

# Essex Family Support Service

E-Bulletin November 2021



Community360 are working in partnership and collaboration with other charities and groups across Essex to deliver this service as part of the wider Essex Child and Family Wellbeing Service. We've partnered with Virgin Care and Barnados and want to provide as much support as we can to you and your family.

Our team of staff & volunteers are here to provide one to one support for you & your family. For details on how to refer to our service, see the last page of this bulletin.

We look forward to hearing from you.

# GUY FAWKES NIGHT 5TH NOVEMBER

We as a nation do love our firework displays. There's nothing better than spending time as a family around a warm bonfire watching some amazing fireworks.

That is why the EFSS team have been busy putting together a mini calendar of some great local firework displays happening across Essex this bonfire weekend.



[Click Here >](#)

We know that loud noises are not for everyone and sometimes our children become uneasy or scared with the sound of fireworks. We have put together a few tips to help calm a worried child during this time -

1. Explain in detail beforehand. Just like adults, when kids know what they can expect, they are less anxious. Watch a couple of videos online to follow patterns to help with understanding.
2. Keep it anxious-free. If you are anxious about fireworks yourself, ask your spouse or another trusting adult to take your children. Calmness is contagious and if you're anxious, they will be too.
3. Have a backup plan. Pick a spot near the exit so if the event doesn't go as planned, then you and your children can pack up and leave quickly.
4. Pick a family-friendly spot. Seeing other kids enjoying the show may help your child realize that there is no immediate danger and can be enjoyable.
5. Bring back-up. Bring their favourite blanket or toy to help them adjust. Consider earplugs or noise-cancelling headphones if the noise is upsetting but they want to watch the show.
6. Don't force it. Walkthrough the steps of what's going on for the first few fireworks. If your children do not enjoy them, that's okay. They may learn to love them later in life, and in the meantime, you can plan different activities as a family.

# Movember – Men's Health Awareness Month



We would like to share with you a little message from the people at Movember -

“Our fathers, partners, brothers and friends face a health crisis that isn't being talked about. Men are dying too young. We can't afford to stay silent. That's why we're taking action. We're the only charity tackling men's health on a global scale, year-round. We're addressing some of the biggest health issues faced by men: prostate cancer, testicular cancer, and mental health and suicide prevention.”

To find out more about Movember, the great work they do and their great resources to help with different health needs.

[Click Here >](#)

The EFSS team would also like to share with you a few resources that aim to support men and their mental health.

[Click Here >](#)

# Let's hear from a Volunteer Family Mentor!

We would love to share with you what one of our amazing volunteer family mentors has to say about their volunteering experience with the Essex Family Support Service.

"People volunteer for a variety of reasons but personally for me it was to support a move to a new career path. Although through my time as a volunteer family mentor I have experienced so much more, it's given me a sense of personal fulfilment, the feeling that what I do really makes a difference to the lives of others is a great feeling to have and lifts your own personal wellbeing so much. As a volunteer mentor my role varied from family to family but starting with getting to know the family and the reason behind the referrals is a big part of my role and what the family hopes to gain from my support, it doesn't take long to build a strong trusting relationship. Support for each family comes in many forms, one family for example needed support with routines and putting in rules and boundaries as family life was a bit hectic, so I spent time creating resources such as sticker reward charts and visual aids for them to use, the family then used these resources to make family life calmer and improve time management, especially around getting to school on time.

I remember being able to help a mum who had just moved to the area, she was pregnant and felt isolated. I was able to support her by getting grants for essential furniture and supported her to access a local baby bank, so she was able to get basic supplies needed for her new arrival.

In no time at all I begin to build knowledge of what resources and services are available locally to families and by researching you can always find new and exciting services too. Having the support of such a great team at community 360 not only builds your self-confidence but enables you to become part of a community and meet new people."

Donna

The Essex Family Support Service team are currently looking for volunteers Essex wide to help support local families.

If you would like to find out more about our amazing volunteer family mentor roles please

[Click Here >](#)

or give the team a call on 01206 505 250 and a member of the team will be happy to help.



