

Castledon School- Summer Survival Guide



Days out

Activities

Useful
Websites

Helplines

Advice and
Information

SUMMER



General Overview

Days Out and Activity ideas

- Essex children's centres- contact SNAP charity for more information- <http://www.snapcharity.org>
- Essex county parks- www.visitparks.co.uk 03456037624
- www.ronniesway.com
- <http://www.essexlocaloffer.org.uk/>

Advice and Information

Follow this link for the following:
<http://www.essexlocaloffer.org.uk/>

www.snap.co.uk

SNAP survival guide

<http://www.snapcharity.org/index.php/information/survival-guides>

Helplines

- Self-Referrals can be made via telephone to EWMHS for mental health problems, e.g. anxiety, depression, self-harm call our general NELFT switchboard on 0300 555 1201 to be put through to our Crisis Support Service.
- <http://www.essexlocaloffer.org.uk/?s=&category=social-care-services>
- [http://www.escb.co.uk/Portals/67/Documents/professionals/Family%20Operations%20Request%20ofor%20Support%20Form%20\(2\).docx](http://www.escb.co.uk/Portals/67/Documents/professionals/Family%20Operations%20Request%20ofor%20Support%20Form%20(2).docx)
- MIND-: www.mind.org.uk
- Childcare helpline- <http://www.essexlocaloffer.org.uk/?s=childcare>

Useful websites

- WWW.SNAP.co.uk 01277 211300
- shortbreaks@essex.gov.uk 01245 436864
- www.visitessex.com 03330 130177
- www.carers.org
- www.familiesinfocus.org.uk
- www.interact.org.uk
- www.thurrock.gov.uk 01375 413525
- W:sunshinecentre@thurrock.gov.uk

Days Out and Activities



SPECIAL EVENTS FOR SPECIAL CHILDREN RONNIE'S WAY!

Joanna Dilley (Jo) I am a mum to 5 children, 2 of which have special needs! Over the past three years I has arranged private hire events throughout Essex at places such as Cineworld cinema, 360 play, monkey madness, Colchester leisure world etc. The list goes on and on!! These events are for children with special needs and their families. The idea of private hiring venues is to make sure that the children feel safe and secure when accessing these events.

To see what is coming up during the summer holidays please use the following website address:

www.ronniesway.com



Essex Short Breaks, clubs and activities provide opportunities for children and young people to take part in activities, away from their family/carers, giving them the chance to develop their independence, make new friends and try new things. It also gives the young person's family some time to spend doing things they may not otherwise be able to do with a young person who has a disability.

https://services.actionforchildren.org.uk/media/1569305/1819-0494-essex-short-breaks-spring-newsletter_final.pdf



Service and support for special educational need and disability-Information about support services and local opportunities for children and young people with SEND- find what you need all in one place.

For more information on leisure and social activities, holiday schemes, animal experiences, country parks, creative activities, horse riding and entertainment activities and much more. Please use the following website address
<http://www.essexlocaloffer.org.uk/?s=&category=activity-days-breaks->



Living well Essex: Activities for people with learning disabilities

- Drama, dance, art and music
- Exercise and sport
- Places to go

<https://www.livingwellessex.org/health-and-well-being/learning-disability/activities-for-people-with-learning-disabilities/>

Essex Country Parks

- Belhus Woods Country Park near Aveley.
- Cressing Temple between Witham and Braintree.
- Cudmore Grove in east Mersea.
- Marsh Farm Country Park

For more information please use the following website address <http://www.visitparks.co.uk/places/>

netmums

Find classes for children with special needs or disabilities in an inclusive environment near you. Drama clubs and sensory sessions are just some of the activities that may be on offer.

- Yoga
- Dance classes
- Brighter Opportunities through Supported Play (BOSP)
- Swimming schools
- Tutors
- Games club with siblings on Saturday

<https://www.netmums.com/southessex/local/index/after-school-activities/disabled-special-needs>



PARC (Essex) is a short break centre for children and young adults with disabilities and additional needs. PARC is not an educational facility, we ensure that all children have the right to play in a safe and secure environment that can cater to their individual needs and abilities. <http://www.parc-essex.co.uk/mission-statement>



New Short Breaks Brochure Out Now – Short Breaks are for all children and young people with a confirmed disability diagnosis, aged 0-18 (or 19-25 and in receipt of a personal budget). The child or young person and their family must be living within the boundaries of Essex County Council. Short Breaks give family members a chance to have a break from their caring responsibilities or for the whole family to take a break from the routine and enjoy something together.

<https://homestart-basildon.org.uk/links/special-needs>



To register your interest, or book a place on any of our wellbeing provisions, please email admin@motivated-minds.co.uk or call Carla on 07846 209 846. Why not stay in touch with our events on our facebook page

- Arts and craft
- Come and join us for a cuppa, or an activity at the HAPPY Hub, Laindon Shopping Centre (opposite Co-op) on Mondays, Tuesdays and now Wednesdays
- Book club
- Exercise classes
- Walk for wellbeing

<http://www.motivated-minds.co.uk/whats-on-where.php>



We believe that people with a learning disability have the right to lead the life they want for themselves, enjoy equal opportunities and be valued as members of society. We are a County wide charity working with local Mencap groups and other organisations interested in supporting people with a learning disability and their families and carers. In partnership with Royal Mencap we continually strive to increase awareness of those with a learning disability and campaign for better services such as respite and short term care provision.

