



# A PARENT'S GUIDE TO SERVICES IN NORTH EAST ESSEX



Summer 2020



This directory has been compiled by Colchester Parent Support working in collaboration with The MAZE Group CiC and parents of children with additional needs.

The purpose of the directory is for parents to provide other parents with information about services and organisations available to them in North East Essex.

**Therapeutic Support**  
**SEN Support** **Coffee Mornings**  
**Activities** **Family Support Services**  
**Essex** **Parents** **The Local Officer**  
**Family** **Supporting** **Charities And**  
**Forum** **Parents** **Fundraising**  
**Family Support**  
**Coffee Mornings** **Occupational**  
**Online Support** **Therapy**

## ABA Horizons

We provide services to individuals up to the age of 11 with a diagnosis of ASD. We provide these at home or in the community, at a time that is convenient for you. We offer 1:1 sessions with your child, supervision and parent training. All of these services can be managed face to face or via computer technology. For further details please visit [www.abahorizons.co.uk](http://www.abahorizons.co.uk)

**Covid-19** All services are being run on-line through various methods on pc, phone, iPads. Sessions are run in the same way, involving the child and parent/guardian.  
Email: [jspencer@abahorizons.com](mailto:jspencer@abahorizons.com)

## Ability Using Sport

A.U.S is a local and a non-profit sports club that specialises in disability sports, we cater for many disabilities including Learning Difficulties, Autism, SEND, physical disabilities and mental health issues.

We currently offer Multisports, Football & Futsal clubs and adding more sessions all the time.

Tel: **Kevin Smith 07963 602330**

Email: [ozsports2@gmail.com](mailto:ozsports2@gmail.com)

Facebook: [@AbilityusingSport](https://www.facebook.com/AbilityusingSport)

## Ace Music

We provide music therapy both on an individual and group basis working with children and adults with a variety of needs and abilities. Some of the core aims we work with are: developing communication skills, providing an outlet for emotional expression, developing social interaction and developing self-confidence. You can have a look at our website.

**Covid** - still operating and we are now offering virtual music therapy sessions

Tel: **Amelia Clapham 07957225109**

Email: [info@acemusictherapy.co.uk](mailto:info@acemusictherapy.co.uk)

[www.acemusictherapy.co.uk](http://www.acemusictherapy.co.uk) for more information.

## Action for Family Carers

An Essex charity which for 30 years has provided support to unpaid Carers. We hold the NCVO L3 PQASSO Quality Mark.

We provide: **Caring Friends:** home visiting and counselling **Essex Befriends:** face-to-face and telephone befriending (Carers, older people, mental health problems, learning disabilities) **Feeling Good, Caring Well:** wellbeing project 'Way to Work': support with education, training and employment options.

**Young Carers Club Night, Tiptree Day Centre, Young Carer Support in schools**

The day centre is chargeable, all other services are free.

Tel: **0300 770 80 90**

Website: [www.affc.org.uk](http://www.affc.org.uk)

Email: [info@affc.org.uk](mailto:info@affc.org.uk) or [yc@affc.org.uk](mailto:yc@affc.org.uk) (for Young Carer services)



## Aspire Therapy

Amy Carey (Occupational Therapist) provides child centred assessment and therapy for children and young people with additional needs. This includes children with conditions such as autism, ADHD, development delay, sensory processing difficulties, cerebral palsy and those without a formal diagnosis. We aim to work with families to develop the child's skills and ability to engage in daily tasks at home and school. There is a fee for this service.

**Re COVID** - I am still offering some face to face assessments and treatments where there is an urgent need. I am also producing a series of video clips with strategies to support parents to meet their child's sensory needs. I am also happy to provide advice free of charge via email or over the phone for those who are struggling to cope – please email me in the first instance.

Contact details are:

Tel: **07415 595585**

Email: **amyjcarey@yahoo.com**

Website: **www.aspireot.com**

Registered with the HCPC, a member of the Royal College of Occupational Therapists RCOT.

