



SHOREFIELDS SCHOOL DIRECTORY-

USEFUL INFORMATION FOR PARENTS/CARERS

This directory has been put together to offer you the opportunity to access information on places and services that may be of benefit to students or their parents/carers. It crosses age ranges and abilities. We have been as careful as possible to produce this information accurately but if you have any information that means we need to alter this or add to this, then please do let us know.

Please email admin@shorefields.essex.sch.uk.

N.B. We have no affiliation or direct relationship with the providers mentioned, and would always recommend that parents do their own checks first.

Nov 2023

Clubs and activities

SPLASH: Local charity run by the PTA of Shorefields School. SPLASH host charity events such as fun days, fetes, quiz nights and more. They offer the opportunity to join their private hire sessions at local venues such as Colchester Leisure World and Amazing Activities.

<https://www.facebook.com/SPLASHPTA/>

Email: splashgroup@shorefields.essex.sch.uk

Essex Shortbreaks: Action for children fund shortbreaks /activities/holiday clubs for children with an EHCP. Families of disabled children can register with Shortbreaks to access caravan breaks locally, hire of beach huts, and discount cards.

<https://shortbreaks.essex.gov.uk/>

Email: essexshortbreaks@actionforchildren.org.uk

www.facebook.com/short.breaks.clubs.activities.essex

Phone: 07540 919616.

SEND Sensation: Provides information on venue-based clubs and community-based activities with specialist staff and facilities to support children and young people with learning disabilities and autism, physical and sensory impairments, and special educational needs and disabilities.

SEND Sensation call 033 30 50 90 97

Email <https://sendsensation.co.uk/>

Mistley Kids Club: Offers childcare and respite provision for mainstream and SEN children. Forms part of the shortbreaks action for children provision. Based at Furze Hill Village Hall, Shrubland Road, Mistley, CO11 1HS. Tel: 07809176252. Opens school term 3pm- 6.30pm (M-F) and in school holidays 8am-6pm (M-F)

<https://www.mistleykidsclub.co.uk/>

<https://www.facebook.com/MistleyKidsClub/>

Diddi Dance:

Fully inclusive SEN and disabilities dance classes for children aged under 16.

Groups held in Clacton, Colchester, Harwich and Hatfield Peverel.

Contact Charlotte Foxley: 07722605395

Email: charlotte.foxley@diddidance.com

<https://www.diddidance.com/>

Messy Church: Support network for families with children and adults with additional needs and disabilities. Runs monthly at several locations across the Tendring and Colchester area. Locations and information are available on their website.

<https://www.messychurch.org.uk/>

Mersea Island Festival (Essex Outdoors): The camps are ideal for families, inclusive clubs, Phab and Gateway clubs and Youth Groups with disabled young people. Many of our more adventurous activities are for those aged 8 and above but there is plenty for people of all ages to have a go at and enjoy.

<https://www.merseafestival.org.uk/>

01206 383226

Interact: Supporting children and young people in Essex with learning disabilities/ additional needs to have successful journeys towards more independent lives.

Interact provide a young persons activity programme for those between the ages of 8 to 18 years. Social groups run in Tendring and Colchester, Basildon, Southend and Braintree.

Contact: 01245 392053

<https://www.interact.org.uk/>

The Ark Centre (Snap charity): The Ark Family Resource Centre supports families in the Harwich area including children with special needs and also provides outreach in the home.

The Centre offers a pre-school nursery with 20% of children having special needs. They can help with education advice and can provide information for families.

Ark Angels offer trained child sitters for families that feel they need specific help.
Contact: 01255 502063

<https://thearkcentre.wordpress.com/>

Ronnies Way: Ronnie's Way arranges private hire events for families of children and young people with additional needs who may otherwise struggle accessing mainstream activities and events. This hopefully allows families to have an enjoyable experience at venues that can become busy and overwhelming for children with additional needs. Events taking place in Colchester area and across Essex.

