



A PARENT'S GUIDE TO SERVICES IN NORTH EAST ESSEX



Summer 2021



Introduction

This directory has been compiled by Colchester Parent Support working in collaboration with The MAZE Group CiC and parents of children with additional needs.

The purpose of the directory is for parents to provide other parents with information about community based services and organisations available to them in North East Essex. Some services and therapies are available from Statutory Services, we would always recommend seeking access information from your health or education professional. The NHS provides children's services which are free to access for all.

Therapeutic Support Parents Coffee Mornings
SEND Supporting Local Offer
Support Parents Family Support
Online Support Coffee Evenings



Index

ABA Horizons

Ability Using Sport

Ace Music Therapy

Action for Family Carers

Aspire Therapy

Autism Anglia

Bright Lives CiC

Carers UK

Carolyn Rogers – OT

CEA Card

Charmaine Champ – Continence Consultant and Trainer

Children's Learning Disability Service

Colchester Catalyst Charity

Colchester Children's Charity

Colchester Hospital Liaison & Passport

Colchester Parent Support

Colchester Toy Library

Complete Life

Diddi Dance

Disability 4 Sport

Dr Siobhan Timmins

Educational Psychology Helpline

EQ Essex

Essex Child and Family Wellbeing Service

Essex Family Forum

Essex Family Support Service

Essex Local Offer

Extra Support for Families

Families In Focus

Family Fund

Find your Spark

Good Beginnings

Harwich Parent Support

Homestart Colchester

Homestart Harwich

InterAct

IPSEA

Little Life Development

Mid and North East Essex MIND

Mistley Kids Club

Multi Schools Council

Multi-Sensory Training Centre

N.O.W's The Time For Change

Penny Hatton

SEN advice and support meet ups

SENDIASS

Shorefields Coffee Mornings

Shortbreaks

SNAP

Stepping Stones

Swithenbank Psychology Ltd.

The Ark Centre

The Boparan Charitable Trust

The MAZE Group CiC

The Ministry of Parenting

The National Autistic Society

Uniform 7

Willow Park Lifeskills Centre

Young Mindz

ABA Horizons

We provide services to individuals up to the age of 11 with a diagnosis of ASD. We provide these at home or in the community, at a time that is convenient for you. We offer 1:1 sessions with your child, supervision and parent training. All of these services can be managed face to face or via computer technology. For further details please visit www.abahorizons.co.uk

Covid-19 All services are being run on-line through various methods on pc, phone, iPads. Sessions are run in the same way, involving the child and parent/guardian.

Tel: **07789 414817**

Email: jspencer@abahorizons.co.uk

Ability Using Sport

A.U.S is a local and a non-profit sports club that specialises in disability sports, we cater for many disabilities including Learning Difficulties, Autism, SEND, physical disabilities and mental health issues.

We currently offer Multisports, Football & Futsal clubs and adding more sessions all the time.

Tel: **Kevin Smith 07963 602330**

Email: ozsports2@gmail.com

Facebook: [@AbilityusingSport](https://www.facebook.com/@AbilityusingSport)



Ace Music Therapy

We provide music therapy both on an individual and group basis working with children and adults with a variety of needs and abilities. Some of the core aims we work with are: developing communication skills, providing an outlet for emotional expression, developing social interaction and developing self-confidence. You can have a look at our website.

Covid - still operating and we are now offering virtual music therapy sessions

Tel: **Amelia Clapham 07957225109**

Email: info@acemusictherapy.co.uk

www.acemusictherapy.co.uk for more information.

Action for Family Carers

An Essex charity which for 30 years has provided support to unpaid Carers. We hold the NCVO L3 PQASSO Quality Mark. We provide: **Caring Friends**: home visiting and counselling **Essex Befriends**: face-to-face and telephone befriending (Carers, older people, mental health problems, learning disabilities) **Feeling Good, Caring Well**: wellbeing project 'Way to Work': support with education, training and employment options.

Young Carers Club Night, Tiptree Day Centre, Young Carer Support in schools

The day centre is chargeable, all other services are free.

