

Summer Term 2024

FAMILY SUPPORT



Newsletter

WELCOME

Dear families,

Welcome to our Summer term newsletter. We have rounded up information from various providers, including the SEND Sensation partners, as well as finding SEN friendly events at venues around Essex. As always, please do your own research to check suitability for your young person, and follow the QR codes for more information before planning your visits.

Mrs Green

CLUBS AND RESPITE



“SEND charity Happy Hill Essex CIO is moving into the play and recreational facility (former home to PARC Essex) in Great Notley.

The charity will offer short breaks to carers and families of children and young adults (up to the age of 25) with special educational needs and/or disabilities.

The support will take the form of after school and holiday clubs as well as weekend clubs and activities”



“As Happy Hill Essex CIO is part of the Send Sensation CIC (Community Interest Company) partnership, the organisations within the SEND Sensation will have the opportunity to use the building as well.

The play and recreational facilities at the premises include a sensory room, special play equipment and a games room. The environment provides a fun and stimulating place for children and young people with SEND to try new experiences, have fun, socialise and learn”.

Happy Hill are expecting to be in their new building in the next few weeks. Whilst they are now booked up for this Summer, you can register for September.

Their Saturday sessions run 10-1 or 1-4pm, from £30. ShortBreaks Passport number is needed for registration.

CLUBS AND RESPITE



Special Educational Needs & Disabilities

Respite and Stay & Play

Weekly Sessions and After School Clubs

Power Of Play

Registered Charity Number: 1201653

About Us

POP Essex was founded in July 2022 by a group of SEND parents, looking to fulfil the needs of SEND Families in Essex who needed a safe, secure and non-judgemental environment for their children to play, socialise and above all, be themselves.

Our Values

- Honesty & Integrity
- Family, friendships and community
- Hard work and dedication and achievements
- Professionalism when dealing with people's lives



Fun For All

A large safe and secure space for you to explore and enjoy

- Weekly Themes
- Messy Play
- Arts & Crafts
- Water Play
- Toys and Games
- Refreshments
- Sensory Activities:
 - Balance
 - Spinning
 - Swing Hammock
 - Sensory Circuit
 - Sensory Room

7 Bocking End
Braintree
CM7 9AE



07545127282
www.pop-essex.org
popessex@gmail.com

POP are now in their new premises- the old Argos in Braintree town centre.

The additional of new spaces may appeal to more children.

See their walkthrough video on Facebook to see the new...

Small soft play

Art tables

Sensory room

Games room

(xbox, playstation and wii)

Kitchen and dining area

Music room

and

Indoor garden



Support for dads and male carers

POP ESSEX
DADS CLUB
SUPPORT GROUP FOR DADS & MALE CARERS

A NEW CLUB FOCUSED TO SUPPORT THE WELL BEING OF DAD'S, GRANDDADS, UNCLES, BROTHERS, COUSINS AND MALE CARERS OF CHILDREN WITH SPECIAL EDUCATIONAL NEEDS & DISABILITIES

7PM-9PM

WHAT'S ON? ...



Braintree Museum

In Case of Emergency!

An interactive exhibition about the history of our local emergency services with unique items from our collection as well as things from Essex Fire Museum, Essex Police Museum and Epping Forrest Museum.

A fun and interactive environment for children to play, dress-up, listen and learn while adults can explore our town's vast and varied history with the emergency services.



Basildon Play 360

SEND sessions- First Friday of every month. 630-830pm. £8.95 per SEN child



SEN SESSIONS



Who

Anyone who prefers a quieter session.

