



COVID-19 update

<p>Walton SEN 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 (Pre school children welcome).</p>	<p>Last Wednesday of the month (During term time) 1:00 - 2:30pm</p>	<p>Walton Community Centre, Standley Road, Walton on the Naze, CO14 8PT</p>	<p>For more information contact EXTRA on: 01255475001 admin@extrasupportforfamilies.co.uk Or Walton Pre-School on 01255 672189</p>
<p>SWAN</p>	<p>This 11 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 and talking to your child about stranger danger.</p>	<p>From Tuesday 10th January 2023 12noon - 2pm (11 weeks)</p>	<p>Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP</p>	<p>Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk</p>

ADHD Workshop	This workshop will help parents/carers to understand Attention Deficit Hyperactivity Disorder (ADHD) and give tips on how to positively manage their children's behaviour	Thursday 23 rd March 2023 Via Zoom 10.30am - 12.30pm	Zoom	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
Your Sensory Child	This workshop will help parents/carers to understand sensory processing difficulties experienced by their child and give tips on how to help them	Thursday 16 th March 2023 10am - 12.30pm	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
Introduction to Attention Deficit hyperactivity disorder (ADHD)	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 step parents, grandparents and childminders. We welcome parents on their own or with their partners/adult family member.	13th September 2022- December 2022 (Tuesday Mornings) Please be aware, this group is in high demand and is currently oversubscribed (full) so we are operating a cancellation waiting list, based on date referred to our service. This means if a parent who has a place on the September course is not able to attend, we will offer the place to the next person on our waiting list. As the number of cancellations will be limited, regrettably some parents on the waiting list may not be offered a place on the September group course. We are in the process of reviewing the group courses for 2023.	At St Anne's Community Centre , Colchester see Directions to St Anne's Hall Colchester	administration@theministryofparenting.com or call us on 01206 562626
Essex Family Forum	The Essex Family Forum is a well-informed, connected and empowered community of families that includes children and young people up to the age of 25 with disabilities or additional needs. We work in partnership with organisations, our local authority and	To request a hard copy of 'Supporting Your Neurodiverse Child' https://essexfamilyforum.org/parent-surveys-and-feedback/resources-for-families/	Various Locations.	hello@essexfamilyforum.org

	health commissioners aiming for quality outcomes that meet the needs of all our families. We are also part of the Eastern region and national network of forums.	SEND Roadshows - Please see their website for details.		
Teen Talk Harwich	Telephone support for 11-25 year olds with emerging mental health worries •	• 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. • 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. <ul style="list-style-type: none"> • Shopping Runs • Prescription Collection Vouchers For Parents 	Project ongoing.	Jaywick.	Crisolita Sousa. Crisolita.sousa@afiuk.org Godwin Daudu-Operations Mgr. Godwin.daudu@afiuk.org

<p><i>SECONDHAND COLLECTION</i></p>	<p><i>Collection of approved useable Toys/Games/Books/Shoes/School Uniforms washed and sanitised and made safe for onward distribution to families requiring them.</i></p>	<p><i>Project postponed due to the Lockdown.</i></p>	<p><i>Jaywick.</i></p>	<p><i>Crisolita Sousa. Crisolita.sousa@afiuk.org</i></p> <p><i>Godwin Daudu-Operations Mgr. Godwin.daudu@afiuk.org</i></p>
<p><i>'Ready for Employment Buddy' project</i></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><i>For more information contact your work coach.</i></p>		<p><i>Contact your work coach at the Job Centre.</i></p>

	<p>In conjunction with:</p> 			
<p>'Ready for Employment Buddy' project - 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><i>For more information contact your work coach.</i></p>		<p><i>Contact your work coach at the Job Centre.</i></p>
<p>Bursting Bubbles</p>		<p>Last Monday of the month</p>	<p>Virtual</p>	<p>Essex Child and Family Wellbeing Service 0300 249 0015</p>

SEND support group	An informal support for families who have a child with Social, Emotional or Communication Delay.	1:30pm-2:30pm	Booking required	
HeadsUp	Supporting people with common mental health conditions to develop skills which will help them into work, job searching, education or training	Open-ended bespoke support	Mostly remote. Where/ when allowed there can be face to face sessions in Jaywick, Clacton and Dovercourt	headsup@enableeast.org.uk or 01255 688683 (Signpost, Jaywick/ Tendring) 01206 334013 (EPUT, Clacton/ Tendring)
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	September – November 2022 Please be aware, these workshops are in high demand and is currently oversubscribed (full) so we are operating a cancellation waiting list, based on date referred to our service. This means if a parent who has a place on the September-November workshops is not able to attend, we will offer the place to the next person on our waiting list. As the number of cancellations will be limited, regrettably some parents on the waiting list may not be offered a place on the September-November workshops.	OUTHOUSE EAST East Hill Colchester	Debbi Barnes 01206 562626 Debbi.barnes@theministryofparenting.com


	persons self- esteem and reduce some anxieties.			
Circle of Support	A peer led support group for families with a child who has SEND.	1st and 3rd of the month Monday 9.30am- 10.30am	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Contact Tanya for details on 07547698082

Pre COVID-19 update
(EXTRA cannot confirm these are still running, please contact relevant organisation)

<p style="text-align: center;">Bobbits Hole Tuesday</p>	<p>Supported, individual families can attend Bobbitts 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 style="text-align: center;">Tuesdays from 9 am- 5pm, 1 hour sessions must be pre-booked by calling 01255556230</p>	<p style="text-align: center;">Bobbitts Hole Nature Reserve, Harwich</p>	<p style="text-align: center;">Call Home-start Harwich office on 01255 556230 to book a session</p>
<p style="text-align: center;">Continence Support and Advice</p>	<p>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 training, workshops or regular support for children and their families</p>	<p style="text-align: center;">Available for morning, afternoon or evening sessions Consultancy available at the family home</p>	<p style="text-align: center;">Able to attend where the needs of families require support and advice</p>	<p style="text-align: center;">Charmaine Champ Continence Consultant and Trainer <u>charmaine_champ@hotmail.co.uk</u> 07711337740</p>
<p style="text-align: center;">Spectrum Colchester</p>	<p style="text-align: center;">Parental support group for families with children who have social & communication difficulties.</p>	<p style="text-align: center;">First Wednesday of the month 10.30am-12.30pm</p>	<p style="text-align: center;">St Botolphs Church Church Walk (off St Botolphs Street Colchester</p>	<p style="text-align: center;">Contact Jane Pearson on 01206 210855 Or Claire Smith on 01376 510132</p>

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 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,	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
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	Autism Anglia, Social Stories™ coach and Community Continence Nurse, Skills for Care and others			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	Please find us on facebook - Unified Rainbow Support
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@familiesinfocusessex.org.uk
ICE - Inclusive Communication Essex	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:	At all times	Your local library	Sarah Gray / Judith Wickenden Sarah.gray@essex.gov.uk Judith.wickenden@essex.gov.uk 03330132707

	<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>			<p>www.essexice.co.uk</p>
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