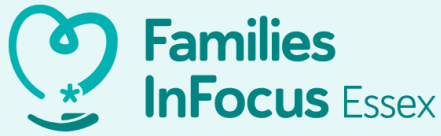


SEND Support

MID ESSEX

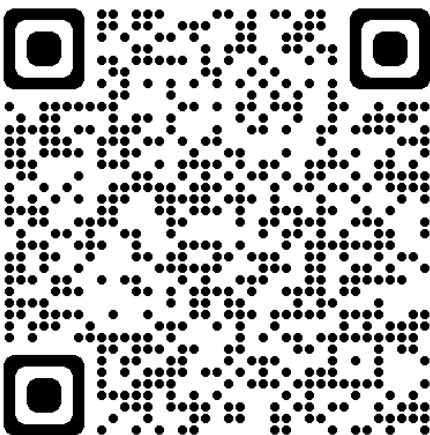


Families in Focus

We are an independent charity, working with families who have a child (or children), or a young person, with any special educational need or disability (SEND).

We provide advice and support to families with SEND children on how to access appropriate education, how to apply for an Education Health Care Plan and appeals to the SEND tribunal, as well as providing support with disability benefits, and social care issues.

We also run weekend activity clubs in Colchester and Chelmsford for SEND children and their siblings, and we are just starting to pilot a peer-to-peer family support service.





SNAP Charity

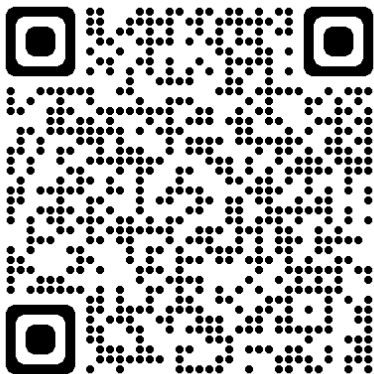
From its Brentwood base, SNAP offers a helping hand to thousands of families who need support in a variety of ways.

No formal diagnosis or professional referral is necessary to access SNAP services, available to families with children and young people aged 0 to 25 who live under Essex County Council, Thurrock and Southend. Facilities at the centre include a training room, a multi-purpose activity hall, multi-sensory room and specialist IT suite.

SNAP's aims are to inform, encourage and support parents so that they can grow in strength and knowledge and become better equipped to give the best possible help to their children.

Parent Advice and Support

- Helpline (email and telephone)
- Face-to-face Parent Support
- Specialist Talks and Training Courses
- Library of Specialist Books and DVDs
- Online SNAP Directory and Information Network
- Counselling
- Education Advice Sessions (Provided by Families InFocus Essex)





Essex SEND IASS

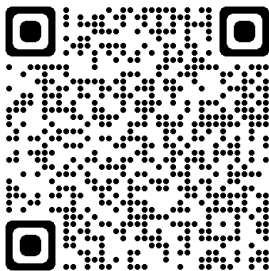
We offer free, confidential and [impartial](#) information, advice and support service on issues related to Special Educational Needs and Disability (SEND). This includes information and processes related to health and social care.

We offer information, advice and support to:

- Children and young people (up to 25 years) with SEND
- Parents and carers of children with SEND
- Practitioners (who might support children, young people or parents to access our service)

We are free, easy to access and confidential. We can help children, parents and young people take part in decisions that affect their lives.

We have a Steering Group which includes parents and representatives from local voluntary groups/parent led groups, schools, education, social care and health.





Essex County Council
Special Educational Needs
and Disabilities (SEND)

Essex Local Offer

What the Local Offer is

The Local Offer gives information about support available in Essex for children and young people aged between 0 to 25, with Special Needs and Disabilities (SEND).

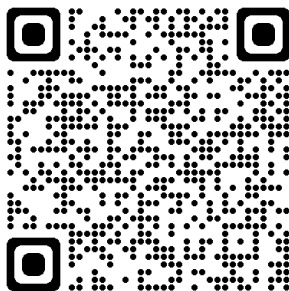
You can use the Local Offer to:

- understand what to do if you're new to SEND
- browse for local support such as support groups, fun activities or specialist healthcare
- find out what to do in a complex situation, for example if you need to appeal a decision
- get advice for young adults with SEND, such as housing and employment support

Helping someone access this information without internet access

For people without internet access, the options are to:

- access the website at a local library
- ask your school, nursery or a health professional for this information
- attend an in person SEND roadshow
- phone the Essex SEND Information Advice and Support Service helpline on 01245 204338





POP Essex

Stay and Play sessions for SEND children, parents, carers and siblings and Respite Play and Support sessions for SEND children and young people.

