



Shorefields School Directory



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.

Clubs and activities



Shorefields School PTA And Events

678 followers • 15 following

Message

Following

Search

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:

Who can access Essex Short Breaks?

Children and young people can access Essex Short Break's provision if they are:

- aged between 0-18, or 19-25 and have a personal budget
- have a diagnosis of special educational needs and/or a disability*
- living within the administrative borders of Essex County Council**

*supporting documents are required as part of the registration process. A person is classed as disabled if they have a physical or mental impairment which has a substantial and long-term adverse effect on the ability to carry out normal day to day activities.

**Please note that children and young people fostered in Essex, but still looked after by another Local Authority, are not eligible for a Short Breaks Digital Account. They can still access any of the Short Breaks clubs and activities, but their Local Authority will need to fund this through their care plan and pay the provider directly for the sessions attended.

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.

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

Email: Shortbreaks@essex.gov.uk



SEND Sensation:

SEND Sensation is a partnership of locally trusted organisations that promote a level playing field and positive experiences for children and young people with special educational needs and disabilities.

Uniquely, SEND Sensation offer choice through a wide range of community clubs and activities to help children and young people flourish socially, independently, and safely. We have come together to provide 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, special educational needs and disabilities.

Our approach is to combine professional experience with lived experience to dynamically evolve this service through co-production, co-operation, and a combined effort to change the landscape of community clubs and activities for children and young people and their family.

Get Started with Essex Short Breaks Community Clubs and Activities from Disability 4 Sport, Happy Hill, Independence Project, InterAct and Mistley Kids Club – collectively known as SEND Sensation!

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

Call: 033 30 50 90 97

Email: essexshortbreaks@sendsensation.co.uk



MISTLEY KIDS CLUB

Where all of our Children Belong....

Est. 1999

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/>



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/>



The Ark Centre (Snap charity): The Ark Family Resource Centre provides nursery session for children aged 0-5 years of age for the families of Harwich. As well as a range of support services for the community, such as Counselling, Outreach support, SEND support/groups, an under 2's stay and play and more

Contact: 01255 502063, Monday - Friday 9am-3pm

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



**MERSEA
ISLAND
FESTIVAL**



INCLUSIVE ADVENTURE CAMPING BREAKS

Mersea Island Festival (Essex Outdoors):

Starting in 1981 – Britain’s ‘Year of the Disabled’ – the Mersea Island Festival has been an annual event each August at Essex Outdoors Mersea (East Mersea Youth Camp). The Festival aims to bring together children, young people and adults with or without a physical or learning disability to take part in a wide variety of activities that challenge and stimulate, helping to build the confidence and feelings of self worth in participants. At the same time they are fun and exciting and an opportunity to make new friend

Telephone: 01206 383 226

Email: info@merseafestival.org.uk

Follow us on Facebook: <https://www.facebook.com/merseaislandfestival>

Follow us on Instagram: <https://www.instagram.com/mifcamp/>

InterAct

InterAct – Promoting creativity, inspiring and empowering people to make positive progress and live a happy and fulfilling life. Whether it’s a couple of hours at the cinema, bowling, or cooking up a treat in the kitchen our programmes are bursting with fun things for young people to do.

Newcomers are always made welcome by our staff and other members of the groups – so why not register and come along for a ‘taster session’?

Based in Chelmsford, Essex we work in partnership, supporting families across Essex

Take a look at our clubs



Clacton 11-18



Clacton Young Adults Together Club

Take a look at our clubs



Colchester 8-14



Colchester 11-18 (19-25)



Colchester Young Adults Together Club

Contact: 01245 392053

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



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: Mellow Mondayz Term Time Only Every Monday (Excluding Bank Holidays) 3:30pm- 5:45pm
Only £6.50 entry! Adults / carers 1.50 each.

Playpalz has a session for children with disabilities & their siblings/friends. This is to allow children with additional support needs to enjoy our facilities in a quieter and calmer setting (no music or flashing lights). The session time is from 3.30pm – 5.45pm every Monday (excluding bank holidays).

We will be closed to the general public for these sessions and the entrance fee of £6.50 applies to all children attending. The session will be suitable for children with additional support needs.

Book Your Visit – needs to allow general entry during the day. Max 20 people per session. Doesn't affect parties. 10 – 12pm, 12-2pm, 2pm – 4pm.

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.

Tel: 01255 422255

Email: playpalz@yahoo.com

Web page: <https://playpalz.co.uk/>



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.

