


<p>Special Needs Support Coffee Afternoon</p>	<p>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.</p>	<p>Tuesdays 12-2pm 24th September 22nd October 26th November</p>	<p>Coppins Hall Community Centre, Maldon Way, Clacton</p>	<p>Contact EXTRA on 01255 475001 or admin@extrasupportforfamilies.co.uk</p>
<p>Special Needs Support Coffee Morning</p>	<p>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.</p>		<p>Walton Community Centre, Standley Road, Walton-on-the-Naze</p>	<p>Contact EXTRA on 01255 475001 or admin@extrasupportforfamilies.co.uk</p>
<p>Resilience Workshop</p>	<p>The aim of this workshop is to explore practical ways for parents/carers to help build their own and their children's resilience - the mechanisms needed to deal with the challenges of everyday life and 'bounce back' again ready for the next challenge. We will look at a range of different skills and a variety of sources of help, including physical and emotional health, rational thinking skills and the relationships with people around you.</p>	<p>Thursday 19th September 9.30-11.30am</p>	<p>Walton Community Centre, Standley Road, Walton-on-the-Naze</p>	<p>Contact EXTRA on 01255 475001 or admin@extrasupportforfamilies.co.uk</p>

<p>Youth Mental Health First Aid</p>	<p>What you say, how you say it , and how well you listen can have a profound impact on someone who is emotionally distressed or having a difficult time. Everyone can learn and benefit from YMHFA skills.</p> <p>Youth Mental Health First Aid (MHFA) training is an interactive and practical training course to help you spot the early signs of a mental health problem. It will equip you with tools and techniques to help you, your family, friends and colleagues.</p>	<p>Thursday 12th September 10am - 2pm</p>	<p>Jaywick Community Resource Centre Brooklands Gardens Jaywick</p>	<p>Contact EXTRA on 01255 475001 or admin@extrasupportforfamilies.co.uk</p>
<p>SWAN</p>	<p>This 11 week course is for parents of children who have additional needs.</p> <p>Within the course parent's individual challenges will be recognised and worked with to introduce positive parenting skills.</p> <p>The sessions will cover special time, developing social and emotional skills, effective praise, practical routines, coping with change, boundaries, natural and logical consequences and looking after yourself as a parent.</p> <p>There will also be sessions on keeping your child safe, avoiding peer pressure, building resilience and talking to your child about stranger danger.</p>	<p>Monday 16th September 9.30-11.30am</p>	<p>Coastal Community Centre, Pathfields Road Clacton-on-sea</p>	<p>EXTRA - Support for Families 01255 475001</p>
<p>ADHD Workshop</p>	<p>This workshop will help parents/carers to understand Attention Deficit Hyperactivity Disorder (ADHD) and give tips on how to manage their children's behaviour</p>	<p>Monday 23rd September 9.30am - 12.30pm</p>	<p>Walton Community Centre, Standley Road, Walton-on-the-Naze</p>	<p>EXTRA - Support for Families 01255 475001</p>

<p>Continence Support and Advice</p>	<p>Promoting a Healthy Bowel and Bladder with children with a learning disability, autism and complex needs Advice and support around toileting Promotion of two publications: Bowel and Bladder Assessment Pack Bobby Can Use The Toilet Consultations available with individual families, funded by Childrens charity Available for training, workshops or regular support for children and their families</p>	<p>Available for morning, afternoon or evening sessions Consultancy available at the family home</p>	<p>Able to attend where the needs of families require support and advice</p>	<p>Charmaine Champ Continence Consultant and Trainer charmaine_champ@hotmail.co.uk 07711337740</p>
<p>Spectrum Colchester</p>	<p>Parental support group for families with children who have social & communication difficulties.</p>	<p>First Wednesday of the month 10.30am-12.30pm</p>	<p>St Botolphs Church Church Walk (off St Botolphs Street Colchester</p>	<p>Contact Jane Pearson on 01206 210855 Or Claire Smith on 01376 510132</p>
<p>Special Needs Counselling Service</p>	<p>Opportunity to work in ways which enhance your ability to resolve problems, or to cope with things which cannot be changed.</p>	<p>Telephone for appointments</p>	<p>Central Colchester but home visits are available</p>	<p>Caroline Bowring 07811 549463 www.specialneeds counselling.co.uk</p>
<p>SEND Information, Advice and Support - Essex County Council</p>	<p>We provide information, advice and support about all aspects of Education for young people with Special Educational Needs or Disability.</p>	<p>Monday - Friday 9.00am - 5.00pm</p>	<p>Essex wide - have support workers in all four areas of Essex.</p>	<p>Helpline number: 0333 013 8913 Email address: send.iass@essex.gov.uk</p>

