Welcome to the 6th Edition of the Short Breaks for Disabled Children Newsletter

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Universal Services and Inclusion
It’s our philosophy that disabled children and young people should be able to access universal services settings such as extended school activities and youth clubs.

We believe it is important disabled children and young people experience fun and enjoy themselves with friends just the same as other children and young people. We continue to explore new ideas for developing our range of short breaks including specialist and non-specialist services in universal settings.

We have invested in universal/inclusive services so they are designed and equipped to enable disabled children and young people to enjoy the same activities and opportunities as non-disabled children and whenever possible allow disabled and non-disabled children and young people to enjoy services together.

New fee paid short break fostering scheme launched
A new fee paid short breaks scheme was launched to support children with disabilities and their families during Share the Care Week 2014 (23 – 29 March 2014).

Short break carers offer regular day care, overnight stays or weekend breaks for children with disabilities. This allows the children to form new friendships and to gain more independence outside of the family circle, while parents get a chance to concentrate on their other children or to recharge their batteries.

The new fee paid scheme is aimed at people who have experience of caring for children with disabilities who can offer a minimum of 5 nights a week for 48 weeks of the year. The scheme comes with a generous fee, extensive training and support package as the carers will be supporting children who may display challenging behaviour or have complex medical conditions.

Carers who have much less time to give can still apply to become a Short Break Carer. Short breaks for children are very flexible, working around the carer and the time they have to give. Many carers are working outside the home and so training can be delivered in the evenings and at the weekend to suit carers who work. No specific qualifications are necessary, although some understanding or experience of disabilities is helpful.

As well as full training, all carers receive ongoing support and advice as well as an hourly overnight fee.

Councillor Dick Madden, Cabinet Member for Children’s Services said: “There’s now a choice of short break schemes to suit individuals with a wide range of circumstances. So whether you have a little time to give, or a lot, if you think you could make the room in your life to support disabled children then please get in touch.”

To find out more about Fee paid Shortbreaks (Fostering) in Essex visit www.essex.gov.uk/fostering or call 0800 801 530.

Please do contact us if you have any comments or queries. Our details are on the back cover.

Your comments are important to us in helping us to ensure that short breaks meet your individual family support need and work for you and your family.

Best wishes
The Shortbreaks Team – Georgina, Lisa and Jo
Short Breaks have been designed because it is recognised that there is an impact on everyday life if a child has a disability. This impact is as individual as each child and their family is unique.

Short Breaks offer a wide range of opportunities, activities and support so families have choices.

Short Breaks have been developed to offer children, young people and their families support, opportunities and activities.

Short Breaks are a part of everything else in the lives of children and young people with disabilities and their families.

Short Breaks can be anything from a couple of hours to overnight stays.

Short Breaks offer children and young people with disabilities the opportunity to have fun and take part in enjoyable experiences that contribute to their personal and social development away from their parents.

Short Breaks help children and young people with disabilities to develop new interests and take part in different activities.

Short Breaks give opportunities for children and young people to have something to do – especially at weekends and during the school holidays. They can see their friends, make new friends.

Short Breaks are opportunities for disabled children and young people to have enjoyable, life enhancing experiences with or without their primary carers, which contribute to their social inclusion, personal and social development.

Short Breaks enable parents and families to have a break from their caring responsibilities.

Short Breaks help families catch up with everyday activities such as sleep, cleaning, shopping as well as having more time with their other children, their friends and hobbies.

Short Breaks will enable children and young people to access community based provisions.

Clubs
There are a selection of different clubs – including those organised just for children and young people with disabilities – and clubs for all children and young people. The clubs are organised during the evening, at weekends, after school as well as during the school holidays.

Support for children and young people with disabilities to take part in their chosen recreational, leisure, sport and hobby activities.
This service offers support so that children and young people with disabilities can take part in their chosen recreational, leisure, sport and hobby activities.

One to One signing support so children can take part in their chosen leisure activity
This service for deaf children offers one-to-one support to enable them to participate in their chosen recreational, leisure, sport and hobby activities.

Building friendships
There are opportunities for young people with disabilities to join in social activities through peer support, friendship groups, or supported involvement in activities.

Individual support during the day
Would you like a carer to come into your own home to look after your child whilst you have a break? If you feel a few hours would help, please call the organisation directly. If you feel you need more additional support you may need an assessment by a qualified Social Worker. Please call Contact Essex on 0845 603 7627 to request the assessment.

Short Breaks holiday overnight stays and overnight breaks at home.
There are holiday overnight stays and overnight breaks at home for children and young people with disabilities.
Who are Short Breaks for?

Short Breaks are for children, young people aged between 0 and 18 years old with disabilities and their families living within the administrative boundaries of Essex County Council.

With the implementation of the SEND reform and The Children and Families Act, in the future some of these provisions may be available up to the age of 25.

How can my child take part in Short Breaks?

For short breaks involving the Clubs and Activities - you can contact the Providers direct.

**Individual Daytime Care** of up to 28 hours over a 6 month period can be accessed directly by families/carers or with the assistance of a practitioner acting on behalf of the family without the need for a Social Care Assessment.

If you require additional hours, assessments and referrals by Social Care will be required.

For other short breaks you will need some additional assessments. These types of short breaks are:

- Family based day and overnight Shared Care
- Children with disabilities Social Care residential overnight stays
- Family weekends away and the child with disability is looked after at home
- More frequent and regular carer support at home or to take your child out in the local area.

Using direct payments to pay for short breaks will require an assessment. If you already have a social worker - please contact them directly.

If you would like to talk to someone about having a Children with Disability Social care assessment, please phone the Initial Response Team by calling Contact Essex on 0845 603 7627.

Is there a cost?

Families are expected to pay the same as anyone else for general leisure activities; sports clubs; hobby based activities; out of school activities; art and drama clubs; uniformed groups like Scouts. Families will not have to pay for any additional support their child receives to help them participate in their chosen activity.

Families may be asked for financial contribution for some clubs, holiday activities and Short Break accommodation that are just for children and young people with disabilities. Some organisations charge an hourly fee or request a voluntary contribution. Please contact the clubs, activities or providers directly for further information.

How do we define’ disability’?

The definition of disabled children and young people is set out in the ‘Equality Act 2010’ that is a child and young person who has a physical or mental impairment that has a substantial and long-term adverse effect on their ability to carry out normal day-to-day activities.
There is a team of specialist nurses qualified to train the carers who work in the short break clubs activities and other short break opportunities to carry out many of the additional health care tasks that your child may need. This team is called the Specialist Healthcare Task Training Team. There is now specific training available for short breaks providers. The short break providers have all the details about how to arrange this training and support.

If your child has complex and significant healthcare needs you may require a healthcare nursing assessment for some healthcare provisions, such as:

- Home based care specifically arranged for children with significant and complex healthcare needs.
- Residential overnight stays specifically for children with significant and complex healthcare needs

Please discuss these with someone who supports your child such as your community nurse

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**Will my child’s complex needs stop them from having a Short Break?**

**How do I keep up to date about Shortbreaks!**

**Website** Our website is due to be upgraded this year and will include lots more information about Short Breaks and what is available

www.essex.gov.uk/shortbreakscwd

**Facebook** Like our Facebook page to keep up to date with what activities we have on offer

www.facebook.com/shortbreaksecc

**Email** We have an electronic mailing list for those of you who don’t have access to Facebook for all the latest offers or short notice availability, if you would like to be added to this or to feedback to us about our service please contact us via shortbreaks@essex.gov.uk

**Newsletter** The Shortbreaks team create a yearly newsletter which includes information about Short Break activities. To be added to our mailing list please contact the team via shortbreaks@essex.gov.uk or 03330 139889

**Telephone** Call us if you have any questions or queries 03330 139889

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**Essex Borders**

Please note we do have to give priority to Essex families as that is where our funding is allocated to. Those families that fall within the Thurrock or Southend borders should contact their own Shortbreaks Team in the first instance to access local activities and provisions.

**Southend Shortbreaks Service**

Laura Clarke Commissioning Officer
Southend Borough Council, Civic Centre,
Victoria Avenue, Southend on Sea, Essex, SS2 6ER
Tel: 01702 212310 / 07789723508
Email: lauraclarke@southend.gov.uk

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**Thurrock Shortbreaks Service**

Karen Sargeant, The Sunshine Centre, Civic Square, Tilbury. Essex, RM18 8AD
Tel: 01375 413525
Email: ksargeant@thurrock.gov.uk

‘You can contact ecdp for signposting towards groups that provide adult short breaks. You can email insight@ecdp.co.uk or call 01245 392300. Please note, ecdp does not provide adult short breaks itself.’

www.ecdp.org.uk

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[Image: ecdp.png]
What’s available in Mid Essex?

### Clubs & Activities

After School, Evenings, Weekends, Holiday and Youth Clubs

These services can be accessed direct by families/carers without the need for a Social Care Assessment or by practitioners acting on behalf of the family if preferred

- 4Children @ Edith Borthwick School, Braintree – 01621 827858
- PARC Play and Resource Centre, Great Notley Country Park – 01376 528999
- Columbus Discovery Club, Chelmsford – 01245 258667
- Interact, Chelmsford – 01245 608353
- Papworth Trust, Youth Clubs and After School Clubs, Braintree, Witham and Maldon - 01268 663220
- Essex Outdoors, Danbury - 01245 223342, Bradwell - 01621 776256, Mersea 01206 383226 and Harlow 01279 620270
- RAD (Royal Association of Deaf People), Chelmsford – 0845 6882 525

### Individual Daytime Care

Up to 28 hours over 6 months can be accessed direct by families/carers without the need for a Social Care Assessment or by practitioners acting on behalf of the family if preferred

NOTE: If you require additional hours, assessments and referrals by Social Care will be required

- Premier Children’s Services, Across the County – 01702 389555
- EPIC (Essex Palliative Care and Integrated Services), Across the County - 01245 430767
- Crossroads Care Braintree and Chelmsford – 01376 529985
- Core Assets Children’s Services, Across the County – 01702 421155
- Hamelin Trust – Outreach Service, Billericay – 01277 314233

### Participation in Universal Activities

Support to participation in chosen leisure activities and removing the barriers to inclusion

These services can be accessed direct by families/carers without the need for a Social Care Assessment or by practitioners acting on behalf of the family if preferred

- RAD (Royal Association of Deaf People), Across the County – 0845 6882 525
- Core Childrens Services, Across the County – 01702 421155

### Holiday Overnight Stays

A referral from Social Care is required to access this service, alternatively some recognised clubs/groups organised just for disabled children will be able to refer themselves

- Essex Outdoors, Danbury - 01245 223342, Bradwell - 01621 776256, Mersea 01206 383226
- The ARK Centre, Tendring – 01255 502063
Respitility Service -
Premier Children’s Services,
Across the County

A referral from Social Care or Health is required to access this service

This service provides extended overnight cover in the child/young person’s home from 18:00 hrs. on either Friday or Saturday evening and continues through to 10:00 hrs. the following morning. Parents/Siblings are accommodated in a hotel selected from a list for their overnight break with full breakfast provided whilst the child/young person is supported by a carer to access leisure activities if wished and cared for in their own home overnight.

In addition, in your area the following provisions are available

(more detailed information noted within this Newsletter);

- Inclusive play equipment across Parks in Essex which includes;
  Central Park, Admirals Park, Hylands Park, Jubilee Park, Baddow Hall Park, Meadgate Avenue all in Chelmsford, Witham Town Park, Witham, Brickhouse Farm and Longfields Park in Maldon and Riverside Park in Burnham. More nest swings and accessible roundabouts are being installed around the County. **For more information see page 51.**

- Changing Place Units (fully accessible toileting facilities) at Braintree MENCAP, Marsh Farm in South Woodham Ferrers, Chelmsford Market Road, Maldon Promenade Park, Hamelin Trust in Billericay, Adult Community Learning, Beeches Road, Chelmsford and Hylands Park Chelmsford and improved facilities at Chelmsford Ice & Leisure for 2014. **For more information see page 16.**

- PAL Pool hoists at Riverside Chelmsford, South Woodham Ferrers and a VICTOR Trampoline hoist at Riverside Chelmsford. **For more information see page 46.**

- Sensory Wall – Chelmsford Library. **For more information see page 33.**

- All-terrain wheelchairs available for free hire around the county, allowing improved access - more are planned for Country Parks. These are currently placed at Clacton on Sea Beach Patrol, Maldon Splash Park, available for use at each caravan and can be hired separately for days out/ short breaks by families/carers or Schools. **For more information see page 44.**

- Specially adapted trikes available at Thorndon Country Park and trialling soon at Great Notley Country Park. Electronic mobility scooters at Weald Country Parks which can be booked by calling in advance to the Parks. **For more information see page 48.**

- Activity tickets for a child or young person and their parent/carer to local attractions. **For more information see page 39.**
What’s available in North-East Essex?

**Clubs & Activities**

After School, Evenings, Weekends, Holiday and Youth Clubs

These services can be accessed direct by families/carers without the need for a Social Care Assessment or by practitioners acting on behalf of the family if preferred

- 4Children @ Lexden School – Colchester, Shorefields School – Tendring – 01621 827858
- The Ark Centre, Tendring – 01255 502063
- Interact, Colchester – 01245 608353
- Papworth Trust, Youth Clubs and After School Clubs, Colchester, Clacton on Sea and Manningtree – 01268 663220
- Essex Outdoors, Danbury - 01245 223342, Bradwell - 01621 776256, Mersea 01206 383226 and Harlow 01279 620270
- RAD (Royal Association of Deaf People), Colchester – 0845 6882 525
- Stepping Stones, Colchester – 01206 860467
- Dimensions (Buddies Clubs) Colchester and Clacton on Sea – 0845 1602 299

**Individual Daytime Care**

Up to 28 hours over 6 months can be accessed direct by families/carers without the need for a Social Care Assessment or by practitioners acting on behalf of the family if preferred

NOTE: If you require additional hours, assessments and referrals by Social Care will be required

- Premier Children’s Services, Across the County – 01702 389555
- EPIC (Essex Palliative Care and Integrated Services), Across the County – 01245 430767
- Crossroads Care Colchester and Tendring – 01255 860960
- Core Childrens Services, Across the County – 01702 421155
- Hamelin Trust – Outreach Service, Billericay – 01277 314233

**Participation in Universal Activities**

Support to participation in chosen leisure activities and removing the barriers to inclusion

These services can be accessed direct by families/carers without the need for a Social Care Assessment or by practitioners acting on behalf of the family if preferred

- RAD (Royal Association of Deaf People), Across the County – 0845 6882 525
- Core Childrens Services, Across the County – 01702 421155

**Holiday Overnight Stays**

A referral from Social Care is required to access this service, alternatively some recognised clubs/groups organised just for disabled children will be able to refer themselves

- Essex Outdoors, Danbury - 01245 223342, Bradwell - 01621 776256, Mersea 01206 383226
- The ARK Centre, Tendring – 01255 502063
Respite Service -
Premier Children’s Services, Across the County – 01702 389555

A referral from Social Care or Health is required to access this service.

