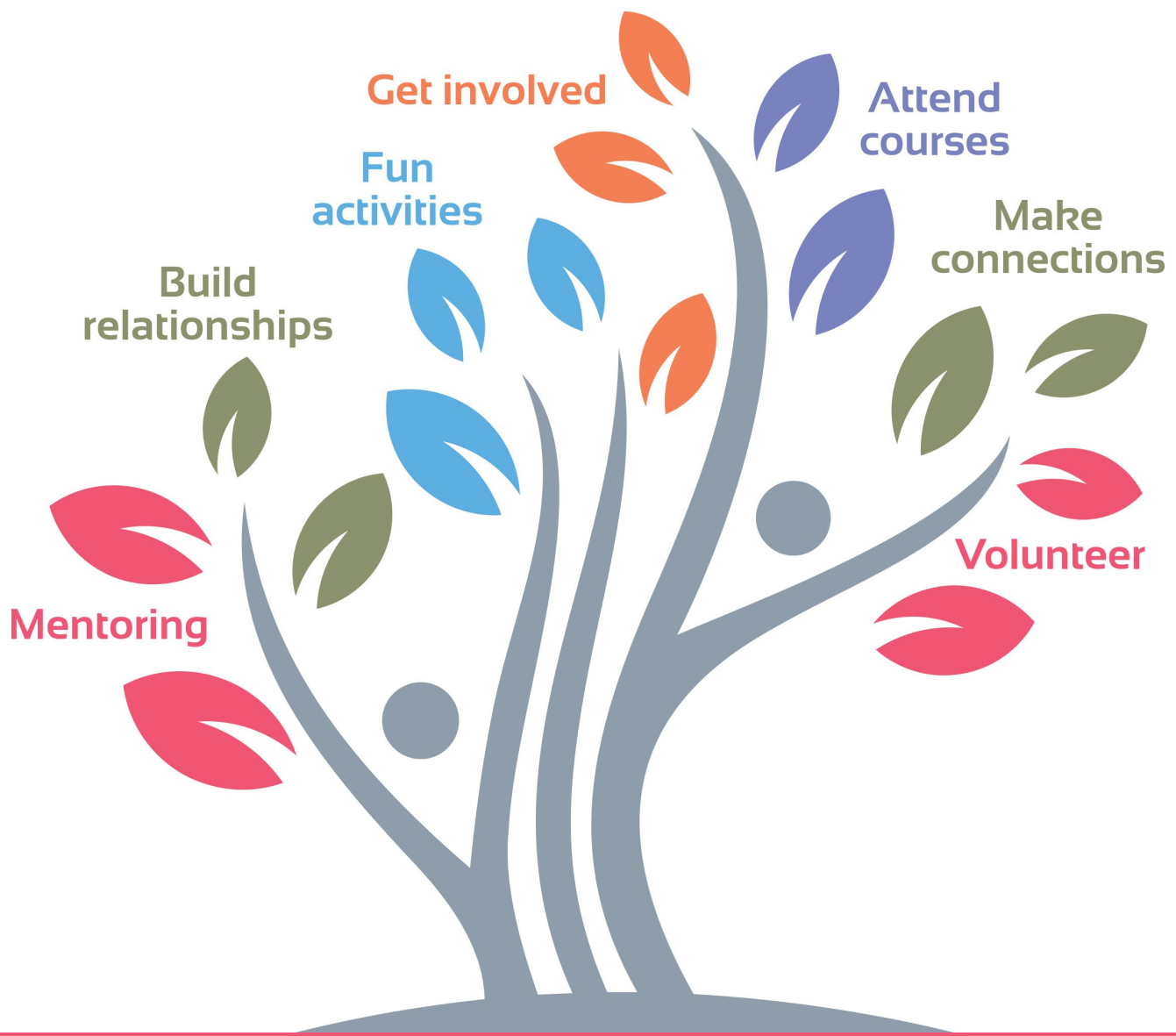


Essex Family Support Service

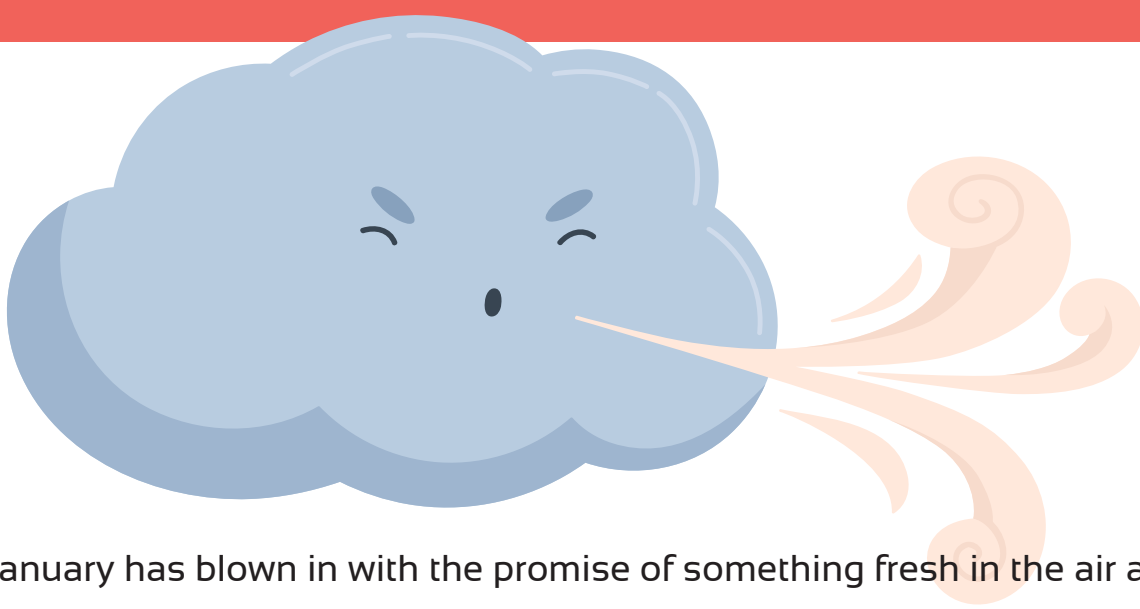
E-Bulletin January 2023



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.