<https://www.facebook.com/ronniesway2017/>
ronniesway2017@gmail.com

Playpalz: Soft play centre in Clacton on sea. Indoors, designed for children aged 12 and under. Multiple levels of soft play, slides, balls and a toddler area. Lots of seating and a café.

Mellow Mondayz - Closed to the general public on Mondays between 3.30pm - 6pm (term time only), this session is for children with disabilities and their siblings/friends to enjoy the centre in a quieter calmer setting (no music or flashing lights). Suitable for children aged 13 and under.

28 Telford Rd, Clacton-on-Sea CO15 4LP. Contact: 01255 422255

<https://playpalz.co.uk/>
<https://www.facebook.com/people/PlayPalz-Party-and-Softplay-Centre/100060809631166/>

Go Bananas: Play centre in Colchester offering Autism & SEN friendly play sessions as well as public play and educational sessions. The centre also has special events on throughout the year. Go Bananas is suitable for children aged 0-12 years to play. Adult supervision is required at all times.

Mason Road, Cowdray Centre, Cowdray Avenue, Colchester, Essex, CO1 1BX
Contact: 01206 761762

<https://www.go-bananas.co.uk/>
Email: fun@go-bananas.co.uk
<https://www.facebook.com/GOBANANASCOLCHESTER/>

Rock It Club: A place for people with learning disabilities to experience an evening out at a pub with a disco, raffle and theme nights. Venue- The Crown, High Street, Thorpe. Every Monday 7-9pm.

Contact: 01255 862233.

Email: rockitclub@outlook.com

Gateway Clubs: A local charity that provides social clubs and activities for adults 18+ with Learning Disabilities.

Call Mandy Hudson on 07999278472 9am-6pm Mon- Fri

<https://www.colchestergatewayclubs.org/>

Dedham Therapy Farm: Providing Occupational Therapy with Animal Facilitated Therapy, through meaningful and purposeful activities, in a person centred way. Mill Lane, Dedham, Colchester CO7 6DH (situated at the back of Mill Lane car park). Contact: 01206 322070 <https://www.dedhamtherapyfarm.org/>

Email: <mailto:hello@dedhamtherapyfarm.org.uk>

Firstsite: Offer relaxed screenings, showing films in a sensory friendly and inclusive environment. For each screening, adjustments are made which aim to reduce over-stimulation and create a welcoming atmosphere.

Firstsite, Lewis Gardens, High Street, Colchester, Essex, CO1 1JH

Contact: 01206 713 700

Email: info@firstsite.uk

<https://firstsite.uk/>

Support Groups and Services

EXTRA support for families: Offers help to anyone caring for children in the Tendring area to meet the challenges of parenting. They also run workshops and offer a range of parenting programmes, as well as hosting coffee mornings. Based in Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP.

www.extrasupportforfamilies.co.uk

admin@extrasupportforfamilies.co.uk

01255 475001

The MAZE Group: 12 week specialist parenting programme for parents of children with additional needs (diagnosed or undiagnosed). Refer online or via Home School Support Team (Leane, Lisa or Ellie) in school (Shorefields pupils). MAZE also run drop-in coffee mornings across North Essex.
amanda.towns@themazegroup.co.uk
07809900161

Shorefields Coffee Mornings: Drop-in coffee mornings for anyone who is caring for a child or adult with additional needs. Clacton meets on the 1st Thursday of the month term time. Harwich meets on the 3rd Thursday of the month term time. 9.30-11.30am. Professional guests occasionally.

Action for Family Carers: Provide information, advice, befriending, counselling and respite day care across Essex. AFFC also work with Young Carers and professionals in schools.
www.affc.org.uk
info@affc.org.uk
Facebook – Action for Family Carers
03007708090

Home Start (Colchester, Jaywick, Clacton): Support to help parents access the community with support.
www.homestartcolchester.org.uk
office@homestartcolchester.org.uk
01206854625

Y.E.S - Youth Enquiry Service: Offer ongoing counselling and crisis intervention counselling aimed at helping young people deal with a wide range of life issues.
www.yesyouthenquiryservice.org
info@colchesteryes.org.uk
01255434601