Tel: **0300 770 80 90**

Website: www.affc.org.uk

Email: info@affc.org.uk or yc@affc.org.uk (for Young Carer services)

Aspire Therapy

Amy Carey (Occupational Therapist) provides child centred assessment and therapy for children and young people with additional needs. This includes children with conditions such as autism, ADHD, development delay, sensory processing difficulties, cerebral palsy and those without a formal diagnosis. We aim to work with families to develop the child's skills and ability to engage in daily tasks at home and school. There is a fee for this service.

Re COVID - I am still offering some face to face assessments and treatments where there is an urgent need. I am also producing a series of video clips with strategies to support parents to meet their child's sensory needs. I am also happy to provide advice free of charge via email or over the phone for those who are struggling to cope – please email me in the first instance.

Contact details are:

Tel: **07415 595585**

Email: amyjcarey@yahoo.com

Website: www.aspireot.com

Registered with the HCPC, a member of the Royal College of Occupational Therapists RCOT.

Autism Anglia

Autism Anglia is an independent charity which provides care and support to autistic children, adults and their families in East Anglia. Services offer personalised approaches that provide each individual with the necessary skills and strategies to enable them to realise their own strengths and abilities.

The charity also seeks to promote greater knowledge and understanding of autism through training, education and supplying information to the public and professionals.

Tel: **01206 577 678**

Email: info@autism-anglia.org.uk

Bright Lives CiC

Bright Lives CiC is a not for profit enterprise that supports people with various additional learning needs including mental health difficulties autism and learning disabilities. Under the guidelines of the Care Act 2014 we offer day opportunities and training to live a full life which includes help and training to transition into Independent Living or Supported Living.

Further details can be found by calling **01206 615165** or visiting www.brightlives.org.uk

Email: michael@brightlives.org.uk

Carers UK

As the UK's only national membership charity for carers, Carers UK is both a supportive community and a movement for change. Every day 6,000 people become carers, looking after family or friends who are older, disabled or seriously ill. For information and support, contact the Carers UK Helpline by emailing info@carersuk.org or calling **0808 808 7777** (Monday– Friday, 9am to 6pm). For information online, visit: www.carersuk.org.

Carolyn Rogers (OT)

Sensory processing difficulties (SPD) are often misunderstood or not recognised.

Full sensory assessments (including school visit) with written report and recommendations (also available without a school assessment).

Please contact Carolyn Rogers:

Tel: **07908 176301**

Email: carolynr5000@gmail.com

Website: www.carolynrogers.uk

Health & Care Professions Council (HCPC) registered Member of the Royal College of Occupational Therapists.

CEA Card

The CEA Card is a national card scheme developed for UK cinemas that enables a disabled cinema guest to receive a complimentary ticket for someone to accompany them when visiting participating cinemas.

Visit the website www.ceacard.co.uk to apply.

Charmaine Champ

Continence Sleep and Behaviour Consultant

Charmaine Champ is a Continence Sleep and Behaviour Consultant, specialising in Continence, Sleep and Behavioural needs for children, including children with Autism, Learning Disability, Complex needs.

Support is available through:

- FREE Introductory telephone call
- Starter Packages
- Solution Consultation Packages
- Training
- Videos
- Public Speaking
- Published book information
- Online courses

For further information please contact, Charmaine:

Tel: **07711 337740**

Business Page: www.facebook.com/ContinenceConsultantTrainer

Email: charmaine_champ@hotmail.co.uk

Information of fees available on request

Children's Learning Disability Service

The CLDS offers specialist Behaviour, Sensory and Sleep Assessments by Learning Disability Nurses and Occupational Therapists. Assessments are focused on understanding behaviour, developing Positive Behaviour Support Plans and providing education for caregivers. Direct work includes Emotional Wellbeing and Relationships & Sex Education. This NHS service is available to children with moderate to severe learning disabilities, registered with an Essex GP.

