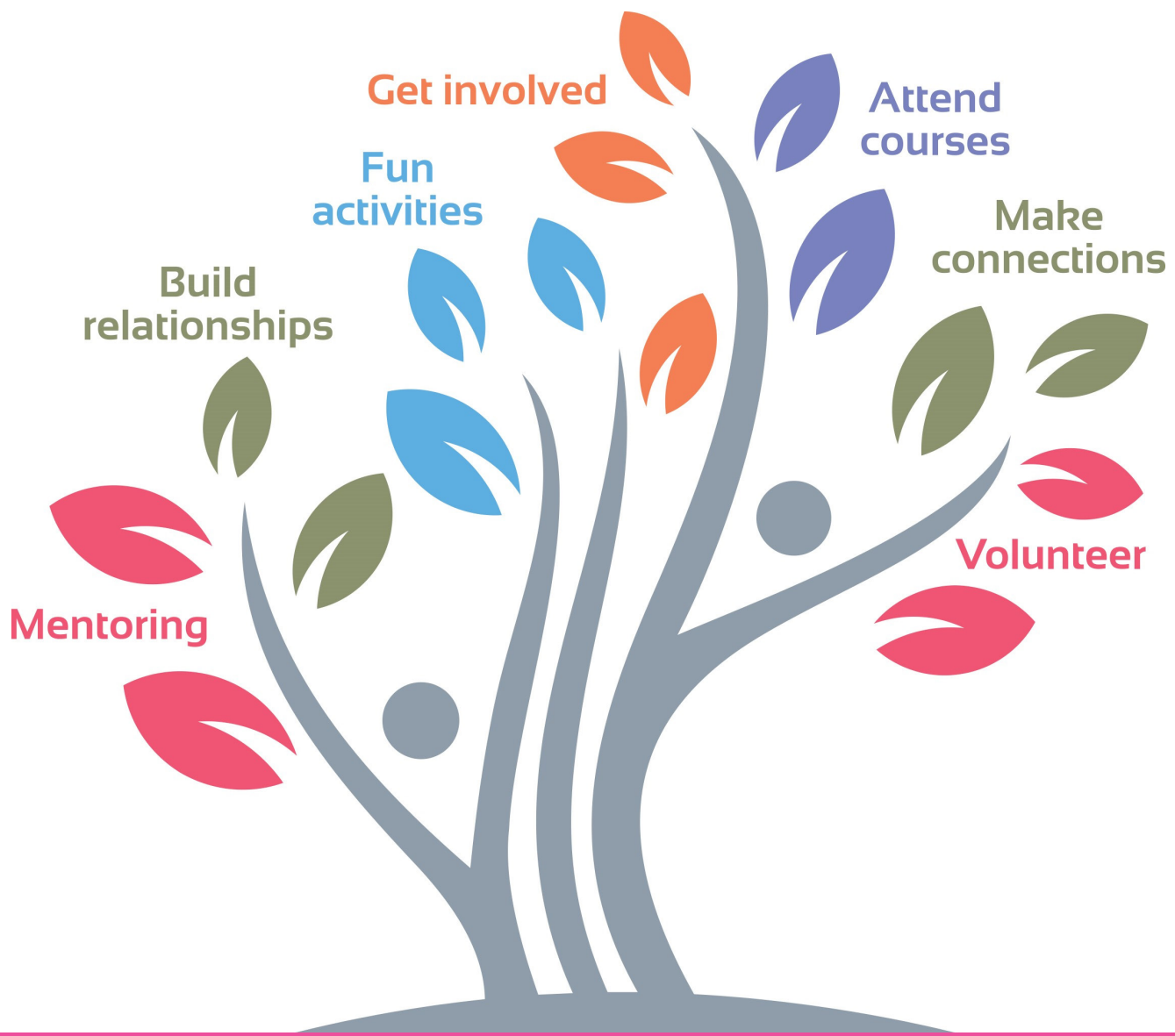


Essex Family Support Service


E-Bulletin May 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.

