

SHOREFIELDS SPECIAL NEEDS SCHOOL



MOVING ON AND TRANSITION DIRECTORY

Contact information

Peter Norfolk – Careers leader

Email: petern@shorefields.essex.sch.uk

Telephone: 01255 424412

As a school we strive to offer impartial advice and guidance which aims to support young people and their families to find the most suitable and fulfilling post 19 placements. We do not endorse any of the following facilities or services and remain objective in our mission to support each individual in the best way for them. We acknowledge that this is not a complete directory of all the services available and suggest that families do their own research alongside the support and information we offer.

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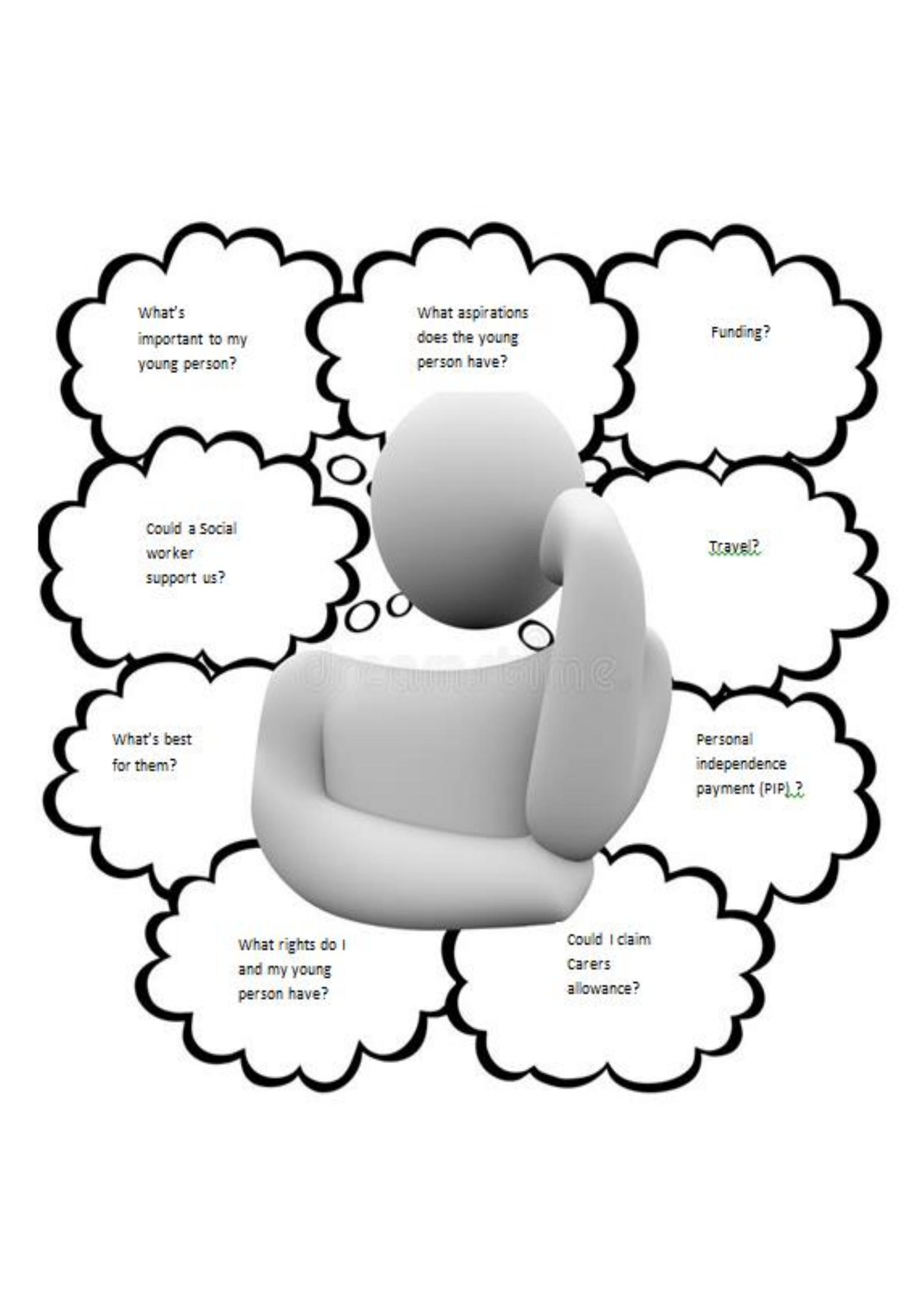
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What's important to my young person?

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Personal independence payment (PIP)?

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Could I claim Carers allowance?

Day services



Here at **Hawk Farm**, we offer a wide range of facilities and activities that can be tailored to your visit, creating a bespoke stay depending on our activity schedule for the dates chosen.

There are also several standard packages to choose from when looking to reside here at Hawk Farm, whether that be for a night a weekend or even a week.

Here you will discover a gallery brochure that will give you an insight into what to expect during your getaway from luxury accommodation to fun and exciting events and days out before returning to have some chill time in our games room or enjoying an evening walk through our idyllic grounds.

Our aim is to ensure each valued guest experiences the highest level of service & support and that this is delivered on 24-hour basis 7 days a week.

Our resort is set in 70 acres of ground with beautiful scenery that already provides an existing successful day experience, whereby all young adults with learning disabilities can attend and take part in caring for our small and large animals on site; such as horses, goats, pigs, rabbits, chickens, reptiles, fish in our lake and many more.

We will soon be available to take appointments for guests to come and look around our resort and meet the team.

If you would be interested in coming to see what we are all about then please do not hesitate in

Email: info@HawkFarmResort.co.uk Telephone: 07391 079312

Hawk Farm, Hawk Lane, Weeley, Essex, CO16 9AF. Website : <https://hawkfarmresort.co.uk/>



Sailship offers unique supported training and learning and is a place to gain work skills, train towards employment/volunteering, learn new life skills, de-stress, improve mental health and wellbeing, recover/rehabilitate and take part in therapeutic sessions in a safe and enjoyable environment where you can be certain of excellence in teaching, training and care. We will explore your individual choices and needs and help you build your confidence and self-esteem. We want you to tell us what you want from your experience and we will support you to achieve your goals.