This service provides extended overnight cover in the child/young person’s home from 18:00 hrs. on either Friday or Saturday evening and continues through to 10:00 hrs. the following morning. Parents/Siblings are accommodated in a hotel selected from a list for their overnight break with full breakfast provided whilst the child/young person is supported by a carer to access leisure activities if wished and cared for in their own home overnight.

In addition, in your area the following provisions are available

(more detailed information noted within this Newsletter);

- Inclusive play equipment across Parks in Essex which includes;
  Castle Park, Colchester, Rush Green Play Area and Foots Farm Play Area - Clacton on Sea, Eastcliff Play Area - Holland on Sea, Harwich Green Play Area - Harwich, Bath House Meadow - Walton on the Naze. More nest swings and accessible roundabouts are being installed around the County. For more information see page 51.

- Changing Place Units (fully accessible toileting facilities) at Colchester Leisure World, Colchester - with new Changing Places for 2014 at Clacton on Sea and Walton on the Naze seafront. For more information see page 16.

- PAL Pool hoists at Dovercourt and Clacton Leisure Centres and VICTOR Trampoline hoists at Colchester, Harwich and Manningtree Leisure Centres. For more information see page 46.

- All-terrain wheelchairs available for free hire around the county, allowing improved access - more are planned for Country Parks. These are currently placed at Clacton on Sea Beach Patrol, Maldon Splash Park, available for use at each caravan and can be hired separately for days out/ short breaks by families/carers or Schools. For more information see page 44.

- Specially adapted trikes available at Thorndon Country Park and trialling soon at Great Notley Country Park. Electronic mobility scooters at Weald Country Parks which can be booked by calling in advance to the Parks. For more information see page 48.

- Activity tickets for a child or young person and their parent/carer to local attractions. For more information see page 39.
What’s available in South Essex?

Clubs & Activities
After School, Evenings, Weekends, Holiday and Youth Clubs
These services can be accessed direct by families/carers without the need for a Social Care Assessment or by practitioners acting on behalf of the family if preferred

- 4Children @ Cedar Hall School, Thundersley and Glenwood School, Benfleet – 01621 827858
- SHARE, Basildon - 01268 521691
- SNAP, Brentwood – 01277 211300
- BOSP, Basildon – 01277 624300
- Dimensions Buddies Club, Basildon – 0845 1602 299
- Papworth Trust, Youth Clubs and & School Clubs, Basildon, Brentwood, Rochford and Canvey – 01268 663220
- Essex Outdoors, Danbury - 01245 223342, Bradwell - 01621 776256, Mersea - 01206 383226 and Harlow - 01279 620270

Participation in Universal Activities
Support to participation in chosen leisure activities and removing the barriers to inclusion
These services can be accessed direct by families/carers without the need for a Social Care Assessment or by practitioners acting on behalf of the family if preferred

- RAD (Royal Association of Deaf People), Across the County – 0845 6882 525
- Core Childrens Services, Across the County – 01702 421155

Individual Daytime Care
Up to 28 hours over 6 months can be accessed direct by families/carers without the need for a Social Care Assessment or by practitioners acting on behalf of the family if preferred
NOTE: If you require additional hours, assessments and referrals by Social Care will be required

- Premier Children’s Services, Across the County – 01702 389555
- EPIC (Essex Palliative Care and Integrated Services), Across the County – 01245 430767
- Crossroads Care, Basildon and Brentwood – 01277 201789
- Core Childrens Services, Across the County – 01702 421155
- Hamelin Trust – Outreach Service, Billericay – 01277 314233

Holiday Overnight Stays
A referral from Social Care is required to access this service, alternatively some recognised clubs/groups organised just for disabled children will be able to refer themselves

- Essex Outdoors, Danbury - 01245 223342, Bradwell - 01621 776256, Mersea - 01206 383226
- The ARK Centre, Tendring – 01255 502063
Respite Service -
Premier Children’s Services, Across the County – 01702 389555

A referral from Social Care or Health is required to access this service

This service provides extended overnight cover in the child/young person’s home from 18:00 hrs. on either Friday or Saturday evening and continues through to 10:00 hrs. the following morning. Parents/Siblings are accommodated in a hotel selected from a list for their overnight break with full breakfast provided whilst the child/young person is supported by a carer to access leisure activities if wished and cared for in their own home overnight.

In addition, in your area the following provisions are available
(more detailed information noted within this Newsletter);

- Inclusive play equipment across Parks in Essex which includes; Bishops Hall Park, Brentwood, Villa Road, Benfleet, The Crescent, Hadleigh, Doggetts Playspace, Rochford, Grove Wood and Sweyne Park and Fairview Rayleigh, Hockley Woods, Hockley, High Street, Great Wakering, Rawreth Lance, Rawreth and Pooles Lane, Hullbridge. With more nest swings and accessible roundabouts being installed around the County. For more information see page 51.

- Changing Places Units (fully accessible toileting facilities) at Brentwood High Street, Brentwood Leisure Centre, both dry side and wet side and improved facilities at Runnymede Swimming Pool, Thundersley. For more information see page 16.

- PAL Pool hoists Waterside Farm, Canvey, Runnymede, Thundersley and Basildon Sporting Village, Basildon and a VICTOR Trampoline hoists at Clements Hall, Hawkwell, Runnymede, Thundersley and Basildon Sporting Village, Basildon. For more information see page 46.

- All-terrain wheelchairs available for free hire around the County, allowing improved access - more are planned for Country Parks. These are currently placed at Clacton on Sea Beach Patrol, Maldon Splash Park, available for use at each caravan and can be hired separately for days out/short breaks by families/carers or Schools. For more information see page 44.

- Specially adapted trikes available at Thorndon Country Park and trialling soon at Great Notley Country Park. Electronic mobility scooters at Weald Country Parks which can be booked by calling in advance to the Parks. For more information see page 48.

- Activity tickets for a child or young person and their parent/carer to local attractions. For more information see page 39.
What’s available in West Essex?

**Clubs & Activities**

After School, Evenings, Weekends, Holiday and Youth Clubs

These services can be accessed direct by families/carers without the need for a Social Care Assessment or by practitioners acting on behalf of the family if preferred

- Sam’s Place, Harlow – 01279 446190
- Efua Sey, Harlow – 01279 457542
- Accuro, Uttlesford, Harlow and Epping Forest – 01279 433667
- Epping Forest District Council, Epping Forest and Harlow – 01992 564557
- Papworth Trust, Youth Clubs and After School Clubs, Uttlesford, Harlow and Loughton – 01268 663220
- Essex Outdoors, Danbury - 01245 223342, Bradwell - 01621 776256, Mersea - 01206 383226, Harlow - 01279 620270

**Individual Daytime Care**

Upto 28 hours over 6 months can be accessed direct by families/carers without the need for a Social Care Assessment or by practitioners acting on behalf of the family if preferred

NOTE: If you require additional hours, assessments and referrals by Social Care will be required

- Premier Children’s Services, Across the County – 01702 389555
- EPIC (Essex Palliative Care and Integrated Services), Across the County – 01245 430767
- Crossroads Care REH (Redbridge, Epping and Harlow) – 01992 572557
- Crossroads Care East Anglia for Uttlesford – 01799 513496
- Crossroads Care, for Brentwood – 01277 201789
- Core Assets Childrens Services, Across the County – 01702 421155
- Hamelin Trust – Outreach Service, Billericay – 01277 314233

**Participation in Universal Activities**

Support to participation in chosen leisure activities and removing the barriers to inclusion

These services can be accessed direct by families/carers without the need for a Social Care Assessment or by practitioners acting on behalf of the family if preferred

- RAD (Royal Association of Deaf People), Across the County – 0845 6882 525
- Core Childrens Services, Across the County – 01702 421155

**Holiday Overnight Stays**

A referral from Social Care is required to access this service, alternatively some recognised clubs/groups organised just for disabled children will be able to refer themselves

- Essex Outdoors, Danbury - 01245 223342, Bradwell - 01621 776256, Mersea - 01206 383226
- The ARK Centre, Tendring – 01255 502063
Respite Service -
Premier Children’s Services, Across the County – 01702 389555

A referral from Social Care or Health is required to access this service

This service provides extended overnight cover in the child/young person’s home from 18:00 hrs. on either Friday or Saturday evening and continues through to 10:00 hrs. the following morning. Parents/Siblings are accommodated in a hotel selected from a list for their overnight break with full breakfast provided whilst the child/young person is supported by a carer to access leisure activities if wished and cared for in their own home overnight.

In addition, in your area the following provisions are available

(more detailed information noted within this Newsletter);

- Inclusive play equipment across Parks in Essex which includes;
  
  Hillyfields Playground - Loughton, Larsens Playground - Waltham Abbey, Colebrook Lane Play Area - Epping, The Recreation Ground - Great Dunmow and The Rainbow Bus, (visits locations in Harlow). More nest swings and accessible roundabouts are being installed around the County. For more information see page 51.

- Changing Place Units (fully accessible toileting facilities) at Lord Butler Leisure Centre - Saffron Walden, Harlow Bus Station - Harlow, Brentwood Leisure Centre, both dry side and wet side and Epping High Street, Epping. For more information see page 16.

- VICTOR Trampoline hoists at Leisure Zone – Harlow. Also Epping Forest District Council run After School Clubs at St John's RC School, Chigwell & St John's Fisher School, Loughton using the VICTOR hoists - Contact Fabrizio Ferrari at Epping for Details - 01992 564516. For more information see page 47.

- All-terrain wheelchairs available for free hire around the county, allowing improved access - more are planned for Country Parks. These are currently placed at Clacton on Sea Beach Patrol, Maldon Splash Park, available for use at each caravan and can be hired separately for days out/ short breaks by families/ carers or Schools. For more information see page 44.

- Specially adapted trikes available at Thorndon Country Park and trialling soon at Great Notley Country Park. Electronic mobility scooters at Weald Country Parks which can be booked by calling in advance to the Parks. For more information see page 48.

- Activity tickets for a child or young person and their parent/carer to local attractions. For more information see page 39.
Notice Board

Our Beach Huts have been relocated and an accessible ramp has now been built at Clacton-on-Sea

New fee paid short break scheme launched

Volunteers
We have received many enquiries from people wishing to volunteer their time at Clubs; for your information the following Providers welcome volunteers please make direct contact with them to discuss further – thank you.

Dimensions
Interact
PARC
Essex Outdoors (during the Mersea Island Summer Festival held in August)
Papworth

Trikes & Bikes for hire at Country Parks

More Landeez & De Bug Wheelchairs for hire across the County

The Shortbreaks Team won Team of the Year in the You Make the Difference in Essex Awards

New Play Spaces – more wave nest swings and Wheelspin roundabouts being sited into Parks all across Essex

Changing Places Units and Improved facilities are being completed around Essex

Please visit our ‘New’ Shortbreaks Facebook Page
www.facebook.com/shortbreaksECC
Changing Places

Fully accessible toileting facilities

Do you have a child or young person who has personal care needs that require carer support? Are you fed up with not going to some places because of the lack of facilities?

Changing Places may be of help to you and your family.

What are Changing Places?

Changing Places are fully accessible toilets and personal care facilities that include:

- Adult sized, height adjustable changing benches;
- Hoisting equipment;
- Enough space for a child/young person, plus two carers;
- Centrally placed toilets with room either side for the carers;
- Privacy screens or curtains around the toilet;
- Wide tear off paper roll to cover the bench;
- A large waste bin for disposable pads and a non-slip floor.