<http://www.essexmencap.org/links/4589870426>



Advice and Information

- Support groups for parents/carer these support groups cover <http://www.essexlocaloffer.org.uk/?s=&category=support-for-carers>
- Counselling <http://www.essexlocaloffer.org.uk/?s=&category=counselling>
- Local support groups <http://www.essexlocaloffer.org.uk/?s=&category=local-support>
- Staying safe <http://www.essexlocaloffer.org.uk/?s=&category=staying-safe>
- Youth offending <http://www.essexlocaloffer.org.uk/essex-youth-offending-service/>
- Personal assistance <http://www.essexlocaloffer.org.uk/?s=&category=personal-assistant>
- SEND-Information, advice and support <http://www.essexlocaloffer.org.uk/listing/send-information-advice-and-support-service/>
- Short breaks and respite <http://www.essexlocaloffer.org.uk/?s=&category=short-breaks-and-respite>
- Money matters <http://www.essexlocaloffer.org.uk/category/money-matters/>
please use the following website address <http://www.essexlocaloffer.org.uk/>
- Bereavement: <http://www.essexlocaloffer.org.uk/?s=bereavement>



Essex Disabled Support Groups and Social Clubs

- Access and travel
 - Disability groups and clubs
 - Childcare
- <https://www.ableize.com/>



If you have a child between 0-25 years who has any special need or disability and you live in Essex, then we are here for you and your family.

No formal diagnosis or professional referral is necessary to access SNAP services.

SNAP (Special Needs And Parents) is a registered charity (No.1077787) that helps Essex families with children and young people who have any special need or disability.

Our 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. We do this by providing various services the details of which are given on this website. <http://www.snapcharity.org/index.php> Telephone: 01277 211300 or Email: info@snapcharity.org The SNAP Centre, Pastoral Way, Brentwood, Essex CM14 5WF

SNAP charity are here to support you face to face, helpline, training, counselling and information sessions. <http://www.snapcharity.org/index.php/services/support-services>



Enhancing the lives of people on the autism spectrum across East Anglia

- Alert card
- Child Support and Activity Groups
- Autism advice center
- About autism
- Getting support with diagnosis

<https://www.autism-anglia.org.uk/basildon>



We can help you by:

- Talking through the issues with you.
- Completing forms and writing letters.
- Offering advice on the processes involved.
- Making an appeal against decisions you are unhappy with.
- Obtaining more specialist advice.
- Making somebody available to accompany you to meetings, reviews and tribunals (subject to us receiving enough notice).

<http://www.familiesinfocusessex.org.uk/independent-parental-support/>

Help lines

Behaviour Support at Home

Families operation request for support form- Referral to Family Solutions via the Essex FORS form, they can assist with a range of issues like helping to implement routines, accessing social housing and effective parenting strategies. They do have criteria which needs to be met e.g. significant behavioural needs, unemployment and rent arrears.

[http://www.escb.co.uk/Portals/67/Documents/professionals/Family%20Operations%20Request%20for%20Support%20Form%20\(2\).docx](http://www.escb.co.uk/Portals/67/Documents/professionals/Family%20Operations%20Request%20for%20Support%20Form%20(2).docx)

(For non-immediate requests please contact the Family Operations Hub within the working hours above)

Daytime Hours No: 0345 603 7627 ask for the Family Operations Hub

(Mon – Thurs 8.45am – 5.00pm, Fri 8.45am – 4.30pm):

Emergency Duty Service (Immediate out of Hours Response) No: 0345 606 1212 (Mon - Thurs 5.00pm – 8.45am, Fri 4.30pm – Mon 8.45am Inc. Bank holidays)



Based in Essex but working across the UK, we offer a vast range of wellbeing solutions, and because we believe in going that extra mile it makes us a provider of choice. We will always listen to your needs and support your values. So give us a call and we will happily discuss your requirements

<http://www.motivated-minds.co.uk/contact-us.php>

Emotional Wellbeing



Self-Referrals can be made via telephone to EWMHS for mental health problems, e.g. anxiety, depression, self-harm. Referral will need to state what has happened now to lead to the request for support. Contacting our services Call 0300 300 1600 to access the EWMHS during working hours 9am - 5pm, Monday to Friday. For our out of hours and weekend Crisis Support Service, please call our general NELFT switchboard on 0300 555 1201 to be put through to our Crisis Support Service.

please use the following website address

<file:///c:/cs/s.castledon.essex.sch.uk/users/Staff/Work/lisa.westley/Downloads/NELFT-EWMHS-A5-31-10-17.pdf>



Helping parents and carers to understand their child's behaviour and enabling them to secure the right professional help for their children is crucial. Their free Parents' Helpline is a lifeline to thousands of parents and carers each year who are worried about the emotional problems or behaviour of a child or young person. The telephone service is supported by a specialist callback service and email support

Who the service provides for:

Parents and carers of children and young people aged 0-25 and young people effected by mental health and emotional wellbeing

<http://www.essexlocaloffer.org.uk/listing/young-minds/>

Notes