Minimum age: 4+ years

When

Mondays 6-7pm

Price

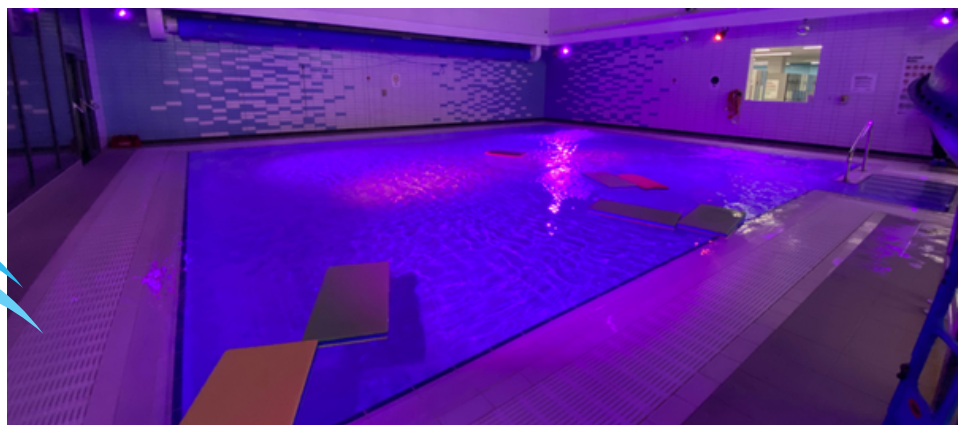
£12pp including one carer free of charge

Sensory Swim Sessions at Riverside

"Join us for our tranquil sensory swim, where children and adults with sensory needs can enjoy the benefits of water in a calm and relaxing environment.

Our sensory swim sessions are held in our warm, shallow learner pool with low lighting and no music, with coloured lights creating gentle moving images on the walls, floor, and water to create a tranquil and safe environment.

Sessions take place as part of general admission in the learner pool. The age limit in the learner pool is normally eight years old, but if you have a sensory need, there is no age limit".



WHAT'S ON? ...

Fun for everyone!
Mersea Island Festival
 A great escape on the Essex coast!



new challenges new skills new experiences

Inclusive Summer Activities

Week Camp
 Sunday 18th to
 Friday 23rd August 2024
 Prices from £285.00

Weekend Camp
 Friday 23rd to
 Monday 26th August 2024
 Prices from £171

Archery • Zipwire • Circus Stills
 Climbing • Music Workshops
 Swimming • Speedboat • Fishing
 Art Tent • Caving • Kayaking
 Pedal Karts • Band Workshop
 Paddleboarding • Live Music
 Discos • And much more!

friends made friends reunited

Day places available
 from £38.50

Camp prices include all activities,
 workshops, meals and
 accommodation!

For further information or to book
 Telephone: 01206 383226
 Email: info@merseafestival.org.uk
 Website: www.merseafestival.org.uk

[merseaislandfestival](https://www.facebook.com/merseaislandfestival) [mifcamp](https://www.instagram.com/mifcamp)




Essex
County
Council

Libraries



The challenge runs from Saturday 20 July to Saturday 7 September in all Essex libraries and mobile libraries.

Children are being asked to read 6 books, they will collect stickers for their folder for each book they read. After reading 6 books they earn their certificate and medal.



Summer Reading Challenge 2024
 Delivered in partnership with libraries

Marvellous Makers

NGUdance
 Dance studio

NGU Dance, Air
 Hop Chelmsford,
 12 Richmond
 Road,
 Chelmsford,
 Essex CM2 6UA

Age 8-13
 5.00-5.45pm
 £7

Age 13-18
 6.00-7.00pm
 £10

Independence PROJECT

NGU SEND Dance SESSIONS

<https://sendsensation.justgo.com>

Sessions are running every Friday during term time and will cost £7 or £10. The sessions are designed in a fun and inviting way for young people to experience dance, movement and music. We have staff on hand to support the needs of the dancers!

You will need to ensure that you have the following in place before you can book for your child:

- **Short Breaks Passport**
shortbreaks.essex.gov.uk/register-with-short-breaks/
- **Become a member of Independence Project on JustGo**
sendsensation.justgo.com
- **Completed our registration form**
independenceproject.co.uk/registration

To book on you will need to contact our Short Breaks Lead - Karen



6-12 yrs
 13-18 yrs

07877121089





MENTAL HEALTH AND WELLBEING



Anna Freud

“Children can identify activities that they can use to improve their mood with this self-care plan.”

This is a great download that looks at music and movement, mindfulness, creativity, positivity, and circles of support, with a check list of 25 fun create tasks to pick from at the end. Children explore and record what helps them to feel good.



No printer at home?

