

Essex Family Support Service

E-Bulletin August 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 August bringing hot summer days and the school holidays, the EFSS team are looking at ideas and inspiration closer to home for your summertime family activities.

The Perfect Family Staycation

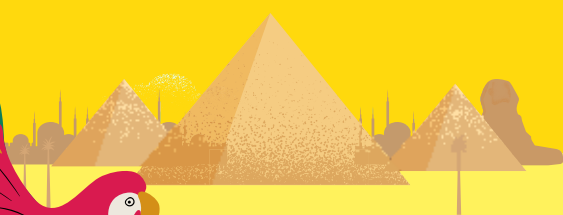
There are still plenty of fun and relaxing ways to go on holiday, even if you can't get away from your home. To help inspire you we've compiled a list of great staycation ideas. These ideas are fun and simple and a great way to spend your free time with your family because you deserve some time off to unwind and make memories.

1 – Foodie Travel Around the World from Your Kitchen

Cooking is such a great way to bring the magic of travel into your own home. Choose a country and prepare a feast of delicious international foods. Get the whole family involved. And once you've plated the food, close your eyes, and let the smells, tastes, and textures take you to exotic places, far and wide.

2 – Take a Virtual Tour

Always wanted to awe at Egyptian pyramids or sail through Amazonian rivers? Let a virtual tour take you anywhere in the world. With family, choose from a wide range of virtual tours online. Set up your screen, sink into your sofa with your favourite drink, and prepare to be amazed.



3 – Have an Indoor Picnic

Indoor picnics are fun, relaxing, and a simple staycation idea. Pick a nice spot in your home to lay down a blanket, gather the family and share some delicious snacks.



4 – Create an Indoor Oasis at Home

Got some free space? This could be an amazing blank canvas to create a fun, tropical indoor oasis.

Get creative and utilise things you have at home, be it sheets, pillows, cushions, or blankets. Create a travel-themed paradise. Once you're done, spend the day in your oasis relaxing and having fun.





5 – Have a Spa Day

Spa days are an excellent staycation idea. Plus, they're really simple to do at home!

Order in some bubble bars and facial masks and schedule some relaxing activities. Take an aromatic bath with essential oils or relax on the sofa with a face mask.

Finally, put some relaxing music on, and give yourself a manicure or pedicure. Home spa days are refreshing, relaxing, and a great way to spend an evening.



6 – Go Camping

There's no remedy like the great outdoors. Spending time in nature can do you the world of good.

Camping doesn't have to be out in the wilderness for days on end. Look nearby for campsites or beautiful areas and plan a night or weekend stay.

There's something truly magical about family huddled around a campfire, sharing stories, and staring up at a starry sky.

7 – Have a Picnic Outside

Prepare some food together as a family and then choose your favourite local spot for some lunch and nibbles.

You'll be surrounded by delicious food, beloved people, and beautiful scenery.

A perfect staycation idea.



8 – Plan a Stargazing Night

Stargazing is a wonderful experience. Laying on the grass, staring up at the millions of stars dotted across the sky. Look up popular stargazing spots near you. But if they're too far, simply head out to your garden one evening on a clear night. A magical staycation idea.



9 – Have an Outdoor Backyard Movie Night

Movie nights are cosy and so much fun. Watching a movie outside, with a gentle breeze, is a whole new experience.

Choose a movie that you all love, and lose yourself in nostalgia, thrill, or joy, surrounded by beautiful scenery and the people dearest to you. If you love it, make it a movie marathon, and add more than one movie to the mix.



10 – Go Hiking

No matter what your experience, hiking is an excellent staycation idea.

Walking in the great outdoors, taking in the beauty, is plenty of fun.

Search online for trails or places near you. If you don't want the hike to be too difficult, choose a nearby field or woodland to hike through.

For more ideas for your family staycation, check out this guide

[Click here >>](#)

Be a tourist in your own town

Sometimes it is easy to overlook your hometown's charm when busily rushing from A to B. We have put together an easy day out guide to keep the whole family occupied in Colchester over the summer holidays. You'll discover several museums situated close together and packed with fun learning and events. Or you can visit Firstsite for their Keep Being Amazing collection and Holiday Fun events.

Looking for places to see a little closer to home? The EFSS team would like to share with you the Visit Essex website which highlights lots of the amazing things to do and see right here in Essex!

If you are thinking of enjoying a few days down by the sea, why not check out the beach guide? They have put together a list of their top 10 beaches to visit around Essex.



[Click here >>](#)

Taking care of the bugs in our garden

Make sure the bees and insects in your garden have lots of fresh water to drink during the hot month of August. Make a simple bee bath using a shallow tray. Place stones in the bottom of the tray so that the insects have something to stand on, fill the tray with water ensuring that some of the pebbles sit above the level of the water, then place in a nice spot out of the direct sunlight and near some lovely flowers. Top the tray up with water each day. Spend time watching to see who visits the bath, take some fantastic pictures to share with your friends and family, then look up what type of insects have visited and learn a bit about them.

The Essex Wildlife Trust have some ID photographs here to help with your bug hunt

[Click here >>](#)



Get creative with summer crafts



Many children love art activities, so take your paints and crayons outdoors and get inspired by nature's colours, textures, sights and sounds. Your kids can even collect natural items to use in their artwork:

- Create a tree using sticks.
- Use fallen leaves and petals as 'stamper' - paint them, then press onto card to create a print.
- Make a natural collage or sculpture of an animal that lives in your garden, like a bumblebee or a grasshopper.
- Make a repeating pattern using leaves, petals or pebbles.
- Make mud paint by mixing soil with a little water.

Summer First Aid for Parents

Life doesn't always go to plan — particularly when young children are part of your life. So, it's wise to be prepared with a first aid kit of the essentials needed to treat a range of summer injuries and health issues.

It's easy to create your own, and tailor it to cover the family's activities, allergies, and individual needs. Start with a waterproof, drawstring bag which you can sling over a shoulder or buggy. Then use our list to ensure that you are well-prepared this summer.

[Click here >>](#)



Key Family Links for August

The Essex Activate Holiday Hub

Here you can access a whole host of free resources to keep your children active and entertained over the school holidays.

[Click here >>](#)

Low Cost, No Cost and offer for family activities in west Essex

This page provides information on the top offers and activities running throughout the summer holidays in west Essex. All the activities listed below are either free of charge, or low cost.

[Click here >>](#)

The Essex Wildlife Trust Holiday Clubs

Fancy getting the family involved with the Great British wildlife, The Essex Wildlife Trust have a range of activities at many of their sites across Essex for all ages.

[Click here >>](#)

Tips for remaining safe in the summer sun and how to treat sunburn

When temperatures soar in spring and summer, many of us head out to make the most of the sun's rays. But it's no secret that too much direct sunlight can be dangerous so check out the below link for tips and advice on how to remain safe in the sun.

[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)
W: www.community360.org.uk