SENDIASS: Provides information, advice and support on telephone or in person for parents and carers of children and young people with SEND up to 25yrs.
send.iass@essex.gov.uk
01245204338

Essex Local Offer (SEND information): An impartial confidential service that provides information, advice and support to parents and carers of children and young people with SEND up to age 25yrs.

send.essex.gov.uk

Community Voluntary Services Tendring: Provide support, advice and information to various groups. They also offer training. E.g., first aid to carers. They run various activities and clubs. Mon- Fri 9-2. 20-22 Rosemary Road, Clacton-On-Sea, CO15 1NZ.

www.cvstendring.org.uk

admin@cvstendring.org.uk

01255425692

SIBS: SIBS Information for children and young people who have a brother or sister who has a disability or a serious long-term condition. A safe useful forum for children to share experiences.

www.sibs.org.uk

Essex Carers Support: A local charity that provides practical help, support and advice for family carers who are looking after someone in Essex. This includes benefits advice, facilitation and support regarding respite. Located at Imperial House, Rosemary Road, Clacton-On-Sea, CO15 1NZ

www.essexcarerssupport.org.uk

admin@essexcarerssupport.org.uk

01255474410

SUMMIT (Tendring Mental Health Support): Provide an advocacy service for people with emotional difficulties and mental health problems in Colchester and Tendring.

www.summitservices.org.uk

01255429778

CAHMS: To support any young person (age 0-25) with emotional wellbeing or mental health problems. Run an out of hours crisis support service.

www.nelft.nhs.uk/set-camhs

set-camhs.referrals@nelft.nhs.uk

08009530222

SWAN – Syndrome Without a Name: Syndrome without a name Support network available for families of children and young adults with undiagnosed genetic conditions in the UK.

www.undiagnosed.org.uk

Facebook – SWANUK

03001240441

Contact-a-family - Understand that life with a disabled child brings unique challenges, and exist to help families feel valued, supported, confident and informed. They offer support to families with the best possible guidance and information. They try to bring families together to support each other. Offer a 'listening ear' service, 1-1 telephone appointments for parents/carers in need of emotional support. Contact: 08088083555

www.contact.org.uk

Facebook – Contact: For families with disabled children

Autism Connect: Their mission is to help the millions of parents whose children are diagnosed with ASD to build a better life their children. To empower them by providing them easy access to a community of parents, professionals, and resources.

www.autismconnect.org.uk

Cerebra: Help parents and others regarding the well-being of a child that has a condition affecting the brain.

www.cerebra.org.uk

enquiries@cerebra.org.uk

The Challenging Behaviour Foundation: Support people caring for those with SLD who are described as having challenging behaviour. Provide information and support to parents, carers and professionals caring for individuals.

General Information: 01634838739

Family Support: 03006660126

www.challengingbehaviour.org.uk

info@thecbf.org.uk
support@thecbf.org.uk

Families In Focus: Support families of children with disabilities and SEN throughout Essex. Run activity clubs, sibling support groups, family events and drop-ins. Can also help with disability benefits.

www.familiesinfocusessex.org.uk
helpline@fifessex.org.uk

01245353575

Autism Anglia: Provide specialist service for children, young people, and adults with ASD. They have their own homes for adults, specialist school (Doucecroft) and their own diagnostic services. Autism Anglia also offer a free downloadable Autism Passport for individuals.

www.autism-anglia.org.uk

01206577678

Carers First Essex: It is estimated there are over 145,000 people in Essex providing care for a relative or friend. Carers do an amazing job and have the right to be supported. You do not have to wait until you are struggling or there is a crisis before you ask for support. The earlier you get help, the more difference it can make. Find out what support they provide in Essex by visiting their Services pages or contact us to talk about your caring situation.

www.carersfirst.org.uk/essex
hello@carersfirst.org.uk

03003031555

Bespoke Therapy and Counselling: Bespoke Therapies work in the sphere of Therapeutic Interventions, Health & Social Care, Teaching & Training, Sensory Attachment Regulation & Co-Regulatory Programmes, Social Work, Family Support & Therapies. Bespoke Therapies offers a service that can be accessed directly through booking an assessment session with one of our Practitioners. Services can also be commissioned by the Local Authority, Voluntary Organisations, and the Private Sector. Based in Harwich and Frinton.