Tel: **01206 334026**

Email: clds@nhs.net

Colchester Catalyst Charity

Colchester Catalyst Charity is a grant making trust that offers financial assistance for:

- Local charitable organisations supporting people with medical conditions.
- Special medical or mobility equipment for individuals.
- Short-term breaks to allow respite for carers of people with medical needs or disabilities.
- Counselling Sessions with our Counselling Partners
- Short-term loan of disability equipment.
- Healthcare communication aids and equipment.

Tel: **01206 323420**

Email: info@colchestercatalyst.co.uk

**Our office is now open 4 days a week
Mondays – Thursdays. We are closed on
Fridays.**

Colchester Children's Charity

(Charity No. 800485)

We are a local charity providing financial help for children in the Colchester and Tendring area with special needs to help buy equipment, counselling, sensory assessments, respite etc.

We have two charity shops in Old Heath Road. This is a non-profit organisation and all the money raised goes to help children in "CO" postal area.

Correspondence Address:
11 Churchill Way, Colchester, CO2 8ST

Tel: **Charity Shop 01206 866283** for donations. **Roy 01206 860384** for funding requests.

Colchester Hospital Liaison & Passport

Steph Baker is the learning disabilities and autism hospital liaison nurse at ESNEFT (Colchester Hospital). She provides support to people with learning disabilities, autistic people, their families and carers when accessing hospital services. She supports hospital services to make reasonable adjustments to ensure people receive a positive and high standard of care. Steph promotes the use of the Hospital Passport to aid communication and better care. Website: www.esneft.nhs.uk/your-visit/while-youre-with-us/support-and-advice/learning-disabilities-and-autism/ has useful resources and contact details.

Tel: Steph Baker **07774 889067**

Email: stephanie.baker1@nhs.net

Colchester Parent Support

Colchester Parent Support is a voluntary community group formed by trained MAZE Parent Mentors. Our aim is to provide ongoing and free peer to peer support for parents and carers of children with additional needs, working in collaboration with The MAZE Group CIC. Ordinarily Colchester Parent Support hold monthly coffee mornings. Currently these are fortnightly mornings and evenings via Zoom. We provide a welcoming environment for parents and carers to chat for friendship, information, support and advice. We often host visiting professionals for expert guidance on a range of subjects.

Date/time/joining information can be found on our facebook page.

Contact details:

Facebook: Colchester Parent Support Page

Email: Parentscolchester@gmail.com

Colchester Toy Library

Colchester Toy Library, based in the Prettgate Library, is a lending service of toys and play equipment for children 0-7 years including older children with special educational and additional needs. Membership fee of £15 a year is required to use our services.

Further information including opening times can be found on our website or Facebook.

Email: colchestertoylibrary@gmail.com

Website: www.colchestertoylibrary.wordpress.com

Currently closed but will resume when Essex Libraries reopen.

Complete Life

Complete Life is a person centred, values based social care organisation, delivering truly person centred support to adults and children (from 8yrs) who have learning and/or physical disabilities and/or autism, from 3 hour sessions up to 24/7. We work in total partnership with all individuals and their families. All staff are required to demonstrate our 5 core values.

Tel: **01206 487059**

Email: info@complete-life.co.uk

Website: www.complete-life.co.uk

Diddi dance

SEND sessions for children & young people up to 19 years of age in Colchester, Clacton & Hatfield Peverel. Places are partly funded through Essex Shortbreaks from £2.00, plus; wheelchair sensory movement sessions for those with PMLD run by a qualified Para Dance Instructor, afterschool sessions, school holiday sessions and festive parties. Children can be themselves and do not have to follow instruction. We use tactile props, are sensory aware with music volume, lighting and overstimulation. Behavioural challenges are met with understanding and absolute support. All are welcome to join us weekly online in a private group. 50p per week with Shortbreaks! I can supply prop bags for home use.

Contact: **Charlotte 07722 605 395**

Email: charlotte.foxley@diddidance.com

Like and follow us on facebook:

www.facebook.com/diddicolchester

Disability4Sport

Disability4Sport is a Community Organisation solely focusing on opportunities and activities for disabled people of all ages and abilities within our local community.