Contact: 01206 761762

<https://www.go-bananas.co.uk/>

Email: fun@go-bananas.co.uk

COLCHESTER GATEWAY

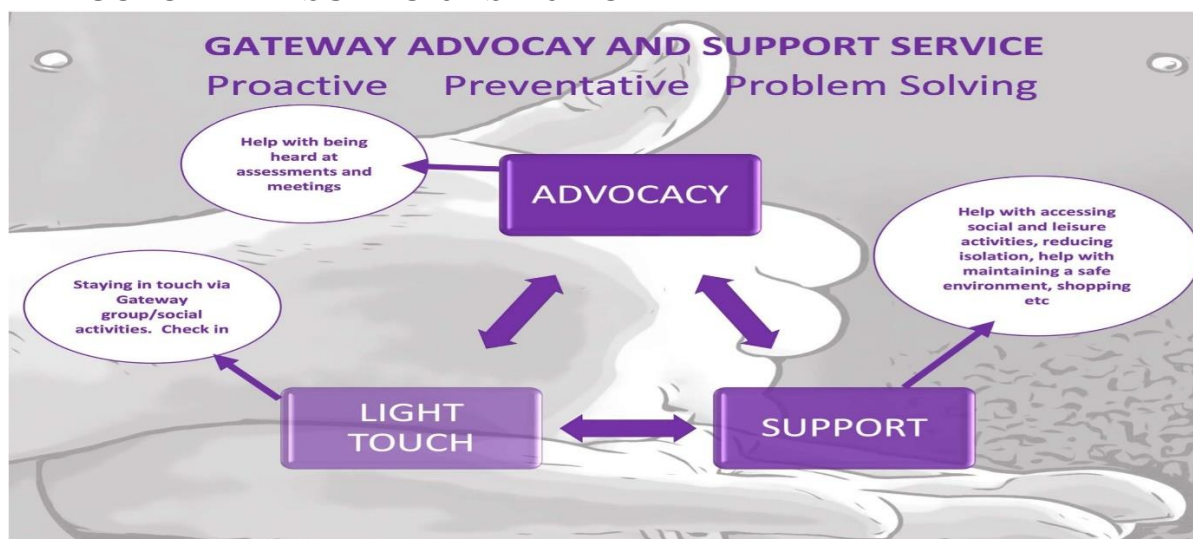
- providing social clubs, activities, advocacy and support to people with Learning Disabilities in North East Essex.

Colchester Gateway:

Colchester Gateway Clubs is an independent local charity covering NE Essex. we provide an Advocacy and Support Service, social clubs, wellbeing group, respite care, events and activities for adults with a Learning Disability.

For more information: Colchester social Clubs - call Mandy on 07999 278472.

ADVOCACY AND SUPPORT SERVICE



Jsouthgate@colchestergateway.org.uk



Alternative Provision providing Animal-Assisted Intervention, through meaningful and purposeful activities, in a person-centred way.

For children and young people aged 4 - 25

Dedham Therapy Farm: Dedham Therapy Farm provides bespoke, person-centred therapeutic services and occupational therapy using nature and animals. We improve people's physical and mental health using Animal-Assisted Intervention and ASDAN short Courses.

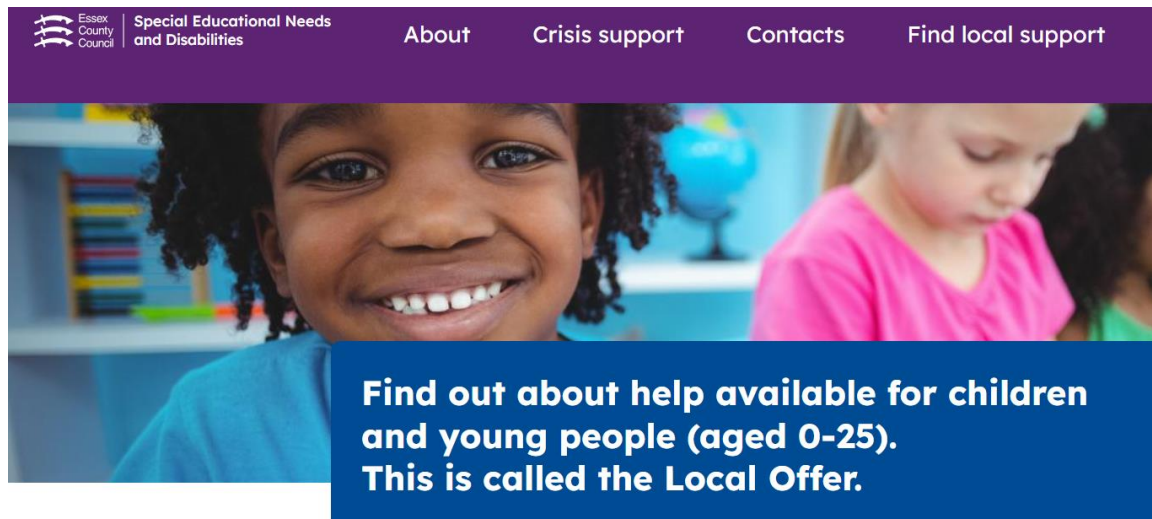
The farm covers 14 acres of countryside and is home to farm animals which are used in a range of therapy programmes. It has dogs, sheep, goats, chickens, pigs, donkeys, alpacas, rabbits and guinea pigs. All of which play their part in enabling you to achieve your goals.

Contact: 01206 322070

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

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

Support Groups and Services



Essex Local offer:

What the Local Offer is

The Local Offer gives information about support available in Essex for children and young people aged between 0 to 25, with Special Needs and Disabilities (SEND).

