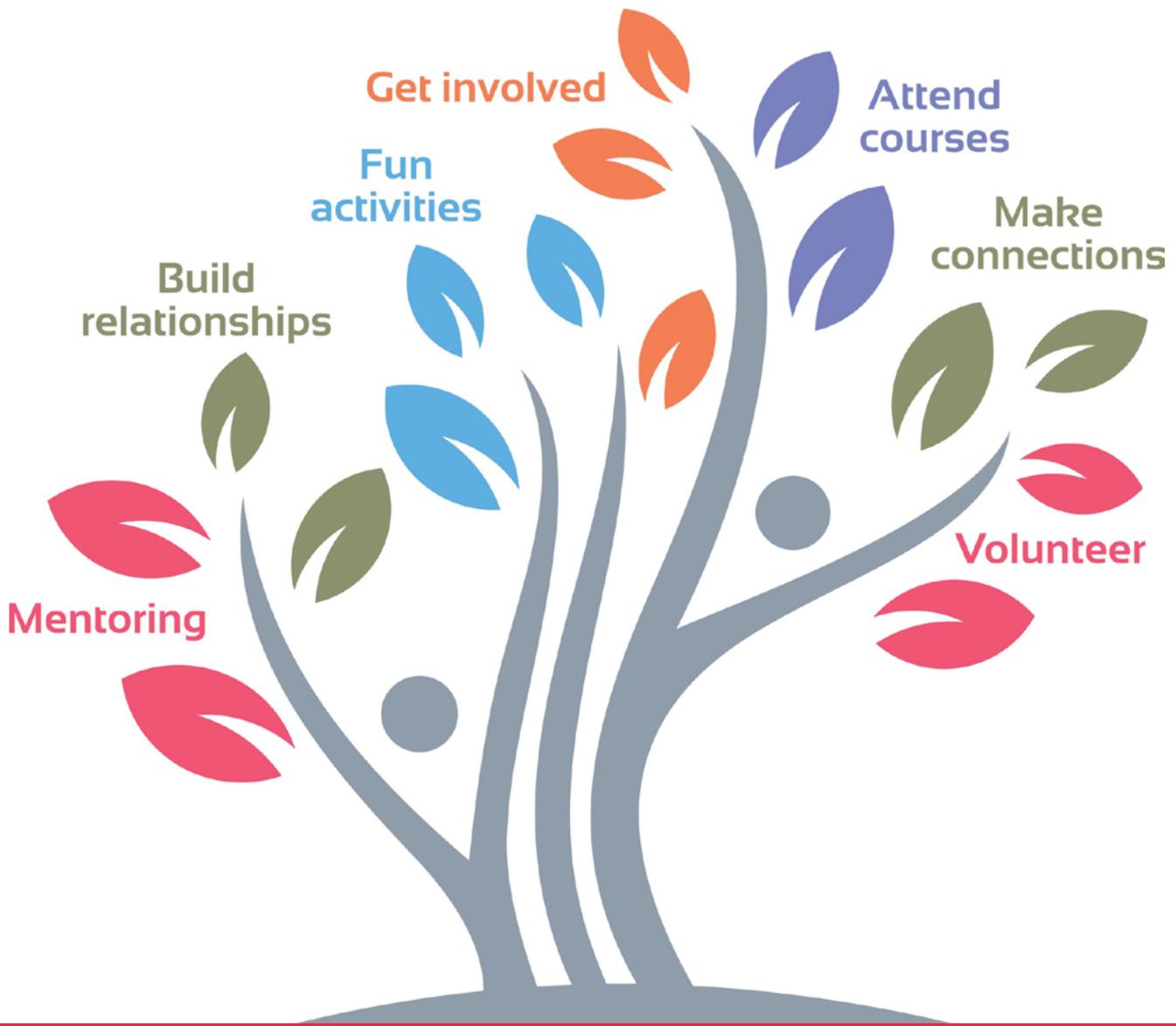


# Essex Family Support Service

E-Bulletin July 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 long summer days ahead of us and sporting events such as the Commonwealth games on the horizon, the EFSS are focusing on getting outdoors and having fun as a family with this month's newsletter.

