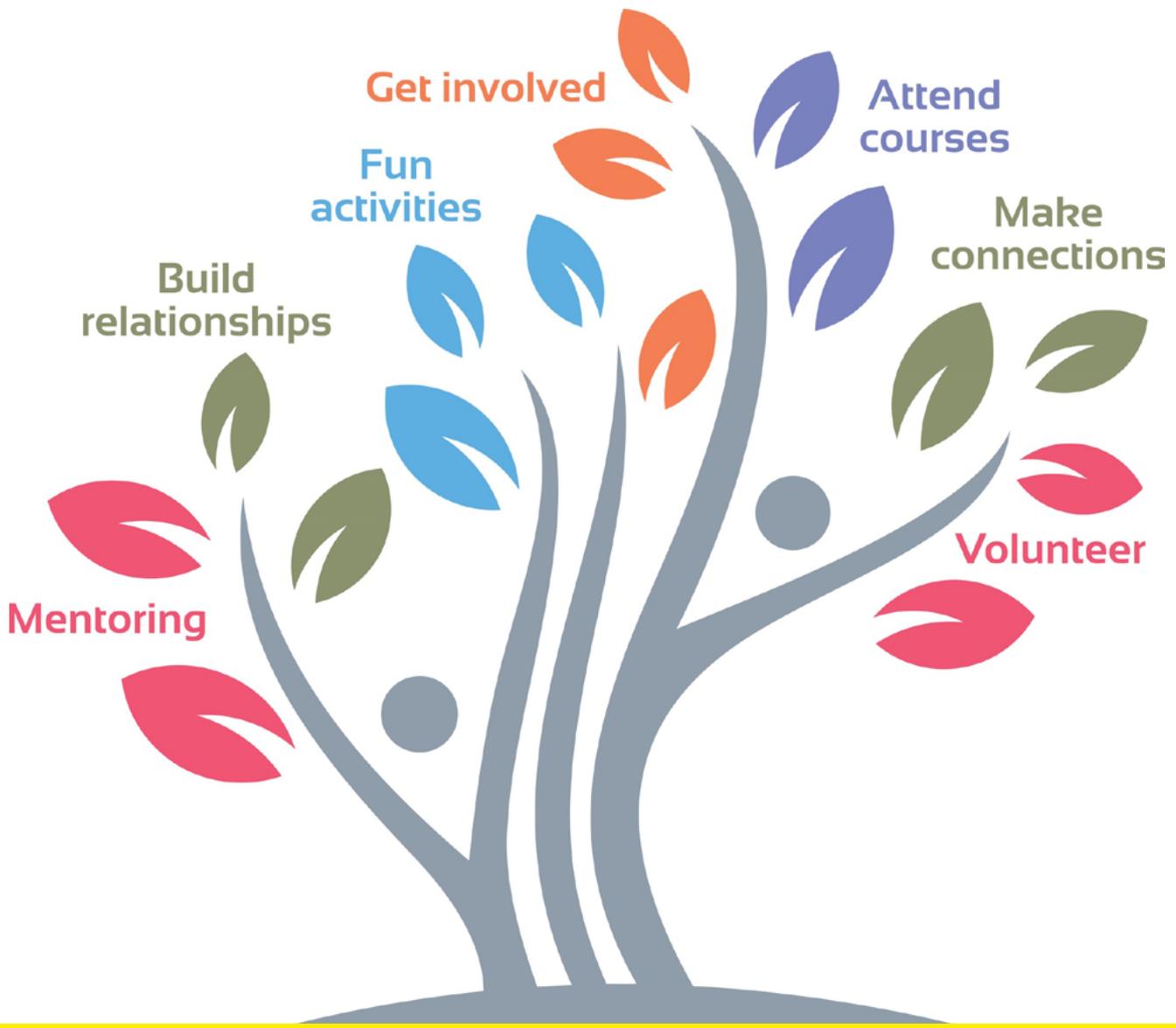


Essex Family Support Service

E-Bulletin June 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.

