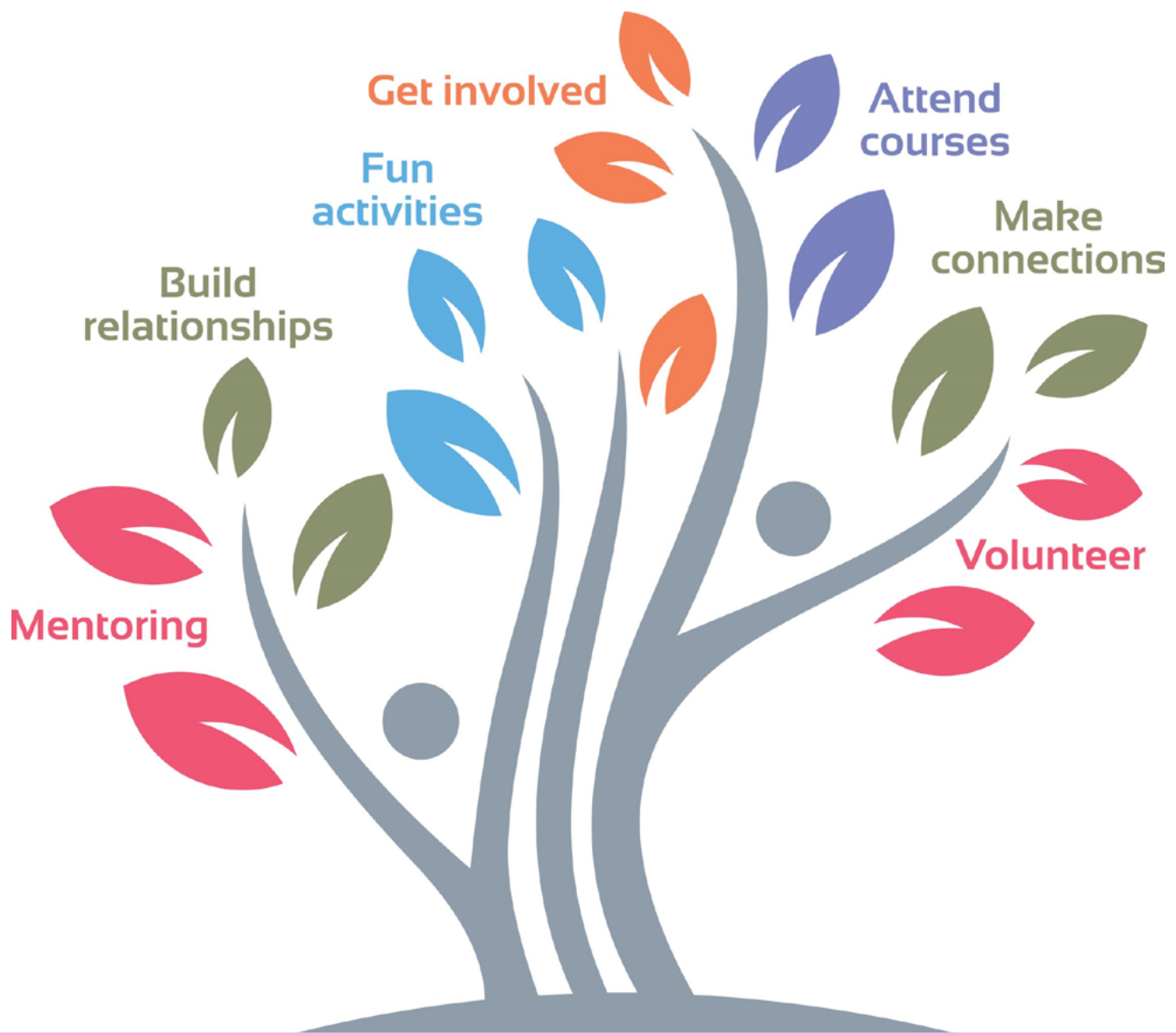


Essex Family Support Service

E-Bulletin May 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 HCRG Care Group 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.