These have been designed to help meet the needs of children and young people with disabilities, their families and adults with similar care needs.
Information about opening times and how to gain access to them

Braintree - Mencap
Charles Leek House, 7, Coggeshall Road, Braintree, Essex, CM7 9DB Tel: 01376 326302

Type of venue: Headquarters of Braintree District Mencap Society
How to gain access: The toilet is locked on arrival. Contact front office for admission. The toilet is located on Ground floor just inside main entrance to hall
Opening hours: Monday to Friday: 09.30am – 4.00pm

Marsh Farm
Marsh Farm Road, South Woodham Ferrers, Chelmsford, Essex, CM3 5WP Tel: 01245 321552

Type of venue: Farm Attraction
How to gain access: The toilet is located on the ground floor adjacent to the farm toilets and farm office.
Opening hours: Monday to Friday: 10.00am-4.00pm  
Saturday: 10.00am-5.00pm  
Sunday: 10.00am-5.00pm  
Public Holidays: 10.00am-5.00pm  
(Except for Christmas Day, Boxing Day and New Year's Day)

Chelmsford - Market Road Public Toilets
Market Road, Chelmsford, Essex CM1 1LH Tel: 01245 605717

Type of venue: Public toilets
How to gain access: The toilet is located on the ground floor. Users of the facility need to be registered. Key and registration enables use of Hylands Park facility. Information here: http://www.chelmsford.gov.uk/changingplaces  
Or write to: Access Officer (Mr P Houghton), Directorate of Sustainable, Communities, Chelmsford Borough Council, PO Box No. 7544, Civic Centre, Duke Street, Chelmsford, Essex, CM1 1XP
Opening hours: 24 Hour access 7 days a week  
There is a designated parking space alongside the parking bays for disabled people by the Shopmobility. Immediate access can be granted during shop opening times via the Shopmobility bell next to the Changing Place. A unique key can be applied for so that the facility can be used at all times (24hr access). This unique key can be applied for by filling out the relevant form which you can get from the mobility shop. If the child or young person is not with you when applying for the key, you will be asked for some proof of need - such as a DLA form.
### Hylands Park

Castle Kiosk, Hylands House, Hylands Park, London Road, Chelmsford, Essex, CM2 8WG

<table>
<thead>
<tr>
<th>Type of venue:</th>
<th>Grade II listed building and parkland</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to gain access:</td>
<td>The toilet is located within the Castle Cabin adjacent to the two car park areas. Users of the facility need to be registered. Key and registration enables use of Market Road facility in town centre. Information here: <a href="http://www.chelmsford.gov.uk/changingplaces">http://www.chelmsford.gov.uk/changingplaces</a></td>
</tr>
<tr>
<td>Or write to:</td>
<td>Access Officer (Mr P Houghton), Directorate of Sustainable, Communities, Chelmsford Borough Council, PO Box No. 7544, Civic Centre, Duke Street, Chelmsford, Essex, CM1 1XP</td>
</tr>
<tr>
<td>Opening hours:</td>
<td>Monday to Friday: 9.30am-3.00pm, Saturday: 10.00am-4.00pm, Sunday: 10.00am-4.00pm</td>
</tr>
</tbody>
</table>

### Adult Community Learning - Chelmsford

Beeches Close, Chelmsford, CM1 2SB, Tel: 01245 6494129

<table>
<thead>
<tr>
<th>Type of venue:</th>
<th>Adult Community Learning Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to gain access:</td>
<td>The toilet is locked and located just off Foyer area, through double doors next to other toilets on right hand side. The key is available from reception.</td>
</tr>
<tr>
<td>Opening hours:</td>
<td>Term Time: Mon - Thurs 09:00 to 17:00 and 19:00 to 21:00, Fri 09:00 to 16:30, Sat 09:00 to 12:00</td>
</tr>
<tr>
<td></td>
<td>Non Term Time: Mon - Thurs 09:00 to 17:00, Fri 09:00 to 16:30</td>
</tr>
<tr>
<td></td>
<td>Public Holidays: Closed</td>
</tr>
</tbody>
</table>

### Maldon Promenade Park

Park Drive, Maldon, Essex, CM9 5JQ Tel: 01621 854477

<table>
<thead>
<tr>
<th>Type of venue:</th>
<th>Public Park/Recreational Ground</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to gain access:</td>
<td>The toilet is open by radar key and is located within the central toilet block of the Promenade Park (behind the information point). The door opens directly to the outside and is to the left of the ladies toilet.</td>
</tr>
<tr>
<td>Opening hours:</td>
<td>Monday to Friday: 7.30am-dusk, 7 days per week (Later if there is a special event)</td>
</tr>
</tbody>
</table>

### Hamelin Trust

19 Radford Crescent, Billericay, Tel: 01277 653889

<table>
<thead>
<tr>
<th>Type of venue:</th>
<th>Administration Centre for Hamelin Trust</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to gain access:</td>
<td>The toilet is located on the ground floor at the side of the building and uses a Radar key and code. Parking for the Changing Places is available.</td>
</tr>
<tr>
<td>Opening hours:</td>
<td>Monday to Friday: 9.00am-5.00pm</td>
</tr>
</tbody>
</table>
**Harlow Bus Station**

**Terminus Street, Harlow, Tel: 01279 446896**

**Type of venue:** Harlow Bus Station – located on the ground floor next to public toilets

**How to gain access:** You will need a unique key.
Please call into Harlow District Council Reception between 9 am – 4.45 pm Monday – Friday for a form to apply for a key or contact Michael Kelly
Tel: 01279 446896 or via email Michael.Kelly@harlow.gov.uk
The toilet is locked on arrival. A Unique key is required as above.
Please note the hoist is floor standing and not ceiling mounted, so may not be suitable for all. Please call Michael Kelly at Harlow District Council if you have any queries Tel; 01279 446896.

**Opening hours:**
- Monday to Friday: 08.30am – 5.00pm
- Saturday 11.00 am – 2.00 pm
- Sunday Closed
- Public holidays Closed
- Key holders can access 24/7

**Brentwood High Street**

**High Street, Brentwood, Essex, CM14 4RG Tel: 01277 312500**

**Type of venue:** Public Toilets

**How to gain access:** The toilet is located on ground level accessible from the high street and uses a Radar key.

**Opening hours:** The facility is open 7 days a week from 7.30am-6.00pm

**Great Dunmow Leisure Centre**

**Parsonage Downs, Great Dunmow, Essex, CM6 2AT Tel: 01371 878690**

**Type of venue:** Leisure Centre

**How to gain access:** The toilet is located on the ground floor

**Opening hours:**
- Monday to Friday: 6.00am-10.00pm
- Saturday: 7.00am-7.00pm
- Sunday: 7.00am-8.00pm
- Public Holidays: 8.00am-4.00pm

**Lord Butler Fitness and Leisure Centre**

**Peaslands Road, Saffron Walden, Essex, CB11 3EG Tel: 01799 522777**

**Type of venue:** Leisure Centre

**How to gain access:** The toilet is located on the ground floor in the changing rooms and uses a radar key

**Opening hours:**
- Monday to Friday: 6.00am-10.00pm
- Saturday: 7.00am-8.00pm
- Sunday: 7.00am-8.00pm
- Public Holidays: 7.00am-4.00pm
**Epping Town Centre**

**Epping Town Centre, Bakers Lane Car Park, Bakers Lane, Epping,**

<table>
<thead>
<tr>
<th>Type of venue:</th>
<th>Public Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to gain access:</td>
<td>Located on the ground floor. Users of the facility need to be registered. Key and registration enables use of the facility. Email <a href="mailto:info@eppingtowncouncil.gov.uk">info@eppingtowncouncil.gov.uk</a> for details</td>
</tr>
<tr>
<td>Opening hours:</td>
<td>24 Hour access 7 days a week</td>
</tr>
</tbody>
</table>

**Colchester Leisure World**

**Cowdray Avenue, Colchester, Essex, CO1 1YH**
Tel: 01206 282000

Just ask at Reception.

<table>
<thead>
<tr>
<th>Type of venue:</th>
<th>Leisure Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to gain access:</td>
<td>Please ask at reception for access.</td>
</tr>
<tr>
<td>Opening hours:</td>
<td>Leisure Centre opening hours</td>
</tr>
</tbody>
</table>

**Clacton Sea Front**

**Main Promenade Clacton-on-Sea, Essex**

<table>
<thead>
<tr>
<th>Type of venue:</th>
<th>Public toilets</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to gain access:</td>
<td>The toilet is located on the main promenade next to the main public toilets. Users of the facility need to be registered and apply for a unique key. Contact details 01255 686868 <a href="mailto:anepean@tendringdc.gov.uk">anepean@tendringdc.gov.uk</a> or complete form enclosed in newsletter</td>
</tr>
<tr>
<td>Opening hours:</td>
<td>24 hours access 7 days a week</td>
</tr>
</tbody>
</table>

There are also improved facilities at:

**Runnymede Swimming Pool**
Kiln Road, Thundersley, Benfleet, Essex, SS7 1TF
Tel: 01268 756514

And planned improved facilities at:

**Chelmsford Ice and Leisure Centre due to open June 2014.**

NOTE: RADAR keys can be obtained online, through your local council or through places like ‘Shopmobility’.

There is a Changing Places national website with information about the location of other Changing Places across the country. The online link is: [http://www.changing-places.org/](http://www.changing-places.org/)

In Essex, there are more Changing Places still in development. We will let you know as soon as they are fully functional.

FACE and the Short Breaks for Disabled Children’s team welcome comments about the facilities and also your views on where you feel new Changing Places would be best located to suit your needs.

Please contact: the Short Breaks for Disabled Children’s team by email: shortbreaks@essex.gov.uk or telephone 03330 139889.
Application request for Key for Chelmsford City’s Changing Places

I confirm that I have been trained in the use of equipment inside the Changing Place facility and that I have read and understood the guidance.

Carer’s Name (please print) ________________________________
Signed ________________________________
Date ________________________________
Carer’s Address ________________________________

User’s Name (please print) ________________________________
Signed on behalf of the user ________________________________
Date ________________________________
User’s Address ________________________________

Please indicate that you give consent for your benefit information to be held by Chelmsford City Council. ☐ YES ☐ NO

(Councils may use this information to provide more details on relevant help available)

Which address should the Changing Place Key be sent to: ☐ USER ☐ CARER

This form can be completed and submitted electronically or printed off and returned to:

Access Officer (Mr P Houghton)
Directorate of Sustainable Communities
Chelmsford City Council
Civic Centre
Duke Street
Chelmsford Essex CM1 1JE
Application request for Key to the Changing Place facility
Harlow Bus Station

I confirm that I have been trained in the use of equipment inside the Changing Place facility and that I have read and understood the guidance.

Carer’s Name (please print) ________________________________

Signed ________________________________

Date ________________________________

Carer’s Address ________________________________

User’s Name (please print) ________________________________

Signed on behalf of the user ________________________________

Date ________________________________

User’s Address ________________________________

Please indicate that you give consent for your benefit information to be held by Harlow Council. ☐ YES ☐ NO

(Councils may use this information to provide more details on relevant help available)

Which address should the Changing Place Key be sent to: ☐ USER ☐ CARER

Please return your completed form, including evidence of the Disability Living Allowance (higher rate mobility component), to:

Michael Kelly
Bus Station Supervisor
Harlow Council
Civic Centre
The Water Gardens
Harlow
Essex
CM20 1WG
**Application request for Key to the Changing Place facility in Epping**

I confirm that I have been trained in the use of equipment inside the Changing Place facility and that I have read and understood the guidance.

Carer’s Name (please print) ____________________________________________

Signed ______________________________________________________________

Date __________________________________________________________________

Carer’s Address _______________________________________________________

User’s Name (please print) _____________________________________________

Signed on behalf of the user ____________________________________________

Date __________________________________________________________________

User’s Address _______________________________________________________

Please indicate that you give consent for your benefit information to be held by Epping Town Council. ☐ YES ☐ NO

(Councils may use this information to provide more details on relevant help available)

Which address should the Changing Place Key be sent to: ☐ USER ☐ CARER

This form can be completed and submitted electronically or printed off and returned to:

FAO Town Clerk,  
Epping Hall,  
St John’s Road  
Epping CM16 5JU

Email: info@eppingtowncouncil.gov.uk
Application request for Key for Tendring District Councils Changing Places

I confirm that I have been trained in the use of equipment inside the Changing Place facility and that I have read and understood the guidance.

Carer’s Name (please print) ____________________________

Signed ____________________________

Date ____________________________

Carer’s Address ____________________________________

User’s Name (please print) ____________________________

Signed on behalf of the user ____________________________

Date ____________________________

User’s Address ____________________________________

Please indicate that you give consent for your benefit information to be held by Tendring District Council. ☐ YES ☐ NO

(Councils may use this information to provide more details on relevant help available)

Which address should the Changing Place Key be sent to: ☐ USER ☐ CARER

This form can be completed and submitted electronically or printed off and returned to:

Seafronts Dept
Tendring District Council
Northbourne Depot
Vista Road, Clacton on Sea
Essex CO15 6AY
01255 686868
anepean@tendringdc.gov.uk

Access may also be gained via a key held at Beach Patrol open weekends 11-5 out of season and 11-5, 7 days a week all school and bank holidays
This year with Capital funding, The Shortbreaks for Disabled Children Team have continued to support Essex Outdoors with funding for canoes, kayaks, archery aids, changing tables, Landeez All Terrain Wheelchairs and bikes.

Essex Outdoors are committed to ensuring that children and young people with disabilities achieve as much as possible from their chosen short break opportunities.

Through the Essex Shortbreaks for Disabled Children programme we offer:

**Activity/Sailing and Crabbing Days:** Weekend and school holiday activity days for disabled children supported by carers known to and organised by the child. Activities may include archery, climbing, aerial runway, speedboat, quad bikes, sailing and high ropes, dependent on the facilities at the chosen centre. Participants provide their own lunch.

**Canoe Days:** Starting from Hoe Mill Lock on the Chelmer and Blackwater canal, enjoy a day paddling along this tranquil canal. Canoes will be rafted to ensure stability. Participants will need to provide a packed lunch.

**Family Open Day:** For families with disabled young people to take part in activities together. Activities are run on a ‘drop in’ basis and may include archery, climbing, aerial runway, adventure course and caving. Participants will need to provide a packed lunch.

**One-Night Activity Break ~ 2 days of activity:** One-night fully catered residential stays for disabled children supported by carers known to and organised by the child. The programme will include two days of age and need appropriate activities based on the ability and needs of the individuals identified during the booking process. These may include canoeing, sailing, archery, zipwire and high ropes, dependent on the facilities at the chosen centre.

**Mersea Island Festival Day Visits - August:** Funded carer places for children attending the Mersea Island Festival in August with a known carer for a day visit. The Mersea Island Festival is an inclusive camp that takes place at the centre each August offering a range of indoor and outdoor activities, meals and evening entertainment.
Mersea Island Festival Residential - August:
Funded carer places for children attending the Mersea Island Festival in August with a known carer. The Festival is an established inclusive camp that takes place at the centre each August offering a range of indoor and outdoor activities, meals and evening entertainment.

Most opportunities are free for individual children with carers as well as groups of disabled children from clubs and organisations in Essex, with carers participating in these exciting opportunities whilst continuing to provide the usual high levels of care and support. Additional places are available a nominal cost.

Those disabled children eligible for all the opportunities should be aged under 19 years old and live within the administrative boundaries of Essex County Council. Participants will need to provide their own transport and carers. Additional places are available – see the calendar for prices.