You can use the Local Offer to:

- understand what to do if you're new to SEND
- browse for local support such as parent support groups, fun activities or specialist healthcare
- find out what to do in a complex situation, for example if you need to appeal a decision
- get advice for young adults with SEND, such as housing and employment support

Essex SEND Information Advice and Support Service helpline on 01245 204338

www.send.essex.gov.uk

essex.localoffer@essex.gov.uk



EXTRA : Support for Families (EXTRA) is here to help anyone caring for children in North Essex and Tendring district to meet the challenges of parenting. We offer local opportunities for parents/carers to meet at workshops, informal parent peer support groups and a range of programmes and courses.

EXTRA aims to help parents/carers develop their skills to bring out the best in their children, reduce conflict in the home, improve family relationships and build their own confidence and emotional wellbeing to cope with future challenges.

EXTRA also acts as a central agency to co-ordinate the provision of parenting support throughout Tendring. Our termly parenting platform is open to agencies working with families to share information on what is going on and to find ways to provide what parents need in the area.

www.extrasupportforfamilies.co.uk

email us: admin@extrasupportforfamilies.co.uk

Tel: 01255 475001#



The MAZE Group: The MAZE is a unique approach to SEND which offers insights into how children with additional needs experience the world.

We have free monthly coffee mornings in Colchester, Clacton-on-Sea, Mistley and Harwich and a specialist weekly programme available online and face-to-face in Colchester, Clacton and Harwich. In addition, we offer the programme in a video series as well as a course on navigating the SEND system. We also provide specialist support for parents who have additional needs. Our aim is to guide, advise and support you for as long as you need us.

amanda.towns@themazegroup.co.uk

07809 900161

www.themazegroup.co.uk



Shorefields Coffee Mornings: Drop-in coffee mornings for anyone who is caring for a child or adult with additional needs, dates throughout the year see our Facebook term time. 9.30-11.30am. Professional guests occasionally.

<https://www.shorefields.essex.sch.uk/page/?title=Coffee+Mornings&pid=1048>

The image shows the logo for Action for Family Carers on the left, which consists of a stylized heart shape made of two overlapping figures in pink and blue, with the text 'Action for Family Carers' to its right. On the right is a photograph of an elderly man with white hair, smiling and looking towards a young woman with blonde hair who is seen in profile. The text 'Making a positive difference' is overlaid on the photograph in a large, white, sans-serif font, with the subtitle 'To the lives of Carers and Young Carers in Essex' in a smaller font below it.

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

We are proud to hold the Carers Trust Excellence for Carers Award for best practice in services, advice and information for unpaid carers.

We provide a wide range of practical and emotional support including Information, Advice and Guidance, free Counselling, Day Care & Activity Groups, Peer Support Groups, small Grants, Young Carer Clubs and Trips and support for Young Carers in Schools.

www.affc.org.uk

info@affc.org.uk

Tel: 03007708090



SIBS: Growing up with a disabled brother or sister can be a complicated and challenging experience - you are not alone. Many adult siblings juggle multiple responsibilities, feel isolated and need support in their sibling role.

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



Home Start (Colchester, Jaywick, Clacton): Home-Start Colchester Jaywick and Clacton is an independent local charity committed to making a real difference to the lives of local children and families.

Home-Start Colchester Jaywick and Clacton delivers early help preventative services in response to the needs of local families. As an independent charity dependant on funding we currently deliver maternity services, family support and young people services. All our projects encourage supporting positive changes to take place and assistance to improve the health and wellbeing of local families. Our mission is that families build skills and knowledge to manage independently and that children achieve their full potential.

www.homestartcolchester.org.uk

office@homestartcolchester.org.uk

Tel: 01206 854625



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. We provide guidance and support to young people on various needs including advice on benefits, housing and homelessness, pregnancy and parenting support services, dealing with anxiety, school absence, wellbeing and much more.

We reach over 8,000 young people each year by working closely with individuals, families, GPs, local schools and wider support networks.

We couldn't do it without your generosity so please enable us to help even more young people across Essex and Suffolk.



www.yesyouthenquiryservice.org
info@colchesteryes.org.uk
01255434601



SENDIASS : We offer free, confidential and Impartial information, advice and support on issues related to Special Educational Needs and Disability (SEND). This includes information and processes related to health and social care.

We offer information, advice and support to:

Children and young people (up to 25 years) with SEND

Parents and carers of children with SEND

Practitioners (who might support children, young people or parents to access our service)

We are free, easy to access and confidential. We can help children, parents and young people take part in decisions that affect their lives.

We have a Steering Group which includes parents and representatives from local voluntary groups/parent led groups, schools, education, social care and health.

We can give you information on:

- The law on Special Educational Needs (SEN) and Disability, Health and Social Care where they link to education
- Local policy and practice
- Mediation and dispute resolution, Special Educational Needs and Disability Tribunal Service and complaints procedures
- The Local Offer

www.essexsendiass.co.uk
send.iass@essex.gov.uk
01255204338



CVST: Community Voluntary Services Tendring has been in existence for 50 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. Plus, to encourage liaison and connections between organisations, agencies, and businesses.

CVST represents the Voluntary sector.

