


<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>Dates for 2020 to be confirmed  Tuesday 12-2pm</p>	<p>Sydney House Maldon Way Clacton-on-sea</p>	<p>Contact EXTRA on 01255 475001 or <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a></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>Dates for 2020 to be confirmed (last Friday of every month term time) 9.15-11.15am</p>	<p>Walton Community Centre, Standley Road, Walton-on-the-Naze</p>	<p>Contact EXTRA on 01255 475001 or <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a></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>Friday 24<sup>th</sup> January 9.30-11.30am</p>	<p>Venue in Clacton to be confirmed</p>	<p>Contact EXTRA on 01255 475001 or <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a></p>

ADHD Workshop	This workshop will help parents/carers to understand Attention Deficit Hyperactivity Disorder (ADHD) and give tips on how to manage their children's behaviour	Monday 23 <sup>rd</sup> March 9.30-12.30pm	Jaywick Community Resource Centre Brooklands Gardens Jaywick	Contact EXTRA on 01255 475001 or <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a>
SWAN	This 11 week course is for parents of children who have additional needs. Within the course parent's individual challenges will be recognised and worked with to introduce positive parenting skills. 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. There will also be sessions on keeping your child safe, avoiding peer pressure, building resilience and talking to your child about stranger danger.	Wednesday 15 <sup>th</sup> January 9.30-11.30am	Walton Community Centre, Standley Road Walton-on-the-Naze	EXTRA - Support for Families 01255 475001
ADHD Workshop	This workshop will help parents/carers to understand Attention Deficit Hyperactivity Disorder (ADHD) and give tips on how to manage their children's behaviour	Monday 23 <sup>rd</sup> September 9.30am - 12.30pm	Walton Community Centre, Standley Road, Walton-on-the-Naze	EXTRA - Support for Families 01255 475001
Continence Support and Advice	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 morning, afternoon or evening sessions Consultancy available at the family home	Able to attend where the needs of families require support and advice	Charmaine Champ Continence Consultant and Trainer <a href="mailto:charmaine_champ@hotmail.co.uk">charmaine_champ@hotmail.co.uk</a> 07711337740

	Available for training, workshops or regular support for children and their families			
Spectrum Colchester	Parental support group for families with children who have social & communication difficulties.	First Wednesday of the month 10.30am-12.30pm	St Botolphs Church Church Walk (off St Botolphs Street Colchester	Contact Jane Pearson on 01206 210855 Or Claire Smith on 01376 510132
Special Needs Counselling Service	Opportunity to work in ways which enhance your ability to resolve problems, or to cope with things which cannot be changed.	Telephone for appointments	Central Colchester but home visits are available	Caroline Bowring 07811 549463 <a href="http://www.specialneeds counselling.co.uk">www.specialneeds counselling.co.uk</a>
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: <a href="mailto:send.iass@essex.gov.uk">send.iass@essex.gov.uk</a>

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 <a href="mailto:themaze@btinternet.com">themaze@btinternet.com</a> 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 <a href="http://www.interact.org.uk">www.interact.org.uk</a>	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>  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 &amp; 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 <a href="mailto:info@isessex.org">info@isessex.org</a> <a href="http://www.isessex.org">www.isessex.org</a> For EHCP workshops for parents, see: <a href="http://www.essexlocaloffer.org.uk/event/ehcp-workshops-parent-carers/">http://www.essexlocaloffer.org.uk/event/ehcp-workshops-parent-carers/</a> More detailed PCP training/workshops, new programme published for Spring term <a href="http://www.essexlocaloffer.org.uk/event/free-training-person-centred-approaches-one-planning-and-education-health-and-care-plans/">http://www.essexlocaloffer.org.uk/event/free-training-person-centred-approaches-one-planning-and-education-health-and-care-plans/</a></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"> <li>• specialist books for children, adults, families, support workers</li> <li>• audio books on CD and tape</li> <li>• a range of basic communication aids, such as talking photo-books</li> </ul> <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><a href="mailto:Sarah.gray@essex.gov.uk">Sarah.gray@essex.gov.uk</a>  <a href="mailto:Judith.wickenden@essex.gov.uk">Judith.wickenden@essex.gov.uk</a></p> <p>03330132707</p> <p><a href="http://www.essexice.co.uk">www.essexice.co.uk</a></p>
<p>Resilience and wellbeing workshops</p>	<p>Learn how to survive and thrive Our course of four 2½ hour workshops will help you develop resilience - equipping you with the ability to face life's challenges and demands from a position of strength. Helping you to become a stronger person, with the ability to "bounce back" from life's setbacks. By the end of the course you will have learnt: □ why resilience is important to us as individuals □ how negative thinking can have both a physical and psychological impact □ useful tools to develop personal and workplace resilience □ how to challenge your thinking □ how to</p>	<p>Various</p>	<p>Various</p>	<p>For more information or to book please contact: 01245 608307  <a href="mailto:training@interact.org.uk">training@interact.org.uk</a> Or visit our website <a href="http://www.interact.org.uk">www.interact.org.uk</a></p>

