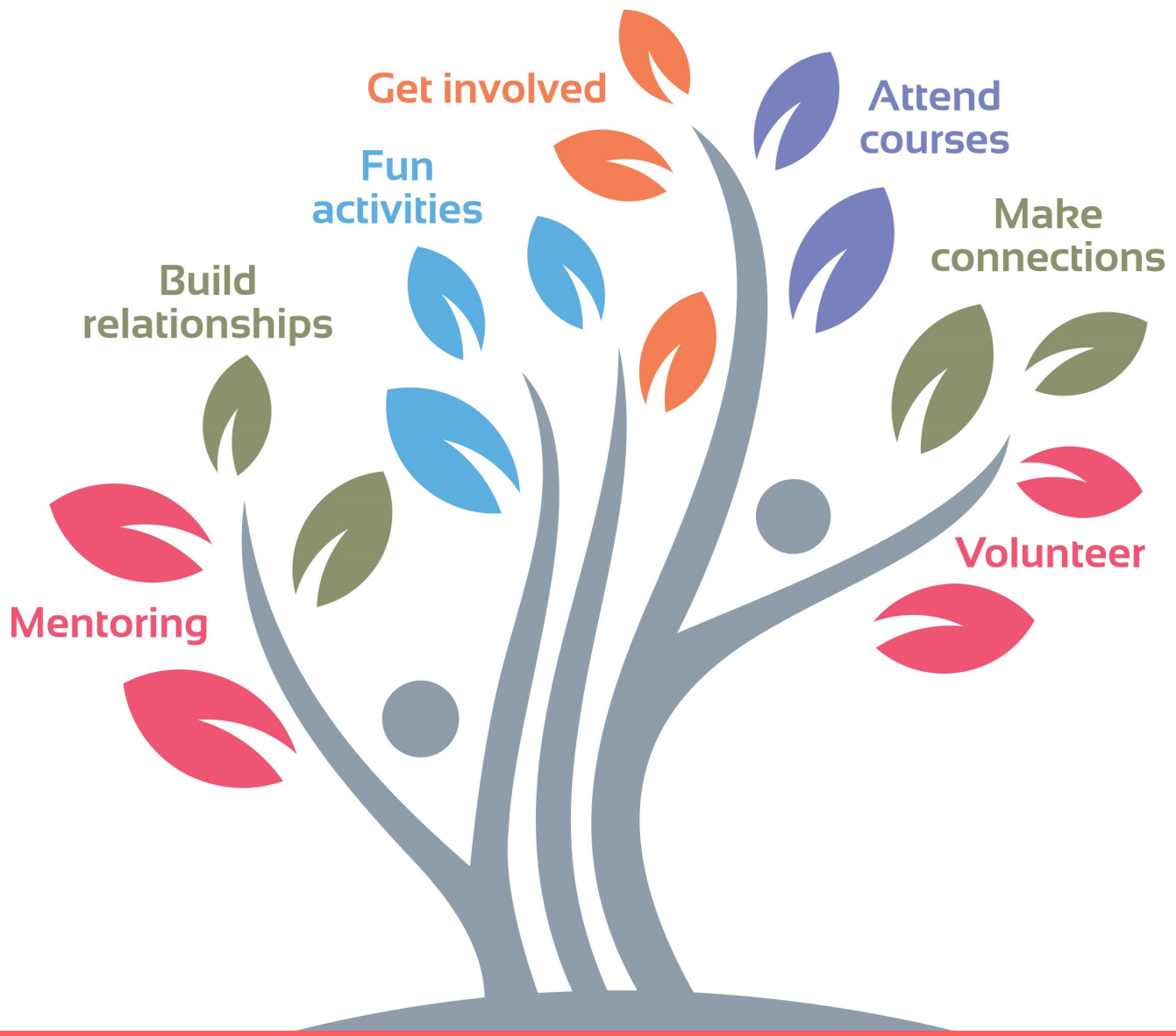


Essex Family Support Service


E-Bulletin September 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 Barnardo'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.

A decorative border at the top of the page featuring various autumn leaves in shades of yellow, orange, and red, along with clusters of small red berries on thin brown stems.

