

Summer Term 2023

FAMILY SUPPORT



Newsletter

WELCOME

Dear families,

Welcome to our Summer term newsletter. We have rounded up some of the information that has been emailed out over the past few (busy!) weeks, and added much more. With Summer holidays just around the corner, it's always handy to know about some of the clubs, sports events, and SEND friendly places to visit in our area. This issue also has apps and social media account recommendations to follow .

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

SUMMER SPORTS - SWIMMING AND CYCLING

Riverside Leisure Centre



Inclusive SEN Swimming Sessions
Access to all 4 pools

Sundays 5:15-6:15pm
At Riverside Leisure Centre



£3.50 per session, support attends for free.
Email Megan for more details or to sign up:
megan@sportforconfidence.com

COLCHESTER SPORTS PARK

Fun, and a great way to boost your bike skills, our Pump Track is the perfect place for riders of all abilities from little ones up to experienced BMX riders looking to improve their cornering, jumping and ability to maintain momentum.

Hit the Pump Track on your own equipment, or hire our pump and BMX bikes to use on the track. Please note that parental supervision is required for juniors.



Thorndon Country Park



TrailNet
Pathways to Activity

01277 218497 | 07939 249980 | [Email](mailto:info@trailnet.org.uk)

Hire a variety of accessible bikes and trikes at Thorndon Country park.

For more confident bikers, pump tracks offer a lot of fun. Colchester costs approximately £5 for a session and bike hire is around £4.



SUMMER SPORTS – MULTISPORTS

THIS GIRL'S ABILITY MULTI-SPORTS

A fun Multi-Sports club for girls and young women with disabilities aged 8 to 25-years-old

FREE

WHEN: Saturday
TIME: 10 am – 11 am



WHERE: Writtle University College (sports hall), Lordship Rd, Writtle, Chelmsford, CM1 3RR

Whenever possible, a female friend, family member or support worker is encouraged to participate in the activities



Contact: Nikki Fairbairn
Phone: 07518 671812
Email: contact@thisgirlsability.co.uk

THIS GIRL'S ABILITY

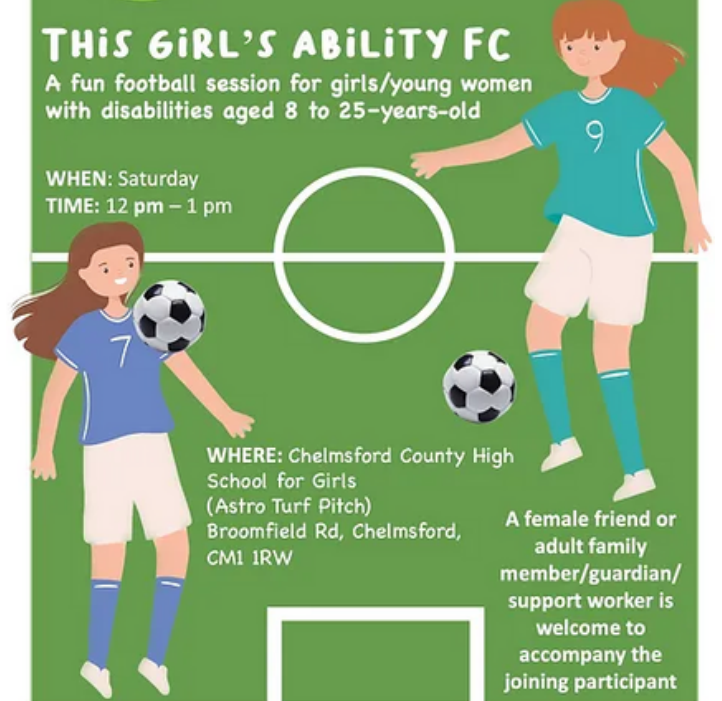


FREE

THIS GIRL'S ABILITY FC

A fun football session for girls/young women with disabilities aged 8 to 25-years-old

WHEN: Saturday
TIME: 12 pm – 1 pm



WHERE: Chelmsford County High School for Girls (Astro Turf Pitch) Broomfield Rd, Chelmsford, CM1 1RW

A female friend or adult family member/guardian/support worker is welcome to accompany the joining participant



Mid and South Essex Integrated Care System

Contact: Nikki Fairbairn
Phone: 07518 671812
Email: contact@thisgirlsability.co.uk

What's new?