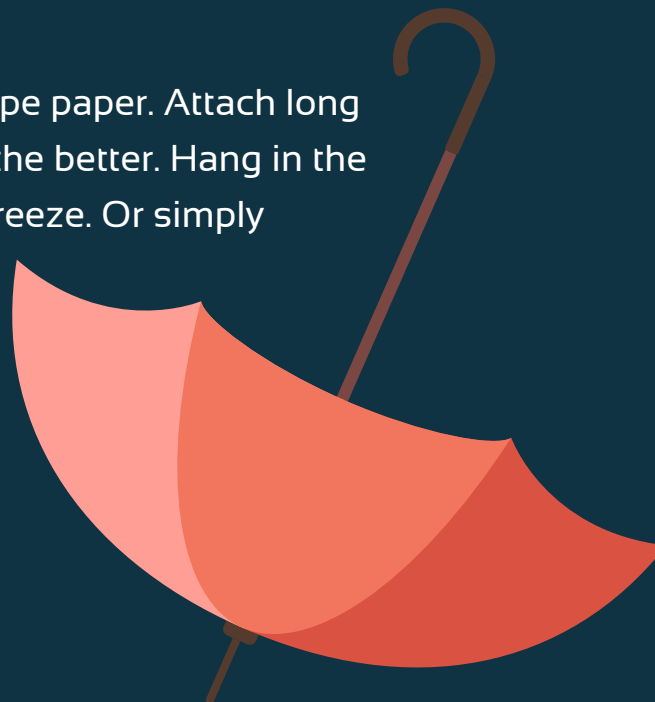



As the evenings start to get lighter and we see the weather warming up, why not have some family fun and create your very own music festival! This can be indoors or outdoors. In this month's E-Bulletin we have jam packed lots of activities for you and your family to enjoy.

Garden Festival Decorations

If you are planning your own stay at home music festival, it's important to create the full festival vibe! How about trying some of these fun decoration ideas.

- Get the Christmas lights out of the loft and drape over a tree or along a fence. Remember that if it's due to rain (in true festival style) be sure not to use mains lights outside, maybe decorate the toilet instead!
- Hang some upside-down umbrellas from trees or shrubs to create a shaded area. Or maybe drape a tablecloth over the washing line and use that for shade. Add a picnic blanket underneath and a few washable cushions and you have your very own chill tent.
- Take some coat hangers and cover them in crepe paper. Attach long hanging ribbons or fabrics, the more colourful the better. Hang in the garden and enjoy watching them blow in the breeze. Or simply hang ribbons from every available tree branch and garden plant.



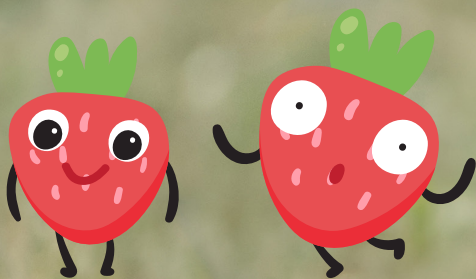
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- Make a sign. Use a piece of old wood, old pallets are great if you can find one and they are nearly always being given away for free. Or use thick card and attach to an old broom stick or garden cane. Create and decorate arrows pointing to Music, Camping, Dance Area, Food, Toilets, The Bar, and add some festival classics like Peace and Love!
 - Bunting is always a festival staple. Try making your own, this tutorial from Net mums is great.
[Click here >>](#)
 - Another must have for a festival is a peace sign. Follow this YouTube video for an idea. You can of course decorate the sign with whatever you like, try using greenery from the garden, paper flowers, or cut up photos from a magazine.
[Click here >>](#)
 - Make your own flags, you can be as creative as you like with these. Garden canes with old pillowcases or tea towels would work well!



Festival Food and Drink

If you're holding a family festival garden party, a decision you will need to make, is what food and drink to have. If you have lots of little fingers and hands how about some easy to eat finger food. There are lots of different types of foods that you can try at a festival but why not have something simple like homemade pizzas, stuffed jacket potatoes or burgers. You can find a nice easy quick pitta pizza recipe from the BBC Good Food page

[Click here >>](#)



For drinks why not make some strawberry mocktails that the whole family can enjoy. Here is a recipe for strawberry mocktails:

Ingredients:

- 600ml sparkling water
- 400ml berry juice drink (such as apple & raspberry or strawberry and apple)
- 50g fresh strawberries, topped and sliced
- 1 lemon, sliced
- Small handful of fresh mint leaves



Method:

1. Add plenty of ice to the bottom of a large jug or pitcher. Pour in the sparkling water, then the juice drink and stir to combine.
2. Add half of the strawberry and lemon slices and stir.
3. Pour into tall glasses. Garnish with extra strawberry and lemon slices and a sprig of mint.



Follow the recipe on the Net Mums recipe page

[Click here >>](#)

Music for SEND Children

With summer round the corner, we'll soon be hearing and dreaming about all the fantastic music festivals taking place, both locally and nationally. To recreate the vibes, why not set up your own mini festival with some musical activities. Here are some links to different activities which suit all needs and abilities:

[Click here >>](#)

Soundabout uses music to empower and unlock the potential of people with severe and profound learning disabilities. There are online music sessions, an after-school club and Little Soundabout activities for children

[Click here >>](#)

Little Amber was set up to create musical activities for blind children and babies but are just as much fun for neurodiverse children. There are different level cards to suit different needs. Click on 'Getting Started' to find out more information about these levels.

