 - 11 yrs. Jungle adventures group	Wed 10am - 12pm	Jungle Adventures - Colchester	Office@homestartcolchester.org.uk
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: office@homestartcolchester.org.uk or call 01206 854625
Stay and play group	Stay and play group open to all parents			Contact by email: office@homestartcolchester.org.uk or call 01206 854625

FIF - Early Years project	Home visiting families with children 0 - 19 yrs. My Club groups	Activities for the summer being organised My club groups connected to schools will start Sept		<i>Office@homestartcolchester.org.uk</i>
Virgin care project	Home visiting families with children of 0 - 11 yrs. Play & Learn group	Tuesday 10 - 12pm	St James' Children's centre	<i>Office@homestartcolchester.org.uk</i>
121 Bumps to Mum Coffee Morning	Coffee morning for mums-to-be and new mums with babies up to 2 months to share tips and ideas on life with a new baby	2 nd Thursday every month 10am-12 noon	The Coastal Community Centre	Dawn.saunders@121midwives.co.uk 07908454763
Family Support Coffee Morning	Coffee Morning for parents living in the Clacton area	Wednesdays 9-10.30am (Term time only)	The Coastal Community Centre	Rita Griffin 07516 487354

Foster Carers coffee morning	Sessions are confidential. Please feel free to bring baby and toddlers with you however due to the nature of the discussions please do not bring grown up children or other adults *run by foster carers*	Every Friday 9.30-12 noon	The Coastal Community Centre	01255 420707
Buggy Club	Babies and pre-school children, with their parents, grandparents or carers, meet together to sing songs, listen to a Bible story, make something to take home, and play together in a relaxed and friendly atmosphere.	Wednesday 1.30-2.30pm Thursday 1.30-2.30pm	Bradfield Church Mistley Church	www.manningtreebenefice.co.uk 01206392200
YES Bump and Beyond	Teenage pregnancy and young parent group up to 21 years with children under 1 year	Ongoing Mondays 12.30-2.30pm	Hurlingham Chambers 61 Station Road Clacton	julie.skeritt@colchesteryes.org.uk 01255 434601 or 07918051688
Baby & Toddler Rhyme times	Free story and song sessions for families with children from 0-4. Have fun, make new friends and enjoy time out with your child	Various days & times across Tendring Clacton Library Wed 11-11.30 or 1.45-2.15 Term time only	All Essex Libraries	For particular local branch dates/times see www.essex.gov.uk/libraries or clacton.library@essex.gov.uk 03330132651

Children's Activities	Free children's activities during school holidays. Easter Activities include: Cardboard Model Construction for all ages Pokemon Event suitable for 6+	Various dates/times Wed 4 th 10-12 Wed 11 th 10-12	All Essex Libraries Clacton Library Clacton Library	All Essex library activities are listed on the website at www.essex.gov.uk/libraries just look for your local branches
Willow Tree Nursery and Children's Centre	A variety of activities and courses for parents and their children are ongoing at The Willow Tree Nursery and Children's Centre. Twins and Multiple Birth Club (In school holidays siblings can attend as well)	Various Mondays 10am-12 noon	Willow Tree Nursery and Children's Centre Chingford Avenue Great Clacton	Willow Tree Nursery and Children's Centre 01255 221473
STAR Group	The STAR Group is a group set up and run jointly by health professionals and staff from The Coastal Community Centre. STAR's aim is to offer individuals short term access to recovery tools, helpful coping strategies and useful ideas to maintaining health and wellbeing.	For further details contact Linda on 01255 420707	The Coastal Community Centre Pathfields Road Clacton	For further details contact Linda on 01255 420707
FREE Social Group for adults	Come and challenge yourself in a range of activities in a relaxed environment. Meet like minded people. All welcome. Cheap breakfast available from £1.50	Every Tuesday from 10am	The Coastal Community Centre Pathfields Road Clacton	The Coastal Community Centre 01255 420707
Coffee Morning	Coffee morning for parents who would like to meet other like minded individuals to share parenting tips and advice. Open to both Primary and secondary parents.	Wednesdays in term time only 10am-12pm	The Beacon, Harwich and Dovercourt High School, Hall Lane, Harwich, Essex, CO12 3TG	Lauren Franklin laurenf@harwich.essex.sch.uk 01255 245460 ext 209