We provide a broad overview of needs and give a neutral and objective viewpoint to ensure the sector has a voice. And is assisted toward sustainability.

We also support other voluntary sector representatives to have their say. And act as a strategic partner with local councils, funders, health providers, and government to influence policy, plans and strategy.

www.cvstendring.org.uk

admin@cvstendring.org.uk

Imperial House: 01255 425692



Are you an unpaid carer?
We are here to help...

Get in
touch

Essex Carers Support: Essex Carers Support provide a wide variety of flexible support services directly to family carers.

As a community-based organisation, we work closely with a wide variety of health and social care services to promote and advocate for carers to make sure that their experiences are taken into account and used to improve services when they are being designed and delivered.

Carer Advice and Support Service

In partnership with Action for Family Carers, Essex Carers Support has been commissioned by Essex County Council to deliver support for Adult Carers in Colchester and Tendring.

www.essexcarerssupport.org.uk

admin@essexcarerssupport.org.uk

Phone: 0300 77 08090

Mental Health Support

SUMMIT : Health Advocacy

If you live in Tendring and you are at risk of homelessness or are experiencing homelessness, we can help.

SUMMIT is part of the SHELLS project which is delivered by multiple partners to provide support for the homeless or those at risk of homelessness.

The Health Advocate will work with you to address health inequalities. We can support you to register with GPs, attend health appointments, find out more about additional housing services and provide an independent voice.

If you live in Tendring our Health Advocate is on board the SOS bus which is located in the town centre of Clacton on Sea and Dovercourt.

Details of the SOS bus locations and operating times below:

Monday: SOS Bus Harwich - Kingsway, Dovercourt, CO12 3JR

Time: 10am till 2pm

Friday SOS Bus Clacton - Opposite Mc Donalds in Pier Avenue,
CO15 1QN

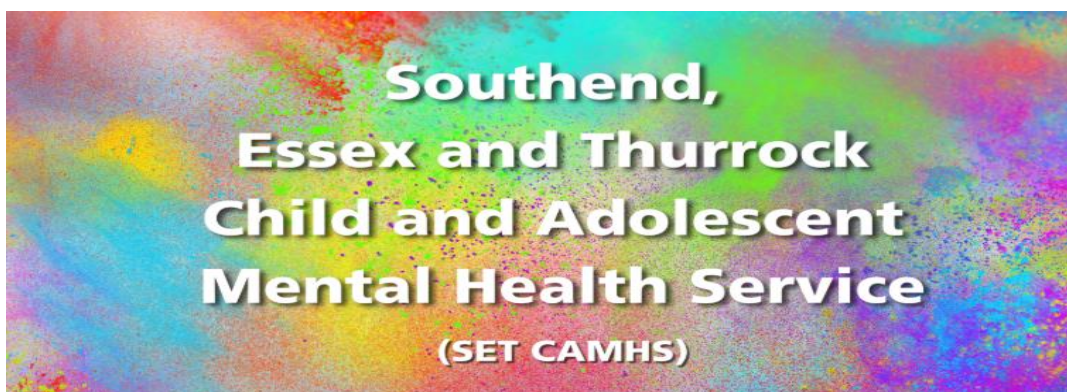
Time: 10am till 3pm

How to refer

www.summitservices.org.uk

Email: info@summitservices.org.uk

Call: 01255 429778



Southend, Essex and Thurrock Child and Adolescent Mental Health Service (SET CAMHS)

The Southend, Essex and Thurrock Child and Adolescents Mental Health Service (SET CAMHS) provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties.

Any young person, concerned parent, care giver or a responsible adult of a young person can access the SET CAMHS by either making an appointment to see their young person's GP with them, or accessing our services for information.

We provide a range of support for young people, so to ensure that we direct your referral accordingly please complete our online referral form with as much detail as possible.

www.nelft.nhs.uk/set-camhs

Email: SET-CAMHS.referrals@nelft.nhs.uk

Freephone 0800 953 0222



**GENETIC
ALLIANCE UK**

SWAN UK (Syndromes Without A Name)

Swan UK (syndromes without a name: SWAN UK is the only dedicated support network in the UK for families affected by a syndrome without a name – a genetic condition so rare it often remains undiagnosed.

The aim of SWAN UK is that every family gets the support that they need, regardless of whether or not they have a diagnosis. Our work involves:

- Developing and supporting the undiagnosed community. We focus on building and nurturing a community for families of children with undiagnosed genetic conditions
- Providing high-quality information and services. This ensures that families have access to the best possible support and information
- Raising awareness of syndromes without a name. We work to increase public and professional understanding of the unique challenges that families face

SWAN UK community membership is completely free, with registration quick and easy.

www.geneticalliance.org.uk

tel:03001240411

contact *For families
with disabled children*



We are Contact, the charity for families with disabled children

We support families, bring families together and help families take action for others.

WHAT WE DO

Contact: Our helpline, information & advice

We run a freephone helpline, also available via email and web form, for parent carers wanting expert one-to-one advice. Our Listening Ear service is for families seeking emotional support.

