


# COVID-19 update

<p>Weigh Stay &amp; Play</p>	<p>Join us for a fun morning of craft and play. You will also have an opportunity to weigh your child and seek advice about your child's overall development and wellbeing. All aged children welcome.</p>	<p>Tuesdays 10:00am - 11:30am</p>	<p>Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP</p>	<p>For more information contact EXTRA on: 01255475001 <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a></p> <p>Run in partnership with</p> 
<p>Heroes Peer Support Group</p>	<p>A weekly support group for all parents/carers to have fun and make friends.</p>	<p>Mondays (During term time) 10:00am - 11:00am</p>	<p>Clacton Seventh-Day Adventist Church. 9 Rush Green Rd, Clacton on Sea, CO16 7AD.</p>	<p>For more information contact EXTRA on: 01255475001 <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a></p>
<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>Last Friday of every month (During term time) 10:00-11:30am</p>	<p>Walton on The Naze - Please contact EXTRA for further details.</p>	<p>For more information contact EXTRA on: 01255475001 <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a></p>
<p>Feel Good Friday</p>	<p>Join like-minded parents to help you to feel good!</p>	<p>Every Friday (Term Time Only) 10:00am - 11:00am</p>	<p>Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP</p>	<p>For more information contact EXTRA on: 01255475001 <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a></p>

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	Term Time Only - Home Start Harwich	Contact Home Start Harwich on 01255 556230 for more information. <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
<i>Singing sessions Virtual</i>	<i>Come and have fun talking and singing with your child while building their confidence and developing language skills. (please note that your sound will be turned off so we won't hear your singing!)</i>	<b>Tuesdays</b> <i>Toddlers 9.30am - 10am Babies 10.30am - 11am Please call to book your space</i>	<b>Virtual</b>	<i>Essex Child and Family Wellbeing Service 0300 247 0015</i>
<i>First Time parents virtual session</i>	<i>Our three week course for first time parents with a baby from 6 weeks old covering a range of topics and offering you the opportunities to share experiences and meet other new parents</i>	<i>Mondays 12.30pm - 1.30pm or Fridays 11.15am - 12.15pm Please call to book your space</i>	<b>Virtual</b>	<i>Essex Child and Family Wellbeing Service 0300 247 0015</i>
<i>Butterflies Virtual and Face to Face</i>	<i>A peer support group for parents and carers affected by any mental health issues and or substance and alcohol misuse.  Delivered in partnership with futures in mind</i>	<i>First Wednesday of the month 1pm - 2pm Please call to book your space</i>	<b>Virtual</b>	<i>Essex Child and Family Wellbeing Service 0300 247 0015</i>
<i>Weeley Barnardo's Family Big Toddle, Nature</i>	<i>Help us find the Safari animals and tick them off your list as you toddle around the park at our family event. Then have fun hunting for the natural items in our nature hunt and bring along a picnic and a blanket along with your</i>	<b>Thursday 12<sup>th</sup> August</b>	<b>Weeley Playing Field</b> Clacton Road. Weeley. Essex.	<i>Emma Stewart 0300 247 0015 Emma.stewart@barnardos.org.uk</i>

hunt and family picnic	<i>favourite animal toy as we get together for a picnic in the park.</i>	<b>11am - 12.30pm</b>	CO16 9DN	
<i>Big Toddle, Nature hunt and family picnic</i>	<i>Help us find the Safari animals and tick them off your list as you toddle around the park at our family event. Then have fun hunting for the natural items in our nature hunt and bring along a picnic and a blanket along with your favourite animal toy as we get together for a picnic in the park.</i>	<b>Thursday 19<sup>th</sup> August</b> <b>11am – 12.30pm</b>	<b>Welfare Park</b> Garland Road, Parkeston, Harwich, CO12 4PA	<i>Emma Stewart</i> 0300 247 0015 <i>Emma.stewart@barnardos.org.uk</i>
<i>Baby Beginnings</i>	<i>A 10week face to face programme to support you and your babies development in a fun way.</i>	<b>Wednesdays 10am – 11.30am</b> <b>Please call to book your space</b>	<b>Sydney House Family Hub</b> 61a Langham Drive Clacton-on-sea Essex CO16 7AG	<i>Essex Child and Family Wellbeing Service</i> 0300 247 0015
<i>Bookable Baby Self Weigh session</i>	<i>An opportunity to weigh your baby/toddler and speak to one of our Healthy Family Support Practitioners/Assistants about your child's growth and development</i>	<i>Days and Times available may vary please call to book your space</i>	<b>Sydney House Family Hub</b> 61a Langham Drive Clacton-on-sea Essex CO16 7AG	<i>Essex Child and Family Wellbeing Service</i> 0300 247 0015
<i>Talk together Virtual sessions</i>	<i>Talk together - Our Workshop for parents and children focusing on speech and language support for children aged 18mths - 3yrs</i>	<i>Mondays 11am - 12noon</i> <i>Or</i> <i>Thursdays 1pm - 2pm</i> <i>please call to book your space</i>	<b>Virtual</b>	<i>Essex Child and Family Wellbeing Service</i> 0300 247 0015
<i>Bursting bubbles SEND support group Virtual session</i>	<i>An informal support for families who have a child with social, emotional or communication delay.</i>	<i>Last Monday of the month 1.30pm - 2.30pm</i> <i>Please call to be added to the session</i>	<b>Virtual</b>	<i>Essex Child and Family Wellbeing Service</i> 0300 247 0015

