

Key Services for Family Support

North Essex- Colchester and Tendring

- EXTRA – parenting courses and workshops <https://www.extrasupportforfamilies.co.uk/>
- The Youth Enquiry Service – counselling and mentoring <https://yesyouthenquiry.service.org/>
- The Tendring Wellbeing and Intervention Service – counselling for parents and children – <https://www.tendringwellbeingandi.co.uk/>

Mid Essex- Chelmsford, Braintree and Maldon

- Manna's Ark - A wellbeing farm providing a supportive environment to aid physical and emotional wellbeing - <https://en-gb.facebook.com/Mannas4rk/>
- POP – Stay and play respite sessions for 0–19-year-olds with SEND, their parents, carers and loved ones - <https://pop-essex.org/>
- Interact - <https://www.interact.org.uk>
- Chelmsford CVS - <https://chelmsfordcvs.org.uk>
- First Stop Braintree – a local project that offers help to members of the community who are struggling with problems and want to improve the quality of their lives. Support includes a community fridge, basic education classes, CV construction, counselling, advice and signposting, and anger management. <https://www.firststopcentre.com/>

South Essex- Basildon, Brentwood, Castle Point

- MyOTAS – Provide support and activity sessions for children with SEN needs - <https://myotas.org/>
- Motivated Minds – Hub space offering activities and a community space to help improve emotional wellbeing – <https://motivated-minds.co.uk/>
- MegaCentre Rayleigh – Run a variety of programmes to support local young people and children including youth clubs, children's groups, complimentary education, family programmes and 1-2-1 support. <https://www.megacentrerayleigh.co.uk/>
- SNAP Brentwood - <https://www.snapcharity.org/>

West Essex- Harlow, Uttlesford, Epping

- PACT –Supporting families of children with additional needs – <https://www.pactforautism.org.uk/>
- Rainbow Services – Support with young people's risky behaviours, supporting young people to think more positively about their future opportunities and involvement in community activity. <https://www.rainbowservices.org.uk/young-people/>
- YCT - counselling and therapeutic support charity specialising in supporting children and young people aged 5 – 25 years, their families and the professionals who work with them – <https://yctsupport.com/>

National/ County Wide

- There For You Advisory Service – supporting individuals and families being investigated or involved with their local Authority Children's Services Department, as well as providing additional family support - <https://there-for-you-advisory-service.com/>
- Childrens Society – Offering advice/guidance as well as specialist support that empowers young people to make positive changes - <https://www.childrenssociety.org.uk/>
- Home Start – Local community network of trained volunteers and expert support helping families with young children (under 8) through challenging times-<https://www.home-start.org.uk/>

- SET CAMHS – Providing specialist mental health support for young people in Essex - <https://www.nelft.nhs.uk/set-camhs/>
- Children, Families and Young People ECC - <https://www.essex.gov.uk/children-young-people-and-families>
- NSPCC - Support with keeping children safe – <https://www.nspcc.org.uk/keeping-children-safe/>
- Essex Child Safeguarding Board – offering parental and young person support to keep safe - <https://www.escb.co.uk/>
- ACL – Offer a wide range of free family courses on a variety of topics <https://aclessex.com/community-family-learning/>
- Kids Inspire – Offer mental health and trauma recovery support for children, young people and families – <https://www.kidsinspire.org.uk/>
- The Wilderness Foundation - Provide education and therapy programmes to help young people and adults reconnect to society and themselves – www.wildernessfoundation.org.uk
- PEGS - child to parent abuse support – <https://www.pegssupport.co.uk/>
- Essex Young Carers – Support for children and young people under 18 who provide regular care to a family member – <https://youth.essex.gov.uk/young-people/young-carers/>
- Essex Youth Service – Providing support, youth groups, programmes and activities for young people 13-25 in Essex to get the most out of school, work and life – <https://youth.essex.gov.uk/>
- ECFWS – Focus on making sure that everyone in Essex has the best possible start in life through having access to Free, high quality and easy access to services in the Community, School, Family Home or within a Family Hub – <https://essexfamilywellbeing.co.uk/>
- SNAP – Supporting families of children with additional needs – <https://www.snapcharity.org/>
- MAZE - Supporting families of children with additional needs – <https://www.themazegroup.co.uk/>
- Active Essex – Offers support in taking your first steps into a more active lifestyle as well as offering the Essex ActivAte programme offering holiday clubs for young people <https://www.activeessex.org/>
- SAFE - support group for individuals and families affected by Asperger Syndrome (AS) and High Functioning Autism (HFA) in Essex – <https://safeessex.org.uk/>
- Interact - Supports children & young people aged 8-18 with Special Educational Needs and/or Disabilities (SEND) to get out and about in the community – <https://www.interact.org.uk/>
- Families in Focus - supporting families who have a child (or children) or young person up to the age of 25 with any Special Educational Need or Disability (SEND) <https://www.familiesinfocusessex.org.uk/>
- Essex Family Forum – parent carer forum in Essex for families whose children and young people, up to the age of 25, have special educational needs or disabilities. They can also provide you with a comprehensive, free ‘Supporting Your Neurodiverse Child’ booklet. <https://essexfamilyforum.org/>
- Essex SENDIASS – provides free, confidential and impartial information, advice and support about SEND for children and young people 0-25years, parents and carers <https://www.essexsendiass.co.uk/>
- ADHD+ support - providing information, support and services to those with ADHD and its many associated and co-existing conditions – <https://adhd-support.org.uk/index.html>
- Ministry of Parenting – support children, young people, parents, professionals and organisations by delivering a range of parenting groups/workshops and professional parent programme training. <https://theministryofparenting.com/>
- Contact – Supporting families with disabled children – <https://contact.org.uk/>
- IPSEA – Free legal guides, helplines, and support around SEND and the law - <https://www.ipsea.org.uk/>
- Foodbanks – Find your local foodbank – <https://www.trusselltrust.org/get-help/find-a-foodbank/>

- Citizens Advice – Offer advice and support around benefits, work, debt and money, consumer issues, family, housing, law and courts, immigration, and health –
<https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/>