



# FAMILIES INFOCUS (ESSEX) E-BULLETIN

SEPTEMBER 2016  
ISSUE

## KIDZSPACE EVENTS:



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

**Date:** Thursday 27<sup>th</sup> October 2016

**Event:** Tenpin Bowling

**Where:** Chelmsford

**Time:** 1.00pm – 3.00pm

**Cost:** £5.00

2 games of bowling and a burger meal.

**Date:** Saturday 12<sup>th</sup> November 2016

**Event:** Production of Oliver at the Civic Theatre

**Where:** Chelmsford

**Time:** 3.00pm – 5.15pm

**Cost:** £9.00

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

**Date:** 14<sup>th</sup> September, 9<sup>th</sup> November, 14<sup>th</sup> December 2016

**Time:** 10am – 12noon

**Please Note:** No Drop In on the 12<sup>th</sup> October

Families InFocus (Essex)

ACTIVITY CLUB

SATURDAY 24<sup>TH</sup> September

SPONSORED FUNDRAISING  
EVENT

Come along and try out the  
various challenges



Further details explained in the attached letter along with a sponsorship form.

FAMILIES INFOCUS (ESSEX)

20<sup>th</sup> Anniversary

**CHARITY BALL**

Saturday 3<sup>rd</sup> December 2016

At the Marconi Club

Chelmsford

See attached invitation for full details and the booking information.

## BRAINTREE INDULGENCE DAY

For parents/carers of children with SEND

Friday 14<sup>th</sup> October 2016

The Alec Hunter Academy Learning Village

Stubbs Lane, Braintree, CM7 3NR

10am to 2pm

Donations welcome

Come along for a day of pampering and lunch.

Email: [helpline@familiesinfocusessex.org.uk](mailto:helpline@familiesinfocusessex.org.uk)

To book your slot.



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## Independent Support Essex



### Families InFocus (Essex) in partnership with InterAct, ECDP and Face are offering support to:

- \* Parents and young people through the transfer of a Statement of SEN or Learning Difficulty Assessment to an Education, Health and Care Plan (EHCP).
- \* Helping the parent or young person understand the local referral process and local offer.
- \* Acting as a named contact person during the EHC assessment and planning process.
- \* Understanding the range of local services and supporting the parent or young person to decide who should contribute the information required for an EHC needs assessment and plan.
- \* Providing information to parents and young people on personal budgets.
- \* Signposting to local Information Advice and Support (IAS) services e.g. Families InFocus (Essex) when the issue is outside the remit of an Independent Supporter.

Telephone: 01245 608300

Email: [info@isessex.org](mailto:info@isessex.org)

Website: <http://www.isessex.org/>

## InterAct

FREE Workshops for Parents/Carers in Person-Centred Approaches and the Essex One Planning Environment:

Interactive workshops for Parent/Carers of children and young people with Special Educational Needs and Disabilities (SEND), facilitated by InterAct.

- 19th September – Tendering CVS, Clacton-on-Sea
- 4th October – Moulsham Mill, Chelmsford
- 11th October – George Hurd Centre, Basildon
- 16th November – Harlow Education Consortium

Full details and online booking via the Essex Local Offer:

<http://www.essexlocaloffer.org.uk/content/free-training-parents-and-carers-person-centred-approaches>



Equal People  
Performing Arts  
celebrating difference

Equal People Performing Arts is a fully inclusive performing arts studio centre serving South East Essex. It has created a safe and dignified space where disabled and non-disabled children and adults can work together in all aspects of the performing arts.

Website: <http://equalpeople.org.uk/>

### 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

Date: 15<sup>th</sup> September, 13<sup>th</sup> October, 10<sup>th</sup> November and 8<sup>th</sup> December 2016

Time: 10am – 12noon

Refreshments from 9.30am but unable to offer crèche facilities.

For further details and directions contact: [clairejsmith13@gmail.com](mailto:clairejsmith13@gmail.com)

### THE HELPFUL SHOPPER:

Zoe Willsdon has set up a website called [www.THEHELPFULSHOPPER.co.uk](http://www.THEHELPFULSHOPPER.co.uk) The Helpful Shopper is a way of fundraising for charities through shopping online. The way it works is that you go through the website to access the retailer's website, you then buy your goods as normal and the retailer will donate a small percentage to The Helpful Shopper who then splits the donations to 3 named charities, one of them being Families InFocus (Essex).