	develop a personal action plan to help you build resilience Our course will equip you with coping strategies to improve your overall health and wellbeing			
<b>Incredible Years ADHD Programme</b>	<p>The Incredible Years Parenting Programme was developed by Carolyn Webster-Stratton within the University of Washington Parenting Clinic. This group will follow additional protocols for parents of children aged 4-10 years, with ADHD or ADHD traits. The group programme is 16 weeks long and is held for two hours 15 minutes, weekly (excluding school holidays).</p> <p><b>Who is it for?</b></p> <p>This is a group course for parents and carers of children aged 4-10 years old who have ADHD or ADHD traits. Any adult who has shared responsibility for bringing up a child can attend the group, including stepparents, grandparents and childminders. We welcome parents on their own or with their partners/adult family member.</p>	<p>The Incredible Years ADHD group is delivered over 16 evenings ( we do not run in the school holidays)</p> <p>Start date</p> <p>The next Incredible Years ADHD Programme is starting on the 21st April 2020.</p> <p>Time</p> <p>9.15 am for coffee, 9.30 am start and finish at 11.45 am</p>	<p><i>St Anne's community centre Colchester</i></p>	<p>If you would like to attend this course please complete the parents referral form, see <a href="http://www.theministryofparenting.com/parents">www.theministryofparenting.com/parents</a> this will be on a first come first served basis.</p> <p>For further information or to talk to us to explore if this course is suitable for you please email us at <a href="mailto:administration@theministryofparenting.com">administration@theministryofparenting.com</a> or call us on 01206 562626</p>
<b>FLASH Triple A</b>	<p>FLASH Triple A is a new pilot course based on the FLASH Families learning about self-harm programme. The content has been adapted to consider the issues facing parents of a young person with mild/moderate Autism and/or ADHD and/or additional needs and who are exhibiting self-harming behaviour.</p> <p><b>Who is it for?</b></p>	<p>Flash Triple A is delivered over 4 Saturday workshops. 10 am-3 pm. Parents/carers need to attend all 4 workshops. We will provide refreshments and a light lunch.</p> <p>Dates of workshops</p> <ul style="list-style-type: none"> <li>• Workshop1; 18th</li> </ul>	<p><i>Community 360, Winsley's House, High Street, Colchester</i></p>	<p>To apply for a place on the FLASH Triple A course please complete a parent's referral form on line see <a href="http://www.theministryofparenting.com/parents">www.theministryofparenting.com/parents</a></p> <p>For further information or to talk to us to explore if this course is suitable for you please email us at <a href="mailto:administration@theministryofparenting.com">administration@theministryofparenting.com</a> or call us on 01206 562626</p>



	<p>This is a course for parents and carers of young people aged 11-19 years old who have mild/moderate with Autism and/or ADHD and/or additional needs and who are exhibiting self-harming behaviour. Any adult who has shared responsibility for bringing up a child can attend the group, including stepparents, grandparents and childminders. We welcome parents on their own or with their partners/adult family member.</p>	<p>January 2020</p> <ul style="list-style-type: none"> <li>• Workshop 2: 25th January 2020</li> <li>• Workshop 3: 1st February 2020</li> <li>• Workshop 4: 8th February 2020:</li> </ul>		
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Funded by:



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