Our website has online advice and information about concerns you might have about raising a child with additional needs. And we produce a range of email newsletters and parent guides available to download or order.

www.contact.org.uk

tel: 08088083555



CEREBRA

Working wonders for children
with brain conditions

Systems Generated Trauma: when asking for help causes harm

Our new report reveals a widespread pattern of 'Systems Generated Trauma' and calls for urgent action to redesign public services that are meant to support, not break, the most vulnerable families.



Cerebra: In the UK today, there are around half a million children and young people with brain conditions that result in complex medical, educational and social support needs. Our research work across neurodevelopmental conditions gives us a unique perspective within the charity research sector allowing us to provide research-driven solutions and advice to those who need it most.

Our guides, factsheets and other resources offer comprehensive and current information on a wide variety of issues – physical, social and legal – those parents and carer of children with brain conditions may be facing. Services available include a Sleep Advice Service, the Cerebra Innovation Centre, our book and toy library and LEaP, our innovative problem-solving project that runs alongside our Legal Advice Service.

www.cerebra.org.uk

enquiries@cerebra.org.uk

Tel: 01267 244 200



The Challenging Behaviour Foundation

The challenging behaviour foundation: All that The CBF does aims to improve the life opportunities and quality of life for children and adults with severe learning disabilities and their families. We believe the best way to do that is by working together, investing in families and taking action to uphold people's rights.

There are three closely interconnected strands to The CBF's work which together effect change at an individual and strategic level. We support, equip, and empower families through our individual information and support work, learning from this informs our strategic influencing work to drive change nationally, and informs the development and sharing of best practice to inform local and national service and support development and delivery. These integrated strands of work tackle discrimination, marginalisation and the root causes and barriers that create problems for this disadvantaged and vulnerable group.

www.challengingbehaviour.org.uk

support@theCBF.org.uk

Tel: 01634 838739



Families in focus: We are an independent charity, working with families who have a child (or children), or a young person, with any special educational need or disability (SEND).

We provide advice and support to families with SEND children on how to access appropriate education, how to apply for an Education Health Care Plan and appeals to the SEND tribunal, as well as providing support with disability benefits, and social care issues.

We also run weekend activity clubs in Colchester and Chelmsford for SEND children and their siblings.

www.familiesinfocusessex.org.uk

helpline@fifessex.org.uk

Tel: 01245 353575



Autism Anglia: Our impact goes beyond our regional boundaries. By campaigning for better support for autistic people, and providing training, education, and advice to professionals and the public, we're helping to raise awareness and change attitudes around autism on a national scale.

Demand for our services is growing, because autistic people still face so many challenges. A growing number of autistic people are waiting more than the recommended 13 weeks for a diagnosis. 7 out of 10 autistic people are unemployed. And unhelpful myths and stereotypes that still exist about autism can discourage autistic people from getting the help they need.

That's why, just as we support autistic people across the East Anglia, we rely on your support to help us make a real difference.

www.autism-anglia.org.uk

Tel: 01206577678

Carers First

Carers First: Carers First was established in Tonbridge in 1991, by carers who wanted to help others in a similar situation. Today, Carers First works with over 39,000 unpaid carers, providing practical information and support; making it easier for them to continue living their lives to the fullest.

www.carersfirst.org.uk

hello@carersfirst.org.uk

Helpline: 0300 303 1555



SNAP: From its Brentwood base, SNAP offers a helping hand to thousands of families who need support in a variety of ways.

No formal diagnosis or professional referral is necessary to access SNAP services, available to families with children and young people aged 0 to 25 who live under Essex County Council, Thurrock and Southend. Facilities at the centre include a training room, a multi-purpose activity hall, multi-sensory room and specialist IT suite.

SNAP's aims are to inform, encourage and support parents so that they can grow in strength and knowledge and become better equipped to give the best possible help to their children

The SNAP Centre offers a wide range of services

Parent Advice and Support

- Helpline (email and telephone)
- Face-to-face Parent Support
- Specialist Talks and Training Courses
- Library of Specialist Books and Information Sheets
- Online SNAP Directory and Information Network
- Counselling

Activities

- Parent and Pre-school Children's Sessions
- After school Drama and Activity Groups
- Pre-school Music Therapy
- Holiday Sessions
- Sibling Support
- Child and Parent Choirs
- Multi-Sensory Room
- Specialist IT Suite

www.snapcharity.org

Email: familyteam@snapcharity.org

Helpline: 01277 211300

The British Red Cross Mobility Aids Service has adopted a new model that delivers wheelchairs directly to you, and it now covers most of the UK (excluding the Hampshire, Norfolk & Waveney, and Northern Ireland, where local Mobility Aid Services are in place).

This model allows us to reach more areas of the UK, including reintroducing our service to Scotland. Book online:

Prices (2025) Wheelchair hire per week £22.00 (including any attachments, leg elevators or cushions)

Delivery/Collection £25.00 (£12.50 each way, to be paid at the same time as the first week hire)

We DO NOT deliver to holiday homes, hotels or hospitals.

