

# 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>
Heroes Peer Support Group	A weekly support group for all parents/carers to have fun and make friends.	Mondays (During term time) 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>
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 10:00am - 11:00am	From home via Messenger App (Video Call)	Contact EXTRA on 07794 991987 or 07794 992080 or 07507 335125 <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a>
Feel Good Friday	Join like-minded parents to help you to feel good!	Every Friday (Term Time Only) 10:00am - 11:00am	From home via Messenger App (Video Call)	Contact EXTRA on 07794 991987 or 07794 992080 or 07507 335125 <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a>
Friday Friends	Peer Support Group for any parent with a focus on reducing isolation and improving resilience. Friendly chat and a chance to make new friends	Friday 10am - 11am Via zoom	From home using Zoom	Contact Home Start Harwich on 01255 556230 to be sent the Zoom link. <i>Run in partnership with Extra – Support for Families</i>

Home-Visiting	Home-Start continues to offer 1-1 support for families, this is currently in the form of weekly telephone calls due to COVID19, however, we are meeting with individual families in outdoor spaces where appropriate	n/a	n/a	Call Home-Start Harwich on 01255 556230 for a referral form
Singing Sessions	Come and have fun talking and singing with your child while building their confidence and developing language skills.	Tuesdays Toddlers: 9:30am - 10:00am Babies: 10:30 - 11:30am	Virtual support	0300 247 0015  Facebook: Sydney House Family Hub - Tendring District  Keep updated with our events by regularly visiting our Facebook page
Butterflies	A peer support group for parents and carers affected by any mental health issues and/or substance and alcohol misuse. <b>Delivered in partnership with Futures in Mind</b>	Wednesdays 1:00 - 2:00pm	Virtual support	0300 247 0015  Facebook: Sydney House Family Hub - Tendring District  Keep updated with our events by regularly visiting our Facebook page
Say Hi!	Have you had a baby in 2020/2021 and want to meet other parents?	Days/times may vary	Virtual support	0300 247 0015  Facebook: Sydney House Family Hub - Tendring District  Keep updated with our events by regularly visiting our Facebook page

Teen talk	<p>Age range 11-25 years</p> <p>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.</p> <p>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</p>	n/a	n/a	<p>For more information contact:</p> <p><a href="mailto:fern.lovett@teentalkharwich.co.uk">fern.lovett@teentalkharwich.co.uk</a></p> <p>Facebook: Harwich Teen Talk Instagram: teentalkharwich Twitter: Teen Talk (Harwich)</p>
Social Prescribing	<p>Team of Social Prescribers supporting GP surgeries and the public.</p> <p>Signposting clients to supportive agencies flexible to their requirements including Social groups / Bereavement support/ TDC Grow Your Own project to boost mental wellbeing,/ TDC Alcove Video phone to reduce loneliness and access support more quickly/ Mental Health and wellbeing services.</p>	n/a	n/a	<p>Community Voluntary Services Tendring (CVST) 01255 425692</p> <p><a href="mailto:socialprescribing@cvstendring.org.uk">socialprescribing@cvstendring.org.uk</a></p>

## Pre COVID-19 update

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

Bobbits Hole	Supported, individual families can attend Bobbitts Hole Nature reserve	Tuesdays from 9 am- 5pm, 1 hour sessions must be pre-	Bobbitts Hole Nature Reserve, Harwich	Call Home-start Harwich office on 01255 556230
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Tuesday	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	booked by calling 01255556230		to book a session
Bobbits Hole Wednesday	Families can attend a 1 hour session in the nature reserve as above, however these sessions include a weekly craft activity and spotter sheets etc. There may be up to 4 families in each time slot and guidelines and social distancing must be observed. These sessions are designed for families who would usually attend groups and require low level support	Wednesdays from 10am - 3pm 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
Buddy Walk	New service set up to encourage nervous client's who have been shielding and are feeling anxious about setting foot outside after so long at home	4/5 Half hour Socially distanced walks, to suit client's individual needs.	From Clients address.	Community Voluntary Services Tendring (CVST) 01255 425692
Play and Learn Group	Baby and parent meet and play and learn group.	Tuesday 9.30- 12.00	St Johns Children Centre Clacton On Sea	Linda.stewart@homestartcolchester.org.uk
Play and Learn	Coffee morning for parents to share information, staff facilitating. Large soft play for children under 5 to enjoy play and learn. Closed to	Wednesday 10 - 12.00	Jungle Adventure Colchester	<a href="mailto:Christabelle.Woods@homestartcolchester.org.uk">Christabelle.Woods@homestartcolchester.org.uk</a>