Activities may include Archery, Aerial Runway, Canoeing, Caving, Climbing, High Ropes, Sailing, Quad Bikes and more!

All the activities and instructors will be provided by Essex Outdoors, as well as accommodation and food for the overnight stays. Participants for the Activity Days will need to provide their own lunch.

If you are interested in any of these opportunities, have any queries or for a full list of the opportunities available please see our website www.essexoutdoors.org or contact us on;

Bradwell
Bradwell Centre for Outdoor Learning, Bradwell Waterside, Southminster, Essex, CM0 7QY
Phone: 01621 776256

Danbury
Danbury Centre for Outdoor Learning, Well Lane, Danbury, Essex, CM3 4AB
Phone: 01245 223342

Harlow
Harlow Centre for Outdoor Learning, Burnt Mill Lane, Harlow, Essex, CM20 2QS
Phone: 01279 620270

Mersea
Mersea Centre for Outdoor Learning, Rewsalls Lane, East Mersea, Colchester, Essex, CO5 8SX
Phone: 01206 383226
Hylands Park

Summer 2013 saw the opening of the new and improved Adventure Castle play area at Hylands Park as funded by The Shortbreaks for Disabled Children Team. The area now features All Inclusive play equipment so young people with disabilities can join in the fun with their brothers, sisters and friends, and feedback on the new facilities has been overwhelmingly positive.

The new Castle battlements, which are fully inclusive and suitable for wheelchairs, also offers ladders, scramble nets, swings and balance beams. Wide slides, a musical wall and spinning games discs also help stimulate the senses. All of the equipment is suitable for those aged six and over, whilst the Castle Hamlet with look-out tower, wobble bridge and net will appeal to younger adventurers.

An Essex resident who has four children, two of whom have disabilities stated that her children loved playing together, they could whizz their brother along the ramparts in his chair and his sister could help him to turn the ‘spiral disc’.
Having a Changing Place toilet facility next to the play area has meant families can extend their fun time away from home. Now it’s possible to spend the whole day at the park rather than two to three hours. “Even though many toilets include a disabled cubicle, they aren’t big enough to change a tall child. The long beds have meant I don’t have to lay him on the dirty floor, its brilliant!”

A visitor from Hutton recently wrote in to compliment the play area, saying: “Hylands is the only park we’ve found in Essex where my five year old son with Cerebral Palsy can truly be included in play with his able bodied twin brother. It was wonderful - thanks from all our family.”

As well as housing the Changing Place Facility, the Castle Kiosk sells snacks, drinks and ice-cream at the weekends, with picnic benches nearby for regrouping battle weary troops ready for the next strategic attack.
New Sensory Room for Chelmsford Library

Young visitors to Chelmsford Library are able to enjoy a sensory wall/room in the Children's section of the library, thanks to a collaboration between Essex County Council Libraries and Inclusive Communication Essex (ICE). The wall, a unique feature in libraries, was developed as a result of feedback from the parents of children with learning disabilities. They wanted an area where all children could have fun, play together and learn.

Sensory stimulation and interactive experiences are necessary for all aspects of child development and learning. The wall features an activity panel, a sound activated infinity tunnel, an LED light panel which reacts to touch and noise, animal sounds, mirrors and an exciting interactive video floor. All features of the wall are suitable for children of all ages and abilities and equally for relevant adults.

The wall can be easily transformed into a fully functioning sensory room with additional sensory equipment which is available from the library. The wall/room can be booked in advance for exclusive use by groups and will be used during baby and toddler story times/activities. It will be available for everyone to use at times allocated for the public.

More information, including details of how to book a session, will be available soon. Meanwhile if you are interested to learn more, please contact Carolyn Southgate, carolyn.southgate@essex.gov.uk or Lee Shelsher, lee.shelsher@essex.gov.uk or telephone Chelmsford Library on 01245492758 or for ICE please contact Jason Boyce, jason.boyce@essex.gov.uk or 01376 519625.
Naze Marine Holiday Park – Walton on the Naze

At Naze Marine Holiday Park, Walton on the Naze we have upgraded our unit this year to an ABI Derwent which, like all three of our caravans, is a fully adapted six berth unit, with open plan lounge/diner, galley kitchen, full wet room and ramp and decking with outside seating.

Naze Marine offers good facilities which include a heated indoor swimming pool with hoist available and a children’s splash pool, Club House with Kids Club, restaurant, park area and small shop on site. Our caravan is situated in an easily accessible area of the park close to all the facilities.

Naze Marine Holiday Park is a mid-sized park for those of you looking for a taste of seaside mixed with a quieter, relaxing park, offering lovely walks along the marine area with an array of wildlife but just 5 minutes to the beach and only a short walk to the Pier. The park is on a main bus route which stops directly outside the park and is minutes from Walton train station.

You will have access to a Landeez All-Terrain wheelchair during your stay and as with all units, should you need the use of a mobile hoist, this will be made available to you.

This year we have funded some all-inclusive park equipment to be installed in the park, alongside existing play equipment; including a nest swing, wheelchair accessible roundabout and sensory items making the park fully inclusive for all. Expected to be installed by summer holidays 2014

“Most enjoyable was the wonderful beach wheelchair which my son loved and gave us great access to the beach nearby, this amazingly helped settle his normally disruptive sleep pattern, I think the sea air wore him out”

“Very impressed also with amount of games and toys provided”

“It was nice and quiet and an easy distance from the local town”

“Absolutely fabulous, very clean and friendly”

“The lounge was nice and large and a good selection of children’s DVD’s if needed. I was able to access the shower room with my son’s wheelchair and he transferred to the shower seat from his wheelchair easily”
Waterside Holiday Park – St Lawrence Bay, Southminster

Our lovely Pemberton Sovereign caravan at Waterside Holiday Park, St Lawrence Bay is situated in a quiet, leafy area of the Park. This park is the smallest of the three parks and offers a true ‘get away from it all’ break. The Park is situated on the Blackwater estuary which is a couple of minutes’ walk from our caravan offering walks around the water and is close to the Bradwell Outdoors Centre who offer a full programme of activities for children with disabilities.

The Sovereign is 6 berth, with open plan lounge/diner, galley kitchen, full wet room and ramp and decking with outside seating overlooking the fields. Should you need the use of a mobile hoist, this will be made available to you.

The Park has a small club house with Kids Club, arcade, small park area and café serving hot and cold snacks and convenience store. There is a small swimming pool with hoist available and a toddler pool and Jacuzzi available for use for guests.

A Landeez All Terrain wheelchair will be sited with the caravan for you to use during your stay and make the most of the walks around the area, where the surfaces are more challenging.

This year we have funded some all-inclusive park equipment to be installed in the park, alongside existing play equipment; including a nest swing, wheelchair accessible roundabout and sensory items making the park fully inclusive for all.

Expected to be installed by summer holidays 2014

“We couldn’t have asked for a better ‘short break’ away from home. Thank you so very, very much. It came at such a very difficult time where everything had become too much for me and for my daughter, ‘escaping’ for a long weekend made an absolutely huge difference!”

“The caravan at Waterside Park is perfect! Ideally situated, roomy, comfortable, everything imaginable available you could need was provided. The staff at Waterside Park couldn’t have been more helpful”

“The caravan was lovely and it felt like we were in a hotel, it was especially lovely to have DVD’s, toys and games. When we arrived it was 8 pm and the journey had been quite stressful so was lovely when we opened the caravan door to find the beds had been made and the heating was on and the boys could watch a DVD while we unpacked before they fell into bed and we could relax. The wet room style shower is fabulous; all grab rails are well placed. A lot of thought has gone into everything in the caravan and there are many thoughtful touches”

“The surrounding area made for lovely walks, and we found an idyllic little beach area.”
Valley Farm Holiday Park – Clacton on Sea

Our brand new ABI Derwent unit is 6-berth and offers an open plan living/dining area, galley kitchen, full wet room and large outside decking with ramp and seating area. Should you need the use of a mobile hoist, this will be made available to you.

The caravan is situated on a nice quiet plot with plenty of outdoor space for you to enjoy your family break. A Landeez All-Terrain Wheelchair will be available for use during your stay to make the most of the green areas and trips to the beach.

Valley Farm is the largest park of all three of our Parks offering a Show Bar, Sports Bar, restaurant, Fish and Chip shop, Kids Club, arcade, Crazy Golf, an all-weather multi sports court and separate heated indoor and outdoor swimming pools and toddler’s pool (with hoist available). The Park is situated approximately a 5 minute drive from Clacton seafront, close to the Station with a bus route just outside.

This year we have funded some all-inclusive park equipment to be installed in the park, alongside existing play equipment; including a nest swing, wheelchair accessible roundabout and sensory items making the park fully inclusive for all. Expected to be installed by summer holidays 2014

NOTE: Cost per stay at each of the caravans ranges from £70 - £100 (subject to annual running costs this may increase next season 2015) for either a mid-week Mon-Fri or long weekend Fri-Mon for up to six persons and includes your entertainment passes and clean linen on arrival.

A Landeez All-terrain wheelchair will be available at the caravan for your use if you require and we can also arrange for a mobile hoist to be present at the caravan on request.

The Park is open from late March – end of October and we welcome bookings all throughout this period.

Please note we do have to give priority to Essex families as that is where our funding is allocated to. If we have breaks at the caravans that are not booked or we have any cancellations we will post on our Facebook Page and open them up to families outside of our borders (Southend and Thurrock) but this would be quite last minute.
Payments will be taken in cash only at each Holiday Park upon collection of keys

Please fill in with block capitals:
☐ Mr  ☐ Mrs  ☐ Ms

Full name: ____________________________________________

Parent/Carer of: ________________________________________ Age: _______

Total number of adults in your party: __________

Total number of children/young people in your party: _______

Home address: _________________________________________
_____________________________________________________
_____________________________________________________
_____________________________________________________
Postcode: _____________________________________________

Telephone: ___________________ Mobile: ___________________

Email: ________________________

Do you require the use of a mobile hoist? ☐ YES  ☐ NO

Please select your chosen site:
☐ Valley Farm, Clacton on Sea
☐ Naze Marine, Walton on the Naze
☐ Waterside Holiday Park, St Lawrence Bay, Southminster

Please give your preferred Holiday dates (park closed from November to March)
1. ________________________________
2. ________________________________
3. ________________________________
4. ________________________________
We are pleased to be able to offer **Short Break Tickets** for the 2nd Year running.

**We currently have tickets available for Colchester Zoo, Old MacDonalds Farm, Brentwood, Tropical Wings, South Woodham Ferrers** and acting upon feedback received last year we now have the addition of Marsh Farm tickets.

For Colchester Zoo, Tropical Wings and Marsh Farm the tickets will admit one child/young person with a disability and an accompanying adult free of charge. They are one off use tickets and can be used anytime this year. The only exception to this is two special events Kidsfest and Winter Wonderland at Marsh Farm which the tickets will not cover. You can check these dates on their website.

For Old MacDonald’s Farm we have a number of re-usable passes that will again admit one child/young person with a disability and an accompanying adult free of charge. The only difference with this pass is that we need a rough date you would like to attend so we can make sure a pass is posted out to you in time for your visit and we will include a freepost envelope for the pass to be returned to us after your visit. The pass will be issued with a covering letter that will allow entrance for a few days as we understand it’s not always possible to stick to exact dates. You can request to use one of these passes as many times as you would like, we just ask that it is returned to us in between visits so that other families can enjoy it.

The limits we have on the tickets is you can apply for either Colchester Zoo, Tropical Wings or Marsh Farm, we are only at present able to offer one attraction from this group due to the number of tickets we have, but as mentioned you can also request to use the Old MacDonald’s pass on top of one of the other attractions as many times as you like. We will update to our Facebook page and via our electronic mailing list if we find that we have surplus tickets allowing you to choose another attraction or a second visit to an attraction already visited.

If you would like to request tickets to any of the attractions could you please email us on **shortbreaks@essex.gov.uk** the following details;

- **Name of attraction**
- **Name of child/young person**
- **Name of accompanying adult**
- **Postal address**
- **Contact number**
- **Date of visit** (Old MacDonald’s Farm only)
- **Email address** if you would like to be added to our electronic mailing list for all Shortbreaks updates

See attraction websites for opening times;

- **Tropicalwings.co.uk**
- **Omdfarm.co.uk**
- **Colchester-Zoo.com**
- **marshfarm.co.uk**
“Thanks so much for the Old MacDonald’s Farm pass. I took my son for the first time in the half term holidays and he loved it. Now we know he enjoyed it we’ll definitely be taking him again”.

“The variety of activities in once place was great!”

“My daughter was delighted to be able to touch the goats and the donkeys”.

“Walking around at a leisurely pace, seeing all the animals and witnessing my grandson being fascinated and enjoying it all”.

“Our son really surprised us, he really engaged with the butterflies. Also he enjoyed the gentle pace of the place; he especially liked the different chickens! He also sat and watched most of the bird display, he didn’t scream, like we thought he would when the birds flew over his head! A place we never really would have taken him before, so thank you for the tickets”.

“Children are able to get close to the animals”.

“Staff friendly and helpful”.
“What a wonderful time everyone had at the Zoo, the kids were really excited and the parents seemed relaxed and happy, it was great to be able to go somewhere everyone could enjoy!”

“We had a lovely day on Friday at Colchester Zoo the weather was unkind but we loved the train and went round and round THANK YOU!”

“Easy route for wheelchair users, clearly marked”

Marsh Farm with Changing Place facility
Clacton on Sea Beach Huts

“The hut provided a lovely area for our Son to have a quiet space away from the rest of us! - while getting the lovely fresh sea air”.

“We just wanted to provide you with our feedback following a fantastic day on Sunday. The huts are in a great position and are very accessible inside and directly outside, with sufficient numbers of chairs, table, windbreaker and toys”

“We had a glorious day at beach hut where my daughter flew a kite for the very first time. And she invited two of her special needs friends and their carer’s so we could enjoy the day with them”

“My son actually watched the display which I was over the moon about, especially the Red Arrows and the acrobatic stuff”

“We had an amazing day at the beach hut watching the Air show! This is exactly what is needed as a short break for families such as ours”

“Just wanted to say thank you very much for the use of the beach hut yesterday, we had a great day despite the drizzle as we were dry inside the hut.”

