

# Essex Family Support Service

E-Bulletin April 2021



**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 Virgin Care 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.

## SPRING HAS SPRUNG!

Nature has woken up. Bulbs blooming, trees budding, insects appearing and bird nests are alive with the sound of new born chicks. Bluebell woods will be looking stunning in April. Maybe you are lucky enough to have one near to your home that you can visit? Or maybe just spend an afternoon drawing or painting bluebell pictures?

Follow this link to find out more about one of our gorgeous native flowers.

<https://www.wood-landtrust.org.uk/trees-woods-and-wild-life/plants/wild-flowers/bluebell/>

Click Here >

# GET ACTIVE

If you haven't already caught the walking bug during lockdown, now is the perfect time to start. Stay local and choose a different route each day to keep it interesting. Meet a friend to exercise with or make it a family event. Be sure to wear something comfortable and take a water bottle with you. Maybe join the Facebook page of a local walking group and watch for when group walks are starting up again now that lockdown is easing. What a great way to make new friends too.

<https://www.livewellcampaign.co.uk/activities/walking-in-essex/>

If you prefer to exercise at home, try one of the 200 YouTube videos that have been created by the Active Essex team.

<https://www.activeessex.org/>

[Click Here >](#)



# NEW BEGINNINGS

Covid has had a huge impact on our working lives. Many will have lost jobs and be considering their future career path. Try to remain positive and use this opportunity to retrain and pursue the career you've always wanted. Advice and links can be found on the National Careers Service website.

<https://nationalcareers.service.gov.uk/careers-advice/advice-for-if-you-lose-your-job>

[Click Here >](#)

There are some amazing opportunities for Volunteering too. Check out these links.

<https://www.volunteersex.org/>

[Click Here >](#)

<https://www.community360.org.uk/services/volunteering/volunteer-with-c360/>

[Click Here >](#)

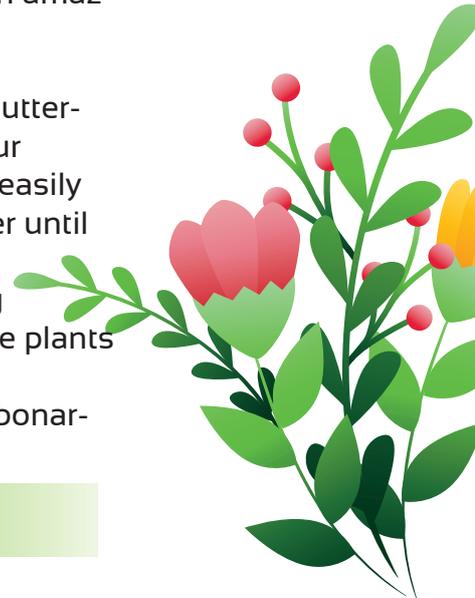


# GROW IT FOR WILDLIFE

Did you know that Essex is lucky enough to have an amazing garden visitor called a Hummingbird Hawk Moth. *Verbena bonariensis* is a favourite food of this special moth and our native bees and butterflies, and the seed heads are enjoyed by many of our garden birds when the flowers are fading. They are easily grown from a packet of seeds in April and will flower until November. You'll be amazed at how many different insects and birds they will bring to your garden. Find out more about these awesome plants here.

<https://www.gardenersworld.com/plants/verbena-bonariensis/>

[Click Here >](#)



The Reading Agency presents

**World  
Book  
Night**

**23 April 2021**

World Book Night is on 23rd April. It's a great excuse to sit together and enjoy books and stories. Maybe spend a couple of hours reading a story to your family or phone, Zoom, Facetime friends and read to them? And how about sharing and swapping a book with someone? Or have fun choosing a book for each other, something that you think another person might enjoy?

<https://worldbooknight.org/>

[Click Here >](#)

# AUTISM AWARENESS



## I'm supporting World Autism Awareness Week

World Autism Awareness is celebrated this year on 29 March - 4 April. A link to some of the activities you can join in with can be found here. Or for further information and support surrounding Autism and related diagnoses contact one of these Essex support groups.

<https://www.autism.org.uk/get-involved/raise-money/world-autism-awareness-week>

<https://safeessex.org.uk/>

<https://www.snapcharity.org/>

<https://www.themazegroup.co.uk/>

[Click Here >](#)

## ART, SCIENCE AND WONDER

If you're looking for something fun to do and enjoy learning about the wonders of science, check out this cool site for ideas to amuse, inspire and educate. There's some amazing eggy experiments to try over the Easter break too.

<https://www.facebook.com/thedadlab>



[Click Here >](#)



# 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**

**W: [www.community360.org.uk](http://www.community360.org.uk)**