How it can help

They provide a large range of toys, games and equipment, including soft play, tuff trays with sensory materials as well as having a sensory room. Children have the opportunity to play, learn and develop while parents and carers can enjoy talking to each other. POP provides support staff to support and play with the children.

Respite sessions are available with 1:1 support if required.

Ages 0 - 19

Eligibility: Open to all

How to access

Complete a family registration form (available on request).

Online booking forms are made available monthly and are required to be completed prior to attending.

Saturdays 9:30am - 12:30pm and 1:30pm - 4:30pm

During half term and school holidays, there is an additional session on Wednesdays

Location: Braintree District Mencap, Charles Leek House, Braintree, CM7 9DB

Cost

£10 per 3 hour Stay and Play session

£35 per 3 hour Respite session

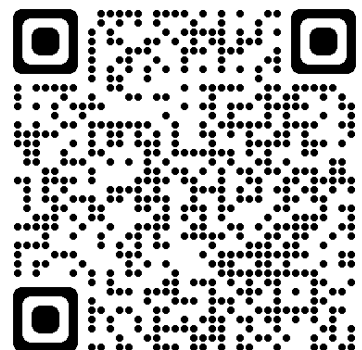
Contact

Website: <https://pop-essex.org>

Email: popessex@gmail.com

Phone: [07540 096631](tel:07540096631)

SMS: 07540 096631





Inclusive Communication Essex

An online resource for people with learning disabilities

The aim for Essex is that:-

- The importance of good communication is understood.
- Each individual's communication needs are known, understood, recorded, and acted upon by everyone they have contact with.
- Communication training is available for staff, families, carers, friends and members of the community when needed.
- Information is routinely produced in a range of more accessible formats.
- Physical environments in public settings are understandable to those who use them.

How does ICE work?

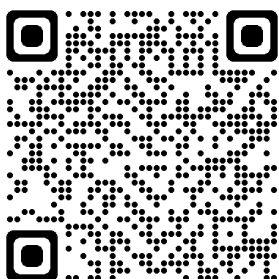
Inclusive Communication Essex (ICE) is an Essex-wide training package that teaches the families and carers of adults with learning disabilities **how to use a variety of different forms of communication**. This helps those with learning disabilities to understand and be understood, and become fully involved in their life plans by taking their communication needs into account.

There is also a project to develop a process for people who work with children and young people who have learning disabilities.

For adults with learning disabilities

We have developed inclusive communication at specific sites, such as care homes or resource centres. These are known as **ICE sites**. The staff at the ICE site are trained in inclusive communication methods, and one member of the staff is chosen to be trained as an **ICE Coordinator**. The ICE Coordinator coordinates development of inclusive communication at the site, and provides some training to new staff. Ongoing support is provided by Speech and Language Therapy services.

A training package has also been developed to train those that come into contact with people with a learning disability in Essex who are not within an ICE site.





Essex Family Forum

We are the p

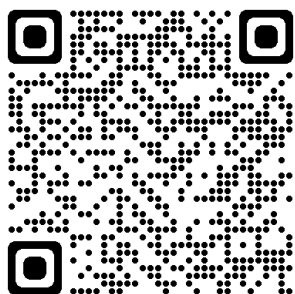
What is a Parent Carer Forum?

A Parent Carer Forum (PCF) is a group of parents and carers of children with additional needs and disabilities. Everyone who works or volunteers with a parent carer forum is also a parent or carer of a child or young person with SEND. Parent Carer Forums aim to ensure the services in their area meet the needs and improve outcomes of children and young people with special educational needs and disabilities (SEND) and their families. Essex Family Forum is the Parent Carer Forum for Essex.

What does Essex Family Forum as a Parent Carer Forum do?

We work with (not for) local authorities, health commissioning bodies and social care to represent parent views and experiences to influence and inform the provision and services used by our children, young people and their families.