## Autism Anglia

Autism Anglia is an independent charity which provides care and support to autistic children, adults and their families in East Anglia. Services offer personalised approaches that provide each individual with the necessary skills and strategies to enable them to realise their own strengths and abilities.

The charity also seeks to promote greater knowledge and understanding of autism through training, education and supplying information to the public and professionals.

Tel: **01206 577 678**

Email: **info@autism-anglia.org.uk**

## Bright Lives CiC

Bright Lives CIC is a not for profit enterprise that supports people with various additional learning needs including mental health difficulties autism and learning disabilities. Under the guidelines of the Care Act 2014 we offer day opportunities and training to live a full life which includes help and training to transition into Independent Living or Supported Living.

Further details can be found by calling **01206 615165** or visiting **www.brightlives.org.uk**

Email: **michael@brightlives.org.uk**

## Carers UK

As the UK's only national membership charity for carers, Carers UK is both a supportive community and a movement for change. Every day 6,000 people become carers, looking after family or friends who are older, disabled or seriously ill. For information and support, contact the Carers UK Helpline by emailing **info@carersuk.org** or calling **0808 808 7777** (Monday– Friday, 9am to 6pm). For information online, visit: **www.carersuk.org**.

## Carolyn Rogers (OT)

Sensory processing difficulties (SPD) are often misunderstood or not recognised. Full sensory assessments (including school visit) with written report and recommendations (also available without a school assessment).

Please contact Carolyn Rogers:

Tel: **07908 176301**

Email: **Carolynr5000@gmail.com**

Website: **www.carolynrogers.uk**

Health & Care Professions Council (HCPC) registered Member of the Royal College of Occupational Therapists.

## CEA Card

The CEA Card is a national card scheme developed for UK cinemas that enables a disabled cinema guest to receive a complimentary ticket for someone to accompany them when visiting participating cinemas.

Visit the website **[www.ceacard.co.uk](http://www.ceacard.co.uk)** to apply.

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## Charmaine Champ

Is a Continence Consultant and Trainer, specialising in Continence, Sleep and Behavioural needs for children, including children with Autism, Learning Disability, Complex needs. Support is available through:

- FREE Introductory telephone call
- Starter Packages
- Solution Consultation Packages
- Training
- Videos
- Public Speaking
- Published book information

For further information please contact, Charmaine:

Tel: **07711 337740**

Business Page: **[www.facebook.com/ContinenceConsultantTrainer](https://www.facebook.com/ContinenceConsultantTrainer)**

Email: **[Charmaine\\_champ@hotmail.co.uk](mailto:Charmaine_champ@hotmail.co.uk)**

Information of fees available on request

## Children's Learning Disability Service

The Children's Learning Disability Service is an NHS team of Learning Disability Nurses and Occupational Therapists, providing Specialist Behavioural Assessment and Treatment to children, with a focus on developing a Positive Behaviour Support Plan.

The service is available to all children registered with an Essex GP.

Tel: **01206 334026**

Email: **[clds@nhs.net](mailto:clds@nhs.net)**

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## Colchester Catalyst Charity

Colchester Catalyst Charity is a grant making trust that offers financial assistance for:

- Local charitable organisations supporting people with medical conditions.
- Special medical or mobility equipment for individuals.
- Short-term breaks to allow respite for carers of people with medical needs or disabilities.
- Counselling Sessions with our Counselling Partners
- Short-term loan of disability equipment.
- Healthcare communication aids and equipment.

Tel: **01206 323420**

Email: **[info@colchestercatalyst.co.uk](mailto:info@colchestercatalyst.co.uk)**

**Our office is currently closed but we can be reached by e mail at [info@colchestercatalyst.co.uk](mailto:info@colchestercatalyst.co.uk)**

## Colchester Children's Charity

(Charity No. 800485)

We are a local charity providing financial help for children in the Colchester and Tendring area with special needs to help buy equipment, counselling, sensory assessments, respite etc.

We have two charity shops in Old Heath Road. This is a non-profit organisation and all the money raised goes to help children in "CO" postal area.