Phone: 07875 639188 Email: info@sailship.org.uk Website: <https://www.sailship.org.uk/>

Site Address: Sailship TLL, RGAT Allotment Site, Fairclough Avenue, Clacton-on-Sea , CO16 7EG



Willow Park is a unique vibrant facility offering a creative alternative learning environment and social network for people with learning disabilities, physical and or sensory impairment.

Willow Park very much adopts a 'person centered approach' allowing flexibility to change activities to suit personal needs and preferences. Our Activities Manager works hard with our Activity Facilitators to create a fun and meaningful workshop to promote creativity and independence.

Workshops are tailor made to ensure individuals can be set realist goals, encouraging stimulation and a sense of achievement, whilst ensuring fun is had along the way!

Independence is key and building confidence to achieve independence and succeed is something that Willow Park feel strongly about. Inspiring the service users to believe in themselves and their ability to obtain their goals

Reception: 01255 258 891 **Email** reception@willowparkresourcecentre.co.uk

Tuctaway, Oaktree Drive, Clacton Essex CO15 2DN



At present, **Coco Care** offer a choice of between three and six workshops per day. We have specialised sessions that people can sign up to, which concentrate on the 5 different areas that CoCoCare support. Namely: Monday - Sports Adventure, Tuesday - Employability, Wednesday - Performing Arts, Thursday - Personal and Social Development, Friday - CoCoCreatives. In addition to our specialist programmes, we still provide a varied range of activities and leisure days that incorporate all of these areas and are designed around the group, meaning there will always be lots on offer to interest and develop everyone!

Phone: 01206 912021 E-mail: beth@cococare.co.uk Website: <https://cococare.co.uk/>

CoCoCare Ltd. Milestone (old church), 2 London Road, Lexden, Colchester, Essex, CO3 4DE



The Level Best Art Café provides people with a learning disability a range of opportunities to gain purposeful work experience and training together. The training revolves around four projects based at the Café or on our nearby allotment:

Dacon Bake - Catering and running of the Café

Seasonal produce - Making Jams, Chutneys, fruit cordials and various gifts for special occasions

Horticulture - To help grow our own produce on our allotment and working with the rangers in Castle Park.

ArtCo - Art and design and the running of our art gallery

You can watch a short introductory video on our you tube channel

<https://www.youtube.com/watch?v=gYVksCJaWCs> Website: <http://www.dacontrust.co.uk/>



We are a highly trained, family run facility. With our skilled, experienced care staff we give encouragement and support to working age adults in an exciting format to enable them to push themselves further than they have before, with a choice of 2 morning activities every day and full input into where we access the community. The day service provides reassurance and dependability to our families.

The working farm group is designed to feel like a work placement. Our service users are working through outcomes to ensure they become knowledgeable and confident both working with animals and maintaining the farming environment. We provide dedicated staff, modern transport and a purpose built farmhouse. Everything you need to feel reassured and safe both in the farmhouse and whilst accessing the community.

Tel: 07510 055378 Email: info@yarraservices.co.uk Website: <https://yarraservices.co.uk/>

Yarra Services, Stanway Green, Heath Road, Colchester, CO3 0RA



At **The Grove** which is part of the voyage care group we provide support to people with learning disabilities and associated needs. We can support individuals from the age of 17 and above. We are able to offer the level and amount of support you

need, whether this is as part of a group, on a 1-1 basis or 2-1 if required. Our fundamental aim is to meet and support your needs exactly, whilst ensuring you have a meaningful fun-filled day. There are numerous opportunities at The Grove where you can socialise, take part in a range of creative activities, build self-confidence, develop new skills, and build and maintain positive mental and physical agility. Based in Holland -on-Sea.

Website: <https://www.voyagecare.com/service/grove-resource-centre/> Tel: 01255 813840



At **Bright Lives** we aim to provide engagement through a wide choice of enjoyable activities. These are personalised to meet the desired outcomes of the individual and available at different times of the day to meet your requirements. We will

also be able to create your own individual "learning style by developing person centred training plans". We practice current skills and explore new and emerging skills within the workshops. We encourage time to relax and chat with friends as part of the structured day, as social contact is very important for forming and maintaining relationships with friends and colleagues. We are dedicated to providing you with the best quality of care whilst maintaining the focus on supporting you to achieve your personal development goals. Bright Lives offers a caring and safe environment with a high ratio of trained, qualified and experienced staff offering a person centred service where people are motivated to progress in a structured progressive way.

Email: enquiries@brightlives.org.uk Tel: 01206 615165 Website: <http://www.brightlives.org.uk/>

Charter House, 117 Greenstead Road, Colchester, CO1 2ST



Person-centred care

ECL Clacton ensures that your support needs are met in a personalised and flexible way so that you can live as independently as possible in your local community. We're here to help you have the choice and control to enjoy living life the way you choose.

Support programmes are tailored to your individual needs and personal goals. Our Trusted Assessors will help you to develop your own plan when you begin with ECL and our care team will support you step by step throughout the journey to follow that plan and reach your goals.

Vocational Work-Based Training

Here we offer vocational work-based training as an option to help build your knowledge, skills and confidence. Supported by our friendly care team, we'll help you gain valuable work-based experience that will give you opportunity for paid employment in the future.

Within the centre we have ECL Gardening - Clacton and ECL Cafe - Clacton, two fully functioning enterprises which teach skills within catering, cookery, horticulture and gardening.

Your experience with our work-based training services will start by meeting one of our Trusted Assessors who will support you to set goals for the future. We'll work with you on this and help develop a programme to get you there.

As you progress through our programme you'll be gaining new skills and working towards your hopes for the future.

Tel:03330 135 438 Email: ECL.ContactCentre@essexcares.org Website: <https://www.ecl.org/clacton>

Little Clacton, Harwich Road, Clacton-On-Sea, Essex, CO16 9ND

ECL- Woodlands Well-being Opportunity Hub.

Woodlands Wellbeing Hub, is an inspiring service that gives adults with a learning disability the skills and experience to enable them to live a fulfilled life and be a part of inclusive employment. With hands on training and advice, our team works alongside customers to help them gain all aspects of working whether this be in a café, horticulture, retail and much more depending on what the individual wants to achieve. We have an in house inclusive employment team that we work closely with to ensure the best outcomes for everyone. Woodlands will also ensure that customers gain independent living skills such as cooking, cleaning and maintaining a healthy life style with fun filled sessions.

