



North East Essex Children's Partnership Newsletter

Welcome to March edition of the North East Essex Children's Partnership newsletter.

"Spring's greatest joy beyond a doubt is when it brings the children out." — Edgar Guest

North Early Help Drop In

Struggling to navigate the Early Help system in North East Essex? Why not come along to an Early Help drop-in!

You can access the support of our multi-disciplinary panel of subject experts from across the children's partnership.

North Early Help Drop in

Date: Every Tuesday

Time: 15.30-16.30

[Click to join the Early Help Drop in here](#)

For further information or to pre-book a slot please email Rita.jenner@essex.gov.uk

As a reminder, these sessions DO NOT replace the work undertaken by the [Children & Families Hub](#) as outlined in the [Effective Support for Children & Families in Essex](#) guidance.

Team around the Family Support Officers (TAFSO)

If you are considering holding a Team around the Family (TAF), please review these 4 short films which provides guidance on how to hold a TAF, please click [here](#) .

- What is a TAF
- How to explain a TAF to a family
- How to hold a TAF
- How to hold a review.

Children & Families Hub Virtual Tour

The Children & Families Hub virtual tours offer practitioners an understanding of how we triage Requests for Support and communicate with partners, children and their family members. The virtual tour starts at 11:00 and lasts for 60 minutes where you can meet a cross section of the Hub team and hear all about what happens in the Hub. The next available dates are 21st March & 18th April.

Please email Vanessa.Roberts@essex.gov.uk to book your place.



Fostering - Your opportunity to make a real change.

Are you looking to make a difference? Over 500 children came into care last year and we need more foster carers to help vulnerable children feel safe and supported. Make a real change this year and offer a child a place to call home. Fostering is incredibly rewarding, offers great flexibility and puts family at its heart.

We carefully match children to your family, offer 24/7 support, training and carers receive on average £526.34 per week, per child, tax free. Join our fostering community today and together we can transform children's lives. Visit www.essex.gov.uk/foster or call 0800 801 530 to find out more.

Fostering survey for Ofsted - we would be grateful if you have experience with working with Essex Fostering service to complete this survey.

Ofsted really value your views. We might include what you tell us in our inspection report or in other types of report that we put on our website. We may use what you tell us as part of Sir Martyn Oliver's (His Majesty's Chief Inspector) comprehensive listening exercise 'Big Listen' which is happening later this year.

You will remain **anonymous** at all times.

Here is the link to an anonymous online survey. It should take you just a few minutes to complete:

<https://ofsted.smartsurvey.co.uk/s/socialcarepit/SC042083/p9/internal-staff>

This survey is open until **Sunday 24 March 2024**.

If you have any questions about the survey, you can contact Ofsted at: socialcarepitsurvey@ofsted.gov.uk or calling 0300 123 1231

Get Involved With Children in Care

Get Involved With

Youth Group

Come and join our the well established youth group. Young people who have attended the youth group have told us that they have; build confidants and self esteem, develop peer relationship with others in care, be able to have comfortable conversation about the care they receive, develop services and to make friends.

- Event** Youth Group
- Age** 12 to 17 years old depending on need
- Cost** Free
- Travel** Travel should never be a barrier to your participation. We can help by providing transport in one direction on a case by case basis.



DATES FOR YOUR DIARY:

3rd Saturday of every month
@10:00 – 13:00 – unless
there is a special event

To find out more or sign up;

Email Lee McDermid –
lee.mcdermid@essex.gov.uk
Or call - 07824867612

OUTCOMES FOR YOUNG PEOPLE

Peer Relationships, Feeling part of a community, Resilience, Fun, Learning new skills, having new experiences.

Get Involved With

Proud To Be Me Activity afternoon

Come and be a part of something special. Come and feel like you belong. Proud to be me is a safe space to explore and celebrate culture, identity and race with peers. During an evening you can expect fun, games and cooking.

- Event** Proud To Be Me Activity Afternoon
- Age** 2 age groups 8-12 and 12-18
- Cost** Free
- Travel** Travel should never be a barrier to your participation. We can help by providing transport in one direction on a case by case basis.



Why outdoor learning is important: outdoor learning experiences offer opportunities for personal and learning skills development in areas such as communication, problem solving, information technology, working with others and thinking skills.

To find out more or sign up;

Email Lee McDermid –
lee.mcdermid@essex.gov.uk Or
07824867612

OUTCOMES FOR YOUNG PEOPLE

Learning and exploring culture identity, Peer support, Fun, Learning new skills, having new experiences

Get Involved With

Junior Adventure Day

Come and join us on a day of activities at the famous danbury outdoors. Embark on an Unforgettable Journey of Fun and Discovery! From outdoor lead activities to arts and crafts there will be fun had by all.

