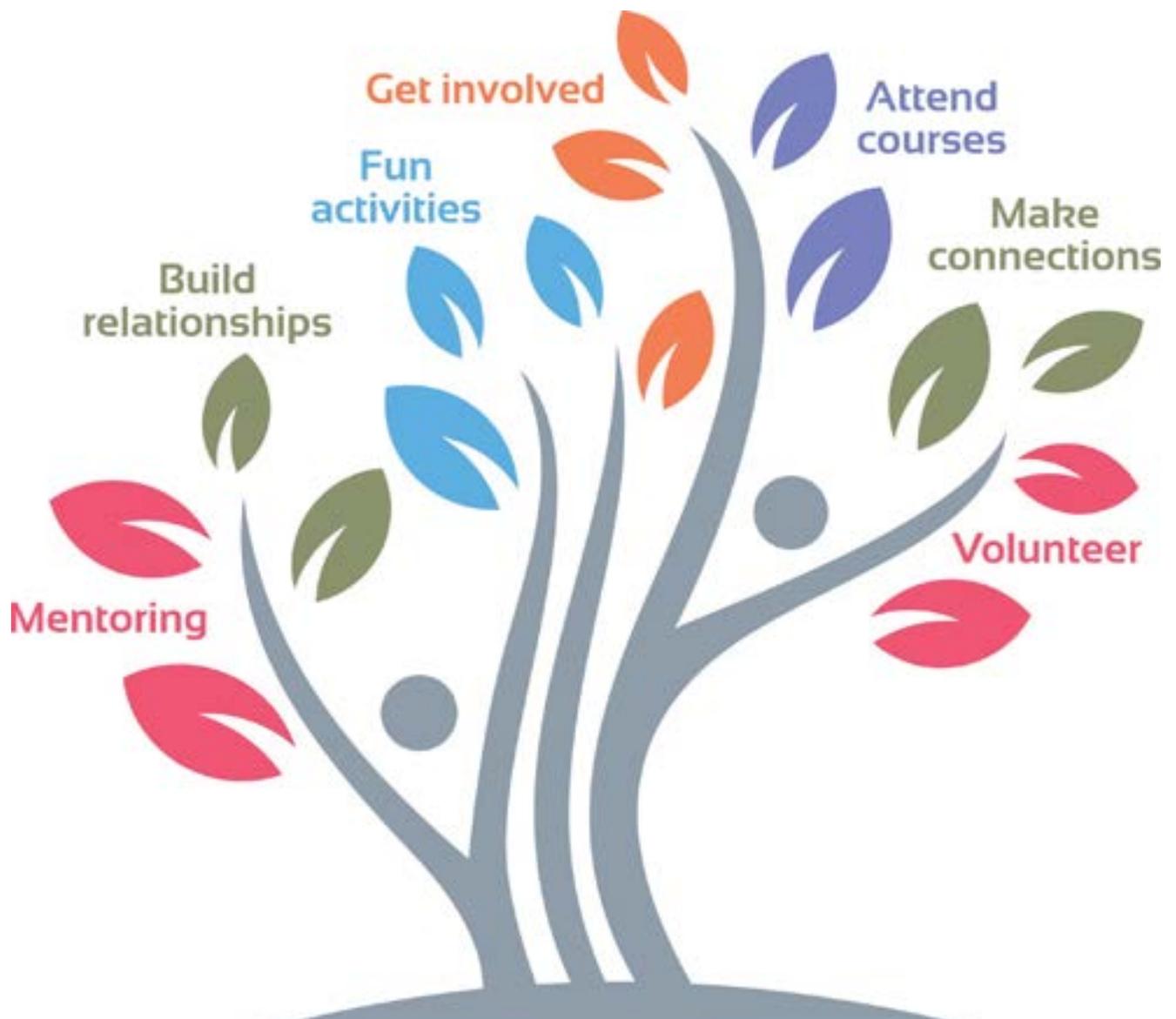


# Essex Family Support Service

E-Bulletin December 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.