With the Queen celebrating 70 years on the throne this year, our June E-Bulletin is focused on all things majestic, with activities to keep all the family occupied over the Jubilee and beyond.

A Right Royal Party

Afternoon Tea is a tea-related ritual, introduced in Britain in the early 1840s. It evolved as a mini meal to stem the hunger and anticipation of an evening meal at 8pm. Afternoon Tea is a meal composed of sandwiches (usually cut delicately into 'fingers'), scones with clotted cream and jam, sweet pastries, and cakes. Interestingly, scones were not a common feature of early Afternoon Tea and were only introduced in the twentieth century.

Afternoon Tea was initially developed as a private social event for ladies who climbed the echelons of society. It was only when Queen Victoria engaged in the Afternoon Tea ritual that it became a formal occasion on a larger scale, known as 'tea receptions'.

Why not have your own afternoon tea? Maybe decorate the table, dust off your best tablecloth or borrow one from a relative, pick some greenery and flowers from the garden and make a floral table arrangement. Get involved as a family, making special sandwiches and sweet treats. Maybe invite friends or relatives and make a proper occasion of it.

For a good afternoon tea, you can't go far wrong with a scone, jam, and cream. The only controversial part is whether it is cream or jam first!

[Click Here >](#)



A Crown Fit for Royalty

No royal outfit would be complete without a glittering crown, and this easy to complete craft from First Palette, will have all the family looking spectacularly royal.

[Click Here >](#)

Royal Decorations

If you need some decadent decorations from bunting to cake toppers that get the kids creating for your delectable afternoon tea, here's a few ideas.

[Click Here >](#)

The Royal Quiz

Put those brain cells to the test with the perfect quiz for all ages about the Queen and her reign.

[Click Here >](#)

The EFSS team's Top Ten book suggestions about The Queen and all things Royal

It's important to encourage your children to enjoy books and reading. These are some of the EFSS team's favourite books about the Queen and all things Royal in recognition of the Platinum Jubilee. Spend time with your children reading and learning together. We've also added a couple of ideas into the mix for grown-ups too...

- The Queen's Knickers by Nicholas Allan
- The Beast of Buckingham Palace by David Walliams
- Mr Men Little Miss The Royal Party by Adam Hargreaves
- Kings and Queens: Queen Elizabeth II edition by Tony Robinson
- The Busy Royal Family by Marion Billet
- The Queen's Castle at Windsor by Elizabeth Newbery
- Paddington at the Palace by Michael Bond
- Who is Queen Elizabeth II by Meghan Stine
- Elizabeth the Queen: The Life of a Modern Monarch by Sally Bedell Smith
- Elizabeth the Queen: The real story behind The Crown by Sally Bedell Smith

Visit your local library or follow this link to see if they have any of these books for you to borrow and ask them for other recommendations too.

[Click Here >](#)

Meet the Team – Natalie Wright

Engagement Officer for North Essex

What did you do before you joined Community360?

Before I joined Community360 I worked as a Probation Officer for the National Probation Service. I worked with offenders to support their reintegration back into the community following release from prison. I managed offenders whilst they were on licence in the community serving the remainder of their sentence. I worked predominantly with high-risk offenders, but also supported medium-risk offenders too. I feel working as a Probation Officer gave me many transferable skills that allow me to better support the families I work with.

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

When I was young, I wanted to be a ballerina. I started dancing at the age of 3 and continued this until I was about 18. I have recently got back into dancing and attend an adult class once a week. I have lost a lot of my previous fitness so need to work on this now! But it is lots of fun and I still really enjoy it. I didn't end up getting into dance professionally, but it is still a real passion of mine.

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

This is a tough one because biscuits are one of my favourite snacks and I love a lot of biscuits. But if I had to choose one biscuit for the rest of my life it would be Milk Chocolate Choco Leibniz biscuits. If you haven't tried them, I highly recommend!