Tel:03330 135 438 Email: ECL.ContactCentre@essexcares.org Website: www.ecl.org/colchester

Recreation Rd, Colchester CO1 2HJ



The Jigsaw Centre is a day opportunity centre for adults (18+) with Autistic Spectrum Conditions. We are part of a larger charity called Autism Anglia and based in Colchester.

We offer a larger range of activities within our five different departments. These include **Horticulture** at our offsite allotments. **Social and creative studies**, which enables individuals to express themselves creatively, whilst learning important social and employment skills. **Art and Textiles**, which offers a wide range of artistic approaches and mediums, to suit the individual. **Life skills**, which enables individuals to learn important skills ranging from literacy and numeracy to cookery and domestic skills. And finally, **Music**, movement and wellbeing, which includes fitness and sports in our gym, outdoor activities, Sensory sessions, music in our bespoke music suite and wellbeing to focus on IT, independent living and social skills. All our sessions are completely person-centred to suit the individual's needs and focus on promoting personal choice, social skills, and independence. Our sessions are instructor led on a 2:1 basis, unless a 1:1 is required.

Telephone: 01206 561877 Website: <https://www.autism-anglia.org.uk/contact-jigsaw>

Email: jigsaw@autism-anglia.org.uk Jigsaw Centre, 227 Gosbecks Road, Colchester, Essex, CO2 9JT



Ferriers Barn is located on the outskirts of Bures and has been running since 1974 as a day centre for people with disabilities. The Barn has developed as an arts and crafts centre where the Members (that is, those who attend) are taught and their families and carers are provided with essential respite. Activities undertaken there include woodworking, painting, gardening, mosaics and more general arts and crafts. Equally important to the Members is the relaxed and friendly environment the Barn offers, so allowing them to develop their skills in a supportive and sociable atmosphere. A two course hot meal is provided every day.

Website: <http://www.ferriersbarn.com/> Tel: 01787 227515 Email: ferriersbarn@timetalk.co.uk



Penny Meadow has a friendly family atmosphere and a caring environment where young people feel safe and secure and where every individual's needs are met. With a high ratio of qualified, experienced and enthusiastic staff we can provide a person-centred service where our young people are motivated to progress in a structured yet enjoyable way. We focus on practical, creative, employability and socialization skills enabling young adults to gain self-confidence and self-esteem while acquiring new skills and greater independence.

Email address: Pennymeadowcentre@gmail.com Phone number: 01206 616164

Penny Meadow Centre, 67 London Road, Marks Tey, Colchester, CO6 1EB



The Healthier Independent Longer Lives (HILL) lottery funded project works with local residents living in Clacton, Walton, Harwich and Jaywick. Our community development team will talk to local residents and find out how they feel about their community, what services they access and what is missing. Activities and services will then be established to respond to need and volunteers from the local community will be trained and supported to set up new projects and ensure that they continue.

Tel: 01255 425692 Email: admin@cvstendring.org.uk Website: www.cvstendring.org.uk

20-22 Rosemary Road, Clacton on Sea, Essex, CO15 1NZ



Welcome to **The Firs** is an independent care home and day-care centre providing exceptional levels of care for younger adults (18-65) with learning difficulties and physical disabilities. In the heart of the Essex countryside, our extensively renovated eight-bedroomed property sits in an acre of grounds and is easily accessible from the coastal areas surrounding Clacton-on-Sea and the main town of Colchester.

Our family-oriented living space offers purpose-built accommodation for eight residents, lots of recreational and 'quiet' areas and access to a wide range of learning, therapeutic and leisure facilities such as a petting farm, sensory garden, growing area, ball pool, spa and sensory room.

Tel: 01255 862 617 Email: info@thefirsessex.co.uk Website: www.thefirsessex.co.uk

Thorpe Road Kirby Cross ,Frinton on Sea, Essex, CO13 ONJ



At **Wellies-On**, we believe that time spent outside in green spaces and work with animals is critical for our wellbeing. We facilitate time spent in this environment to allow individuals to grow in self-awareness and confidence, not just in physical tasks but in social interaction and life skills.

Using models from occupational therapy helps us to structure our reasoning for individuals and groups to identify key areas for development, and then use activities around the farm to progress these goals in positive ways with the work that we do together.

We are passionate about community engagement and seek to share our experiences at the farm in all that we do, involving our network of visitors, co-farmers and staff in the lives of our animals and projects, new and old.

We aim to create a culture where 'doing' works towards wellbeing, not just for the lives of the people we work with, but for each other, for the animals we care for and learn from, and in the protection of the green spaces we share."

Tel: 01206 735453 Email: ellie@wellieson.com Website: <http://www.wellieson.com/>

Mersea Road, Abberton, Colchester, Essex, CO5 7LG



Acorn Villages care philosophy is people first, disability second with 'Life is For Living' being our motto. Every individual, whatever their disability is we encouraged them to follow their dreams and they are supported to be as independent as physically possible.

Our *Creative Craft Centre* opened in 2014 and runs workshops by highly trained and skilled staff in a fun relaxed environment. All of our workshops are person centred and designed to meet individual outcomes. We encourage self-expression and creativity. Workshops that we offer include art, textiles, media studies, basic animal care, one to one and group gardening. All of our workshops are fun, relaxed and encourage social interaction while building self-confidence and independence. The *Creative Craft Centre* is very much the hub of life at Acorn Village; we hope to see you soon!

Tel : 01206 394124 Email: info@acornvillages.com Website: www.acornvillages.com

Clacton Road, Mistley, Manningtree, Essex,, CO11 2NJ



We are a Care Service for All - Specialists in Autism. We work with anyone with an "extra need" 8 years and upwards. We support people to access the community (activities away from the family home to give parents a carer's break), help people to access education in the form of our Alternative Education Centre, KTM

Community Hub Day provision and offer overnight respite in KTM's caravan at Clacton. We help families to setup 24hr supported living setups, looking at homes for life.

The holistic approach we use is so important to our people, working with everyone in a transparent way ensures that we can support and nurture people correctly, creating independence!

