



SHOREFIELDS

'Learning and achievement for all'

Directory of Useful Information for Parents / Carers

This directory has been put together to give you information on places and services that may be of benefit to students or their parents /carers. We have been careful to produce this information accurately but should you find anything either inaccurate or where the description could be improved then please let us know by e-mailing or angelag@shorefields.essex.sch.uk. Also if you find any additional services or places that would be of benefit to others then please let me know. This could also be about benefits that it is possible to claim that are not common knowledge.

We will aim to update this directory every term / as soon as we get any more information.

Clubs / Disco's etc

Service Offered	Description of and benefits given
<p>Whiz Kids</p> <p>Colchester Leisure world Cowdray Avenue Colchester Essex CO11YH Tel:- 01206 282000 Web Site:- www.colchesterleisureworld.co.uk</p> <p>Essex Short Breaks</p> <p>Crafty Drama St Botolphs Church Hall St Botolphs Street Colchester 07919624480 Email: crafty.drama@essexcares.org</p>	<p>After school activity club for children with SEN and their siblings. Children must be accompanied by a parent /carer. On Tuesday evenings. 4.15 p.m. – 5.45p.m. during term times. School holidays 2p.m-4pm. Cost £5.20 for 1 child £7.60 for 2 children. Activities include trampolining, basketball, bouncy castles, football etc.</p> <p>Action 4 children run short breaks/activities, holiday clubs within school, contact details from Vicky</p> <p>A new youth drama group in Colchester, caters for all levels of ability Every Wednesday 6pm-9pm, 1st session free</p>
<p>Crafty Sew & Sew Tel: 07919624480 or 01206 767047</p> <p>Mistley Kids Club Furze Hill Village Hall Shrubland Road Mistley CO11 1HS Tel:- 07809176252</p>	<p>Group enables people to help make costumes and props for crafty drama show Every Wednesday 9am – 4pm (address as above)</p> <p>Offers childcare for mainstream and SEN children. Non profit organisation</p>

<p>Messy Church Christchurch URC Carnarvon Road Clacton-on-Sea CO15 6PH</p> <p>Trish Hahn: 01255 483288 Fb Messy Church S.E.N.D</p> <p>Amazing Activities Jessop Close, Clacton, CO15 4LX. 01255 476263 www.amazingactivitiesgroup.co.uk</p> <p>The Endeavour Club</p> <p>Disability Sports Co-ordinator, C/o Colchester Leisure World, Cowdray Avenue, Colchester, ESSEX Reception Tel:- 01206-282000</p>	<p>Crafts, Music, Interactive Sensory story, messy play for families with children and adults with additional needs and disabilities. Creche available and lunch provided.</p> <p>Once a month – see flyers.</p> <p>Offers a range of activities for all ages, including Gymnastics, Adventurers, Bouldering, Skating</p> <p>They run activity sessions for adults 18 plus with Disabilities. Activities include swimming, trampolining, racket sports, football etc. It is based at Colchester Leisure World. The club runs on Fridays between 2.00 – 4.00 p.m. The cost is £5.20</p>
<p>Sensory squeezies Prettygate Library, Colchester, CO3 4EQ francescamcharris@gmail.com</p>	<p>A group for 0-5's with additional needs, learning through music and play.</p>
<p>Essex Outdoors Well Lane, Danbury, Essex, CM3 4AB www.essexoutdoors.com 01245223342</p>	<p>Essex Outdoors provides high quality outdoor learning opportunities, from activity days and Forest Schools through to residential experiences and adventurous expeditions.</p>

<p>Interact. Moulsham Mill, Parkway, Chelmsford, CM2 7PX. www.interact.org.uk/book now 01245 608201 07972330725</p>	<p>A young people's activity programme for those aged between 12-25 yrs with learning disabilities/additional needs, offering a wide range of social activities. Run groups in Tendring & Colchester, Basildon, Chelmsford and Braintree.</p>
<p>Hawkes Farm Weeley Clacton Tel: 07814266673 www.facebook.com/atten8academy</p> <p>Rock it Club The Crown High Street Thorpe Tel: 01255862233 Email: rockitclub@outlook.com @rockitclubthorpe</p> <p>Bright Lives Social Enterprise Abbots Activity Centre 39 Ladbrook Drive, Colchester CO2 8RW Tel: 01206 615165 Email: enquiries@brightlives.org.uk</p> <p>Colchester Gateway Club Wilson Marriage Centre Barrack Street, Colchester, CO1 2LR Tel: 07999 278472</p>	<p>Offer education courses and fun activities for all levels of students, including interaction with horses. Can offer 1:1 support, small group sessions and free taster sessions.</p> <p>A place for people with L.D to have an evening out with a disco, raffle and theme nights. Every Monday 7-9pm</p> <p>Provides life skills and personal development for those with learning disabilities.</p> <p>Provides social clubs and activities for adults with learning disabilities.</p>

Resource Centre's / home help

Service Offered	Description of and benefits given
<p>Jenny's Resource Centre Ltd</p> <p>220 St Johns Road Clacton On Sea, Essex CO16 8DE. Tel:- 01255 223841</p> <p>E-mail:- jennysresourcesltd@btinternet.com</p>	<p>This offers activities for people with learning disabilities and or physical difficulties. Activities include barbecues, visits to the Zoo, visits to the theatre etc. They also have a pets corner there. Fees are charged and can be paid privately or with benefits credited by Social Services.</p>
<p>The Grove Resource and Enterprise Centre</p> <p>72 Queensway, Holland on Sea, Essex, CO15 5JU Tel: - 01255 813840 E-mail:- info@thegrovecentre.co.uk Web Site:- www.thegrovecentre.co.uk</p>	<p>The centre offers activities for people with learning difficulties. They aim to help people access the local community. They also have a sensory room. Fees are charged and can be paid privately or with benefits credited by Social Services. Run by Primary Care UK ltd</p>
<p>Crossroads Care</p> <p>Tel:- 01255 860960 Web site:- www.crossroads.org.uk/tendring</p>	<p>Offer respite hours for children with disabilities. This service is offered in Tendring and in Colchester. They offer during school holidays and after school respite and some Saturday services</p>
<p>Extra support for families Jaywick Community Resource Centre Brooklands Gardens Jaywick Clacton-on-Sea Essex CO15 2JP01255 475001 www.extrasupportforfamilies.co.uk</p>	<p>Extra - Support for Families (EXTRA) offers help to anyone caring for children in the Tendring district to meet the challenges of parenting. They also offer local opportunities for parents to meet at fun days, one-off workshops and a range of parenting programmes. They also offer regular coffee mornings.</p>