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 Natalie

[Click Here >](#)



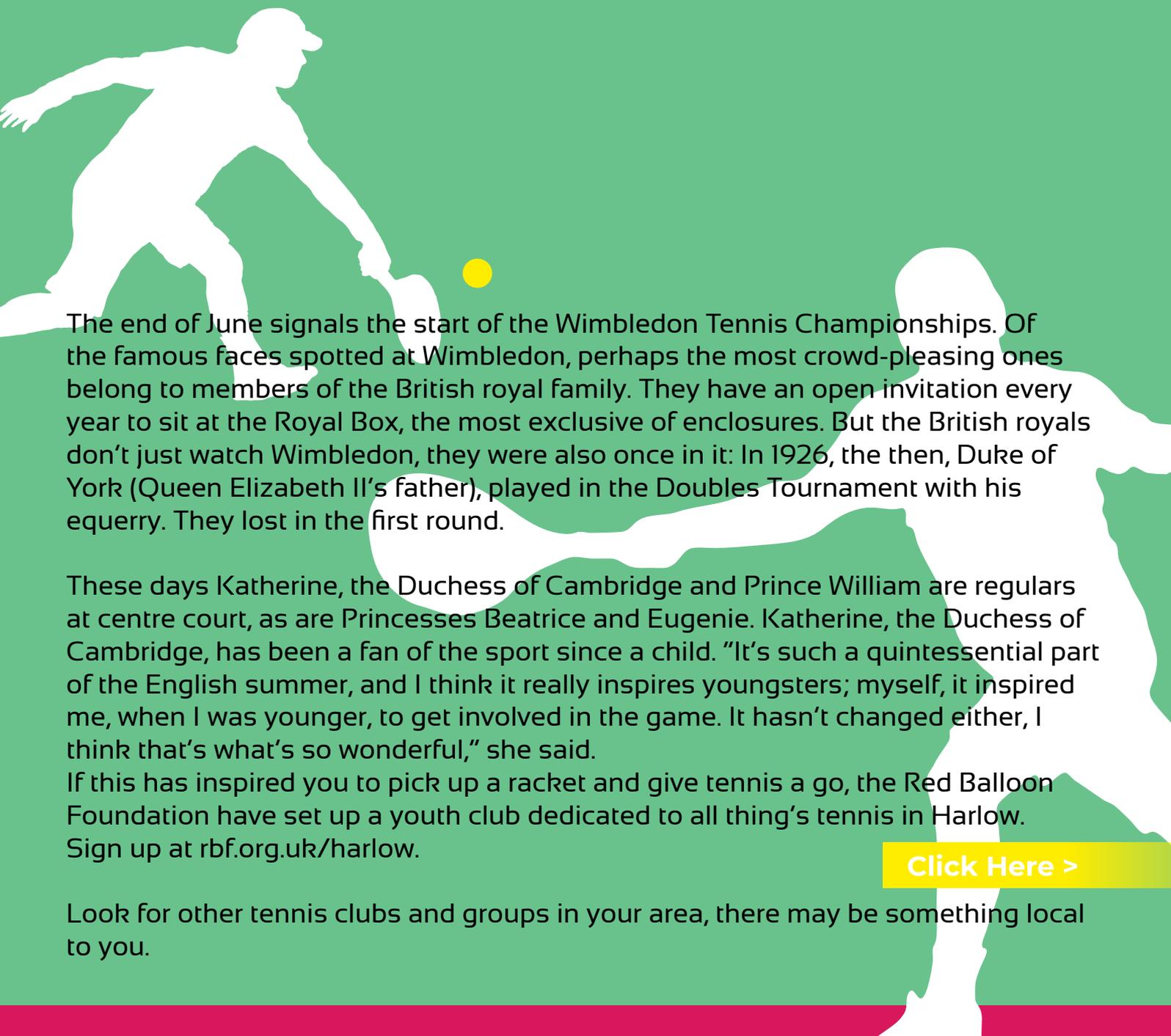
Volunteers Week 1st – 7th June

Each year the UK dedicates a week to celebrate all the amazing volunteers and to thank them for the contribution they make. The Duchess of Cornwall is the current president of the Royal Volunteer Service, and the Queen has been a patron since 1952!

