



Groups and Services Update 23/11/2022

Groups/Support for Young People

<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>EXTRA - Support for families. Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP</p>	<p>To book an appointment please call 03002470015</p>  
<p>Parents2B & Babies up to 6m</p>	<p>Join us at a relaxed, friendly group where you can meet other parents & parents-to-be over a cuppa and biscuits. Information and support will be available on pregnancy and life with a young baby. You will also have an opportunity to weigh your baby.</p>	<p>Tuesdays 10:00-11:30am</p>	<p>EXTRA - Support for families. Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP</p>	<p>No need to book. 01255475001 admin@extrasupportforfamilies.co.uk</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>OUTHOUSE EAST</p>	<p>Debbi Barnes 01206 562626</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 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>Saturday 24th September 2022: Exploring What is Self-harm, Reasons, Risks Saturday 8th October 2022: Understanding How to Listen and Raise Self-Esteem Saturday 22nd October 2022: Managing the Behaviour Within the Family Environment Saturday 5th November 2022: Coping Strategies for Parents</p>	<p>East Hill Colchester</p>	<p>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>
<p>EYPDAS- Essex Young People's Drug and Alcohol Service.</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 of professionals.</p> <p>Support around education, harm reduction, reducing use and relapse</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>

(A project of The Children's Society)	prevention. 6-8 sessions of support.			
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>
eSafety training with the 2 Johns	<p>Essex Child & Family Wellbeing Service and 'The 2 Johns' are pleased to offer FREE online parent workshops that will look at the online world, how our young people are using it and how to keep them safe. This includes :</p> <ul style="list-style-type: none"> • Favourite apps and games • Dangers they face • How young people are being influenced online 	<p>22nd November 22</p> <p>24th November 22</p> <p>28th November 22</p> <p>6th December 22</p> <p>7th December 22</p> <p>12th December 22</p>	Virtual	<p>Call to book a place 0300 247 0015</p>

	<ul style="list-style-type: none"> Solutions that parents can adopt to help keep their children safe 	14 th December 22 <ul style="list-style-type: none"> 21st December 22 		
Youth Mental health First Aid with InterAct		From Thursday 16 th January 2023 Via Zoom (4 weeks)	Zoom	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk

Pre COVID-19 update

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

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 those who have a BMI above the healthy level for their age.	6 weeks 1.5 hours a week	Tendring & Colchester	For more information, contact Kate French on 01255 206272
Colchester and	Counselling 11-25 years			Maria Hales Counselling Coordinator


Tendring Youth Enquiry Service	Family Group Counselling 11-25yrs Anger management counselling 11-19 yrs	Ongoing referral via GP	Hurlingham Chambers 61 Station Road Clacton	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

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/residentials	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
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	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.

		appointments. This is only during term time		
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
Nursery provision - 2-5s	Free places for eligible 2 year olds and fee-paying places for 2-5s. Free places for 3-5s (15 - 30hrs depending on financial circumstances).	Every day - term-time. Core provision from 8.30-3.15pm with lunch club. £2.50 per hour additional hours. Flexible hours considered .Breakfast and after school clubs if sufficient demand	Sparkles and Little Stars Nursery	

Infant Massage	An enjoyable course to help build a bond with your baby through touch.	Monday 10am-11am	St James delivery site Unit 4, 30 Oxford Road, Clacton on Sea. CO15 3TB	0300 247 0015
Homestart Group	For children under 4 to play and engage in activities to encourage development	Monday 1.00pm-2.00pm	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Contact Gina at Homestart to book. gina.wilson@homestartcolchester.org.uk
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>
Bump & Beyond - Youth Enquiry Service (YES)	A friendly relaxed group with different topics each week for young parents and their babies -aged 25.	Tuesday 1.30pm-3.00pm	Hurlington Chambers Station Road, CO15 1SD	
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, Colchester, Essex, CO2 8NN</i>	<i>Lauren Bairstow 01206 578978</i>
Baby Massage	<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,</i>	<i>Berechurch Childrens Centre 01206 578978</i>

			<i>Colchester, Essex, CO2 8NN</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>

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
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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