

Start Well

Support for Children, Young People and their Families and Carers

A guide to early help and support in Colchester and Tendring for:

- Neurodevelopmental Disorders
- Emotional Wellbeing and Mental Health

These organisations help and support children, young people, and families with Neurodevelopmental Disorders such as Autism, Attention Deficit Hyperactivity Disorder (ADHD), Dyspraxia, Learning Disorders and Disabilities.

Autism Anglia

(East Anglia)

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

Telephone Number: 01206 577678

Email Address: advocacy@autism-anglia.org.uk

Website: www.autism-anglia.org.uk



Essex Child and Family Wellbeing Service

(Essex)

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

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

Website: www.essexfamilywellbeing.co.uk



Families InFocus

(Essex)

Providing advice, support, and information to families with SEND children on education, disability benefits and other areas of support.

Delivering weekend activity clubs in Colchester and Chelmsford for SEND children and their siblings.

Telephone Number: 01245 353575 (Monday - Friday 10:00am - 4:00pm, with 24-hour answerphone)

Email Address: helpline@fifessex.org.uk

Website: www.familiesinfocusessex.org.uk



The MAZE Group

(North East Essex)

The Maze Group have a unique approach to SEND which offers insights into how children with additional needs experience the world. They have free monthly coffee mornings in Colchester, Clacton-on-Sea, Mistley and Harwich and a specialist weekly programme available online through a video series and face-to-face in Colchester, Clacton, and Harwich.

The Maze Group also offer a course on navigating the SEND system.

They also provide specialist support for parents who have additional needs. Their aim is to guide, advise and support you for as long as you need.

Telephone Numbers: 07809 900161 or 07708 873023

Email Addresses: amanda.towns@themazegroup.co.uk and sue.anderton@themazegroup.co.uk

Website: www.themazegroup.co.uk



Essex Family Forum

(Essex)

A Parent Carer Forum (PCF) which ensures services in their area meet their needs and improve outcomes of children and young people with Special Educational Needs and Disabilities (SEND) and their families.

Share your experiences via the online Graffiti Wall on the website or send an email.

Email Address: hello@essexfamilyforum.org

Website: www.essexfamilyforum.org

Graffiti Wall: www.essexfamilyforum.org/have-your-say/feedback-wall



Supporting Your Neurodiverse Child - Resource Pack

(Essex Family Forum)

Supporting Your Neurodiverse Child is a pack that is available to all parents and carers and includes information about Neurodiversity, the diagnostic process, information on support for your child at school, sensory needs, emotional regulation, health, and wellbeing and much more.

The pack is available to download, or you can request a hard copy to be delivered to you via the website.

Email Address:

hello@essexfamilyforum.org

Website: www.essexfamilyforum.org/resources/nd-pack



Emotional Wellbeing and Mental Health Early Support in Colchester and Tendring

SNEE ICB and the Start Well Domain have provided grants to 17 local projects, to help deliver support between 2023-2025. For information about these projects or the organisations' other services, please view their websites.

Bridgeway Mission (Colchester)

A safe and supportive network for children refugees and their families, improving wellbeing and confidence.

Website: www.bridgewaymission.com



Changing Lives (Colchester)

A combination of free physical activity and mental health sessions, including the use of gym, nature, and animals.

Website: www.changinglivescommunityservices.co.uk



Kids Inspire (Colchester)

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

Website: www.kidsinspire.org.uk



Underdog Crew (Colchester)

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

Website: www.megalodonstudios.co.uk



Active Essex Foundation (NEE)

A sport and physical activity project for children and young people aged 5-18 years.

Website: www.activeessexfoundation.org



Connect Without Limits (NEE)

A safe and supportive network, including counselling, mental health support and autism friendly activities.

Website: www.cwlcic.com



Essex Wildlife Trust (NEE)

A Wild Wellbeing programme, with mental health support through positive wellbeing activities outdoors.

Website: www.essexwt.org.uk



InterAct (NEE)

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

Website: www.interact.org.uk



Wilderness Foundation UK (NEE)

A nature based Brave Futures wellbeing programme for children and young people aged 4 years+.

Website: www.wildernessfoundation.org.uk



Youth Enquiry Service (NEE)

School navigator and one to one counselling sessions across 15 settings for young people.