We now have a new Day provision! We are working with people with "a need" to learn independent living skills, how to socialise, get fit and healthy at the same time. We have a minibus so are able to pick up / drop off if that's required (although we will be incorporating travel training into the sessions) and are based at Feering, Colchester. We are able to support people from Braintree, Chelmsford, Colchester and Clacton.

Head Office: 01376 571152 Mobile: 07926 524072, Email: info@ktmcare.co.uk Website: www.ktmcare.co.uk/

Media House, 3 Threshelfords Business Park, Inworth Road, Feering, Essex, CO5 9SE



We provide a tailored service for each individual need. When designing your care plan, we will work with you and your family / carers to understand your needs, and to develop a programme to support your to achieve your goals. Our staff will learn all about the things that you like, the things you don't and the things you would like to try.

We offer support both at Jenny's and in the community. We work hard to support you to access the activities you choose (maybe you like swimming or horse riding) and our staff know where all the best places are to visit. At Jenny's we offer cookery sessions as well as things like music and movement sessions. These are just some of the things we get up to - check out our photo gallery to find out more. Or contact us to arrange your free taster day.

Tel: 01255 220086 Email: info@jennys.org Website: www.jennys.org

220 St. John's Road, Clacton-on-Sea, CO16 8DE



**Bluebird
Resource
Centre**

We provide a day care service for adults with physical or sensory difficulties and learning needs. Our aim is to provide our service users with a stimulating environment to achieve the independent living and life skills they require to reach their fullest potential.

We also provide overnight weekend respite care for service users who do not require any personal care. We will do everything possible to respect the rights of our service users, particularly by observing the values of privacy, dignity, independence, choice and achievement, whilst ensuring that the freedom of rights is limited only by the rights of others.

Tel: 07983109161 Email: BluebirdRC@hotmail.com Website: www.bluebirdresourcecentre.co.uk

44 Park Square West, Clacton-On-Sea, Essex, CO15 2NT

Further education opportunities



We offer lots of courses to help you be more creative, support you with your health and wellbeing and social skills. We will help you set and achieve individual goals. We have a range of courses designed for all learners including; creative craft, sensory, sports and wellbeing. Some of these courses may help you move into qualification courses or courses within the mainstream curriculum. You will need to pay for these courses.

If you want to work towards voluntary or paid employment you may join one of our Employability programmes of study. These courses may be free if you meet the criteria.

Tel: 0345 603 7635 Email: Lifelong.Learning@essex.gov.uk Website: <https://aclessex.com/supported-learning/>

St Osyth Rd, Clacton-on-Sea CO15 3BN



Our Foundation Studies and Supported Learning courses are delivered by tutors with a wealth of experience and their professional expertise is valued by our students.

The supportive learning environment and well-equipped classrooms allow students to develop their social, personal and practical skills. Enrichment activities aim to make learning fun and meaningful, and can take place in a variety of teaching spaces including the TV studio and training kitchens. With such a diverse range of subjects to choose from, Foundation Studies programmes offer learners the opportunity to develop skills and knowledge, at whatever stage you are in life, to make your learning experience relevant and significant. There is provision for both 15-19 year old students and adults.

Our STEPS programmes focus on helping young people with individual learning needs to make a successful transition to Further Education, adult life and the world of work. A student's starting point on STEPS is informed by their learning and progression goals, and assessment of support needs. The curriculum offer extends from Entry level to Level 1 and includes a wide range of exciting subjects.

Tel: 01206 712 000 Website: www.colchester.ac.uk/courses/areas-of-study/foundation-studies/

Colchester Campus, Sheepen Road, Colchester, CO3 3LL



Suffolk New College- Suffolk Rural (Otley) has a specialised provision for those students who have more complex learning difficulties. Students on this provision have the opportunity of a curriculum that is bespoke and tailored to meet their individual needs. A flexible and varied curriculum means students will get to try lots of different learning opportunities.

Students on this provision have 1:1 or 1:2 support needs. This allows us to provide high levels of support throughout their timetable. We have various areas students can access whilst on this provision that ensure they actively take part in meaningful learning and we can show real progress through these activities. We use the TEACCH approach throughout this provision that provides a framework and structure to students day and learning. A thorough transition package is offered for students applying for this provision that links to an effective induction programme. This is then followed by comprehensive tracking that records progress at all times of the year. Regular assessments are carried out to ensure students are making good progress throughout their time on the course.

Tel: 01473 382200 Website: www.suffolk.ac.uk/courses/future-choices-1 Charity Lane, Otley Suffolk, IP6 9EY



Market Field
College

Market Field College, as part of the Market Field Learning Community Academy Trust, provides education for a range of students with moderate learning difficulties, including those with autistic spectrum needs, between the ages of 16 - 19.

The College offers a range of Foundation and Vocational Learning courses and provides, in a safe, structured yet stimulating environment, opportunities for students to develop independence and skills in order to become a fully integrated member of their community.

We aim to offer our students a continuing education which is individualised and appropriately matched to their learning needs. We wish to enable young people to develop the confidence and skills they need to move on to the next phase of their lives, whether it is to further education and training, employment or to work towards a happy, healthy and independent life.

Tel: 01255 736 020 Email: admin@marketfield.essex.sch.uk Website: www.marketfieldcollege.co.uk

Tendering Education Centre, Jaywick Lane, Clacton on Sea, CO16 8BE



Abberton Rural Training is an award-winning Registered Education Provider delivering skills around Land Based Studies, Horticulture, Woodlands, Construction, Carpentry and Textiles. We offer an accessible course including level 1 qualifications to young people & adults with additional needs & disabilities who would enjoy working outside in an ornamental & growing garden, incorporating therapeutic, sensory activities & projects within a garden setting.

Positive friendships can be made and confidence can grow, working towards achievable and progressive outcomes alongside specific and individual learning needs. Our trained staff & tutors, as well as having extra support available, will help all succeed in a safe & calm environment. Our students learn new skills and coping strategies to complete tasks & overcome challenges. We welcome students of all abilities to the Wormingford garden, encouraging taking ownership of plots & participating in future Horticulture shows & events.

