


Groups and Services Update 05/07/2018

Groups/Support for Young People

Jaywick Young Parents Group	An informal, friendly nurturing group with food and plenty toys and activities for the children. For parents aged up to 25 years	Tuesdays 10am - 11:30am	Jaywick Community Resource Centre	Charlotte at EXTRA 01255 475001
RAP & FLASH FLASH is part of the new RAP project Risky Adolescences & Parents	4 workshops for young people who self-harm 4 workshops for parents of young people who self-harm Run on alternate Saturday's	Starting September.. 11.00 - 4.00pm young people workshops 10.00 - 3.00 parents workshops	3 sets of workshops to be delivered. 2 in Colchester (wellington House) and 1 in Tendring area. Venue TBC	Debbi Barnes @ The Ministry of Parenting. Email : info@theministryofparenting.com Phone no: 01206 562626
C.H.I.M.P.S'	A variety of weekly fun and physical activity sessions to encourage and support children and young people in maintaining an active lifestyle.	Dates depend on age of child	Clacton, Brightlingsea & Dovercourt	For times and information contact Kate French 01255 206272
'DEAL'	A 6-week course for 14-16 year olds focusing on Diet, Exercise And Lifestyle. This course is suitable for those who have a BMI above the healthy level for their age.	6 weeks 1.5 hours a week	Tendring & Colchester	For more information, contact Kate French on 01255 206272
Colchester and Tendring Youth Enquiry Service	Counselling 11-25 years Family Group Counselling 11-25yrs Anger management counselling 11-19 yrs	Ongoing referral via GP	Hurlingham Chambers 61 Station Road Clacton	Maria Hales Counselling Coordinator 01255 434601
YES Bump and	Teenage pregnancy and young parent	Ongoing Mondays	Hurlingham Chambers	julie.skeritt@colchesteryes.org.uk

Beyond	group up to 21 years with children under 1 year Antenatal Clinic	12.30-2.30pm Ongoing referral by midwife	61 Station Road Clacton	01255 434601 or 07918051688
Colchester and Tendring Youth Enquiry Service	Housing and benefits casework	Ongoing	Hurlingham Chambers 61 Station Road Clacton	Sarah Aldous 07968618220
Community Drop-in	Informal Community Drop-in Inclusion Venture and Open Road	Monday, Wednesday and Friday 3-5pm	Open Road Brooklands Gardens Jaywick	Sarah 01255 476947 Or Sue 01255 434186
Inclusion Ventures	Groups for young people (7-19yrs) with a range of activities and mentoring	Various	Jaywick Community Resource Centre Jaywick Methodist Church CCA - Bishops Park site Open Road Brooklands Gardens Jaywick	Contact Sarah 01255 476947 Debbie Fosker 01255 476947 Lee Barrett 07925801129 or 01255 476947 Sarah 01255 476947
Inclusion Ventures	Groups specifically for older (12+) girls Groups specifically for older (12+) boys These groups offer a range of activities and mentoring/quiet time	Tuesdays 5-7pm Thursdays 3.45-5.45pm	Coppins Hall Community Centre Maldon Way Clacton	Contact Sarah 01255 476947 Debbie Fosker 01255 476947 Lee Barrett 07925801129

Boot Camp	Fitness Sessions for 16+ years Free of charge	Every Wednesday 12-1pm	Coppins Hall Community Centre (outside play area)	Lee Barrett 01255 476947 lee.barrett@inclusionventures.co.uk
CHHAT - Community Hidden Harm Awareness Team	A support group for young people (8-19 years old) affected by family substance misuse.			Amie Craven - Senior Practitioner 01245 493311 07775700264 Amy.craven@childrenssociety.org.uk  CHHAT Referral Form.doc
Papworth Youth Club	Cost is £2.50 Age range 11+	Every Wednesday 7-9pm	Green Lodge Youth Centre Old Road Clacton CO15 3AY	Call Gayle Kiff 07891006522
One to one support	Appointments and Drop in for free confidential information and support on any issues for 11-25 year olds	Every Monday	Coastal Community Centre Pathfield Road, Clacton on sea, CO15 3JL	To book an appointment Please call 01255 504 800 Or 01255 240 024