Coffee Morning	Coffee morning for parents who would like to meet other like minded individuals to share parenting tips and advice.	Contact for new dates 9.00 - 11.00am	Park Pavilion Barrack Lane Harwich	Ms Watts / Ms Palmer 01255 245440
WOW! Women Out Walking	Meet at various locations in Harwich for one hour of brisk walking!	Contact for new dates 9.15 - 10.15am	Locations vary depending on weather conditions	Diane Warner 07908748247
Bereavement Support Group	A support group for any bereaved person, whether it be a recent or long term bereavement. People can also request one to one sessions.	1 st Tuesday of every month 10am-11.30am Every Thursday 10.15am-12.15pm	The Coastal Community Centre Pathfields Road Clacton United Reform Church Carnarvon Road Clacton	Evelyn Rutter 01206 797196 erutter@eastofengland.coop
Foster Carers Coffee Morning	Coffee morning run by foster carers, £1 weekly subs - includes tea/coffee and other refreshments are available. Sessions are confidential and babies/toddlers are welcome to come along however due to the nature of the discussions other adults and older children will not be permitted.	Coastal Community Centre, Pathfields Road, Clacton	Coastal Community Centre, Pathfields Road, Clacton	For more information please contact The Coastal Community Centre 01255 420707

Active Minds	An activity group for people with dementia in Clacton	1 st Thursday of the month 12:30pm - 2:30pm	Coastal Community Centre, Pathfields Road, Clacton	For more information please call the Alzheimer's Society on 01255 474 650
Craft Group	A group where people can do their own crafts in a social environment, meet friends, share hints and tips plus learn some new skills. (Any equipment that is needed for an individual's craft will need to be brought along by the individual) Tea & Coffee from 30p and sandwiches from £1	Mondays & Thursdays 9:45am - 11:45am	Coastal Community Centre, Pathfields Road, Clacton	For more information please contact The Coastal Community Centre 01255 420707
A League of Your Own	Free social group for adults 18+ Activities include dominos, chess, gardening, scrabble, cards, darts, pool, quizzes. Cheap Breakfasts are also available from £1.50	Every Tuesday from 10am	Coastal Community Centre, Pathfields Road, Clacton	For more information please contact The Coastal Community Centre 01255 420707
Knit & Natter	Crochet and Knitting circle	Every Tuesday 9:30am - 12noon	Coastal Community Centre, Pathfields Road, Clacton	For more information please contact The Coastal Community Centre 01255 420707
Lollipops Toddler Group	Toddler group offering messy play, arts & Crafts, musical instruments, snack times and singing 50p per person	Every Tuesday during term time 9:45 - 11:45am	Coastal Community Centre, Pathfields Road, Clacton	For more information please contact The Coastal Community Centre 01255 420707
Talk Together Thursday	General group for people to come along and have a chat	Thursdays 12:30pm - 2:00pm	Coastal Community Centre, Pathfields Road, Clacton	For more information please contact The Coastal Community Centre Linda 01255 420707