Tel: 0300 456 1914

email mobilityaids@redcross.org.uk

www.redcross.org.uk/get-help

<https://www.redcross.org.uk/get-help/hire-a-wheelchair>



Beach wheelchairs available at Clacton & Dovercourt! 📍

Did you know? Beach wheelchairs are available for residents and visitors to use at Clacton Beach and Dovercourt — helping make our coastline more accessible to everyone. 🔄

Beach wheelchairs at Clacton are available on a first come, first serve basis.

To arrange use at Dovercourt, please contact:

✉️ **dsp@tendingdc.gov.uk**

☎️ **01255 686176**

Please bring your ID, contact number, and company name (if applicable) to sign in.



Public conveniences radar keys and contact details

We are responsible for the repair, maintenance and cleaning of the 41 public conveniences in the Tending District.

Radar Keys

The National Key Scheme (NKS) offers independent access to disabled people to around 7,000 locked public toilets around the country. Radar keys to access disabled facilities are available from any Tourist Information Centre (TIC), including the TIC at the Town Hall, Station Road, Clacton, CO15 1SE.

For further information on the scheme, or to order a key online, please see the Disability Rights UK web site.

Support Groups and Services



JUMP START CENTRE

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.

Jump Start

Jump Start: Our dynamic team of highly qualified healthcare and educational professionals have a wealth of clinical experience and knowledge. We offer assessments, treatment programmes, unique sensory diets, as well as training for schools, parents and support groups. At Jump Start we use innovative therapy techniques and specialist equipment to help people reach their goals and fulfil their potential.

All therapists and staff hold current DBS certificates and are Health and Care Professions Council registered.

www.jumpstartcentre.co.uk

info@jumpstartcentre.co.uk

Tel: 07885 732489



Aspire Therapy

Unlocking your potential

Aspire Therapy: Welcome to Aspire Therapy, we provide Occupational Therapy services for children and adults. Our passion is for helping children and adults visualise the life they want for themselves and enabling them to reach their goals. Occupational Therapists have a unique ability to analyse the demands of an activity and the strengths and limitations of an individual and identify a variety of ways to achieve the client's desired result. We firmly believe that therapy activities should be purposeful and meaningful to each individual.

www.aspireot.com

amyjcarey@yahoo.com

Tel: 07860173772



Brainwave

Unlocking Children's Potential

Brainwave: Brainwave is a national charity providing specialist therapy assessments and teaching for parents and carers of children with disabilities and additional needs. We support families across the UK from our National Therapy Assessment Centre and Outreach Hubs.

Our therapists provide specialist advice and when appropriate design and teach bespoke therapy programmes for parents and carers to carry out regularly at home or at school.

We first see children before the age of 12. At each assessment, a minimum of two therapists are selected from our skilled team of Physiotherapists, Speech and Language Therapists, Sensory Trained Practitioners and Learning and Development Specialists work together over a full day. When suitable children return every six months for a follow up review.

Our aim is for all children to achieve their maximum potential by helping to improve their mobility, communication skills and learning potential.

www.brainwave.org.uk

enquiries@brainwave.org.uk

Tel: 01278429089

ERIC: ERIC is the national charity dedicated to improving children's bowel and bladder health. Our mission is to reduce the impact of continence problems on children and their families.

Children with additional needs

The following pages contain information and resources to help with potty training, toileting and children's bowel and bladder conditions.



Potty training your child

Information for children with additional needs and sensory issues including delayed development, ASD and physical disabilities who may take a little longer to become toilet trained.

[Find out more](#)



Constipation in children with additional needs

Untreated or undertreated constipation is a major obstacle to toilet training. Our video explains why it's so common and how to treat it.

[Watch](#)



Advice about bladders, bowels and toileting for children with additional needs

Read our factsheet for more information.

[Find out more](#)



Toilet anxiety

Why the bathroom is a frightening place for some children and how we can help them overcome their fears.

[Find out more](#)



Help with toileting

Advice, resources and recommended products to support your child with toileting routines, including social stories, flash cards and videos.

[Find out more](#)



Constipation and autism

Children with autism or a learning disability are more likely to have tummy problems and become constipated. Find out why and get tips to help.

[Find out more](#)



Interception & toileting

Interception is our eighth sense. It tells us how we are feeling and understand key sensations in our body such as: do I need to wee or poo?

[Find out more](#)



Toileting support for autistic children

Information about some of the challenges that children on the autistic spectrum may experience when toilet training and how you can support them.

[Find out more](#)



More help for families

Signposting and links to other organisations and resources to support families.

[Find out more](#)

www.eric.org.uk/children-with-additional-needs/

orders@eric.org.uk

Tel: 033320220208927



CLEARSTEPS
CONSULTANCY

continence • sleep • behaviour



Continence, sleep, and understanding emotions

FREE Where to start in getting the BEE & Poo in the loo!

We offer inclusive support and consultancy for children, families, schools and professionals.

Over 30 years of expertise, we guide families, carers, and professionals in supporting children and young people, with or without diagnoses. We offer proven, research-backed advice, training, and care tailored to individual needs.