[Click here >>](#)

With Music in Mind These musical activities were also created for children with visual impairments but are equally as much fun for neurodiverse children. There are different activities for different interests and settings.

Music for the Brain These activities have been designed for children and young adults with profound disabilities and are broken down into 'listening', 'doing' and 'interacting' tasks. They were first commissioned by The Children's Trust.

[Click here >>](#)

YouTube 'Body percussion for Kids' videos.
Here is a choice of different styles of music with video instructions that demonstrate what type of body percussion to use and when.
Great fun for all the family!

[Click here >>](#)



Local family events

NORTH ESSEX

Free Firework Display

7th May 2023

1 North Sea, Clacton Pier, Clacton on Sea, Essex CO15 1QX

[Click here >>](#)

Steam Days 2023

1st May and 27th of May 2023 - 10am – 5pm

East Anglian Railway Museum, Station Road, Wakes Colne, Colchester, Essex, CO6 2DS

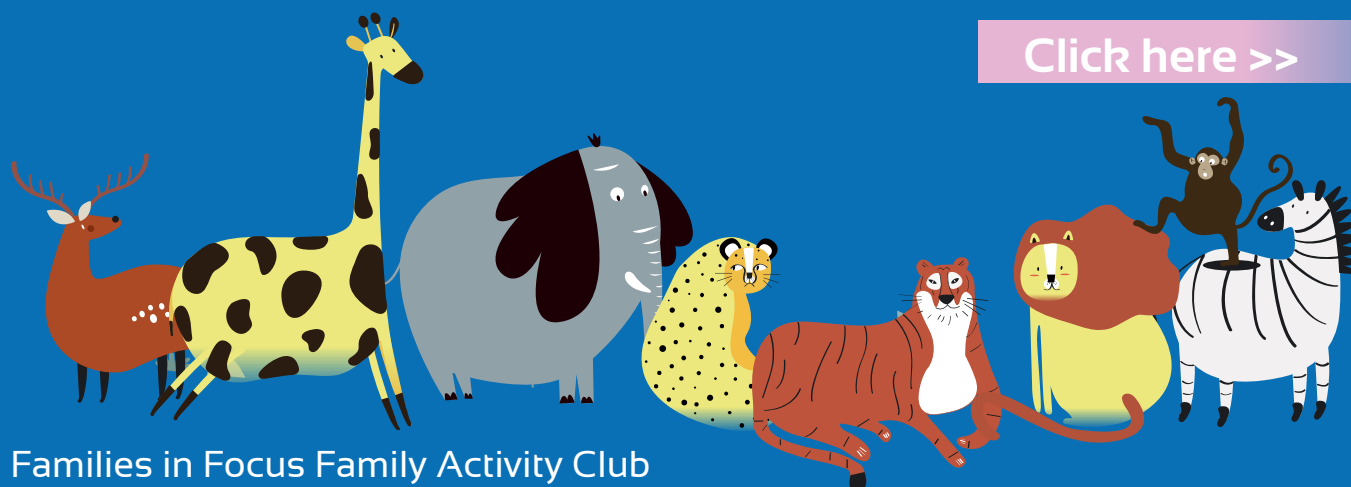


[Click here >>](#)

Zoobilee Half Term

27th May - 4th June 2023

Colchester zoo is celebrating 60 years - Zoobilee Half Term



[Click here >>](#)

Families in Focus Family Activity Club

28th May 2023 – 1.30pm - 3.30pm

Leisure World Highwoods, Gilbert School, Brinkley Lane, Colchester, CO4 9PU

[Click here >>](#)

MID ESSEX

All About Dogs

30th April and 1st May 2023 - 9.30am – 5pm
Hylands Park, Chelmsford, Essex, CM2 8FS

[Click here >>](#)



Danbury Village Fete

7th May 2023 - 1pm-6pm

Danbury Leisure Centre, Dawson Field/Main Rd, Chelmsford CM3 4NQ,

[Click here >>](#)

School Gardening for Beginners

19th May 2023 - 10am-4pm

RHS Garden Hyde Hall, Creephedge Lane, Chelmsford, CM3 8ET

[Click here >>](#)



Marsh Farm Superheroes & Princesses

27th May 2023 – 4th June

Marsh Farm Road, South Woodham Ferrers, Chelmsford CM3 5WP

[Click here >>](#)



WEST ESSEX

Audley End House and Gardens Kids Rule
27th May to 4th June 2023 – 10am-5pm
Audley End Rd, Audley End, Saffron Walden CB11 4JF

[Click here >>](#)

Audley End Miniature Railway Craft Week
27th May to 4th June 2023
Audley End Rd, Audley End, Saffron Walden CB11 4JB

[Click here >>](#)



SOUTH ESSEX

Old MacDonalds Farm Coronation Celebrations
7th and 8th May 2023
Weald Rd, Brentwood CM14 5AY