The week is also a great way to raise awareness about all the benefits of becoming a volunteer! We are always on the hunt to find amazing Family Mentors to support the Essex Family Support Service. To find out more about the role, read one of our Family Mentor's case studies.

[Click Here >](#)

Get active with Tennis



The end of June signals the start of the Wimbledon Tennis Championships. Of the famous faces spotted at Wimbledon, perhaps the most crowd-pleasing ones belong to members of the British royal family. They have an open invitation every year to sit at the Royal Box, the most exclusive of enclosures. But the British royals don't just watch Wimbledon, they were also once in it: In 1926, the then, Duke of York (Queen Elizabeth II's father), played in the Doubles Tournament with his equerry. They lost in the first round.

These days Katherine, the Duchess of Cambridge and Prince William are regulars at centre court, as are Princesses Beatrice and Eugenie. Katherine, the Duchess of Cambridge, has been a fan of the sport since a child. "It's such a quintessential part of the English summer, and I think it really inspires youngsters; myself, it inspired me, when I was younger, to get involved in the game. It hasn't changed either, I think that's what's so wonderful," she said.

If this has inspired you to pick up a racket and give tennis a go, the Red Balloon Foundation have set up a youth club dedicated to all things tennis in Harlow. Sign up at rbf.org.uk/harlow.

[Click Here >](#)

Look for other tennis clubs and groups in your area, there may be something local to you.

Blockbuster films with the family

Looking for morning entertainment with the latest blockbuster films. Firstsite in Colchester offer a relaxed cinema session, which is adapted for SEND children and young people. For each screening, adjustments are made which aim to reduce over-stimulation and create a welcoming atmosphere.

[Click Here >](#)



June is Pride Month



With June bringing Pride month we are highlighting the Outhouse in Colchester. They are on a mission to develop and promote a sustainable, fair, and equal society where all lesbian, gay, bisexual, and transgender people can achieve their full potential.

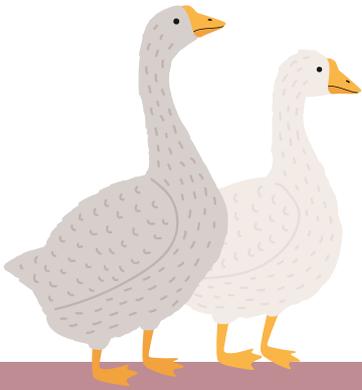
Their vast programme of services, include counselling, social events, and support groups.

[Click Here >](#)