Led by a Queen's Nursing Institute Award winner and Registered Nurse in Learning Disability (RNLD), Community Nurse Specialist (BSc Hons) our experience spans clinics, schools, charities, NHS settings, and family homes. At the heart of everything we do is the well-being of children, young people, and their families.

www.clearstepsconsultancy.co.uk/

info@clearstepsconsultancy.co.uk

Sports/ exercise



Wheels for All



Wheels for All Clacton is based at Shorefields School, Clacton-on-Sea. Here at Wheels for All we aim to encourage health improvement, social inclusion and to provide adapted cycling for anyone with a disability or differing needs. We use the extensive playground set in lovely surroundings for our sessions and offers a range of cycles for all needs. A one-mile ride is just ten laps of the playground! The sessions are delivered by Wheels for All staff and trained volunteers. Helmets are provided.

Sessions time are:

Wednesday's

3.15pm - 4pm

4pm - 4.45pm

4.45pm - 5.30pm

We run year-round but will close sessions in extreme weather conditions. Bring your own refreshments and water, toilet facilities are inclusive. Parking is free in the school car park (Only accessible WFA users between 3pm and 6pm during school hours and during session times).

Sailship is a work and life skills training centre for people living with a learning disability. It is set amongst allotments, garden areas and woodlands and has a short, peaceful pathway that is used for walking or cycling using our adapted cycles. The pathway at Sailship is aimed at people with a disability, additional needs, long term health conditions or recovering from illness. Our sessions are run by Wheels for All trained staff and volunteers who are on hand for support and guidance.

We have sessions running at Sailship on Thursday mornings:

9.45am - 10.45am

10.45am - 11.45am

Please bring your own refreshments, helmets are provided.

Toilets are available.

Numbers are limited therefore booking is essential.

For BOOKING to either Hub please

wheelsforall.org.uk/locations/wheels-for-all-clacton

email tendring@wheelsforall.org.uk or call 07719 070860



Colchester Phoenix Amateur Swimming Club

"Ability not disability"

Colchester Phoenix Amateur Swimming Club, we believe in the power of swimming to transform lives. Our club is more than just a place to swim; it's a community where individuals come together to share their passion for the water.

Whether you're here to improve your skills, make new friends, or simply enjoy the sport, our club offers something for everyone. With a focus on personal growth and community spirit, we strive to create an environment where every swimmer can thrive.

colchesterphoenixasc.org.uk/about-us



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.

disability4sport.co.uk

mailchi.mp/ae325f008873/maillinglist

At Adventure Trampoline Park Colchester, we believe everyone deserves the joy of bouncing in an environment that feels safe, supportive, and fun.

Our SEN Sessions are specially designed for individuals with additional needs and are perfect for autism groups and for parents looking for activities in a calmer environment.

With a more relaxed atmosphere, reduced numbers, and no loud distractions, these sessions are the perfect way to enjoy all the excitement of our incredible adventure park — at your own pace!

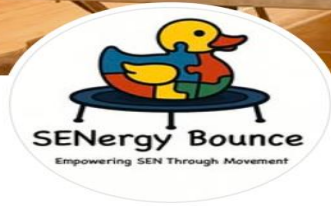
During SEN sessions, some attractions like our Slides will open periodically. Due to the nature of this activity we kindly ask parents to help us ensure the rules of use are safely adhered to.

AirHop grip socks must be worn at all times.

Please arrive 20 minutes before your session.

Tel: 0330 223 3333

www.airhop.co.uk/adventure-trampoline-park-colchester/



SENergy Bounce

176 followers • 27 following

A supportive, safe and inclusive trampoline service providing 1:1 coaching for children and adults with additional needs.

Pricing:

15 mins £8

30 mins £16

45 mins £24

60 mins £32

Hours:

Monday: 9am - 6pm

Wednesday: 11am - 6pm

Thursday: 9am - 6pm

Tel: 07353 202860

info@senergybounce.co.uk

www.facebook.com/profile.php?id=61580611225307

Special needs ID cards and Discount cards



Concessionary Bus Passes

From 1st April 2011, the concessionary bus pass scheme is being run by Essex County Council.

For information about bus passes, eligibility and an application form please contact Essex County Council using the contact details below:

Contact Details

Call: 0345 200 0388

Email: help@canigetapass.org.uk

Minicom: 0345 200 1424

Website: www.canigetapass.org.uk



The UK Cinema Association (UKCA) and its members want to make visiting the cinema an inclusive and enjoyable experience for all. We fully appreciate that some disabled people face barriers at the cinema as a result of the effect of their disability. We are working hard to identify and remove these barriers.

Some disabled people need to be accompanied by someone else to enjoy the cinema experience. To make being accompanied as easy as possible the UKCA operates the CEA Card scheme.

The scheme allows a Cardholder to be accompanied by someone, free of charge, when they purchase a ticket to visit a participating cinema with that person.

The CEA Card scheme is intended to benefit everyone who might face barriers that require someone's assistance when visiting the cinema, such as barriers that result from sight or hearing loss, having limited mobility or being neurodivergent. These are just examples – disability and its effects are very wide-ranging. The focus of the CEA Card Scheme is on removing, or at least minimising, some of the adverse effect of disabilities by providing for someone to accompany a disabled person.