Correspondence Address:

**11 Churchill Way, Colchester, CO2 8ST**

Tel: **01206 866283**

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## Colchester Parent Support

Colchester Parent Support is a voluntary community group formed by trained MAZE Parent Mentors. Our aim is to provide ongoing and free peer to peer support for parents and carers of children with additional needs, working in collaboration with The MAZE Group CIC.

Colchester Parent Support hold monthly coffee mornings. We provide a welcoming and friendly environment for parents and carers to meet for friendship, information, support and advice.

Dates & venue information can be found on our facebook page.

Contact details:

**Facebook:** Colchester Parent Support Page

Email: **Parentscolchester@gmail.com**

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## Complete Life

Complete Life is a person centred, values based social care organisation, delivering truly person centred support to adults and children (from 8yrs) who have learning and/or physical disabilities and/or autism, from 3 hour sessions up to 24/7. We work in total partnership with all individuals and their families. All staff are required to demonstrate our 5 core values.

Tel: **01206 487059**

Email: **info@complete-life.co.uk**

Website: **www.complete-life.co.uk**

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## Diddi dance

SEND sessions for children & young people up to 19 years of age in Colchester, Clacton & Hatfield Peverel. Places are partly funded through Essex Shortbreaks from £2.00, plus; wheelchair sensory movement sessions for those with PMLD run by a qualified Para Dance Instructor, afterschool sessions, school holiday sessions and festive parties. Children can be themselves and do not have to follow instruction. We use tactile props, are sensory aware with music volume, lighting and overstimulation. Behavioural challenges are met with understanding and absolute support.

Contact: **Charlotte 07722 605 395**

Email: **charlotte.foxley@diddidance.com**

Like and follow us on facebook:

**www.facebook.com/diddicolchester**

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## Disability4Sport

Disability4Sport is a Community Organisation solely focusing on opportunities and activities for disabled people of all ages and abilities within our local community.

Our core mission is to engage and encourage more disabled people into sport by creating new opportunities, as well as expanding and enhancing current ones.

Tel: **07922 885632**

Email: **info@disability4sport.co.uk**

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## Dr Siobhan Timmins

As a parent, published author and speaker, Dr Siobhan Timmins trains parents and professionals in Social Understanding in Autism, and delivers workshops nationally and internationally on writing Social Stories. Read her blog on addressing topical issues with Social Stories, book a place on her training, or book her to deliver a workshop or talk at: <https://siobhantimmins.uk>  
<http://marketfieldschool.co.uk/training-and-outreach/social-stories>  
Email: [s.timmins2@ntlworld.com](mailto:s.timmins2@ntlworld.com)

## EQ Essex

Teddy's Inc aims to help children and adults develop their Emotional Intelligence, which is the ability to recognise different emotions and effectively manage them. It can help children become happier, more resilient and empathic. For parents and carers it can help create a calmer, happier household as they learn how to manage their own and their children's overwhelming emotions.

Our fees vary on which service is provided. We can provide one to one support, group sessions and training programmes for parents and educators.

One to one sessions start from £15 for 30 mins or £25 for an hour. Travel fees may apply for locations outside of a 10-mile radius.

Contact email: [eqessex@gmail.com](mailto:eqessex@gmail.com)

Mobile: **07507 995281**

Tel: **07590 428838**

Facebook page: **Teddy's Inc Harwich**

## Essex Family Forum

Essex Family Forum is a parent/carer forum, which provides a voice for families of children and young people up to the age of 25 with disabilities or additional needs. We work in partnership with organisations, our local authority and health commissioners aiming for quality outcomes for the needs of our families.

Find us on facebook

Email: [hello@essexfamilyforum.org](mailto:hello@essexfamilyforum.org)

Website: <https://essexfamilyforum.org/>

## Essex Local Offer

The Essex Local Offer is a website which provides children and young people (0-25) with special educational needs or disabilities and their families, information about what support services are available in the local area. This includes information about education, health, social care, transport, employment and leisure activities.