<p>Constablecare</p> <p>Scott and Craig Williamson Constable Care Ltd 2a High Street, Brightlingsea, Essex, CO7 0AE Tel:- 01206 808505 E-mail:- info@constablecare.co.uk</p> <p>Web site:- www.constablecare.co.uk</p>	<p>A service for any person who requires support in their own home. They produce a tailored care package to meet each individuals needs. Funding can be via social services or private contract. Their service includes full personal care packages, preparation of light meals, companionship service, medical supervision and administration, appointment / day care escort and holiday respite.</p>
<p>Cool 2 Care</p> <p>0845 1235484 info@cool2care.co.uk</p>	<p>Cool2Care is a new and innovative Social Enterprise, supporting families with disabled children or young adults. The organisation recruits, trains and places care-workers or personal assistants to work either directly with families in their homes, or to help young people enjoy activities in the community.</p>
<p>Wellies On 01206 735453 Butterfly Lodge, Mersea Road, Colchester CO5 7LG emma@wellieson.com</p> <p>www.wellies.com</p>	<p>Based on a small holding in Colchester, Essex, Butterfly Lodge Education Centre offers holistic one-to-one, group training and therapeutic experiences in a farm environment. All work is done at your own pace and the centre is open to anyone who would like to benefit from this form of therapeutic and educational activity.</p>
<p>Willow Park Resource Centre</p> <p>Willow Park, The Street, Weeley, Essex CO16 9JE E-mail:- reception@willowparkresourcecentre.co.uk</p> <p>Tel:- 01255 258891/258902 Web Site:- www.willowparkresourcecentre.co.uk</p>	<p>The Willow Park Resource Centre is a learning and leisure environment for people with Learning Difficulties, Physical Disability and Sensory Impairment. They offer engagement through a wide choice of activities. They also have several sensory rooms and now also have a sensory integration room to use following sensory assessment. Fees are charged and can be paid privately or with benefits credited by Social Services. Also have breakaway days where theatre trips etc are arranged.</p> <p>Willow Park also had a small farm for service users to access.</p>

<p>Penny Meadow</p> <p>Contact Claire Penny Meadow, 67 London Road Marks Tey, Colchester CO6 1EB</p> <p>Tel: - 01206 616164 / 07792613312 E-mail:- pennymeadowcentre@gmail.com</p> <p>Web Site:- www.pennymeadow.com</p>	<p>They offer life skill and personal development workshops, courses, events and a respite service for young adults with learning difficulties. They also offer the Duke of Edinburgh program.</p>
<p>“Wishes”</p> <p>Michael Dance 17 Park Square West West Clacton, Essex CO15 2NS Tel:- 01255 430747 Mobile:- 07952 861743 E-mail:- wishesofclacton@gmail.com</p>	<p>This offers activities for people with learning disabilities and or physical difficulties. Activities include Horse riding, visits to the Zoo, visits to the theatre etc. Fees are charged and can be paid privately or with benefits credited by Social Services.</p>
<p>Wishes Lodge-contact as above</p>	<p>Offers respite care for adults with learning disabilities within a small group in an adapted bungalow in West Clacton.</p>
<p>The Firs</p> <p>Owners. A.F. Kadar, S. Kadar, K. Kadar. Thorpe Road, Kirby Cross, Essex, CO13 ONJ Tel:- 01255 862617 E-mail:- thefirstld@aol.com Web site: - www.thefirsessex.co.uk</p>	<p>A day centre that has the benefits of a spa pool, a ball pool and a sensory room. The centre caters for people with Learning and physical disabilities. There is also a small farm that has sheep, goats, rabbits and chickens. People who attend the day centre can be involved in the care of these animals if they want. There is also a care home on site.</p>
<p>The Ark Family Resource Centre Contact:- Sally Johns Green The Ark Family Resource Centre, 36 Main Road, Harwich, Essex, CO12 3LU Tel:- 01255 502063 E-mail:- sally@thearkcentregroup.org.uk Web Site:- www.thearkcentregroup.org.uk</p>	<p>They support families in the Harwich Area including children with SEN. They can help arranging for statements to be undertaken and can provide information for families. They also offer trained child sitters for families that need specific help. They run ‘TASK’ which is a group ‘TALK ABOUT SPECIAL KIDS’ in holidays and Saturdays</p>

