

# Essex Family Support Service

E-Bulletin July 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 Barnado's 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.

# Summer crafts

Now that summer is finally here, it's time to plan some fun crafts for all the family. Not all crafts need to be time consuming or expensive. Take a look at these ideas:

## Lolly stick bird feeder

You will need:

- Lolly sticks (jumbo size work best)
- Twine
- Craft glue and/or glue gun
- Bird seed (suitable for small birds)

Instructions

Layer your lolly sticks to create a base for your bird feeder. Use craft glue to stick the lolly sticks together. You can even create a roof for your bird feeder if you like by layering and stacking the lolly sticks. Lastly fill the bottom of the bird feeder with bird seed and place outside for the birds. You can find more information including pictures [here](#)

[Click here >>](#)

## Paper bag scrapbook

You will need:

- 4-5 brown paper lunch bags
- Stapler
- Glue, tape, glue dots, etc.
- Scrapbook paper, stickers, crayons, markers, ribbon, buttons, and whatever else you want to embellish with

Instructions

Grab your brown bags and fold them each in half. Put them all together with the folded side to the left and staple them several times along the edge. You can then let your children decorate their scrapbooks. You can place scrapbook paper inside to create pages, you can add ribbon, or you could use pockets to add special pictures or keepsakes. You can find a full guide to this project [here](#)

[Click here >>](#)

# Build, tinker and experiment with LEGO® in libraries!



If you're a parent or carer with a child aged 6-11 who loves LEGO®, why not sign up for our EssexLibraries 'new LEGO® in libraries project? Your child will get the chance to improve their maths and English skills, while having fun playing with relatable LEGO® characters!

Using a combination of LEGO® Education SPIKE™ Essential kits and Lenovo Chromebooks, children will guide characters through compelling stories and use problem-solving, literacy and coding skills to complete each unit.

Book on to a session and come along to build, tinker and experiment!

[Click here >>](#)

## Homemade ice lolly recipes

### Vegan Orange Lollies

#### Ingredients

- 5 large carrots
- juice of 3 large oranges, zest of 1
- 1 satsuma, peeled then chopped (optional)

Finely grate the carrots and place in the middle of a clean tea towel. Gather up the towel, and squeeze the carrot juice into a jug, dis-carding the pulp. Add the orange juice and top up with a little cold water if needed to make up 360ml liquid. Stir in the orange zest and satsuma pieces, if using. Pour into lolly moulds and freeze overnight.

## Raspberry coconut ice's

### Ingredients

- 150g raspberries
- 4 tbsp icing sugar
- 450g coconut flavoured Greek-style yogurt

Purée the raspberries in a food processor along with the icing sugar. Sieve to remove the seeds.

Spoon half the Greek-style coconut yogurt into a bowl and stir in 2 tbsp of purée so it is stained pink.

Spoon into lolly moulds, add the rest of the purée then the rest of the yogurt. Push in lolly sticks and freeze until solid.

# Summer holiday activities to beat the boredom

The summer holidays provide an opportunity to enjoy the warmer days and to spend time with the family. However, how do you keep those 6 weeks filled to tackle the boredom. The EFSS team share their suggestions of favourite days out.

## **Essex Wildlife Trust**

The Essex Wildlife Trust offer a wide range of wildlife-themed events during school holidays, from family activities to drop-off days.

[Click here >>](#)

## **Head to the seaside**

Those summer days have us thinking about ice creams, building sandcastles and spending time on the pier. Here are some of our favourite seaside spots.

[Click here >>](#)

## **Active Essex**

For those who are eligible for free school meals, families can access the Active Essex clubs across the county. These can be booked via the Active Essex site, using your WOND number.

[Click here >>](#)



# A family safari

One of our favourite memories of the summer holiday season, was visiting our local zoo to learn about exotic species (and not so exotic)! Here are some of our favourite animal-based days from across the county.

Colchester Zoo

[Click here >>](#)

Hopefield Animal Sanctuary

[Click here >>](#)

Manna's Ark

[Click here >>](#)

Pet's Corner

[Click here >>](#)





# Garden Projects for Children

The summer is a great time for children to be out in the garden learning about how to grow plants. Gardeners World have some great, child friendly summer plant projects to try.

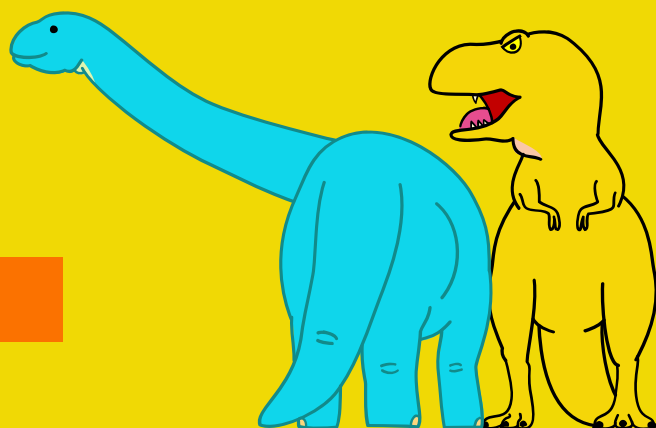
[Click here >>](#)

## Grow Radishes

The magic of seeing a seed transform into a plant is sure to get kids excited about gardening. Radish seeds are quick to grow but quite fine, so also try larger seeds like courgettes or runner beans (which will need to be planted into the ground after a few weeks). Children will love getting their hands dirty and there's a good chance they'll eat more fresh produce if they've grown it themselves.

