

COVID-19 update

Special Needs Support Group	A friendly, supportive group for parents/carers of children with any additional needs to meet up and chat once a month.	Wednesdays 11:00am - 12:00noon	From home via Messenger App (Video Call)	Contact EXTRA on 07794 991987 or 07794 992080 or 07507 335125 admin@extrasupportforfamilies.co.uk
EXTRA Courses	Limited programme. Autumn term course list (including SEN support) - to be confirmed	Week commencing 14 th September 2020	Jaywick Community Resource Centre	Extra - Support for Families 07794 991987 or 07794 992080 or 07507 335125 admin@extrasupportforfamilies.co.uk
Bobbits Hole Tuesday	Supported, individual families can attend Bobbits Hole Nature reserve for a 1 hour session with a member of staff/volunteer. These sessions are for families who would normally have home visiting or 1-1 support, are anxious or who have more complex needs and require an individual session	Tuesdays from 9 am-5pm, 1 hour sessions must be pre-booked by calling 01255556230	Bobbits Hole Nature Reserve, Harwich	Call Home-start Harwich office on 01255 556230 to book a session
Incredible Years ADHD Programme	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). Who is it for?	The Incredible Years ADHD group is delivered over 16 evenings (we do not run in the school holidays) Start date The next Incredible Years ADHD Programme	The Oak Tree Centre 252 Harwich Road Colchester CO4 3DH	There are limited places left on the September course. Referrals for the course in 2021 (funding dependant) please complete the parents referral form: www.theministryofparenting.com/parents this will be on a first come first served basis.

	<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/or an adult family member.</p>	<p>starts on Tuesday 08/09/2020</p> <p>Timings: 9.15 for coffee, 9.30 start and 11.45 finish.</p>		<p>For further information or to talk to us to explore if this course is suitable for you please email us at administration@theministryofparenting.com or call us on 01206 562626</p>
TEEN FLASH	<p>TEEN FLASH</p> <p>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.</p> <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.</p> <p>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?</p>	<p>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.</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>Outhouse East - pending COVID 19 guidance on social distancing.</p>	<p>To apply for a place on the TEEN FLASH course please complete a referral form on-line at: www.theministryofparenting.com/parents</p> <p>For further information or to talk to us to explore if this course is suitable for you please email us at: administration@theministryofparenting.com or call us on 01206 562626</p>

	<p>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>Workshop 4 05/12/2020</p> <p>Dates of Clacton workshops 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>	Venue in Clacton to be confirmed	
FLASH	<p>FLASH (Families learning about self-harm programme.)</p> <p>Who is it for? This is a course for parents and carers of young people aged 11-16 years old 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/or an adult family member.</p>	<p>FLASH is delivered over 4 Saturday workshops. 11.00 - 16.00</p> <p>Parents/carers need to attend all 4 workshops. Refreshments and a light lunch are provided.</p> <p>Dates of Colchester workshops Workshop 1 24/10/2020</p>	Community 360, Winsley's House, High Street, Colchester - pending COVID 19 social distancing guidance	<p>To apply for a place on the FLASH course please complete a parent's referral form on-line at: www.theministryofparenting.com/parents</p> <p>For further information or to talk to us to explore if this course is suitable for you please email us at: administration@theministryofparenting.com or call us on 01206 562626</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>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>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>Clacton- to be confirmed</p>	
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Pre COVID-19 update

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

<p>Continence Support and Advice</p>	<p>Promoting a Healthy Bowel and Bladder with children with a learning disability, autism and complex needs</p> <p>Advice and support around toileting</p> <p>Promotion of two publications: Bowel and Bladder Assessment Pack</p>	<p>Available for morning, afternoon or evening sessions</p> <p>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>
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	<p>Bobby Can Use The Toilet</p> <p>Consultations available with individual families, funded by Childrens charity</p> <p>Available for training, workshops or regular support for children and their families</p>			
Spectrum Colchester	<p>Parental support group for families with children who have social & communication difficulties.</p>	<p>First Wednesday of the month</p> <p>10.30am-12.30pm</p>	<p>St Botolphs Church</p> <p>Church Walk (off St Botolphs Street</p> <p>Colchester</p>	<p>Contact Jane Pearson on 01206 210855</p> <p>Or Claire Smith on 01376 510132</p>
Special Needs Counselling Service	<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</p> <p>07811 549463</p> <p>www.specialneeds counselling.co.uk</p>
SEND Information, Advice and Support - Essex County Council	<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</p> <p>9.00am - 5.00pm</p>	<p>Essex wide - have support workers in all four areas of Essex.</p>	<p>Helpline number: 0333 013 8913</p> <p>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

<p>Special Teaching and Pre-School Parent Helpline</p>	<p>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?</p>	<p>Friday mornings 9.00am - 12noon</p>		<p>Speak to Lorraine, Sam or Tracey</p>  <p>Parent Helpline NORTH EAST.pdf 03330 139792</p>
<p>Fledglings</p>	<p>Helpline and advice as well as practical product solutions for families with children who have additional needs</p>		<p>Office based phone helpline and email contact. The charity is nationwide.</p>	<p>Alicia Boyer Emma Miller Enquiries @fledglings.org.uk 01799 541 807</p>
<p>Families in Focus</p>	<p>Supporting parents/carers of young people/children with SEND</p>		<p>Countywide</p>	<p>Rachel Ellis 01245 353 575 Rachel@familiesinfocussessex.org.uk</p>
<p>InterAct Training</p>	<p>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.</p>	<p>Mental Health First Aid (MHFA): Youth and adult MHFA available : call Lesley to put name on list.</p>	<p>Various Venues</p>	<p>Lesley Bailey 01245 608307</p>
<p>InterAct Short Breaks</p>	<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 & 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: 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</p>	<p>Various venues : see InterAct activity programme at www.interact.org.uk</p>	<p>Short Breaks: call Jenny Jackson 07972330725 or InterAct office 01245 608206 or email jenny.jackson@interact.org.uk</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>

<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</p> <p>For EHCP workshops for parents, see: http://www.essexlocaloffer.org.uk/event/ehcp-workshops-parent-carers/</p> <p>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>
<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 training@interact.org.uk Or visit our website www.interact.org.uk</p>

	<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</p>			
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