“Thank you so much! We had the most wonderful day when we went; we had fun experiencing the train to get there so good travel training”
Our beach huts have now moved nearer to the Martello Bay end of the promenade which is located near Greensward Café and an accessible ramp has been built adjacent to the huts for direct access to the beach.

The new Changing Places facility is located next to the current toilet blocks, a minutes' walk away from the huts.

Entrance to the huts will be via a keypad entry system, the code will be given to you at the time of booking. These codes will be changed at regular intervals so if you forget your code please call us for verification. Beach huts must be vacated by 10:00 pm. We kindly ask that you check availability on the huts and pre book with us before arriving as the code you have been issued on a previous visit may no longer be valid.

Both beach huts have a selection of beach toys available to use. There are deck chairs/chairs and a table available. We have provided a dustpan and brush in each hut and we do ask if all visitors can make sure the huts are left clean and tidy for the next visitor to use.

The beach huts have an internal door allowing both beach huts to open up into one large area inside. Please note unless mentioned when booking that you need both huts (eg you have lots of medical equipment to bring or more than one child with a disability) you will only be allocated one hut for your visit. Please do not open the internal sliding door unless you have booked both huts as another family may well be using the other hut.

Bookings will only be accepted via email to; shortbreaks@essex.gov.uk or telephone 03330 139889.

Please supply the name of child/young person, name of adult along with address and contact telephone number.

There are two Landeez All Terrain wheelchairs available for free hire at the Clacton on Sea Beach Patrol (next to the Pier).

Opening times are 11-5 weekends only out of season and 11-5, 7 days a week all school and bank holidays.
The De-Bug and The Landeez

These chairs give the user the choice to go where the majority of other chairs cannot go, over sand, snow, mud, grass, hills - even the beach. They open up the boundaries; The Landeez all-terrain and De-Bug wheelchairs were designed specifically to enable people who use wheelchairs to come in closer contact with nature. Getting off the paved highway can prove to be the most difficult problem to solve. Now there is a solution! Built from stainless steel they are capable of going onto the beach and into the water. The large balloon tyres roll over the soft sand without digging in. When on rough terrain the tyres absorb all the impact from rocks, gravel and rutted tracks. They are also excellent for travelling over snow. Its soft plastic pneumatic tyres absorb almost all road shocks for a remarkably comfortable ride.

“Thank you so much for the use of the sand wheelchair, or as we affectionately called it ‘The Sand Rover’ for our recent holiday. It really made our holiday special and performed beautifully on sand, grass, pebbles and sea.”

Our Landeez Wheelchairs are available for hire by families/carers/Schools etc. for a day out, a short break or holiday.

These are free to hire; We currently have a Landeez placed with each of our caravans, two at the Beach Patrol Clacton on Sea seafront (next to the Pier), one at Maldon Splashpark, four placed at the Essex Outdoors Centres, Mersea, Bradwell and Danbury and we plan to place some into local Country Parks and work with Special Schools to make these easily available for hire across the County. Please do contact us for further details.

“At first the chair seemed big and bulky but without it we would not have been able to access our cliff walk or get down to the beach. I can see it would have been fantastic if you were trying to go into the sea. He thoroughly enjoyed using the chair even though it was possibly a little big for him. It did attract a lot of attention but not in a negative way as it was clear he was enjoying his day out.”
A NEW skating aid at Chelmsford City Council’s Riverside Ice & Leisure Centre has been funded by The Shortbreaks for Disabled Children Team making the rink more accessible to skaters with disabilities.

Believed to be the first such aid worldwide, the device supports the weight of people who have limited mobility, enabling them to skate for what may be the first time with the support of the ice rink team.

A young person, who has cerebral palsy, was one of the first to give the new hoist a try when he visited the Centre.

His mother, said, “At first I was really nervous. I’ve never come across anything like this before and I wasn’t sure if he would like it or not. However, it was clear from his reaction that he was having a fantastic time and I think it’s just amazing, the opportunities that this will create. It’s great that we will be able to go ice skating as a family.”

Chelmsford City Council’s cabinet member for leisure and culture, Councillor Ray Ride, said: “The skating aid is an amazing innovation for creating an ice skating environment that everyone can enjoy and we are extremely proud to be the first facility to have such equipment. Along with our wheelchair rink boards, the centre is able to offer a truly inclusive experience for people of all abilities.”

Essex County Councillor Dick Madden, cabinet member for families and children, said: “We were delighted to fund this excellent new facility which makes skating much more accessible to families with children with disabilities. Facilities like this make a huge difference, enabling more families to participate in sport activities.”

Initially, the Centre will run sessions two mornings a week. Running from 10am to 12noon, bookings will be 20 minutes in length and there will be a nominal charge of £6 per session to cover staffing costs. You can pre-book these by calling 01245 615050. After school sessions will also be available in the new term.

In addition the following facilities are available for Ice Skating:

**Wheelchair boards**

We have five specialised boards for wheelchair users to access the ice rink and enjoy time on the ice. The wheelchair user has his or her chair attached to the board, which can then be pushed on the ice by an accompanying carer.

Use of the wheelchair boards is chargeable at £3.70 per person and these are available for use during any public session (although we do recommend attending the quieter morning sessions). Accompanying carers are free of charge. We are also able to provide a member of staff to assist wheelchair users, who are not accompanied on the ice by a carer. This will be at an additional charge of £10 per hour. Please telephone the Centre on 01245 615050 in advance to check availability of the wheelchair boards and to book.

**Penguin ice skating aids**

Our novel penguin skate aids are great for helping to build on ice confidence! We have twelve penguin ice skating aids available for hire. The friendly-faced penguin ice skating aids are designed to help younger children keep their balance when participating in this popular leisure activity.

Targeted at children under 10, each penguin has handles on either side of their heads for little ones to get a tight grip as they learn to skate independently (minimum and maximum height restrictions apply).

They are available for hire during all public ice skating sessions at a cost of £2 for 20 minutes. For more information or to hire one of the penguin skating aids, please visit skate hire during your next visit.
Hoists across Essex with Shortbreaks for Disabled Children and Dolphin Mobility

The Shortbreaks for Disabled Children Team have been working over the past 12 months to provide Swimming Pool and Trampoline Hoists in Leisure Centres across Essex. As well as funding all the hoists noted we have worked in partnership with Dolphin Mobility to ensure that each Centre has received full training for all members of staff operating the equipment.

“The lift, which was supplied and installed by mobility experts Dolphin Mobility, has ensured the pool is fully accessible to all swimmers. We have a number of members with moderate to severe disabilities who use the facilities with their carers and they have found the pool hoist invaluable”.

PAL Swimming Pool Hoists at the following locations;
Runnymede Leisure Centre, Thundersley 01268 756514
Waterside Farm Leisure Centre, Canvey Island 01268 694342
Riverside Ice & Leisure Centre, Chelmsford 01245 615050
South Woodham Ferrers Leisure Centre, SWF 01245 605600
Dovercourt Leisure Centre, Dovercourt 01255 686176
Clacton Leisure Centre, Clacton on Sea 01255 429647
Basildon Sports Village, Basildon 01268 722450

We also have a PAL Swimming Pool hoist at each of our holiday sites pools; Naze Marine, Waterside and Valley Farm for use during your short break.

Pool hoists are a great solution for making swimming pools disabled-friendly and encouraging more disabled and older people to take up swimming. They are used in hotels, leisure centres, holiday resorts, schools, colleges and universities in fact any location with a pool open to the public should have a hoist installed.

“We the PAL portable pool lift is incredibly reliable and very easy to operate and we would certainly recommend other centres have a pool lift, as it enables disabled people to benefit from all the positive effects of being in the water. We are extremely grateful to Short Breaks for Disabled Children for funding the lift.”

Previously funded PAL hoists are located at the following leisure centres
Blackwater Leisure Centre, Maldon 01621 851898
Brentwood Leisure Centre, Brentwood 01277 215151
Lord Butlers Leisure Centre, Saffron Walden 01799 522777
Great Dunmow Leisure Centre, Great Dunmow 01371 878690
**VICTOR Trampoline Hoists**

The Victor Trampoline Hoists enable staff to lift disabled participants from a wheelchair up onto their trampolines, to enjoy some gentle bouncing therapy, or onto the gymnastic floor, for soft play sessions.

**VICTOR Trampoline Hoists at the following locations**

Waterside Leisure Centre, Canvey Island  
01268 694342  
Riverside Leisure Centre, Chelmsford  
01245 615050  
Harwich Sports Centre  
01255 504380  
Manningtree Sports Centre  
01206 393003  
Basildon Sporting Village  
01268 722450  
Colchester Leisure World  
01206 367941  
Leisure Zone, Harlow  
01279 621500  
Clements Hall Leisure Centre, Rochford  
01702 207777  

Also Epping Forest District Council run After School Clubs at St John’s RC School, Chigwell & St John’s Fisher School, Loughton using the VICTOR hoists - Contact Fabrizio Ferrari at Epping for Details - 01992 564516

“The VICTOR hoist has also made a huge difference to us, since we are unable to do manual handling to get on and off. If we did not have the hoist, they would be unable to use the trampoline – it has been a lifesaver”. 
Inclusive Cycling with Trailnet

The Shortbreaks for Disabled Children Team have continued to work with Trailnet this year ensuring that funding was available for a range of trikes suitable for any age enabling them to meet the current demands of the service.

Trailnet CIC is an Essex-based community interest company dedicated to encouraging outdoor physical activities, especially cycling. They currently operate cycle centres at Thorndon Country Park and will be trialling sessions at Great Notley Country Park in the coming months; their range of services include:

- Hire of bikes & related equipment for all ages
- Hire of adapted trikes for those with balance or co-ordination problems
- Guided group rides for all ages & abilities
- Group & one-to-one lessons (beginner to advanced)
- Geocaching events and/or GPS hire
- Orienteering sessions

Trailnet especially welcomes those for whom cycling is problematic and offers regular Inclusive Cycling sessions for groups and individuals with a range of abilities.

Standard Bikes

Some of Trailnet’s regular inclusive cyclists can manage a two-wheeled bike and just need a bit of support on their ride. Friends, family or carers are very welcome to take part, but if they prefer to relax with tea and cake in the café, they can rest assured that Trailnet’s qualified ride leaders have a wealth of experience in making the ride an enjoyable and rewarding experience. Riders are encouraged to join a group session but one-to-one support is available if necessary.

Adapted Trikes

For those who cannot manage a standard two-wheeled bike, there is a range of adapted trikes for hire or for use on a regular group session. Although they don’t move very fast, these trikes have the stability to instil confidence in those who struggle with balance and co-ordination. As with the standard bikes, participants are encouraged to join group rides but, if preferred, individual sessions can be arranged.

Schools & Other Children’s Groups

Supervised school and other youth groups are always welcome and group hires, guided rides and training sessions are available. Special schools are amongst the most regular visitors for cycling and walking in the parks and feedback from staff has been very positive.

Community Events

For groups that can’t get to Thorndon or Great Notley, Trailnet can come along with equipment and staff to a location of your choice. Although costs will be higher, these sessions are attractive to organisations with restrictions on transport or time, or want to deliver the sessions as part of a larger event.
- With advanced notice the Parks can often arrange group hires on days when we are closed.

- We require proof of identity (e.g. driving licence or passport) and either a cash or credit card deposit before you can rent any bikes.

- All rentals include the use of a helmet, which is strongly recommend that all riders (especially children) wear whilst riding.

- All bikes and equipment must be returned by 16:00 unless otherwise agreed.

For more information on any of the above, or to discuss additional requirements, please email info@trailnet.org.uk or call Geoff on 07939 249980.

www.visitparks.co.uk/places/thorndon-country-park/
www.visitparks.co.uk/places/great-notley-country-park/
Hanningfield Sailability Project

As part of our Capital funding this year, The Shortbreaks for Disabled Children Team have provided funding for a hoist for Hanningfield Sailability in order to assist with access needs.

Proposed and managed by disabled people, for disabled people to bring the experience of sailing, the freedom of open water, the sheer joy of being in control.

C/O The Fishing Lodge, South Hanningfield Road, South Hanningfield, Essex, CM3 8HX
Telephone number 01245 401052 email ron.hollington@gmail.com

Who we are and what we do

• We are a sailing club exclusively for any person over the age of 16 with a disability.
• We are affiliated to the Royal Yachting Association under their network of disabled sailing clubs (Sailability) thought the United Kingdom. We are a start-up branch at Hanningfield Reservoir bringing Sailability to Essex for the very first time.

• We have two Royal Yachting Association qualified instructors on our team.
• We have a group of fully able bodied volunteers.
• We are a self-funding organisation.
• We welcome people with sensory disabilities and paraplegic disabilities.

Our aim is to offer disabled people the following benefits

• Improve significantly wellbeing both mentally and physically.
• A way out of what is often social isolation.
• Sailing as equals to able bodied people.
• Increase confidence.
• Allows people to sail free of their disabilities.
• A true sense of achievement and fulfilment having learnt a new skill.
• To mix with like-minded people within a friendly club.
PLAYSPACES –
Inclusive Play Equipment across Essex Parks

The Shortbreaks for Disabled Children Team have continued to invest our capital funding to support our vision of enhanced play opportunities for all children across Essex.

Parents told us about some of the barriers and challenges of going to the Local Park with their child with disabilities and siblings and being able to play and enjoy outside play spaces together.

FACE were instrumental in seeking the parent’s views of what could be changed to make it easier for their children to play in their local parks. Based on all the feedback, FACE wrote a comprehensive report that was circulated to all the local District Councils. We have worked in partnership with Local Councils and leading supplier Inclusive Play to develop Parks across Essex.

Our vision that all children should have play opportunities available to them. New sensory items including, Orbs, Mezzos, Rainmakers and Exospheres as well as interactive items such as Talking Flowers and inclusive movement items; Nest swings, Wheelspin roundabouts and infinity bowls have been installed across Parks in Essex to enhance the existing play provisions.