www.bespoke-prac.com

01255317360

Family Spirit – Emotional Wellbeing Practitioner (Rosie Hatt): Private Practitioner with specialties in children with additional/complex needs. Based in Frinton.

familyspirit777@gmail.com

07542914879

SNAP: SNAP is an Essex charity for families with children and young people who have any additional need or disability. SNAP's aims are to inform, encourage and support parents and carers so that they can grow in strength and knowledge and become better equipped to give the best possible help to their children.

info@snapcharity.org

familyteam@snapcharity.org

01277211300

Sensory Information

Jumpstart: The Jump Start Centre is a therapy centre based in Essex that aims to provide high quality, multidimensional sensory integration, sensory attachment and psychological assessments and treatment to children, young people and their families.

www.jumpstartcentre.co.uk

07885732489

Aspire Therapy: Aspire Therapy is based in North Essex and covers Essex and Suffolk. Amy is a state registered Occupational Therapist with 16 years' experience working in both health and social care settings, most recently in a paediatric setting. She is passionate about supporting people to gain and maintain independence and quality of life. Amy has experience of assessing for specialist equipment and housing adaptations for adults and children.

www.aspireot.com

amyjcarey@yahoo.com

Brainwave Children's Charity: Brainwave is a charity that exists to help children with disabilities and additional needs to achieve greater independence by aiming to improve mobility, communication skills and learning potential through a range of specialist therapies.

www.brainwave.org.uk

01376505290

Continence

Charmaine Champ: Providing Starter packages and Direct Solution consultancy packages, training, published book support to families, carers, professionals, charities and organisations. Working with all children including children with autism and complex needs.

charmaine_champ@hotmail.co.uk

ERIC: Online educational resources for improving childhood continence. Expertly written guides to help with children's bowel and bladder problems. Resources are based on the latest clinical research and recommendations.

www.eric.org.uk

08081699949

Sports/Exercise

Colchester United FC: Our pan-disability football sessions will run throughout termtime and are aimed at all differing impairments. The programme will take place on our state-of-the-art 3G pitch and offer the opportunity to participate in exciting and engaging practices. As well as developing skills within football, the programme will also help improve social skills and confidence. The aim of our programme is to create an enjoyable and safe environment for everybody to enjoy sport. During this programme, we will look to develop sporting skills, as well as social skills and confidence.

[Disability - Colchester United \(cu-fc.com\)](http://cu-fc.com)

01206572378

Disability4Sport: Disability4Sport offers Something4Everyone through our inclusive activities that promote a level playing field and positive experiences for disabled people. Our aim is to engage individuals and families to #FeelAble to access healthy activities, to #GetReady to live an active life, and to #BePositive about connecting with the wider community. We work with local communities, schools, charities, local government and NHS to help everyone understand the challenges and barriers faced by disabled children and adults.

www.disability4sport.co.uk

01206619631

Colchester Phoenix Swim Club: Offers support and help 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.

www.colchesterphoenixasc.org.uk

Bounceability: A trampoline club for adults and children with any disability or special need. Based in Colchester.

bounceability@hotmail.com

01206240510

Jump Street Colchester: Offer dedicated SEN sessions with a calmer environment and limited numbers. Monday's 6-7pm.

www.jumpstreet.co.uk/trampoline-park-colchester/sessions/support-sessions

03302233333

Discount Cards and Schemes

Bus Pass for Disabled Person: Available for those who cannot use a public bus without the assistance of a carer/companion. Apply via Essex County Council.