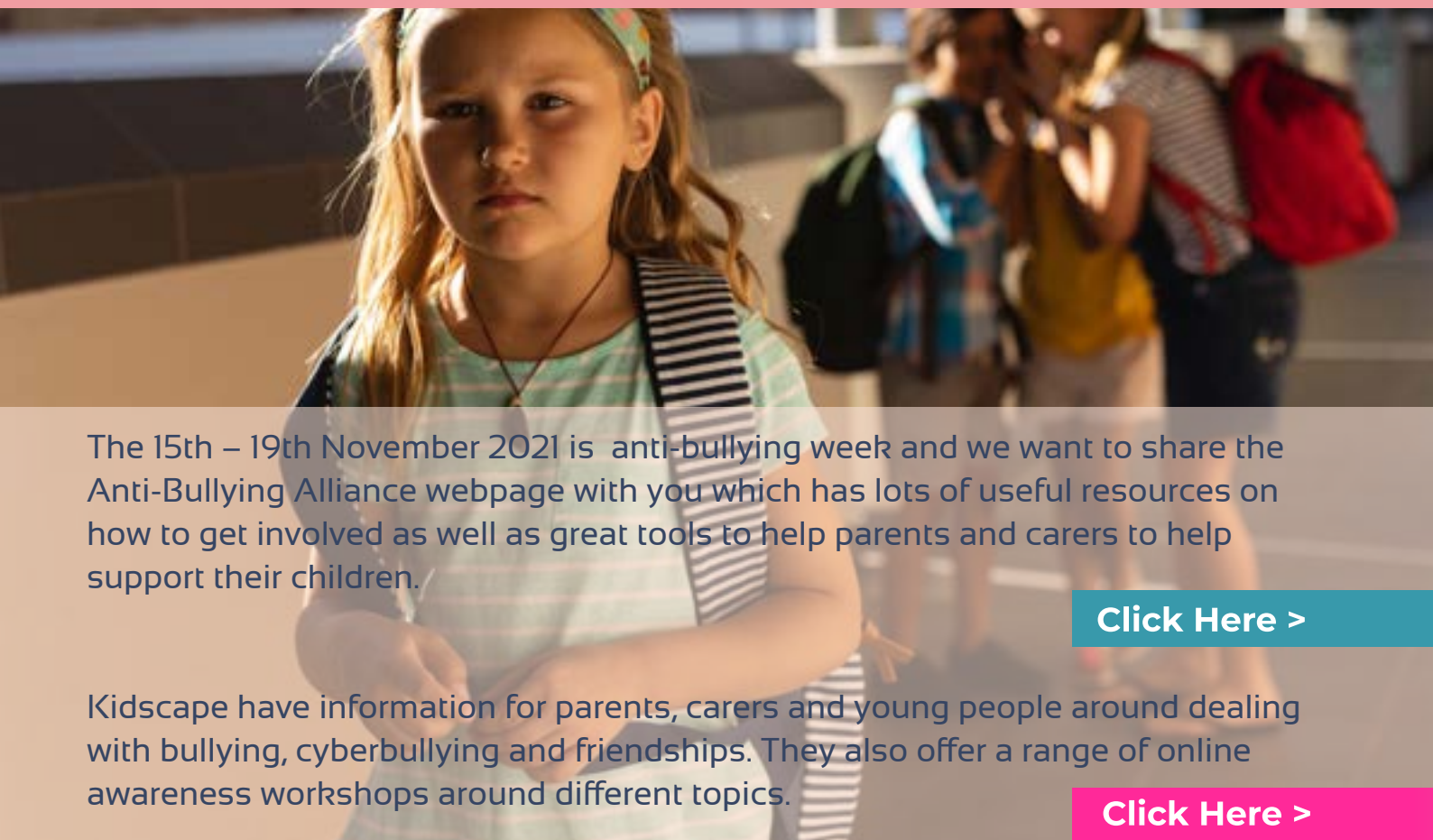
# National Career Development Month



November is national career development month. Established by the National Career Development Agency the month-long awareness campaign encourages career development professionals to celebrate career development. The National Career Development Association (NCDA) provides professional development, publications, standards, and advocacy to practitioners and educators who inspire and empower individuals to achieve their career and life goals.

[Click Here >](#)

# Anti-Bullying Week



The 15th – 19th November 2021 is anti-bullying week and we want to share the Anti-Bullying Alliance webpage with you which has lots of useful resources on how to get involved as well as great tools to help parents and carers to help support their children.

[Click Here >](#)

Kidscape have information for parents, carers and young people around dealing with bullying, cyberbullying and friendships. They also offer a range of online awareness workshops around different topics.

[Click Here >](#)



# Get in touch!

Please let us know what you would like to see in the next edition.  
How can we help you and your family?

**You can call us on:**

**T: 01206 505 250**

**Or you can email us at:**

**E: [families@community360.org.uk](mailto:families@community360.org.uk)**

**You can also find us online:**

**f [community360org](https://www.facebook.com/community360org)**

**@community360org**

**W: [www.community360.org.uk](http://www.community360.org.uk)**