

Essex Family Support Service

E-Bulletin June 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.

Half Term Activities

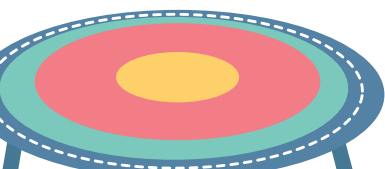


Everyone has had a real fun time this Half Term at the Essex ActivAte holiday activities. Check out their page for future updates to book your child/children onto their fun holiday activity clubs as well as having access to a whole host of free resources.

<https://www.activeessex.org/essexactivate-halfterm/>

[Click here](https://www.activeessex.org/essexactivate-halfterm/)

Essex ActivAte is a new Holiday activity and Food programme run by Active Essex in partnership with Essex County Council. The programme provides FREE face to face clubs for young people who are eligible for free school meal, as well as young people from working families who would benefit from this extra support.



Volunteers Week 1st – 7th June



Each year the UK dedicates a week to celebrate all the amazing volunteers and to thank them for the contribution they make. The week is also a great way to raise awareness about all the benefits of becoming a volunteer!

All of us at the Essex Family Support Service would love to take the chance to celebrate all our amazing volunteer family mentors and share some of the positive impacts they have had on local families across Essex. Here is what our amazing family mentors and families have to say!

"Our mentor was just an amazing person who helped us through so many situations, she gave us ideas for activities and encouraged us to do more as a family" (Family).

"The family were grateful to have a listening ear unto which they could look for guidance or simply release their frustrations. The family were also delighted at how much support our service found for them and how many options were available for them." (Family Mentor).

"The mentor we had really supported us through our issues, she helped us make referrals and introduced us to local football clubs for my son" (Family).

"I enjoyed helping this family because I felt I was being helpful by just listening. Being available to check in on the family's wellbeing and spend time listening to problems that might be difficult to discuss with friends or other family members felt very worthwhile." (Family Mentor).



Get involved!

Community 360 as an organisation have a wide range of volunteering roles and over the last year our volunteers have helped on a number of amazing projects and made a real impact to the lives of so many within the community. Since January 2021, 118 volunteers have supported 35,790 people to safely have their vaccine at the Primary Care Centre in Colchester.

Of course we are always looking for more volunteers so if you know of anyone that you think might be interested in joining us, please let us know. Three cheers for volunteers!

<https://www.volunteersessex.org/opportunities/family-mentor-volunteer-essex-wide-12019/> - Link to our volunteering roles.

[Click Here >](https://www.volunteersessex.org/opportunities/family-mentor-volunteer-essex-wide-12019/)

<https://volunteersweek.org/> - Link to find out more about volunteers week and how people can get involved.

[Click Here >](https://volunteersweek.org/)



If you would like to help us celebrate volunteers or share your stories of how a volunteer has made a difference to you please do let us know by emailing families@community360.org.uk we would love to hear from you.

Body and Mind.

We understand that for so many people the thought of going to the gym or taking part in large group activity can be hard or even off-putting.

Taking part in physical activity has a number of physical and mental health benefits and is such a useful tool to make us all feel a little bit better.

Why not check out Active Essex YouTube channel? They have a wide range of exercises and activities that can be completed in the comfort of your own home. They have sessions that include Yoga, family fit classes and much more!

<https://www.activeessex.org/keep-essex-active-youtube/>

[Click Here >](https://www.activeessex.org/keep-essex-active-youtube/)

Pride Month 1st - 29th June.

June is Pride month! Let's use this month to educate ourselves on all things LGBTQ+ and bring the whole community together.

We have put together some useful resources for you to take a look at.

<https://www.essexpride.org/support/> offer a list of useful services and contacts that offer support around the lives of the LGBTQ+ community.

[Click Here >](https://www.essexpride.org/support/)

<http://www.outhouseeast.org.uk/> Outhouse East provides support and signposting in the Essex area.

[Click Here >](http://www.outhouseeast.org.uk/)

<https://www.saferplaces.co.uk/lgbtq-specialist-services> - Signposting to LGBTQ+ specialist services.

[Click Here >](https://www.saferplaces.co.uk/lgbtq-specialist-services)

Family Time!

Now that the lockdown restrictions here in England have eased even more, make June the month to spend some much needed time with the family! As the days are starting to get warmer why not try organising some quality time outdoors? This could be a picnic in the park, a family BBQ, a countryside walk or maybe a fun family sports day in the garden!



<https://www.parents.com/fun/activities/outdoor/weekend-family-activities/> - parents.com have a wide range of activities for the whole family!

[Click Here >](https://www.parents.com/fun/activities/outdoor/weekend-family-activities/)

We would love to hear how you are spending time with the family and all the fun things you are getting up to this June.

Tag us on Facebook or Twitter @community360org or drop us an email to families@community360.org.uk

