

MID ESSEX QUARTERLY NEWSLETTER

Essex Child and Family Wellbeing Services

June-September 2024



Welcome

Hello,

Welcome to the 4th edition of our quarterly newsletter. In this newsletter, you will find our summer timetables, support around school readiness, and information about community services. Please share this information with the families you work with.

Suzanne Milne

Mid Essex Hub Co-ordinator



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If you would like further information, email your community connector:

karen.saward@barnardos.org.uk-

Maldon District

kirsty.roberts@barnardos.org.uk

Chelmsford District

emma.white@barnardos.org.uk

Braintree District

kay.north@barnardos.org.uk

Braintree and Chelmsford District

SUMMER HOLIDAYS

OUR SUMMER TIMETABLES

Mid Essex summer timetables will go live on our website the week beginning the 10th of June, please signpost your families to the relevant links below to view them.

- [Link for Chelmsford timetables](#)
- [Link for Maldon timetables](#)
- [Link for Braintree timetables](#)

We will also be posting our timetables as well as community events and activities across our Facebook pages, so make sure you follow us!



CHELMSFORD
FACEBOOK



MALDON
FACEBOOK



BRAINTREE
FACEBOOK

SUN SAFETY

5 ways you can stay safe in the sun:

1. Wear protective clothing.
2. Use sun cream - the more protection the better - and apply it throughout the day.
3. Limit your time in the sun between 10 am and 4 pm as these are peak hours.
4. Wear sunglasses.
5. Sit in the shade at regular intervals.

How to enjoy the sun safely



Seek shade

Take a break under trees or umbrellas, especially in the middle of the day when the sun is strongest.



Cover up

Wear a top that covers your shoulders, a wide-brimmed hat and UV-protection sunglasses.



Apply sunscreen

Pick one with at least SPF 30 and 4 or 5 stars. Use it generously and regularly.



Together we are
beating cancer



[Baby summer safety - The Lullaby Trust](#)

EXTERNAL SERVICE UPDATE - ESSEX ACTIVATE

ESSEX ACTIVATE - SUMMER HOLIDAYS

Essex ActivAte work alongside fantastic club providers who are offering free activity clubs for children and young people this half term across Essex! Clubs support children aged 4-16 years including primary and secondary clubs, specialist SEND, mental wellbeing and youth clubs.

What do clubs offer?

Activities include sports and games, crafts, colouring, dance, baking and so much more! Clubs will also provide nutritious meals and snacks, as well as offer food education, helping to engage young people and support parents during the half term holidays.

Can I book onto a club?

Children and young people who are eligible or receive pupil premium, benefit based free school meals or income-related benefits can be booked onto our activity clubs, although, clubs may offer discretionary paid places and paid for places, so there is something for everyone at an Essex ActivAte club!

How do I book onto a club?

To book onto a local club, you will use this webpage and simply find your area below, book on with the link, email or contact number provided by the club organisation directly.

Click on the picture below to see what clubs are available to support families in your area;



SEND SUPPORT AND ADVICE

SEND RESOURCE VAN

The SEND resource van was developed in partnership with families to provide information, signposting, and access to trial equipment in their community. Schools, childcare settings, and community groups who have a high number of children undiagnosed or in the early stages of diagnosis can request a visit via their Community Connector.

- Karen.sward@barnardos.org.uk- Maldon
- Kirsty.roberts@barnardos.org.uk Chelmsford
- Emma.white@barnardos.org.uk Braintree
- Kay.north@barnardos.org.uk Braintree and Chelmsford



SEND STAY, PLAY, AND LEARN SESSIONS

We run 2 SEND Stay, Play and Learn groups in Mid Essex for parents/carers and their children with diagnosed or undiagnosed SEND. These continue to run in the school holidays as well. The sessions are FREE of charge and no booking is needed. Siblings are welcome. Call us on 0300 247 0014 if you have any questions about the sessions/ accessibility prior to attending.

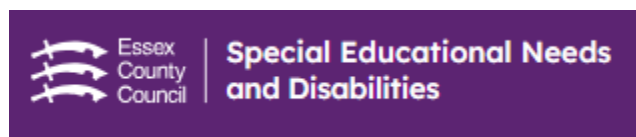
- **Carousel Family Hub, Chapel Hill, Braintree, CM73QZ**
2nd and 4th Wednesday
1pm-2.30pm
0-5yrs old
- **Chelmsford West Family Hub Delivery Site, Dixon Avenue, Chelmsford, CM1 2AQ**
Every Tuesday
3.30pm- 4.30pm
0-8yrs old.

