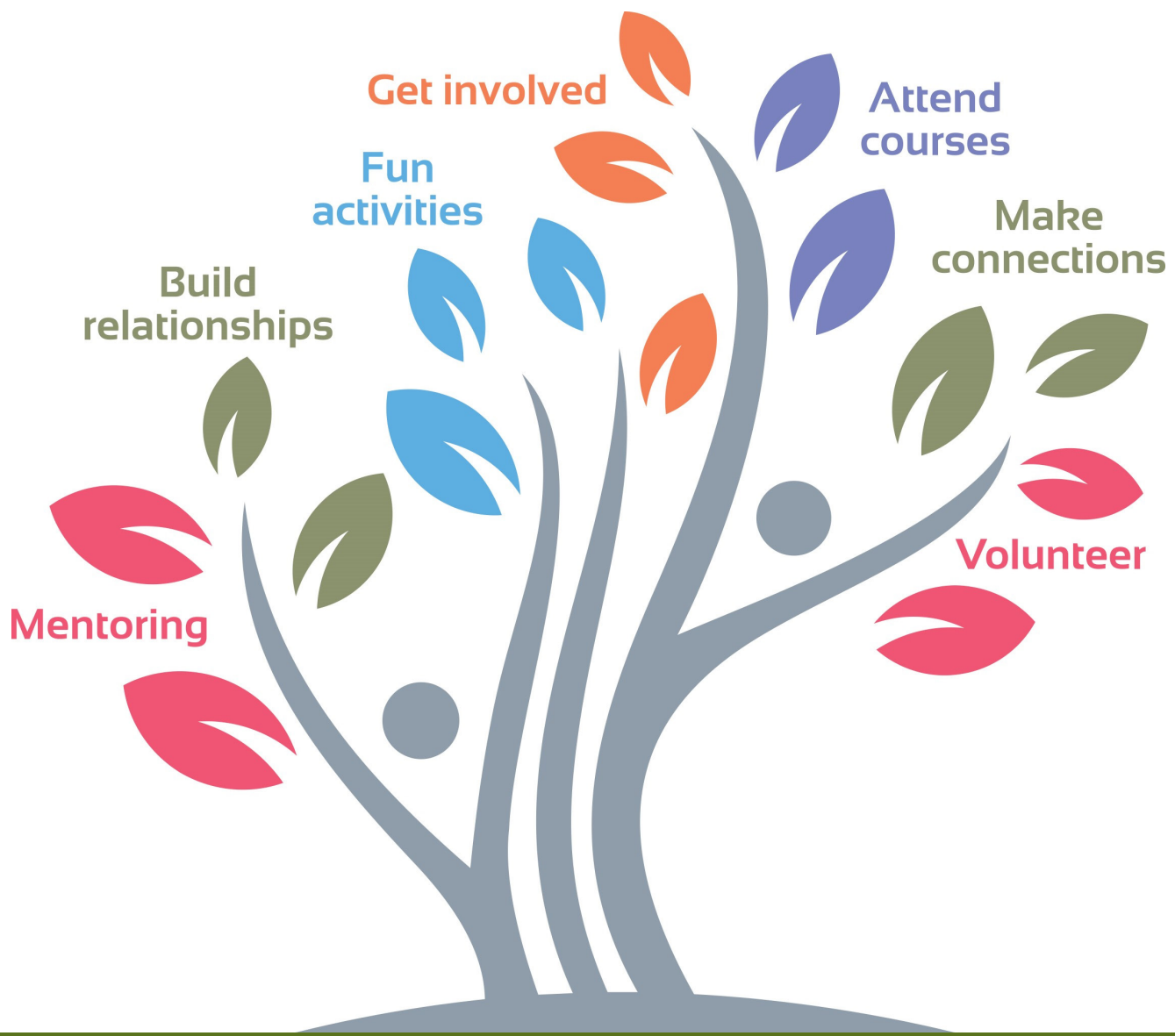


Essex Family Support Service


E-Bulletin October 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.



October brings a crispness in the air, the golden tones of the changes of the season and the excitement of Halloween. In this month's E-bulletin, the EFSS team have pulled together tips, crafts, and games for a fun and safe October.

Stay Safe this Halloween

On Halloween, lots of you may be heading out on the ghostly streets trick or treating. We've put together some tips to make sure you stay safe while having fun:

- Make sure a responsible adult or guardian goes with you - it could be an older brother or sister if they're over 16
- Plan your route before you leave the house and make sure someone else knows where you are going
- Wear reflective or light-coloured clothing so you can be seen
- Carry a torch to check what's around you and avoid falling over
- Stay close to home and if possible, only visit the houses of people you know
- NEVER enter a stranger's home
- Stay on pavements and check carefully before crossing a road - especially if there is a large group of you
- Throw away any treats or sweets that have been opened or unwrapped
- If you are wearing a mask, make sure that you can see clearly out of it
- Make sure your costume is warm - it is almost November!
- Bring water with you, you may get thirsty!
- Don't argue with people or "trick" them if they don't have more sweets or don't want to celebrate Halloween. There will be many more who want to engage in the fun!