Essex Family Forum believes in co-production. Co-production is when parent carers play an integral and equal part in the decision-making process and are fully engaged in shaping, developing, implementing and evaluating services and systems.



Good Beginnings Course

Good Beginnings Course

A course for parents and carers of children aged 5 or under, who have autism or social communication needs

How it can help

This course covers:

- understanding autism
- communication
- play
- sensory processing
- behaviour is communication
- eating, sleeping and toileting
- managing anxiety

Age

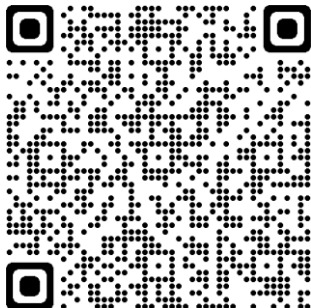
Parents and carers of children under 5

Eligibility

A diagnosis of autism is not needed to access Good Beginnings

How to access

You need to fill in the [application form](#) - [Expression of interest in attending Good Beginnings - Essex County Council \(achieveservice.com\)](#)



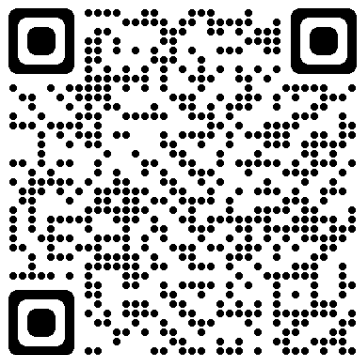
InterAct

We work with people to fulfil their potential, improve their lives and their communities.

Supporting children and young people in Essex with Supporting children and young people in Essex with learning disabilities / additional needs to have successful journeys towards more independent adult lives.

- Run a large programme of 'Short Breaks' - range of clubs and activities for young people with SEND aged 10-18
- Deliver lots of training and workshops
- Run a club for 15-25 year olds

Contact:



Address: InterAct, Moulsham Mill, Parkway,
Chelmsford, CM2 7PX

Tel: 01245 608201

Email: mail@interact.org.uk

Website: www.interact.org.uk

Parent Support groups in Mid Essex

Name of group	Day/Time	Further info
PiNS (Parents in need of support) Chelmsford peer support group	Ad Hoc <u>PiNS - Parents in need of support is a Chelmsford based support group for parents/carers of children with additional needs.</u> Group meetings take place in Broomfield Village Hall	For more information please join their facebook group or call Donna on 07729 239613 www.facebook.com/groups/2428796984015548



ACL Essex – Community and Family Learning

Offer FREE interactive courses to help you negotiate those tricky times. If you are a parent, grandparent or caring for a child or young person living in Essex, we have support for you.

Courses are delivered online live and face to face at various locations across Essex.

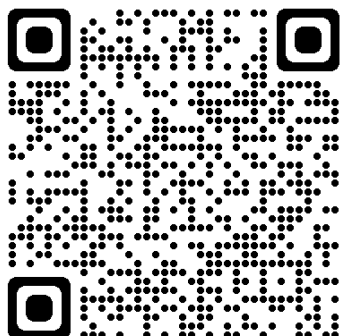
For full courses visit their website <https://aclessex.com/community-family-learning>

Example of courses they run

SEND Support for parents

Emotional wellbeing for parents of KS1, KS2 , Teenagers

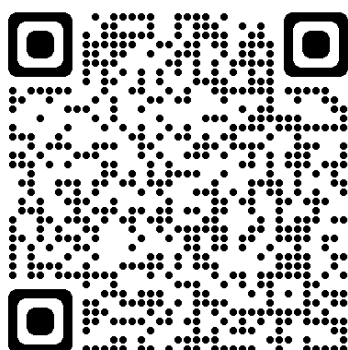
Understanding anxiety for children



Essex Youth Service- Corner Club SEND Youth Club

Runs Mondays 4-6pm @ Galleywood Youth Centre,
Chelmsford

For 13-17yr olds





Mencap Braintree District. General support and Gateway Club

Gateway is a large social club for adults with a learning disability, which takes place every Thursday evening at Charles Leeks House in Braintree from 7-9pm.

Gateway Club is open to all members of Braintree District Mencap regardless of age or ability. There really is no better way to meet up with old friends and make new ones.