Colleges / Education Training

Service Offered	Description of and benefits given
<p>Colchester Institute Reception at Clacton campus Tel:- 01206 712234 Church Road, Clacton on Sea, Essex, CO15 6JQ</p> <p>Contacts. Foundation Learning Pathway course – Karl Delaine Foundation Learning Gateway course –Hailey White Learning for Living course – Neal Wolton - Harragan</p>	<p>There is a campus in both Clacton on Sea and Colchester. The Clacton campus is a much smaller site and therefore less intimidating to some of our students. They offer a variety of courses. The courses our students usually access on leaving Shorefields are Foundation Learning Pathway and Foundation Learning Gateway (16 – 18) And Learning for Living (19). A current prospectus of the courses offered is available direct from the college.</p>
<p>Educational Opportunities for Adults with learning disabilities</p> <p>Clacton Centre, St Osyth road, Clacton on sea, CO15 3BN Tel:- 01255 424151</p> <p>Wilson Marriage Centre, Barrack Street, Colchester, CO1 2LR Tel:- 01206 798488</p> <p>Harwich Centre, Main road, Dovercourt, Harwich CO12 4AJ Tel:- 01255 502467 Web Site: - www.essex.gov.uk/adult-learning</p>	<p>Adult community learning offer courses in both Harwich and Clacton on Sea, as well as the Wilson Marriage Centre in Colchester. Most courses have two fees. A full fee and a reduced fee for learners in receipt of a means tested benefit such as Income support. There are lots of different courses on offer, details of which can be found in their brochure.</p>

<p>ECL Plough Corner Wellbeing Hub Oakwood Packaging Plough Corner, Harwich Road Tel:- 01255 258892 Web Site: - www.essexcc.gov.uk</p>	<p>This is a training centre for adults with Learning difficulties. They offer the chance to train in a coffee shop, in horticulture and in re-cycling furniture and electrical appliances. Access to Oakwoods is through Social care and is post 18 years of age.</p>
<p>Oakwood – Part of ECL See above..</p>	<p>This is a training centre for adults with Learning difficulties. It offers the chance to work in a factory environment. Here people learn to package many different products such as knives and forks, clothes and electrical components. Access is through Social Care and is post 18 years of age.</p>
<p>Otley college Otley, Ipswich Suffolk. IP6 9NE. Tel:- 01473 785543 E-mail:- info@otleycollege.ac.uk</p>	<p>This college offers many similar courses to Colchester Institute but also offers animal studies and country side studies. A prospectus is available directly from the college. There are also normally copies available at the school.</p>

Occupational Therapy

<p>Jumpstart 07885732489 www.facebook.com/jumpstartcentre</p> <p>Brainwave Children's Charity 16 Newland Street Witham CM8 2AQ 01376 505290</p> <p>Health In Mind Tel: 03003305455 Emai: healthinmind@hpft.nhs.uk Life Force Counselling Tel: 01206 791661 Email: info@lifeforce-centre.co.uk</p> <p>Spectrum parent support group Jane Pearson Tel: 01206 210855 Drjanepearson@hotmail.com Siobhan Timms Stimmins2@ntlworld.com</p> <p>Counselling for Carers Tel: 01206768211 admin@stockwellcentre.com</p>	<p>Occupational therapy Centre which undertake assessments and treatments for children based in Essex. Specialising in sensory integration, autism and dyspraxia.</p> <p>Working with occupational therapists to encourage the brain to find new neural pathways. Assessments and ongoing treatments.</p> <p>Offers a wide range of talking treatments to help people with a variety of different mental health problems.</p> <p>A professional private BACP Accredited Counselling Service and Counselling School</p> <p>A parent and carers support group of children with social communication difficulties, Run by both parents and professionals.</p> <p>Offered to carers of family members, also offer low cost counselling.</p>
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Respite and Residential Services

Service Offered	Description of and benefits given
<p>Clacton Family Trust 111 Pier Avenue, Clacton on Sea, Essex, CO15 1NJ Tel:- 01255 475026 E-mail:- manager@clactonfamilytrust.com</p>	<p>They provide specialist person centred support for individuals from the age of 16. They provide both residential and respite services. They support individuals with learning and or physical and sensory impairment</p>
<p>The Firs Owners. A.F. Kadar, S. Kadar, K. Kadar. Thorpe Road, Kirby Cross, Essex, CO13 ONJ Tel:- 01255 862617 E-mail:- thefirsLtd@aol.com</p>	<p>A care home that specialises in accommodating adults with a wide range of disabilities / needs, including Autism / ASD, Cerebral palsy, challenging behaviors, epilepsy, head / brain injury, hearing impairment and speech impairment. They have eight single rooms, one room with on suite WC.</p>
<p>Future Care Homes 162 Church road, Brightlingsea, Essex, CO7 0QU Tel:- 01206 305835 E-mail:- futures120@btinternet.com Web Site:- www.futures-carehomes.co.uk</p>	<p>Respite and residential care services for individuals with learning and physical disabilities. They have spacious accommodation for 10 people. 5 service users who require wheelchair access and for 5 service users who do not require wheelchair access.</p>
<p>Childrens Respite & Residential Care (Driftwood Lodge) 46 Coppins Road Clacton CO15 3JG 01255 223146</p>	<p>Provides specialist care to children and young adults with a wide variety of complex wealth care needs, either in a home from home environment or in a community setting.</p>

<p>Jenny's House 36 Old Road, Clacton on Sea Essex, CO15 1HX Tel: - 01255 223841</p>	<p>They provide residential care as well as respite care. They carry out various activities including pottery, music lessons, gardening, going into the community etc.</p>
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<p>Wishes Lodge Michael Dance 17 Park Square West West Clacton Essex CO15 2NS Tel:- 01255 430747 Mobile:- 07952 861743 E-mail:- wishesofclacton@gmail.com</p>	<p>This offers respite for those aged 18 or over with learning disabilities. A small homely bungalow in West Clacton with three bedrooms enabling service users to enjoy a break away.</p>
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Sports / Exercise