SEND ROADSHOW

Do you support families who have children with SEND? Why not encourage them to visit one of the Essex Local Offer Roadshows. The next roadshows are being held across the county in June and July. No diagnosis is needed to come along, and they will be able to access a range of support.

Visit the Local Offer website to find out more and please share with parents and carers.

[Essex Local Offer Roadshows](#) | [Essex Local Offer](#)



STARTING SCHOOL

PROMOTING SCHOOL READINESS WITH OUR 'ICAN' SESSIONS.

We are running focused sessions on communication, physical development, promoting independence and supporting socialisation. These are free drop ins and open to all children starting school in September 2024.

Next Sessions:

Braintree @ Carousel Family Hub, Chapel Hill, Braintree, CM73QZ

11th June and 16th July 3.00pm-4.30pm

Chelmsford @ Chelmsford West Family Hub Delivery Site, Dixon Avenue, Chelmsford, CM1 2AQ

5th July 10.00am-11.30am

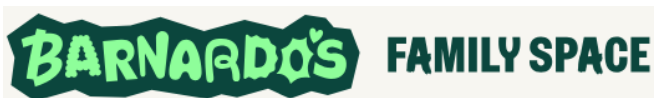
Maldon @ Dengie Delivery Site, Ormiston Rivers Academy, Southminster Road, Burnham on Crouch, CM0 8QB

18th June and 16th July 1.00pm- 2.30pm



The Talk Listen Cuddle website has some great advice and activities around starting school.

[Going To School Archives - TLC \(tlc-essex.info\)](http://tlc-essex.info)



Barnardo's family space offers a wide range of activities, video, and tools to help prepare you and your child for school.

[Preparing for school | Barnardo's Family Space \(barnardos.org.uk\)](http://barnardos.org.uk)



The Pacey website has a toolkit for parents, childcare professionals, and teachers to work together to help improve the transition process for children starting/returning to school

[Starting school toolkit | PACEY](#)

SCHOOL TRANSITION

Young Minds website has a lot of support for schools and parents to help prepare young people ready for the move to secondary school. [Supporting school transitions](#) | [Resources](#) | [YoungMinds](#)

YOUNGMINDS

Find Your Feet: Parent webinar

Watch a webinar about how you can support your child through the change from primary to secondary school. https://youtu.be/nK1E_XgAWww

Choose health
Know what affects your child, what makes them grumpy, hyper, disconnected...
Do they need snacks throughout the day?
Do they need lots of sleep?
Do they need to get out and about and do exercise?
Do they need time alone?
Trust that you know your child and give them the basics that they need to cope with difficult days

Work together
Share ideas about how to:
• create action plans
• have a problem-solving approach
• enjoy achievements
• be forward-looking
• show them that we can all get things wrong

Move on up
Encourage independence:
• help them to move positively from child identity towards teen identity
• increase their responsibilities
• be positive whenever they act maturely
Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

Be calm
Try to stay calm whilst your child is feeling distressed. Your child may show:
• highs and lows
• melodrama
• anger
• blame
• self-centredness

Communicate
The small things you do make all the difference:
Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Get learning
Be involved, find out more and talk about:
• social media
• internet benefits and dangers
• new music
• language and slang
• current affairs
• what it's like to be young in the current world

Be wise
As they discover new things, try to:
• be interested
• be non-judgemental
• guide
• give boundaries
• see it from all sides
• listen to their point of view
• choose your words carefully
• act on warning bells

Be the anchor
In times of change you are:
• constant
• family
• familiar
• routine
• in-jokers
• irritating
• comforting
• home

Have fun
Provide lots of light relief:
• be silly
• be embarrassing
• play games
• laugh together
• do stuff together
• make jokes
• make things
• be outside

Look after yourself
Support yourself, to best support your child:
• lean on friends
• offload on other family
• find 'me time'
• see the GP
• relax, exercise, sleep well, eat well
• remember tomorrow is a new day

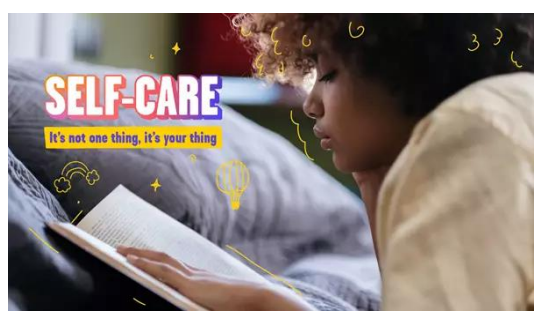
Ten Ways for parents to help children cope with change

YM Parents Helpline
0808 802 5544
youngminds.org.uk
Mon-Fri 9.30am-4pm

ASDA foundation
Helping Young People, Inspiring Lives
Find Your Feet
YOUNGMINDS
Stepping up, moving up, growing up

Summer holidays can be tough time for some young people. The link below provides support to help young people have self-care.

