

Families in Focus

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, in a non-threatening way, to consider the choices available to them and make the best use of available services.

Our services are seen as essential, invaluable and tailored to meet the needs of our families in an accessible, proactive and positive way.

Tel: 01245 353575

<http://www.familiesinfocussessex.org.uk>

Parents4Parents

Parents4Parents is an early intervention project which aims to improve the outcomes of children and families through access to trained Parent4Parent volunteers who are facing everyday challenges.

- Helping parents make informed decisions to support their child's education and emotional wellbeing
- Encouraging parents resilience, strengths and emotional wellbeing for the ultimate benefit of their child
- Offering support, information and practical help
- Building trusting peer relationships and maintaining confidentiality boundaries
- Emphasising the positive aspects of family life
- Networking in the local community, putting parents in touch with other parents, services, support groups etc. and helping them to become involved in activities in the local community that might be useful to them, assisting them to take the first step if necessary
- Reassuring families that difficulties in bringing up children are not unusual
- Being a "voice" for the local school community and promoting the importance of education and lifelong learning

Contact details

Tel: 07964674653

HELP for parents with children with SEN



Tel: 01245 354605

Melbourne Avenue
Chelmsford
CM1 2DX



Kids Inspire

Contact details

Email: clinicaladmin@kidsinspire.org.uk
Tel: 01245 348707

Kids Inspire provide holistic therapeutic support for children, young people and their families.

1:1 Counselling and Psychotherapy with specialist trained and qualified therapists for children, adolescents and parents/carers. Predominantly we work through the arts and our team consists of Art Psychotherapists, Drama Therapists, Music Therapists and so on. Systemic Family Psychotherapy with families and dyads within families.

Therapeutic Groups covering a range of issues for children, adolescents and parent/carers run by qualified psychotherapists Complementary Therapies – these are offered to individuals and/or families and include cranial sacral therapy, homeopathy, meditation and yoga.

Encounter Centred Therapy – 18 of our clinical team are trained to offer this intervention which supports families struggling with relationship difficulties and conflict. Families participate in workshops to understand the principals of this and are then supported to work in dyads to strengthen and heal relationships. Training on a range of subjects relating to emotional well-being and mental health delivered to teachers, other school staff and parents/carers.

Family Support – this involves home visits and direct work alongside parents/carers and children and young people and is carried out by qualified and student social workers

Mentoring – at the moment we have a relatively small group of adults who have been trained to mentor children and young people.

Who the service provides for

Kids Inspire supports children age 0-25 and their parents/carers. Our eligibility criteria is broad.

We are a specialist team in dealing with trauma and issues relating to abuse and neglect. The children who come to us have experienced emotional or behavioural difficulties. Many have a statement of educational need and/or a diagnosis of conditions such as ADHD, ASD, OCD. Some are displaying early mental health issues such as anxiety or depression and may be self-harming or have an eating disorder.

But we also work with children and families affected by issues such as family relationship breakdown, loss and bereavement, bullying and so on.

Many of our clients are struggling as a result of parental mental health issues, drug and alcohol misuse.

Hours of operation

We generally operate between 8.00 am - 6.00 pm Monday-Thursday and 8.00 am - 4.30 pm on a Friday. However, some of our projects take place on a Saturday.

Ministry of Parenting

Families are at the centre of our work and we aim to give all families choice and control. The Incredible Years Parenting Programme was developed by Carolyn Webster-Stratton within the University of Washington Parenting Clinic. The programme, aimed at children aged 4 to 10 years, is founded on social learning theory and consists of at least twelve weekly, two-hour group sessions delivered by skilled practitioners. Overall, the Incredible Years Programme aims to: promote positive parenting, improve parent-child relationship, reduce critical and physical discipline and increase the use of positive strategies and help parents to identify social learning theory principles for managing behaviour improve home-school relationships.

Who the service provides for

Parents, Children, Young People and Families

Email address: info@theministryofparenting.com

Phone number: 01206 562626

SNAP

If you have a child between 0 – 25 years who has any special need or disability and you live in Essex, then we are here for you and your family.

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

Helpline: 01277 211300

9.00am until 5.00pm Monday to Thursday and 9.00am until 4.00pm on Friday.

<https://www.snapcharity.org>

IPSEA

IPSEA offers free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND). We also provide training on the SEND legal framework to parents and carers, professionals and other organisations.

<https://www.ipsea.org.uk>

Telephone: 01799 582030 (Monday to Friday, 9am-5pm)

Young Minds

<https://youngminds.org.uk>

We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges. We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.

The crisis in children and young people's mental health is real and it is urgent. More children and young people than ever before are reaching out for help with their mental health. But for those who take that brave step, help is much too hard to find.

Family Lives

<https://www.familylives.org.uk>

Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life. We know that many people play active roles in raising children, from dads and mums, grandparents, stepparents and non-resident parents. Our role is to support all of you to achieve the best relationship possible with the children that you care about, as well as supporting parenting professionals. We believe that happy children come from happy families and currently support families to improve the outcomes for over 1 million children each year.

We recognise that the best way to support families is to provide professional, non-judgmental support and advice in a way that all members of the family can freely access. We provide this through our helpline, extensive advice on our website, befriending services, and parenting/relationship support groups. Nearly all of our services are accessible at no charge to parents and you can contact us 365 days a year.