Whilst the CEA Card is one of the ways cinemas can provide support to disabled people who face barriers when visiting the cinema, it is not mandatory, and cinemas still need to provide reasonable adjustments to address any effects of disability that create barriers for disabled people – whether or not they have a Card.

The CEA Card Scheme has straightforward [eligibility criteria](#) and there are three ways to apply. Further guidance on the scheme is readily available if you contact us. Our aim is to make the Card application process as straightforward and inclusive as possible.

The development and operation of the CEA Card Scheme is overseen by UKCA's Disability Working Group, whose members include cinema operators and film distributors, as well as a number of national disability charities.

Telephone: 01244 526 016

Textphone: 18001 01244 526 016

Email: info@ceacard.co.uk

www.ceacard.co.uk



The aim of the National DID Card is to remove the need for individuals to carry their paper documentation with them at all times. The card will have a photograph of the cardholder and will only be issued to disabled people who are in receipt of some form of disability allowance or medical evidence to support your application.



Personal login

All cardholders are assigned a unique ID and are able to use their username and password to log on and amend any personal details.



Linked accounts

Link multiple user accounts under one email for easy log in and updating.



Multi Discount

If you're purchasing multiple cards as part of a group / SEN residential accommodation / family [get in touch](#) for discounts!



Advanced Security Features

The card is protected by several security features including intricate patterning and a hologram.



Customise

Customise your card to include your date of birth, address – or leave off for privacy.



Spare card for £8.00

Need more than one copy of a card? Lost your card [Get in touch](#) and we'll send you a duplicate for £10.00!

Email: admin@didcard.co.uk

www.did-card.co.uk



For disabled people, the frustration was in repeatedly sending in personal documents which bore no direct relation to the needs of the individual.

For the venues, it was frustration in interpreting these documents and the additional admin burden it placed on their staff.

Our goal was to produce a single consistent method of communication between customer and provider; therefore, simplifying the process for both.

Since its initial development, the card is now widely accepted at major event venues across the UK And beyond, and even more widely taken simply at face value.

tel: 03308085108

Email: cards@accesscard.online

www.nimbusdisability.com/services/access-card-and-nos



The National Carers Card was launched in 2019 alongside the National Disability Card. Founded by carers to empower fellow carers, and the disabled people they look after, we are a social enterprise for good based in Suffolk, UK.

“As carers for a family member with cystic fibrosis, we realised that people often would not understand that our family member had a hidden disability. She wasn’t offered assistance while travelling, and she had no way to show that she really needed help and understanding at venues or in shops. We also had no way to show others that we needed to accompany her. We launched the National Carers Card and National Disability Card in 2019 to give others in our position an easy way to show that they may need help.”

Dianne Taylor
CEO

Tel: +441394775920
Email: info@nationalcarerscard.org.uk
www.nationalcarerscard.org.uk



We see you. We want every carer in the UK to be recognised, supported, and rewarded for the incredible work they do.

We recognise carers with a national Carers Card and companion app. We support carers with tools like the Carer Circle, Emergency Plan, and Wellbeing Hub. We reward carers with exclusive discounts and benefits.

Order Your Carers Card

Every carer deserves recognition, support and savings — so we've kept our price accessible to all.

Only £8 for 2 years

No hidden fees. Renew after two years for the same price.

JOIN FOR £8

- ✓ Official Photo ID
- ✓ Free companion tickets at 500+ UK venues
- ✓ Discounts at 300+ brands
- ✓ Recoup £8 in the first week through exclusive savings
- ✓ Digital tools & wellbeing support via our app

A small image showing a hand holding a Carers Card UK, similar to the one in the previous image.

Max Cards and tickets



Max Cards

The Max Card is the UK's leading discount card for children and young people with special educational needs and disabilities. Families can use their Max Card at venues across the UK to get free or discounted admission to over 1.100 attractions.

Every child or young person registered with Essex Short Breaks is able to access a Max Card through their Short Breaks account and the card can be used until the young person is 25 years old.

The card is the property of the registered child or young person. To use the discount, the child must be present. You will need your cards at the venue to use the discount. Venues have the right to ask for your proof of identity when you use the card.

Tickets

You can enjoy free days out at some of the most popular attractions in Essex with our 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 to one of the attractions below. New season tickets will open in April 2024.

Colchester Zoo (has a Changing Places facility / RADAR key accessible)

Barleylands - (has a Changing Places facility / RADAR key accessible)

Paradise Wildlife Park

Home | Wyvernwood

You can use tickets anytime during the year except some special events like those at Christmas. Extra family members not covered by the tickets will have to buy regular tickets from the attraction.

Tickets will be posted with a letter that you'll need to bring with you. The letter confirms the expiry date and any information about special events. It will also tell you if visual stories or apps are available.

When you apply for tickets please list them in order of preference. Each child may receive one ticket per year.

You have to be registered with short breaks to apply for tickets, and will be able to apply for tickets through your Short Breaks Digital Account.

Remember to check the attraction's website for details on accessibility and also any special events like the annual sensory day at Colchester Zoo.

shortbreaks.essex.gov.uk/what-are-essex-short-breaks/max-cards-and-tickets/q