Jigsaw Group	Social and emotional peer group -social time, focused activities and snack For children aged between 7-10 years	Termly Tuesdays 3.30-5pm By referral	Clacton Family Centre Russell Road Clacton	Contact Bright Futures Karen O'Connor 01255 429171 Or email
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Health shop	Teen Talk support workers are able to issue c-cards/condoms to young people up until the age of 25. We can also do chlamydia tests	During our opening times.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800
InterAct Short Breaks	<p>New Clacton Youth Club in Clacton Coastal Community Centre 10-18 years inclusive, Starting 19th April 2018 Thursdays 6.30-8.30pm. Short Breaks: Term-time after school activities in the community supporting Young People with additional needs from 12 years old to 18 inclusive, as well as school holiday days out.</p> <p>Volunteers in Tendring and Colchester wanted to support short breaks & a pilot scheme for 19+ to develop independence/social skills in the community as part of a friendship group. Volunteer training provided.</p>	<p>Regular weekly term time activities in Colchester on Tuesday evenings, Fortnightly in Tendring Wednesday evenings (changed from Thursdays), Holiday day trips and occasional weekends/ residentials Thursday Clacton Youth Club Clacton Coastal Community Centre, Pathfields Road, Clacton CO15 3JL</p>	<p>Various venues : see InterAct activity programme at www.interact.org.uk</p>	<p>Short Breaks: call Jenny Jackson 07972330725 or InterAct office 01245 608206 or email jenny.jackson@interact.org.uk</p> <p>For details of volunteer opportunities please call Ali Perrot on 01245 608333.</p> <p>For details about the 19+ pilot call Lesley Bailey 01245 608307</p>

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HIYA	Harwich Inspired Youth Action - youth forum for YP's aged 11-18 years old. HIYA tackle negative stereotypes of youths by organising and carrying out projects, events and campaigns within the local community.	Fortnightly between 5-7pm.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504 800 to sign up
Cookery	6 week cookery course for YP's aged 12-25. Course is split into two age groups, 12-16 and 17-25.	Weekly for 6 weeks between 4-5.30pm	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800 to be placed on waiting list for cookery
Wildlife Project	Young people aged 11-25 years old working together to carry out wildlife projects. They can carry out scientific studies, expand knowledge of wildlife and gain valuable experience. There are also various activities that go on through the school holidays such as animal handling etc.	Wednesday 3.30-5pm - Practical skills for YP's aged 14-25 years old. Thursday 3.30-5pm - 3.30-5.30pm 11-14 year old taking part in one off activities. Thursday 5-7pm -Activities such as crabbing, pond dipping etc. There will also be social evenings and excursions such as bird watching and fossil hunting.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800 or teentalkfern@hotmail.com
Drop in	YP's aged 11-25 years old can access our service by using our drop in. This will give them access to a support worker who they can discuss any worries etc. with. They can also access c-cards/condoms and chlamydia tests.	Open daily: 9am-12.30pm. 2pm-5pm. Every day with occasional closures on Wednesday mornings for team meetings/training. We are also doing a late evening every Thursday until 7pm.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800 and speak to any support worker. Referrals can also be made over the phone by ringing here.

outreach	Another way for 11-25 year olds to gain access to our service. This is run out of clacton library	Clacton Library is open on a Tues, Wed and Thurs afternoon between 1.45-4.45pm. This can be accessed as a drop-in or call the office to make appointments. This is only during term time ** NEW Outreach at Walton Library on Wednesday afternoons 1.30-4.45pm	Clacton Library, Station Road Clacton-on-Sea CO15 1SF	01255 504800 and speak to any support worker. Referrals can also be made over the phone by ringing here.
Clacton Coffee Club	For YP's aged 18-25 this is a coffee club to improve social inclusion and help look for employments, training etc.	This is held every Thursday between 11am-12.30pm. This is only held during term time.	Clacton Library, Station Road Clacton-on-Sea CO15 1SF	01255 50800 and speak to any support worker
Volunteering	Different volunteering opportunities aimed at young people aged 16-25. Opportunities include: School holiday volunteer Admin volunteer Fundraising and promotional volunteer Cliff Park Mural painting volunteer Gardening volunteer This list will be updated as and when opportunities arise.	Young people can find out about volunteering opportunities by contacting us directly or looking on our Facebook page 'Harwich Teen Talk'	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800. Jodie Hall or Fern Lovett
Summer Holiday Activity Programme	Weekly activities aimed at 11-16 year olds. Wide range of activities including, archery, bear grylls, escape rooms, sports day etc. Please see poster.	Tuesday, Wednesday, Thursday throughout July/August. Each activity is £2.50 which includes refreshments, the event and transport for some activities that are off site.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800 or teentalkfern@hotmail.com to book your space.
Housing	Housing Support for 16-19 Year olds			Lisa Adams - Social worker, Magnet House

Coffee club	An informal coffee club for 18-25 year olds to improve social inclusion, discuss what YP's would like to do and improve confidence and gain information	Held every Thursday between 2-3.30pm	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800 and speak to any support worker
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Funded by:



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