Preparing for Baby Virtual session	Our interactive workshop supports managing expectations and the reality of becoming a new parent.	Wednesdays 10am - 11.30am Please call to book your space	Virtual	Essex Child and Family Wellbeing Service 0300 247 0015
------------------------------------	---	--	---------	---

'Say Hi' Family walks	Meet other families for a gentle family walk and talk, walks are Monthly in each area but take place weekly across Tendring. Families are welcome to join us monthly for their local walk (and encouraged to meet up for unled walks in the weeks in between) or if able to travel can attend any of the led walks. We try to include the opportunity for a group chat. For August walks please bring along a picnic and blanket (Teddy bears welcome too) for after the walk. No need to book - Just turn up	<b>Clacton:</b> 1st Wednesday of each month at 11am, meet us outside the lifeboat station CO15 1BW. 7th July & 4th August - (Inc. Teddy Bears Picnic afterwards- bring your own picnic) & 1st September.  Please wear a mask to ensure everyone's safety	Clacton	Emma Stewart 0300 247 0015 Emma.stewart@barnardos.org.uk
'Say Hi' Family walks	Meet other families for a gentle family walk and talk, walks are Monthly in each area but take place weekly across Tendring. Families are welcome to join us monthly for their local walk (and encouraged to meet up for unled walks in the weeks in between) or if able to travel can attend any of the led walks. We try to include the opportunity for a group chat. For August walks please bring along a picnic and blanket (Teddy bears welcome too) for after the walk. No need to book - Just turn up	<b>Harwich:</b> 2nd Wednesday of each month at 11am, meet us outside Harwich Library CO12 3JT. 14th July & 11th August - (Inc. Teddy Bears Picnic afterwards, bring your own picnic) & 8th September.  Please wear a mask to ensure everyone's safety	Harwich	Emma Stewart 0300 247 0015 Emma.stewart@barnardos.org.uk
'Say Hi' Family walks	Meet other families for a gentle family walk and talk, walks are Monthly in each area but take place weekly across Tendring. Families are welcome to join us monthly for their local	<b>Wivenhoe:</b> 3rd Monday of each month at 1.30pm, meet us at near the	Wivenhoe	Emma Stewart 0300 247 0015 Emma.stewart@barnardos.org.uk

	<p>walk (and encouraged to meet up for unled walks in the weeks in between) or if able to travel can attend any of the led walks. We try to include the opportunity for a group chat. For August walks please bring along a picnic and blanket (Teddy bears welcome too) for after the walk.</p> <p>No need to book - Just turn up</p>	<p>train station CO7 9DJ. 19th July, 16th August &amp; 23rd September. Please wear a mask to ensure everyone's safety</p>		
'Say Hi' Family walks	<p>Meet other families for a gentle family walk and talk, walks are Monthly in each area but take place weekly across Tendring. Families are welcome to join us monthly for their local walk (and encouraged to meet up for unled walks in the weeks in between) or if able to travel can attend any of the led walks. We try to include the opportunity for a group chat. For August walks please bring along a picnic and blanket (Teddy bears welcome too) for after the walk.</p> <p>No need to book - Just turn up</p>	<p><b>Walton:</b> 3rd Wednesday of each month at 11am, meet us outside Walton Pier CO14 8ES. 21st July &amp; 18th August - (Inc. Teddy Bears Picnic afterwards, bring your own picnic) &amp; 15th September.</p> <p>Please wear a mask to ensure everyone's safety</p>	<b>Walton</b>	<p>Emma Stewart 0300 247 0015 Emma.stewart@barnardos.org.uk</p>
'Say Hi' Family walks	<p>Meet other families for a gentle family walk and talk, walks are Monthly in each area but take place weekly across Tendring. Families are welcome to join us monthly for their local walk (and encouraged to meet up for unled walks in the weeks in between) or if able to travel can attend any of the led walks. We try to include the opportunity for a group chat. For August walks please bring along a picnic and blanket (Teddy bears welcome too) for after the walk.</p> <p>No need to book - Just turn up</p>	<p><b>Manningtree:</b> 4th Wednesday of each month at 11am, meet us at the beach in Quay Street CO11 1AU. 28th July &amp; 25th August- (Inc. Teddy Bears Picnic afterwards- bring your own picnic) &amp; 22nd September.</p> <p>Please wear a mask to ensure everyone's safety</p>	<b>Manningtree</b>	<p>Emma Stewart 0300 247 0015 Emma.stewart@barnardos.org.uk</p>