Our core mission is to engage and encourage more disabled people into sport by creating new opportunities, as well as expanding and enhancing current ones.

Tel: **07922 885632**

Email: info@disability4sport.co.uk

Dr Siobhan Timmins

As a parent, published author and speaker, Dr Siobhan Timmins trains parents and professionals in Social Understanding in Autism, and delivers workshops nationally and internationally on writing Social Stories. Read her blog on addressing topical issues with Social Stories, book a place on her training, or book her to deliver a workshop or talk at:

<https://siobhantimmins.uk>

<http://marketfieldschool.co.uk/training-and-outreach/social-stories>

Email: s.timmins2@ntlworld.com

Educational Psychology Helpline

Parents and young people with concerns about their child's, their own learning or other psychological needs can contact the Essex County Council Educational Psychology helpline which is available every Monday afternoon during term time. An EP will listen to your concerns and discuss ideas, and help you consider what to do next. The helpline is available every Monday afternoon during term time, between 1pm and 5pm.

Tel: **01245 433293**

EQ Essex

EQ Essex aims to help children and adults develop their Emotional Intelligence, which is the ability to recognise different emotions and effectively manage them. It can help children become happier, more resilient and empathic. For parents and carers it can help create a calmer, happier household as they learn how to manage their own and their children's overwhelming emotions.

Our fees vary on which service is provided. We can provide one to one support, group sessions and training programmes for parents and educators.

One to one sessions start from £15 for 30 mins or £25 for an hour. Travel fees may apply for locations outside of a 10-mile radius.

Contact email: eqessex@gmail.com

Mobile: **07507 995281**

Tel: **07590 428838**

Facebook page:
www.facebook.com/Eqessex

Essex Child and Family Wellbeing Service

The Essex Child & Family Wellbeing Service (ECFWS) which is provided by Virgin Care in partnership with Barnardo's, ensures that families aged 0-19 (25 years for young people with special education needs) have free and easy access to local health services. Please call for more information or visit our website.

Tel: **0300 247 0015**

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

Essex Family Forum

Essex Family Forum is a parent carer forum, which provides a voice for families of children and young people, up to the age of 25 with disabilities or additional needs. We work with the local authority, education, health and others to improve the services for SEND. Please share your stories, good and bad, through Facebook or on our virtual graffiti wall.

Find us on facebook: [@essexfamilyforum](https://www.facebook.com/EssexFamilyForum)

Email: hello@essexfamilyforum.org

Website: <http://essexfamilyforum.org>

Link to graffiti wall:

<https://essexfamilyforum.org/parent-surveys-and-feedback/virtual-graffiti-wall/>

Essex Family Support Service

Essex Family Support Service is an early help service for families with children aged 8 to 19. We will listen to your needs and work together to find solutions, which could include matching you with one of our Family Mentors, who can help with friendly support for up to 10 weeks. You can self refer by emailing us at families@community360.org.uk, or you can call us on 01206 505250 We are unable to work with families already engaged with specialist and/or statutory services.

Find more information at
www.community360.org.uk/efss/

Essex Local Offer

The Essex Local Offer is a website which provides children and young people (0-25) with special educational needs or disabilities and their families, information about what support services are available in the local area. This includes information about education, health, social care, transport, employment and leisure activities.

If you would like to suggest a service to be added, please contact:

Email: essex.localoffer@essex.gov.uk

Website: www.essexlocaloffer.org.uk

Facebook: www.facebook.com/TheEssexLocalOffer

Extra Support for Families

EXTRA provides free parenting courses, workshops and parent peer support groups within the Tendring District.

EXTRA's courses and workshops are for parents/carers of children from pre-birth to 19 (25 where there are additional needs). They include those at a universal level (positive behaviour management courses) and targeted courses, including support for parents of children with additional needs; improving emotional wellbeing and building confidence.

