

# Essex Family Support Service

E-Bulletin February 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.

February welcomes the hope of those lighter days on the horizon and the promise that Spring brings. This E-Bulletin focuses on learning, kindness and building positive family relationships.



## Random acts of kindness

This year, Random Acts of Kindness Day falls on Thursday, February 17, 2023.

What can children do during Random Acts of Kindness Day 2023? Random Acts of Kindness Day 2023 is a brilliant time to inspire children to be even kinder! You can take this opportunity to ask children to think of ways they can show kindness to both themselves and others. It's a great idea to encourage children to use their creativity to think of ways they can be kind. Here are some ideas for random acts of kindness for children to get started:



[Click here >>](#)

# Building On That Bond Workshops

At the Essex Family Support Service, we run workshops regularly throughout the year with the aim of improving relationships within the family setup, building stronger bonds between family members, and reducing conflict within the household. These sessions are free of charge and are held virtually via teams. Over the next few months, we will be holding the following sessions:

## Session 1: Conflict with your child

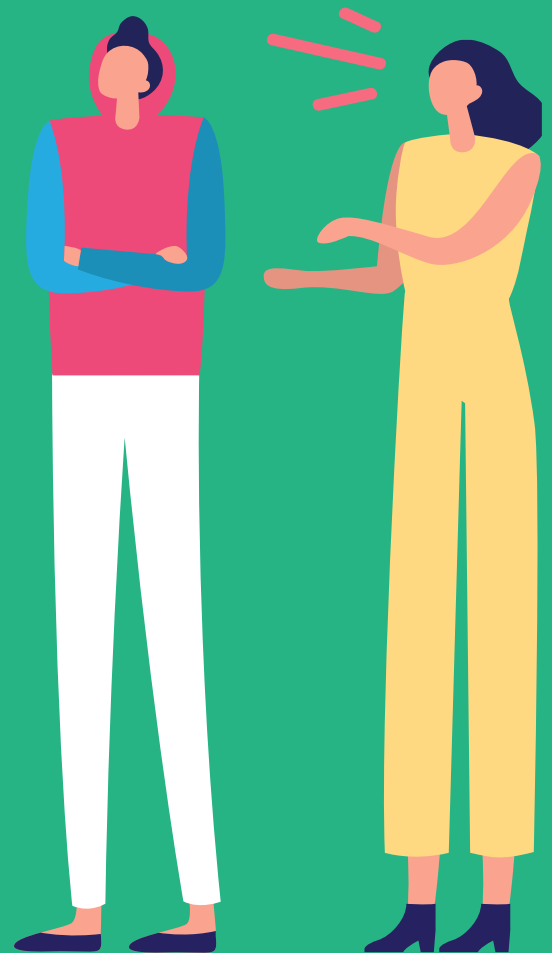
This session looks at reducing conflict with your child. During this workshop we will look at conflict, what it looks like and how it can be resolved, understand the development of the child's brain and how this impacts their learning and behaviour as well as understanding body language and the impact it can have on a situation.

## Session 2: Conflict with your teenager

This session looks at reducing conflict with your teenager. During this workshop we will look at conflict, what it looks like and how to resolve it, understand the teenage brain and the fundamental changes that are occurring to our teenagers as well as understanding body language and being aware of the impact our body language can have when dealing with conflict.

## Session 3: Effective Communication

This session looks at effectively communicating with others in our daily lives whether at home with our children and family members or within the community. During this workshop we will look at understanding what effective communication is and the benefits of it, looking at the different types of communication and how we can improve our communication skills.



**If you are interested in attending any of the above workshops or require any further information, please email [nikkturner@community360.org.uk](mailto:nikkturner@community360.org.uk)**

# Valentine Bakes

## Love Bug Biscuits

These cute cookies decorated with fondant icing in a heart-shaped ladybird pattern would make a lovely gift for parents.

### Ingredients

175g plain flour  
100g chilled butter, cubed  
85g icing sugar  
1 tsp vanilla extract  
1 egg yolk

### You will also need

8cm heart-shaped cutter  
6cm heart-shaped cutter

### To decorate

500g ready-to-roll fondant icing  
red food colouring  
100g icing sugar  
black food colouring  
edible pearly ball decorations

For instructions

[Click here >>](#)

For more kids' valentine bakes in-  
spiration, check out the BBC Good

[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 >>](#)



# Useful Services and workshops

## ACL

Providing learning in Essex, based on a thematic offer to support parents/ carers or guardians of babies, children and young people from pre-birth to 18 (or 25 with SEN) Community and Family Learning puts parents/carers and grandparents as their children's first and last educators.

[Click here >>](#)

## Local Linked Support

Advice, information, connecting and support for adults with a learning disability and/ or autism and/ or their careers.

033301 30593, [llsbraintree@essex.gov.uk](mailto:llsbraintree@essex.gov.uk), [llscolchester@essex.gov.uk](mailto:llscolchester@essex.gov.uk)

[Click here >>](#)

## Kooth counselling app

Free, safe and anonymous online support for young people.

Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

Kooth is a transformational digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors.

Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

[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](mailto: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](http://www.community360.org.uk)**