We continue to work with all of the 12 District Councils to put together a comprehensive list of inclusive parks and the equipment within them. Informing families what is available in their local area and enabling them to plan inclusive family days out. We will look to publish this detailed list in the coming months but should you have any queries about play equipment in your area please do not hesitate to contact your Local Council. We have listed some of the areas that have started to work with us on this below;

continued...
Chelmsford have indicated there is inclusive play equipment at each of the following parks:

<table>
<thead>
<tr>
<th>Park Name</th>
<th>Inclusive Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admirals Park</td>
<td>Hylands Park</td>
</tr>
<tr>
<td>Andrews Park</td>
<td>Jubilee Park</td>
</tr>
<tr>
<td>Baddow Hall Park</td>
<td>Lionmede Park</td>
</tr>
<tr>
<td>Beardsley Drive</td>
<td>Meadgate Avenue</td>
</tr>
<tr>
<td>Brookend Gardens</td>
<td>Melbourne Park</td>
</tr>
<tr>
<td>Central Park</td>
<td>Oaklands Park</td>
</tr>
<tr>
<td>Chelmer Village Green</td>
<td>Riddiford Drive</td>
</tr>
<tr>
<td>Fifth Avenue</td>
<td>Springfield Hall Park</td>
</tr>
</tbody>
</table>

Rochford

<table>
<thead>
<tr>
<th>Park Name</th>
<th>Inclusive Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>St John Fisher, Little Wheatley Chase, Rayleigh</td>
<td>Disabled swing seat</td>
</tr>
<tr>
<td>Rochford Recreation Ground, Doggetts Close, Rochford</td>
<td>Disabled swing seat</td>
</tr>
<tr>
<td>Clements Hall Recreation Ground</td>
<td>Disabled swing seat</td>
</tr>
<tr>
<td>Little Wakering Road POS, rear of the Castle Pub, Little Wakering</td>
<td>Disabled swing seat</td>
</tr>
<tr>
<td>Bedford Close, Rayleigh</td>
<td>Talking flowers</td>
</tr>
<tr>
<td>Hockley Woods, Main Road, Hockley</td>
<td>Talking flowers</td>
</tr>
</tbody>
</table>

Colchester

<table>
<thead>
<tr>
<th>Park Name</th>
<th>Inclusive Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bergholt Road Play Area</td>
<td>Inclusive play items including multiplay with wide slide, Roty roundabout, Basket swing and Springer’s.</td>
</tr>
<tr>
<td>Sensory items – Orbs, Mezzo, Talking flowers, Infinity bowl and Rainmaker.</td>
<td></td>
</tr>
<tr>
<td>Gt Horkesley Open Space</td>
<td>Inclusive play area with basket swing, sand pit, talking flowers, Revolva roundabout (wheelchair accessible), inclusive swing, Springer and buddy board.</td>
</tr>
<tr>
<td>Castle Park</td>
<td>Large inclusive play area with multi play castle and sensory items including Springer’s, sand pit, trampoline, glockenspiel, drums, logs, boulders, DDA cradle swing, birds nest swing, roundabout and activity panels.</td>
</tr>
<tr>
<td>Greenstead Slopes</td>
<td>Inclusive roundabout</td>
</tr>
<tr>
<td>Boadicea Way Shrub End</td>
<td>Inclusive play with roundabout</td>
</tr>
<tr>
<td>Old Heath Recreation Ground</td>
<td>Large new play area with inclusive and natural play. Opening spring 2014</td>
</tr>
<tr>
<td>St Annes</td>
<td>Inclusive play with equipment interlinked by hard surface footpaths.</td>
</tr>
<tr>
<td>Abbeyfield</td>
<td>Inclusive play with equipment interlinked by hard surface footpaths.</td>
</tr>
</tbody>
</table>

Maldon

Springfield Play Area located off Maple Way in Burnham on Crouch, CM0 8DW
Has an inclusive roundabout, a nest swing and a swing that requires you to bring your own harness.

Riverside Park, Burnham on Crouch, CM0 8HS
Has an inclusive roundabout, a nest swing and sand play.

Orchard Meadows, Southminster, off Southfield Way, CM0 7RD
Has an inclusive roundabout

Longfields Play area, off Princes Road, Maldon, CM9 5DF
Has an inclusive roundabout.

Brickhouse Farm Play area, off of Poulton Close, Maldon, CM9 6NG
Has an inclusive roundabout and a nest swing.

Cherry Garden Play area off of Cherry Garden Road, Maldon CM9 6ES
Has a nest swing

The Sensory garden at Promenade Park, behind the museum, CM9 5HX
Has an inclusive roundabout and now also has talking flowers, Exosphere, Rainmaker, Mezzo and Orb.

West Maldon Play Area off of Sunbury Way, Maldon, CM9 5HX, has talking flowers, a rainmaker and a spinning bowl.

The Valley at Promenade Park, CM9 5UR
Has talking flowers.
Epping Forest

Epping Forest have indicated Inclusive items are available at the following parks, these will differ depending on the location and size of the playground, but may include roundabouts/spinning equipment (Orbiter Roundabouts, Super Nova, Oyster Spinner, and Tea Cup Twister), talk-tubes, multi-play climbing frames/slides fitted with wide access ramps/platforms and sensory panels. They have also replaced many swing seats with those designed to support children with posture difficulties and at other sites and have installed basket swing seats that serve the same purpose.

Chigwell Row Recreation Ground, Romford Road, Chigwell
Limes Farm, Limes Avenue, Chigwell
Harold Crescent, Waltham Abbey
Poplar Shaw, Waltham Abbey
Princesfield Road, Waltham Abbey
Pynest Green, Waltham Abbey
Hoe Lane, Nazeing
Pancroft Ring, Pancroft, Abridge

Uttlesford have indicated that there is inclusive equipment in all of the undernoted parks.

Catons Lane, Saffron Walden
Hatfield Broad Oak
Littlebury
Littlebury Green
Widdington
Maunden
Walnut Road, Thaxted
High Easter
Birchanger
Berden
Flitch Green, Dunmow

Braintree/Witham

Albert Moss Recreational Gardens, Church Road, Rivenhall, CM8 3PH
Spinning Bowl, Nest Swing
Beckers Green, Lower King, Braintree, Essex, CM7 8DR
Wheelchair accessible roundabout, Nest Swing
Bocking Church Street, Church Street, Bocking, Essex, CM7 5LA
Nest Swing
Braintree Public Gardens, The Causeway, Braintree, Essex, CM7 9HB
Wheelchair accessible roundabout
Bramble Road, Bramble Road, Witham, Essex, CM8 2XA
Buddy Board, Wheelchair accessible roundabout
Bridport Way, Bridport Way, Braintree, Essex, CM7 9FP
Nest Swing, Spinning Bowl
Brook Meadow, Brook Meadow, Sible Hedingham, Essex, CO9 3PJ
Wheelchair accessible roundabout, Nest Swing
Clare Road, Clare Road, Braintree, Essex, CM7 2PQ
Wheelchair accessible roundabout, Nest Swing
Fisher Field, Wellington Close, Braintree, Essex, CM7 9UH
Nest Swing, Biddy Board

continued...
<table>
<thead>
<tr>
<th>Address</th>
<th>Items Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goldingham Drive, Goldingham Drive, Braintree, Essex, CM7 1BH</td>
<td>Nest Swing</td>
</tr>
<tr>
<td>John Ray Gardens, Black Notley, Braintree, Essex, CM7 8NE</td>
<td>Wheelchair accessible roundabout, Small Nest Swing</td>
</tr>
<tr>
<td>King George V, Cressing Road, Braintree, Essex, CM7 3PQ</td>
<td>Nest Swing</td>
</tr>
<tr>
<td>Kings Road Park, Kings Road, Halstead, Essex, CO9 1HA</td>
<td>Spinning Bowl</td>
</tr>
<tr>
<td>Maldon Road Park, Maldon Road, Witham, Essex, CM8 1HN</td>
<td>Wheelchair accessible roundabout, Nest Swing, Spinning Bowl</td>
</tr>
<tr>
<td>Milton Green, Milton Avenue, Braintree, Essex, CM7 1AD</td>
<td>Nest Swing</td>
</tr>
<tr>
<td>Notley Community Hall, Notley Green, Great Notley, Essex, CM7 7US</td>
<td>Nest Swing</td>
</tr>
<tr>
<td>Oxford Meadow, Sible Hedingham, Essex, CO9 3QP</td>
<td>Nest Swing</td>
</tr>
<tr>
<td>Panners Bridge, Bridge End Land, Essex, CM7 7GN</td>
<td>Wheelchair accessible roundabout</td>
</tr>
<tr>
<td>Riverside, Rifle Hill, Braintree, Essex, CM7 1DG</td>
<td>Nest Swing</td>
</tr>
<tr>
<td>Rosebay Close, Witham, Essex, CM8 2XR</td>
<td>Nest Swing</td>
</tr>
<tr>
<td>Spa Road, Witham, Essex, CM8 1NF</td>
<td>Nest Swing, wheelchair accessible roundabout</td>
</tr>
<tr>
<td>Tabor Field, Tabor Avenue, Braintree, Essex, CM7 2SU</td>
<td>Nest Swing, Wheelchair accessible roundabout</td>
</tr>
<tr>
<td>Twelve Acres, Braintree, Essex, CM7 3RN</td>
<td>Nest Swing</td>
</tr>
<tr>
<td>Basildon District Council have indicated that the following items are suitable for inclusive play.</td>
<td></td>
</tr>
<tr>
<td>Elder Avenue Recreation Ground</td>
<td>Zingo Roko Seasaw</td>
</tr>
<tr>
<td>Nevendon Recreation Ground</td>
<td>1 x Roundabout, Dish Roundabout, Zingo Roko Seasaw</td>
</tr>
<tr>
<td>Barnhall Recreation Ground</td>
<td>Roundabout</td>
</tr>
<tr>
<td>Noak Bridge Central Green</td>
<td>Playdale Team Swing, Park Leisure DDA Roundabout</td>
</tr>
<tr>
<td>Larkspur Way</td>
<td>Rota Play Roundabout</td>
</tr>
<tr>
<td>Spire Road</td>
<td>Activity Centre</td>
</tr>
<tr>
<td>Gladwyns/Little Lullaway</td>
<td>Pendulum swing with Basket seat</td>
</tr>
<tr>
<td>Rowanhall Open Space</td>
<td>Various panel games</td>
</tr>
<tr>
<td>Pomfret Mead</td>
<td>Dish roundabout, Crazy Mazy Play Pod</td>
</tr>
<tr>
<td>Little Bentley</td>
<td>Rota Roka Roundabout, Lillie Basket swing, Talking Tubes, Mirror Me Graphics</td>
</tr>
<tr>
<td>West Lake Park – Bowers Gifford</td>
<td>Playtown Play House, Talking Flowers, Flexi Swing x 2 Flats and 1 x Basket, Spinner Dice Game</td>
</tr>
<tr>
<td>Ashfields</td>
<td>Rota Roka Dish Roundabout, Lillie Basket Swing</td>
</tr>
<tr>
<td>Howard Park</td>
<td>Speed Gyro, Metal Pod Swing</td>
</tr>
<tr>
<td>Swan Mead Park</td>
<td>Basket Swing, Klondike slide and quarry, Wobble dish, Sand Table, Root Sculpture, Wood Sculptures</td>
</tr>
<tr>
<td>Barstable Open Space</td>
<td>1 Mini roundabout, 1 Large basket swing</td>
</tr>
<tr>
<td>Deneway</td>
<td>Gunga Lillie Toddler Basket Swing, Inclusive Spinning Disc, Weather Station</td>
</tr>
<tr>
<td>Mallow Gardens</td>
<td>1 x Lost in Space Maze panel, 1 x Pair Panel</td>
</tr>
</tbody>
</table>
Colville Mews
1 x OXO Panel

Sun Corner
Oyster Roundabout, Tunnel, Talking Flowers

Gloucester Park South
Hags Basket Swing, 3 Stepping Mushrooms, Rota Roka Wobble Roundabout

Great Berry Open Space
Aural Play structure

Pound Lane
Springy Buggy, Butterfly Roundabout, Orb, Rainmaker, Mezzo, Play Fence Combination

Langdon Hills
Roundabout, Basket Swing, Wobble Sheep x 2, Enchanted climbing tree henge, Petrified forest walk way c/w Sword in the Stone, Tree Ornaments x 6, Crows nest and pole.

Lake Meadows (café play area)
1 Car seat unit, 1 Roundabout, 1 Devils Island Nest Swing, 1 Super Rope-end swinger

Northlands Park
Egg Cup

Outwood Common Open Space
Team Swing

Tendring
Rush Green Recreation Ground Play Area, Rush Green Road, Clacton on Sea
Infinity Bowl

Bathside Play Area, Alexandra Street, Harwich
Orb & Mezzo

Halstead Road Play Area, Halstead Road, Kirby Cross
Rainmaker

Foots Farm Play Area, off Chingford Avenue, Clacton on Sea
Exosphere

Play Area,
Park Playing Fields,
Jubilee Way,
Frinton on Sea
Talking Flowers

Harlow have confirmed the following items have been installed at the Adventure Playground at Harlow Town Park;

Orbs
Mezzo
Talking Flowers
Infinity Bowl
Exosphere
Rain Maker
FACE is the Parent Forum, Parent Council for Essex families. The parents who run FACE all have a child with a disability and understand the true impact this has on day to day life. All the parents in FACE want to make positive changes and want all families to be able to have their say when they feel it is relevant.

Every family with a child with a disability in Essex is important to us.

There are over 7000 families in Essex who have a child or young person with a disability or additional needs. FACE would like to ensure we have a database which holds the contact details for all families in Essex so they can receive up to date information which will help their children and family and also enable them to have their say if they so wish.

Who can join FACE?

Any family who has a child with a disability or an additional need aged up to 25 years old living or attending school within the Essex Boundaries.

(By family we mean any family member, including carers who understand the impact of living day to day life with a child with a disability).

