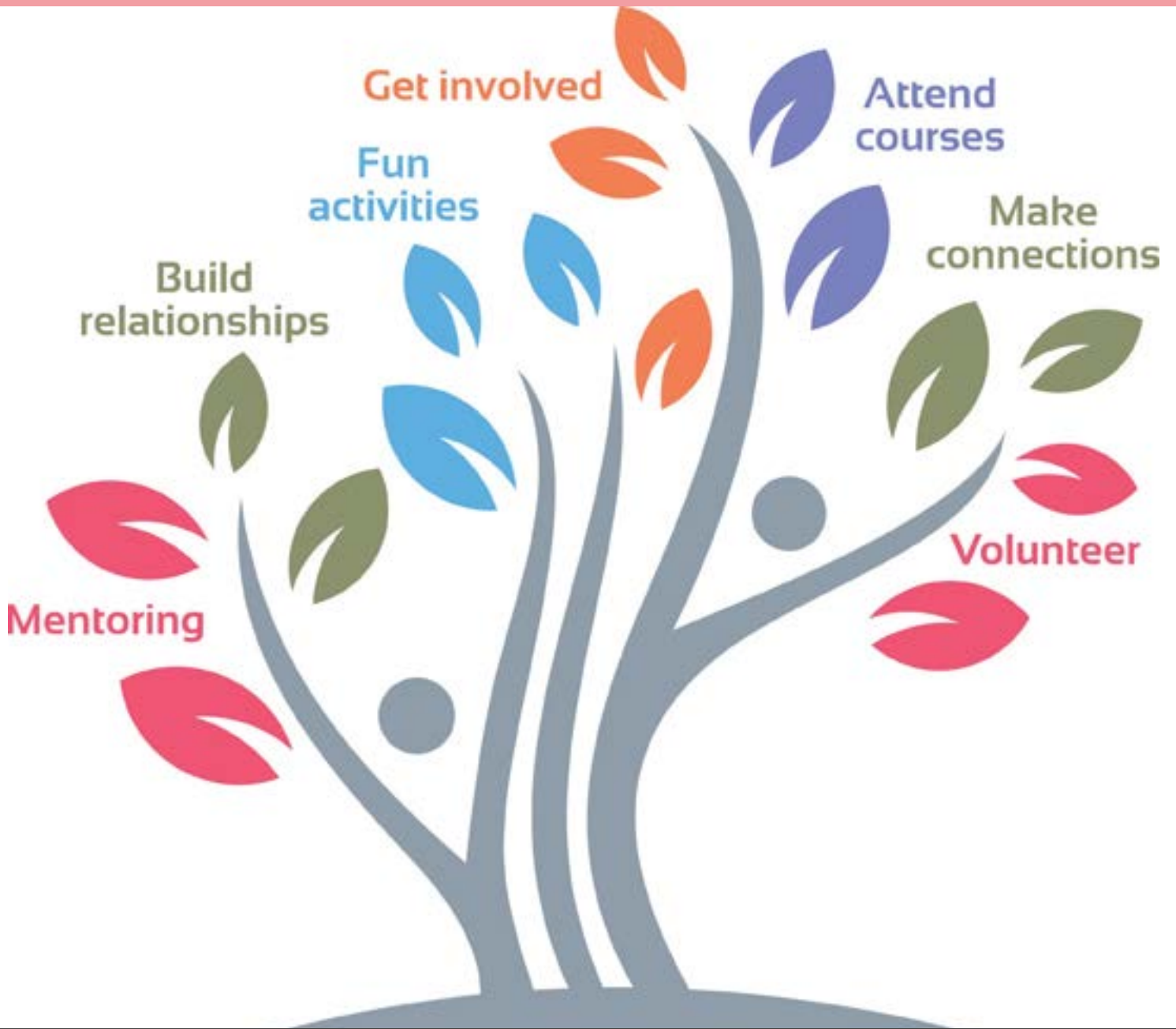


# Essex Family Support Service

E-Bulletin September 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.