## The Queen's Baton Relay



The baton relay will travel through the East of England ahead of the Commonwealth Games this summer. The baton will visit Stoke Mandeville on 6th July before starting a tour of the region two days later. It will be carried through Tilbury, Basildon, Southend-on-Sea, and Maldon on 8th July, and leave the area via Northamptonshire on 10th July.

In total, the national tour will cover 2,500 miles (4,000 km) and 180 communities over 29 days. The baton ends its 29-day journey through England at Birmingham's Aston Hall on 28th July, the day of the games' opening ceremony.

[Click Here >](#)

# Flags of the Commonwealth

The Birmingham 2022 Commonwealth Games is expected to feature 72 teams, including the 54 Commonwealth of Nations countries and 18 territories. Why not have fun as a family, each choosing a team to support either because you have links to the country or because you've visited the country on holiday and enjoyed your visit, or maybe just because you like the name!

Why not draw or paint a flag of the country you are supporting? Or maybe visit your local library and see what books they have about the country and learn some interesting facts. Better still, do you have a friend who is from another of the commonwealth countries or has family there, invite them round for a get together and ask them to tell you all about the culture, the wildlife, the language etc. and make an occasion of it, include some traditional foods and music?

This link takes you to a chart showing all the flags of the commonwealth countries. You can use this to copy when drawing or painting your own flag or maybe play a game as a family and try and learn which flags are for which country, test each person and present an award to the one who gets the most correct.



[Click Here >](#)

## EFSS Family Support and Activity Workshops Coming Soon!

The team have been busy planning a new project to help families with peer support, physical activity, and family bonding.

Due to begin in September 2022 for 12 weeks across Colchester. Workshops will offer a safe space for peer support and family-based activities which may include sports games, nature-based activities plus much more!

Further details still to come.

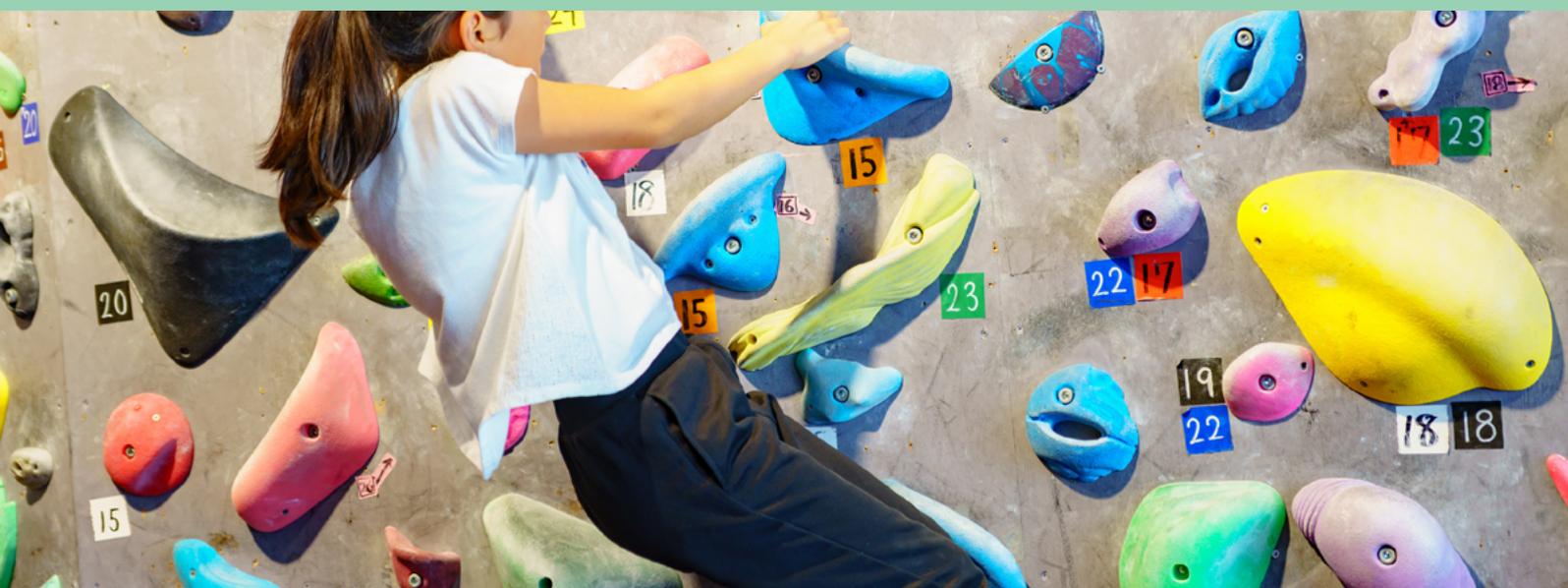
If you would like to find out more information about the upcoming sessions, please contact the team by email: [families@community360.org.uk](mailto:families@community360.org.uk)

