



# Shorefields Parent Newsletter

13 October 2023

<https://www.shorefields.essex.sch.uk>

## Dates for your Diary:

19th Oct—Autumn Festival at St. Pauls 10.30—11.30 All welcome

Half term Monday 23—27 October

Return to school Monday 30 October

## Happy Friday Good News—

We hosted the Alex Ball Football Tournament this week with visiting schools taking part. It was a wonderful event and thank you to Emma for organising this

Thank you to Leah for hosting an all day drop in for World Mental Health Day on Tuesday, it was really appreciated.

Leane and Ellie, our home school support workers, held a Coffee Morning in Harwich this week for parents, which was very well attended.

Pier 1—one pupil has been working hard on feeding herself, another is becoming less touch averse. A visit from a specialist teacher for the Visually Impaired for one pupil who indicated 'finished'. All loved music therapy and they have all just planted bulbs for Spring

Sunshine 1—went to Asda safely and most of the children walked

Pier 3—transitioning success this week, cane training has begun for a pupil with some visual impairment and another pupil has calmly faced Orthotics

Sunshine 7—A Morrisons visit demonstrated that one student could independently step off the public bus

Sunshine 3—one pupil is eating toast! A Mental Health Week visit to Weeley Woods where it rained.

Beach 3—visit to Clacton Library and all students did brilliantly—a café visit too!

Beach 1—Asda visit, one pupil choose 5 items from the list and another is checking her schedule brilliantly

Beach 4—one student signing 'sun' and 'spin' copying from a song

Pier 4—Music Therapy was a hit for one student, engaging brilliantly

Sunshine 2—were football stars at the Alex Ball tournament

Beach 5—New student to class has been doing very well at checking the schedule.

Beach 2—coped brilliantly with a change of routine for teacher interviews this week.

Sunshine 4—one pupil engaging well in morning work

Sunshine 5—One pupil independently accessed morning tray work



For Families with Children & Adults with Additional Needs & Disabilities  
Messy fun for all the family, crafts, music, sensory story, sensory messy play

**Saturday 14 October 2023**

**10.30—12.30**

Lunch Included

Venue—Christ Church URC, Carnarvon Road Clacton CO15 6PH

**Open Day**  
19th of October  
2023  
11am to 8pm

**CoCoCare's  
Autumn Open Day**

Come along to our open day event this October, discover our programme of workshops, take a look around our displays and our premises, meet staff and customers. There will be activities running throughout the day and refreshments available.

Those who cannot attend our open day may book an appointment between 16th to 20th of October, between 10am and 5pm for a tour.

Schools/Colleges can also book a class visit within the week of our open day.

[info@cococare.co.uk](mailto:info@cococare.co.uk)  
**01206 912021**

The CoCoCare logo, featuring a stylized 'C' made of two overlapping shapes, one blue and one red, with the word "cococare" in a red, lowercase font to its right.

*Clubs & Activities*

- Saturday football teams
- Saturday Musical Theatre
- Performance opportunities
- Residentials
- School holiday dance workshops
- Weekly pub nights

**PROJECT | 21**  
Activities, clubs and events for people with Down's Syndrome

**CAMBRIDGE  
COLCHESTER  
IPSWICH**

*Get in touch*  
[www.project21uk.com](http://www.project21uk.com)  
[info@project21uk.com](mailto:info@project21uk.com)

**JustGiving**

Icons for Facebook, Twitter, and Instagram.

School Dinners – w/b 16.10.23  
Week 1 of the Autumn Menu.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Meatballs & Pasta	All day breakfast, sausage, egg, bacon & hash brown	Roast pork, sage & onion stuffing, Yorkshire pudding & roast potatoes	Chicken Curry	Omega 3 fish fingers served with chips
Main Meal Option 2	Cheese flan & new potatoes	Vegetarian sausage, egg, hash brown, tomato	Cheesy beans in a Yorkshire pudding, stuffing & roast potatoes	Carbonara	Beef or Chicken burger served with chips
Vegetables	Mixed vegetables	Baked beans	Peas & carrots	Broccoli & sweetcorn	Baked beans
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dessert/ Pudding	Victoria sponge finger	Fresh fruit pots or angel delight	Fruit crumble & custard	Jelly & Ice cream	Shortbread biscuit & mousse



# ACL FAMILY LEARNING

**FREE FAMILY  
EVENT**

**SENDSATIONAL**



**ACL Clacton  
25th October**



**ACL Colchetser  
26th October**



**This Half term come and join in a fun  
Sensory Story and activity session at our  
Centres in Colchester and Clacton.  
Enjoy a shared sensory story and some  
sensational sensory activities**

