



'ELO' from the Essex Local Offer

Your SEND Navigators

Jenny Kinsville &
Ondrea Bloom
TheSENDNavigators@essex.gov.uk

Try something different?

Creative Writing courses for the whole family.
All workshops are free and can be viewed [Online Children's Creative Writing Course](#) on Facebook.


Welcome to our virtual 'Pin Board'


The SEND Navigators and many Parent Support Groups across the county, are coming together weekly during the pandemic, on the Virtual Parent Support Group Drop-in sessions. The purpose of these sessions is to improve communication and access to Education, Health and Social Care colleagues.


The drop-in will provide a weekly opportunity for representatives from Parent Support groups from across Essex to share the lived experiences, questions and issues that are being raised by the parents they represent.


The purpose of our virtual 'Pin Board' is to post services and resources to assist with some of the issues and common themes raised each week.


Emotional Wellbeing and Mental Health

 **Wilderness Foundation (Brave Futures)** provides a style of working that offers therapy, tools, and strategies for managing trauma, grief, relationships, boundaries, self-care, communication and emotional control, mixed with a range of activities. Activities are varied and include learning bushcraft, camp cooking, walking, foraging, nature art and craft work – as well as fun and games. For more information email info@wildernessfoundation.org.uk
Or visit [The Wilderness Foundation](#) online.

 **Renew (Reset with Renew)** provides counselling online and face to face for women over 40, lone parents, care leavers, individuals in supported accommodation, unaccompanied asylum seekers, victims of domestic violence, parents of children with SEND. For more information call 01268 822800 or email Bridge@renew-us.org

 **Essex Short Breaks, Clubs and Activities** provides services for children and young people across Essex, who have a disability or special education need. You can view [Essex Short Breaks & Activities](#) for more information.

 **Family Lives** (Covid-19 Wellbeing Support) are working in partnership with Essex County Council to provide online parenting groups and individual support for any parent or parents of children with SEND living in Essex and affected by the impact of Covid – 19. For more information, call Kath or Louise on 0204 5228700 or 0204 522870. You can view the [Family Support - Family Lives \(Parentline Plus\)](#) for further help and information.

 **Wilderness Foundation** funded by FIF-Xtra in response to Covid-19 have been commissioned to work 0 to 19, including individuals, groups, and families of all ages. To offer Online Counselling to offer support for anxiety,

depression, family and other relationships, addictions, self-harm or suicidal thoughts, loss and bereavement, confidence, phobias, abuse, exploitation, trauma, stress, behaviour, gender dysphoria, SEN. Contact information; 0300 1233073 or email info@wildernessfoundation.org.uk

📌 **YMCA Essex** (FIF-Xtra), young people aged 4-17, couples, whole families, and peer groups. Online Solution Focused Reflective Listening. Help manage new routines, emotional difficulties, trauma, bereavement, behaviour management, relationships, positive well-being, changes within the home, activities to keep busy...for further information please contact Sarah Daniels; 01245 355677 Sarah.daniels@ymcachelmsford.org.uk

📌 **Evolve Intervention** (FIF-Xtra), young people aged 5-18. Online 1:1 support through coaching and mentoring - for more information call 01245 526069 or email info@evolve-intervention.com

📌 **Renew** (FIF-Xtra), offering online counselling for couples, families, individuals – children, young people, and adults, for more information call 01245 359353 or email Hilary@renew-us.org

📌 **Open Door** (FIF-Xtra), offering online mentoring, coaching, and counselling for young people aged 5-18. For more information call 01375 390040 or email Fifxtra@opendoorservices.org

📌 **Relate** (FIF-Xtra), offering online counselling to support and make positive changes to your life and relationships for families, couples, individuals, and children. For further information call 01245 676930 or 01708 441722, email enquiries@relatelinee.org.uk

📌 **The Children's Society** (FIF), offering face-face and online counselling, mentoring - group work or 1:1, for children and young people aged 0-24. For more information call 01245 493311 or email EssexReferrals@childrenssociety.org.uk

📌 **Kids Inspire** (FIF), offering face-face and online counselling, therapies, mentoring - group work or 1:1, for children and young people aged 4-24. For further information call 01245 348707 or email clinicaladmin@kidsinspire.org.uk or EssexReferrals@childrenssociety.org.uk

📌 **The Yo-Yo Project** is offering a 6-week virtual support group for Dads and Mums who are caring for bereaved children. For further information call Sue Jeffery on 01245 457416 or email yoyoproject@farleighospice.org

📌 **Home-Start Essex**, offering targeted support for parents with at least one child under 5 year at home. You can view all the information and [bespoke support packages](#) online.

Below you will find information and resources to additional themes that came up during the Virtual Drop-in Sessions.

Groups are reporting a rise in eating disordered cases. How can a concerned parent access support?

Beat - Beat Eating Disorders

Charity – A good source of information for individuals, schools, parents, carers and practitioners. You will find specific advice with regards to eating disorders and COVID-19. You can view [Beat](#) on line for support services via a simple postcode search.

Mind – You can view [MIND](#) to learn about eating problems, including possible causes, symptoms and how to access treatment and support. Includes self-care tips for helping yourself, plus guidance for friends and family.

NHS – you can view information on [NHS Eating Disorders](#)

NELFT [Eating Disorder Service](#) aged 8-18 outpatient clinic based in Chelmsford – referral via GP, EWMHS, school or parent/carer.

Recommend Books



Essex Welfare Service – for people who cannot get any help from family, friends or local district support groups.

Active Essex Services are not delivering any face-to-face provision this February because of the restrictions in place but have instead developed a virtual offer and an activity pack.

The online activity programme includes physical activity sessions, arts and crafts and wellbeing sessions, as well as some cooking sessions.

Please see the activity programme and family wellbeing pack below.

[Active Essex Holiday Activity Programme](#)

[Active Essex Family Wellbeing Pack](#)



Some families would like support to understand their child's needs. Many families tell us how invaluable they find parent-to-parent support. What courses are available for parents who want to learn more about supporting their child's SEND needs?

✦ **PACT** is currently running Parent / Carer Zoom groups, workshops, chat sessions and focus groups. They work closely with other organisations to bring in guest speakers and other professionals within the world of SEND. They also signpost to courses that are available to Parents that are free or reasonably priced. To subscribe to the PACT mailing list [Register with PACT](#)

✦ [Getting it Right for Me](#) Virtual Conference for Professionals & Parents working with Children and Young People with Additional Learning Needs and Disabilities

✦ **Maze- Training and Support sessions for parents**

[MAZE](#) and Colchester Parent Support jointly host free fortnightly coffee evenings, with the CPS team of trained Parent Mentors, Sue Anderton (Maze Director), Terri Towler from Families in Focus, and another visiting professional (a different person each time). A line up already planned so get in touch for more information. All these events can also be booked via the [MAZE](#) website "Events" section here (click on the orange dot on the calendar for the Zoom registration link).

You can view all the [MAZE learning materials](#) on the Maze website.

✦ MAZE is a [specialist parenting programme](#) for parents, which is running continuously over 10 weeks via Zoom.

Although there is a cost to parents, MAZE are keen to ensure that no-one misses out on vital support because of financial issues, so if there are any issues with finances, email [Amanda](#)