Summer Shine Bright activities	Home-Start Plus registered families.  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
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	<a href="http://www.manningtreebenefice.co.uk">www.manningtreebenefice.co.uk</a> 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	<a href="mailto:julie.skeritt@colchesteryes.org.uk">julie.skeritt@colchesteryes.org.uk</a> 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 <a href="http://www.essex.gov.uk/libraries">www.essex.gov.uk/libraries</a> or <a href="mailto:clacton.library@essex.gov.uk">clacton.library@essex.gov.uk</a> <b>03330132651</b>
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
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

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	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

	Cliff Park Mural painting volunteer Gardening volunteer This list will be updated as and when opportunities arise.			
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 <sup>th</sup> 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><a href="tel:03001231921">0300 123 1921</a></u>



<p>Baby Beginnings</p>	<p>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.</p>	<p>St James Delivery Site Every Tuesday 1pm to 2.30pm</p> <p>Rainbow Delivery Site Every Friday 10am to 11.30am</p> <p>No booking required mothers and babies free to attend.</p>	<p>Essex Child and Family Wellbeing Service</p> <p>Across areas</p>	<p><b>St James Delivery Site</b> 30 Oxford Road Clacton CO15 3TB Tammy Keen 01255 222 503</p> <p><b>Rainbow Delivery Site</b> 13 Old Pier St Walton CO14 8AW Sarah Salmon 01255 850 475</p>
<p>Teen Talk (Harwich) Support Service</p>	<p>Our confidential, one-to-one support provides early intervention for 11-25 year olds in Tendring. Available five days per week from our centre in Harwich and three afternoons per week on an outreach basis in Clacton. Young people can self-refer to access Support Workers who provide a listening ear for the young person to offload their worries, and offer simple strategies to overcome the difficulties they face.</p>	<p>Weekdays Get in touch for more information</p>	<p>17 Cliff Road, Harwich, CO12 3PP</p> <p>Clacton Library, Station Road, Clacton, CO15 1SF</p>	<p>01255 504800</p> <p>teentalk1@hotmail.co.uk</p>
<p>Coffee morning</p>	<p>Coffee morning for parents who would like to meet other like minded individuals to share parenting tips and advice.</p>	<p>Every Tuesdays 9.15- 11.15am term-time</p>	<p>Food tech room at White Hall Academy</p>	<p>Suzy Watts Clacton 422825</p>
<p>Baby and toddler group</p>	<p>Parent and toddler group - 0-4s £1 per family for refreshments</p>	<p>Every Monday 9.15-11.15am Term-time</p>	<p>Food tech room at White Hall Academy</p>	<p>Hayley Mobile 07506324599</p>

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
Essex Lifestyle Service	We offer free and confidential support with Stopping Smoking Healthy Eating Increasing physical activity Long Term Condition Management Increasing confidence, self-esteem and resilience.	For times and venues please contact 0300 303 9988	For times and venues please contact 0300 303 9988	0300 303 9988 <a href="mailto:Provide.essexlifestyles@nhs.net">Provide.essexlifestyles@nhs.net</a> Monday to Friday 8am-9pm
Let's Talk	Drop-in sessions to help with members of the public with issues such as form filling, accessing help and information or just a reassuring chat.	Every Tuesday and Thursday during Term time. 9.30am - 11.30am	Coastal Community Centre, Pathfields Rd, Clacton. CO15 3JL	Lee Knight 01255 420707 lknight@clactoncoastalacademy.org
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
Silvertones Social Group	Weekly social group aimed at isolated people to come along and chat with us and make friends. Free Sometimes we have additional activities such as Quizzes, tea parties etc.	Every Thursday afternoon 12.30pm - 2.30pm	Coastal Community Centre, Pathfields Rd, Clacton. CO15 3JL	Lee Knight 01255 420707 lknight@clactoncoastalacademy.org
Housey Housey Prize Bingo	Fun bingo session, every Friday (including school holidays and you can bring the kids) £1 per game. Prizes to be won.	Every Friday afternoon 12.15pm Eyes down 12.30pm	Coastal Community Centre, Pathfields Rd, Clacton. CO15 3JL	Lee Knight 01255 420707 lknight@clactoncoastalacademy.org
Set-Meal Friday	2-course Set meal every Friday. £4 per person. Must be booked in by 11am. Telephone ordered accepted.	Every Friday 11.45am - 12.30pm	Coastal Community Centre, Pathfields Rd, Clacton. CO15 3JL	Lee Knight 01255 420707 lknight@clactoncoastalacademy.org
Heal in Motion Light exercise group	Simple and easy moment group. Ideal for disabled and wheelchair users. £1 per session. Just come along	Every Friday 1.30pm - 2.30pm	Coastal Community Centre, 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.	Every weekday 3.00pm - 5.00pm	Coastal Community Centre, Clacton Coastal	Lee Knight 01255 420707