Service Offered	Description of and benefits given
<p>Colchester United Community Sports Trust</p> <p>Shrub end community and sports centre Boadicea Way Colchester, CO2 9BG</p> <p>Tel:- 01206 572378</p> <p>E-Mail:- info@cucst.org.uk</p>	<p>They aim to improve football and sports provision for people with disabilities. They have two age groups. Under 16's and under 21's.</p>
<p>Colchester Phoenix Swim club</p> <p>Julie Jago head coach Email:- phoenixswim@btinternet.co.uk Web: www.phoenixswim.club coach@phoenixswim.club</p>	<p>Offers support and help with swimming to people with disabilities of all ages. It runs learn to swim programs for beginners and more advanced support for those who have improved. They meet at Colchester Leisure World.</p>
<p>Bounceability Hill House Farm, 157 Colchester Road, West Bergholt, Colchester, CO6 3JX Tel: 01206240510 Mobile:- 07776275029 E-mail:- bounceability@yahoo.co.uk</p>	<p>Trampolining for children and adults with Special Needs</p> <p>Children - Monday 4.30 – 5.30 p.m. Costs £4.00 Adults – Monday 6.00 -7.00 p.m. Costs £5.00 Thursday 6.30 – 7.30 p.m. £5.00</p>

<p>Ormiston Children's Centre Now known as Berechurch Family Hub Ormiston Centre, School Road, Monkwick, Colchester, Essex, CO2 8NN Tel:- 01206 578978</p>	<p>Run a session called bursting bubbles for children with additional needs 0 – 8 years on a Monday. Only during term time it runs from 3.30p.m. - 5.30p.m. It aims to help children develop both Socially and Emotionally.</p>
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<p>Colchester School of Gymnastics Contact:- The Manager – Andrea Cook Brinkley Grove Road, Myland Colchester, Essex, CO4 5DS Tel:- 01206 844188</p>	<p>Runs a weekly club for pre-school children (1 year old to 5 years old) on Tuesday mornings during term time. It uses music, parachute play and various other equipment including sensory equipment</p>
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Money Saving Cards

Service Offered	Description of and benefits given
Bus pass – Disabled person's companion Essex County Council Tel-0845 200 0388	This is available for those who cannot use public transport without the assistance of a companion. The companion travels with the person who needs support- no charge.
Clacton and District Library 96 Station Road Clacton on Sea Essex CO15 1SF Tel:- 01255 421207	Proof of SLD will enable the card holder to be exempt from charges for CD's DVD's and Video's. The user must be able to benefit / use them.
Cinema Exhibitors Association card www.ceacard.co.uk	This is a card which entitles the parent / carer of someone who is disabled to a free ticket. It is accepted in 90% of United Kingdom cinema's Colchester cinemas accept it. It costs £6.00 for the card and it is valid for 3 years. Proof that the person is getting disabled living allowance /attendance allowance or is registered as a blind person will be required. Visit the website to download an application form.
Maxcard Web:- www.mymaxcard.co.uk	A national LA commissioned discount scheme designed to make days out more financially accessible for families/carers of children with additional needs.
Shortbreaks Web:- www.facebook/shortbreaksecc Web:- www.essex.gov.uk/shortbreakscwd	Offer short break tickets to admit one child with a disability and carer free to certain venues, Tropical Wings, Marsh Farm and Colchester Zoo. Also available to offer short breaks, caravan breaks and free beach hut hire

Charities / agencies that can offer support

Service Offered	Description of and benefits given
<p>Action for Family Covers www.affc.org.uk info@affc.org.uk http://www.facebook.com/affc.middlessex</p> <p>Autism Anglia</p> <p>Family Support H.O. at Century House, Riverside Office Centre, North Station Road, Colchester, Essex, CO1 IRE Tel:- 01206 577678 E-mail:- advice@autism-anglia.org.uk Advice Line: 03001233122</p>	<p>Age 16-24 years – support for carers Young carers school liaison officer 01621 851640</p> <p>They provide a specialist service for children, young people and adults with ASD. They support families of ASD diagnosed individuals and those seeking a diagnosis. They can also help with how to get a diagnosis. They can advise on local support groups in your area. They organise training with other schools and various services including issuing Autism Alert Cards.</p> <p>Also offer 1:1 advice sessions and clinics and completion of benefits form.</p>
<p>The level best art café run by the Dacon Trust Tel: 01206 366059 Level Best Art Café, D'Arcy House, 3 Culver Street East, Colchester CO1 1LD</p> <p>ACE – Anglian Community Enterprise Tel: 08453073600</p>	<p>Aims to provide quality work and life skills training for people with disabilities</p> <p>Provides NHS community health services to the local community and those with disabilities.</p>
<p>Colchester Gateway Clubs Mandy Hudson 07999278472 www.colchestergatewayclubs.org</p> <p>“ERIC” www.eric.org.uk Tel:- 08453708008 E-mail:- helpline@eric.org.uk</p>	<p>Run in Colchester and Clacton, they offer opportunities for disco, art & craft, pool, table tennis, etc for adults with L.D.</p> <p>Educational Resources for improving childhood continence</p>