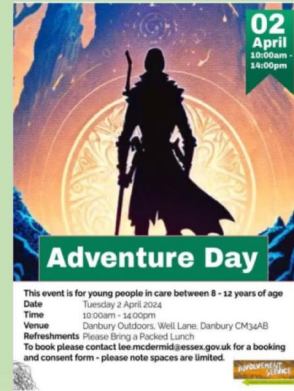
Event Junior Adventure Day

Age 8 - 12

Cost Free

To Book Please contact Lee McDermid on the details below

Travel Travel should never be a barrier to your participation. We can help by providing transport in one direction on a case by case basis.



DATES FOR YOUR DIARY:

Its' My Life Festival the week of the 12th of August

To find out more or sign up;

Email Lee McDermid
Lee.Mcdermid@essex.gov.uk Or
07834533845

OUTCOMES FOR YOUNG PEOPLE

Pushing Boundaries, Peer Relationships, Positive Adult relationships, New Activities, Fun

Get Involved With

Care Leaver Parents

Calling all Care Leaver Parents, please join our group. The group is a safe space for you and your children to come along and be part of our care leaverparents community.

At the virtual group we enjoy various activities, have discussions around being a parent where to find support and learn new skills to help you be the best parent you can be. The group is a safe space to explore any difficulties you maybe facing.

Event Care Leaver Parent

Age Care Leaver and their Children

Cost Free

ZOOM This is a virtual group to gain access to it please contact Lee McDermid on the details below .



DATES FOR YOUR DIARY:

Zoom dates:
March, June, September

To find out more or sign up;

Email Lee McDermid –
lee.mcdermid@essex.gov.uk Or
07824867612

OUTCOMES FOR YOUNG PEOPLE

Peer Support, Good Parent Modelling, Combating Isolation, Help and Advice

Get Involved With

Care Leaver Dinner and Chill

Come and join the team for our Care Leaver Dinner and Chill. All Care Leavers are invited to come and catch up with staff and friends. You will have the opportunity to cook dinner with others and enjoy the evening taking part in conversations that matter to you. One of the key aims of this session is to help you build a peer support group that will be able to give you help and support when you need it.

Event Youth Group
Age Care Leaver
Cost Free
Travel Travel should never be a barrier to your participation. We can provide transport.

DATES FOR YOUR DIARY:

12th March, 28th May, 2nd July,
29th October, 3rd Decemebr
@17:00-20:00

To find out more or sign up;

Email Lee McDermid –
lee.mcdermid@essex.gov.uk Or
07824867612



Care Leaver Dinner and Chill

This event is for young people who are care leavers
Date Every 6 weeks
Time 17:00pm - 19:30pm
Venue Parkside, Witham

To book please contact lee.mcdermid@essex.gov.uk

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OUTCOMES FOR YOUNG PEOPLE

Peer Support, Good Parent Modelling,
Combating Isolation, Help and Advice

Our World Famous My Time Activity Camps are back this year. Once again we will be running 3, 2-night stays where young people build friendships, push their comfort zone and make life-long memories. The programmes are different for each Camp, but one thing is certain it will be memorable

Event My Time Activity Camp

Age 12 to 14

How we choose who comes to what camp: **Young people will be pulled from a ballot, once they have been on a camp they will then be excluded from the next ballot**

Your camp might include: **Thorpe Park, Chessington, White Water Rafting,**

Westend Show, Outdoor Activities, Ice Skating, Go karting and much more

DATES FOR YOUR DIARY: To find out more or sign up;

31st May – 2nd June, **Email Lee McDermid – 29th – 31st August,**
lee.mcdermid@essex.gov.uk





21st – 23rd February **Or call - 07824867612**



Neurodevelopmental Disorders Early Support in Colchester and Tendring

Neurodevelopmental Disorders Early Support in Colchester and Tendring

Please see below and overleaf where you can access support, help and information right now.