If you are an Essex library member you can now print directly from your device and collect your printing from Basildon, Chelmsford, Colchester or Harlow Libraries. Find out how using the QR code



My self-care plan



Anna Freud
building the mental
wellbeing of the
next generation

“Natural foundations is a social enterprise based in Essex, passionate about getting children outside to play”.
Chelmsford, Essex, CM1 3QR



Clay Day & Pizza

SEND/NEURODIVERGENT

@ NATURAL FOUNDATIONS

Monday 22nd July 1-3pm

Get messy with clay, mould with your hands, use clay sculpting tools and find natural resources in the forest to create your masterpiece. Finish with decorating your pizza to be cooked in the pizza oven then find somewhere in the forest to enjoy your food. All of our usual freeplay activities included. All ages welcome. Non walkers and adults free. Gluten free/vegan alternatives available

£8 per child



Slime & Galaxy Jars

SEND/Neurodivergent

@ NATURAL FOUNDATIONS

Wednesday 24th July 1-3pm

Make your own slime and a galaxy jar. Cook marshmallows on the campfire. All of our usual freeplay activities included. All ages welcome. Non walkers and adults free.

£8 per child



USEFUL TO KNOW...



ACCESSIBLE SCREENINGS UK

Autism Friendly Cinema





This website allows you to search for Autism Friendly screenings by searching by town/ film



TWO MINUTE TALES






Ideal for primary aged children, these stories last for 2 minutes- great to watch during 2 minutes of tooth brushing!

BUILDING SKILLS, KNOWLEDGE AND CONFIDENCE FOR CARERS



ESSEX CARERS NETWORK



"We work to ensure the lived experiences and voices of our families informs and influences the future landscape and opportunities for people with a learning disability and autism and their families in Essex.

We work to support our families to have the tools they need to feel strong, resilient and empowered in order for them to advocate for their family.

We are a recognised and well established voice of families in Essex caring for a family member with a learning disability and autism, working co-productively with Essex County Council and other key organisations to find solutions to the challenges that our families face".



eSafety Training
"The 2 Johns"



"The 2 Johns have been key speakers at numerous major events throughout the country. In Essex they are regularly commissioned by the Safeguarding Children's Board, the various Community Safety Partnerships and Essex Youth Service to deliver both staff training and bespoke sessions for large numbers of children"

On 4th July, they visited Thriftwood to deliver e-safety talks to all pupils. If you missed the online parent presentation in the evening, they have kindly made their recording available for 28 days ONLY so please do follow the [link](#) send via email on 5th July.

We highly recommend that you do not pass up this opportunity!



"Community and Family Learning page are based in Essex and are part of Adult Community Learning. We provide tutor led sessions in a selection of venues throughout Essex, as well as online, most of which are FREE!

Our government funded courses enable parents, carers, grandparents, in fact anyone, to gain valuable knowledge and skills, build self-esteem and confidence, improve parenting skills, reduce stress at home, enhance overall well-being and have fun!

New courses are added every week. For the most up-to-date timetable, please visit <https://aclessex.com/community-family-learning/>



FREE COURSE




ACLS COMMUNITY & FAMILY LEARNING
ZONES OF REGULATION
Find out how to support your child to understand their emotions, & to self regulate

FREE

SCAN ME

15/07/2024 09:30 - 11:30 ONLINE

FAMILY LEARNING@ACLESSEX.COM 0345 603 7635

ESSEX ACTIVATE

“Essex ActivAte is the name for the Holiday Activity and Food (#HAF2023) programme across Essex, run by Active Essex, Essex County Council and Thurrock Council, on behalf of the Department for Education. They are FREE face to face clubs during the school holidays for children and young people who are eligible for benefits based free school meals, as well as those from low income working families who would benefit from this extra support. We are also able to extend this support to children and young people who may be vulnerable to inactivity or social isolation, on a case by case basis”.

If you are eligible for Essex Activate vouchers, these should have been emailed to you directly from WONDE on 1st July.