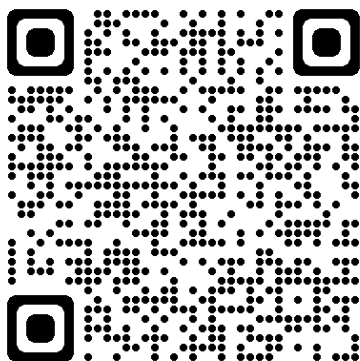
Joining in will guarantee a fun, welcoming and exciting evening of entertainment. Featured evenings include:

- Live Bands
- Karaoke
- Talent Shows
- Dancing Competitions

Gateway is run by our members committee, they play an important part in helping to provide the entertainment and choosing which activities are on offer. Every member of Gateway gets an opportunity to be voted onto the Members Committee at the Gateway Annual General Meeting in the autumn.

£5.50 per session

Booking is essential please call the office





Supporting your neurodiverse child Booklet

Essex Family Forum, SEND the Right Message (STRM) Support Services and MyOTAS (My Own Time And Space) Charity are proud to have written and produced a pack which is full of useful information for families with a neurodiverse child.

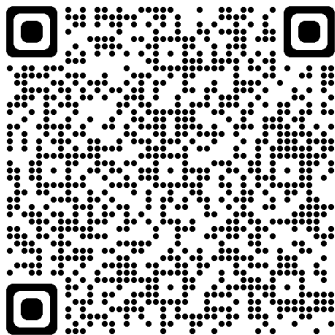
This pack includes information about

- the diagnosis process
- how to get support for your child at school
- health and wellbeing and much more.

We shared our own experiences, hints and tips as well as those of parents, carers and young people from across Essex, Southend and Thurrock. There are also signposts to useful books, blogs and online resources which are all tried and tested resources that the team have used and found helpful.

The pack is available to download or you can request a hard copy.

<https://essexfamilyforum.org/resources/nd-pack>



An informal group for Parents of children with Autism and Additional needs. Offering support by just listening, sharing experiences and also to raise awareness.

Support is for all that care for a loved one or is on the spectrum themselves. if you need any more info please get in contact

Email and phone number

janedelderfield@gmail.com

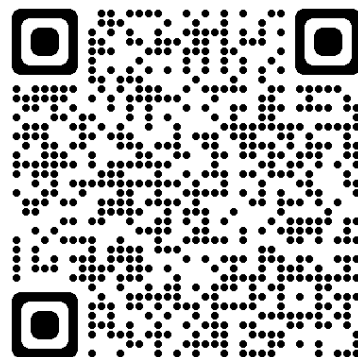
07591 031780

Join FB group for more info: www.facebook.com/groups/809348352520257

Braintree Autism and Additional needs Support Group



Email:
janedelderfield28@outlook.com
Mobile:
07591 031780





Community befriending, mentoring and peer support in Essex for adults with learning disabilities or autism.

Bfriends

Do you have some spare time? Enjoy helping others, making new friends and having fun? Or are you somebody who'd like to pursue a hobby, or go out, but

need someone to help? Maybe you would like some company and have a cup of tea and chat?

Hamelin Trust and Essex County Council are delivering a new project, Bfriends, for those with learning disabilities and/or autism in the Chelmsford and Braintree areas.

The scheme aims to help people with similar interests widen their social network and engagement, both as volunteers and participants.

Participants must be over the age of 18, live in or receive social support in either Chelmsford or Braintree and identify as having a learning disability and/or autism.

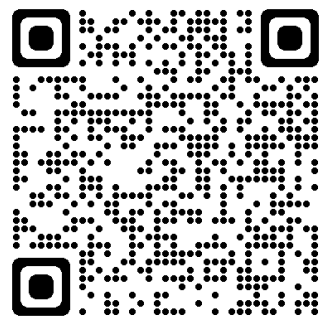
Get in touch with us today if you are interested in volunteering or are someone who could benefit from this service.

Rosanna is Project Lead for the Bfriends scheme. Here's what she had to say:

"I'm looking forward to engaging with the local community in Braintree and Chelmsford and making a meaningful, fun and exciting pilot project that matches volunteers and participants to share skills, hobbies and interests, through the wonderful means of buddying up and friendship.