 <p>Autism Anglia (East Anglia)</p> <p>We support families with autistic children to navigate clinical and non-clinical services, including diagnosis, health, educational, social and financial support.</p> <p>Telephone Number: 01206 577678 Email Address: advocacy@autism-anglia.org.uk</p>	 <p>Essex Child and Family Wellbeing Service (Essex)</p> <p>Our Neurodevelopmental Pathway Coordinators support ages 0-18 with neurodevelopmental conditions, such as Autism, ADHD and Dyspraxia, providing consistent individualised information, resources and support.</p> <p>Telephone Number: 0300 247 0033 (Monday-Friday 9:00am - 5:00pm)</p>	 <p>Essex Family Forum (Essex)</p> <p>We are a Parent Carer Forum (PCF) which ensure services in their area meet their needs and improve outcomes of children and young people with special educational needs and disabilities (SEND) and their families. Share your experiences via our online Graffiti Wall on our website or email us.</p> <p>Email Address: hello@essexfamilyforum.org</p> <p>Supporting Your Neurodiverse Child - Resource Pack (Essex Family Forum)</p> <p>Supporting Your Neurodiverse Child is a pack that is available to all parents and carers and includes information about neurodiversity, the diagnostic process, information on support for your child at school, sensory needs, emotional regulation, health and wellbeing and much more. The pack is available to download or you can request a hard copy to be delivered to you via our website.</p> <p>Email Address: hello@essexfamilyforum.org</p>
 <p>Families InFocus (Essex)</p> <p>We provide advice, support and information to families with SEND children on education, disability benefits and other areas of support. We also run weekend activity clubs in Colchester and Chelmsford for SEND children and their siblings.</p> <p>Telephone Number: 01246 352075 (Monday-Friday 10:00am - 4:00pm, with 24 hour answerphone) Email Address: helpline@ffessex.org.uk</p>	 <p>The MAZE Group (North East Essex)</p> <p>We have a unique approach to SEND which offers insights into how children with additional needs experience the world. We have free monthly coffee mornings in Colchester, Clacton-on-Sea, Mistley and Harwich and a specialist weekly programme available online and face-to-face in Colchester, Clacton and Harwich.</p> <p>In addition, we offer the programme in a video series as well as a course on navigating the SEND system. We also provide specialist support for parents who have additional needs. Our aim is to guide, advise and support you for as long as you need us.</p> <p>Telephone Numbers: 07809 900161 or 07708 873023 Email Address: amanda.towns@themazegroup.co.uk sue.anderton@themazegroup.co.uk</p>	 <p>Supporting Your Neurodiverse Child (Essex Family Forum)</p> <p>Supporting Your Neurodiverse Child is a pack that is available to all parents and carers and includes information about neurodiversity, the diagnostic process, information on support for your child at school, sensory needs, emotional regulation, health and wellbeing and much more. The pack is available to download or you can request a hard copy to be delivered to you via our website.</p> <p>Email Address: hello@essexfamilyforum.org</p>

Publication Date: 3rd October 2023 - Review Date: 3rd April 2024

Essex Family Forum (Essex)

We are a Parent Carer Forum (PCF) which ensure services in their area meet their needs and improve outcomes of children and young people with special educational needs and disabilities (SEND) and their families.

Share your experiences via our online Graffiti Wall on our website or email us.

Email Address: hello@essexfamilyforum.org

Supporting Your Neurodiverse Child - Resource Pack (Essex Family Forum)

Supporting Your Neurodiverse Child is a pack that is available to all parents and carers and includes information about Neurodiversity, the diagnostic process, information on support for your child at

school, sensory needs, emotional regulation, health and wellbeing and much more. The pack is available to download or you can request a hard copy to be delivered to you via our website.

Email Address: hello@essexfamilyforum.org

Emotional Wellbeing and Mental Health Early Support in Colchester and Tendring

The Suffolk and North East Essex Integrated Care Board (SNEE ICB) has recently invested in the following 17 local projects to improve emotional wellbeing and mental health for children, young people and their families and carers:

Bridgeway Mission (Colchester) A safe and supportive network for children refugees and their families, improving wellbeing and confidence.

Changing Lives (Colchester) A combination of free physical activity and mental health sessions, including the use of gym, nature and animals.

Kids Inspire (Colchester) Talk Together provides tailored support from early intervention to complex and extremely complex needs for 0-18, up to 25 with SEND and their families.

Underdog Crew (Colchester)

Free training for young adults with lived experiences of mental health issues, autism and neurodiversity 1. through film making and employability skills.

Active Essex Foundation (NEE) A new place based project for children and young people aged 5-18 years through sport and physical activity.

Connect Without Limits (NEE) A safe and supportive network, including counselling, mental health support and autism friendly activities.

Essex Wildlife Trust (NEE)

Upscaling a highly successful Wild Wellbeing programme, with targeted mental health support through positive wellbeing activities outdoors.

InterAct (NEE) Early intervention and personalised support service for parents and carers of children and young people with any disability and/or additional needs.

Wilderness Foundation UK (NEE) A nature based Brave Futures wellbeing programme for children and young people aged 4 years+.

