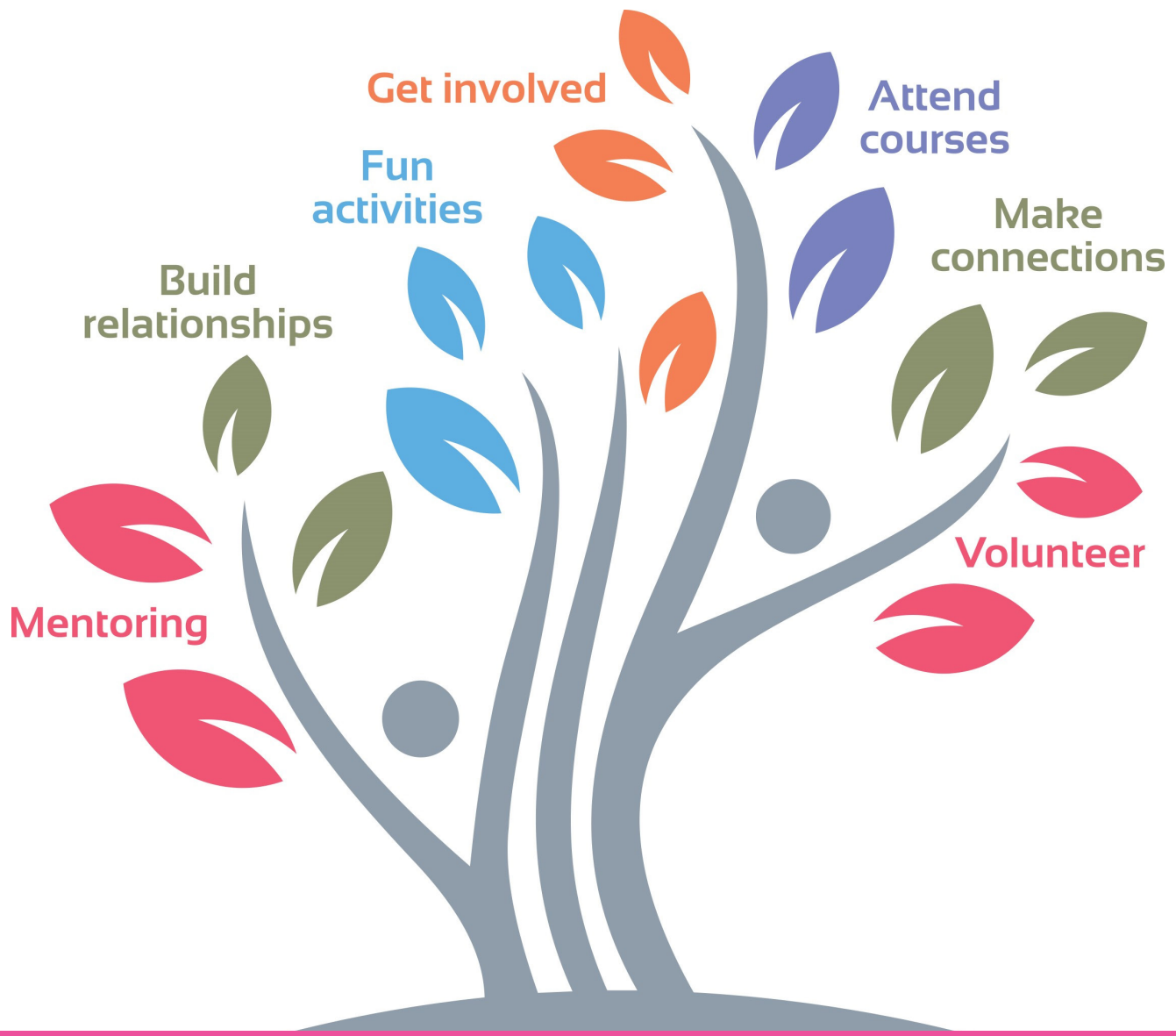


Essex Family Support Service

E-Bulletin April 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.



As we welcome in the month of April, we start to see the outside becoming lighter and beautiful spring flowers in bloom. We also see the preparation of King Charles III coronation. In our E-bulletin this month we talk about all things royal. We have fun facts, arts and crafts, tasty recipes and activities for you and your families to try at home!



