

## COVID-19 update

Jaywick Young Parents Group	An informal, friendly, nurturing group for parents/carers aged 25 and under	Tuesdays 10:00am - 11:00am	From home via Messenger App (Video Call)	For more information contact EXTRA on: 07794 991987 or 07794 992080 or 07507 335125 <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a>
Teen talk	Age range 11-25 years We have many activities online but it is a changing picture and as restrictions are lifted, there is a possibility to doing some small group activities. Therefore the best way for young people to find out what is available is to sign up to our Newsletter. You can sign up for our Newsletter through our Website, Facebook, Instagram or Twitter	n/a	n/a	For more information contact: <a href="mailto:fern.lovett@teentalkharwich.co.uk">fern.lovett@teentalkharwich.co.uk</a>  Facebook: Harwich Teen Talk Instagram: teentalkharwich Twitter: Teen Talk (Harwich)
TEEN FLASH	TEEN FLASH Teen FLASH is a project working with young people (aged between 11-16) who are coping with their daily lives by engaging in self-harming behaviours and their parents/or carers.	TEEN FLASH runs over 5 dates; the first date is an introduction workshop. This allows young people to attend a single workshop before deciding whether they wish to attend the remaining 4 workshops.	Outhouse East - pending COVID 19 guidance on social distancing.	To apply for a place on the TEEN FLASH course please complete a referral form on line at: <a href="http://www.theministryofparenting.com/parents">www.theministryofparenting.com/parents</a>  For further information or to talk to us to explore if this course is suitable for you please email us at:

	<p>Young people and parents/carers attend separate workshop groups which have linked themes. The young person's workshops are called TEEN FLASH and the parents workshops are called FLASH (FLASH stands for Families Learning About Self Harm) .</p> <p>Our hope would be for parents/carers to attend FLASH and for the young person to attend TEEN FLASH, but if this isn't possible one may attend 'their' appropriate group without the other person attending. The non-attender may attend the next group after their adult/young person has completed their series of workshops if they wish.</p> <p>Who is it for? TEEN FLASH is for young people aged 11 - 16 who are coping with their daily lives by using self-harm. .</p> <p>Please be aware places are limited to accommodate social distancing and dates and venue may be changed depending on Covid-19 guidelines</p>	<p>Refreshments and a light lunch are provided.</p> <p>Dates of Colchester workshops</p> <p>Introduction workshop: 17/10/2020</p> <p>Workshop 1 24/10/2020</p> <p>Workshop 2 07/11/2020</p> <p>Workshop 3 21/11/2020</p> <p>Workshop 4 05/12/2020</p> <p>Dates of Clacton workshops</p> <p>Introduction workshop: 30/01/2021</p> <p>Workshop 1 13/02/2021</p> <p>Workshop 2 27/02/2021</p> <p>Workshop 3 13/03/2021</p> <p>Workshop 4 27/03/2021</p>	<p>Venue in Clacton to be confirmed</p>	<p>administration@theministryofparenting.com or call us on 01206 562626</p>
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## Pre COVID-19 update

(EXTRA cannot confirm these are still running, please contact relevant organisation)

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	Ongoing Mondays 12.30-2.30pm	Hurlingham Chambers 61 Station Road Clacton	<a href="mailto:julie.skeritt@colchesteryes.org.uk">julie.skeritt@colchesteryes.org.uk</a> 01255 434601 or 07918051688

	Antenatal Clinic	Ongoing referral by midwife		
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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
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: 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>	<p>Various venues : see InterAct activity programme at <a href="http://www.interact.org.uk">www.interact.org.uk</a></p>	<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>
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
Housing	Housing Support for 16-19 Year olds			Lisa Adams - Social worker, Magnet House
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.			<i>To register for a place email: <a href="mailto:office@homestartcolchester.org.uk">office@homestartcolchester.org.uk</a> or call 01206 854625</i>
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	
	A speech and language group for children aged from 2 years	Thursdays		

Chatterpillars		10am-11.30am	Sydney House Family Hub 61a Langham Drive, Clacton CO16 7AG	Sydney House Family Hub Manager 01255 479386
<i>Confident Cooking</i>	<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>
<i>Baby Massage</i>	<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>
<i>Chatterpillars</i>	<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 Metcalf 01206 578978</i>
<i>Confident Cooking</i>	<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>

<i>Baby Massage</i>	<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>
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



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
Crash-out Café After school for students  (all schools welcome)	After school drop-in for school years 6-13. Activities include; Crafts, board games, pool, wii, table football. Or students can just sit and chill out, chat to their mates, complete homework etc. A parental permission slips needs to be filled out to attend.	Every weekday during term time. 3.00pm - 5.00pm	Coastal Community Centre, Clacton Coastal Academy. Pathfields Rd, Clacton. CO15 3JL	Lee Knight 01255 420707 lknight@clactoncoastalacademy.org
The Red Box	The Red Box project enables all young girls access to sanitary items for free. These supplies are here to be taken without question. Items include sanitary towels, soaps, shampoos and shower wash.	Every weekday 3.00pm - 5.00pm	Coastal Community Centre, Clacton Coastal Academy. Pathfields Rd, Clacton. CO15 3JL	Lee Knight 01255 420707 lknight@clactoncoastalacademy.org
Holiday Activities	Holiday activities for families in the local area. May include; cooking, crafts, quizzes and bingo. For more information on what's happening at the next school	School Holidays  Dates and times TBA	Coastal Community Centre, Pathfields Rd, Clacton. CO15 3JL	Lee Knight 01255 420707 lknight@clactoncoastalacademy.org