Website:
www.extrasupportforfamilies.co.uk

Email:
admin@extrasupportforfamilies.co.uk

Facebook/Instagram:
[@extrasupportforfamilies](https://www.instagram.com/extrasupportforfamilies)

Families InFocus (Essex)

Families InFocus (Essex) are a leading independent parent led registered charity providing holistic support to families of children with disabilities and special needs (aged 0 to 25) across Essex, who require advice, information and support, particularly at times of change, challenge and crisis.

Our service is accessible to all families from Essex whatever their background, as long as at least one child or young person in the family between the age of 0 to 25 has a disability or special need.

We aim to give caring, practical and confidential support whilst empowering families, to consider the choices available to them and make the best use of available services.

Tel: **01245 353575**

Email: helpline@familiesinfocusessex.org.uk

Family Fund

Family Fund is the UK's largest charity providing grants for families on low incomes raising disabled or seriously ill children and young people. Last year, we provided 89,101 grants and services worth over £33 million to families across the UK.

The age range is 0 to 17 years old. There is no fee for our service.

Contact Information:

**4 Alpha Court, Monks Cross Drive
YO32 9WN**

Tel: **01904 550055**

Email: info@familyfund.org.uk

Website: www.familyfund.org.uk/

Find your Spark

Find Your Spark offers four sessions of one to one parenting support using BRIEF Solution Focused Therapy. These sessions are currently free. Please email the address below to receive a referral form. We also offer anger management and coaching to children. These sessions cost £60 p/h. Please get in touch by email for further information or view our website below.

Tel: **07834 552514**

Email: **michelle@findyourspark.co.uk**

Website: **www.findyourspark.co.uk**

Good Beginnings

This is a FREE 10-week course for parents/ carers of Early Years children aged 5 or under, who have autism or social communication needs. Via weekly pre-recorded webinars for parent / carers to watch at home.

Each webinar is followed by live question and answer sessions on Tuesdays from 10am to 11am, accessed via Microsoft Teams.

Content includes:

Guidance and strategies for:

- Understanding autism
- Communication
- Play
- Sensory processing
- Behaviour is communication
- Eating, sleeping and toileting
- Managing anxiety

Enquire via [www.essexlocaloffer.org.uk/
event/good-beginnings-course](http://www.essexlocaloffer.org.uk/event/good-beginnings-course)

Harwich Parent Support

We run a Coffee Morning on the third Thursday of the month, for all parents and carers, with a focus on those with additional needs and difficulties.

We invite professionals to attend, who are able to advise and, along with the Parent Mentors, (who are also part of the MAZE team) can signpost parents to help and advice. Unfortunately these meetings are not taking place during the Covid period. Please contact Harwich Parent Support via our email address for information or support.

Email: **harwich.ps@hotmail.com**

Home-Start Colchester

Home-Start Colchester an independent local charity committed to making a real difference to the lives of local children and families.

Home-Start Colchester is responsive to need, designing support to make a difference and help families remain independent and intervention to support children to achieve their full potential.

Contact us:

Email: **office@homestartcolchester.org.uk**

Telephone: **01206 854625**



Home-Start Harwich

Home-Start Harwich is an independent charity covering Harwich and the surrounding villages. By providing bespoke support to families, (with at least one child under the age of 11 years), through 1-1 home visiting, weekly support groups, courses and innovative projects, families can grow in confidence, remain independent, gain new skills, widen their links with the community and give their children the best possible start in life. Home-Start Harwich is committed to making a real difference to the lives of local children and families, everybody welcome!

Call us on **01255 556230** for more information

Email info@homestarharwich.org.uk

InterAct

InterAct is an Essex-based charity, which offers:

- Short Breaks clubs and activities for children/young people with SEND (ages 10-18), including weekday evening groups in Clacton/Tendring and Colchester, an after-school club in Colchester (NEW: opening January 2021), and holiday-time activities/trips.
- Training for parents/carers: Developing Self-Care, Resilience and Wellbeing workshops, and Youth MHFA training, specifically aimed at parenting/caring roles.

During COVID-19: Both face-to-face & online activities are available for young people, & some training is also delivered via Zoom.