Scone Recipe



You can have a batch of scones on the table in 20 minutes with Jane Hornby's store cupboard recipe, perfect for unexpected guests.

Prep time: 5 minutes

Cook time: 10 minutes

Ingredients

- 350g self-raising flour, plus more for dusting
- 1 tsp baking powder
- 85g butter, cut into cubes
- 3 tbsp caster sugar
- 175ml milk
- 1 tsp vanilla extract
- squeeze lemon juice (see tips below)
- beaten egg, to glaze
- jam and clotted cream, to serve



Follow the recipe on the BBC Good Food page

[Click here >>](#)

King's Coronation Crafts

There are many ways that people will be celebrating the Coronation. How about completing some fun family crafts together. Why not make a cardboard tube mascot of King Charles, a paper plate royal coach or even some coronation finger puppets? You can find how to make the King Charles Cardboard Tube Mascot below:

King Charles Cardboard Tube Mascot

How to Make

1. Cut a strip of skin tone paper and stick it around the top section of the cardboard tube using double sided tape.
2. Cut a strip a similar size from a sheet of black paper and stick it to the bottom section of the cardboard tube. Then cut a slightly wider strip of red paper for the middle section.
3. Create a belt by cutting a thin strip of black paper and a square of glitter gold card. Attach it to the waist using double sided tape.
4. Stick a blue ribbon diagonally across the red section to create a sash. Then stick a piece of glitter gold card either side to make the shoulder pads.
5. Stick some double-sided tape to the top of the cardboard tube, then attach white wool to make the hair.
6. Add two wiggle eyes to the face and use a black pen to draw a smile underneath.
7. To make the King's crown, take a sheet of glitter gold card and cut a strip long enough to wrap around the tube, and about 3cm wide. Then cut a zig zag line along one of the sides.
8. Roll the card into a circle and attach the ends together using a metal split pin. This holds better than the tape. Decorate the crown with self-adhesive jewels and then push onto the top of the cardboard tube.

Top Tip

Use paper rather than card to wrap around the tube as it is less likely to come unstuck.

There are lots of lovely crafts you can make with your family at home, often with objects and materials you already have.

For this and more lovely craft ideas please visit Baker Ross - Inspiring Creativity



[Click here >>](#)

Ten Fun Facts about King Charles!

1. King Charles III was born at 9.14pm on 14 November 1948 to parents Queen Elizabeth II (then Princess Elizabeth) and Prince Phillip, the Duke of Edinburgh, at Buckingham Palace, London.
2. King Charles was the longest heir apparent, having to wait over 70 years to take the throne! As of 8 September 2022, Charles, Prince of Wales (Charles Philip Arthur George) had been heir apparent to the British throne for 70 years 214 days.
3. From 1967 to 1970, he studied history at Cambridge University making him the first monarch in UK history with a university degree!
4. King Charles III can speak Welsh after spending two months learning the language as he prepared to become the Prince of Wales in 1969. He still speaks it today, while visiting and addressing the country.
5. The King is a qualified pilot and diver. While serving in the military, King Charles III trained as a jet and helicopter pilot and became an accomplished diver. He's even explored shipwrecks like The Mary Rose – King Henry VIII's flagship!
6. King Charles plays three instruments! During his studies, the former Prince of Wales learned to play not one, not two, but three instruments: cello, piano, and trumpet. He has since become patron of over 20 performing arts organisations.
7. King Charles authored a children's book! Yep, that's right. His majesty is also an author. In 1991, he published The Old Man of Lochnagar, which follows the adventures of an old man who lives in a cave.
8. There's a frog named after him! A new frog species, called *Hyloscirtus princecharlesi*, was discovered by Ecuadorian scientist Dr. Luis Coloma in 2008. And a few years later, Amphibian Ark—a conservation community that ensures the survival of amphibian species—named the frog after King Charles in honour of his efforts to protect the world's rainforests.
9. King Charles has an interesting tree planting ritual! You may have noticed that the king has a habit of carrying out tree planting ceremonies during his official engagements. After planting each tree, the proud environmentalist wishes them well by giving each branch a friendly shake or a tap.
10. The United States Secret Service codename for Charles is "unicorn."

Sources: PureWow

[Click here >>](#)

Insider

[Click here >>](#)

National Geographic Kids

[Click here >>](#)

What is a coronation?