Essex
ACTIVate

Free activity clubs across Essex and Thurrock for eligible primary and secondary school children that also offer:

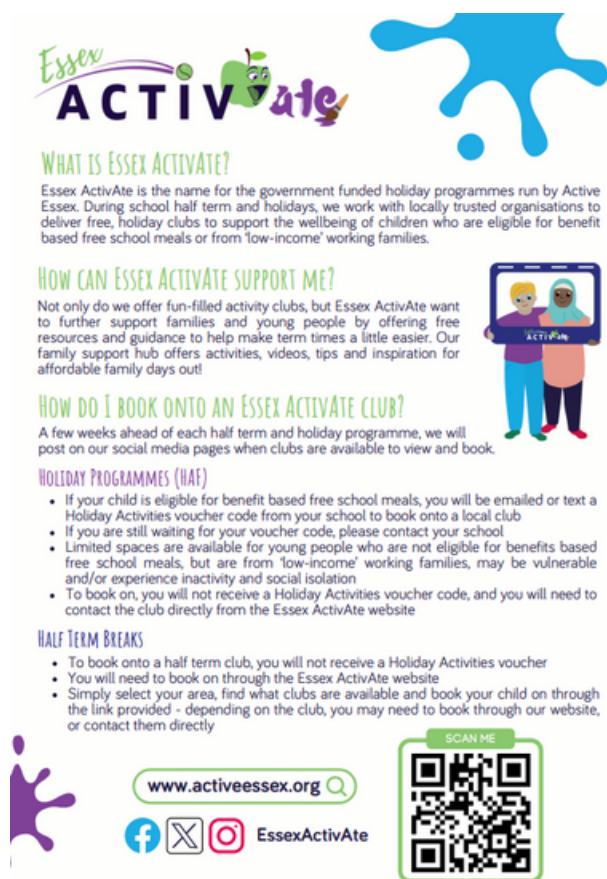
- ✓ Specialist SEND, mental wellbeing and youth clubs
- ✓ Physical, enrichment and food activities
- ✓ Nutritious snacks and tasty meals
- ✓ Run by qualified, locally trusted organisations
- ✓ Family support
- ✓ Resources and guidance

WHAT IS ESSEX ACTIVATE?
Essex ActivAte is the name for the funded holiday programmes run by Active Essex. During school half terms and holidays, we work with locally trusted organisations to deliver free, holiday clubs to support the wellbeing of children who are eligible for benefit based free school meals or from 'income-related' benefits households.

www.activeessex.org

EssexActivAte

SCAN ME



Essex
ACTIVate

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HOW CAN ESSEX ACTIVATE SUPPORT ME?
Not only do we offer fun-filled activity clubs, but Essex ActivAte want to further support families and young people by offering free resources and guidance to help make term times a little easier. Our family support hub offers activities, videos, tips and inspiration for affordable family days out

HOW DO I BOOK ONTO AN ESSEX ACTIVATE CLUB?
A few weeks ahead of each half term and holiday programme, we will post on our social media pages when clubs are available to view and book.

HOLIDAY PROGRAMMES (HAF)

- If your child is eligible for benefit based free school meals, you will be emailed or text a Holiday Activities voucher code from your school to book onto a local club
- If you are still waiting for your voucher code, please contact your school
- Limited spaces are available for young people who are not eligible for benefits based free school meals, but are from 'low-income' working families, may be vulnerable and/or experience inactivity and social isolation
- To book on, you will not receive a Holiday Activities voucher code, and you will need to contact the club directly from the Essex ActivAte website


HALF TERM BREAKS

- To book onto a half term club, you will not receive a Holiday Activities voucher
- You will need to book on through the Essex ActivAte website
- Simply select your area, find what clubs are available and book your child on through the link provided - depending on the club, you may need to book through our website, or contact them directly

www.activeessex.org

EssexActivAte

SCAN ME



If you missed our previous Newsletters and wish to obtain copies, please contact the school office.

They include information about:

ARFID Awareness
Autism friendly cinema- Halstead Empire
Butterflies club
CEA cinema card
Chelmsford Museum
Colchester Sports park
Essex family Forum
Families in focus- Saturday activity clubs
Galleywood Wellbeing Hub
Galleywood Corner club- youth club
Independence Project
InterAct
King George's Playing fields
Kinetix academy SEN parkour

Manna's Ark
MAX card (from Short Breaks)
MyOTAS -My Own Time and space charity
National Trust-free carer membership
Partyman World SEN sessions
Radar key
Ronnie's Way events
SNAP!
Soccability- Baddow Spartak or Witham
Sport for confidence
Stanway Lakelands centre
The Wilderness Foundation
This Girls Ability- multi sports clubs