


<p>Special Needs Support Coffee Afternoon</p>	<p>This coffee afternoon is an opportunity for parents or carers of children with an additional need to meet up and chat once a month. There will be occasional speakers too.</p>	<p>Tuesday 8th May Tuesday 12th June Tuesday 10th July 12pm-2pm</p>	<p>Jaywick Community Resource Centre</p>	<p>Contact EXTRA on 01255 475001 or admin@extrasupportforfamilies.co.uk</p>
<p>Special Needs Support Coffee Morning</p>	<p>This is an opportunity for parents or carers of children with additional needs to meet up and chat once a fortnight. There will be speakers at some of the sessions.</p>	<p>Thursday 17th May 9.30-11.30am</p>	<p>Walton Community Centre</p>	<p>Contact EXTRA on 01255 475001 or admin@extrasupportforfamilies.co.uk</p>
<p>SWAN</p>	<p>This 11 week course is for parents of children who have additional needs. Within the course parent's individual challenges will be recognised and worked with to introduce positive parenting skills. The sessions will cover special time, developing social and emotional skills, effective praise, practical routines, coping with change, boundaries, natural and logical consequences and looking after yourself as a parent. There will also be sessions on keeping your child safe, avoiding peer pressure, building resilience and talking to your child about stranger danger.</p>	<p>TBC</p>	<p>TBC</p>	<p>EXTRA - Support for Families 01255 475001</p>

<p>Continence Support and Advice</p>	<p>Promoting a Healthy Bowel and Bladder with children with a learning disability, autism and complex needs Advice and support around toileting Promotion of two publications: Bowel and Bladder Assessment Pack Bobby Can Use The Toilet Consultations available with individual families, funded by Childrens charity Available for training, workshops or regular support for children and their families</p>	<p>Available for morning, afternoon or evening sessions Consultancy available at the family home</p>	<p>Able to attend where the needs of families require support and advice</p>	<p>Charmaine Champ Continence Consultant and Trainer charmaine_champ@hotmail.co.uk 07711337740</p>
<p>Spectrum Colchester</p>	<p>Parental support group for families with children who have social & communication difficulties.</p>	<p>First Wednesday of the month 10.30am-12.30pm</p>	<p>St Botolphs Church Church Walk (off St Botolphs Street Colchester</p>	<p>Contact Jane Pearson on 01206 210855 Or Claire Smith on 01376 510132</p>
<p>Special Needs Counselling Service</p>	<p>Opportunity to work in ways which enhance your ability to resolve problems, or to cope with things which cannot be changed.</p>	<p>Telephone for appointments</p>	<p>Central Colchester but home visits are available</p>	<p>Caroline Bowring 07811 549463 www.specialneeds counselling.co.uk</p>
<p>SEND Information, Advice and Support - Essex County Council</p>	<p>We provide information, advice and support about all aspects of Education for young people with Special Educational Needs or Disability.</p>	<p>Monday - Friday 9.00am - 5.00pm</p>	<p>Essex wide - have support workers in all four areas of Essex.</p>	<p>Helpline number: 0333 013 8913 Email address: send.iass@essex.gov.uk</p>
				<p>Sue Anderton</p>

The MAZE	Specialist Parenting Programme for parents of children with additional needs (such as learning difficulty, ASD, ADHD, ODD mental health difficulties, global delay) Places via referral only	Contact Sue Anderton for dates	Contact Sue Anderton for venues	PO Box 1035 Bentley IPSWICH IP9 2WL themaze@btinternet.com 07708873023 or follow on Facebook at MAZE and MAZESays
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<p>MAZE Coffee mornings</p>	<p>Informal drop in sessions for parents who have children with SEN/AEN across the area.</p> <p>There are a range of visiting professionals including representatives from: CAMHS (SEN/ASD specialist), Special Needs Counselling Service, Families in Focus, Autism Anglia, Social Stories™ coach and Community Continence Nurse, Skills for Care and others</p>	<p>Contact for dates</p>	<p>Foxburrow Grange, Ypres Road, Colchester</p> <p>Foxburrow Grange, Ypres Road, Colchester</p>	<p>Sue Anderton PO Box 1035 Bentley IPSWICH IP9 2WL</p> <p>themaze@btinternet.com 07708873023 or follow on Facebook at MAZE and MAZESays</p>
<p>Unified Rainbow Support</p>	<p>A group aimed at supporting Parents, carers and families who have children with additional needs in Dovercourt and Harwich.</p>	<p>Contact for dates Hosted by Kay Stamp</p>	<p>The Park Pavillion Barrack Lane Harwich</p>	<p><i>Please find us on facebook - Unified Rainbow Support</i></p>
<p>Shorefields Coffee morning</p>	<p>Coffee morning for families of children with additional needs hosted by Angela Garrett.</p>	<p>First Thursday of the month 9.30am</p>	<p>Shorefield School, Holland Road, Clacton</p>	<p>Angela Garrett Shorefields School</p>
<p>Special Teaching and Pre-School Parent Helpline</p>	<p>Helpline for parents/carers of preschool and primary aged children who live in North East Essex (Colchester, Tendring) and are experiencing behaviour difficulties as a result of their child/children's special educational need/needs?</p> <p> Parent Helpline NORTH EAST.pdf</p>	<p>Friday mornings 9.00am - 12noon</p>		<p>Speak to Lorraine, Sam or Tracey 03330 139792</p>