For families located near to North Essex, the new **Stanway Lakelands Centre** may be worth checking out...

"Essex County Council's Short Breaks for disabled children and young people have been working with Stanway Parish Council and Colchester Borough Council to develop inclusive facilities at the new Stanway Lakelands community centre, Stanway Western Bypass, Colchester

Utilising the Council's capital funding scheme, Short Breaks have funded a full Changing Places facility and sensory room inside the centre and joint funded a brand new inclusive play space which is now open to all. The centre is set to be built as phase one of a larger development project linked to the wider country park. The community building will inspire both indoor and outdoor activities, with plans for a hedgehog and kestrel house in the grounds. Parking will be available on site, as well as electric vehicle and bicycle charge points".



WHAT'S ON? ...



Essex ActivAte Summer Holiday Clubs

Across the six weeks summer holidays, free clubs in Essex and Thurrock will provide eligible children and young people with physical and enrichment activities, as well as a nutritious meal, to support their physical and mental wellbeing! Book on by using your WONDE code



Essex ActivAte

6 d · 🌐

Don't forget, our summer club information page goes live tomorrow on the [#EssexActivAte](#) website at 12pm midday ¹⁴

Across the six weeks holidays, locally trusted organisations in [#Essex](#) and [#Thurrock](#) will offer young people the chance to enjoy different free, physical and enrichment activities, food education and a nutritious meal!

👉 If your child/ren receive benefit based free school meals, you will book on by clicking the link on your WONDE e-Voucher.

👉 If your child/ren do not receive benefit based free school meals yet would still benefit from one of our clubs, you will not receive an e-Voucher. To book your place, please contact the club directly by using our club information page that will go live tomorrow.

Find out more: <https://ow.ly/wtac50000NK>

Please contact the school office if you are expecting WONDE codes and have not received them.

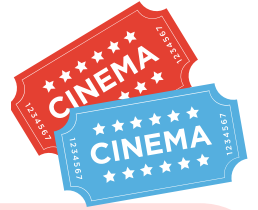
WHAT'S ON? ...



"Ronnie's Way arranges private hire events for families of children and young people with additional needs who may otherwise struggle accessing mainstream activities and events. The aim of their events is to allow families to have an enjoyable experience at venues that can become busy and overwhelming for children with additional needs.

Previous private hire venues have included Cineworld, 360 Play, Monkey Madness, and Colchester Leisure World.

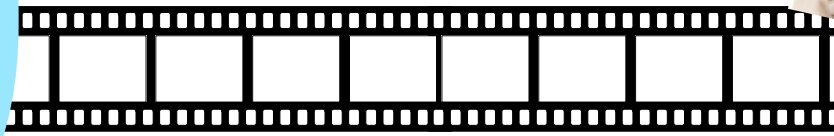
For more information please visit the Ronnie's Way Facebook page."



Empire Theatre Halstead Autism Friendly Cinema

Next showing:
Saturday 22nd July
3pm

£1.00 per ticket!
no need to book



Summer Reading Challenge 2023, Ready, Set, Read!

Saturday 15 July to Saturday 2 September



POP SUMMER SESSIONS

This club in Braintree continues to grow, with lovely themed sensory and play sessions
They now offer:

- stay and play £10 for 3 hours
- respite with 1:1 support - £35 for 3 hours
- respite without 1:1 support - £15 for 3 hours



Although Pop are a 0-19 provision, these sessions are best suited to our youngest pupils in primary.

WHAT'S ON? ...



"SEND Sensation offer choice through a wide range of community clubs and activities to help children and young people to flourish socially, independently, and safely. We have come together to provide venue-based clubs and community-based activities with specialist staff and facilities to support children and young people with learning disabilities and autism, physical and sensory impairments, and special educational needs and disabilities."