The MAZE	Specialist Parenting Programme for parents of children with additional needs (such as learning difficulty, ASD, ADHD, ODD mental health difficulties, global delay) Places via referral only	Contact Sue Anderton for dates	Contact Sue Anderton for venues	Sue Anderton PO Box 1035 Bentley IPSWICH IP9 2WL themaze@btinternet.com 07708873023 or follow on Facebook at MAZE and MAZESays
MAZE Coffee mornings	Informal drop in sessions for parents who have children with SEN/AEN across the area. There are a range of visiting professionals including representatives from: CAMHS (SEN/ASD specialist), Special Needs Counselling Service, Families in Focus, Autism Anglia, Social Stories™ coach and Community Continence Nurse, Skills for Care and others	Contact for dates	Foxburrow Grange, Ypres Road, Colchester Foxburrow Grange, Ypres Road, Colchester	Sue Anderton PO Box 1035 Bentley IPSWICH IP9 2WL themaze@btinternet.com 07708873023 or follow on Facebook at MAZE and MAZESays
Unified Rainbow Support	A group aimed at supporting Parents, carers and families who have children with additional needs in Dovercourt and Harwich.	Contact for dates Hosted by Kay Stamp	The Park Pavillion Barrack Lane Harwich	<i>Please find us on facebook - Unified Rainbow Support</i>
Shorefields Coffee morning	Coffee morning for families of children with additional needs hosted by Angela Garrett.	First Thursday of the month 9.30am	Shorefield School, Holland Road, Clacton	Angela Garrett Shorefields School

Special Teaching and Pre-School Parent Helpline	Helpline for parents/carers of preschool and primary aged children who live in North East Essex (Colchester, Tendring) and are experiencing behaviour difficulties as a result of their child/children's special educational need/needs?	Friday mornings 9.00am - 12noon		Speak to Lorraine, Sam or Tracey  Parent Helpline NORTH EAST.pdf 03330 139792
Fledglings	Helpline and advice as well as practical product solutions for families with children who have additional needs		Office based phone helpline and email contact. The charity is nationwide.	Alicia Boyer Emma Miller Enquiries @fledglings.org.uk 01799 541 807
Families in Focus	Supporting parents/carers of young people/children with SEND		Countywide	Rachel Ellis 01245 353 575 Rachel@familiesinfocussessex.org.uk
InterAct Training	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.	Mental Health First Aid (MHFA): Youth and adult MHFA available : call Lesley to put name on list.	Various Venues	Lesley Bailey 01245 608307
InterAct Short Breaks	Providing friendship and leisure activities for young people with additional needs/learning disabilities age 10-18. Volunteers in Tendring and Colchester wanted to support short breaks & a pilot scheme for 19+ to develop independence/social skills in the community as part of a friendship group. Volunteer training provided.	2 local areas of regular weekly term time activities out in community: Colchester on Tuesday evenings; Tendring Wednesday evenings (Fortnightly.) Centre based: Clacton Youth Club on Thursday evenings in Clacton Coastal Community Centre, Pathfields Road, Clacton CO15 3JL Also holiday day trips and occasional weekends/ residential	Various venues : see InterAct activity programme at www.interact.org.uk	Short Breaks: call Jenny Jackson 07972330725 or InterAct office 01245 608206 or email jenny.jackson@interact.org.uk For details of volunteer opportunities please call Ali Perrot on 01245 608333. For details about the 19+ pilot call Lesley Bailey 01245 608307

<p>iS Essex</p>	<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>	<p>Various Venues.</p>	<p>For Independent Support, iSEssex, call 01245 608300 or email info@isessex.org www.isessex.org For EHCP workshops for parents, see: http://www.essexlocaloffer.org.uk/event/ehcp-workshops-parent-carers/ 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>
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<p>ICE - Inclusive Communication Essex</p>	<p>ICE has a range of high and low tech equipment that you can borrow for free from any library in Essex, including mobile libraries. All you need to do is ask for an ICE User Card in your local library and then you will have access to:</p> <ul style="list-style-type: none"> • specialist books for children, adults, families, support workers • audio books on CD and tape • a range of basic communication aids, such as talking photo-books <p>You can request an ICE User Card if you are someone who has a learning disability, or is someone who is a parent, a carer, or a professional who is supporting someone with learning disabilities. You can borrow any of our resources for free for up to 8 weeks at a time.</p>	<p>At all times</p>	<p>Your local library</p>	<p>Sarah Gray / Judith Wickenden</p> <p>Sarah.gray@essex.gov.uk Judith.wickenden@essex.gov.uk</p> <p>03330132707</p> <p>www.essexice.co.uk</p>
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