"This is a much needed scheme for people and I am hopeful that we can get lots of positive feedback and make it something that is used more widely.

"We are on the lookout for volunteers, local businesses and services who may want to get involved with this project."





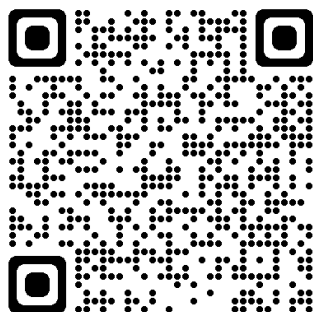
The Autism Education Trust (AET) is a not for profit programme led by two national autism charities – the [National Autistic Society](#) (NAS) and [Ambitious about Autism](#) (AaA).

Our 360-degree support programme offers

- education
- professionals training
- practical tools
- a wealth of free resources to better support autistic children and young people aged 0 to 25

What we do

The AET is a partnership of autistic young people, parents/carers, academics and professionals. This, coupled with our approach to research and evidence-based resources, means that we have expert knowledge to share.





Essex County Council

Essex Short Breaks Service



Short Breaks gives families the chance to take a break from their normal routines and enjoy doing fun things together.

They also give children and young people the chance to do fun and different activities. This can help build their confidence and independence.

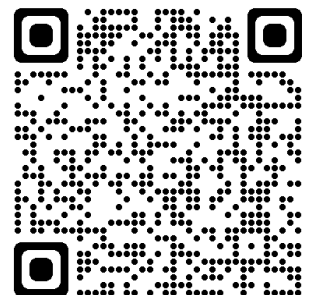
Does my child qualify?

Short Breaks are for children and young people who:

- are aged between 0 and 18, or 19 to 25 and have a personal budget
- have a diagnosis of special educational needs and/or a physical disability
- live within the administrative boundaries of Essex County Council (excluding Southend and Thurrock)
- please note children and young people fostered in Essex, but still looked after by another Local Authority, would not be eligible for a Short Breaks passport id number. They can still access any of the short breaks clubs, but their Local Authority would need to fund this through their care plan and pay the provider directly for sessions attended.

What's on offer?

- [Clubs and activities](#)
- [Light Touch \(hours of care\)](#)
- [Adapted and un-adapted caravans](#)
- [Beach huts](#)
- [Activity days out](#)
- [Max Card discount scheme](#)



Where there is no formal diagnosis, we will consider registering your child if they have:

- an Education, Health and Care Plan (EHCP)
- written confirmation from a GP or other medical professional confirming if there is a SEND and or physical condition that has a long-term, substantial effect on their ability to carry out normal day-to-day activities or may have in the future meaning they are likely to require life-long support from statutory services



Essex ActivAte

Essex ActivAte is the name for the Holiday Activity and Food (#HAF2023) programme across Essex, run by Active Essex, Essex County Council and Thurrock Council, on behalf of the Department for Education.

Additional funding is provided by Essex County Council

to extend the offer to low income working families who also require support during the school holidays. This programme takes place during the Easter, Summer and Winter holidays. Where possible, Essex County Council and Basildon Borough Council provide additional support families during the smaller half terms as well.

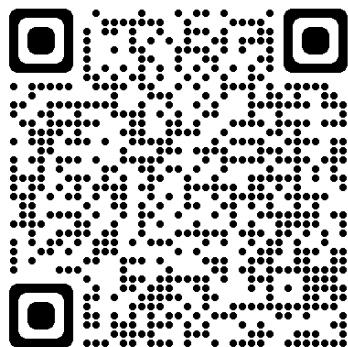
The programme aims to support the physical and mental wellbeing of primary and secondary school children, through engagement in a wide variety of enrichment and physical activities, and provision of a nutritious, school standard meal.

Working with a network of trusted local delivery partners, Active Essex run these FREE face to face clubs during the school holidays for children and young people who are eligible for benefits based free school meals, as well as those from low income working families who would benefit from this extra support. We are also able to extend this support to children and young people who may be vulnerable to inactivity or social isolation, on a case by case basis, please speak to the club provider to discuss if this is an option.

Each Essex ActivAte club will deliver a variety of fun physical and enrichment activities, fun food education and a nutritious meal. Alongside this you can access family support and fun activities to keep children active and entertained at home.