<p>Colchester Catalyst Charity</p> <p>Dedham Vale Business Centre Manningtree Road, Dedham Tel:- 01206 323420 E-mail:- info@colchestercatalyst.co.uk</p> <p>Web site: - www.colchestercatalyst.co.uk</p>	<p>They aim to help relieve sickness and suffering. They provide support for specific projects including recognising the need for specialist equipment for the disabled. (Where help is not available from statutory organisations.)</p>
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<p>Newlife Play Therapy & Equipment</p> <p>Email: nurse@newlifecharity.co.uk Tel:- 08009020095 Web site:- www.newlifecharity.co.uk/live</p>	<p>UK's largest charity funder of children's specialist disability equipment. Also provide emergency equipment, loans, provide essential equipment which meets the specialist needs of children with terminal illness. Also provides free loan of specialist development toys. "Play therapy pods". Free confidential helpline/live chat.</p>
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<p>Coram Children's Legal Centre 8am-8pm Monday to Friday. Telephone advice line on 02075200300. Newlife Charity: 01543462777 Newlife Stores: 01543468888 www.childrenslegalcentre.com for free fact sheets and live web chat advisors Mon-Fri 9am-6pm Newlife Centre, Hemlock Way, Cannock, Staffordshire, WS11 7GF</p>	<p>An independent national charity committed to promoting children's rights in the UK and worldwide. It offers free legal advice for every parent, carer and young person in England, in all matters of family, child and education law</p>
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<p>Downs Syndrome Association Langdon Down Centre, 2A Langdon Park, Teddington, Middx, TW119PS Tel:- 03331212300 (open 10.00 – 4.00 Monday to Friday) E-mail:-Info@downs-syndrome.org.uk Info helpline: - 07834987421 www.downs-syndrome.org.uk</p>	<p>Gives support and information for people with Down's and their parents / carers.</p>
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<p>The Maze Sue Anderton, P O Box 1035, Bentley, Ipswich, IP9 2WL themaze@btinternet.com 07708873023 Facebook at MAZE and MAZE Says www.mazecourse.co.uk</p> <p>Maze Coffee mornings</p>	<p>Specialist Parenting programme for parents of children with additional needs. Places by referral only Please download referral form and find out more on Maze web site.</p> <p>Informal drop-in sessions for parents who have children with SEN/AEN across the area. Shorefields school- 1st Thursday of month (term times) Foxburrow Grange, Colchester- 3rd Mondays Monthly Harwich Tower Hotel -4th Mondays Monthly Brightlingsea (4 Youth Tower Street) 4th Tuesday Monthly</p>
<p>Special needs counselling service Caroline Browning on 07811549463 www.specialneeds counselling.co.uk caroline@specialneeds counselling.co.uk</p>	<p>Offers counselling to those affected by disability or long term health conditions</p>
<p>Mobility Scheme</p> <p>Motability Operations City Gare house, 22 Southwark Bridge Road, London, SE1 9HB Tel:- 0845 4564566 (8.30 -5.30 Monday to Friday) www.motability.co.uk</p>	<p>Established to provide disabled people with safe, reliable and affordable cars. The scheme can be used to hire / buy a car or a powered wheelchair if the person is in receipt of the high rate mobility component of the DLA (Disability living allowance.)</p>
<p>One Support 0300 123 1921</p>	<p>Service provides individual housing related support to people in the community, preventing homelessness, helping them to maintain their tenancies, increase life skills and to live more independently</p>
<p>Y.E.S – Supporting Young People 9 Trinity Street, Colchester, Essex, CO1 1JN Tel: 01206710771 Tel:- 01255 434601 Website:- www.yesyouthenquiryservice.org</p>	<p>Offer ongoing counselling and crisis intervention counselling aimed at helping young people deal with a wide range of life issues.</p>

<p>North East Essex Carers Support (NEECS) Contact Essex Carers Support Imperial House, Rosemary Road, Clacton on Sea, Essex. CO15 1NZ admin@essexcarerssupport.org.uk Tel:- 01255 474410</p>	<p>A local charity that provides practical help, support and advice for family carers who are looking after someone in Essex. They support informal carers of any age regardless of the nature of the disability. This includes benefits advice to the facilitation of respite breaks.</p>
<p>Sibs Meadowfield, Goose Green, Oxenhope, BD22 9JD Website:- www.sibs.org.uk Tel:- 01535 645453 Email:- info@sibs.org.uk</p>	<p>Information for children and young people who have a brother or sister who is disabled, has a S.E.N or serious long term condition. Useful forum for children that is safe.</p>
<p>Primary care Atlantic House, 22 Telford Road, Clacton on Sea, Essex, CO154LP Tel:- 01255 224680 E-mail:- reception@primarycareuk.com www.primarycareuk.com</p>	<p>They provide community support and supported living for people with learning disabilities or additional needs living at home, with parents or independently in their own tenancies in the community. Their services can be funded using ILF, direct payments, individual budgets or Essex County council.</p>
<p>Sarah Jo's Day Centres Sarahjosfun@gmail.com 07516296246 07701349659</p>	<p>Day Centre for adults 18-25 with learning disabilities, to develop friendships and meet new people.</p>

<p>Spectrum Jane Pearson St Botolph's Church, Church walk, Colchester. Tel:- 01206 210855 E-mail:- drjanepearson@hotmail.com s.timmins2@ntlworld.com</p> <p>Essex SEND information, advice and support service Tel 03330138913 Linked to ESSEX LOCAL OFFER PORTAL www.essexlocaloffer.org.uk</p>	<p>A parent and carer support group in Colchester run by parents and professionals. For parents and carers of young adults and adults on the Autistic Spectrum. It welcomes parents of children with social and communication difficulties with or without a diagnosis. They meet at St Botolph's Church Hall on the first Wednesday of each month 10.30 a.m. – 12.30p.m.</p> <p>An impartial, confidential service that provides information, advice and support to parents and carers of children and young people with SEN, up to the age of 25.</p>
<p>Essex SEND Tel:- 03330138913 Email:- send.iass@essex.gov.uk</p>	<p>Provides information, advice and support on telephone or in person for parents/carers of children and young people with S.E.N or a disability up to the age of 25.</p>
<p>Tendring Young Persons Epilepsy Support</p> <p>Tricia Tel:- 07810311033 E-mail:- pkonopka@hotmail.co.uk Web site: - www.essexinfo.net/types</p>	<p>It aims to give a relaxed and confidential environment to support the 11 – 18 year olds of the district that are affected by Epilepsy. They meet at Colbayns community centre on the first Wednesday of each month at Pathfields Road Clacton on Sea.</p>
<p>Tendring Community Voluntary Services Community Information Centre, 20 -22 Rosemary Road, Clacton on Sea, CO15 1NZ Tel:- 01255 425692 E-mail:- information@tendringcvs.org.uk</p> <p>Autism Connect www.autism-connect.org.uk</p>	<p>They provide support, advice and information to various groups. They also offer training. They work with individuals and groups. They have a resource centre. They offer various activities and clubs.</p> <p>A social network for people with autism and their families, developed by the Autism Alliance UK with funding from the department of health.</p>

