

# Need a little extra help?

There are lots of ways to find help and support this season.

Click on the snowflakes for more information or visit the Local Offer Page: A Little Extra Help.

Education and SEND

Family support, including hunger

Wellbeing

Groups and support for young people

Family fun

Online Activities: a break for parents

There are icons to tell you who the service is for:



Families/  
All



Parents/  
carers



Young  
people



Children

Each page is interactive. Click 'return' to come back to this page and 'next page' to see further services on your chosen topic.

Brought to you by:



# Do you need some advice about your child, special educational needs and disabilities (SEND) or getting some extra help for them?

## Essex SENDIASS

The SEND Information, Advice and Support Service is a statutory service offering confidential, impartial and free information, advice and support for parents, carers, children and young people (aged up to 25 years) in relation to special educational needs and disabilities.

0333 013 8913

[Click here to visit their website](#)



## Essex Family Forum

The Essex Family Forum is a well-informed, connected and empowered community of families that includes children and young people up to the age of 25 with disabilities or additional needs. EFF support families across Essex and can be contacted on

[hello@essexfamilyforum.org](mailto:hello@essexfamilyforum.org)



## Essex SEND Navigators

Jenny Kinsville and Ondrea Bloom are available to support, advise and signpost families to services. Please email [TheSENDNavigators@essex.gov.uk](mailto:TheSENDNavigators@essex.gov.uk)

Information on all SEND services available can be found on the Essex Local Offer website and facebook page.

[www.essexlocaloffer.org.uk/category/coronavirus/](http://www.essexlocaloffer.org.uk/category/coronavirus/)



## EP Helpline

Essex Educational Psychologists (EPs) offer independent professional advice to:

- children and young people up to 25
- families

-pre-schools, schools and colleges

The helpline is available every Monday afternoon during term time, between 1pm and 5pm by calling

Tel :01245 433 293



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Do you need some advice about your child, special educational needs and disabilities (SEND) or getting some extra help for them?

### SOS!SEN

An independent and confidential helpline for parents and others looking for information and advice on SEND

0300 302 3731

0208 538 3731

[Click here to visit their website](#)



### Contact

National helpline which gives information to families with disabled children.

0808 808 3555

[Click here to visit their website](#)



### Inclusive Communication Essex

Access communication aids including videos, printable resources and a borrow communication equipment scheme.

[Click here to visit their website](#)



### Maze

Maze are a SEND parent led community interest company, supporting parents of children with additional needs to feel good and function well.

[referrals@themazegroup.co.uk](mailto:referrals@themazegroup.co.uk)



# Do you need information about accessing services and support if a family or young person are having difficulties with their mental health?

## Urgent Help for Mental Health

If you need help for a mental health crisis, emergency or breakdown, you should get immediate expert advice and assessment. It's important to know that support is available, even if services seem busy at the moment because of coronavirus.

111 or 999

[Click here to visit the NHS website](#)



## Essex Child and Family Wellbeing Service

The Essex Child and Family Wellbeing Service brings together a range of children's community services. Essex Child and Family Wellbeing Service have a [coronavirus resource hub](#) for families



## Action for Family Carers

Provide information and support for Carers who have unpaid caring responsibilities for others. Wellbeing sessions, helplines and online support sessions available throughout December and January.

0300 7 70 80 90

[Click here to visit their website](#)



## ACTIVE ESSEX

For positive mental health we need to keep moving, but understand that our anxieties, stress and worries are heightened. Take some of the steps below to keep in a positive head space as well as participating in some physical activity.

[Click here to visit their website](#)



# Do you need advice and support about mental health and wellbeing?

## Young Minds' Parent Helpline

Can help answer questions about a child's behaviour, emotional wellbeing or mental health condition.

0808 802 5544



## Healthwatch Essex

Offers information for young people on mental health.

0300 500 1895

[Click here to visit their website](#)



## Evolve Intervention

Mentoring, coaching, group work and tuition for children and young people.



0808 802 5544

[Click here for their website](#)  
[info@evolve-intervention.com](mailto:info@evolve-intervention.com)

## YMCA

Family support to identify strategies and solutions for their needs in individual, group or family sessions.

01245 355677

[daniels@ymcachelmsford.org.uk](mailto:daniels@ymcachelmsford.org.uk)



## Wilderness Foundation

Offers counselling and therapeutic support, sometimes using nature, art and other creative tools.

0300 1233073

[Click here for their website](#)  
[info@wildernessfoundaion.org.uk](mailto:info@wildernessfoundaion.org.uk)



## Renew Counselling

An experienced and accredited counselling service for all ages.



01245 359353

[hilary@renew-us.org](mailto:hilary@renew-us.org)

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# Do you need advice and support about mental health and wellbeing?

## Open Door

Offers coaching, counselling and mediation

01375 390040

[Fifxtra@opendoorservices.org](mailto:Fifxtra@opendoorservices.org)



## Relate

Offers accredited mediation and counselling.

01245 676930

01708 441722

[enquiries@relatelinee.org.uk](mailto:enquiries@relatelinee.org.uk)



## Kooth

An online counselling and emotional wellbeing platform for children and young people.