SEND Specific holiday clubs

www.activeessex.org/children-young-people/essex-activate/send/



Peer Education Programme

The National Autism Peer Education Programme will offer families and carers of autistic people high-quality and easily accessible autism education, training, and support. We as Essex County Council in collaboration with Essex Family Forum have been chosen to deliver the East of England region of the programme.

How it can help

Getting support

Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the help you need. That's why we've set up our peer education programme for parents, carers and personal assistants of autistic people.

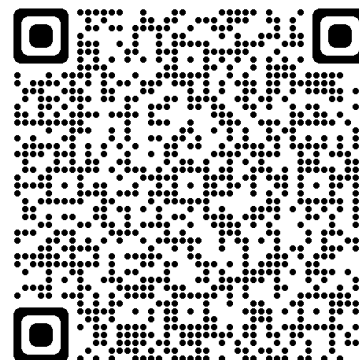
What makes the programme unique, is that it's run by families for families. Each session is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others. They're here to listen, offer guidance and tell you about services that are available in your local area.

Get involved

Are you a parent or carer of an autistic person? Would you like to help other families of autistic people in your local area? We're looking for people who are interested in becoming peer educators and share their knowledge and experience with others. People who become a parent educator will be paid an hourly rate of pay.

Age- All ages

<https://send.essex.gov.uk/search-support-groups-and-activities/peer-education-programme>





The UK's largest charitable provider of specialist equipment for disabled children

Nationwide charity supporting CYP aged 0-19 with SEND or terminal illness. Provide items of equipment and loans of specialist toys

Play Therapy Pods

They have Play Therapy Pods – FREE Loan of specialist toys for a 12 week period.

Family can **apply online** by clicking on the link below- they encourage family led referrals (rather than ones by professionals). They can also download an application form and post it. They have hundreds of different “pods” which contain different toys suitable for different ages/ stages/ development etc

Eligibility: Must be child under 19, UK resident, and have a special educational need/ disability (doesn't have to be diagnosed) or a terminally ill child.

Grants/Loans for Essential Equipment

They can provide grants/ loans for Essential Equipment that the family may need

Eligibility: Must be child under 19, UK resident, and have a special educational need/ disability (doesn't have to be diagnosed) or a terminally ill child.

To find out if they are eligible/ how Newlife could support them, families can

Call helpline (01543 462 777) to discuss first

or **apply online** (links below)

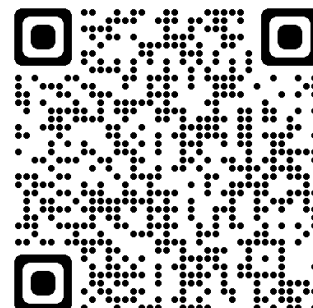
Website: <https://newlifecharity.co.uk>

Funding/ Grants for essential equipment:

<https://newlifecharity.co.uk/equipment-grants/>

Free loan of emergency equipment:

<https://newlifecharity.co.uk/emergency-equipment-service/>



Provide Speech and language



Children & Family SERVICES

INTRODUCTION

We offer a package of speech and language therapy support for children of pre-school and primary-school age who have:

- Speech, language and communication difficulties.
- Autistic-spectrum disorders.
- Hearing impairment.
- Disorders of fluency, such as stammering and stuttering.
- Disorders of feeding, eating or drinking.
- Cleft palate and velopharyngeal abnormalities.
- Speech and language difficulties of neurological origin.
- Difficulties with voice.



Our Speech and Language Therapists can:

- Assess speech, language and communication development, skills and difficulties.
- Assess eating and drinking difficulties.
- Make a diagnosis.
- Develop an intervention plan and work with families and carers to implement it.
- Decide when treatment is complete and the child can be discharged.
- Support onward referrals as necessary

OUR TEAM

Our team includes qualified Speech and Language Therapists, Speech and Language Therapy Assistants, specialist nursery nurses and volunteers.