Tel: 01245 975777 Email: info@abbertonruraltraining.org Website:

<https://abbertonruraltraining.org/>

Wormingford: The Old St. Andrews Primary School, Church Road, Wormingford, Colchester, CO6 3AZ



Community College Initiative (CCI) supports young adults with complex needs to access Specialist Further Education by delivering individually tailored and designed courses, incorporating specialist support and guidance.

CCI programmes are delivered within a wide range of settings, from Students' homes, work placements, social activities, and leisure based settings and with additional education providers as required.

All programmes are designed to identify and prompt meaningful skills management and development for supporting individuals' vocational pathways. CCI Tutors work closely with students to include personal preferences and choices. Individualised and unique programmes can often demonstrate a wide range of diverse activities, from fishing, sports and computers, to farming, cooking, welding and forestry.

Tel: 01245 204075 Email: mail@cci.education Website: <http://cci.education/about-cci/>

Unit 36, Waterhouse Business Centre, Cromar Way, Chelmsford. Essex CM1 2QE

Work related learning, support and advice services



Our vision at **Nova training** is through a socially inclusive approach we will stimulate demand for learning from employers, young people and adults; improve literacy, numeracy, language and ICT skills so that individuals have the skills for employment and further skill development. The core aim at Nova is a City and Guilds Employability certificate, preparing young people for life in the workplace. The Clacton centre has 4 large training suites equipped with ICT, plasma screens and interactive white boards. Learners have individualised targets and work placement opportunities, and also

participate in Youth Social Action projects.

Tel: 01255 427785 Email: Jane.Wistowsky@novatraining.co.uk Website: <https://novatraining.co.uk/>

30 Oxford Road, Clacton on Sea, Essex, CO15 3TB



Jobcentre Plus is a government-funded employment agency and social security office that can be found in most cities, whose aim it is to help people of working age find employment in the UK. It was formed when the Employment Service merged with the Benefits Agency and was renamed Jobcentre Plus in 2002. It is a part of the Department for Work and Pensions (DWP).

Jobcentre Plus provides resources to enable job-searchers to find work, through Jobpoints (touch-screen computer terminals), Jobseeker Direct (telephone service) and the Jobcentre Plus website. They offer information about training opportunities for the chronically unemployed. They administer claims for benefits such as Income Support, Incapacity Benefit, and Jobseeker's Allowance (currently being phased out in favour of Universal Credit). Locally there are centres in Clacton, Harwich and Colchester.

Tel: 0800 169 0190 Website: www.gov.uk/contact-jobcentre-plus

Clacton Job Centre: 55 Station Rd, Clacton-on-Sea CO15 1RS

REALISE FUTURES

A company operating across Suffolk and Essex combining commercial trade of products and services alongside work placements, employment and training opportunities. The primary aim of the business is to improve and promote the economic and social wellbeing of those who are disadvantaged and/or disabled. The company is organised in three divisions, Learning and Development, Employment and RF Works (six distinct social businesses). Together they provide professional and tailored opportunities that support people to realise their potential. We are one of the largest social enterprises in the East of England, employing around 290 people, 41% of whom have a disability.

Colchester office Tel: 01206 752177 Email: info@realisefutures.org Website: www.realisefutures.org

Office 11, Space Maker, 572 Ipswich Road, Colchester, Essex, CO4 9HB.



Mencap's employment services support people with a learning disability to develop the skills and confidence needed to get a job. We offer three programmes which help to achieve this goal: supported internships, traineeships and apprenticeships. If you are a person with a learning disability looking for work, or an employer interested in working with people with a learning disability, we can help. Mencap's employment services support people with a learning disability to develop the skills and confidence needed to get a job.

Tel: 0808 808 1111 Website: www.mencap.org.uk/advice-and-support/employment-services



**Ready
Willing
& Able**

Ready, Willing and Able is our supported employment programme for people with learning disabilities and people who are autistic. We support people who are looking to move into work, develop their career, realise their ambitions and reach their full potential. At the heart of Ready, Willing and Able is inclusion, with the person always at the centre of the programme. We have over 220 years of experience supporting people with learning disabilities, autistic people and people with sight loss to achieve extraordinary things, and our Ready, Willing and Able programme now enables participants to realise their ambitions around paid employment. It also gives employers the opportunity to recruit enthusiastic and talented individuals who will become valued employees.

Phone: 01372 755 000 Email: enquiries@seeability.org Website: www.seeability.org/supported-employment

Leisure options



In association with **Active Essex**, **Healthy 4 Life** Clacton offer a FA Charter Standard Football club that enables adults with learning disabilities to access football. We run both men's and women's teams. Get in touch for more details, or come down and give it a go! If you're struggling to find motivation to take the next steps in becoming more active,

Location: Astro turf pitch Clacton Leisure Centre Vista Road Clacton-on-Sea CO15 6DB

Telephone number: 07786 660998 Email: Carolyn.rogers@acecic.nhs.uk



Sport for Confidence is a unique, pioneering and multi-award winning organisation placing allied health professionals into leisure centres to support and deliver meaningful physical activity or sport sessions to anyone that faces barriers to participation.

The partnership between leisure centre and the Sport for Confidence team sees dynamic health professionals plying their expertise and knowledge in mainstream environments to ensure that reasonable adjustments are made alongside breaking down any barriers that currently exist so that sport and physical activity becomes truly inclusive for anyone.

The Sport for Confidence coach plays an imperative role alongside the allied health professional to ensure all of the sessions delivered cater for anyone that walks in the door, creating adaptive, active and most importantly fun sessions!

Additionally, Sport for Confidence work closely with a range of organisations in a consultancy format to share their knowledge and expertise about inclusive sport/physical activity. Sport for Confidence deliver ground breaking workshops to a magnitude of individuals, sharing our insight into the world of whole system approaches, inclusivity and service user involvement.