[Click Here >](#)

# Let's get active!

Have you ever wondered why physical activity is so important for young people? The EFSS team joined the Active Essex webinar, Importance of Physical Activity for Children & Young People, with Doctor William Bird to discover the key points.

- The importance of building 60 minutes of physical activity into children's life to build resilience, this is usually lacking in children from more deprived areas. This leads to poor resilience in children, and we then begin to see increases in poor behaviour and obesity.
- Advocating green/nature prescribing and reimagining playgrounds into free play spaces, involving increased levels of greenery and nature-based elements. It was found that children are less likely to be bullied in these spaces and it increases physical activity and imaginative play.
- The importance of building this physical activity in to day-to-day life so it doesn't become boring and lead to poor motivation to engage with activity.
- Using physical activity to build a sense of belonging, which reduces stress within children and then improves their sleeping patterns which plays a part in improved behaviours at home and in school.
- Using nature and outdoor spaces for exercise, removes the hierarchy that a traditional playground creates. This leads to children being more helpful to their peers and sees a reduction in bullying behaviour.
- Physical activity can help with a 20% increase in the Hippocampus, which is the part of the brain that controls behaviour and learning. Therefore, we should be encouraging families not to put physical activity at the bottom of the list of things to do.



# Create a DIY obstacle course

## Scrap lumber

Get ready to walk the plank! Or maybe it's a tightrope, a gymnastics beam, or a log over a ravine. Place a beam across a round stump and make a seesaw to walk across.

## Tunnels

Crawl-through fabric tunnels make a perfect obstacle. If you don't have one at home, a large cardboard box or a blanket draped over two chairs is also fun.

## Stumps

Place a pool noodle across two stumps and create hurdles to run and jump over. Step, step, step across them, or roll one through the grass. Use the stumps as anchors to create a rope maze to belly crawl under.

## Any kind of ball

Use a bat, hockey stick, or even a broom to help develop hand-eye coordination while coaxing the ball across a finish line. Want a bigger challenge? Try using a balloon.

## Bean bags

Sew your own at home with dried beans or rice and some scrap fabric and toss them onto a board painted with numbered circles or try to get the most into a bucket or laundry basket. Toss all your bags and then move on to the next obstacle!

## Skipping rope

A skipping rope can be used in many ways, a station where you have to skip for 30 seconds or an easy tightrope when placed on the ground.

## Water bottles

Fill up plastic water bottles or milk cartons to use as bowling pins. Place the bottles in two rows and use any large round ball to try to knock them down.

## Hula hoops

Tie a hula hoop to a tree branch or clothesline to jump through, lay hoops on the ground in a row or pattern where kids must hop or step from one to next, or hold the hoop in two hands and skip with it.

## Try these variations to make your obstacle course more challenging:

- Change directions and start from the finish line.
- Time children (or yourself!) to see how long it takes to complete the course.
- Balance a marble or plastic egg on a spoon and weave your way back through the course.
- Use your non-dominant hand for any throwing activities.
- Try completing the course while carrying a water balloon.

How fast can you complete it? 15 seconds? 20 seconds? 25 seconds?





## 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)**