If you would like to suggest a service to be added, please contact:

Email: [essex.localoffer@essex.gov.uk](mailto:essex.localoffer@essex.gov.uk)

Website: [www.essexlocaloffer.org.uk](http://www.essexlocaloffer.org.uk)

Facebook: [www.facebook.com/TheEssexLocalOffer](http://www.facebook.com/TheEssexLocalOffer)



## Extra Support for Families

EXTRA provides free parenting courses, workshops and parent peer support groups within the Tendring District.

EXTRA's courses and workshops are for parents/carers of children from pre-birth to 19 (25 where there are additional needs). They include those at a universal level (positive behaviour management courses) and targeted courses, including support for parents of children with additional needs; improving emotional wellbeing and building confidence.

Website:

**[www.extrasupportforfamilies.co.uk](http://www.extrasupportforfamilies.co.uk)**

Email:

**[admin@extrasupportforfamilies.co.uk](mailto:admin@extrasupportforfamilies.co.uk)**

Facebook/Instagram:

**[@extrasupportforfamilies](https://www.facebook.com/extrasupportforfamilies)**

## Families In Focus (Essex)

We are a leading independent parent led registered charity providing holistic support to families of children with disabilities and special needs (aged 0 to 25) across Essex, who require advice, information and support, particularly at times of change, challenge and crisis.

Our service is accessible to all families from Essex whatever their background, as long as at least one child or young person in the family between the age of 0 to 25 has a disability or special need.

We aim to give caring, practical and confidential support whilst empowering families, to consider the choices available to them and make the best use of available services.

Tel: **01245 353575**

Email: **[helpline@familiesinfocussessex.org.uk](mailto:helpline@familiesinfocussessex.org.uk)**

## Family Fund

Family Fund is the UK's largest charity providing grants for families on low incomes raising disabled or seriously ill children and young people. Last year, we provided 89,101 grants and services worth over £33 million to families across the UK.

The age range is 0 to 17 years old. There is no fee for our service.

Contact Information:

**4 Alpha Court, Monks Cross Drive  
YO32 9WN**

Tel: **01904 550055**

Email: **[info@familyfund.org.uk](mailto:info@familyfund.org.uk)**

Website: **[www.familyfund.org.uk/](http://www.familyfund.org.uk/)**

## Find your Spark

Find Your Spark is offering four sessions of one to one parenting support using an intervention called BRIEF Solution Focused Therapy. These sessions are fully funded so no fee to parents. Please email for a referral form.

We also offer anger management to children. Please get in touch for further information.

Tel: **07834 552514**

Email: **[michelle@findyourspark.co.uk](mailto:michelle@findyourspark.co.uk)**

Website: **[www.findyourspark.co.uk](http://www.findyourspark.co.uk)**

## Harwich Parent Support

We run a Coffee Morning on the third Thursday of the month, for all parents and carers, with a focus on those with additional needs and difficulties.

We invite professionals to attend, who are able to advise and, along with the Parent Mentors, (who are also part of the MAZE team) can signpost parents to help and advice. Cuppas, cakes and chat.

Email: **[harwich.ps@hotmail.com](mailto:harwich.ps@hotmail.com)**

## Homestart

Home-Start Colchester an independent local charity committed to making a real difference to the lives of local children and families.

Home-Start Colchester is responsive to need, designing support to make a difference and help families remain independent and intervention to support children to achieve their full potential.

Contact us:

Email: **[office@homestartcolchester.org.uk](mailto:office@homestartcolchester.org.uk)**

Telephone: **01206 854625**

## Homestart Harwich

Home-Start Harwich is an independent charity covering Harwich and the surrounding villages. By providing bespoke support to families, (with at least one child under the age of 11 years), through 1-1 home visiting, weekly support groups, courses and innovative projects, families can grow in confidence, remain independent, gain new skills, widen their links with the community and give their children the best possible start in life.

Home-Start Harwich is committed to making a real difference to the lives of local children and families, everybody welcome!