For details of programmes, training, and activity/training costs, registration forms & online booking, please visit InterAct's website.

Website: www.interact.org.uk

Tel: **01245 608201** (Direct: YP Team:
01245 608206; Training: **01245 608307**)
Email: info@interact.org.uk (or
youngpeopleteam@interact.org.uk;
training@interact.org.uk)

IPSEA

Independent Provider of Special Education Advice (known as IPSEA) is a charity offering free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND). We also provide training on the SEND legal framework to parents and carers, professionals and other organisations.

All services, including our free telephone helpline, can be accessed via our website: www.ipsea.org.uk

Little Life Development

Rebecca provides Occupational Therapy input for ages 0-16; children with a variety of conditions as well as no formal diagnosis. Initial Assessment includes up to 2 hours assessment time, Programme of Interventions and a full report covering all developmental areas. Reassessments, Sensory-based assessments, blocks of therapy for handwriting and Interceptive Awareness can also be provided. Rebecca works with the family as a whole, and takes a holistic approach to overcoming barriers to engagement, function and learning.

There is a fee for this service and financial assistance is available if required.

Tel: **07376 605207**

Email: info@littlelifedevelopment.co.uk

Website: www.littlelifedevelopment.co.uk

Facebook: www.facebook.com/LittleLifeDevelopment

Registered with RCOT & HCPC.

*Covid secure measures are in place for face-to-face assessments, and sessions can take place virtually where appropriate

Mid and North East Essex Mind

Mid and North East Essex Mind (Registered Charity Number 1064309) are a local, independent charity connected to the national charity Mind.

We believe no one should have to face a mental health problem alone. That's why we are here for you. Whether you're stressed, depressed or in crisis, we'll listen, give you support and advice. We work with children from the age of 5 and adults of all ages. Some people use our services for only a little while and others might need help for longer.

You can contact us at our head office Monday to Friday, 9am to 5pm, on **01206 764600** or email enquiries@mnessexmind.org

Mistley Kids Club

Mistley Kids Club is a non-profit organisation, is completely inclusive and we cater for all children of all abilities. We have children from all around our area, from a wide range of schools, ranging from mainstream schools to special educational needs schools. Kids club is one of very few clubs that has children from both sets of schools therefore we have many children on a daily basis. All of the children that attend the club interact with each other and get along brilliantly, even though there is a wide range of communication methods that the children use.

Visit www.mistleykidsclub.co.uk for more information or Tel: **07809 176252**

Email: mistleykidsclub@live.co.uk



Multi Schools Council

The multi-schools council is all about breaking down perceptions towards children with SEND or mental health difficulties. We work with schools arranging termly meetings across Essex where children give their views on a range of subjects, as well as going into schools and educating both children and staff all about autism, ADHD and early intervention mental health strategies. Throughout the pandemic the council built a strong online presence offering the same awareness sessions to parents but also started a podcast aimed at breaking down perceptions.

Email: **Kierran Pearce –**
mschoolscouncil@gmail.com

Multi-Sensory Training Centre

No Labels – Just support
Dr Grounds is an Optometrist, with a PhD in Vision Research, an MSc in Developmental Neuro-Psychology and is a registered member of (BABO).

Multi-Sensory training can be beneficial to any child who is having difficulties; with literacy, maths, memory, auditory processing, concentration, balance, coordination, fine and gross motor skills.

15 Kiltie Road, Tiptree, Colchester,
Essex CO5 0PX

Tel: **07399 343657**

Email: **enquiries@mstcentre.co.uk**

Facebook: **@MultiSensoryTrainingCentre**

N.O.W's The Time For Change

N.O.W's the time for change provides therapeutic and healthcare coaching to improve emotional wellbeing and mental health. Encapsulating elements from a number of different approaches depending on the needs of the individual and family to improve resilience, emotional wellbeing and mental health. NHS funded or privately funded 6 or 12 Week Resilience & Emotional Wellbeing Course (children age of 4+ with or without diagnoses).

