

Essex Family Support Service

E-Bulletin September 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.

The back-to-school routine

The return to routine after the long summer holidays can feel like a mammoth task, with the stress of getting out of the door at a set time, and making sure school bags are packed, it can feel like a bit of a challenge.

We have pulled together our favourite resources to help ease the transition to the autumn term.



Checklists and uniforms

Parents often take on the responsibility of ensuring that their child is well prepared for school by packing the school bag. This could be a task that an older child can get involved with, giving them a sense of responsibility. If you are worried about handing over this task, why not use one of these helpful checklists and build it into their bedtime routine.

[Backpack checklist >>](#)

[Back to school checklist >>](#)



It can also be frustrating for parents when their child goes to school with all their brand-new belongings but doesn't bring them home. The article below gives helpful tips for parents on managing this.

[Click here >>](#)

School Uniform

The return to school can be an expensive time for parents; with often new school uniform having to be purchased. Follow this link to the Government website to see if there are any grants available to you.

[Click here >>](#)

Often, schools will have a used uniform exchange, it's worth contacting them to see if they are running one.

Making New Friends



A Shy Person's Guide to Making Friends at School

Starting a new school or joining a new class in September can be a difficult time and maybe seem a little overwhelming. Here is a handy guide from Young Scot showing some great ways to make friends.

[Click here >>](#)

Feeling Shy and Need a Confidence Boost?

Check out this advice from Confidence Coach Sue McGillivray. She talks about how you can get confident and stay that way - so here's how to boost your self-belief!

[Click here >>](#)



Parent Tips

Is your child anxious about returning to school? Follow this Young Minds link to see some useful tips for supporting your child through what can sometimes be a daunting time for them.

[Click here >>](#)

Friendship Bear

For younger children a small friendship bear tucked into their school bag makes a great friend if your child is feeling anxious about school and meeting new people.

- It gives the best hugs
- It's always there
- It never gets cross
- It loves going places
- It offers security and stability
- It makes a great listener

[Click here >>](#)



Want to make friends and try fun activities?

Have you thought about joining scouts? At scouts, children get to do fun activities such as camping, hiking, swimming, abseiling, cycling, and canoeing. But they also get to hang out with friends every week – having fun, playing games, working in a team, and taking on new challenges. All children get to learn the skills they need for school, college, university, the job interview, the important speech, the tricky challenge, and the big dreams: the skills they need for life. Everyone is welcome. All genders, races, and backgrounds. Regardless of your child's physical ability – there's a Scout adventure out there waiting for them. There are different quadrants within scouts – Squirrels for ages 4-6 years, Beavers for ages 6-8 years, Cubs for ages 8-10 ½ years, Scouts for ages 10 ½ to 14 years, Explorers for ages 14 to 18 years and Network for ages 18-25 years.

[Click here >>](#)



Parents' Aid



Helping to hold families together

Parents Aid is a charity that works locally to improve the quality of the lives of parents and families at risk of social exclusion, providing a wide range of services that assist and support parents who need help to overcome difficulties,

By championing their voices and providing support services to meet their needs Parents Aid aim to help families stay together and achieve independence.

[Click here >>](#)

Useful Services to know about

Essex Child and Family Wellbeing Service

On behalf of Essex County Council and the NHS, HCRG Care Group and Barnardo's provide a range of child and family services throughout Essex that are free at the point of delivery.

[Click here >>](#)



SET CAMHS

The Southend, Essex and Thurrock Children's and Adolescent's Mental Health Service (SET CAMHS) provides advice and support to children, young people and families who need of support with their emotional wellbeing or mental health difficulties.

[Click here >>](#)

Home-Start Essex

Home-Start Essex supports parents to build confidence and strengthen their relationships with their children. Through a combination of volunteer peer support, group support and family events, families improve their health and wellbeing, ability to cope with everyday challenges, and widen their support network locally.

[Click here >>](#)

Kids Inspire

Kids Inspire provide mental health and trauma recovery support for children, young people, and their families. Through a range of therapeutic and community activities they promote resilience, self-awareness, and relationship building to empower more positive life choices.

[Click here >>](#)

SNAP Charity

If you have a child between 0 – 25 years who has any additional need or disability and you live under Essex County Council, Thurrock or Southend local authorities then they are there for you and your family. No formal diagnosis or professional referral is necessary to access SNAP services.

[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:
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Or you can email us at:
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You can also find us online:
f [community360org](https://www.facebook.com/community360org)
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