Call us on **01255 556230** for more information

Email **[info@homestartharwich.org.uk](mailto:info@homestartharwich.org.uk)**

## Little Life Development

Rebecca provides Occupational Therapy input for ages 0-16; children with a variety of conditions as well as no known diagnosis. Registered with RCOT & HCPC.

Initial Assessments: £240 (includes up to 2 hours assessment time, Programme of Interventions and a full report covering all developmental areas).

Reassessments: £60/hour

Sensory-based assessments, blocks of therapy for handwriting and interoceptive awareness can be provided.

Financial assistance is available.

Tel: **07376 605207**

Email: **[info@littlifelife.com](mailto:info@littlifelife.com)**

Website: **[www.littlifelife.com](http://www.littlifelife.com)**

Facebook: **[www.facebook.com/LittleLifeDevelopment](https://www.facebook.com/LittleLifeDevelopment)**



## Mid and North East Essex Mind

Mid and North East Essex Mind (Registered Charity Number 1064309) are a local, independent charity connected to the national charity Mind.

We believe no one should have to face a mental health problem alone. That's why we are here for you. Whether you're stressed, depressed or in crisis, we'll listen, give you support and advice. We work with children from the age of 5 and adults of all ages. Some people use our services for only a little while and others might need help for longer.

You can contact us at our head office Monday to Friday, 9am to 5pm, on **01206 764600** or email **enquiries@mnessexmind.org**

## Mistley Kids Club

Mistley Kids Club is a non-profit organisation, is completely inclusive and we cater for all children of all abilities. We have children from all around our area, from a wide range of schools, ranging from mainstream schools to special educational needs schools. Kids club is one of very few clubs that has children from both sets of schools therefore we have many children on a daily basis. All of the children that attend the club interact with each other and get along brilliantly, even though there is a wide range of communication methods that the children use.

Visit **www.mistleykidsclub.co.uk** for more information or Tel: **07809 176252**  
Email: **mistleykidsclub@live.co.uk**

## Multi Schools Council

The multi-schools council is all about breaking down perceptions towards children with SEND or mental health difficulties. We work in schools, empowering young people to have a voice and to be heard! We also offer training on different areas of SEND and mental health awareness.

Email: **Kierran Pearce – mschoolscouncil@gmail.com**

## Multi-Sensory Training Centre

No Labels – Just support

Dr Grounds is an Optometrist, with a PhD in Vision Research, an MSc in Developmental Neuro-Psychology and is a registered member of (BABO).

Multi-Sensory training can be beneficial to any child who is having difficulties; with literacy, maths, memory, auditory processing, concentration, balance, coordination, fine and gross motor skills. 15 Kiltie Road, Tiptree, Colchester, Essex CO5 0PX

Tel: **07399 343657**

Email: **enquiries@mstcentre.co.uk**

Facebook: **@MultiSensoryTrainingCentre**



## Penny Hatton

Psychodynamic Counsellor

Sometimes you just need someone to talk to who can help make sense of often powerful and muddled feelings. Someone who understands the complex dynamics around life with SEN.

I have 11yrs experience working with young people with SEN. I can also work with parents and families. Some funding is available if needed.

Tel: **07795 363689**

Email: **pahatt09@gmail.com**

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## SEN Advice and Support meet-ups North Essex

This group runs on the 2nd and 4th Fridays of the month in Colchester. This is a group to compliment and further the outreach from our Facebook group; SEN Advice and Support (Official).

We offer education advice, benefits advice and all aspects of SEN and disabilities. We also offer peer to peer support in a warm and friendly environment.

We have use of a sensory room and children welcome.

For more details, please contact Kim Mayhead on **07368 542941**

Email: **senas.northessex@gmail.com**

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## SEND IASS

Essex SEND Information, Advice and Support Service is a confidential and impartial information, advice and support service on issues related to Special Educational Needs and Disability (SEND). It is free, easy to access and confidential.