Email: info@sportforconfidence.com website: <https://sportforconfidence.com/>

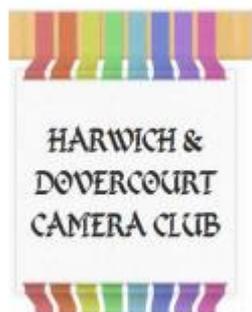
Sessions held in Clacton at: Clacton Leisure Centre, Vista Road, Clacton-on-Sea CO15 6DB



Parasport powered by Toyota is the new way to discover inclusive local opportunities to become more active. Our ambition is to create the UK's biggest fun and vibrant community for players, parents and coaches to share their experiences of para sport, and find useful hints, tips and information on what's happening near

you. This includes in depth listings and all the information you need to connect to local inclusive opportunities. We believe there's a sport or activity out there for everyone - and by highlighting inclusive activities and one-off events which able bodied and disabled people can do together, we hope Parasport can inform and inspire people to discover something new.

Website <https://parasport.org.uk/>



THE HARWICH AND DOVERCOURT CAMERA CLUB. The club was formed in 1957 and will be celebrating it's 65 anniversary next year. The club welcomes anyone interested in photography and all skill levels are welcome. Several of our member are highly skilled and willing to share their knowledge and assist members with any queries they may have be it about camera processing skills or any other aspect of photography Our Programme is aimed at enhancing your understanding and enjoyment of photography, our evenings are friendly affairs with competitions, workshops outings and guest speakers.

If any of this appeals to you come along on Monday evening 7.30 - 10.00 pm and receive a warm welcome.

Website <http://www.harwichcameraclub.co.uk/>



Clacton leisure centre has several public swimming sessions as well as two sessions dedicated for disabled swimmers these are on a Monday morning 10-10:50 and a Fridays morning 10-11. The leisure centre also offers many other sporting opportunities and courses.

Email: clc@tendringdc.gov.uk Tel: 01255 686688 Website: www.tendringleisure.co.uk/clacton-leisure-centre/

Clacton Leisure Centre, Vista Road, Clacton-on-Sea CO15 6DB



Essex Blind Charity has been caring for blind and visually impaired people since 1920. Read our history here. Times may have changed, but our aim remains to deliver a range of excellent support services to improve the lives of visually impaired people in Essex. The Charity is managed by a Board of Directors, some of whom are visually impaired, who meet monthly to provide strategic direction and ensure the charity meets its objectives Essex Sight is the name of our community service and Read House is our head office and residential home in Frinton-on-Sea.

The charity operates from the borders with Suffolk in the north to the M25 in the south and out to the coast. We have a permanent Sight Centre in Colchester and 5 pop up Sight Centres that operate in towns throughout the County. Opening times vary from daily to weekly and monthly depending upon demand.

Each centre has a range of information and equipment to help with everyday living and many have lively social events, coffee clubs and activity days. We also provide confidential help, reading documents and filling out forms. We also offer home visiting, finding practical solutions for people to help them to continue live independent lives. Our Eye Clinic Liaison Officers work within Eye Departments and low vision clinics in Mid and North Essex Hospitals providing support to patients and their families.

Tel: 01206 548196 Email: services@essexsight.org.uk Website: www.essexsight.org.uk

Colchester Sight Centre, 40 Osborne Street, Colchester, Essex, CO2 7DB



BouncAbility offers trampolining for adults & children with
Special Needs / Disabilities

Tel: 01206 240510 Facebook page: www.facebook.com/bounceabilitytrampolining/

157 Colchester Rd, West Bergholt, Colchester CO6 3JX



Colchester Gateway Clubs are an independent local charity, providing social clubs and activities for adults with learning disabilities. The main aim of our clubs is for people to enjoy themselves in a relaxed atmosphere. The Charity is established to enable people with learning disabilities to access leisure and social activities in the community and the opportunities for personal development including self advocacy.

The Charity campaigns for and with people with learning disabilities for the rights of people with learning disabilities and works with other organisations and groups for the benefit of people with learning disabilities. Colchester Gateway Clubs actively promote campaigns that are important for, people with a learning disability. We have been involved with the "Stay up late" initiative, Essex Safeguarding Adults, "Its my life", Safe Relationships project, Anti Bullying and Anti Discrimination. In addition, service navigation, referral and advocacy is available where appropriate.

These objects are supported by entrance fees, donations and fundraising activities. The Charity employs professional staff who carry out the week to week running of the clubs.

Tel: 07999 278472 9am - 6pm Monday - Friday E-mail: Mhudson@colchestergateway.org.uk

Website: www.colchestergatewayclubs.org



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. Our shareholders are the members and families that we support, and all profit goes back into the local community. We operate a circular system where money from affordable membership fees and Pay It Forward donations go towards our charitable programmes for those who usually cannot afford to Join The Team.

Website: www.disability4sport.co.uk



Inclusive Club

Monday evening 6.30pm to 8.30pm Session for young people with additional needs. To find out more contact Ben Randall,

Email ben.randall@essex.gov.uk Tel: 07702 900669



Trampolining is excellent for developing body awareness, co-ordination, balance and motor skills in a fun and safe environment. Here at Jump Street we are open to all and welcome people with additional needs. We run support sessions at both our sites. These sessions are designed for children and adults over the age of 4 years old with additional needs.

Our support sessions are ideal for people with additional needs to enhance:

- Social interaction - calm and relaxing environment to socialise with carers, court marshals and other jumpers in the session
- Self-esteem and confidence - our marshals encourage and support all jumpers in their ability and skillset on trampolines
- Co-ordination and body awareness - our airbag allows customers to attempt new movements that they may not want to usually attempt on a standard trampoline. With our marshals help we motivate and encourage everyone with these moves
- Physical and mental wellbeing - although trampolining is fun, it is also a great form of exercise. It will help improve not only agility, balance, power, speed, co-ordination and strength, it also develops muscular endurance, flexibility and stamina.

There are limited places at our support sessions to allow plenty of space and keep noise levels low. At our Support Sessions, we turn down the volume, play calming music and provide a welcoming environment. We have extra staff available to assist during the Support Sessions. Attendees and their carers will be able to use all areas of the park during their session time although there is no formal teaching or guidance. We have disabled access at both sites, disabled toilets and internal lifts. However please be aware that we do not have access to a hoist at either site.

Tel: 01206 911035 Website: <https://jumpstreet.co.uk/>

Cowdray Centre, 21 Mason Rd, Colchester CO1 1BX



We are a swimming club which offers a wide range of water based activities for people with disabilities

We meet regularly at Colchester Leisure World, Cowdray Avenue, Colchester, Essex.

