Neurodevelopmental Disorders Early Support in Colchester and Tendring

Please see below and overleaf where you can access support, help and information right now.

Autism Anglia

(East Anglia)

We support families with autistic children to navigate clinical and non-clinical services, including diagnosis, health, educational, social and financial support.

Telephone Number: 01206 577678
Email Address: communityconnect@autism-anglia.org.uk

Essex Child and Family Wellbeing Service

(Essex)

Our Neurodevelopmental Pathway Coordinators support ages 0-25 with neurodevelopmental conditions, such as Autism, ADHD and Dyspraxia, providing consistent individualised information, resources and support.

Telephone Number: 0300 247 0013
(Monday-Friday 9:00am - 5:00pm)

Families InFocus

(Essex)

We provide advice, support and information to families with SEND children on education, disability benefits and other areas of support. We also run weekend activity clubs in Colchester and Chelmsford for SEND children and their siblings.

Telephone Number: 01245 353575
(Monday-Friday 10:00am - 4:00pm, with 24 hour answerphone)
Email Address: helpline@fifessex.org.uk

The MAZE Group

(North East Essex)

We have 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.

Telephone Numbers: 07809 900161 or 07708 873023
Email Addresses: amanda.towns@themazegroup.co.uk
sue.anderton@themazegroup.co.uk

Essex Family Forum

(Essex)

We are a Parent Carer Forum (PCF) which ensure services in their area meet their needs and improve outcomes of children and young people with special educational needs and disabilities (SEND) and their families. Share your experiences via our online Graffiti Wall on our website or email us.

Email Address: hello@essexfamilyforum.org

Supporting Your Neurodiverse Child - Resource Pack

(Essex Family Forum)

Supporting Your Neurodiverse Child is a pack that is available to all parents and carers and includes information about Neurodiversity, the diagnostic process, information on support for your child at school, sensory needs, emotional regulation, health and wellbeing and much more.
The pack is available to download or you can request a hard copy to be delivered to you via our website.

Email Address: hello@essexfamilyforum.org



Publication Date: 3rd October 2023 - **Review Date:** 23 September 2024

Emotional Wellbeing and Mental Health Early Support in Colchester and Tendring

The Suffolk and North East Essex Integrated Care Board (SNEE ICB) has recently invested in the following 17 local projects to **improve emotional wellbeing and mental health for children, young people and their families and carers**:

Bridgeway Mission (Colchester)
A safe and supportive network for children refugees and their families, improving wellbeing and confidence.

Changing Lives (Colchester)
A combination of free physical activity and mental health sessions, including the use of gym, nature and animals.

Kids Inspire (Colchester)
Talk Together provides tailored support from early intervention to complex and extremely complex needs for 0-18, up to 25 with SEND and their families.

Underdog Crew (Colchester)
Free training for young adults with lived experiences of mental health issues, autism and neurodiversity through film making and employability skills.

Please note these are very brief summaries of Start Well Domain grant funded projects for delivery over the next 2 years across Colchester and Tendring Districts.

More information about these projects, other services offered as well as contact information can be found on individual websites via QR codes or by typing the organisation name into Google.

Active Essex Foundation (NEE)
A new place based project for children and young people aged 5-18 years through sport and physical activity.

Connect Without Limits (NEE)
A safe and supportive network, including counselling, mental health support and autism friendly activities.

Essex Wildlife Trust (NEE)
Upscaling a highly successful Wild Wellbeing programme, with targeted mental health support through positive wellbeing activities outdoors.

InterAct (NEE)
Early intervention and personalised support service for parents and carers of children and young people with any disability and/or additional needs.

Wilderness Foundation UK (NEE)
A nature based Brave Futures wellbeing programme for children and young people aged 4 years+.

Youth Enquiry Service (NEE)
School navigator and one to one counselling sessions across 15 settings for young people.

North East Essex Health & Wellbeing Alliance

Citizens Advice Tendring (Tendring)
Taking their domestic abuse and family advice service into the heart of the local communities.

EXTRA (Tendring)
A rolling programme for parents/carers whose children are undertaking or waiting for counselling.

Home Start (Tendring)
Pop up groups to support vulnerable children 0-11 years and their parents, with delivery evolved from need, children's choices and feedback.

Lads Need Dads (Tendring)
A family support worker signposting and offering emotional support to mums and carers of boys taking part in Lads Need Dads programmes.

Tendring Families First (Tendring)
(formerly MTEP)
A range of therapeutic and creative interventions for children aged 5-11 years to self-manage mental wellbeing.

The Ark Family Resource Centre (Tendring)
Weekly therapy sessions for children 5-16 years, outreach and joint child and family sessions.

The London Bus Theatre Company. (Tendring)
Jaywick The Musical - Drama and film making project engaging young people in Tendring.

Publication Date: 3rd October 2023 - **Review Date:** 23 September 2024