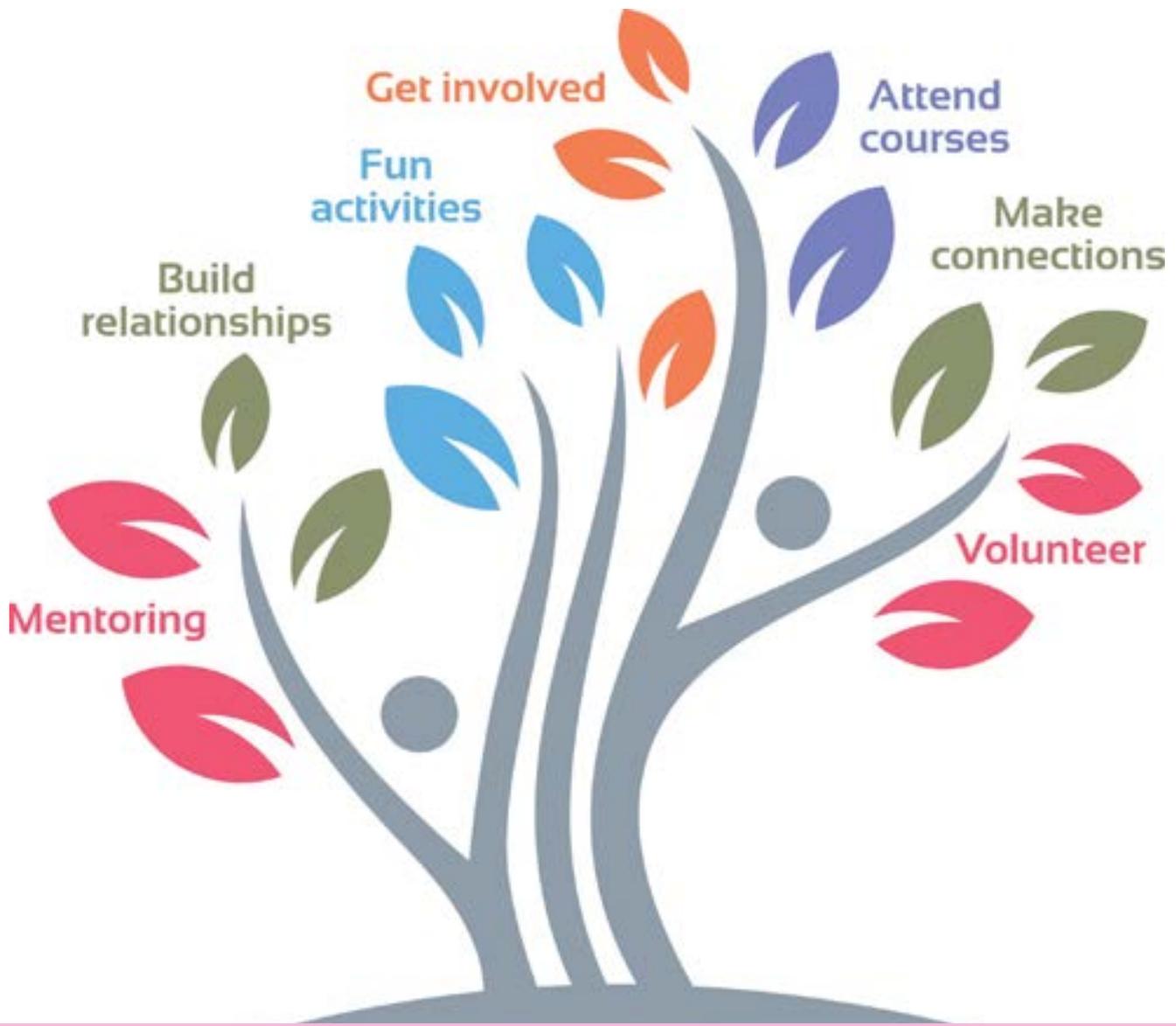


Essex Family Support Service

E-Bulletin March 2022



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.

World Book Day 3rd of March

To celebrate World Book Day, Community360 is hosting a World Book Day at the One Colchester Hub on the 5th of March between 10am to 2pm. There will be a wealth of book-themed activities, and a special treat for each child attending.

One Colchester Community Hub 4-6 Long Wyre Street CO1 1LH



The EFSS team's favourite books for World Book Day 3rd of March

Kayleigh – Winnie the Pooh AA Milne. This classic was the constant thread during my childhood, in fact I still have my favourite childhood Winnie the Pooh teddy with me to this day to pass down. Who does not love a game of Pooh Sticks, with their family on a Sunday walk by their nearest river.

Nikki - Night Monkey, Day Monkey. I love how it shows the difference between both monkeys, how they learn from one another and become the best of friends

Ryan - Charlie and the Chocolate Factory by Roald Dahl, I loved the magical factory and the wacky inventions that Willy Wonka created.

Jane – The Wind in the Willows by Kenneth Grahame. I loved the animals and the tales of their adventures on the riverbank and in the wild wood. I read an excerpt from this book for my oral O Level English exam and passed with flying colours!

Natalie - Billy and the MinPins by Roald Dahl. This is a particular childhood favourite of mine; I would explore the forests when out for walks with my Mum to try and find the MinPins. But in all honesty, I loved all Roald Dahl books and still have my childhood collection to this day!

Georgia - the Stravaganza (series) by Mary Hoffman. I loved the idea of being transported to a magical world when you slept, it inspired many fantastic dreams and encouraged me to sleep every night at a decent time.

