



E-BULLETIN

KIDZSPACE EVENTS:



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

Date: Tues 31st May
Event: Riding and Pony Care
Where: Chelmsford Equestrian
Time: 9.30am – 11.45am
Cost: £18.00
30 mins group riding lesson/30 mins pony care.

Date: Sat 25th June
Event: Basketball/Dodgeball
Where: Riverside Chelmsford
Time: 12.45pm – 2.45pm
Cost: £7.00

To secure a place full payment will be required at time of booking; Full details available by contacting Jo on 01245 353575 or email helpline@familiesinfocusessex.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@familiesinfocusessex.org.uk

THE NEXT BRAINTREE 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: 11th May and 8th June 2016
Time: 10am – 12noon

Families InFocus (Essex)

HELPLINE

01245 353575

Monday to Friday 10am – 4pm and

Or Email:

helpline@familiesinfocusessex.org.uk

WEBSITE

www.familiesinfocusessex.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.

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-issex>

Contact: HELPLINE 01245 353575

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.

CELEBRATING 20 YEARS

Families InFocus (Essex) is celebrating 20 years in supporting families across Essex. We would like to thank those that are raising funds for us by holding various events throughout the year. The first of which is by Widford Lodge School who are holding their Annual Grand Ball on May 13th.



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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: 12th May 2016
9th June 2016

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

ESSEX SHORT BREAKS

You are invited to Coffee and Cupcake morning where you will have the opportunity to meet other parents/carers, share ideas and find out about the Clubs and Activities that are running this summer. Either just turn up or book by emailing essexshortbreaks@4children.org.uk with your name, venue and time. Prior booking will automatically enter you into the free prize draw. Various venues and dates set out at the link below.

<https://www.facebook.com/shortbreaks.clubs.activities.essex>

WE HAVE BEEN SELECTED AS A NOMINATED CHARITY BY THE HELPFUL SHOPPER:

ABOUT THE HELPFUL SHOPPER

We all want to do more for charity and regularly donate to good causes, but life often gets in the way. Wouldn't it be great if you could raise money for a good cause while shopping online?

What if we told you, you could raise money for charity by simply shopping with the same retailers that you usually would? What if you could go online and buy that little treat for yourself but also raise money for charity at the same time? Making a difference has never been easier.

Thanks to the Helpful Shopper, it really is that easy. Simply visit your favourite retailer or brand via our website and shop for your usual purchases and in turn that company will then make a small donation on your behalf to us which we then donate to the various good causes we support. It won't cost you a penny, using our site is 100% free, the only cost to you will be for the goods you have purchased. We will never ask for any of your personal details

IT REALLY IS AS SIMPLE AS CLICK, SHOP, DONATE

Link to Helpful Shopper:
<http://www.thehelpfulshopper.com/>

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/>