	holidays contact the Community Centre directly			
Kidz Crafts After school club	Weekly craft group for primary aged children. 50p per child. Younger siblings welcome too (parents must attend)	Every Thursday during term time 3.30pm - 4.30pm	Coastal Community Centre, Pathfields Rd, Clacton. CO15 3JL	Lee Knight 01255 420707 lknight@clactoncoastalacademy.org
Summer Shine Bright activities	A Mix of events over the summer holidays to include. Clay workshops; Street dance; Cooking; Golf; Beach For children registered on the project.	Allocated days in summer holidays. 10 - 3.30 children only 5 - 11 years	Clacton on Sea in various venues.	Imogen.holas@homestartcolchester.org.uk
Home-Start Plus Play activities	A mix of summertime fun activities across Colchester to include Jump; Summer junior dance. Children registered on the project under 11 years.	10 - 3.30 Summer holidays 10 - 3.30 children only 5 - 11 years	Across Colchester	Christabelle.woods@homestartcolchester.org.uk
Wellbeing Group Invite only	Youth Group session for ages 7-19 years	Mondays 3.15-4.30pm	<b>Sydney House</b> 61A Langham Drive, Clacton-On-Sea CO16 7AG	<b>Inclusion Ventures Ltd</b> Unit 8, Lotus Way, Jaywick Sands CO15 2LU      Tel - 01255 688685
Girls Group	Sessions exploring topics such as positive relationships, sexual health, body image, social media, mental health, etc	Mondays 4 - 5pm	<b>Sydney House</b> 61A Langham Drive, Clacton-On-Sea CO16 7AG	<b>Inclusion Ventures Ltd</b> Unit 8, Lotus Way, Jaywick Sands CO15 2LU      Tel - 01255 688685

Serves	Tennis led physical activities games for ages 7-19years	Mondays 5-6pm	Multicourt at Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Girls Football	Staff supervised football session for girls ages 7-19 years	Mondays 6-7pm	Multicourt at Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Mixed Football	Staff supervised football session ages 7-19 years	Mondays 7.30-8.30pm	Multicourt at Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Community based Outreach	Engaging hard to reach young people in the area	Mondays 7-9pm	Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Tweenies	Youth Group session for younger ages 7-11 years	Tuesdays 4.15-6.15pm	Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Chill Out Session	Youth Group chill out session for younger ages 7-11years	Tuesdays 4-6pm	Inclusion Ventures Base 12 Brooklands Gardens Jaywick CO15 2JP	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Multisports partnership with Unity	A variety of fun low intensity sports for all ages	Tuesdays 6-7pm	Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Chill Out Session	Youth Group chill out session for older ages 12-19 years	Tuesdays 6.45-8.15pm	Marion Heath Community Hall Rush Green Road, Clacton-On-Sea CO16 7AD	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Football	Youth football session	Wednesdays 3.30-5.30pm	London Road playing field Clacton-On-Sea	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685

Clacton Bike Kitchen	Free service providing the chance to learn new skills and get help to mend your bike	Wednesdays 5-6.30pm	Blue Container Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Football	Youth football session	Wednesdays 6-8.30pm	Multicourt at Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Jaywick Bike Kitchen	Free service providing the chance to learn new skills and get help to mend your bike	Wednesdays 7-9pm	Unit 8, Lotus Way, Jaywick Sands, CO15 2LU	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Community based Outreach	Engaging hard to reach young people in the area	Thursdays 4.30-5.30pm	Multicourt at Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Activity Group	Youth Group session for ages 7-19 years	Thursdays 6.15-8.15pm	Jaywick Methodist Church Crossways, Jaywick CO15 2NA	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
After School Club	Youth Group session for ages 7-19 years	Fridays 3.30-5.30pm	Sydney House 61A Langham Drive, Clacton-On-Sea CO16 7AG	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Drop-In Session	Youth Group chill out session for older ages 12-19years	Fridays 6-8pm	Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
St John's Nursery Winter Wonderland visit	A treat for the younger, ages 7-11 years, visiting the festivities at St John's Nursery. Notification of attendance is required prior to event.	23rd December 19 Jaywick 10.15-12.30pm Clacton 10.30-12.30pm	Meeting points: <ul style="list-style-type: none"> <li>• Jaywick Methodist Church</li> <li>• Clacton Coppins Hall Community Centre</li> </ul>	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Christmas cooking workshop	Assistance from Inclusion Venture's Chef with making those naughty but	23rd December 19 1.30-3.30pm	Inclusion Ventures Base	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands

	nice Christmas treats, ages 11-19 years. Notification of attendance is required prior to event		12 Brooklands Gardens Jaywick CO15 2JP	CO15 2LU Tel - 01255 688685
Cozy Film	Settling your little lovelies aged 7-11 years into the spirit of Christmas with a themed film	24th December 19 11-1.30pm	Inclusion Ventures Base 12 Brooklands Gardens Jaywick CO15 2JP	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685
Christmas catch up	Christmas Eve catch up with festive food	24th December 19 11-1.30pm	Multicourt at Coppins Hall Community Centre Maldon Way, Clacton On Sea CO16 7PA	Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685



Funded by:



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