As the weather starts to grow cooler and the leaves on the trees begin to change colour, take a look at our September E-bulletin packed full of autumnal activities.

Helping Wildlife in Autumn

The Woodland Trust have put together a great guide to help you look after our native wildlife this autumn. They suggest 10 things you can do in your own garden to help:

- 
- A stylized illustration of a dark grey bat with its wings spread wide, flying across the middle of the page. It has small ears and a friendly-looking face.
1. Plant trees.
 2. Put your Halloween pumpkin to good use.
 3. Offer clean nest boxes for birds.
 4. Help hedgehogs prepare for hibernation.
 5. Be selective with secateurs.
 6. Stand up for woods and trees with us.
 7. Build a bug hotel.
 8. Keep bird baths and feeders topped up.
 9. Let ivy thrive until the new year.
 10. Install a bat box.

You will find details of each of these here:

A decorative border at the bottom of the page featuring a grey hedgehog with dark spines on the right, a brown mushroom on the left, and various autumn leaves and berries in shades of yellow, orange, and red.

[Click here >>](#)

Help Hedgehogs Prepare for Hibernation

This is one of our favourites, we love hedgehogs!

Autumn is a crucial time for hedgehogs as they need to build up fat reserves to see them safely through their winter hibernation. Leaving out a small amount of food can help them do that when other sources may be growing scarce. You can also help by leaving a small pile of leaves and twigs in a quiet corner for them to use as a winter sanctuary - a 'hibernaculum' - or even build or buy a hedgehog house. Follow this guide to see how to make your very own hedgehog house

[Click here >>](#)

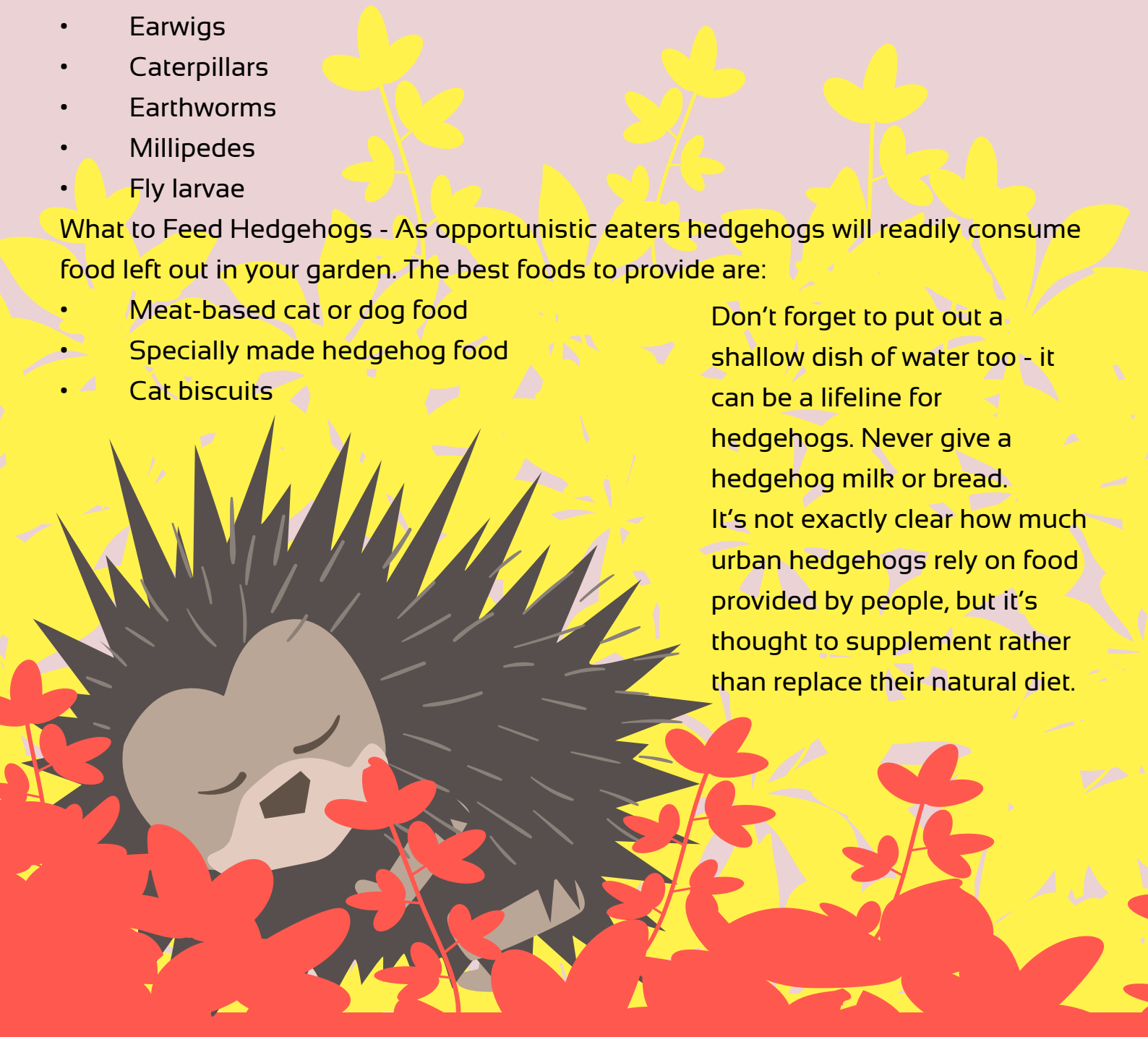
In nature hedgehogs eat insects and other invertebrates, yucky to us but delicious to hungry hedgehogs! A typical diet includes:

- Beetles
- Earwigs
- Caterpillars
- Earthworms
- Millipedes
- Fly larvae

What to Feed Hedgehogs - As opportunistic eaters hedgehogs will readily consume food left out in your garden. The best foods to provide are:

- Meat-based cat or dog food
- Specially made hedgehog food
- Cat biscuits

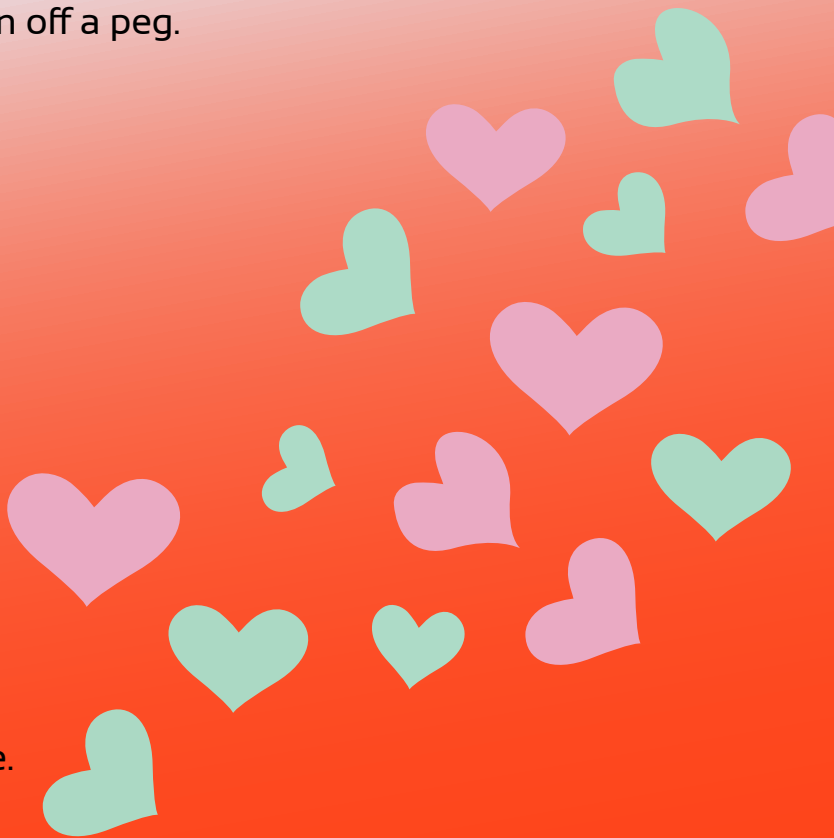
Don't forget to put out a shallow dish of water too - it can be a lifeline for hedgehogs. Never give a hedgehog milk or bread. It's not exactly clear how much urban hedgehogs rely on food provided by people, but it's thought to supplement rather than replace their natural diet.



