

## 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 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>
EXTRA Courses	Limited programme. Spring term course list available online at: <a href="https://www.extrasupportforfamilies.co.uk/summer-2020-programme-2/">https://www.extrasupportforfamilies.co.uk/summer-2020-programme-2/</a>	Week commencing 11 <sup>th</sup> January 2021	Online via Zoom	Extra - Support for Families 07794 991987 or 07794 992080 or 07507 335125 <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a>
TEEN FLASH	Is a group programme for young people aged 11 - 16 who use self harm as a way to manage their lives. This is not group therapy. The workshops aim to create better listening and communication in personal relationships between young people and their parent/carer and provide some ideas about dealing with the impulse of self-harming and self-harm itself. In doing this we hope to reduce the emotional stress within the family and create more positive changes in behaviour. We also hope to raise the young persons self- esteem and reduce some anxieties.	TEEN FLASH runs over 5 Saturday's ; the first date is an introduction workshop. This allows the young person to come to the first session before deciding whether they want to continue with the other 4 workshops.  Timings: 11:00 - 16:00	OUTHOUSE EAST East Hill Colchester	Debbi Barnes 01206 562626 <a href="mailto:Debbi.barnes@theministryofparenting.com">Debbi.barnes@theministryofparenting.com</a>

		<p><b>Introduction session</b> Sat 30th Jan 2021</p> <p><b>Workshop One</b> Sat 13/02/2021</p> <p><b>Workshop Two</b> Sat 27/02/2021</p> <p><b>Workshop Three</b> Sat 13/03/2021</p> <p><b>Workshop Four</b> Sat 27/03/2021</p>		
FLASH	<p>Adult programme that sits alongside TEEN FLASH. FLASH stands for 'Families Learning About Self-harm'. This programme was designed to address young person's mental health issues by supporting young people and their carers who self-harm, through offering a formal parent-based intervention in the format of a parenting programme to the parents/carers. This is to enable the parent/carer to integrate the role of a parent with how to manage and support young people who exhibit self-harming behaviours.</p> <p>Parents, carers and close family members with a young person aged 11- 16 years can be referred to the workshops when the young person's self-harming behaviours are impacting on the family as a whole. Approximately 13 adults are invited to each series of workshops.</p>	<p>FLASH runs over four alternate Saturday's, with TEEN FLASH running alongside it. Please note all four workshops must be attended</p> <p><b>Saturday 13th February 2021:</b> Exploring What is Self-harm, Reasons, Risks</p> <p><b>Saturday 27th February 2021:</b> Understanding How to Listen and Raise Self-Esteem</p>	<p>Cardinal Bourne Hall (Next to St James the less Church Hall) Priory Street Colchester CO1 2QB</p> <p>Public car park opposite</p>	<p>Jeannie Gordon 01206 562626 administration@theministryofparenting.com</p>

		<p><b>Saturday 13th March 2021: Managing the Behaviour Within the Family Environment</b></p> <p><b>Saturday 21st March 2021: Coping Strategies for Parents</b></p> <p><b>Timings: 11:00 - 16:00</b></p>		
<p><b>Youth MHFA</b> Funded through Essex learning Partnership Fund (ACL)</p>	<p>To become a qualified Youth Mental health First Aider this costs £35 per person for the materials (manual, workbook, certificate and action card including postage). Aims:</p> <ol style="list-style-type: none"> <li>1. Preserve life where a young person may be a danger to themselves or others</li> <li>2. Provide help to prevent the mental health issue developing into a more serious state</li> <li>3. Promote the recovery of good mental health</li> <li>4. Provide comfort to a young person experiencing a mental health issue</li> <li>5. Raise awareness of mental health issues in the community</li> <li>6. Reduce the stigma and discrimination.</li> </ol>	<p>4 sessions 10:00 to 15:00 possible to finish at 13:30 on sessions 2,3,4</p> <p>4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup> March 2021</p>	<p>Online registration through Zoom</p>	<p>Lesley Bailey 07908616149 Lesley.bailey@interact.org.uk</p>
<p><b>Developing Self-care, resilience and Wellbeing</b></p>	<p>The aim is to build parent's/carer's/foster carer's resilience so they are well placed to enjoy their journey bringing up their children with special</p>	<p>4 sessions 10:00 to 13:00 5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup> March 2021</p>	<p>Online registration through zoom</p>	<p>Lesley Bailey 07908616149 Lesley.bailey@interact.org.uk</p>

<p>Funded through Essex learning Partnership Fund (ACL)</p>	<p>needs. The course offers a structure which parents/carers can:</p> <ul style="list-style-type: none"> <li>• Share and explore their travels so far</li> <li>• Take note of and celebrate the skills they have acquired along the way</li> <li>• Map their needs in preparation for the next adventure</li> <li>• Practice and rehearse possible strategies for building their skills and strengthening their resolve to journey on.</li> </ul> <p>The cost is £20 per person for the materials posted out as a booklet.</p>			
<p>Essex Child &amp; Family Wellbeing Service</p>	<p>Bursting Bubbles SEND Support Group. An informal support for families who have a child with Social, Emotional or Communication Delay.</p>	<p>Last Monday of every month 1:00pm - 2:00pm</p>	<p>Virtual support</p>	<p>0300 247 0015</p> <p>Facebook: Sydney House Family Hub - Tendring District</p> <p>Keep updated with our events by regularly visiting our Facebook page</p>

## Pre COVID-19 update


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

<p>Incredible Years ADHD Programme</p>	<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</p>	<p>The Incredible Years ADHD group is delivered over 16 evenings ( we do not run in the school holidays)</p>	<p>The Oak Tree Centre 252 Harwich Road Colchester CO4 3DH</p>	<p>There are limited places left on the September course. Referrals for the course in 2021 (funding dependant) please complete the parents referral form:</p>
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	<p>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/or an adult family member.</p>	<p>Start date</p> <p>The next Incredible Years ADHD Programme starts on Tuesday 08/09/2020</p> <p>Timings:</p> <p>9.15 for coffee, 9.30 start and 11.45 finish.</p>		<p><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>
<p>Bobbits Hole Tuesday</p>	<p>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</p>	<p>Tuesdays from 9 am- 5pm, 1 hour sessions must be pre-booked by calling 01255556230</p>	<p>Bobbits Hole Nature Reserve, Harwich</p>	<p>Call Home-start Harwich office on 01255 556230 to book a session</p>
<p>Continance 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:</p> <p>Bowel and Bladder Assessment Pack</p> <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>	<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</p> <p>Continance Consultant and Trainer</p> <p><a href="mailto:charmaine_champ@hotmail.co.uk">charmaine_champ@hotmail.co.uk</a></p> <p>07711337740</p>
<p>Spectrum Colchester</p>	<p>Parental support group for families with children who have social &amp; 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</p> <p>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 <a href="http://www.specialneeds counselling.co.uk">www.specialneeds counselling.co.uk</a></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: <a href="mailto:send.iass@essex.gov.uk">send.iass@essex.gov.uk</a></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 <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></p> <p>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></p> <p>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>

	<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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