We provide the opportunity to swim for leisure, fitness and competitively.

We offer 'Learn to Swim' and improvers programmes, competitive training and the opportunity to compete at local, regional, national and international events.

At Colchester Phoenix we believe it is "Ability not Disability"

Based in Colchester Contact via email: edwards.pamela@btinternet.com

Advice and Support services

CHILDREN AND YOUNG PEOPLE WITH DISABILITIES

SERVICE

The **Preparing for Adulthood (PFA)** team are part of the Children and Young People with Disabilities Team. We deliver outcome focused person-centred planning to support young people with special education needs/disabilities in their preparation for adulthood. The team work closely with colleagues in Education, Social Care and Health to meet young people's needs. We work individually with young people aged 13-25 and their families to produce Action Plans that identify suitable post 16/19 options in further education, employment and training. We focus on the support needs required to ensure a successful transition that enables progression onto positive outcomes.

Ru.riddleston@Essex.gov.uk (Tel: 03330 137766)

Angela.rowling@essex.gov.uk (Tel: 03330 130520)



Community Voluntary Services Tending has been in existence for over 40 years.

Our mission is 'leading and supporting voluntary action and empowering local people' and our core functions are to support, promote and develop the community and voluntary sector and to encourage liaison and connections

between organisations, agencies and businesses. CVST represents the sector providing a broad overview of

needs and giving a neutral and objective viewpoint ensuring the sector has a voice and thereby is assisted toward sustainability. We support other voluntary sector representatives to have their say. We act as a strategic partner with local councils, funders, health providers and government in order to influence policy, plans and strategy. Because of its unique position in the community, CVST works closely and collaborates with partners and stakeholders from all sectors to identify and share knowledge of unmet local need and helps to set up new initiatives in order to meet gaps in services or help develop and extend services with existing providers. CVST promotes the work of the voluntary sector through one to one contacts from its multi-skilled staff and volunteer team with extensive knowledge and experience of the local sector and services, meetings, in the e-bulletin, website, social media and through our exhibitions, conference and activities.

Tel: 01255 425692 email us at admin@cvstendring.org.uk Website: <https://www.cvstendring.org.uk/>



Side by Side is a peer support service for families who care for, or support, an adult with a learning disability or autism. We achieve this by pairing them with another family with first-hand experience and empathy, who can provide informal support.

Our aims are:

To find and link families who would benefit from informal, over the phone support

To help families connect and build a rapport one to one

To bring families together with common shared experience

email: matt@fifessex.org.uk Telephone: 07749 706639

Website: familiesinfocussessex.org.uk/services/peer-support

Rethink- is an all age advocacy service

Tel: 03007 900559

Families in focus - provide support to families of children and young people with disabilities and special needs ages (0-19)

Tel: 01245 353575

Mencap Learning Disability Helpline- is a free help and advice line who offer advice and information about learning disabilities and help you find the right support and services in your area.

Tel: 0808 8081111

Summit - delivers a variety of projects that empower vulnerable adults to improve their quality of life and influence positive change.

Tel: 01255 429778

Action for Family Carers- is an Essex charity, which for almost 30 years has been providing information and support to carers who have unpaid, caring responsibilities for others.

Tel: 01621 851640

Inclusive Communication Essex (ICE)- is an Essex-wide training package that teaches the families and carers of adults with learning disabilities how to use a variety of different forms of communication. This helps those with learning disabilities to understand and be understood, and become fully involved in their life plans by taking their communication needs into account.

Tel: 03330 132707

Community 360

Our Community Transport scheme provides a door to door service to and from doctor, dental & hospital appointments, medical centres, shopping centres, and encourages visits to therapy, friends and relatives

Our Shopmobility scheme is designed to help people with limited mobility to access the shops and facilities in Colchester town centre.

Tel: 01206 505250

Citizens advice Clacton - provide advice services to people living within the

Tendring District.

Tel: 034 44 111 444

Housing and Respite facilities



At **Acorn village** our philosophy is People First, Disability Second is our philosophy with 'Life is For Living' our motto. Every individual, whatever their disability, is encouraged to follow their dreams and are supported to be as independent as physically possible. We offer high quality care and accommodation to adults with learning disabilities.

Within two models of care, residential and supported living services, we can provide support to meet a number of needs within large or small care packages. Acorn Village does **not** offer respite facilities

Tel : 01206 394124 Email: info@acornvillages.com Website: www.acornvillages.com

Clacton Road, Mistley, Manningtree, Essex,, CO11 2NJ



At Voyage Care our specialist residential care homes provide care and support for adults with learning disabilities and complex needs. Our person-centred planning, incorporating Keys to Life principles, ensures that every person living in our care homes is enabled to meet their physical, emotional, vocational, educational, spiritual, safety and social needs, 24 hours a day.

We work with you to find out your goals and how you prefer to communicate. We can provide planned or emergency respite at many of our residential care homes for people with a variety of needs, including physical

disabilities and nursing care. Our experienced staff will work closely with you to deliver personalised care and support during your stay.

During your stay with us you can choose to take part in a range of activities tailored to your interests, or to continue with your usual daily routine. We encourage all of the people we support to participate in house meetings so that everyone has a voice in what meals or outings they may like to participate in whilst staying with us.

Tel: 01543 484506



Consensus was established in 2005 to support individuals with learning disabilities, autism and complex needs. For more than a decade our business and reputation have continued to grow and we have achieved consistently high ratings from national regulators. As part of the larger Caring Homes Group, Consensus offers the caring approach of a family-owned business combined with the stability and reassurance of a large organisation. Being a larger organisation, our strong governance systems and processes give safety and security to the people we support and allow us to manage risk effectively.

Tel: 0808 223 5320 Email: enquiries@consensusupport.com Website: www.consensusupport.com

654 The Crescent, Colchester Business Park, CO4 9YQ



Your Life Care Solutions will endeavour to provide individual quality care, regardless of age, gender, ethnic origin, faith or disability. To achieve this, we will work in partnership with the service users and all concerned parties to enable a fulfilling and inclusive lifestyle, continually supporting independence and maximising potential. Your Life Care Solutions consider that all service users in our care are offered the exact same kind of support that they would receive within a loving family environment. Each service user receives a personal, individualized support package, which emphasizes their well-being along with choice, respect, dignity and independence.