We offer information, advice and support to:

- Children and young people (up to 25 years) with SEND
- Parents and carers of children with SEND
- Practitioners (who might support children, young people or parents to access our service). Referrals can be made by a parent/carer/child/young person themselves or anyone who has their permission.

Tel: **0333 013 8913**

Email: **send.iass@essex.gov.uk**

Text: **0786 000 3010**

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## Shorefields Coffee Mornings

Shorefields School in Clacton hold monthly coffee mornings for local parents/carers of children with addition needs

Please see website:

**[www.shorefields.essex.sch.uk](http://www.shorefields.essex.sch.uk)** or

**[www.themazegroup.co.uk](http://www.themazegroup.co.uk)** for dates and times.

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## ShortBreaks

Short Breaks gives families the chance to take a break from their normal routines and enjoy doing fun things together.

They also give children and young people the chance to do fun and different activities. This can help build their confidence and independence.

For more information:

Visit our website: **[shortbreaks.essex.gov.uk](http://shortbreaks.essex.gov.uk)**

or Email: **[Shortbreaks@essex.gov.uk](mailto:Shortbreaks@essex.gov.uk)**

## SNAP

SNAP (Special Needs and Parents) is a local charity for families living within Essex with children and young people aged 0 to 25 who have any special need or disability.

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

SNAP's services include advice and information, a specialist library, specialist talks and events, training courses, parent and pre-school children groups, activities for children and young people, multi-sensory room, specialist IT suite, music therapy, sibling support, family counselling, online information network and directory of useful contacts.

No formal diagnosis or professional referral is necessary to access SNAP services.

Tel: **01277 211300**

Website: **[www.snapcharity.org/](http://www.snapcharity.org/)**

Email: **[info@snapcharity.org](mailto:info@snapcharity.org)**

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## Special Needs Counselling

Specialist counselling that supports individuals with disabilities or health conditions and their parents /carers in North East Essex. Counselling may help in managing feelings around assessment, diagnosis, or caring commitments by providing a safe, confidential space to talk, develop strategies, promote ability to resolve problems, or to manage things that cannot be changed. Direct, telephone or Zoom appointments available.

Tel: **07811 549463**

Email: **[caroline@specialneds counselling.co.uk](mailto:caroline@specialneds counselling.co.uk)**  
**[www.specialneds counselling.co.uk](http://www.specialneds counselling.co.uk)**

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## Spectrum

SPECTRUM is a friendly Parent Support Group run by parents for parents free of charge. It supports the families of children with social communication/autism spectrum difficulties. Together we work out solutions to problems and develop strategies that work, providing support for struggling parents. We share information on FACEBOOK. **Meetings:** monthly (Wednesday mornings) Quaker Meeting House, Colchester. All welcome.

For further details:

Siobhan Timmins: **[s.timmins2@ntlworld.com](mailto:s.timmins2@ntlworld.com)**

Jane Pearson: **[drjanepearson@hotmail.com](mailto:drjanepearson@hotmail.com)**  
**(01206 210855)**

Facebook page: **Spectrum Parent Support Group - Colchester**

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## Stepping Stones

Stepping Stones Play and Learn Group is a small charity based in Colchester. Our main service is an integrated nursery for children with additional needs and mainstreamers aged 2 – 5 to play, to learn and develop alongside each other. We also run a weekly Tots Group for babies with special needs, After School clubs and holiday respite for school age children age 5 – 18 with extreme complex needs and a monthly Family Stay & Play session.

Email: **[info@steppingstonesplayandlearn.org](mailto:info@steppingstonesplayandlearn.org)**

Web: **[www.steppingstonesplayandlearn.org](http://www.steppingstonesplayandlearn.org)**

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## The Ark Centre

The Ark Family Resource Centre provides pre-school play and learning for the children and families of Harwich and district, as well as a range of support services.

We aim to offer a friendly, safe and stimulating environment for families to benefit from; promoting the mental, physical and emotional well-being of children and young people.