Tel: **0345 366 9755**

Email: **natasharp@nowsthetimeforchange.com**

Website **www.nowsthetimeforchange.com**

Penny Hatton

Psychodynamic Counsellor

Sometimes you just need someone to talk to who can help make sense of often powerful and muddled feelings. Someone who understands the complex dynamics around life with SEN.

I have 11yrs experience working with young people with SEN. I can also work with parents and families. Some funding is available if needed.

Tel: **07795 363689**

Email: **phatt09@gmail.com**



SEN Advice and Support meet-ups North Essex

This group runs on the 2nd and 4th Fridays of the month in Colchester. This is a group to compliment and further the outreach from our Facebook group; SEN Advice and Support (Official).

We offer education advice, benefits advice and all aspects of SEN and disabilities. We also offer peer to peer support in a warm and friendly environment.

We have use of a sensory room and children welcome.

For more details, please contact
Kim Mayhead on **07368 542941**
Email: senas.northessex@gmail.com

SEND IASS

Essex SENDIASS is a confidential and impartial information, advice and support service on issues related to special educational needs and disability (SEND). Due to the central government's guidance for COVID-19 the SENDIASS staff are working remotely and have adapted our ways of working to hold virtual meetings instead of face to face work.

Tel: **0333 013 8913**
Email: send.iass@essex.gov.uk
Text: **0786 000 3010**

Shorefields Coffee Mornings

Shorefields School in Clacton hold monthly coffee mornings for local parents/carers of children with additional needs

Please see website:
www.shorefields.essex.sch.uk or
www.themazegroup.co.uk for dates and times.

ShortBreaks

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.

For more information:

Visit our website: shortbreaks.essex.gov.uk
or Email: Shortbreaks@essex.gov.uk

Tel: **03330 139889**

Facebook: www.facebook.com/ShortBreaksECC

SNAP

SNAP (Special Needs and Parents) is a local charity for families living within Essex with children and young people aged 0 to 25 who have any special need or disability.

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

SNAP's services include advice and information, a specialist library, specialist talks and events, training courses, parent and pre-school children groups, activities for children and young people, multi-sensory room, specialist IT suite, music therapy, sibling support, family counselling, online information network and directory of useful contacts.

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

Tel: **01277 211300**
Website: www.snapcharity.org/
Email: info@snapcharity.org

Stepping Stones

Stepping Stones Play and Learn Group is a small charity based in Colchester. Our main service is an integrated nursery for children with additional needs and mainstreamers aged 2 to 5 to play, learn and develop alongside each other. We also run a weekly Tots group for prenursery age children and babies with additional needs and their families. We run holiday respite for 2 to 11 year olds with extremely complex needs and a monthly Family Stay and Play session.

Our COVID-19 Policy with our current restrictions is on our website.

Email: info@steppingstonesplayandlearn.org

Website: www.steppingstonesplayandlearn.org

Swithenbank Psychology Ltd.

Swithenbank Psychology Ltd. is a private educational psychology service for families and schools. We are based in Colchester and offer online and face-to-face assessments for children and young people.

Aimee, Lead Educational Psychologist, has a Professional Doctorate in Educational and Child Psychology, with over ten years' experience working with children who have special educational needs including Autism, ADHD, learning difficulties, and social, emotional and mental health needs. If you would like to find out more, please visit our website or contact us on the details provided.

Website:
www.swithenbankpsychology.co.uk

Email:
office@swithenbankpsychology.co.uk

Tel: 01206 632022

The Ark Centre

The Ark Family Resource Centre provides pre-school play and learning for the children and families of Harwich and district, as well as a range of support services.

We aim to offer a friendly, safe and stimulating environment for families to benefit from; promoting the mental, physical and emotional well-being of children and young people.