Walk To School Week 16th - 20th May



We know it is hard to fit exercise around our daily life, however creating small pockets of exercise throughout the day can really benefit our physical and mental health. Living Streets "Walk to School Challenge", a week-long activity for primary schools, has been built to help pupils experience first-hand the benefits of walking to school.

Taking part in this challenge, children will be well on their way to reaching their recommended 60 minutes minimum of physical activity per day before even reaching the school gates!

Check out the Living Street website for resources for parents.

[Click Here >](#)

May Half Term Activities

The end of May signals the summer half term holiday, and with the warmer weather, fingers crossed, families will be looking for outdoor activities to keep everyone entertained.

If you are looking for inspiration, The National Trust have published a list of outdoor activities called 50 things to do before you're 11 $\frac{3}{4}$, to get children from all backgrounds, outside discovering the great outdoors and getting closer to nature.



[Click Here >](#)

Wilderness Foundation



[Click Here >](#)

Looking for outdoor activities where children can meet new friends and build on their confidence?

This active play supports them in developing skills and encouraging imaginative games. The Wilderness Foundation holiday camps have activities that are mostly child led and there is no set schedule, so every child is supported to engage in whatever activity they enjoy, from den building to bug hunting, imaginative play and building using natural materials; there is no limit to what they can produce!

Look at what they have to offer.

Firstsite

If outdoor pursuits are not your child's thing, Firstsite in Colchester run an amazing array of events for families. On Saturdays, they have regular artist led workshops inspired by the Keep Being Amazing exhibition and will feature a different creative activity each week. Family Saturdays are free for families, and everyone is welcome.

[Click Here >](#)



Trust Links

We recently featured the Trust Links Charity. A few weeks back, Jane had the opportunity to visit the site with the Trust Links team and members, at the Growing Together Garden in Cressing Temple. The sun was shining, and Jane spent a lovely hour chatting with everyone and learning about the project.

It provides the members with a calm and tranquil environment whilst developing new skills, building relationships, and working on their physical and mental health. If you are interested in becoming a Growing Together member, visit their website for more details.



[Click Here >](#)

Meet the Team –

Ryan Pegrum – Engagement Officer for West



What did you do before you joined Community360? Before taking on my role with Community360, I had previously been a community sport and wellbeing assistant officer within a local council, I worked on projects to help support the local community to get active, happier, and more social. I was able to deliver various projects including summer holiday activity sessions for children, wellbeing walks and workplace health activities. While working at the local Council I was also hard at work completing a degree at ARU (Anglia Ruskin University) in physical education with a focus on community health.

Through both my studying and previous role it is safe to say I really loved being out within the community and speaking with individuals as well as this I enjoyed being able to listen to the needs of the residents to find out how we could best support them which helped me to further develop projects and activities to suit their needs.

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

When I was a child, I always wanted to be a chef. I always loved being in the kitchen with my parents and learning new recipes and producing new and sometimes very strange ideas.

As I got to my teenage years, I started to enjoy physical activity and the positive impacts this could have on people's mental and physical health which led me to attend university where I studied physical education. You will still occasionally find me in the kitchen in my spare time cooking or baking.

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

This is so hard; I am a little bit obsessed with biscuits I must admit. If I really had to choose one biscuit, I would have to give a slight edge to the Oreo.

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 Ryan



[Click Here >](#)

Queen's Platinum Jubilee

The Queen's Platinum Jubilee will see the nation coming together to celebrate, with a whole host of Jubilee parties and get togethers being planned. The Big Jubilee Lunch is encouraging communities to come together. A downloadable pack can be found [here](#).

[Click Here >](#)



**LET'S
CELEBRATE!**



If the Big Jubilee Lunch website has inspired you, why not bake a classic favourite for the occasion, the Victoria Sponge.

Mary Berry has the perfect recipe, and it is super simple to follow.

Ingredients

4 free-range eggs

225g/8oz caster sugar, plus, a little extra for dusting the finished cake

225g/8oz self-raising flour

2 tsp baking powder

225g/8oz butter at room temperature, plus a little extra to grease the tins

To serve

good-quality strawberry or raspberry jam

whipped double cream (optional)



[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)
t [@community360org](https://twitter.com/community360org)
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