January has blown in with the promise of something fresh in the air and what excitement the New Year will bring. However, with the long winter nights dragging on, it can be difficult to keep spirits high after all the festive cheer of December. This month's E-Bulletin focuses on maintaining that positivity through January and beyond.

Keeping Warm and Positive in Winter

Winter can be beautiful, with crisp mornings, bright skies, and frost on the trees but it can also be damp, cold, and wet. It's important that we embrace the beautiful days and find positive and fun activities to enjoy on the days that would ordinarily make us feel a bit blue. This advice that may help to lift your spirits...

[Click here >>](#)



Stay warm without breaking the bank



It's also important to try and stay warm and given the soaring cost of energy we need to find ways to stay warm without breaking the bank.

The British Heart Foundation recommend these cost-effective ways of staying warm and keeping the heat in

1. Layer up. Wearing lots of layers, rather than one thick piece of clothing, is a smart way to keep warm in winter.
2. Keep draughts out and heat in.
3. Be clever with heating.
4. Make warming food and drinks.
5. Get moving.
6. Check what support you can get.

For more information on how to enjoy some gentle exercise while in your home

[Click here >>](#)

Or maybe take a look at these fun warm up ideas to do with the children

[Click here >>](#)

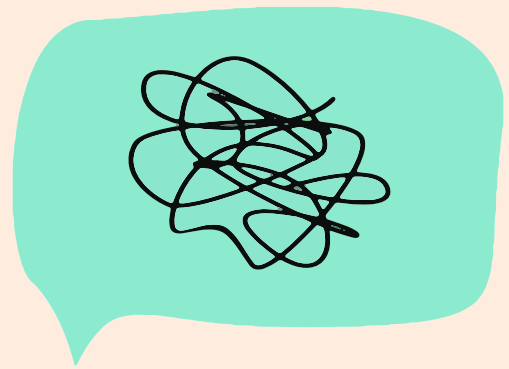
Anxiety in Children and How to Tackle It

Anxiety has become one of the greatest concerns in children and teenagers, effecting around 300,000 young people in Britain.

Anxiety is normal. Feeling anxious is normal. We all experience it occasionally, such as when we start a new job or when we are late for a meeting. We have relied on experiencing anxiety for our survival, alerting us when there is danger and threats to our existence. It gives us the drive to succeed, mentally and physically. In small quantities it is healthy, but what do we do when we are overanxious, experiencing anxiety frequently? How can we help someone who is experiencing excessive levels of anxiety?

Here is a list of things that we can do to help

[Click here >>](#)



Where can you find us? – Drop in sessions

The Essex Family Support Service team are always out and about throughout the region supporting families. The team hold many different drop-in sessions throughout Essex. These sessions are designed to give families impartial advice and signposting to help find relevant services and interventions to address a family's low-level needs. Sessions are free and open to all families with children between 8-19 years old (up to 25 with SEND).

No booking is required, and we would love to see you.



[Click here >>](#)

Valentine's Day Crafts

Roses are red, violets are blue, kids love to craft, and you will too. It's always so much fun moving on from one holiday to the next and Valentine's Day is no exception. Head to our website for 3 fun and easy crafts for the whole family.

Heart Shaped Wreath
Valentine's Heart Mobile
Plastic Bottle Tea Light Holder



[Click here >>](#)

Useful Services and workshops

Wild Wellbeing with the Essex Wildlife Trust

The Essex Family Support Service are hosting some family Wild Wellbeing sessions.

These are fully funded, one off events, each lasting 3hrs with next one taking place on 28th of January 2023 between 10am-1pm.

The focus will be on emotional wellbeing and family bonding. These outdoor sessions will take place in the beautiful setting of Hanningfield Nature Reserve. On the day you will need to wear outdoor clothing and comfortable shoes and dress appropriately for the weather.

Spaces are limited and you need to book in advance. For more information, or to book onto a session, please contact Jane Munson on 01206 505250 janemunson@community360.org.uk

Please note that you will only be invited to attend a session that falls within your support time with us.

[Click here >>](#)



The Blossom Programme

The Wilderness Foundation's nature-based group therapy Blossom programme is set up to empower not only adult survivors of domestic abuse to learn strategies for self-care that will cascade through their own families, but also teens to learn to cope with their past experiences in a healthy way that will prevent them repeating the cycles of abuse that they may have experienced.

There are limited spaces available from January for teenagers affected by domestic violence.

A referral form is available on their website.

[Click here >>](#)





Volunteer with Essex Family Support Service

We are looking for volunteer mentors (aged 18+) to work with Community360 and the Essex Child and Family Wellbeing Service to engage and inspire families who need support for up to a 10-week period, providing weekly sessions to focus on their needs and providing signposting and guidance. You would be encouraging families and children (aged 8-19) to take part in new activities, develop new skills and build their confidence.

To register your interest, please head to Volunteer Essex

[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