[Click here >>](#)

Barleylands Farm Park Magical Half Term
27th May- 4th June 2023
Barleylands Rd, Billericay CM11 2UD

[Click here >>](#)



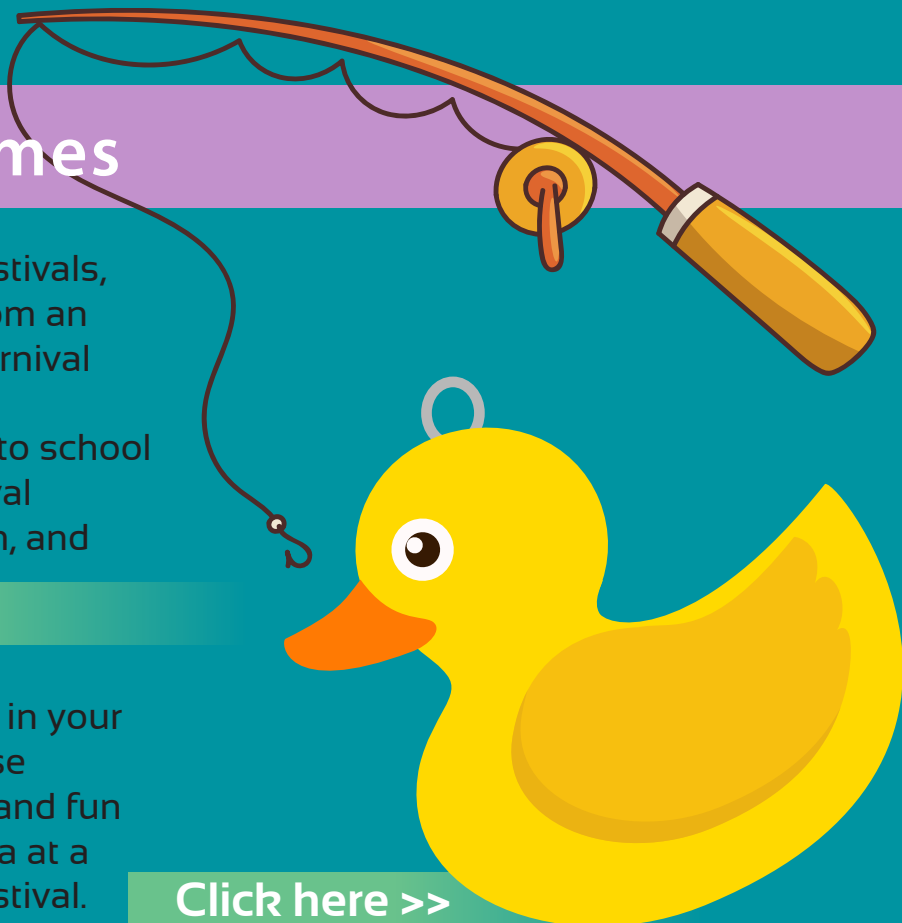
Family festival games

Carnival games are a hit at family festivals, but they can be expensive to rent from an event company. Plenty of popular carnival games can be made inexpensively, however. From trunk or treat events to school fundraisers, these homemade carnival games are easy to make, easy to win, and fun for all.

[Click here >>](#)

Hosting a mini festival party for kids in your home or garden? Take a look at these costume ideas, festival decorations and fun activities to make your own Kidchella at a fraction of the cost of attending a festival.

[Click here >>](#)



Awareness days in May



May is National Walking Month so why not come and get active outside with C360 Walk Motivators Jo and Shawn. A chance to enjoy some fresh air, meet new people and have fun moving around to some great music!

Friday 12th May 2023 From 11.00-12.00
Colchester Park. Meet by the Bandstand
High Street, Colchester, Essex, CO1 1TJ
Contact Jo Bryant or Shawn Leek

01206 505250

jobryant@community360.org.uk

1-8 May Time for a Cuppa Week
Make Time for a Cuppa this May and raise vital funds for families facing dementia. Time for a Cuppa is Dementia UK's annual tea party fundraising event.

[Click here >>](#)

15-21 May Mental Health Awareness Week

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem.

[Click here >>](#)

15-21 May Dementia Awareness Week

for Dementia Awareness Week 2023

Come along to the One Colchester Community Hub to find out more about local dementia support available to you!

Meet representatives from Alzheimer's Society, RNID, Provide CIC for free blood pressure checks and lifestyle advice, Colchester City Council for advice on attendance allowance, information on dementia cafés and dementia-friendly coffee mornings.

Learn what you can do to mitigate your chance of developing dementia, plus much more!

One Colchester
Community Hub
4-6 Long Wyre Street
CO1 1LH
Friday 19th May 2023
11am - 2pm





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





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