03330 321 017

[aclessex.com/community-  
family-learnin](https://aclessex.com/community-family-learnin)

**ACL**



Essex County Council



# ACL

## FAMILY LEARNING

**SEND  
PUBERTY & HYGIENE**

**ONLINE COURSE STARTING  
31ST OCTOBER**

**FREE**



**A 2 WEEK COURSE ALL  
ABOUT TACKLING  
PUBERTY AND HYGIENE  
FOR SEND TEENS.**

**BOOK NOW**



Essex County Council

# Essex Autism Project

A newsletter for parents and carers

Website: <https://autismessex.kids.org.uk/>

Email: [autismessex@kids.org.uk](mailto:autismessex@kids.org.uk)

October 2023

## What's new at the Essex Autism Project?

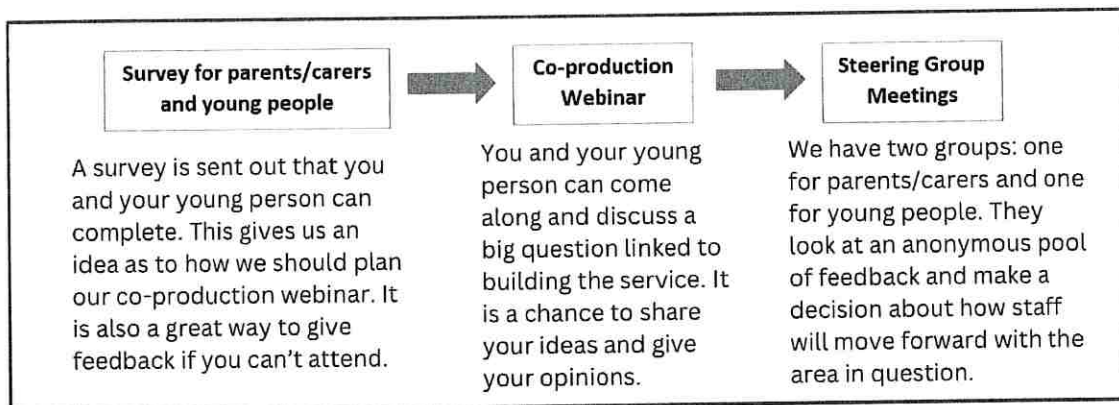
- Monthly update
- Co-producing the website with families
- Which topics have been chosen?
- Videos, animations and interviews
- FAQs

## Monthly update

This month we have begun our co-production webinars and steering group meetings. This is a really exciting step for the service as it means we are now in a position to create content for the new website! We have also been speaking to local organisations who work with autistic people as we want to make sure that the new website contains high-quality information that is relevant to families. Thank you to those of you who have provided us with feedback so far. Please do keep it coming!

## Co-producing the website with families

Co-production is now well under way with families and the Essex Autism Project is really coming to life! Here is a reminder about the way we are doing things:



We have had such fantastic ideas passed on to us so far which we are incredibly grateful for. Families always make suggestions to us that we have not previously considered and this is so important for building a service that truly works for you as a parent/carers. Surveys are sent out a week before each co-production webinar. The next webinar is on:

Fri 20th October

6pm

Website: What should it look like?





# Essex Autism Project

A newsletter for organisations in Essex, Southend and Thurrock

Website: <https://autismessex.kids.org.uk/>

Email: [autismessex@kids.org.uk](mailto:autismessex@kids.org.uk)

October 2023

## What's new at the Essex Autism Project?

- Monthly update
- Update meetings
- Focus areas
- New co-production strategy
- FAQs

## Monthly update

This month we have been focusing on building links with local organisations across Southend, Essex and Thurrock. Thank you to those of you who have signposted people to us. We are seeing an increasing number of professionals who are coming to us via word-of-mouth which is wonderful. We have also started our new co-production strategy which we hope will allow as many families as possible to contribute ideas to the service. Please see below for more information.

## Update Meetings

At present we are meeting a steady stream of professionals who are new to the Essex Autism Project. It is great to have made so many links across Greater Essex and something which will really benefit our families. However, we want to ensure that our existing contacts are kept sufficiently up to date with service developments. If you would like to arrange an update meeting with us, please get in touch.



## Focus areas

The Essex Autism Project is particularly keen to speak to professionals in the following areas:

- Southend
- Thurrock
- Harlow
- Tendring
- Basildon



We are aware that we are currently not reaching as many families as we possibly could in these local authorities and want to make sure this changes. If you are able to support us in making links with families, we would be keen to talk to you. The service has two Essex-based staff, so in-person visits can be arranged if this is preferred to meeting online.