Focus on

Back to School

# Back to School Anxiety & Refusal



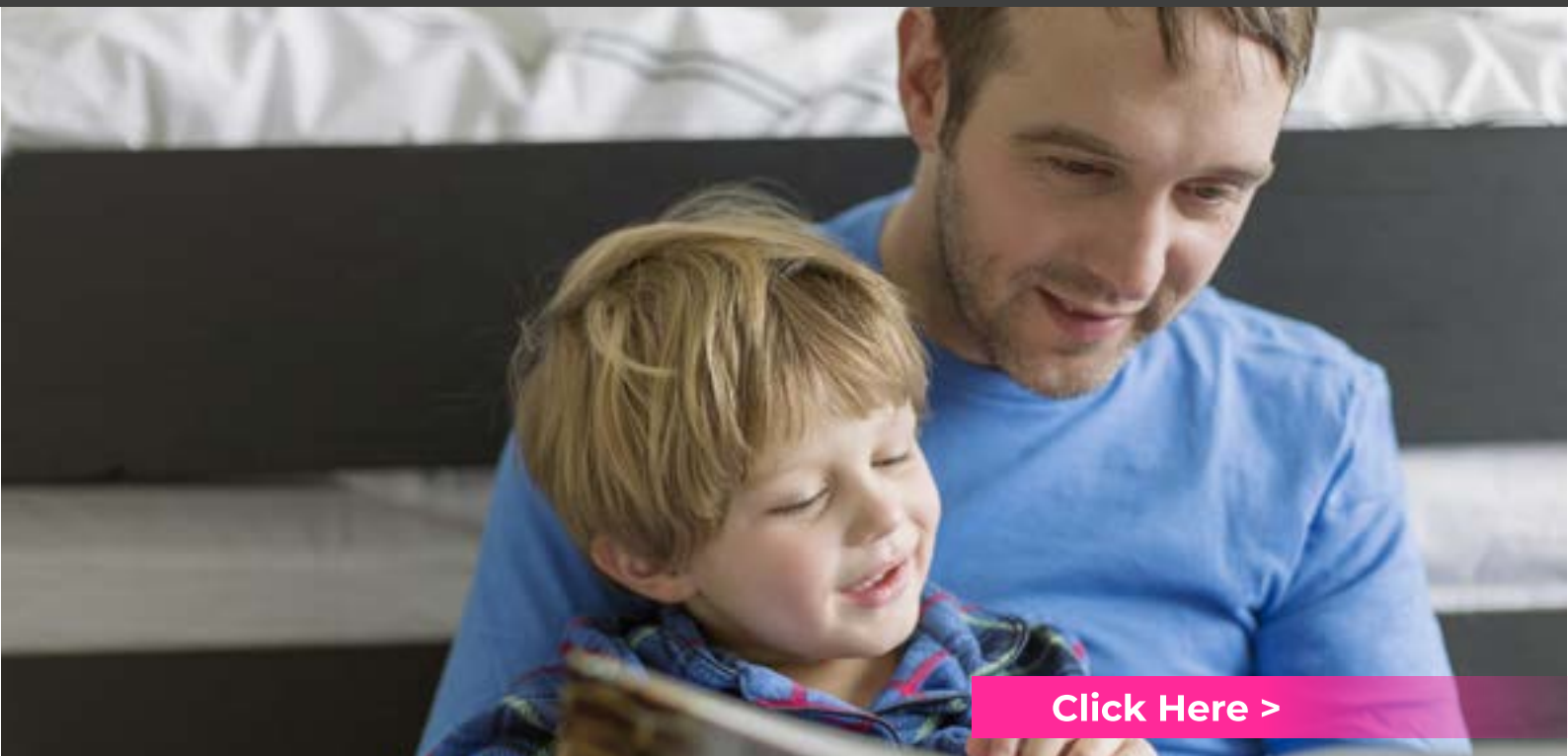
Every child will have a different reaction about returning to school, some may hop, skip & jump back to the school environment whilst others may simply refuse.

The start of the new school year can lead to a spike in anxiety, with all the restrictions and changes over the last year you may notice your child experiencing a higher level of anxiety than before.

There are a few things you could try and do to help your children feel more at ease when starting school

[Click Here >](#)

## National Read a Book Day 6th September



[Click Here >](#)

Don't forget you can share all the amazing stories your reading as a family with the team via our socials @community360org or by email: families@community360.org.uk we would love to hear from you.

# Gardening fun with the family



September is the perfect time to be planting bulbs for gorgeous spring colour in your gardens. Different bulbs will flower at different times so if you plant a variety of bulbs now you will have a lovely display from February right through to late spring.

Follow this link to look at ideas for teaching your children while planting and choosing your bulbs.

[Click Here >](#)

## Getting back into the community!

The EFSS team have had such an amazing summer being able to get out and about in the community. With most of the lockdown restrictions now eased it was great to see so many families enjoying the summer activities across Essex. The team loved speaking with parents, letting them know about our service and offering advice and support.

We were lucky enough to attend lots of amazing summer holiday activity sessions organised by lots of great organisations over the county as well as holding local drop in sessions at various family hubs.

We are working hard on lots of different project ideas behind the scenes and would love to hear your thoughts on what you would like to see over the coming months. Please send all comments and suggestions to [families@community360.org.uk](mailto:families@community360.org.uk)

[Click Here >](#)

# Friendship Building



As parents and professionals we know how important it is for children to build friendships. Friends can bring so many benefits to our children's lives including boosting their self-esteem, helping them build their social skills and promoting confidence building.

With our children getting back to school or starting school for the first time this September we would like to share some useful information with you to help your children build friendships.

BBC have a great resource to help your children to make friends

[Click Here >](#)

Social skills don't come naturally to all children. Children with ADHD and other behaviour disorders often have trouble taking turns and controlling their anger, this could impact on their friendship building at school.

Childmind have a useful article for parents on how they could help their children with friendship making.

[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)**