	These supplies are here to be taken without question. Items include sanitary towels, soaps, shampoos and shower wash.		Academy. Pathfields Rd, Clacton. CO15 3JL	lknight@clactoncoastalacademy.org
Home Visiting Home-Start Plus	Weekly home visiting delivered bespoke to need to include home parenting; befriending; home management etc, For all families with a child under 11 years across Colchester and south Tendring to include, Clacton; Jaywick; Frinton , St Osyths.	Time to suit a parents needs For parents with children under 11 years	Colchester and South Tendring	Office@homestartcolchester.org.uk

<p><b>Barnardo's Invisible Lives (Previously known as Essex CAPI - Children Affected By Parental Imprisonment)</b></p>	<p>Due to the growing success of the Barnardo's Essex CAPI service we are changing our programme to meet the needs of service users and organisations.</p> <p>Essex CAPI has been funded centrally by Barnardo's for over 5 years and was originally set up to support and advise families who are affected by parental imprisonment. The service grew rapidly and due to its success and demands for support at all stages of the Criminal Justice System we now provide holistic child and family support and work closely with police teams, courts, prisons and other CJS agencies.</p> <p>A new part of our work we are able to work with schools and other agencies to provide bespoke courses and support young people at risk of hidden harms and other vulnerabilities. *We provide early intervention and prevention programmes, workshops and courses <b>(*some of which are provided free/others incur a charge. Please enquire for details)</b> for them and their families along with 1-1 mentoring sessions. We aim to educate, support and increase confidence and self-esteem for children and young people experiencing trauma and poor mental health and well-being as a result of their situation.</p>	<p><b>Launched on 1<sup>st</sup> May 2019</b></p>	<p><b>Service covers the whole of Essex</b></p>	<p><b>Suzanne Page (Team Manager) Barnardo's Invisible Lives Suite 12b Barclays Bank Chambers High Road Pitsea, Essex, SS13 3AS</b></p> <p><b>07947219802</b></p> <p><a href="mailto:Invisible.lives@barnardos.org.uk">Invisible.lives@barnardos.org.uk</a></p> 
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	<p>Other services we offer:</p> <ul style="list-style-type: none"> <li>• A range of mental health and well-being services</li> <li>• Support for Essex Missing programme</li> <li>• Bespoke school mentoring sessions– ReFocus programme</li> <li>• Courses and workshops for schools– including Girls Inspired and On The Ropes Sessions</li> <li>• Military Correction Training Centre family and detainee support</li> <li>• Invisible Lives professionals one day training courses.</li> <li>• A range of courses in prisons for staff, families and offenders</li> </ul>			
<p>Essex Child and Family Wellbeing Service</p>	<p>Delivering community and family focused health and wellbeing services which include Health Visiting , School Nursing and family support for families and children from pre- birth to 19 years of age ( 25 for SEND)</p>	<p>Referral via Lanswoodpark hub or referral form on website: Essexfamilywellbeing.co.uk</p>	<p>Contact: Lanswoodpark hub 0300 247 0015</p>	<p>Essex Child and Family Wellbeing Service</p>



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