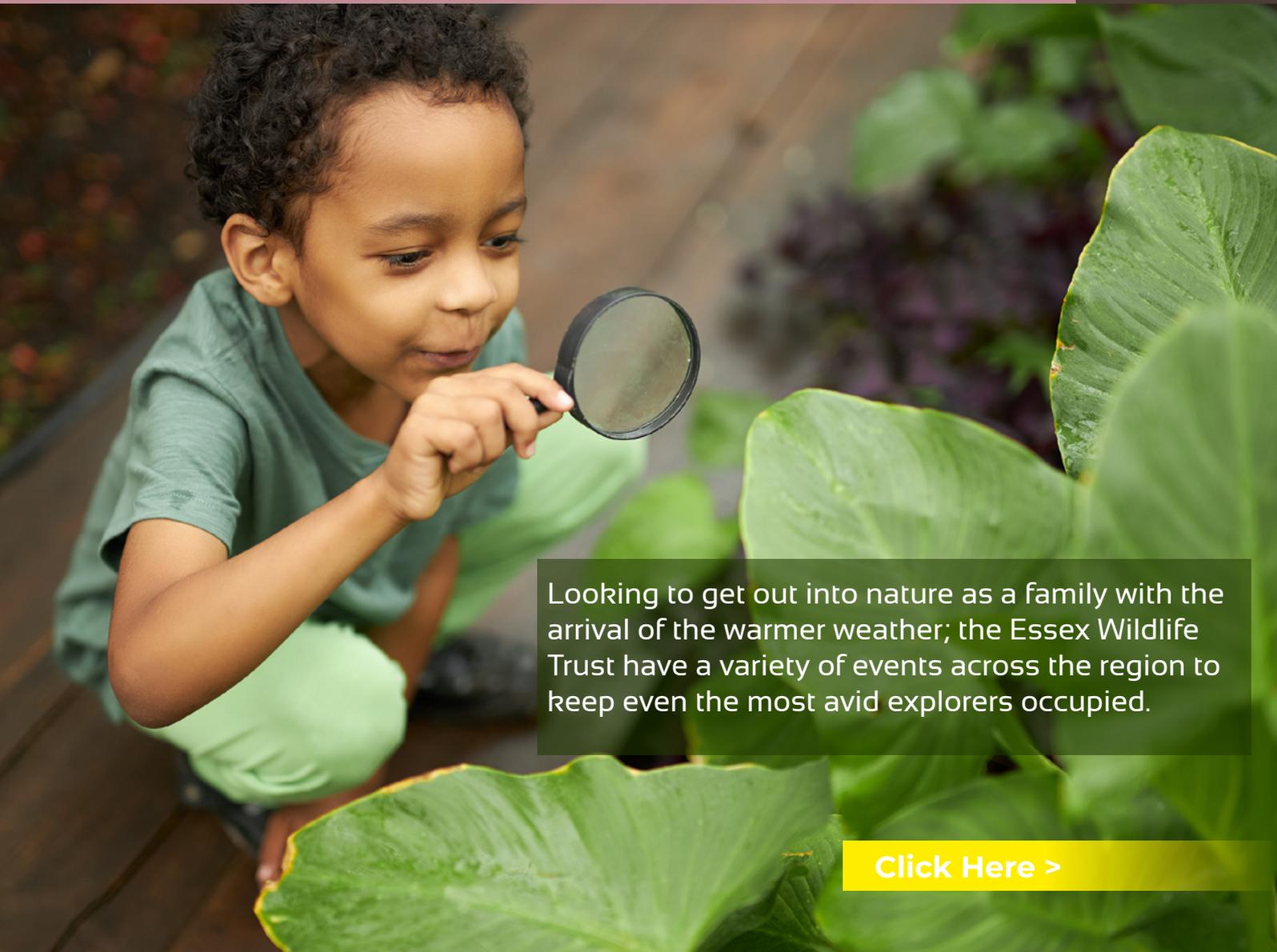
Nature and animals

Manna's Ark is a small farm of rescued animals in Cressing, Essex. They are a wellbeing farm dedicated to creating a safe and supportive place, using nature and animal therapy to provide a variety wellbeing experiences for all types of families.

[Click Here >](#)



Learning through nature



Looking to get out into nature as a family with the arrival of the warmer weather; the Essex Wildlife Trust have a variety of events across the region to keep even the most avid explorers occupied.

[Click Here >](#)

Woodland & Coastal Therapy Programme

There is a new therapy scheme coming to Colchester, the Woodland & Coastal Therapy Programme is about embracing the great outdoors, creating opportunities for children to explore and develop new skills whilst benefiting from a rich array of new sensory experiences. The sessions will facilitate play in nature evoking experiences that inspire deeper connection with nature, self, and others.

To qualify, children must be currently engaged in less than 30 minutes of physical activity per week, and must reside in either: Monkwick, Berechurch, Highwood Greenstead, Shrub End, St. Anne's and St John's, Old Heath and The Hythe, or New Town and Christchurch.

To register or for more details please contact info@sportforconfidence.com

[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)

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