Acts of Kindness

Here's a list of our 20 favourite random acts of kindness for kids:

1. Let somebody go first.
2. Help a friend with their work.
3. Ask somebody who is by themselves to come and play.
4. Hang up someone's coat if it's fallen off a peg.
5. Bring flowers for a grown-up.
6. Hold the door open for somebody.
7. Give some toys to a charity shop.
8. Pick up litter.
9. Make a new friend.
10. Smile at people.
11. Feed the birds in the garden.
12. Give a compliment to someone.
13. Send a postcard to a friend.
14. Help around the house.
15. Tell a joke.
16. Write a thank you card to someone.
17. Feed your pets at home.
18. Visit your relatives or friends.
19. Paint rocks with pretty pictures for others to find.
20. Bake some cakes for loved ones.



Harvest Festival

The harvest season is an important date in farming calendars recognising the end of the growing season, where annual crops are harvested for food and for animal feed. The harvest festival allows us to celebrate and give thanks for the food that has been harvested and the food that we are able to eat. You can find out about the harvest season, festivals, and traditions here:

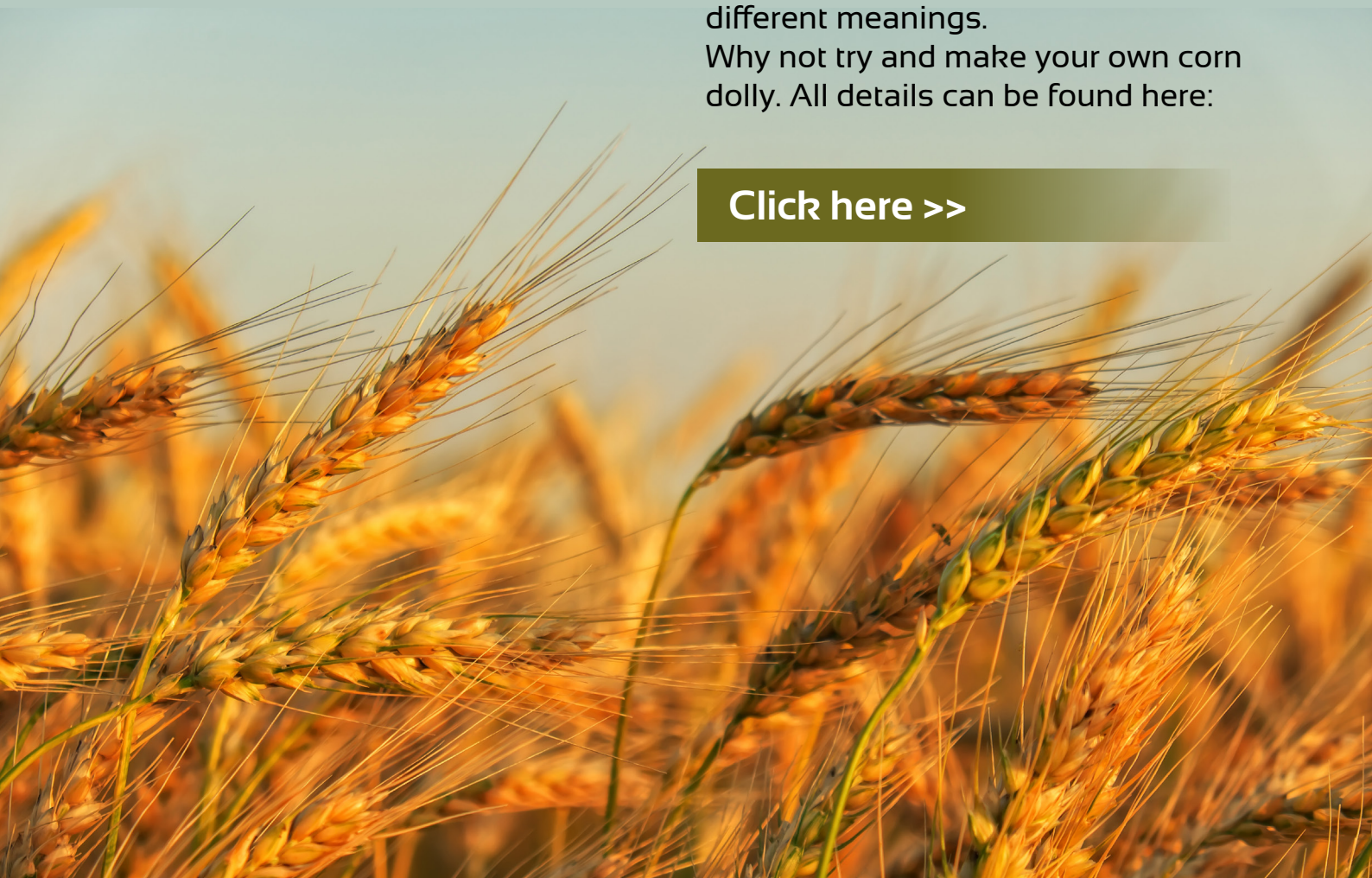
[Click here >>](#)