<p>Toilet training support</p> <p>Virtual Session</p>	<p>One off workshop to support you with toilet training your child. For children aged 18months - 2 ½ years</p>	<p>Wednesdays 10am - 11.30am Please call to book your space</p>	<p>Virtual</p>	<p>Essex Child and Family Wellbeing Service 0300 247 0015</p>
<p>Chat Health</p>	<p>Text service for Teenagers aged 11-19 to receive confidential advice and support from a School Nurse</p> <p>Helping young people with all kinds of things such as Relationships, Mental Health, Bullying, Alcohol, Self Harm, Healthy Eating, Drugs, Smoking</p>	<p>Monitored Mon- Fri 8am – 6pm</p>	<p>Text</p>	<p>07520 615731</p>
<p>Useful information and up to date timetables can be found on our Facebook page and website</p>	 <p>Sydney House Family Hub -Tendring District <a href="http://www.essexfamilywellbeing.co.uk">www.essexfamilywellbeing.co.uk</a></p>	<p>Anytime</p>	<p>Facebook</p>	<p>Essex Child and Family Wellbeing Service 0300 249 0015</p>
<p>Teen Talk Harwich 17.25group</p>	<p>17-25 group, online social group</p>	<p>Ongoing</p>		<p>Fern.lovett@teentalkharwich.co.uk</p>
<p>Social Prescribing</p>	<p>Team of Social Prescribers supporting GP surgeries and the public. 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</p>	<p>n/a</p>	<p>n/a</p>	<p>Community Voluntary Services Tendring (CVST) 01255 425692 <a href="mailto:socialprescribing@cvstendring.org.uk">socialprescribing@cvstendring.org.uk</a></p>

	and access support more quickly/ Mental Health and wellbeing services.			
Positive project	Community project, spreading positive messages in the community. More details can be found via social medias Facebook, instagram	On going		<a href="mailto:Fern.lovett@teentalkharwich.co.uk">Fern.lovett@teentalkharwich.co.uk</a> Office 01255 504800

## Pre COVID-19 update

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

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 Home-Start Plus registered families.	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	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

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 -	Every Wednesday in term time	Mayflower Primary School	Julie-Ann Walker 01255 502444 julieann.walker@mayflower - pri.essex.sch.uk
Teen Talk (Harwich)  Support Service	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.	Weekdays Get in touch for more information	17 Cliff Road, Harwich, CO12 3PP  Clacton Library, Station Road, Clacton, CO15 1SF	01255 504800  teentalk1@hotmail.co.uk
Coffee morning	Coffee morning for parents who would like to meet other like minded individuals to share parenting tips and advice.	Every Tuesdays 9.15- 11.15am term-time	Food tech room at White Hall Academy	Suzy Watts Clacton 422825
Baby and toddler group	Parent and toddler group - 0-4s £1 per family for refreshments	Every Monday 9.15-11.15am Term-time	Food tech room at White Hall Academy	Hayley Mobile 07506324599

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
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



Funded by:



Funded By



Essex Community Foundation  
Garfield Weston FOUNDATION



Disclaimer: Whilst every effort has been made to verify the information in this update it is not possible to guarantee the accuracy or completeness so please liaise with providers for confirmation of details contained in the update, inclusion in the update also does not constitute a recommendation. We therefore accept no liability for any inaccuracies or any loss or damage arising from the use or reliance on information obtained from the update or through the use of the services listed or the content or availability of the websites.