<p>Tendring Crossroads</p> <p>Unit 2, Bosworth House, High street, Thorpe Le Soken, CO16 0EA Tel:- 01255 860960 Office hours Monday – Friday 9.00 a.m. – 3.00p.m. Web site: - www.crossroads.org.uk/tendring</p>	<p>They offer respite breaks to carers within Tendring. They also run a service for families who have disabled children and a “Young carers group” which meets fortnightly. They carry out various activities.</p>
<p>‘PURPLE’ – Previously Essex Coalition of Disabled People Ivan Peck House, 1Russell Way, Chelmsford, Essex, CM1 3AA</p> <p>Tel:- 01245 392300 E-mail:- info@ecdp.co.uk Web Site :- www.ecdp.co.uk</p>	<p>Their aim is to enhance the everyday lives of disabled people in Essex and beyond. – They provide support, information, advice and Guidance to disabled people.</p>
<p>The Carers Emergency Planning Service Contact:- Lea Sherman The carers Strategy Development Officer Tel:- 01245 434375 E-mail:- carerstrat@essex.gov.uk www.ecdp.co.uk</p>	
<p>Cerebra</p> <p>Tel:- 0800 3281159 (The national help line. Mon – Fri – 9.30 – 5.00p.m.) E-mail:- info@cerebra.org.uk</p> <p>Web Site:- www.cerebra.org.uk</p>	<p>They help parents and others regarding the well being of a child that has a condition affecting the brain. They can also put you in contact with other services that may be able to help. They publish a free quarterly magazine that is sent to people who register with them</p>

<p>In association with Cerebra Young Calbre Audio library</p> <p>Aylesbury, Buckinghamshire, HP225XQ</p> <p>Tel:- 01296 432339 E-mail:- enquiries@calibre.org.uk</p> <p>Web:- Young members www.youngcalibre.org.uk</p> <p>General website www.calibre.org.uk</p> <p>Special Needs Counselling Service caroline@specialneeds counselling.co.uk www.specialneeds counselling.co.uk 07811549463</p>	<p>This is a postal service that can supply subscription free audio books for people with sight problems, dyslexia and other disabilities which prevent them reading ordinary print</p> <p>This service offers counselling to those affected by disability or long term health conditions, or those living with the effects of ill health or disability</p>
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<p>The Challenging Behavior Foundation</p> <p>The Old Courthouse, New Road Avenue, Chatham, Kent, ME4 6BE Tel:- 01634 838739 E-mail:- info@theCBF.org.uk</p> <p>Web Site:- www.theCBF.org.uk</p>	<p>They support people caring for individuals with S.L.D. who are described as having challenging behavior. They provide information and support to parents, carers and professionals caring for individuals. Resources such as DVD,s and information sheets are free of charge to parents and carers</p>
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<p>Jigsaw Study Centre</p> <p>227 Gosbecks Lane, Colchester, CO29JT</p> <p>Contact:- Paula Whiting Tel:- 01206 561877 info@jigsawstudycentre.co.uk www.jigsawstudycentre.co.uk</p>	<p>A specialist adult day service for people with ASD. They are part of Autism Anglia – They offer life skills, woodwork and woodcraft, art, textiles and PE. They have a sensory room and an IT suite.</p>
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<p>Colchester Mind – Adolescent Advocacy Service 78 Maldon Road, Colchester, Essex, CO3 3AL Tel:- 01206 541841 Web Site:- www.colchestermind.org</p>	<p>They offer support and advocacy for people with emotional difficulties and mental health problems in Colchester and Tendring. They help people to have their voice heard in difficult situations. They empower them and balance the power between young people and adults</p>
<p>Independent Advocacy Service 17 Rosemary Road, Clacton on Sea, Essex, CO15 1NZ Tel:- 01255 429778 E-mail:- Learning-disability-advocacy@tmhs.org.uk</p>	<p>They provide an advocacy service for people with emotional difficulties and mental health problems in Colchester and Tendring</p>
<p>Essex ASBAH Association for Spinabifida (SB) and / or hydrocephalus (HC)</p> <p>Contact:- Mary Crouch Tel:- 01708 442844</p> <p>EWMHS (Emotional Wellbeing & Mental Health Service) Out of hours crisis support service: 03005551201 M-F 9-5 03003001600</p>	<p>A voluntary group run by parents of children and adults with SB or HC. Their aim is to provide emotional support and financial assistance with specialised equipment. They also offer a home visiting service</p> <p>Aged 0-18 yrs in Southend, Essex & Thurrock – up to 25 years if the person has SEN. For any young person with emotional wellbeing or mental health problems.</p>
<p>SCOPE Colchester and District Castlegate Centre, George Street, Colchester, Essex, CO11TS Tel:- 01206 764633</p>	<p>Offers general support for children and adults with physical and or LD and their carers. It provides a day centre at Castlegate for adults between 19 – 40 years old and play schemes for children between 8 and 15 years of age.</p>