Whilst celebrating the harvest festival, why not create some fun crafts with all the family. You could make some painted vegetable stones, a scarecrow, a bookmark or even a harvest festival wreath. You can find these and lots of other craft ideas here:

[Click here >>](#)

A corn dolly is a traditional harvest custom that can easily be made. Different regions adopted their own forms and designs and embellished with ribbons in different colours for different meanings. Why not try and make your own corn dolly. All details can be found here:

[Click here >>](#)



Autumnal Recipes



Autumn is a beautiful time of year, as the leaves change colour, and a chill starts to nip the air. You and your child can make the most of autumn with some easy bake recipes.

Plus, not only does your child get to practise their cooking skills with our autumn recipes, but they'll also learn about the world around them, such as how food can conjure up the flavours and feelings of autumn.

Blackberry and Coconut Squares

Arm yourself and the children with baskets and containers, then head into the wilderness to forage a fine blackberry feast. Be sure to avoid hedgerows next to busy roads or areas that might be within reach of dogs.

[Click here >>](#)

Pumpkin Pie S'mores

Revel in all things pumpkin and spice with great warming, autumnal treats for the whole family. As the weather gets cooler and jumpers and coats come out of storage, families head out to find the perfect pumpkin.

[Click here >>](#)

Mini Toffee Apple Cake

The great British apple (and all its varieties) is celebrated up and down the country, with several apple festivals, from apple bobbing to apple pressing, to events with live bands and cider – toffee apples are compulsory, especially in cake form.

[Click here >>](#)



Awareness Days in September

5th September - International Day of Charity

This international day is observed on the anniversary of the death of Mother Teresa, one of the most famous charity workers in history.

Here are some of her most inspirational quotes:

"Not everyone has the ability to achieve greatness.
But we can make a big difference by doing tiny things

"Don't wait for leaders; do it yourself, one-on-one."

"I've discovered the contradiction that if you love till it hurts, there can be no more hurt, only more love."

"Kind words may be brief and simple to say, but their reverberations are genuinely limitless."



September – World Alzheimer's Month



New Read and Count with Me book bags launched



Essex families can borrow a Read and Count with Me book bag from Essex Country Parks and Essex libraries. The initiative is part of the Essex Year of Numbers.

The book bags contain handpicked picture books to share with young learners in the great outdoors. They aim to encourage literary, numeracy and a love of nature from an early age. The bags also contain a ground sheet to sit on and lots of activity ideas to try including seasonal spotters' guides.

The bags are free of charge from Essex Country Parks and from Essex libraries to use in any local green space.

For the seven Essex Country Parks head to the café or Ranger's Office and ask to borrow one of the sets. To borrow a bag from the library to use in a local green space, check if your local library has one, or reserve one and collect it from your local library.

[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 or up to 25 with additional needs) 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