How can I join?

Visit our website: www.face-essex.org and click the join tab at the top of the page.

Email: info@face-essex.org

Call 01245 608231

Call or text 07910 883337

Write to us at FACE, FREEPOST, Moulsham Mill, Parkway, Chelmsford, Essex CM2 7PX

Like us at Facebook
www.facebook.com/faceessex

Follow us on Twitter@FACE_ESSEX

What do I need to do when I have joined?

Nothing! Just read the emails that are sent to you when you want to and use the information supplied to help your child or family when you feel it's helpful.

Join in with any activity, event, survey that is relevant to your child or family if you wish to.

If you would like to do more, FACE also needs lots of family members (whether this is Mum, Dad, Sisters, Uncles) to volunteer to help with events and the work within FACE.

Due to the extra stress in our lives we all understand regular commitment is hard, most volunteer roles within FACE will only take may be an hour of your time each month. There will be no pressure and you can be involved when and how you like to suit your own situation.

Your knowledge and life experiences will be valued by FACE and the staff within Essex County Council.

FACE has made use of its new office space at Moulsham Mill for focus groups, training and personal development. It is also used for internal meetings and all the FACE admin and organisation is run from here.
Would you like FACE to visit you?
FACE would like to get out and about around the county and see groups of families face to face in their local areas. Please get in touch if you would like us to visit a group of parents in your town/village—may be at your child’s school, playgroup, support group, college.

The One Plan Project – Working together for children and young people with special educational needs and disability
FACE have worked with ECC supporting families who have taken part in piloting this new approach; known as One Plan. The feedback from this way of working has been very good. Parent carers say how important it has been for their views and knowledge to be a vital part of the process.

Special Educational Needs and Disability Reforms
New arrangements for supporting Children and Young people with Special Educational Needs and Disabilities will begin in September 2014. FACE has been working closely with Essex County Council to make sure the new arrangements will work for families.

An important change is that Statements of Special Educational needs and Learning Disability Assessments will be replaced with Education Health and Care plans (EHCPs). EHCPs will reflect all the needs of the young person and will now stay in place until age 25. This change will take place over several years and families will be fully involved as this takes place.

FACE believes that the most important change is that the child or young person and their family will be fully involved in the whole process. New ways of working will make sure that there is a focus on personal goals and involving all the relevant experts at the right time.

A new way of obtaining information about the support available to families will also be launched in September 2014. This will be called The Essex Local Offer and will include the information in this booklet and detail of other support as well.

With all these changes it is very important that FACE continues to hear how it is for you and your family and do get in touch. Please ensure you can have your say and be heard by those who make decisions locally and nationally - Join FACE today.

We look forward to hearing from you soon!

The FACE Team
Brighter Opportunities through Supported Play

BOSP offers support to families by providing short breaks for their children and young people with disabilities.

BOSP offers regular clubs at evenings, weekends and school holidays providing fun and exciting activities with social opportunities for children and young people with disabilities aged 4 years and upwards.

BOSP aims to develop the children and young people's independence, self-esteem and social skills in a supportive environment. BOSP has a high staff ratio so that medical and behavioural needs can be met.

BOSP runs sessions in the Billericay and Basildon areas and offers out and about activities.

To find out more please visit:

www.bosp.co.uk
Telephone: 01277 624300
Email: enquiries@bosp.co.uk
Address: 2 Crown Yard, High Street, Billericay, Essex CM12 9BX

“BOSP is our best discovery and has added to our daughter’s quality of life and ours. Thank you”

Family, Children, Young People and Advocacy

RAD’s Family and Advocacy service provides support to deaf families and deaf children.

We aim to offer shortbreak whilst children participate in RAD’s supervised activities; also we provide various short breaks for deaf young people including transitional opportunities:

- Family Events
- Deaf Youth Clubs
- Adventurous Activities
- Driving Lessons
- Residential Breaks
- Employment Guidance
- Advocacy for Parents

Many of our events welcome CODA’s, siblings and friends.

If you require further information, we welcome you to contact us on:

Telephone: 0845 688 2525, Fax: 0845 688 2526
E-mail: aaron.ockenden@royaldeaf.org.uk
Website: www.royaldeaf.org.uk

“A newly registered family attended one of our events and they were pleased to see the range of opportunities that their daughter could now access”.

“RAD have encouraged young people to try out new ideas and recently started driving lesson activities in partnership with Streetlife. The young people think this is a life changing opportunity as the communication support has made this accessible, the parents have reported that their children have thoroughly enjoyed the experience and most young people are thinking about how to fund a car! The improved confidence is evident when seeing the pride these young people feel”
**Braintree/Chelmsford Crossroads**

Crossroads offer individual day time support for children and young people with disabilities and their families in Essex.

Crossroads offer one to one regular visits with the same care support worker, same day, same time. The care support worker can stay indoors and play with the child, learning games or cookery etc. Or alternatively can take the child out to a park, activity centres or shopping to increase life skills. This is a flexible service which is led by the family and caters to their individual needs.

**To find out more please visit:**
Tel: 01376 529985  
Email: braintreexroads@btconnect.com  
Website: www.braintreecrossroadscare.org.uk  
Address: 8 Park Farm, Witham Road, Black Notley, Braintree, Essex, CM77 8LQ

“Thank you for making our family happy”

“Really good service, very kind and reliable service”

**PARC - Play and Resource Centre**

PARC is a charity based in Braintree, Essex which offers a wide range of short break sessions for children and young people with disabilities in Essex.

Short break sessions are available for children and young people aged between 3 and 19 years. PARC also offers other services alongside the short breaks for younger and older children and their families.

PARC have a purpose built building which consists of a soft play area, sensory room, interactive room, playground and sensory garden.

**To find out more please visit:**
www.parc-essex.co.uk  
Telephone: 01376 528999  
Email: info@parc-essex.co.uk  
Address: Great Notley Country Park, Great Notley, Braintree, Essex, CM77 7FS

“We have some lovely memories of the times my son has been, but as I look back the main thing I think of is the care, acceptance and loving welcome he has always had even if the previous visit had been a difficult time. PARC has been like a port in the storm – the place where he would be happy and wanted. Sometimes the only place where I knew he (and I) would get a warm welcome and see friendly faces”.

“There are not enough words to describe the quality of service and the difference it makes to our lives, it is absolutely essential for us”.

“Thank you for making our family happy”

“Really good service, very kind and reliable service”
Crossroads Care Brentwood Basildon & Districts has an After School Club held in the Castleton School Basildon on a Tuesday.

We recently had an outing to the Festival Leisure Centre for a game of bowling which all the children enjoyed, it was then off to KFC before returning the children safely home.

We also provide respite in the home for children of all ages and disabilities for parents/carers to have a short break, if they are able, the children may be taken out, for example to a soft ball play centre.

2nd Floor, 51 Tallon Road, Hutton, Brentwood, Essex, CM13 1TG
T: 01277 201789
F: 01277 201789
To find out more please visit:
valerie.long@brentwoodcrossroads.org.uk
www.brentwoodcrossroads.org.uk

Buddies Holiday Clubs run during the school holidays in Colchester (ages 8–18) and Clacton (ages 5–11) from 10am to 3pm.

Children and young people with a disability experience safe and enjoyable opportunities to make friends, learn new skills and become more independent, whilst having fun.

Buddies Holiday Clubs give children and young people with a disability the chance to learn, achieve and socialise, building their independence and confidence. Siblings (ages 8-18) are also welcome – depending on availability. Buddies Holiday Clubs are registered with Ofsted.

To find out more please contact:
Louise Friday, Co-ordinator – 0300 303 9076
Email: buddies@dimensions-uk.org
Website: www.dimensions-uk.org/buddies

“My Daughters Holiday Club Plan is to make new friends, interact more and manage her behaviours. She now engages with new staff (previously only wished to spend time with familiar staff members). Her communication has improved through the use of Makaton and has helped her to grow in independence.”
4Children, in Partnership with Essex County Council and local schools, provides short breaks across Essex for children and young people who have disabilities and complex healthcare needs.

- Shorefields School in Clacton-on-Sea
- Marketfields School in Elmstead Market
- Lexden School in Colchester
- Edith Borthwick School in Braintree
- Cedar Hall School in Thundersley
- Glenwood School in Benfleet

Some schools also offer afterschool clubs.

All short break opportunities will offer families a service and staffing that is shaped and offered with the individual child or young person in mind. Various activities are offered across all our clubs, including many elements of social, physical and emotional development.

We regularly gain feedback from the parents and carers of our young people and feed this directly into each short break club.

For more information, please contact:

Tom Diaper – Project Lead
4Children
The Minerva Centre
Burnham Road
Mundon, Maldon
Essex, CM9 6NP
Email: Tom.diaper@4children.org.uk
Call: 01621 827850

“It will just keep a bit of normality in my daughter’s life in all the Christmas chaos”

Essex Outdoors are looking for adventurous children and young people with disabilities who would like to participate in outdoor activities such as Archery, Aerial Runway, Canoeing, Caving, Climbing, High Ropes, Sailing, Quad Bikes and more!

Through the Essex Short Breaks for Disabled Children programme we are offering Activity Days, Sailing Days, One Night Overnight Stays, Funded carer places at the Mersea Island Festival and Open Days.

These opportunities could be for individuals with a known carer, informal groups of children and carers, or groups from clubs and organisations in Essex, with carers participating in these exciting opportunities whilst continuing to provide the usual high levels of care and support. Participants will need to provide their own transport and support. All the activities and instructors will be provided by Essex Outdoors, as well as accommodation and food for the overnight stays. Participants for the Activity Days will need to provide their own lunch.

If you are interested, or have any queries, please contact us:

Telephone: 01206 383226
Email: inclusion@essexoutdoors.com
Website: www.essexoutdoors.com

“Such a difference, being able to go round the shops without distressing my son out”
Efua Sey Cultural Academy provides all inclusive after-school / holiday play scheme for 5 to 18 years children of all abilities and disabilities in West Essex.

Our activities enable children with disabilities to make new friends with more able children of the same age as them to bridge gaps between disabled children and more able ones to improve self-confidence and independence.

Our activity centre is at St Andrews Methodist Church Hall, The Stow, Harlow CM20 3AF.

Tel: 01279457542
Mob: 07901036500
Email: info@efuaseyculturalacademy.com
Website: www.efuaseyculturalacademy.com
Ofsted No: EY457719

“Thank you again. I don’t know how my family could have coped without your services”.

Columbus Discovery Club provides high quality Short Breaks child care and play opportunities for children and young people aged 3-19 years with profound and multiple learning difficulties, including Autistic Spectrum Disorder, complex health needs and life limiting conditions.

Columbus Discovery Club offers a school holiday club, after school club, youth club and weekend club. All our clubs operate from our two schools. This allows us to take advantage of the first class state of the art facilities it offers for disabled children, which include hydro therapy pools, sensory rooms, and special needs equipment for children with profound and multiple disabilities.

Columbus Discovery Club offer a wide range of in-house activities including swimming, sensory play, physical therapy, arts and crafts, cooking and sporting activities, as well as many days and nights out to local and national attractions, including zoos, water parks, activity centres, cinemas, restaurants, theatres and theme parks.

Lisa Lakin, Extended Services Co-ordinator, Columbus School and College
Telephone: 01245 491492
Email: LLakin@columbusschoolandcollege.org

“The Discovery Club allows my son to be able to experience a lot of activities that he would never even try otherwise. It makes him more independent and keeps his mind and body active during the school break.”
Young disabled people and teenagers with additional needs want somewhere to go to make new friends, gain confidence and have fun.

Papworth Trust’s Fun United clubs give young people between the ages of 11-19 the opportunity to get together and enjoy games, arts and crafts, karaoke, music and many other activities. The young people get involved with planning their own activities which often include trips out to go bowling, the cinema and so on. Clubs take place weekly in North Essex (Clacton-on-Sea, Colchester, Maldon and Witham) and South Essex (Basildon, Brentwood, Canvey Island, Loughton and Rochford)

Fun United also runs clubs during all the school holidays in North Essex (Braintree, Uttlesford, Harlow, Maldon and Manningtree) and South Essex (Brentwood, Canvey Island, Loughton and Rochford)

Visit www.papworth.org.uk/youthclub and click on the Essex page to see a short film about Eliane and her parents.

To book or find out more about youth and holiday clubs please contact:

North Essex, call Gayle on 07891 006522
South Essex, call Helen on 07764 784469
or email info@papworth.org.uk or call our Information Centre on 0800 952 5000.

“My son loves the club I would be lost without it! Everyone who works there are a credit to Papworth!”

“My son enjoys youth club, he enjoys mixing with others, it gives him a little freedom and independence also gives me, Me time! All the staff are lovely!”

“My daughter looks forward to Monday evening. She is making new friends”.

SHARE is based in Basildon and we welcome all children with disabilities age 3-19 years. We pride ourselves on working closely with families to ensure your child or young person is at the centre of all we do.

SHARE run after school clubs during term time on Tuesdays and Thursdays 3-7pm, on Wednesday we also have a cookery club which is open between 3.30 and 5.30pm. We are open most days in all of the holidays. Main hours during the holidays are between 9-5, but with notice we are flexible and can accommodate each families’ personal requirements.

SHARE has a soft play area and a large secure garden and lots of different activities for the children and young people - we also have occasional trips out.

SHARE has hoisting facilities and all staff are highly trained to ensure all children and young people are included within our clubs and activities.

Please call for further information or to come by and see us.

Please ask for Michelle 01268 521691 or 07941557470 or email michellewestenhofer@googlemail.com

Take a look at our website www.sharerespite.co.uk

“It’s nice to see our son enjoy himself, he gets to socialise with other children”

“It has given us much needed respite and improved his social skills, he is having fun”
Premier Children’s Care offers individual day time support for children and young people with disabilities and their families.

This support may be within the child’s own home or out and about in the community - whatever is best for the child and their family. Premier Children’s Care also offer overnight care and support in the child’s own home whilst the family have an overnight stay away from home.

Premier Children’s Care have a dedicated team of trained carers who can support children and young people with disabilities.

