

Essex Family Support Service

E-Bulletin February 2021



Community360 are working in partnership and collaboration with other charities and groups across Essex to deliver this service as part of the wider Essex Child and Family Wellbeing Service. We've partnered with Virgin Care and Barnados and want to provide as much support as we can to you and your family.

Our team of staff & volunteers are here to provide one to one support for you & your family. For details on how to refer to our service, see the last page of this bulletin. We look forward to hearing from you.

Seize the Day!

We hope this edition finds you well and coping ok with lockdown disruptions, especially if you're home working and schooling. In some ways we might feel better prepared as we've 'been here before', but in others it may feel even more exasperating.

While overcast days can feel like an extra incentive to stay indoors, we really need to try and do the opposite and get the family out for some fresh air. The benefits can't be overstated - just a short time in nature is proven to help reduce anxiety, improve mood, lower blood pressure and, crucially, boost our immune system.





1 in 6 children & young people have a diagnosable mental health condition and this has been heightened during the pandemic. Physical activity can play a vital role in improving positive mental health. So let's get going! Active Essex have put together these great resources to keep Essex kids active!

[Click Here >](#)



Feeling arty? Firstsite have some great activities on their website. How about taking part in the Great Big Art Exhibition? Or find some inspiration by downloading an Art is where the home is activity pack. Firstsite have some great activities on their website. How about taking part in the Great Big Art Exhibition? Or find some inspiration by downloading an Art is where the home is activity

[Click Here >](#)



Yay for all the Dads! Dads have an incredibly special set of skills and are important in the development of their children. Often Dads don't get the opportunities to discuss parenting skills and coping with emotions. Learn strategies in how to develop your special Dad skills.

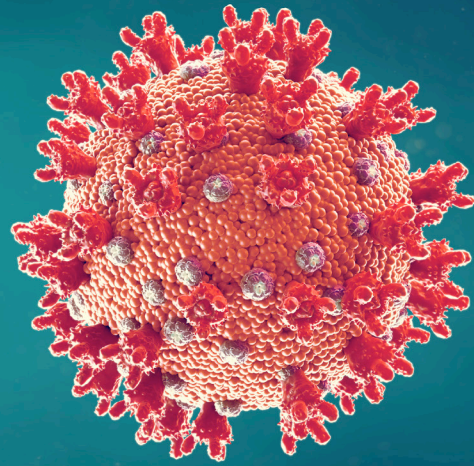
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The theme of this year's Children's Mental Health Week is Express Yourself. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

Place2Be have put together some fantastic free resources that will help children and young people to explore what it means to Express Yourself. All of the ideas can be adapted for use in school, for home-schooling, online lessons or independent learning.



[Click Here >](#)



Covid

The internet is awash with information on how to cope with everything thrown up by the pandemic. Here are a few great services we'd encourage you to make use of.

Family Lives offers a confidential and free (from landlines and most mobiles) helpline for emotional support, information, advice and guidance on any aspect of parenting and family life

[Click Here >](#)

Young Minds has some straightforward advice for parents on helping children and young people deal with anxiety

[Click Here >](#)

Kooth offers mental health support for all ages with dedicated apps for children/young people and adults

[Click Here >](#)

Adult Community Learning are offering some FREE high quality health and well-being online courses, some of them just a couple of hours long, and similar parenting courses

[Click Here >](#)

The MAZE Group have great videos on special education needs topics and a zoom support group

[Click Here >](#)

Essex SEND Information Advice & Support Service can help especially with education related issues

[Click Here >](#)



Fun things for blue days !

February has a wide range of excitement to clear any winter blues. It's Chinese New Year on the 12th and The Six Nations Rugby Tournament kicks off on the 6th. Valentine's Day is a chance to connect in some special way with those we love but can't see in person (send an 'old fashioned' letter?!) and hurrah for pancake day on 16th !



Here's an easy vegan pancake recipe:

150g self-raising flour (or plain + ½ tsp baking powder),
220ml milk of your choice,
tbsp cider vinegar,
½ tsp vanilla extract.



Whisk together, heat a spoon of oil in a frying pan and cook in small batches over a medium heat, don't forget to flip! Enjoy with fresh fruit or lemon and sugar. Yum.





Get in touch!

Please let us know what you would like to see in the next edition.
How can we help you and your family?

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You can also find us online:

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