Tel: 01206 913338 Website: www.yourlifecaresolutions.co.uk 5 Grange Way, Colchester CO2 8HG



Maison Care (originally known as 'Caring on a Small Scale') was founded in 1990, is a specialist and residential provision for adults with autism and learning difficulties. Additional complex needs, health related needs and challenging behaviour supported. We intend to empower individuals with the skills and independence to achieve the future they want. Maison Care now offer 28 beds in 4 care homes around the Colchester, Essex area.

Each of these units are staffed by an experienced and skilled team base including NVQ qualifications, Positive Behaviour support, The Learning Disability Qualification and soon to be enrolling on the ICE training scheme (Inclusive Communication in Essex). Our person-centred plans of care and support are based on the assessed needs of each individual and promote the principles of an 'ordinary life', raising aspirations and the feeling of self-worth.

Tel: 01206 593359 Email: info@maisoncare.co.uk Website: www.maisoncare.co.uk

Head office address: Suite 10, Park Lane Business Centre, Langham, Colchester, Essex, CO4 5WR



It is vital to **Homes Plus Care** that all persons at Progressive Mews are offered and receive a consistently personal and individual service. We place great importance on lifelong learning and development and encourage individuals to lead meaningful, happy and fully inclusive lives within their local community. Individuals will be allocated a keyworker of their choice if they so wish.

Tel: 01206 587070 Email: info@homespluscare.co.uk Website: <http://www.homespluscare.com/>

Progressive Mews, Halstead Road, Eight Ash Green, Colchester, Essex, CO6 3QH



CFT Care

Enhancing their lives in our hands

CFT Care Ltd is a supported living service that promotes a person-centred approach. Support packages are tailor-made around an individual's needs. Our aim is to maximise the individual's independence which includes running their own home, making informed choices and achieving value for money from their support package.

We encourage and support the individual to become an active member of their local community. This lifestyle reduces the risk of the individual becoming socially isolated and empowers them to develop and maintain social and life-skills.

Tel: 01255 258881 Email: manager@cftcare.co.uk Website: <https://cftcare.co.uk/>

Office: Tuctaway, Oaktree Drive, Clacton-on-Sea CO15 2DN



Seaside Care Homes Ltd (formerly Children's Respite care Ltd) is a pioneering, much emulated, service which provides specialist care to young adults (18plus) with a wide variety of complex health care needs either in a home from home environment in one of our purpose adapted bungalows or in their own home or community setting. We are able to provide both long and short- term residential care to children and young adults and offer short break respite care. We can accommodate those who are technology and/or wheelchair dependent. Each child and young person has their care individually planned with the focus on them both achieving and having fun whilst in our care.

Tel: 01255 426463 Email: info@seasidecarehomes.co.uk Website: www.seasidecarehomes.co.uk

17 Woodrows Lane, Clacton-on-Sea, Essex CO16 8DN



TLC supports people with a range of needs and our person-centred approach means we listen to every individual about how they would like to spend their time, giving them the choice about what they would like to do with their lives. This enables us to develop a support plan which focuses on helping them become more independent, by maximising opportunities, minimising the amount of intervention required with challenging behaviour

and teaching coping strategies. In some cases, this means they are able to move from Residential Care into their homes, using our Supported Living services. We work in close partnership with family members as well as other organisations and agencies, to ensure that every individual can reach their full potential and live meaningful, fulfilling and happy lives.

Tel: 01787 479 491 Email: info@tlccarehomes.co.uk Website: www.tlccarehomes.co.uk

Unit15e Field House, Earls Colne Business Park, Colchester CO6 2NS



Short term breaks and respite

At our last inspection, the Care Quality Commission (CQC) rated us as 'Good' in all areas. At **Jenny's** we offer a flexible respite service designed around the needs of the person and the needs of their carers to give everyone a well-deserved break. A short breaks package with Jenny's includes person-centred support, transport, activity costs and food and drinks. We have a variety of accommodation, with 3 of our 6 rooms at Jenny's House being on the ground-floor and

fully accessible. Our short break activities are also planned around you, and the things you want to do during your stay with us. Please contact us to find out more.

Tel: 01255 220086 Email: info@jennys.org Website: www.jennys.org

220 St. John's Road, Clacton-on-Sea, CO16 8DE



**Achieve
together**

Achieve together is one of the UK's leading providers of support for people with learning disabilities, autism, PMLD, deafness, hearing loss and associated complex needs.

We are dedicated to empowering individuals, enabling them to develop skills for life and healthy relationships, as well as supporting them to boost their confidence and self-esteem. Our vision is to provide the best specialist support, inspiring a generation to ensure people live happy, healthy and meaningful lives.

Tel: 03301 755 332 Email: E-mail: info@achievetogether.co.uk Website: <https://www.achievetogether.co.uk/>

48 Holland Rd, Clacton-on-Sea CO15 6EL



Home instead we empower adults to live life to the full. Supporting adults with learning disabilities and autism. at home instead, we believe in tailor-made personal centred approach, that enriches the lives of every individual.

We are passionate about celebrating uniqueness, providing care and support that's enabling for you and your loved one. Our distinct approach to supporting adults with autism and learning disabilities provides you with peace of mind. We focus on building trust, embracing abilities and finding opportunities for inclusion and growth. Our highly-trained care professionals want to make a difference to each client they support and have the drive, expertise and understanding to make that happen.

Suite 5, Gallery chambers, 145a Connaught avenue, Frinton-on-sea, CO139AH Tel: 01255 672269

www.homeinstead.co.uk/friction

Useful websites for benefits, support and legal advice

www.gov.uk

www.entitledto.co.uk

www.turn2us.org.uk

www.essexlocaloffer.org.uk

www.preparingforadulthood.org.uk

www.essexcarerssupport.org.uk

www.challengingbehaviour.org.uk

www.scope.org.uk

www.dls.org.uk

www.mentalhealth.org.uk/learning-disabilities

www.benefitsandwork.co.uk

www.essexlocaloffer.org.uk/content/transition-your-step-step-guide

www.specialneedsjungle.com/using-online-ehcp-parents-story

www.learningdisability.co.uk