



COVID-19 update

<p>Special Needs Support Group</p>	<p>A friendly, supportive group for parents/carers of children with any additional needs to meet up and chat once a month.</p>	<p>Wednesdays (During term time) 10:00am - 11:00am</p>	<p>Outdoor monthly meet-ups - please contact EXTRA for location details</p>	<p>For more information contact EXTRA on: 01255475001 admin@extrasupportforfamilies.co.uk</p>
<p>SWAN</p>	<p>This 10 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</p>	<p>Monday 13th September 2021 12.15pm-2.15pm</p>	<p>Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP</p>	<p>Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk</p>

	and talking to your child about stranger danger.			
Teen Talk Harwich	Telephone support for 11-25 year olds with emerging mental health worries •	<ul style="list-style-type: none"> On going 	Telephone support	Parents or over 17s can refer Office 01255 504800 Email. Teentalk1@hotmail.co.uk
TUITION	<ul style="list-style-type: none"> Remote tuition for 8 children. Provision of Laptops to 6 children. <ul style="list-style-type: none"> 2 SEN children getting support from outsourced AFIUK Community Ambassador. ADHD Training for Community Ambassadors.	<ul style="list-style-type: none"> Tuition-ongoing. Laptops distribution ongoing. Training TBC. 	Remote Learning-Jaywick	Crisolita Sousa. Crisolita.sousa@afiuk.org Godwin Daudu-Operations Mgr. Godwin.daudu@afiuk.org
TEENAGE PACKAGES & COACHING	Provision of Sanitary items or packages and offer of coaching.	TBC	Jaywick	Crisolita Sousa. Crisolita.sousa@afiuk.org Godwin Daudu-Operations Mgr. Godwin.daudu@afiuk.org
ADOPT A NEIGHBOUR	Wellness Checks resulting in: <ul style="list-style-type: none"> Provision of Hot Meals & Food packages. Shopping Runs Prescription Collection Vouchers For Parents 	Project ongoing.	Jaywick.	Crisolita Sousa. Crisolita.sousa@afiuk.org Godwin Daudu-Operations Mgr. Godwin.daudu@afiuk.org
SECONDHAND COLLECTION	Collection of approved useable Toys/Games/Books/Shoes/School Uniforms washed and sanitised and made safe for onward distribution to	Project postponed due to the Lockdown.	Jaywick.	Crisolita Sousa. Crisolita.sousa@afiuk.org Godwin Daudu-Operations Mgr. Godwin.daudu@afiuk.org

	<p>families requiring them.</p>			
<p>'Ready for Employment Buddy' project</p>	<p>Are you autistic, unemployed and over the age of 25? Autism Anglia invites you to apply for a 7-week programme to help & guide you to prepare for work.</p> <p>7-week programme to build confidence, increases personal skills, CV writing, completing application forms and preparing for interviews. During the programme you will be matched to a 'buddy' who will support you throughout the duration of the course. There will be weekly sessions to attend. The programme will also cover how to prepare for the first day at work, apprenticeships or volunteering placement as well as money management.</p> <p>The information for participants gives an age range of 25+, the programme can be accessed by younger autistic people, 18 - 24 years, if it is suitable for them. The participants do not need to have a diagnosis of autism.</p> <p>In conjunction with:</p> 	<p>For more information contact your work coach.</p>		<p>Contact your work coach at the Job Centre.</p>

<p>'Ready for Employment Buddy' project</p> <p>-</p> <p>Volunteer Mentoring</p>	<p>Are you over 25 and unemployed? Do you have an interest in Support Work or Social Care, helping people and providing autistic people with opportunities?</p> <p>7-week mentoring volunteer programme supporting autistic adults through a series of workshops (one per week), which will help them to prepare for employment. The sessions will teach them how to build confidence, personal skills and strengths, CV writing, complete application forms and preparing for interviews. The programme will also cover how to prepare for the first day at work, apprenticeships or volunteering placement as well as money management.</p> <p>As a volunteer you will receive Autism Awareness Training and you will learn the vital skills you need to become a support worker.</p> <p>In conjunction with:</p> 	<p>For more information contact your work coach.</p>		<p>Contact your work coach at the Job Centre.</p>
<p>Bursting Bubbles SEND support group</p>	<p>An informal support for families who have a child with Social, Emotional or Communication Delay.</p>	<p>Last Monday of the month</p> <p>1:30pm-2:30pm</p>	<p>Virtual Booking required</p>	<p>Essex Child and Family Wellbeing Service</p> <p>0300 249 0015</p>
<p>HeadsUp</p>	<p>Supporting people with common mental</p>	<p>Open-ended bespoke support</p>	<p>Mostly remote. Where/ when</p>	<p>headsup@enableeast.org.uk</p> <p>or</p>

	health conditions to develop skills which will help them into work, job searching, education or training		allowed there can be face to face sessions in Jaywick, Clacton and Dovercourt	01255 688683 (Signpost, Jaywick/ Tendring) 01206 334013 (EPUT, Clacton/ Tendring)
TEEN FLASH	<p>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.</p>	<p>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.</p> <p>Timings 11.00 - 16.00</p> <p>Introduction session</p> <p>Sat 17th April 2021</p> <p>Workshop One Sat 24th April 2021</p> <p>Workshop Two Sat 08th May 2021</p> <p>Workshop Three Sat 22nd May</p>	<p>OUTHOUSE EAST East Hill Colchester</p>	<p>Debbi Barnes 01206 562626 Debbi.barnes@theministryofparenting.com</p>

