



COVID-19 update

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| <p>Baby Assisted Self Weigh.</p> | <p>An opportunity to weigh your child and seek advice about your child's overall development and wellbeing</p> | <p>Tuesdays 10:00am - 11:30am (by appointment only)</p> | <p>Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP</p> | <p>To book an appointment please call 03002470015</p>   |
| <p>Teen talk</p> | <p>Telephone support for 11-25 year olds with emerging mental health worries</p> | <p>On going</p> | <p>Telephone support</p> | <p>Parents or over 17s can refer Office 01255 504800 Email. Teentalk1@hotmail.co.uk</p> |
| <p>Teen talk</p> | <p>17-25 group, online social group</p> | <p>ongoing</p> | | <p>Fern.lovett@teentalkharwich.co.uk</p> |
| <p>TEEN FLASH</p> | <p>Is a group programme for young people aged 11 - 16 who use self-harm as a way to manage their lives. <u>This is not group therapy.</u> The workshops aim to create better listening and communication in</p> | <p><i>Check with Ministry of Parenting.</i></p> | <p>OUTHOUSE EAST East Hill Colchester</p> | <p>Debbi Barnes 01206 562626 Debbi.barnes@theministryofparenting.com</p> <p>Also Please see the TEEN FLASH website Developed by Debbi Barnes, Shelly Steel and the amazing young people who have worked with Debbi and Shelly in designing the Website. see https://www.teenflash.co.uk/</p> |

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| | <p>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 person's self-esteem and reduce some anxieties.</p> | | | |
| <p>EYPDAS- Essex Young People's Drug and Alcohol Service. (A project of The Children's Society)</p> | <p>Provide 1-1/group work for young people around substance misuse.</p> <p>Young people can self refer or be referred by parents or professionals.</p> <p>Support around education, harm reduction, reducing use and relapse prevention.</p> <p>6-8 sessions of support.</p> | <p>NA.</p> | <p>Community/video/phone support</p> | <p>https://www.childrensociety.org.uk/information/young-people/east/EYPDAS</p> <p>Referral form located on the bottom of this page and other contact methods.</p> <p>Also leave a message at: 01245 493311</p> |

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| YOUTH CLUB | <ul style="list-style-type: none"> • Colouring/Crafts/Arts/Games/ Other interactive Educational Activities. | <ul style="list-style-type: none"> • 12/12/20 paused due to Pandemic. | 7 th Day Adventist Church-Jaywick | <p>Crisolita Sousa. Crisolita.sousa@afiuk.org</p> <p>Godwin Daudu-Operations Mgr. Godwin.daudu@afiuk.org</p> |
| TEENAGE PACKAGE S & COACHING | Provision of Sanitary items or packages and offer of coaching. | <ul style="list-style-type: none"> • TBC | Jaywick | <p>Crisolita Sousa. Crisolita.sousa@afiuk.org</p> <p>Godwin Daudu-Operations Mgr. Godwin.daudu@afiuk.org</p> |

Pre COVID-19 update

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

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| C.H.I.M.P. S' | A variety of weekly fun and physical activity sessions to encourage and support children and young people in maintaining an active lifestyle. | Dates depend on age of child | Clacton, Brightlingsea & Dovercourt | For times and information contact Kate French 01255 206272 |
| 'DEAL' | A 6-week course for 14-16 year olds focusing on Diet, Exercise And Lifestyle. This course is suitable for | 6 weeks | Tendring & Colchester | For more information, contact Kate French on 01255 206272 |

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| | those who have a BMI above the healthy level for their age. | 1.5 hours a week | | |
| Colchester and Tendring Youth Enquiry Service | Counselling 11-25 years Family Group Counselling 11-25yrs Anger management counselling 11-19 yrs | Ongoing referral via GP | Hurlingham Chambers 61 Station Road Clacton | Maria Hales Counselling Coordinator 01255 434601 |
| YES Bump and Beyond | Teenage pregnancy and young parent group up to 21 years with children under 1 year Antenatal Clinic | Ongoing Mondays 12.30-2.30pm Ongoing referral by midwife | Hurlingham Chambers 61 Station Road Clacton | julie.skeritt@colchesteryes.org.uk 01255 434601 or 07918051688 |


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| 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 www.interact.org.uk | Short Breaks: call Jenny Jackson 07972330725 or InterAct office 01245 608206 or email jenny.jackson@interact.org.uk For details of volunteer opportunities please call Ali Perrot on 01245 608333. For details about the 19+ pilot call Lesley Bailey 01245 608307 |
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| 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. |
| 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 50800 and speak to any support worker |
| Housing | Housing Support for 16-19 Year olds | | | Lisa Adams - Social worker, Magnet House |
| Moving Parents and Children Together (M-PACT) | Structured 10 session program devised to address parental substance misuse. Parents and children (aged 10-17 years) | Rolling | Various | Sue Peachey 01255 434186 sue.peachey@openroad.org.uk |
| Play and Learn Group | A 10 week play and learn group suitable for pre-school children 1-4 years. The 10 week programme will offer support on Early Years development and School Readiness, providing a safe learning environment and to make friends. | | | To register for a place email: office@homestartcolchester.org.uk or call 01206 854625 |
| | Free places for eligible 2 year olds and fee-paying places for 2-5s. | Every day - term-time. Core provision from 8.30-3.15pm with lunch club. £2.50 per hour | Sparkles and Little Stars Nursery | |