Visit **[www.thearkcentre.wordpress.com](http://www.thearkcentre.wordpress.com)**  
for more information

# The MAZE Group CiC

The MAZE Group CiC is a Community Interest Company of parents who support other parents of children/young people with SEND. Our offer is a weekly specialist programme, which runs each term, online short videos, information and news via social media and additional workshops on a variety of specialist topics. We have a team of trained, experienced Parent Mentors who attend the sessions to offer support to those attending. We work in collaboration with Colchester and Harwich Parent Support and colleagues and parents in Clacton to provide monthly drop in sessions and coffee mornings for ongoing advice and support.

The MAZE weekly programme is aimed at parents of children/young people with or without a diagnosis for an additional need. We offer a specialist programme for parents structured over 12 weeks.

There are also sessions delivered by supporting professionals, such as Autism and ADHD specialist, Social Stories Trainer, Mental Health Practitioner, Child and Adolescent Psychotherapist, Psychologist, Continence Advisor and also by experienced parents.

Additionally, there is support and involvement by other local agencies such as IPSEA, Essex Steps, Colchester/Harwich Parent Support and Families In Focus.

A key strength of the programme is the multi-agency delivery and ongoing support for parents.

On completion of the programme and the evaluation of it, parents report a marked improvement in their relationship with their child and 100% of participants expressed an improvement in their ability to cope with their child. Furthermore, 90% of parents rate the parenting programme very highly in meeting their needs and expectations.

There are MAZE groups running each term. To learn more please visit our website:

**[www.themazegroup.co.uk](http://www.themazegroup.co.uk)**

To book a place on the course, please download the referral form from our website and email it back to us at: [referrals@themazegroup.co.uk](mailto:referrals@themazegroup.co.uk) or post to: **PO Box 1035, Bentley, Ipswich, IP9 2WL**

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# The National Autistic Society

Founded in 1962, we are the UK's leading charity for autistic people and their families. Our goal is to help transform lives, change attitudes and create a society that works for autistic people.

Our Autism Helpline provides confidential expert advice and support on autism for autistic people, their families and friends.

You can call us on **0808 800 4104**

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# Uniform7

Uniform 7 is local business that provides school uniform across Essex. With a personal interest in our SEN community, we are developing a new collection to meet sensory and physical disabilities by using soft fabrics and making custom adjustments using magnetic buttons and Velcro.

If your child or young person has a disability that affects the clothes they wear, then please contact Rachael on **07718 643676**.

Email: **[rachael.richards@uniform7.co.uk](mailto:rachael.richards@uniform7.co.uk)**



# Leaflet list

ABA Horizons

Ability Using Sport

Ace Music

Action for Family Carers

Aspire Therapy

Autism Anglia

Bright Lives CiC

Carers UK

Carolyn Rogers – OT

CEA Card

Charmaine Champ – Continence  
Consultant and Trainer

Children's Learning Disability Service

Colchester Catalyst Charity

Colchester Children's Charity

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Complete Life

Diddi Dance

Disability 4 Sport

Dr Siobhan Timmins

EQ Essex

Essex Family Forum

Essex Local Offer

Extra Support for Families

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Family Fund

Find your Spark

Harwich Parent Support

Homestart

Homestart Harwich

Little Life Development

Mid and North East Essex MIND

Mistley Kids Club

Multi School Council

Multi-Sensory Training Centre

Penny Hatton

SEN advice and support meet up

SEND IASS

Shortbreaks

SNAP

Special Needs Counselling

Spectrum

Stepping Stones

The MAZE Group CiC

The National Autistic Society

Uniform 7



# Disclaimer

Whilst every effort has been made to ensure the accuracy of the information provided in this directory, Colchester Parent Support do not accept any responsibility or liability for any errors that have occurred.

It is recommended that you always check with providers that their service or organisation meets with your requirements.

We offer an impartial service and we cannot recommend or endorse any providers listed.



This directory has been funded by North East Essex Clinical Commissioning Group.

**NHS**  
**North East Essex**  
Clinical Commissioning Group