Youth Enquiry Service (NEE) School navigator and one to one counselling sessions across 15 settings for young people.

Citizens Advice Tendring (Tendring) Taking their domestic abuse and family advice service into the heart of the local communities.

EXTRA (Tendring)

A rolling programme for parents/carers whose children are undertaking or waiting for counselling.

Home Start (Tendring)

Pop up groups to support vulnerable children 0-11 years and their parents, with delivery evolved from need, children's choices and feedback.

Lads Need Dads (Tendring) A family support worker signposting and offering emotional support to mums and carers of boys taking part in Lads Need Dads programmes.

Tendring Families First (Tendring) (formerly MTEP) A range of therapeutic and creative interventions for children aged 5-11 years to self-manage mental wellbeing.

The Ark Family Resource Centre (Tendring) Weekly therapy sessions for children 5-16 years, outreach and joint child and family sessions.

The London Bus Theatre Company (Tendring) Jaywick The Musical - Drama and film making project engaging young people in Tendring.

Training for workers to support those who are experiencing fuel poverty

Despite recent and welcome reductions in the energy price cap and the approach of spring, the reality is that many households will be struggling, like never before, to afford their energy bills. That's because, with the withdrawal of cost-of-living payments this spring, many households will find it even harder to make ends meet.

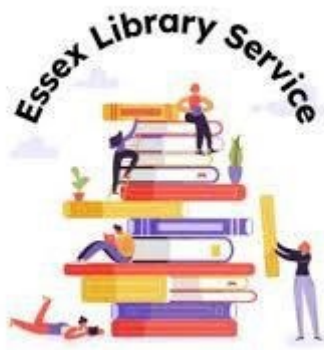
That's why timely, holistic and personalised advice has never been more important. To enable "frontline" workers to begin the conversations necessary to get those in the greatest need referred to the specialist advice provided by Citizens Advice experts and to go some way to helping improve the situation we are pleased, through funding from Ofgem and in partnership with our national association, to be able to offer frontline worker training on this vital topic.

Sessions are typically attended by a mixed group of up to 20 attendees. Training is online via teams, and there are a range of open-access sessions available, which can be booked below.

[click here to book a place](#)

Cultural curiosity

'It is OK to ask' a series of videos discussing cultural sensitivity during pre and post birth. [click here](#)



1 - Baby and Toddler Rhyme Times - share songs and rhymes with your under 5s.

Clubs and activities – libraries offer a wide range of activities for children of all ages including Lego building and coding, crafts, sensory play, story time and themed special events.

Summer reading challenge – a fun activity for children of all ages that runs through the summer holidays.

Support for challenging times – find support for children, teens, mental health, dementia and long term illness through our Read Well reading lists.

Learning to read – find tools to help you find the right books for children learning to read at all ages and stages as well as dyslexia friendly books in our Everyone's Literacy area.

Homework support – free online reference materials to use at home and in the library.

Essex Library Events locally [Events in Colchester](#) | [Events by Location](#) | [Essex Library Service](#)

Newsletter and websites

Children and Family Hub e-newsletter please click [here](#)

Essex Directory of Services [please click here](#)

Essex Child and Family Wellbeing service [please click here](#)

Essex Local Offer [please click here](#)

Voluntary services - CVST Tendring [please click here](#) Community 360 [please click here](#)

Colchester Family Hub [click here](#)

Tendring Family Hub [click here](#)

Parenting - [Parent workshops](#) | [Norfolk and Suffolk NHS \(nsft.nhs.uk\)](#)

Parenting courses in Essex [please click here](#)

Tending Family Support [Extra Support for Families | Welcome to Extra Support for Families](#)

Child to Parent Abuse [Parental education growth support](#)

Local Police updates [click here for newsletter](#)

Essex Library Events locally [Events in Colchester | Events by Location | Essex Library Service](#)

Essex Library Updates Essexlibraries@news.essex.gov.uk

ESCB Safeguarding News- ESCB escb@news.essex.gov.uk

Local Mental Health Directory [The Tribe Project](#)

Support for CYP with loved ones in prison [Orminston Families](#)

Housing advice [Colchester area](#) [Tending area](#)

Money, benefits and debt advice [click here](#) or [Colchester City Council benefit advice team](#)

The Source - website for young people services [Home - The Source](#)

Female Mentoring [Sisters In Strength- Female mentoring \(essex.gov.uk\)](#)

Male mentoring [Good Man - Male mentoring \(essex.gov.uk\)](#)

Young Carers [Young Carers \(essex.gov.uk\)](#)