International Women's Day 8th of March 2022

This Girl Can – Active Essex

March rings in International Women's Day on the 8th of March and this year the campaign is centered around beating the gender bias in our communities.

Sport is an area of life where gender bias can exist.

Active Essex's "This Girl Can" project aims to get women and girls moving, regardless of size, shape or ability, showing that physical activity does not need to seem daunting.

Active Essex have recruited some amazing female ambassadors from all walks of life to inspire us all to get moving in 2022.

Check out their upcoming festival "Women Like Us" in March

[Click Here >](#)



Meet some of the This Girl Can Essex ambassadors.

Perhaps their inspiring journey into physical activity, will help you find your way too!

[Click Here >](#)

EFSS' Favourite poem – World Poetry Day

I
The Owl and the Pussy-cat went to sea
In a beautiful pea-green boat,
They took some honey, and plenty of money,
Wrapped up in a five-pound note.
The Owl looked up to the stars above,
And sang to a small guitar,
"O lovely Pussy! O Pussy, my love,
What a beautiful Pussy you are,
You are,
You are!
What a beautiful Pussy you are!"

II
Pussy said to the Owl, "You elegant fowl!
How charmingly sweet you sing!
O let us be married! too long we have tarried:
But what shall we do for a ring?"
They sailed away, for a year and a day,
To the land where the Bong-Tree grows
And there in a wood a Piggy-wig stood
With a ring at the end of his nose,
His nose,
His nose,
With a ring at the end of his nose.

III
"Dear Pig, are you willing to sell for one shilling
Your ring?" Said the Piggy, "I will."
So they took it away, and were married next day
By the Turkey who lives on the hill.
They dined on mince, and slices of quince,
Which they ate with a runcible spoon;
And hand in hand, on the edge of the sand,
They danced by the light of the moon, The moon,
The moon, They danced by the light of the moon.



Meet the Team – Nikki Turner



What did you do before you joined Community360?

Before taking on this job role, I had previously been a police officer working throughout Essex, responding to 999 calls, and dealing with emergency situations. I dealt with a variety of individuals daily often in times of need. I frequently completed safeguarding regarding vulnerable adults and children, ensuring that relevant actions were taken, and other organisations were liaised with. I enjoyed communicating with individuals and still do. The job was demanding, and I learnt many skills in this role which I feel I have taken forward with me in my new role.

What inspired you to take on this role?

I fancied a change. I enjoyed my previous role, but the hours were long, and I did not feel I had enough time with my own family. Often, I was job to job in my previous role and I really wanted to be able to support a family for a longer period and feel like I was making a considerable difference to their lives. I saw this role advertised and it really interested me. I wanted to make a change and have a new challenge and felt my skill set suited this new role.

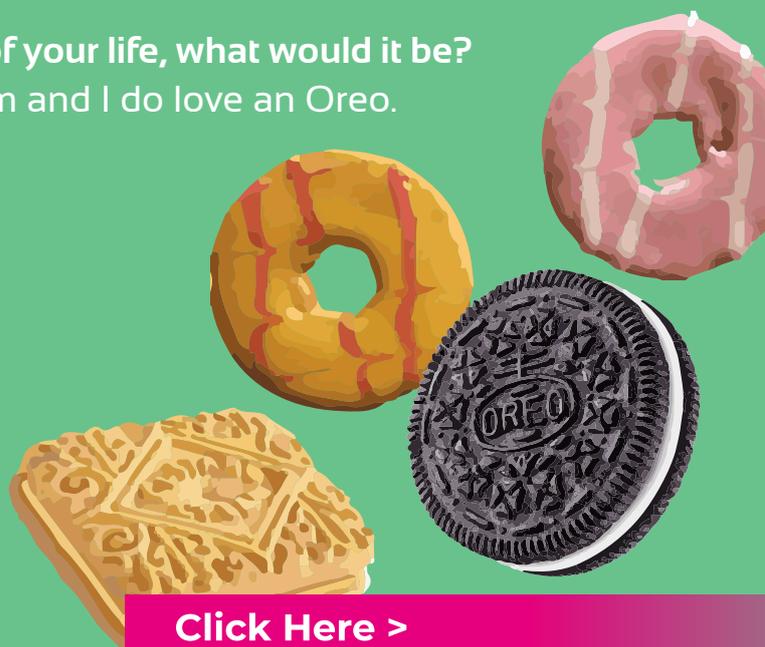
What did you want to be when you were a child?

When I was a child, I always wanted to be a teacher. I liked the idea of teaching and supporting children, again with that desire to make a difference. In my teenage years I owned several horses and my passion for these took over and I decided I would go to college and university and complete Equine Studies. I still like the idea of teaching but right now my life is in a different direction, and I am happy with where I am at.

If you could only eat one biscuit for the rest of your life, what would it be?

This is a tough one. I do love a custard cream and I do love an Oreo. I am going to say... custard cream.

We are always on the hunt for inspiring volunteers to support the Essex Family Support Service, as Family Mentors. The Family Mentor role is key to the success of our service, by supporting parents to make positive choices for their family. Volunteers will be supported by our Engagement Officers like Nikki



[Click Here >](#)

Anxiety and school refusal

The last two years have proved to have had an impactful effect on the mental health of the nation. The confusion and unpredictable nature of the pandemic has been unsettling for adults. The lack of routine and structure has also been increasingly disruptive to children's mental health.

In this article we explore the rise of anxiety in children and the impact this has on children's schooling.

[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

You can also find us online:

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

@community360org

W: www.community360.org.uk