

# 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 holiday hunger**

**Wellbeing**

**Groups and support for young people**

**Christmas 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:



Essex County Council

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

## Essex SENDIASS

A reduced service over Christmas, but please leave a message and they will respond to you as soon as possible.

0333 013 8913

[Click here to visit their website](#)



## Essex SEND Navigators

Jenny Kinsville and Ondrea Bloom will be available for limited hours over the school holidays. Please email or leave a voicemail and they will respond as promptly as they can.

0333 013 0382

[TheSENDNavigators@essex.gov.uk](mailto:TheSENDNavigators@essex.gov.uk)



## 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](#)



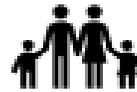
# Do you need information about accessing services and support if a family or young person are having difficulties with their mental health?

## 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](#)



## The Children's Society: Safe in Essex Festive Programme

Sessions for young people, focusing on topics such as exam stress, managing difficult situations and risky behaviours.

[Click here to visit their website](#)  
[Essexreferrals@childrenssociety.org.uk](mailto:Essexreferrals@childrenssociety.org.uk)



## 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)



Return

Next page

# 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](#)



# 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](#)



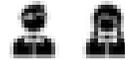
# Do you need information on activities and groups open to young people in December and January?

## Essex Youth Service: Meet and Eat

21 -24th December 2020 11:00 – 3:00pm  
Ongar, Clacton, Halstead, Basildon, Stansted

Meet other young people (for ages 13-19), cook a meal and take part in activities

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



## Essex Youth Service: Online Activities

A range of Zoom activities and groups suitable for ages 13-17 and 16-25. This includes drama, video gaming and quizzes.

[Click here to visit their website](https://www.essex.gov.uk/youth-work)

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



## Safe in Essex Festive Programme

A range of activities, including quizzes, baking and crafts for ages 8-18.



[Click here to visit their website](https://www.childrenssociety.org.uk)

[Essexreferrals@childrenssociety.org.uk](mailto:Essexreferrals@childrenssociety.org.uk)



## 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](https://www.rafd.org.uk)



## 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](https://www.rainbowrural.co.uk)



## Inclusion Ventures

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

[Click here to visit their website](https://www.inclusionventures.org.uk)



# 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 Christmas Survival 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](#)



## Additional National Helplines

Additional national helplines as highlighted by SNAP

[Click here to visit their website](#)



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

## 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](#)



## Talk to Santa

A video call with Santa, live from the North Pole. Simply choose your date & time for a video chat and have a personal and private experience with the big man himself!

[Click here to visit their website](#)



## Online Panto

Don't fancy venturing out? Why not try an online panto for some family fun?

[Click here to visit their website](#)



## Drive-in Horrible Histories Christmas Show

Load the family into the car and prepare for a Horrible Christmas like none you've ever seen before.

[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](#)



## 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](#)



This information is issued by:

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

in partnership with

**The Essex Family Forum and SNAP  
Charity**