[Self-Care | Young People's Mental Health | YoungMinds](#)



EMOTIONAL SUPPORT

SCHOOL AGE HEALTH ADVICE DROP INS

We run weekly drop-in sessions across all our Family Hubs and Delivery Sites to support children and young people aged between 5-19 (up to 25 with SEND)

These continue to run throughout the school holidays.



The support we can offer.

- Behaviour Support including boundaries and routines.
- Toileting
- Sleep
- Getting out and about
- Connecting with people in your community
- Transition to School or Senior School
- Healthy Lifestyles
- Emotional Wellbeing

EMOTIONAL REGULATION AND RESILIENCE GROUP

This is a 6-week course for young people aged 8-11 years. It helps to teach them about their brain and how it works, looks at anxiety and resilience and the importance of sleep and coping tools.

Families will need to contact our main number on 0300 247 0014 to speak to a practitioner about how this course could support their child's emotional wellbeing.



Essex Child and Family Wellbeing Service

THE ESSEX LOCAL OFFER

The Local Offer website not only offers information on support services for children with SEND, but also has information about mental health support services. Scan the QR code to visit their search engine, which you can filter by age, service or need.



Special Educational Needs and Disabilities

MID ESSEX RECOVERY COLLEGE.

Mid Essex Recovery Project runs a wide range of FREE workshops and courses to support mental health and well-being for adults! It's important as parents and carers that we look after our own mental health so we can support our children's.



A safe space for people to learn new skills, expand on existing ones, and attend **FREE COURSES** developed to support mental health recovery...

Mid Essex Recovery College

Spring Timetable April - July 2024

The Mid Essex Recovery College runs free courses and workshops to support mental health recovery in the Mid Essex area.

We deliver courses on a wide range of subjects in community venues across Mid Essex as well as online via Microsoft Teams.

Our Spring timetable starts in April and courses include;

- Understanding Domestic Abuse
- Support for Carers
- Therapeutic Photography and Film-making
- Bereavement and Loss
- Anxiety and Stress
- Employment support
- Mindfulness afternoons
- Wellbeing walks

To find out more details about all the courses offered this term and book a place please contact the College
provide.midessexrc@nhs.net
07751 571431 or 0300 303 9954

midessexrecoverycollege.co.uk

Part of the **Provide community**

The poster is a vertical rectangular graphic with a teal background. It features a circular inset image of yellow flowers on the right side. At the bottom right, there is a small logo for 'Provide community'.

ADULT COMMUNITY LEARNING.

Offer FREE interactive courses to help families negotiate tricky times. If they are a parent, grandparent or caring for a child or young person living in Essex they offer support. Courses are delivered online live & face to face at various locations across Essex and some flexible learning classes. They will come to a non-judgmental, supportive learning session facilitated to support their family's journey.



HOW TO ACCESS OUR UNIVERSAL SERVICES

Every weekday, 9am-5pm, we have a duty School Nurse, Health Visitor and Healthy Family Support Practitioner available via our main number to offer support and guidance.

In our Family Hubs and Delivery Sites we run free universal groups that are available to all families and no need to book.


- **Baby beginnings**- 0-1yrs
- **Stay, Play and Learn**- 1-5 years.
- **SEND stay play and learn**- 0-8 years.
- **School age health advice drop in**- 5-19 years.

In addition to the universal group's, we have targeted sessions that aim to support families on specific topics or areas of need. These sessions need to be booked and some require a referral, please contact us for more information.


- **Talking together** - early speech and language support.
- **Infant feeding support**- support around bottle and breastfeeding.
- **Introducing solids**- Helping families prepare for introducing solids to their baby's routine.
- **First time parents**- Course for new parents.
- **Infant Massage**- Targeted course for families referred via Health Visitor or Practitioner.
- **Ready steady 1's and 2's**- Targeted sessions for families referred after a development check.
- **Emotional regulation and resilience 6-week course**- Support for children aged 8-11 years around their emotional wellbeing.

These groups are just an example of the support we can offer children and families. Families can contact us at any point in their child's lives, pre-birth-19years (up to 25 with SEND) free of charge. There are a variety of ways families can access our service:

 Pop into one of our Family Hubs or Delivery sites.

 Call us: 0300 247 0014.

 Email: vcl.essexmid-PB19adminhub@nhs.net

 Or visit the website and Facebook pages <https://essexfamilywellbeing.co.uk/>