**IT REALLY IS AS SIMPLE AS CLICK, SHOP, DONATE**

Link to Helpful Shopper:

<http://www.thehelpfulshopper.com/>



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## INFORMATION:

**Shortbreaks for Disabled Children and Young People are offering free Max Cards to Essex County Council residents** (excluding Southend and Thurrock).

Max Card is a national, local authority commissioned discount scheme for children with special educational needs and disabilities (SEND) aged 0-19 years. The scheme enables families to visit a huge range of attractions across the UK at a free or discounted rate. The card would cover 2 adults and 2 children and lasts for two years.

Families simply need to show their Max Card on arrival to obtain discounted admission into any of the 1100 attractions listed on the website and in some occasions pre-book before your visit.

To apply please email the following details to [Shortbreaks@essex.gov.uk](mailto:Shortbreaks@essex.gov.uk)

Name of Child

Name of Adult

Address

Contact number

If you are not currently registered with Shortbreaks you may be asked for some further details.

Details of where you can use you the Max Card and also what discount and if pre-booking is needed can be found by clicking the link below and there is also on-line offers including Merlin passes.

<http://www.mymaxcard.co.uk/browse>

The Max Card team are also prioritising attractions across Essex so if you have any suggestions on attractions please feel free to pass this on via email to [natasha@mymaxcard.co.uk](mailto:natasha@mymaxcard.co.uk) or by calling 01133 947 951.

## Essex County Council – Carers Roadshows:

13<sup>th</sup> September 2016 - Colchester Library, 10:00- 14:00

20<sup>th</sup> September 2016 - Harlow Library, 10:00- 14:00

29<sup>th</sup> September 2016 – Basildon Library, 10:00- 14:00

4<sup>th</sup> October 2016 - Chelmsford Library, 10:00- 14:00

13<sup>th</sup> October 2016– Rayleigh Library; 10:00- 14:00

The aim of the Roadshows is to inform and empower Carers – ensuring that all Carers are aware of the range of support available to them. The objective is also to reach people who look after someone who may not consider themselves Carers to make them aware that there is help available to them.

Supporting people who care for others is at the forefront of our battle to help Essex residents live independently and the roadshows give us the opportunity to *show* this support by offering information, advice and support to those who provide help and support to family and friends.

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## 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>

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## 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/>



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## FORTHCOMING EVENTS – Fundraising for Families InFocus

### STAGE AND SCREEN MUSICAL CONCERT: 15<sup>th</sup> October 2016

At Chelmsford Cathedral, 53 New Street, CM1 1TY

**Ticket Price: £10 per person**

Time: 7.30pm

An evening of music from movies such as Star Wars, The King and I, Jersey Boys and many more performed by the Caprice Orchestra. To book email: [sharon@familiesinfocusessex.org.uk](mailto:sharon@familiesinfocusessex.org.uk)



### CHELMSFORD SALVATION ARMY SONGSTERS Saturday 3<sup>rd</sup> December 2016

An evening of music and song performed by the choir and brass band, guest vocal soloist Gemma Hinchcliffe and the International Staff Songsters, who have performed at the O2 and The Royal Albert Hall. The concert commences at 7pm. Chelmsford Salvation Army, 70 Baddow Road, Chelmsford, CM2 0DL

**Ticket Price: £7.00 per person**, available from The Salvation Army from November by calling: 01245 490998

## 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](mailto:sharon@familiesinfocusessex.org.uk)

## FUNDRAISERS

### Helping to make a difference:

Thank you to all our supporters.

A special thank you to Nicky Wyatt an employee of Chubb, a global insurance leader, who nominated us to benefit from a 'Jeans' day held in June, which raised £331.80 for Families InFocus (Essex).

### Donations were received from:

Braintree Catholic Church (Coffee Morning), Diana Coe (Card Selling), Andrew Craig, Janice Farrugia, Jill Lloyd, Schroder Investment Management (Staff Volunteer), Mr & Mrs Steel, Karen Turner, Mr & Mrs Vucevic.

## Families InFocus (Essex)

### HELPLINE

01245 353575

Monday to Friday 10am – 4pm

Or Email

[helpline@familiesinfocusessex.org.uk](mailto:helpline@familiesinfocusessex.org.uk)

### WEBSITE

[www.familiesinfocusessex.org.uk](http://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.