<p>Consensus Contact:- Sarah McRobert Consensus C/O/ Mencap, 8A Looms Lane,, Bury St Edmunds IP32 7AE Tel:- 01284 731580 E-mail:- consensus.mediation@mencap.org.uk</p>	<p>An independent SEN mediation service run by Mencap. Trained mediators can talk to parents the LEA and school representatives to resolve problems and disputes</p>
<p>Asperger United The National Autistic Society, 393 City road, London, EC1V 1NG Tel:- 020 7930 3595 E-mail:- info@aspergerunited.org.uk</p>	<p>A quarterly magazine written by people with Asperger syndrome and professionals. Free to adults over 16 years old. Parents can subscribe on behalf of under 16 year olds.</p>
<p>L.O.A.D.S. Local opportunities and awareness of down's syndrome Merchant House 26 – 28 Fore Street Ipswich, Suffolk, IP4 1JU Tel:- 01473 430434 E-mail:- loadsadmin@googlemail.com</p>	<p>They provide a library service, information and support activities and contacts for families of people with down's Syndrome in Suffolk, South Norfolk and Essex</p>
<p>Dyspraxia Foundation Essex Contact:- Michaela Munden 8 West Alley, Hitchin, Hertfordshire, SG51EG Tel:- 01462 454986 Web Site: - www.dyspraxiafoundation.org.uk</p>	<p>Offer support and guidance. They have a bi-monthly parent meeting. They have family social activities</p>
<p>Listening Books 12 Lant Street, London, SE1 1QH Tel:- 0207 4079417 info@listening-books.org.uk www.listening-books.org.uk</p>	<p>The National listening Library is a Charity that provides audio books in cassette format via post to those who have difficulty in reading in the usual way.</p>

<p>SWAN – Syndrome without a name Swan UK, Level 3 Barclays House 37 Queens Square London WC1N 3BH Tel: 02078310883 info@undiagnosed.org.uk www.undiagnosed.org.uk</p>	<p>Support network available for families of children & young adults with undiagnosed genetic conditions in the UK.</p>
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<p>Essex Travel Training Jackie Brewer Manager PO box 4261, Essex County Council, County Hall. Chelmsford, CM11GS Tel:- 01245 437767 traveltraining@essex.gov.uk www.travel-training.co.uk</p>	<p>They help people to learn to travel independently. They can help prepare participants for travel on any specific journey – perhaps school, college or work. They help people who have behavioral difficulties, physical difficulties and additional needs.</p>
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<p>The Dacon Trust and the Level Best Artcafe</p> <p>The Dacon Trust Activity centre, Brook Road, Great Tey, Colchester, Essex, CO6 1JF</p> <p>Tel:- 01206 210516 activitycentre@madasafish.com</p> <p>3 Culver street East, Colchester, Essex, Co1 1UK Tel:- 01206 366059 E-mail : - levelbest@dacontrust.co.uk</p>	<p>They provide work training projects for adults with LD who are over 16 years of age. They provide realistic pre-vocational and work training opportunities for adults with learning disabilities to promote the development of meaningful and purposeful citizenship skills and They also have a cafe which is located in D’Arcy House, Culver Street East, Colchester called the Level Best.</p>
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<p>Butterfly Lodge</p> <p>Mersea Road, Abberton, Colchester, Essex, CO5 7LG</p> <p>Tel:- 0793 5458688 www.butterflylodge.co.uk</p>	<p>Butterfly lodge education offers to chance to experience working life on a farm. Includes animal care, horticulture, and rural crafts. Each educational program is tailored to individual needs.</p>
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Places to meet parents / carers

Service Offered	Description of and benefits given
<p>Families in Focus (Essex)</p> <p>Lancaster house, 140 Mildmay Road, Chelmsford, Essex. CM2 OGB Tel:- 01245 353575 (Monday – Friday 10.00a.m. – 4.00 p.m.) familiesinfocus@btconnect.com www.familiesinfocusessex.org.uk</p>	<p>They support families of children with disabilities and SEN across Essex. They run Activity clubs, a sibling support group, family events, drop ins. They also have a newsletter and can help with disability benefits</p>
<p>Supporting Parents in Need (SPIN)</p> <p>Paula Entwistle (The secretary) 11 Dedman Avenue, Clacton on sea, Essex, CO16 8AL Tel:- 01255 421521</p>	<p>They meet each Monday during term time at Colbayns community centre between 9.45 and 11.45. SPIN consists of a group of parents and carers who all care for children with special needs. They meet to chat and have a coffee.</p>
<p>Stepping Stones Play and Learn Group</p> <p>Carol Nice – group co-ordinator The Wilson Marriage centre, Barrack Street, Colchester, Essex, CO1 2LR Tel:- 01206 860467 carolnice@steppingstones1.co.uk www.steppingstones</p>	<p>A nursery for mainstream and children with SEN. Their aim is to help integrate children with Special needs</p>

<p>Disability 4 sport 11 Evergreen Drive Colchester, Essex, CO4 0HU Tel: 01206 619631</p> <p>Essex Outdoors</p> <p>Go Bananas Cowdray Centre 9&10 Mason Road Colchester CO1 1BX Tel: 01206 761762 Email: fun@go-bananas.co.uk</p>	<p>Provides a wide range of sporting opportunities and activities, aimed at engaging and empowering people of all ages.</p> <p>Delivers a range of high quality outdoor programmes at centres across Essex.</p> <p>Autism and SEN friendly play sessions, siblings are encouraged to join in too.</p>
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Where to find out Useful Information

Service Offered	Description of and benefits given
<p>Contact a family helpline@cafamily.org.uk</p> <p>Tel: - 0808 8083555</p>	<p>Contact a family is a national charity that exists to support the families of disabled children whatever their disabilities. They can provide 1-1 support over the phone, at drop in sessions and sometimes home visits via e-mail. They can advise on benefits. There is useful information on their website.</p>
<p>Disability Alliance UK 12 City Forum, 250 City Road Tel:- 0207 2478776 office@disabiltyalliance.org</p> <p>www.disabilityalliance.org</p>	<p>They publish the disability rights handbook (which is an invaluable list of all benefits available and the criteria needed to be able to get each benefit). They are also leading advisers on benefits for disabled people.</p>
<p>Coffee Morning Shorefields School Angela or Lesley on 01255 424412 angelag@shorefields.e-folio.org.uk</p>	<p>Open to all who care for a person with additional needs. Drop in 09.30-11.30 the first Thursday in every month Term time.</p>