WHERE YOU CAN FIND US

We provide our service at these locations:

- Burnham Clinic
- Livewell Hub, Braintree
- Stapleford House

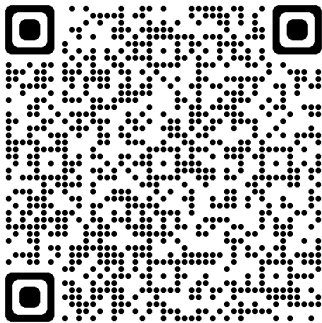
- Crouch Vale Medical Centre
- St Peter's Hospital, Main Building, Maldon
- Witham Health Centre
- Halstead Hospital

Plus:

- Three special schools
- Five speech and language centres/enhanced provisions
- Three enhanced provisions for children with hearing impairment
- Mainstream schools and numerous mainstream early years settings, such as pre-schools and nurseries.

We book appointments Monday to Friday, 8:30am to 5pm.

This is subject to change at short notice.





InterAct

MALDON CLUB

TUESDAY

FROM 6-8 PM

**AT PLANTATION HALL, COLCHESTER
ROAD, CM9 4AL**

**FOR 8-14 YEAR OLDS WITH SPECIAL
EDUCATIONAL NEEDS & DISABILITIES (SEND)**

These monthly clubs will allow young people with SEND from the ages of 8-14 to get together, hang out and have some fun. The club will be centred-based and will offer a variety of activities each week, from games to crafts to cooking, and lots more!

**To find out more about InterAct and
how to register please visit:**

www.interact.org.uk

Email:

youngpeopleteam@interact.org.uk

or call:

01245 608206

InterAct

Helping others to help themselves

MALDON CLUB

**Every Wednesday
from 6-8pm
at Maldon Youth Centre,
Carmelite Way, CM9 5GF**

**This club is for young people aged
15-18 years old with special
educational needs. Every Wednesday
our young people enjoy a mixture of
centre based activities, workshops
and trips out into the community,
placing an emphasis on their
transition into their adult lives.**

**To find out more about InterAct and
how to register please visit:**

www.interact.org.uk

Email:

youngpeopleteam@interact.org.uk

or call:

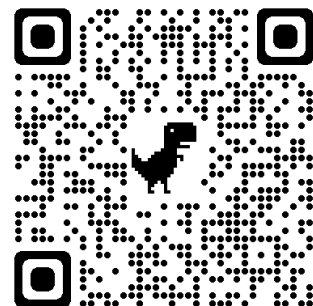
01245 608206





MyOTAS was set up to relieve the needs of autistic children (and/or children with social anxiety) and their families by:

- 1) providing information, signposting to relevant professional agencies and running emotional support groups to enable parents to help their children achieve their academic potential and minimise their child's social anxiety;
- 2) providing social activities and opportunities for autistic children, tailored to their particular needs, to boost their self-esteem and improve their social skills, whilst enabling them to make friends with other neuro-diverse children and mix socially with neurotypical peers and siblings;
- 3) providing educational activities, in small groups, for children who are home-schooled and/or school refusers, as a result of their autism and/or social anxiety issues;
- 4) providing training to education and health professionals, parents and the wider public regarding the autistic spectrum, the benefits, the challenges and the best methods to support and communicate with autistic children;
- 5) raising public awareness of autism.



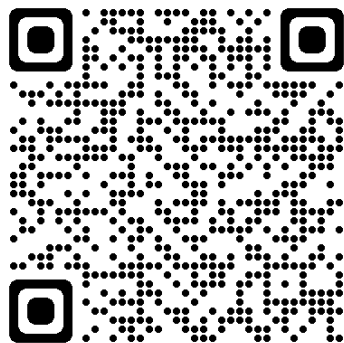
Website: <https://myotas.org/index.php/about/>



The MAZE is a unique approach to SEND which offers insights into how children with additional needs experience the world.

We have free monthly coffee mornings in Colchester, Clacton-on-Sea, Mistley and Harwich and a specialist weekly programme available online and face-to-face in Colchester, Clacton and Harwich. In addition, we offer the programme in a video series as well as a course on navigating the SEND system. We also provide specialist support for parents who have additional needs. Our aim is to guide, advise and support you for as long as you need us.

- Understand how your child is affected by their additional needs and why they present in the way they do
- Unpick challenging behaviours and understand how to replace these with functional skills
- Explore how to improve emotional well-being and promote self-esteem
- Understand how to secure good emotional provision and how to access services for your child
- Share experiences with other parents of children with additional need



Please note that the MAZE Programmes are for parents only and that we cannot accommodate children