



KIDZSPACE EVENTS:



Activities for the siblings aged 8+ living with a child who has a disability or special need.

Date: Wed 6th April
Event: Jump Street
Where: Colchester
Time: 10.00am – 1.45pm
Cost: £7.00
Trampolining + Park

To join or book a place: Contact Jo on 01245 353575 or email helpline@familiesinfocussessex.org.uk

VOLUNTEERING

We are looking for Volunteers for our Activity Club to assist with setting up and assisting the children with playing with the equipment available.

If you would like to volunteer for Families InFocus or are interested in helping with fundraising events and activities, either on a one-off basis or regularly, please call Sharon on 01245 353575 or email: sharon@familiesinfocussessex.org.uk

THE NEXT DROP IN MORNING

Come and join us and other parents for a chat, a therapist will be offering free treatment and a trained Family Support Adviser will be on hand to discuss any queries you may have. Pre-school children welcome.

BRAINTREE: Alec Hunter Academy
Learning Village, Stubbs Lane, Braintree, CM7 3NR.
Dates **13th April 2016**
11th May 2016
Time: 10am – 12noon

ACTIVITY CLUB SPRING PARTY

9TH April 2016

3.30pm – 5.30pm

£2.50 per child

To book contact Jo on 01245 3535754 or email helpline@familiesinsfocussessex.org.uk

RIKITIK entertainer and games and raffle prizes to be won!!!!

Families InFocus (Essex)

HELPLINE

01245 353575

Monday to Friday 10am – 4pm and

Or Email:

helpline@familiesinfocussessex.org.uk

WEBSITE

www.familiesinfocussessex.org.uk

FOLLOW US ON



http://www.facebook.com/pages/Families-Infocus-Essex/135545906596117?_rdr



We post up to date information for the Activity Club and all the latest news regarding Families InFocus.

ACTIVITY CLUB

Play activities for children with a disability or special needs and siblings, accompanied by their parent/carers



Every Saturday 3.30pm – 5.30pm*

(* unless otherwise stated, up to date closures announced on Facebook)
Chelmsford Sport & Athletics Centre, Salerno Way, Chelmsford, CM1 2EH
Suggested donation: £1 per child

***Closures: 19th and 26th March 2016**



E-BULLETIN

OTHER SUPPORT GROUPS:

Apex Parent Support Group is for families whose children have social communication difficulties which may involve the autistic spectrum. Meet monthly on Thursdays

At: The Apex, Thriftwood School, Slades Lane, Chelmsford, CM2 8RW

Time: 10am – 12noon

Refreshments provided but unable to offer crèche facilities.

Dates: 17th March 2016
14th April 2016
12th May 2016

For further details and directions contact:
clairejsmith13@gmail.com

Independent Support:

We are one of the partners delivering Independent Support for Essex families. Statements of SEN are changing, how can iEssex help you? Contact us or take a look at the website for further information.

Website:

<http://www.isessex.org/who-are-isessex>

Contact: HELPLINE 01245 353575

WHAT'S ON

ENHANCING COMMUNICATION WORKSHOPS:

Wednesday 23rd March & 20th April

9.30am to 12.30pm

Cost £10 per parent/£40 per professional

SNAP will be hosting a two week course on methods to help support your child's communication.

It will include training on Makaton signing, as well as information around PECS (Picture Exchange Communication System) and Objects of Reference.

This practical workshop will help you enhance your child's spoken language as well as exploring non-verbal communication.

Crèche facilities available for this course.

If you are interested in attending this event, please contact SNAP.

RSVP The SNAP Centre

☎ 01277 211300

✉ info@snapcharity.org

FUNDRAISERS

If you are taking part in any fundraising events, please do consider supporting Families InFocus (Essex). It is easy to make your own free online fundraising page via www.justgiving.com/FamiliesInFocusEssex.

Family and friends can donate securely via justgiving.com, Facebook or text message.

INFORMATION:

SPRINGBOARD FREE SCHOOL – Opening September 2017

For children aged 18 months to 19 years with autism and complex/severe learning difficulties. Springboard will provide an individualised curriculum, delivering education and therapy within a multi-disciplinary team.

HEALTHWATCH ESSEX

Has launched a website about health and well-being for young people. It provides information on topics such as diabetes and asthma, HPV vaccination, drug and alcohol misuse, managing stress, bullying and peer pressure and difficulties at home, as well as guidance for young carers and support for young people with disabilities. It also includes a comprehensive list of health services and organisations in Essex that can help young people. Visit:

<http://www.essexyeah.org.uk/index.html>

CHILD MAINTENANCE GROUP

Need help and support after separation, find reliable information, easy to use tools and specialist services on a range of topics at

<http://www.sortingoutseparation.org.uk/>

Child Maintenance Options, provides free impartial information and support to help all parents to make informed choices about child maintenance at

<http://www.cmoptions.org/>