Art & Wellbeing Group	Group for people to enjoy the relaxation of art, no need to be an expert The group is free and the group will provide the materials too	Thursdays 10am - 11:30am	Coastal Community Centre, Pathfields Road, Clacton	For more information please contact The Coastal Community Centre 01255 420707
Crafts for beginners	Various craft activities including card making, cross stitch, glass painting, scrapbooking, textiles and sewing £1 each Tea & Coffee from 30p Sandwiches and lunches from £1	Every Wednesday & Friday 9:45am - 11:45am	Coastal Community Centre, Pathfields Road, Clacton	For more information please contact The Coastal Community Centre 01255 420707
One to One Midwives Bump and Babies Group	Group for all pregnant women and mums with babies up to 6 weeks of age Free to attend	Second Thursday of every month 10am - 12noon	Coastal Community Centre, Pathfields Road, Clacton	For more information please contact One to One Midwives 0330 3309 121
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 504800 and speak to any support worker
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
Coffee Morning for Parents.	A social group for parents to support each other with their problems. A support worker will be on hand if a parent needs to have any additional consultations with them.	Held every Tuesday 10am-12pm.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800 and speak to any support worker

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.
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 opportunities arise.	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
Coffee morning	For parents/carers of anyone with additional needs to come along and meet other like minded people for a chat. Occasionally professionals speakers invited to attend to share their knowledge.	The first Thursday in the calendar month during term time. Pop along between 09.30-11.30.am Please check dates if in doubt with school.	Shorefields School	Angela Garnett Or Lesley Crowe 01255 424412 angelag@shorefields.essex.sch.uk
Coffee Morning	An informal drop-in for parents/carers to meet and make new friends. Free hot drinks and snacks. Children welcome -	Wednesday 18 th January then every Wednesday in term time	Mayflower Primary School	Julie-Ann Walker 01255 502444 julieann.walker@mayflower - pri.essex.sch.uk
One Support	Drop in Centres	Various Days (please see attached sheet)	Various Locations (Please see attached sheet)	<u>0300 123 1921</u>

Essex CAPI Service	Emotional Support for families affected by family offending/imprisonment - direct work for families undertaken in the home and/or for children 1-2-1 in schools	Ongoing	Essex	Essex.capi@barnardos.org.uk <u>01268 558448</u> <u>07947 219802</u>
Baby Beginnings	Baby Beginnings is a calm, relaxing, breast-feeding friendly drop-in for all new mums and mums-to-be. This group is suitable for young babies who are not yet crawling. The group is supported by a Health Visitor and we will look at weekly topics to be support the early months.	St James Delivery Site Every Tuesday 1pm to 2.30pm Rainbow Delivery Site Every Friday 10am to 11.30am No booking required mothers and babies free to attend.	Essex Child and Family Wellbeing Service Across areas	St James Delivery Site 30 Oxford Road Clacton CO15 3TB Tammy Keen 01255 222 503 Rainbow Delivery Site 13 Old Pier St Walton CO14 8AW Sarah Salmon 01255 850 475
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: 9am-12.30pm. 2pm-5pm. Every day with occasional closures on Wednesday mornings for team meetings/training. We are also doing a late evening every Thursday until 8pm.	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.
Coffee morning	Coffee morning for parents who would like to meet other like minded individuals to share parenting tips and advice.	Every Tuesdays 9.15- 11.15am term-time	Food tech room at White Hall Academy	Suzy Watts Clacton 422825
Baby and toddler group	Parent and toddler group - 0-4s £1 per family for refreshments	Every Monday 9.15-11.15am Term-time	Food tech room at White Hall Academy	Hayley Mobile 07506324599

W.R.E.G Women's Recovery Empowerment Group	For Survivors of abuse Any abuse is unacceptable. It is not until we are free that we realise how harmful our relationships were . Our aim is to give you back the power to reclaim yourself.	Meeting weekly from Thursday 11 th January 2018 9am - 11.30am	Clacton Coastal Community Centre	Tel 01255 420707
Coffee Morning	Coffee Morning for parents to meet like- minded parents for support, guidance, ideas or friendship.	Thursdays during term time 9am till 10 am	Park Pavilion Barrack Lane, Harwich	Mrs D Watts/Mrs S. Palmer 01255 245440 debbie.watts@harwich- pri.essex.sch.uk



Funded by:



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