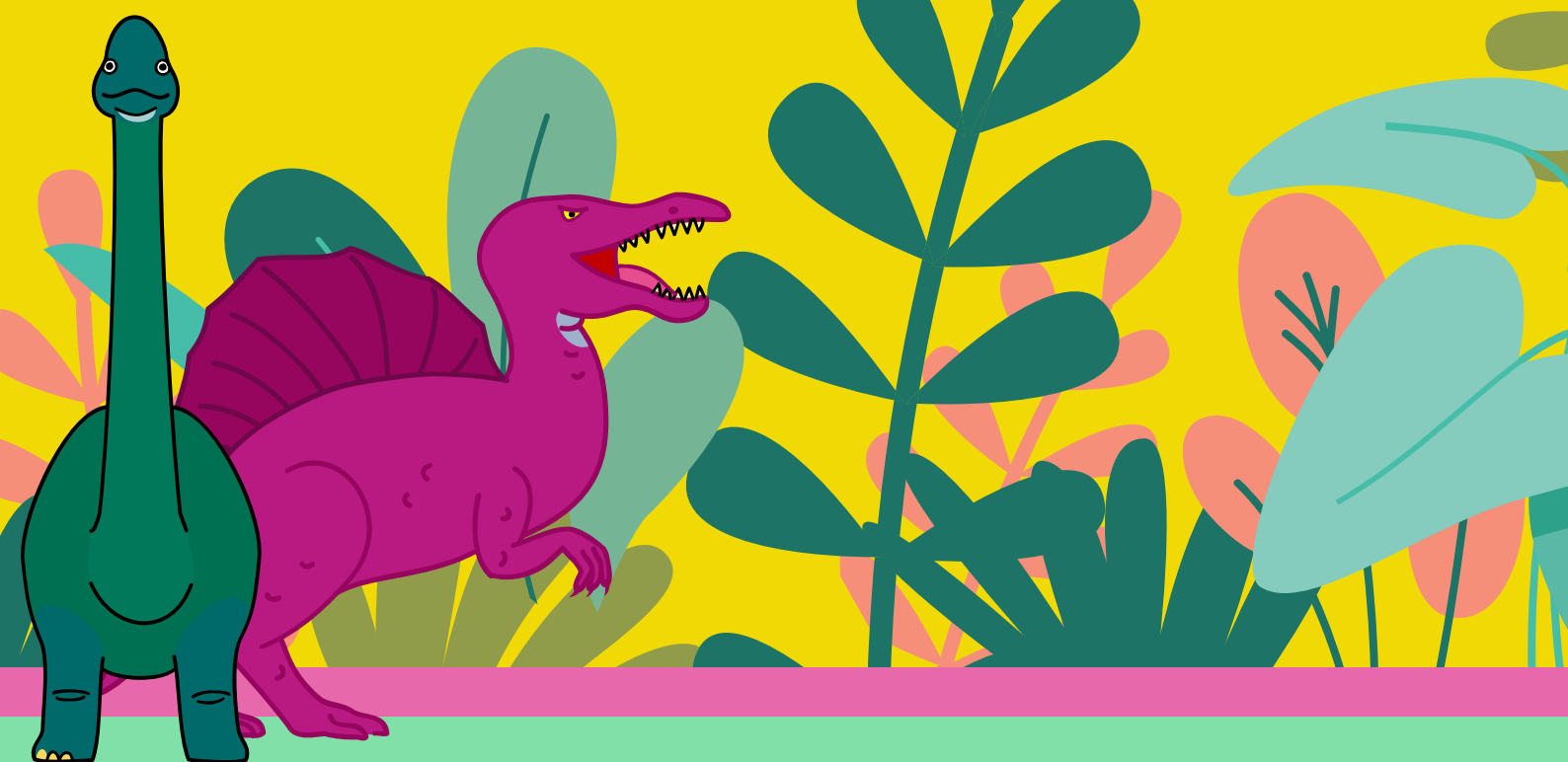
## Create a Colourful Container

Planting up a pot is an easy way to introduce kids to gardening. Take them to the garden centre so they can choose their own flowers – bedding plants are ideal as they're inexpensive and give instant impact.



## Create a Dinosaur Herb Garden

This project has lots of elements to capture kids' attention. Using colourful dinosaurs as plant labels in a mini herb patch is sure to appeal to children – plus they can discover the benefits of growing their own crops. Use scented herbs such as thyme to add an extra sensory element, as well as things they'll love to eat, like strawberries.



# Brain Activities for Children

Whilst children and young people are on their school holidays, we want to try and keep their brains active and encourage that curiosity to keep learning and trying new things. Why not encourage your child/young person to try some of the following activities:

[Click here >>](#)



## Volunteer with Essex Family Support Service

Could you help families improve their health and wellbeing in your local community? 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 give us a call on 01206 505250 or email [families@community360.org.uk](mailto:families@community360.org.uk)



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