03452000388

CEA cinema card: The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. One off cost of £6 - valid for 3 years. Apply online or by post.

www.ceacard.co.uk

Shortbreaks Tickets: You can enjoy free days out at some of the most popular attractions in Essex with Short Break Tickets. A Short Break Ticket admits one child or young person (up to the day before their 19th birthday) with a disability and an accompanying adult free of charge. Must be registered with Shortbreaks to apply.

www.shortbreaks.essex.gov.uk/applications-and-bookings/max-cards-and-tickets/

Max Card: Max Cards allow families to visit over 1,100 attractions at a free or discounted rate. They are available for children and young people with special educational needs and disabilities aged up to the age of 25. The card is the property of the registered child or young person. To use the discount, the child must be present.

www.mymaxcard.co.uk

ELAN Library Card: Allows the card holder to get an exemption from some library charges such as CD's and DVDs, as long as the user benefits from them. Proof of severe learning disability required. Apply via local library.

Charities:

SPLASH: Local charity ran by the PTA of Shorefields School. Hold many events including exclusive hire of local attractions. Find via Facebook.

www.facebook.com/SPLASHPTA/

Ronnie's Way: Essex based charity. Arrange private hire events for children with special needs and their families. Find via Facebook.

www.facebook.com/ronniesway2017/

Motability: Help provide disabled people with safe, reliable and affordable cars including Wheelchair Accessible Vehicles (WAV). Disabled person must be in receipt of high-rate DLA or PIP.

www.motability.co.uk

Colchester Catalyst Charity: Colchester Catalyst Charity seeks to help caring groups that provide services to people with medical conditions or disabilities living in the CO post code. While it is our intention to provide support where it will benefit the greatest number of people, selective help is given to individuals where needed. This help is usually in the form of specialised equipment or respite care.

www.colchestercatalyst.co.uk

info@colchestercatalyst.co.uk

Newlife: Every day, Newlife is changing the lives of disabled and terminally ill children across the UK. They offer a lifeline for families, providing life-changing and life-saving specialist equipment when and where it is needed.

www.newlifecharity.co.uk

08009020095

Coram: Changes lives, laws and systems for to create better chances for children, now and forever. Offer free legal advice for parents, carers, and children in all matters of family, child and education law.

www.coram.org.uk

02075200300

Listening Books: An audiobook lending charity for those that find their illness, mental health, physical or learning disability affects their ability to read the printed word or hold a book. Costs between £20-£45 per year.

www.listening-books.org.uk

02074079417

Family Fund: Offers grants to families raising disabled or seriously ill children on a low income.

www.familyfund.org.uk

01904550055

Make-A-Wish Foundation: Life changing wishes for children with critical and life shortening illnesses. One wish per child.

www.make-a-wish.org.uk

01267405060

Cauldwell Children: Aims to change the futures of all disabled children by providing access to the services, equipment, therapies and treatments they need.

www.cauldwellchildren.com

charity@cauldwellchildren.com

03453001348

01782433730

SIBS: UK charity for brothers and sisters of disabled children and adults.

www.sibs.org.uk

Sponsor a Sibling: Provide relief for siblings of children with life limiting or life-threatening conditions as well as bereaved siblings. Provide in particular, but not exclusively, a gift that will boost morale, offer support and encouragement, act as a keepsake or a deserved holiday.

www.sponsorasibling.org

laura@sponsorasibling.org

There are many more charities out there, please feel free to contact the Home School Support Team for more information.

Other helpful information

Radar Keys: Radar Keys allow access to disabled toilets and some Changing Places facilities across the UK. These can be obtained online or via the council at the Town Hall. Small cost.

Tough Furniture: Specialize in designing and manufacturing furniture to suit environments where challenging behaviour may be a problem.

www.toughfurniture.com

sales@toughfurniture.com

01588674340

Crelling Harnesses: Crelling supply seatbelts, car/travel harnesses and reins with special needs.

www.crelling.com

Tendring Furniture Scheme: Provide good quality furniture at discounted prices for individuals and families in receipt of income-based benefits. Find on Facebook.
01255476068

Tendring Hygiene Project: A non-profit organisation run by volunteers who collect new and unused toiletries and hygiene products and redistribute to families in Tendring. Find on Facebook.

The Uniform Bank: Provide pre-loved school uniform for local families free of charge. Find on Facebook.