# COUNTDOWN TO CHRISTMAS



[Click Here >](#)

Keep the children busy this Christmas period with some of the fantastic ideas that can be found in our Countdown to Christmas Calendar. Use Google and YouTube to find ways to complete the tasks each day.

'Hands on as we grow' have some fantastic budget decoration ideas that the whole family can get involved with, no matter what your level of creativity.

Check out the link below and see which ones you all want to do together. Make these for your own home, or make them as special gifts for others.

[Click Here >](#)

# KEEP ACTIVE



Active Essex have been working hard throughout the year to support families across Essex in being active and healthy,

This Christmas they are holding some more sessions that children can attend on the lead up to Christmas.

Sign up to their Newsletter to find out about activities in your area that your kids can attend.

[Click Here >](#)

## Love Essex

Love Essex have some great hints and tips to help you through Christmas with everything from how not waste Christmas food, to finding eco-friendly ways to wrap presents and they even detail the changes to your bin and recycling collections. Check them out for further information



[Click Here >](#)



BBC Good Food have lots of easy to make recipes and baking ideas that you can do together this winter, there's different ideas for meals at Christmas, and fun ideas for family baking sessions to make something creative. Check out their website and see what tickles your fancy.

[Click Here >](#)

# 'Snap Your Town' Photography Competition



[Click Here >](#)

Snap Your Town is a nationwide photography competition for young people aged 11 – 19, in England.

Whilst the country is recovering and trying its best to deal with the world post-pandemic; it's really important that young people have opportunities to express themselves and be creative to aid their recovery too.

Young people of England deserve to have the opportunity to enter the competition and get involved!

It's judged by BAFTA nominated David Stewart and the winner will receive a £500 camera AND the opportunity to photograph our production of 'Innit' at The Lowry in 2023.

# Winter Months



## Foodbanks

We know it's a challenging time for everyone at the moment as the coronavirus pandemic unfolds. Food banks are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life. Contact your local foodbank using the link below to find out more about what they can do to help you or someone you know.

For advice and support around your financial crisis you can also call one of their free national helplines.

[Click Here >](#)

## Struggling to pay your energy bills?

Need some extra support this winter with your energy bills – talk to someone at Citizen Advice to find out what you are entitled to:

[Click Here >](#)



2-8 DECEMBER  
2021



# GO FOR A WALK AND TALK



In the last 18 months we have lost more people than we care to imagine, from family and friends, to neighbours and colleagues; it has been a hard time for us all.

National Grief Awareness Week is to raise the awareness of all aspects of grief and loss and the impact it can have on those around us. Grief is something that we all go through and it should be a more openly discussed subject to open conversations and normalise the loss.

The Good Grief Trust have some great ideas this year on how to support those around us that have experienced some type of loss:

[Click Here >](#)

Young Minds have some great tips for discussing grief with a child:

[Click Here >](#)

# The Essex Family Support Service Top Ten Christmas Books

Christmas is the perfect time of year to snuggle up with a mug of hot chocolate and a good book. We've put together a top 10 of our favourite Christmas reads. There's plenty here for everyone, including a few for mum and dad.

The Nutcracker, E.T.A. Hoffmann  
Father Christmas, Raymond Briggs  
The Toys' Christmas, Claire Clement  
The Night Before Christmas, Clement Clarke Moore  
How the Grinch Stole Christmas! Dr. Seuss  
The Polar Express, Chris Van Allsburg  
The Greatest Gift, Philip Van Doren Stern  
A Christmas Carol, Charles Dickens  
A Peter Rabbit Tale, A Christmas Wish, Beatrix Potter  
Rudolph the Red Nosed Reindeer, Robert L. May

Follow this link to see what is available at your local library:

[Click Here >](#)



# MERRY CHRISTMAS



The Essex Family Support Service team would like to take this opportunity to wish you all a wonderful holiday season and a very happy New Year.

With love, thoughts and sparkly Christmas wishes from, Rachel, Georgia, Jane, Natalie and Ryan.



## 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](https://twitter.com/community360org)**  
**W: [www.community360.org.uk](http://www.community360.org.uk)**