For any further information please contact:
Natasha Schneider
Telephone: 01702 389555
Email: info@pcyp.co.uk
Website: www.premierchildrensservices.co.uk
Address: Top Floor Ash House, 340-342 London Road, Hadleigh, SS7 2DD

“The children and young people benefit from having 1-1 time with a carer they know and trust whilst the families receive a break from their caring role. Siblings receive time with their parents and get to attend activities which they may not be able to otherwise access”.

InterAct’s Short Breaks Activity Programmes provide fun and exciting opportunities for teenagers with disabilities/additional needs.

Activities are run by a team of experienced and qualified staff and include; overnight breaks to activity centres, School Holiday day trips, trips to the cinema, bowling, karaoke, ice skating, theme park days out and weekday evening Youth, Sport and Heritage Clubs.

“InterAct’s Short Breaks Activity Programmes are offered across the County with Group Activities taking place in Chelmsford, Colchester, Braintree, Basildon and Tendring every week. These activities give the young people InterAct supports the opportunity to develop social skills, increase their confidence and become more independent, whilst also enabling families/carers to have a break from their caring responsibilities.

For further information please contact
InterAct, Moulsham Mill, Parkway, Chelmsford, Essex, CM2 7PX
T: 01245 608203 Website: www.interact.org.uk

“I think my daughter has become more confident and independent with going out and participating in everyday activities. I see her to be a more confident girl whose self-esteem has been boosted largely! It’s great to see her participating in and enjoying activities with friends now.”

“Just letting you know that my son hasn’t stopped talking about his day out with InterAct yesterday. He said he had the best time”.

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SNAP After-school Clubs - SNAP offers weekly clubs for children and young people with special needs and disabilities.

The sessions include Yoga and Drama and are offered to children who have been identified as likely to benefit from these activities. The clubs for children and young people take place downstairs while the parents and siblings are supported upstairs by SNAP parent advisers and volunteers. Parents and siblings are also able to relax and meet with other families. The after-school clubs’ aims are to increase the confidence, self-esteem and social communication abilities of the young people taking part while ensuring they have fun.

SNAP Stay & Play sessions - SNAP provides a busy holiday schedule for children and young people with special needs and their families. The sessions offer families who regularly receive support at SNAP the opportunity to come to the centre with their children to take part in the wide range of activities offered at each session. Some sessions are for families with young children while others for teenagers; sessions are carefully balanced to ensure that families are able to get the most out of them.

The SNAP Centre Pastoral Way Warley Brentwood Essex CM14 5WF
Telephone: 01277 211300
Email: info@snapcharity.org www.snapcharity.org

“My son’s confidence has grown since coming to SNAP and he has been able to build trusted relationships with some SNAP staff.”

“SNAP has made a big difference to all our family. Our son clearly enjoys the sessions and it is good for the adults to meet parents in similar positions.”
**The Ark Centre**

We are running short breaks, weekend and school holiday clubs in Harwich for children and young people with additional needs.

Please ring us for more information and we would love to help.

Our age range is mainly rising five to 14, but we can discuss your needs when you ring. Spaces are always at a premium, as sessions are so popular with our “regulars”, but we will always do what we can to provide a service for you. There is a small voluntary charge, usually £2 an hour. We can provide trained, experienced staff, one to one or two to one if necessary.

We may be able to provide other support for you and your family. Just ask!

**Telephone:** 01255 502063

**Email:** sally@thearkcentregroup.co.uk

**Address:** 36 Main Road, Harwich, Essex, CO12 3LU

**“We adapt and adjust such things as session times, meals and behaviour management as things change for each child. Flexibility and thinking on your feet is an essential part of our service”**

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**Epping Forest Inclusion Project**

The Epping Forest Inclusion Project, run by Epping Forest District Council, provides Sports and Leisure opportunities for children and young people with disabilities/SEN.

During the school term the project puts on a number of sessions ranging from Trampolining to Horse Riding. During the schools holidays various sessions and activities are held, which where possible include siblings and parents.

For more information on Epping Forest Inclusion Project, including the full activity timetable please contact Olivia on 01992 564 220 or email oworsfold@eppingforestdc.gov.uk or like our Facebook www.facebook.com/EppingForestDisabilityForum to keep up-to-date with all our news.

**Due to Epping Forest District Council’s on-going partnership with Tottenham Hotspur Foundation they have been lucky enough to provide 15 of their families with tickets to some recent Europa League games. This gave some families the opportunity to experience a live football game. One family in particular were thrilled with the prospect of being able to watch a match of the team father and son supported.**

**“My son loves the yoga, it’s fun, it’s very lively and the instructor has a really great way of engaging with the children”**

The family said “Well we have one very happy little boy tonight..... thank you so much, he was just thrilled to go to a ‘real’ football match...!”
Crossroads Care

Crossroads Care is a professional, charitable organisation which exists to support carers and their families.

We care for children and young people of all ages with any disability, special need or health condition. We provide support by giving carers a helping hand or break from their caring role. Our trained and experienced care support staff step into your shoes for a while, allowing you time to spend with other children, family members, to get on with jobs or to recharge your batteries.

How we can help

Services are available 7 days a week at flexible times to suit family needs and, in addition to the services that are funded can be purchased through local authority direct payments or privately.

1:1 care in the home or out in the community

Care support workers can look after and play with your child at home, attending to all their care needs, including help with mealtimes. Equally staff regularly take out children they care for into the community, so that children can take part in activities such as swimming or soft play groups. We can also provide extra support for whole family days out, to make sure everyone has fun!

Young Carer Support

Epping have been running a very successful support group for over 10 years. There are many benefits for meeting and enjoying time with other young carers (from 8 years). It is fully funded and run by trained, professional staff.

To find out how we can help you please contact our Epping Office:

Telephone: 01992 572557
Email: marion.clarke@carerstrustehh.org
Website: www.carerstrustcrossroadsehhr.org

“It is always the same care support worker who comes which is great she has got used to my son and my son has got used to her. She visits after school and my son uses Makaton and can now sign her name. Not only is she brilliant at stepping into my shoes and caring for my son she has also become a friend to me.”

Accuro

To improve the quality of life of people with disabilities and their families in Essex and surrounding areas by achieving full access to a diverse range of services.’

Accuro exists to provide a range of services to children and young people with disabilities primarily in West Essex (Harlow, Epping and the Uttlesford District).

Accuro is committed to promoting equal opportunities for all people regardless of race, gender, sexuality, disability, age, class or geographical location.

Accuro provides services in response to identifying needs by working in partnership with young children and young people with disabilities and their families; providing person-centred services in line with the organisation’s core values and creating an environment where people are empowered to increase control over their own lives through exercising choice.

Accuro offers a range of short breaks clubs and activities for children and young people. These include: Saturday Play Club, Parenting Support, Loughton Youth Group, Holiday Support Project, Shared Care, Family Support Workers, Under 19 Project and Autistic Spectrum Disorder Group.

For further details, please contact Accuro:

Telephone: 01279 433 667
Email: enquiries@accuro.org.uk www.accuro.org.uk
Address: Unit 6, Phoenix House, Hastingwood Road, Hastingwood, Harlow, CM17 9JT

“Saturday Play Club continues to provide a vital and unique service for children and young people with disabilities and their families in the Uttlesford area”.

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Stepping Stones

Stepping Stones After School Club provides after school and summer holiday short breaks activities for children aged 5yrs - 16yrs.

Our children have behaviours which may be challenging or health needs that may be complicated. Many of our children have attended our nursery and the After School Clubs and holiday short breaks are an extension of the continuous support our families are offered.

Stepping Stones has been established in Colchester for twenty one years and last year we were rated as ‘Outstanding’ by Ofsted. We have purpose built premises which include a soft play and sensory room and a large enclosed outside play area.

For further information – please contact us by telephone on 01206 860467.

Stepping Stones’ address is: Stepping Stones, The Wilson Marriage Centre, Barrack Street. Colchester CO1 2LR

Parents say “My daughter is more confident, happy within herself. It gives me a bit of time to spend with my son whilst she is at the After School Club”

“ It gives me invaluable time with my family when I know my daughter is safe and happy.”

Siblings say: “I have Mummy to myself. We go out to places we can’t go with my big sister.” “Its ‘Special’ time with my Mum and Dad. Just me!”

Crossroads Tendring & Colchester

Crossroads provides shortbreaks on a weekly basis, our grant from Essex County Council allows us to put in place two hours per family per week.

The family will get the same care support worker, same day and same time so that the child and the care support worker can build up a relationship. As well as providing shortbreaks for the parents Crossroads aims to promote the independence of the child, helping the child to shop and access public transport where applicable.

For further information, please contact Tendring & Colchester Crossroads

Tel no: 01255 860960

Email: tendcrossroads@btconnect.com

Bosworth House, High Street, Thorpe Le Soken, Essex CO16 0EA. Tel no: 01255 860960

‘We are able to offer regular breaks to families on the same day of each week, at the same time and very importantly with the same care support worker. This gives the child and the care support worker a chance to build up a rapport’.
Crossroads East Anglia

We offer a flexible and professional service to families caring for a child with additional needs.

Our service provides personal care to meet the needs of children with disabilities and complex health needs aged 0 to 18 years. It is tailored to the needs of your child and your family.

Our trained Care Support Workers will come into the family home to provide care or they can take your child out in the community to participate in activities of their choice.

As a charity we work for people not profit and with 40 years of experience, we know the importance of regular breaks for family carers.

“Knowing that I have a support worker at home waiting for my child to come home from school is a big weight off my mind, if I come home late from work”.

“The Inspire service has helped develop life & independence skills, supporting families with ideas and resources” One young person we have worked with now accesses full day drama club, youth club and has experienced working in a café & completing art projects. Confidence levels have soared for this young person”.

Crossroads Care East Anglia 1 Bakehouse Court Saffron Walden Essex CB10 1LD
Tel: 01799 513496
Email: uttlesford@crossroadseastanglia.org.uk
Website: www.crossroadseastanglia.org.uk

Core Children’s Services

Services for Disabled Children and Young People

Core Children’s Services offers a broad range of services for disabled children and young people. We understand that disabled children and their families face additional challenges to live ordinary lives.

Through delivering a broad range of services for disabled children and young people, including short break care, we help children and young people with disabilities to lead independent, full and dignified lives.

Core Children’s Services has an established background and proven track record in delivering positive results for children with disabilities, and we can make a real and lasting difference to the lives of disabled children and their families.

Core Children’s Services provides services for disabled children and young people:

- Support in the home
- Short break care both overnight and day care
- Youth Clubs for adolescents
- Activity groups for younger children
- Sibling groups
- Adventure weekends (and adventure holidays)
- Inclusion services

Website: www.coreassets.com
Telephone: 01702 421155
Email: inspire.essex@coreassets.com

“Knowing that I have a support worker at home waiting for my child to come home from school is a big weight off my mind, if I come home late from work”.

“The Inspire service has helped develop life & independence skills, supporting families with ideas and resources” One young person we have worked with now accesses full day drama club, youth club and has experienced working in a café & completing art projects. Confidence levels have soared for this young person”.

Contact details:
Crossroads Care East Anglia 1 Bakehouse Court Saffron Walden Essex CB10 1LD
Tel: 01799 513496
Email: uttlesford@crossroadseastanglia.org.uk
Website: www.crossroadseastanglia.org.uk
SNAP is a support group for Essex families with Children and young people aged 0 to 25 years with any special need or disability.

www.snapcharity.org The SNAP website (www.snapcharity.org) provides details of all SNAP’s services including the online SNAP Directory, latest newsletter, archive family newsletter articles, newsroom stories and fundraising information, including photographs of the many fantastic facilities at the centre.

Run by Parents for Essex Families

FACE represent the views & experiences of parents/carers of children with a disability or additional needs. It is vital that all families within Essex have their say on issues relevant to them. To share your experiences/views or find out more please contact:

The FACE team
Email: info@face-essex.org / Webpages: www.face-essex.org
Call 01245 608231
Call or text 07910 883337

Write to us at
FREEPOST, FACE, Moulsham Mill, Parkway, Chelmsford, Essex CM2 7PX

Come and see us on Facebook
www.facebook.com/faceessex

and follow us on Twitter
@FACE_ESSEX
How can we contact the Short Breaks for Disabled Children’s team in Essex?

We would like to hear from you because your questions, feedback and views are very important.

To discuss anything related to Short Breaks for Disabled Children, please do not hesitate to contact:

**Georgina Parkin – Shortbreaks Project Lead**
By email: Georgina.parkin@essex.gov.uk
By tel: 07787 566657

**Short Breaks Team – Lisa Jones and Joanne Mason**
By email: shortbreaks@essex.gov.uk
By tel: 03330 139889
Follow us on Facebook: www.facebook.com/ShortBreaksECC
Webpages: www.essex.gov.uk/shortbreakscwd

**The FACE Team**
By email: info@face-essex.org
By tel: 01245 608231 or tel:/text: 07910 883337
Follow FACE on Facebook: www.facebook.com/faceessex
Webpages: www. face-essex.org

As a forward thinking, customer-focused authority, from April 2012 Essex County Council (ECC) has become ‘digital by default’ and has moved its publications online.

Essex County Council’s commitment is to provide clear, accurate and accessible information to all residents, partners and service users.

In line with Essex County Council’s commitment to reduce spend and help deliver a more accessible, versatile service for residents this publication has been produced in hard copy in small numbers for distribution. It is also available to view online at www.essex.gov.uk/publications.

A PDF copy can be requested via email, please contact shortbreaks@essex.gov.uk or telephone 03330 139889. Thank you.

The information contained in this document can be translated, and/or made available in alternative formats, on request.
This information is issued by
Essex County Council, Shortbreaks for Disabled Children.
You can contact us in the following ways:

By email:
shortbreaks@essex.gov.uk

Visit our website:
essex.gov.uk/shortbreakscwd

By telephone:
03330 139889

By post:
Essex County Council, Shortbreaks for Disabled Children
PO Box 11, County Hall, Chelmsford, Essex CM1 1QH

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