Fledglings	Helpline and advice as well as practical product solutions for families with children who have additional needs		Office based phone helpline and email contact. The charity is nationwide.	Alicia Boyer Emma Miller Enquiries @fledglings.org.uk 01799 541 807
Families in Focus	Supporting parents/carers of young people/children with SEND		Countywide	Rachel Ellis 01245 353 575 Rachel@familiesinfocussessex.org.uk
InterAct Training	A range of training and support for better emotional and mental wellbeing for young people, adults and organisations. We can also develop bespoke courses that suits your needs e.g. on resilience.	MHFA: Chelmsford course 17 th & 24 th April 2018 also 19 th & 26 th April. YMHFA 23 rd & 30 th April 2018, call Lesley to put name on list.	Various Venues, Chelmsford, Colchester and Clacton	Lesley Bailey 01245 608307
InterAct Short Breaks	New Clacton Youth Club in Clacton Coastal Community Centre 10-18 years inclusive, Starting 19 th 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. 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.	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	Various venues : see InterAct activity programme at www.interact.org.uk	Short Breaks: call Jenny Jackson 07972330725 or InterAct office 01245 608206 or email jenny.jackson@interact.org.uk For details of volunteer opportunities please call Ali Perrot on 01245 608333. For details about the 19+ pilot call Lesley Bailey 01245 608307
iS Essex	Trained independent supporters offer a free service working with families & young people as they go through the	EHCP/Person-Centered-Planning workshops Support for families – one	Various Venues.	For Independent Support, iSEssex, call 01245 608300 or email info@isessex.org

	<p>assessment process for an Education Health Care Plan (EHCP). Support can also be offered to schools and colleges in a range of ways. We also support with EHCP transfers - families welcome to contact iEssex as soon as they know transfer is due. We can also support Annual Reviews (subject to continued funding).</p> <p>iEssex can also offer 'bespoke' workshops on One Planning for any groups of parents and/or practitioners (group size 10+). Volunteers also wanted, full training provided.</p>	<p>planning and EHCP related meetings</p>		<p>www.isessex.org For EHCP workshops for parents, see: http://www.essexlocaloffer.org.uk/event/ehcp-workshops-parent-carers/ More detailed PCP training/workshops, new programme published for Spring term http://www.essexlocaloffer.org.uk/event/free-training-person-centred-approaches-one-planning-and-education-health-and-care-plans/ For Bespoke workshops, contact Peter Dilley 01245 608353</p> <p>For Volunteer opportunities call Ali Perrot on 01245 608333</p>
<p>ICE - Inclusive Communication Essex</p>	<p>ICE has a range of high and low tech equipment that you can borrow for free from any library in Essex, including mobile libraries. All you need to do is ask for an ICE User Card in your local library and then you will have access to:</p> <ul style="list-style-type: none"> • specialist books for children, adults, families, support workers • audio books on CD and tape • a range of basic communication aids, such as talking photo-books <p>You can request an ICE User Card if</p>	<p>At all times</p>	<p>Your local library</p>	<p>Sarah Gray / Judith Wickenden</p> <p>Sarah.gray@essex.gov.uk Judith.wickenden@essex.gov.uk</p> <p>03330132707</p> <p>www.essexice.co.uk</p>

	<p>you are someone who has a learning disability, or is someone who is a parent, a carer, or a professional who is supporting someone with learning disabilities. You can borrow any of our resources for free for up to 8 weeks at a time.</p>			
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Funded by:



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