		2021 Workshop Four Sat 5th June 2021		
FLASH	<p>The adult programme that sits alongside TEEN FLASH.</p> <p>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.</p> <p>Please note all four workshops must be attended</p> <p>Saturday 24th April 2021 : Exploring What is Self-harm, Reasons, Risks</p> <p>Saturday 08th May 2021: Understanding How to Listen and Raise Self-Esteem</p> <p>Saturday 22nd May 2021 : Managing the Behaviour Within the Family Environment</p> <p>Saturday 05th June 2021: : Coping Strategies for Parents</p> <p>Timings 11.00 - 16.00</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>
The Incredible Years ADHD Group	<p>This group will follow additional protocols for parents of children aged 4-10 years, with ADHD or ADHD traits. The group programme is 13 weeks long and is held for two hours, weekly (excluding school holidays).</p>	<p>The Incredible Years ADHD Group will run on</p> <p>Tuesday mornings for 13 weeks (excluding school holidays)</p>	<p>St Anne's Community Centre, Harwich Road, Colchester</p>	<p>Jeannie gordon 01206 562626 administration@theministryofparenting.com</p>

	<p>We have two Incredible Years ADHD groups planned for this year. Starting May and November.</p> <p>Please be aware, the group is popular and is often oversubscribed therefore, we operate a waiting list (based on date referred into our service). This year we have the added limitation of social distancing which has limited the number of places we can offer.</p> <p>Who is it for? 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 sole (or shared care with a partner who is not the child's biological parent) responsibility for bringing up a child can attend the group.</p>	<p>@ 09.30 -11.30</p> <p>The first group starts on Tuesday 18th May 2021</p> <p>This group is now full.</p> <p>The second group starts on Tuesday 9th November 2021</p> <p>@ 9.30 - 11.30</p>		
<p>Youth MHFA 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: 1. Preserve life where a young person may be</p>	<p>4 sessions</p> <p>10:00 to15:00 session 1 10:00 to 13:30 session 2,3, 4</p> <p>16th 23rd 20th April & 7th May 2021</p>	<p>Online registration through Zoom</p>	<p>Lesley Bailey 07908616149 Lesley.bailey@interact.org.uk</p>


	<p>a danger to themselves or others</p> <p>2. Provide help to prevent the mental health issue developing into a more serious state</p> <p>3. Promote the recovery of good mental health</p> <p>4. Provide comfort to a young person experiencing a mental health issue</p> <p>5. Raise awareness of mental health issues in the community</p> <p>6. Reduce the stigma and discrimination.</p> <p>7. Support your own wellbeing</p>			
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Pre COVID-19 update

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

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
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 charmaine_champ@hotmail.co.uk 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 www.specialneeds counselling.co.uk
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: send.iass@essex.gov.uk
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

<p>MAZE Coffee mornings</p>	<p>Informal drop in sessions for parents who have children with SEN/AEN across the area.</p> <p>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</p>	<p>Contact for dates</p>	<p>Foxburrow Grange, Ypres Road, Colchester</p> <p>Foxburrow Grange, Ypres Road, Colchester</p>	<p>Sue Anderton PO Box 1035 Bentley IPSWICH IP9 2WL</p> <p>themaze@btinternet.com 07708873023 or follow on Facebook at MAZE and MAZESays</p>
<p>Unified Rainbow Support</p>	<p>A group aimed at supporting Parents, carers and families who have children with additional needs in Dovercourt and Harwich.</p>	<p>Contact for dates Hosted by Kay Stamp</p>	<p>The Park Pavillion Barrack Lane Harwich</p>	<p>Please find us on facebook - Unified Rainbow Support</p>
<p>Shorefields Coffee morning</p>	<p>Coffee morning for families of children with additional needs hosted by Angela Garrett.</p>	<p>First Thursday of the month 9.30am</p>	<p>Shorefield School, Holland Road, Clacton</p>	<p>Angela Garrett Shorefields School</p>
<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</p>	<p>Alicia Boyer Emma Miller Enquiries @fledglings.org.uk</p>

			is nationwide.	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
ICE - Inclusive Communication Essex	<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>	At all times	Your local library	<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>



Funded by:



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