Visit www.thearkcentre.wordpress.com for more information

The Boparan Charitable Trust

The Boparan Charitable Trust was set up in 2009 to aid children and young people across the nation who are disadvantaged by disability, life limiting conditions or extreme poverty. We work directly with families providing financial grants for key items that assist the children. In addition to providing grants for specialist equipment, we also donate money towards therapies. www.theboparancharitabletrust.com/



The MAZE Group CiC

The MAZE Group is a Community Interest Company of parents who support other parents/carers of children/young people with SEND. We offer a weekly specialist programme; a course about the SEND system; online short videos; webinars; workshops; individual consultations; information and news online/via social media and on our website. We have a team of trained, experienced Parent Mentors who attend the sessions to offer additional support. We work in collaboration with Colchester and Harwich Parent Support and colleagues and parents in Clacton to provide free monthly drop-in sessions and coffee mornings/ evenings for ongoing advice and support.

To learn more please visit our website:

www.themazegroup.co.uk

Sign up for our programmes is also via our website here: **www.themazegroup.co.uk/learning-materials/**

Contact details:

Enquiries: **amanda@themazegroup.co.uk**

Tel: **07809 900161**

Sue Anderton (Executive Director):

sue@themazegroup.co.uk

Tel: **07708 873023**

Post to: **PO Box 1035, Bentley,
Ipswich, IP9 2WL**

Facebook: **www.facebook.com/TheMAZEGroupCiC**

Twitter: **@MAZESays**

YouTube: **MAZE Says**

www.youtube.com/channel/UCYPSd-qZ727sZ5-vhF5OofA?view_as=subscriber

The Ministry of Parenting

The Ministry of Parenting works with parents in the Colchester area who find parenting a challenge due to the behavioural needs of their child. i.e., ADHD, self-harm, tantrums, managing the teenage years. We deliver of a range of funded (no cost to parents) parenting groups/workshops. We also work with young people who self-harm. Groups are grant funded, no charge to attendees. Parent Coaching is a paid for service. The Ministry of Parenting is led by a small friendly team of professionals.

Contact: **administration@theministryofparenting.com**

Website: **www.theministryofparenting.com**

Tel: **01206 562626**

The National Autistic Society

Founded in 1962, we are the UK's leading charity for autistic people and their families. Our goal is to help transform lives, change attitudes and create a society that works for autistic people.

Our Autism Helpline provides confidential expert advice and support on autism for autistic people, their families and friends.

You can call us on **0808 800 4104**

Uniform7

Uniform 7 is local business that provides school uniform across Essex. With a personal interest in our SEN community, we are developing a new collection to meet sensory and physical disabilities by using soft fabrics and making custom adjustments using magnetic buttons and Velcro.

If your child or young person has a disability that affects the clothes they wear, then please contact Rachael on **07718 643676**.

Email: **rachael.richards@uniform7.co.uk**

Willow Park Lifeskills Centre

Willow Park Lifeskills Centre is a centre for people with learning disabilities, physical and/or sensory impairments. We offer a wide range of activities from Performing Art, community access and lifeskills programmes. There are 5 different themed sensory rooms and we have a hydro pool and swim spa. Willow Park also offer ASDAN Courses for all of our activities.

Please visit our website
www.willowparklifeskillscentre.co.uk or call our manager on **01255 258891**

Young Mindz

As an experienced child led Connected Kids™ Tutor, sharing meditation and mindfulness skills to our children of all ages, stages and abilities, we work together to design bespoke calm toolkits that adapt and grow alongside them.

Meeting the child where they are at embraces all learning challenges, and disabilities. I help develop ideas that work for the child as well as the adult.

I also train adults the Connected Kids Foundation and Professional programme. To get in touch, contact me, Katie Duffy (Connected Kids Tutor™) on **07736842271** or katie@youngmindz.co.uk

One to One Sessions from £35/session
Family Sessions from £45/session
Workshops from £15/session
Foundation and Professional Courses poa





Disclaimer

Whilst every effort has been made to ensure the accuracy of the information provided in this directory, Colchester Parent Support do not accept any responsibility or liability for any errors that have occurred.

It is recommended that you always check with providers that their service or organisation meets with your requirements.

We offer an impartial service and we cannot recommend or endorse any providers listed.



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