Halloween Quiz



The NSPCC have put together this spooktacular quiz to put your halloween knoweldge to the test

[Click here >>](#)



DIY Halloween

We know that Halloween can be an expensive time for families, with requests for elaborate costumes, ghoulish decorations and sweet treats for trick or treating. These are our top tips for a low-cost fun Halloween.

- DIY clothes – Have some old clothes that you no longer wear and are planning to get rid of? How about cutting holes in these and making rips? You could even make a zombie outfit from old clothing that you have no use for. You could make a ghost outfit out of an old white sheet or even a witch outfit from black binbags. Why not have a competition for the best DIY outfit in your house?
- Not everyone enjoys trick or treating, so how about organising your own themed evening, or going along to some local Halloween events. Keep an eye on Facebook for local events in your area.
- Carving pumpkins but not sure what to do with the insides that you have scooped out? Why not make a pumpkin pie or roast some of the pumpkin seeds for a healthy autumn treat?

Moneyline have lots of other fab ideas.
Check them out here!

[Click here >>](#)

Budget no-bake Halloween cookies

Dust off your cauldron and follow this recipe from Recipes From a Pantry to make these fab no bake Halloween cookies

[Click here >>](#)



Bonfire Night and the Gunpowder Plot

The beginning of November brings the sparkles and flashes of Bonfire night, but do you know the history and story behind the infamous Gunpowder plot of 1605? Guy Fawkes took part in the 'Gunpowder Plot' of 1605. The plot involved trying to blow up the Houses of Parliament to kill King James I and his government. The plot was discovered on November 5th. This led to the celebrations known as 'Bonfire Night,' which is still celebrated widely today.

Did you know?

Guy Fawkes was born in York in 1570.

Some of his school friends were also involved in the Gunpowder Plot.

He became a Catholic and fought for the Spanish army.

In November 1605 he and a group of plotters tried to blow up Parliament and King James I. They used 36 barrels of gunpowder.

Guy Fawkes was caught in the cellars with the gunpowder and arrested.

He was sent to the Tower of London, put on trial, and executed.

Bonfire night is on the 5th of November every year. It remembers Guy Fawkes and the failed Gunpowder Plot.

Guy Fawkes was not the leader of the Gunpowder Plot - that was Robert Catesby.

There were 13 people involved.

He liked being called 'Guido Fawkes'.

He gave a false name when he was captured - 'John Johnson.'



Gunpowder Plot Poem

The traditional Gunpowder Plot poem, Remember, remember the 5th of November, was originally written by John Milton in 1626 at Cambridge University. It celebrates the anniversary of the failed Gunpowder Plot.

Remember, remember, the 5th of November,
Gunpowder, treason and plot.

I see no reason

Why gunpowder treason

Should ever be forgot.

Guy Fawkes, Guy Fawkes, 'twas his intent

To blow up the King and the Parliament

Three score barrels of powder below

Poor old England to overthrow

By God's providence he was catch'd

With a dark lantern and burning match

Holler boys, holler boys, let the bells ring

Holler boys, holler boys

God save the King!



The Fire Brigade have shared this great guide to staying safe on Bonfire Night

Seven steps to using fireworks safely

1. Only buy fireworks with a CE mark.
2. Keep fireworks in a closed box.
3. Follow the instructions on each firework.
4. Light them at arm's length, using a taper.
5. Stand well back.
6. Always supervise children around fireworks.
7. Keep pets indoors.

When using fireworks

- don't drink alcohol.
- don't go near a firework that has been lit - even if it hasn't gone off, it could still explode.
- don't put fireworks in your pocket or throw them.
- don't let off fireworks after 11pm.
- don't use fireworks near thatched properties or crops, especially during periods of dry weather.



[Click here to see how they suggest that you safely use sparklers](#)

[Click here >>](#)

Useful Services to know about

Hope Again

Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people how to cope with grief and feel less alone. Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies.

[Click here >>](#)

Essex Youth Service

With the dark nights rolling in, the Essex Youth Service have a range of youth groups running across the county providing safe indoor spaces. Their website provides details of all the groups and schemes currently running.

[Click here >>](#)

Essex County Fire & Rescue Service

Many children and young people have a fascination with fire, but for some this fascination can take a dangerous turn and lead to fire setting. This is where Essex County Fire and Rescue Service's Juvenile Fire-Setters Scheme can help. The Juvenile Fire-setter scheme (JFS) is a free service that aims to deter children from becoming involved with fire-setting behaviour. Our trained advisors can offer help and guidance to young people up to and including 17 years of age.

[Click here >>](#)

Essex Young People's Drug and Alcohol Service

Essex Young People's Drug and Alcohol Service works with children, young people and families affected by drug or alcohol use. When someone in the family is addicted to drugs or alcohol, it can cause stress, violence, and neglect. The Children's Society works with families to understand problem behaviours and make sure addiction does not get in the way of a good childhood.

[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?

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Or you can email us at:
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