[Click here to visit their website](#)



## Samaritans

Offers a 24 hour helpline for emotional support.

116 123

[Jo@samaritans.org](mailto:Jo@samaritans.org)

[Click here to visit their website](#)



## Home Start- Warm and Safe

Home-Start Essex are working in partnership with Essex County Council to provide extra support for families with children aged 0-5 in some areas of Essex.

Call us on 01245 847410

email: [info@home-startessex.org.uk](mailto:info@home-startessex.org.uk)

[www.home-startessex.org.uk](http://www.home-startessex.org.uk)

# Do you need a few online activities to keep your child entertained and busy?

## ACTIVE ESSEX

A range of live activities and YouTube workouts, including gentle and high impact exercises, miniature workouts and activities for whole families.

[Click here to visit their website](#)



## Science Museum

Free virtual and interactive activities and events to enjoy.

[Click here to visit their website](#)



## Natural History Museum

Be guided through a virtual tour, explore individual exhibitions and find out what films the museum has featured in.

[Click here to visit their website](#)



## Gympanzees

Online videos for children in wheelchairs or limited mobility.

[Click here to visit their website](#)



## Parasport

Online and inclusive home workout.

[Click here to visit their website](#)



## Covibook

Covibook is an [interactive resource designed to support and reassure children aged 7 and under](#). It encourages children to explain and draw the emotions that they might be experiencing during the pandemic.

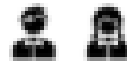


# Do you need information on activities and groups open to young people in December and January?

## Essex Youth Service

Essex Youth Service are open and are offering free zoom online classes. These online activities are for young people aged 13-19 years, or up to 25 with additional needs (some activities for younger people where stated). Each session will last approximately 30 minutes.

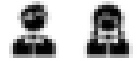
[youth.work@essex.gov.uk](mailto:youth.work@essex.gov.uk)



## The Mix

The Mix is a support service for young people. We help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

<https://www.themix.org.uk/>

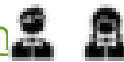


## Essex Boys and Girls Club

Essex Boys and Girls Club work to enable young people aged 11-25, in Essex and East London, to reach their potential. The EBGC Lockdown Activity programme is now live.



[w.essexboysandgirlsclubs.org/lockdown-activity-programme/](http://w.essexboysandgirlsclubs.org/lockdown-activity-programme/)



## Royal Association for Deaf People

Offers a fortnightly COVID support group for deaf people. A friendly place for people to discuss feelings and concerns, ask questions and support each other.

[Click here to visit their website](#)



## Rainbow Rural

A registered Care Farm open over the Christmas holidays and offering a 'teenage and up' farm club.

[Click here to visit their website](#)



## Inclusion Ventures

Available throughout lockdown for young people and families living in Clacton and Jaywick. They offer drop ins, outreach and online activity sessions

[Click here to visit their website](#)





# Do you need information on support available to families?

## Family Lives

A free confidential helpline which can provide information, advice, guidance and support on any aspect of parenting and family life, including bullying

0808 808 3555



## SNAP Lockdown Guide

A series of informative sheets filled with helpful hints and tips to support you through the festive season

[Click here to download the guide](#)



## The Trussell Trust Food Banks

Offers support to people who cannot afford the essentials in life. There are 26 foodbanks available across Essex.

0808 208 2138

[Click here to visit their website](#)



## The Essential Living Fund

Help to pay for furniture, clothing and daily living expenses, such as food and toiletries. It can help pay for bills and essential household items for those struggling during the coronavirus pandemic

[Click here to visit their website](#)



## Connect Well Essex

An online self-care self-referral tool containing over 400 local activities and services. This site includes ways for people to feel more involved in the community, meet new people and make some changes to improve health and wellbeing.

[Click here to visit their website](#)



## Self Isolation Grant

ECC has secured funding to provide support to residents who are asked to self-isolate. Given the rapid rise in Covid-19 cases in Essex it is vitally important that everybody required to self-isolate does so without worrying about financial implications.

<https://www.essex.gov.uk/test-and-trace-support-payment>



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# Would you like some ideas of things to do together?

## SNAP's Information Network

Fortnightly update with new information, including social and training opportunities in local areas, relaxed performances, events and useful articles

[Click here to visit their website](#)



## The Big Garden Birdwatch

Photos, footage and facts about the birds they see, as well as answering any questions you may have. Plus, there'll be live quizzes, and familiar faces throughout the weekend.

[www.rspb.org.uk/get-involved/activities/birdwatch/](http://www.rspb.org.uk/get-involved/activities/birdwatch/)



## Online Panto

Don't fancy venturing out? Why not try an online panto for some family fun? Lots available throughout January.

[Click here to visit their website](#)



## Walks and Play Areas

Essex Country Parks include walking trails, children's play areas, exercise stations, cycling trails and features.

[Click here to visit their website](#)



## Essex Wildlife Trust

Conservation charity with reserves across Essex. Lots of seasonal outdoor activities available.

[Click here to visit their website](#)



This information is issued by:

**Essex County Council  
SEND Strategy and Innovation Team**

in partnership with

**The Essex Family Forum and SNAP  
Charity**