Other useful information to know

Service Offered	Description of and benefits given
<p>Colchester Toy Library Unit D3, Cowdray Centre, Cowdray avenue, Colchester, CO1 1BW Helen Taylor Tel:- 01206 500211 toylibrary.cook@btconnect.com</p>	<p>They aim to provide toys and equipment to families and groups looking after children between birth and 11 years of age. They will extend this age for people with SEN. They also offer Respite care sessions in the holidays and stay and play sessions. There is a yearly membership fee of £10. Open Tuesdays 10.00 a.m. – 2.30p.m. Wednesdays 12.00p.m. – 2.00p.m. Thursdays 10.00a.m -12.00p.m. and 1.30p.m. – 4.00 p.m.</p>
<p>Radar Keys Town Hall Station Road Clacton on Sea Essex CO15 1SE Tel:- 01255 686633 www.essex-sunshine-coast.org.uk clactontic@tendring.gov.uk</p>	<p>These are available from the tourist information centre at the town hall. They allow access to disable toilets throughout the United Kingdom. They cost £2.50</p>
<p>Tough Furniture Tel:- 01588 674340 www.toughfurniture.com sales@toughfurniture.com</p>	<p>They specialize in attractive, yet very strong furniture, to suit the special needs of environments where abuse, carelessness or challenging behavior is a problem.</p>
<p>Crelling Harnesses 12 Crescent East, Thornton - Cleveleys, Lancashire, FY5 3LJ Tel:- 01253 852298 info@crelling.com www.crelling.com</p>	<p>Designed to support the physically disabled and to help restrain those with challenging behavior during transport. Also makes harnesses for wheelchairs, shower chairs and stair lifts</p>

Widening Horizons

Contact:- Ann Gregson or Debbie Furber
Ivan Peck House, 1 Russell way, Chelmsford
Essex, CM1 3AA

Tel:- 01245 392311

www.ecdp.org.uk

Young Peoples forum (11 – 25 years old)

This scheme aims to raise the aspirations of young disabled people and make them aware of what they can achieve in life. To increase confidence and self esteem. To help young disabled people to make choices about their future. It achieves this through matching young disabled people with positive, encouraging role models who can relate to the issues affecting them. Having a mentor would help young people to discuss issues that are important to them.

Saving Money / Grants/other

Service Offered	Description of and benefits given
<p>Family fund</p> <p>Unit 4, Alpha court, Monks Cross Drive, York, YO32 9WN</p> <p>Tel:- 08449744099</p> <p>info@familyfund.org.uk</p> <p>www.familyfund.org.uk</p>	<p>This offers grants to families with children who have SEN to help make life easier for them. They can provide grants for lots of different things such as washing machines, driving lessons, computers, holidays etc.</p>
<p>The Tendring Furniture Scheme</p> <p>Rocket house</p> <p>43 Stevenson road, Gorse lane industrial estate</p> <p>Clacton on sea</p> <p>CO15 4AX</p> <p>Tel:- 01255 476068</p> <p>Tendring.furniturescheme@virgin.net</p> <p>www.tendringfurniture.org.uk</p>	<p>The Tendring Furniture Scheme provides good quality furniture at discounted/. Low cost to individuals and families in receipt of income based benefit and is open to the general public</p>
<p>V.A.T Exemptions</p> <p>Web Site:- www.directgov.co.uk</p> <p>Tel; - 0845 3020203 – If you can't find the information you need on the website. Lines open 8.00 a.m. – 5.00p.m. Monday to Friday.</p>	<p>If you are disabled you don't have to pay V.A.T. when you buy equipment designed solely for disabled people or which has been adapted for their use. This includes certain services e.g. building work to adapt a home for a disabled person.</p> <p>See HM revenue and customs website for full details</p>

Service Offered	Description of and benefits given
<p>The Natspec directory</p> <p>To request a directory all formats@qac.ac.uk</p> <p>Tel ; - 0121 428505</p> <p>www.natspec.org.uk</p>	<p>It details many independent specialist colleges providing further education for young people with learning difficulties / disabilities who have formed their own membership association.</p> <p>It contains details on the colleges plus guidance on how to make an application</p>
<p>Swan floating Support Service Suite 306 / 307 Wellington House, 90-92 Butt Road, Colchester Essex CO33DA Tel:- 0845 612 2551 www.swan.org.uk</p>	<p>Has a floating support service just for people with learning disabilities. This service helps people to find a place to live and to do things for themselves. You can access this service either by being referred through a social worker, teacher, doctor carer or by calling themselves. They can support you to look at the benefits you are entitled to and form filling. They can help you to learn things such as cooking, shopping etc.</p>
<p>The independent Advocacy Service</p> <p>17 Rosemary Road, Clacton on Sea, CO1251NZ</p> <p>Tel:- 01255 434918 www.independentadvocay.org</p>	<p>A team of advocates who provide support for adults with learning disabilities in the Clacton and Tendring areas. They can help with a range of issues relating to housing, family, finances, relationships, reviews, staffing and complaints.</p>

<p>The Junction</p> <p>The Junction, 78 Maldon Road, Colchester, CO3 3AL Tel:- 01206 579080 enquiries@colchestermind.org www.colchestermind.org/young-people.asp</p>	<p>Support and advocacy for young people in Colchester and Tendring. They have a young person's board that helps to shape the service. Support work with young people who are experiencing emotional / behavioral difficulties and those experiencing emerging mental health problems. Advocacy with young people who feel they need their voice heard in difficult situations to empower them and balance the power between young people and adults.</p>
<p>TCVS Tendring Community Voluntary Service 01255 425612 www.cvstendring.org.uk</p>	<p>Offers information and advice for carers</p>
<p>TV License</p> <p>Web site:- www.tvlicensing.co.uk</p>	<p>If severely sight impaired it is possible to get a TV license concession. The cost would be £72.75 for a colour license and £24.50 for a black and white license. This covers anybody else who lives at the premises'. A form will need to be filled in on line.</p>