



# FAMILIES INFOCUS (ESSEX) E-BULLETIN

FEBRUARY 2017  
ISSUE

## Activity Club

FAMILIES INFOCUS (ESSEX)

### ACTIVITY CLUB

At Chelmsford Sport & Athletics Centre  
Salerno Way, Chelmsford, CM1 2EH

Join us for fun every Saturday  
(unless advertised)  
3.30pm to 5.30pm

**CLOSED: 8<sup>th</sup> and 15<sup>th</sup> April 2017**

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

### TRAMPOLINES, GYMNASTICS, FREE PLAY

Nice airy, secure and friendly environment

Meet new friends, relax, and chat to other parent carers

Suggested Donation £1 per child

Contact us either by email:

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

or telephone 01245 353575

or take a look on our website: [www.familiesinfocussessex.org.uk](http://www.familiesinfocussessex.org.uk)

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](mailto:sharon@familiesinfocussessex.org.uk)



## Kidzspace Events

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

**Date: Wednesday 5<sup>th</sup> April 2017**

Event: Pottery Painting + Cream Tea

Where: Barleylands, Billericay (mini bus included)

Time: 10.15am – 2.00pm

Cost: £12.00

**Date: Saturday 6<sup>th</sup> May 2017**

Event: Bowling + Izumi

Where: Madison Heights, Maldon

Time: 11.30am – 1.30pm

Cost: £8.00

## 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

Next Meeting dates: 16<sup>th</sup> March, 20<sup>th</sup> April 2017

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 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: **8<sup>th</sup> March 2017**

Time: 10am – 12noon

## INTERACT

Young People Activity Programme

2017 now available

Book activities by calling

01245 608206 or visit website:

[www.interact.org.uk/booknow](http://www.interact.org.uk/booknow)



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## Invitation to be part of Essex Peer Review of SEND 27th April 2017 at 10.30am-11.15am At County Hall, Chelmsford

Essex Local Authority are holding a focus group with parents/carers who have been part of the EHC process so that you have the opportunity to give your views and opinions of how the experience has or has not, made a difference to your child's life and to give some suggestions of how things could be improved.

If you are able to spare the time and would like to contribute to this review then please email: [Annette.jones2@essex.gov.uk](mailto:Annette.jones2@essex.gov.uk)

As places are limited, they will offer a first come, first serve basis.

The review team will explore the following questions with a range of people, including parents, schools, health and social care colleagues through a series of focus groups and interviews:

- To what extent does the suitability and quality of Essex EHC plans make a positive difference to children/young people in EYFS to KS4?
- How important and how effective is person centred planning (one-planning) to establishing the foundation for high quality EHC plans; and does effective person centred planning with children and young people and their families continue once a plan has been issued?
- Do EHC plans currently feature, where appropriate, clear health and social care needs and provision?
- How effectively are EHC plans implemented for children and young people?
- How well are outcome measures tracked in order to establish impact?

*As no parent carer should be out of pocket for participating, reasonable travel or childcare expenses can be reimbursed.*

**CONTACT A FAMILY**  
for families with disabled children

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

Contact a family have various resources available, a booklet regarding Money Matters which includes claiming Disability Living Allowance please visit the links for full details

[Money Matters - checklist when your child has additional needs](#)

[Claiming Disability Living Allowance for children](#)

## Free Practical Workshops

For Parent Carers of children and young people with Special Educational Needs & Disabilities

### Thursday 23<sup>rd</sup> March 2017

Pontlands Park Country Hotel & Restaurant, West Hanningfield Road, Great Baddow, Chelmsford, CM2 8HR.

The Essex SEND Information Advice & Support Service are holding a free workshop day, offering knowledge and skills which you can then adapt at home.

To book a place quote reference F1589199 by either email [Businesscentre1@essex.gov.uk](mailto:Businesscentre1@essex.gov.uk) or call Caroline Saunders on 03330 131215 leave your contact details and name + your choice of three workshops.

Understanding behaviour of children on the Autism Spectrum – **Maggie Loveday**

Strategies for young people with emotional and mental health needs – **Lesley Bailey**

Coping with anger and associated challenging behaviour – **Amanda Furness**

ADHD and Coexisting conditions – **Steve Challen**

## MAX CARD

Free application

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 last for two years.

The 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

Full details can be found on their website: [www.mymaxcard.co.uk/browse](http://www.mymaxcard.co.uk/browse)



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## HOLIDAY CENTRE FOR PEOPLE WITH SPECIAL NEEDS

Set in the beautiful [Ria Formosa Nature Reserve](#) and just 2 minutes from the pretty local village of Moncarapacho, The Centre Algarve is mainland Europe's only specialist holiday Centre which is fully equipped to allow people with special needs young and old to experience a wonderful holiday with their family or carers.

They have created an environment where everybody feels comfortable, safe and secure within wonderful grounds that are fully enclosed and gated. A magical and unique holiday centre where fun and memories are created.

The Centre has 14 bedrooms keeping the experience intimate and not too overwhelming as with most large complexes. Whether you are relaxing by the pool or enjoying yourself within the private secure facilities, you will always be able to keep a watchful eye even whilst you relax and unwind in the evening with a glass of wine.



"Like many parents of a child with demanding additional needs, I always thought that a proper holiday would be completely out of reach. That's why Centre Algarve has been an absolute gem of a find. Their team were amazing throughout, and helped provide us with a truly wonderful and memorable week in Portugal. Nothing was too much effort to help us make the most of our time there. We will certainly be returning!". **Martin Merrell Families InFocus Trustee.**

<https://emea.littlehotelier.com/properties/centre-algarve-direct>

## Helping to make a difference

Thank you to all our supporters

### A SPECIAL THANK YOU TO:

Lions Club of Chelmsford who have kindly donated a sum of £375 from their Santa Sleigh Run. Staff and volunteers had an enjoyable evening following Santa on his sleigh around the Mildmay Road area, seeing the children's joy as Santa passed down their street. Thank you to the local community who kindly donated.

## Families InFocus (Essex)

### HELPLINE

01245 353575

Monday to Friday 10am – 4pm

Or Email

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

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### WEBSITE

Recently updated please visit and see our new look.

[www.familiesinfocussessex.org.uk](http://www.familiesinfocussessex.org.uk)

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### FOLLOW US ON



[http://www.facebook.com/pages/Families-Infocus-Essex/135545906596117?\\_rdr](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.