Mid Essex & North Essex

SUMMER PROGRAMME

Across **Braintree**, **Chelmsford**, **Colchester**, **Maldon** and **Tendring**

24 July
to
31 August

OVER 1800
SPACES

CENTRE BASED
CLUBS

COMMUNITY
BASED
ACTIVITIES

Join the Fun!

Visit www.sendsensation.co.uk

Email essexshortbreaks@sendsensation.co.uk



Call 033 30 50 90 97

Clubs

Corner Club

A youth Club for SEND young people 13-17years

Mondays Weekly term time 4-6pm
Contact Emma Cavanagh

Emma.cavanagh@essex.gov.uk
07717814472



Galleywood Wellbeing hub

Wellbeing Hub - a safe place for young people to get together for exercise and social interaction to improve their mental wellbeing - including Boxing and Yoga - Run in partnership with Chat 1st CIC

Wednesdays Weekly 5-8pm

Contact Nicola Smith
chat1stwellbeing@gmail.com



In partnership with SENDSensation, The Independence Project now offer services for 8-18 year olds.

Find out more here:



Or call Andrew Denny:
07880645273

Brentwood Summer Holidays Information Event

9th July 9-11am

Knightsway Centre, Brentwood

All ages

Come along for a cuppa and chat with Butterflies staff, about our Summer Holiday offer... Whilst the children get to meet the staff and explore!

No charge for the event
To book in email jasmine@butterfliesclub.co.uk

InterAct

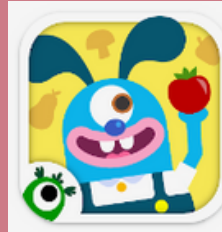
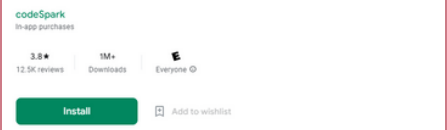
Shortbreaks
Holiday Activities
Clubs...
find out more here:



From our families...



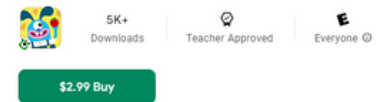
codeSpark - Coding for Kids



Adventurous Eating

Teach Your Monster

A game to help fussy eaters become adventurous eaters



Reading Eggs - Learn to Read

Blake eLearning Pty Ltd

In-app purchases

The multi-award winning learn to read app for kids aged 2 to 13.



Go Jauntly: Discover Walks

Go Jauntly

In-app purchases

Discover walks near you, connect with nature and enjoy outdoor adventures.



At our last coffee morning, we asked parents to share apps which their children/families enjoy. Here are some of the recommendations:



Recommended by you

Have you recently visited somewhere that you think other families would love?

Is there an accessible club that has made a difference to your young person?

If there is anything you wish to share with others, please let us know so we can consider it for our next newsletter.

contact:

admin@thriftwoodschoo.com

FAO Mrs Green

Further support...

Below are some social media pages that may be useful for support and ideas for activities and days out over the Summer.

The Instagram pages share very detailed information about venues including suitability, opening times, car parks and charges, facilities on site etc.



Special Needs Essex - Activities for young people and adults

Public group · 981 members



reallynosuchthingasbadweather
Essex

← daysoutideas



312 Posts 4,279 Followers 418 Following

Days Out Ideas in Essex she/her

Personal blog

📍 #Essex based

📍 Sharing our adventures in Essex & beyond

🏆 3rd Best Blog in Essex (Essex Mums Awards 2022)

← reallynosuchthin...



773 Posts 26.1K Followers 1,939 Following

Essex & London Days Out With Kids she/her

🏆 Essex Mums Award WINNER 20 21 22



SNAP continue to run their FREE specialist talks in-person and online.

Visit their website to book your place



Download the Summer Survival guide for tips on Holidays, visiting theme parks, activities for staycations, and much more.



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

Summer Holiday Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3					8	9
10					15	16
17				20	21	22
24	25	26	27	28	29	30
31						



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	 BACK TO SCHOOL				9	10
11					16	17
18					23	24
25					30	