Website: www.yesyouthenquiryservice.org



Citizens Advice Tendring (Tendring)

Taking their domestic abuse and family advice service into the heart of the local communities.

Website: www.cabtendring.org



EXTRA (Tendring)

A rolling programme for parents/carers whose children are undertaking or waiting for counselling.

Website: www.extrasupportforfamilies.co.uk



Home Start (Tendring)

Pop up groups to support vulnerable children 0-11 years and their parents.

Website: www.home-startcjc.com



Lads Need Dads (Tendring)

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

Website: www.ladsneeddads.org



Tendring Families First (Tendring)

A range of therapeutic and creative interventions for children aged 5-11 years to self-manage mental wellbeing.

Website: www.tendringfamiliesfirst.org



The Ark Family Resource Centre (Tendring)

Weekly therapy sessions for children 5-16 years, outreach and joint child and family sessions.

Website: www.thearkcentre.wordpress.com



The London Bus Theatre Company (Tendring)

Jaywick The Musical - Drama and film making project engaging young people in Tendring.

Website: www.londonbustheatre.co.uk



Links to other support for Children, Young People and Families in Colchester and Tendring

AFiUK
www.afiuk.org

Action for Family Carers

www.affc.org.uk

Active Essex

www.activeessex.org/children-young-people

Bangladeshi Women's Association Essex

www.bwae.co.uk

Children and Families Hub - Directory of Services

www.essex.gov.uk/children-young-people-and-families/directory-services

Colchester Institute – Additional Learning Support Team

www.colchester.ac.uk/support/send-support-what-we-offer/

Community 360 – Essex Family Support Service

www.community360.org.uk/what-we-do/essex-family-support-service/

Essex County Council – All Children and Families Services

www.essex.gov.uk/children-young-people-and-families

Essex Boys & Girls Clubs

www.essexboysandgirlsclubs.org/what-we-do/introduction-to-ebgc

Essex SEND Information Advice and Specialist Support

www.essexsendiass.co.uk

Essex Youth Service

www.youth.essex.gov.uk

First Site – Holiday Fun

www.firstsite.uk/event_categories/holiday-fun

GP Care Advisors in North East Essex

www.gpprimarychoice.co.uk/gpca-about

Grief Encounter

www.griefencounter.org.uk

Mid and North East Essex MIND

www.mnessexmind.org

Multi Schools Council - SEND and mental health support

www.multischoolscouncil.org.uk

NELFT - Early Intervention Mental Health Services

www.nelft.nhs.uk/cyp-mental-health-early-intervention-services-essex

NSFT Free Parent Workshops and Resources

www.nsft.nhs.uk/parent-workshops

Next Chapter

www.thenextchapter.org.uk

North Essex Support Team (NEST)

www.nestassist.co.uk

N.O.W's The Time for Change (National Online Wellbeing Services)

www.nowsthetimeforchange.com/#

Parental Education Growth Support (PEGS)

www.pegssupport.co.uk

SEND Local Offer and In Person Roadshows

www.send.essex.gov.uk

Southend, Essex and Thurrock Child and Adolescent Mental Health Service

www.nelft.nhs.uk/set-camhs

Student Wellbeing and Inclusivity Service – University of Essex

www.essex.ac.uk/student/professional-services/student-wellbeing-and-inclusivity-team

SUMMIT

www.summitservices.org.uk

Talk, Listen, Cuddle (TLC)

www.tlc-essex.info/

Teen Talk

www.teentalkharwich.co.uk

Tendring Wellbeing and Intervention Services

www.tendringwellbeingandi.co.uk

The Children's Society

www.childrenssociety.org.uk

The Mix – Support for Under 25's

www.themix.org.uk

Tribe Project Community Listings: Mental Wellbeing Support Colchester

<https://snapt.io/doAla>

Young Carers

www.essex.gov.uk/young-carers

Young Minds

www.youngminds.org.uk

This list is a brief overview of some local support services. For further advice and signposting information, contact Social Prescribing:

Colchester residents: email msp@community360.org.uk or call 01206 505250

Tendring residents: email socialprescribing@cvstendring.org.uk or call your nearest hub: Clacton 01255 425692 or Harwich 01255 554115

Alternatively, ask about Social Prescribing at your GP reception.

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