A coronation is the formal swearing-in of a king or queen of their royal powers.

What happens at a coronation?

British coronations have remained much the same for more than 1,000 years.

There are several stages to the service:

- **The recognition:** While standing beside the 700-year-old Coronation Chair, the monarch is presented to those gathered in the Abbey by the Archbishop of Canterbury. The congregation shouts “God Save the King!” and trumpets sound
- **The oath:** The sovereign swears to uphold the law and the Church of England
- **The anointing:** The King’s ceremonial robe is removed, and he sits in the Coronation Chair. A gold cloth is held over the chair to conceal the King from view. The Archbishop of Canterbury anoints the King’s hands, breast and head with holy oil made according to a secret recipe, but known to contain ambergris, orange flowers, roses, jasmine and cinnamon
- **The investiture:** The sovereign is presented with items including the Royal Orb, representing religious and moral authority; the Sceptre, representing power; and the Sovereign’s Sceptre, a rod of gold topped with a white enamelled dove, a symbol of justice and mercy. Finally, the Archbishop places St Edward’s Crown on the King’s head
- **The enthronement and homage:** The King leaves the Coronation Chair and moves to the throne. Peers kneel before the monarch to pay homage

The Queen Consort will then be anointed in the same way and crowned.

Here is a link to a presentation with images of the people and royal objects involved in the ceremony to help prepare you for the big day.



[Click here >>](#)

[Click here >>](#)

Coronation House Party

The Coronation is a great opportunity to come together with family and friends and plan some fun games and activities at your very own Coronation house party. These are a few ideas.

Royal Fancy Dress. Ask your guests to dress up in style, hold a king and queen fancy dress competition.

Coronation Corners. Assign each of the four corners of the room – King of Hearts, King of Spades, King of Diamonds, King of Clubs. Play some Royal Music. Every time the music stops, run to a corner of the room. Pull out a card from a pack - whichever the suite of cards – whoever is in that corner is out. Repeat until there's a winner (who is rewarded with a Crown!).

Pin the Crown on the King. Or pin a jewel on the crown.

Who Am I? One for the older children. Pop a selection of famous royals (or famous people with a Royal connection) on names on cards. Players must pick out a card and the others guess who they are in the quickest time using only yes/no questions.

Royal Quiz. Which child knows the most about the Royal Family?

Portrait of the King. Who can make or draw the best portrait of the King?

Design your own Coronation Party Crown! Use a template to colour in and stick, or how about a Pipe Cleaner Crown!



Coronation Garden Party



Maybe hold your Coronation party in the garden and enjoy some of these activities.

Make a Tower Do you have Garden Jenga? Challenge the children to make a Tower!

Traditional Garden Games. See if any of your guests can bring along some traditional games like croquet, skittles, coconut shy and boules!

Ribbon wands. Create ribbon wands by tying red, white, and blue ribbons to sticks and letting children play with them.

Corgi obstacles. Create an obstacle course in the garden (think of Crufts, with hurdles and jumps) and challenge each other to complete it in the fastest time or with the most style.

Balance the crown! Pop a bean bag or ring on your head and race against each other.

Picture Trail. Stick pictures of the King around your house and garden, children must find them all in the quickest time!

Picnics Choose foods that would be fit for a King, maybe some scones and cucumber sandwiches.



Coronation Party Decorations

And don't forget to add some Coronation decorations.

Red, white, and blue bunting. Rather than buying pre-made, make this an activity for everyone to get involved with. Use old magazines to cut up, sticking red, white, and blue pictures together. Or simply use colouring pencils.

Paper chains. If your children are younger, an easier option might be to stick and make patriotic paper chains. Cut out strips of blue, red and white paper and ask them to stick them together for you.

Create a Coronation Wreath for your Front Door. There are lots of suggestions on Pinterest and again, this could be something the children do in advance. Use coloured tissue, pom poms or even just design their own using recycled magazines or old wrapping paper and ribbons.

Volunteer with Essex Family Support Service

We are looking for volunteer mentors (aged 18+) to join Community360 and the Essex Family Support 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.

For further information or to apply please

[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:
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🐦 [@community360org](https://twitter.com/community360org)
W: www.community360.org.uk