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| Nursery provision - 2-5s | Free places for 3-5s (15 - 30hrs depending on financial circumstances). | additional hours. Flexible hours considered .Breakfast and after school clubs if sufficient demand | | |
| Chatterpillars | A speech and language group for children aged from 2 years | Thursdays 10am-11.30am | Sydney House Family Hub 61a Langham Drive, Clacton CO16 7AG | Sydney House Family Hub Manager 01255 479386 |
| Confident Cooking | <i>For 2-5 year olds. Learn new healthy recipe ideas and make simple tasty snacks on this Healthy Eating Cooking Course for families.</i> | <i>Friday's 12:00-13:30 - 6 week course.</i> | <i>St James Children Centre, Unit 4, 30 Oxford Road, Clacton-On-Sea. CO15 3TB</i> | <i>St James Children's Centre 01255 222503</i> |
| Baby Massage | <i>A course for babies up to 6 months; Learn techniques promoting babies development.</i> | <i>4 week course</i> | <i>Essex Child and Family Wellbeing Service</i> <i>Across areas</i> | <i>Sydney House Hub 01255679386 St James Delivery Site 01255 222 503 Rainbow Delivery Site 01255 850 475</i> |
| Chatterpillars | <i>Speech & Language Course for 2-5 year olds to help support speech & language delay.</i> | <i>09:30-10:30 Thursday's for 8 week course. Call to Book</i> | <i>Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN</i> | <i>Michelle Whiteman & Sarah Metcalfe 01206 578978</i> |
| Confident Cooking | <i>For 2-5 year olds. Learn new healthy recipe ideas and make simple tasty snacks on this Healthy Eating Cooking Course for families.</i> | <i>Monday 10:30-11:30 - 6 week course.</i> | <i>Berechurch Childrens Centre, School Lane, Monkwick Avenue,</i> | <i>Lauren Bairstow 01206 578978</i> |

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| <i>Baby Massage</i> | <i>Learn massage techniques and bond with your baby in a calm relaxed environment.</i> | <i>Times & Days vary. Call to book and for more information</i> | <i>Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN</i> | <i>Berechurch Childrens Centre 01206 578978</i> |
| <i>Sensory Room</i> | <i>Come and enjoy a calm relaxing sensory experience with your child.</i> | <i>Call to book sensory session between 08:00 & 17:00</i> | <i>Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN</i> | <i>Berechurch Childrens Centre 01206 578978</i> |
| <i>Sensory Group</i> | <i>For 0-5 year olds to come along and explore the multi-sensory room.</i> | <i>Last Thursday of each month 11:00-12:00</i> | <i>Shorefields School 114 Holland Road, Clacton-On-Sea, CO15 6HF</i> | <i>St James Children's Centre/ Natalie Pannell 01255 222503</i> |
| <i>Teenage pregnancy linkworker & Young parent support</i> | <i>Support for young parents/ parents-to-be under the age of 19 in tendring area. (various support offered for example, housing, benefits, pregnancy options, 1:1 support) Young parent group every Monday 12:30 until 2pm (please note the start time will be changing after Christmas to 1pm until 2:30pm)</i> | | <i>Youth enquiry service Hurlingham Chambers 61 station road Clacton-On-Sea CO15 1SD</i> | <i>Simone Doctor 07918051688/01255434601 Simone.doctor@colchesteryes.org.uk</i> |

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| CHHAT - Community Hidden Harm Awareness Team | A support group for young people (8-19 years old) affected by family substance misuse. | | | Amie Craven - Senior Practitioner 01245 493311 07775700264 Amy.craven@childrenssociety.org.uk  CHHAT Referral Form.doc |
| Papworth Youth Club | Cost is £2.50 Age range 11+ | Every Wednesday 7-9pm | Green Lodge Youth Centre Old Road Clacton CO15 3AY | Call Gayle Kiff 07891006522 |
| 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 |
| Wellbeing Group Invite only | Youth Group session for ages 7-19 years | Mondays 3.15-4.30pm | Sydney House 61A Langham Drive, Clacton-On-Sea CO16 7AG | Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685 |
| Girls Group | Sessions exploring topics such as positive relationships, sexual health, body image, social media, mental health, etc | Mondays 4 - 5pm | Sydney House 61A Langham Drive, Clacton-On-Sea CO16 7AG | Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685 |

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| Chill Out Session | Youth Group chill out session for younger ages 7-11years | Tuesdays 4-6pm | Inclusion Ventures Base 12 Brooklands Gardens Jaywick CO15 2JP | Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685 |
| Chill Out Session | Youth Group chill out session for older ages 12-19 years | Tuesdays 6.45-8.15pm | Marion Heath Community Hall Rush Green Road, Clacton-On-Sea CO16 7AD | Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685 |
| Football | Youth football session | Wednesdays 3.30-5.30pm | London Road playing field Clacton-On-Sea | Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685 |
| Jaywick Bike Kitchen | Free service providing the chance to learn new skills and get help to mend your bike | Wednesdays 7-9pm | Unit 8, Lotus Way, Jaywick Sands, CO15 2LU | Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685 |
| Activity Group | Youth Group session for ages 7-19 years | Thursdays 6.15-8.15pm | Jaywick Methodist Church Crossways, Jaywick CO15 2NA | Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685 |
| After School Club | Youth Group session for ages 7-19 years | Fridays 3.30-5.30pm | Sydney House 61A Langham Drive, Clacton-On-Sea CO16 7AG | Inclusion Ventures Ltd Unit 8, Lotus Way, Jaywick Sands CO15 2LU Tel - 01255 688685 |



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