

June 2020

# HOT OFF THE PRESS!

## Essex Short Breaks Clubs and Activities

A special edition of Hot off the Press: Events and Activities happening online from the Providers of Short Breaks, Clubs and Activities across Essex

**SPORT** Stay Connected  
FOR CONFIDENCE

Sport for Confidence has redeployed its team of occupational therapists and sports coaches to deliver 'Stay Connected' a specialist 'at home' service to support vulnerable adults in Essex isolating due to the COVID-19 pandemic. Our team of 5 specialist sports coaches will support through the provision of highly personalised physical activity home workout videos to keep participants active. We're pleased to announce this service has been extended for Shortbreaks children and their families.

Specialist telephone support is backed up by information, video workouts and signposting to other services:

<https://www.sportforconfidence.com/stay-connected/>

If you would like support please email:

[stayconnected@sportforconfidence.com](mailto:stayconnected@sportforconfidence.com)



### Mushroom Theatre Shortbreaks

The Mushroom Theatre Company will be doing online Shortbreaks activities on their usual holiday schedule, the next dates are Tuesday 26<sup>th</sup> and Thursday 28<sup>th</sup> May

Email [penni@mushroomtheatre.co.uk](mailto:penni@mushroomtheatre.co.uk) to take part and we will send you links to Zoom sessions taking place in the mornings and afternoons.

<https://mushroomtheatre.co.uk/>



### diddi dance in da house

diddi dance SEN sessions LIVE on Mondays at 11am with Charlotte via private facebook group: SEN diddi dance Parents & Carers of Children&Young people Essex Shortbreaks

Join us for 40min of dancing fun in your home! Using sensory props and our fun music you will have a great time! Please quote Shortbreaks passport number when requesting to join the group.

Plus loads of dance elements pre-recorded for shorter sessions and theme dance moves to learn at home, Free!

For details call 07722 605 395 or email: [charlotte.foxley@diddidance.com](mailto:charlotte.foxley@diddidance.com)



### Mistley Kids Club

Mistley Kids Club have places for children of critical care workers and those returning to school at their after-school club

Contact Claire on 07809 176 252 for further details

<https://www.mistleykidsclub.co.uk/>

**Action for Children: Essex Short Breaks, Clubs and Activities would like YOU to get involved!**

Please let us know if you have enjoyed any online clubs and what online activities you would like to try during lockdown. Write a review, complete an online survey or contact us directly via:

<https://www.facebook.com/short.breaks.clubs.activities.essex/> or email:

[essexshortbreaks@actionforchildren.org.uk](mailto:essexshortbreaks@actionforchildren.org.uk)



## Epping Forest Challenges!

Short videos posted on Facebook by the Epping Forest Inclusion Project are engaging young people to take part in weekly physical challenges and games as well as fun activities like Spot the Difference.

Join in and post your own experiences at:  
<https://www.facebook.com/EppingForestDisabilityForum/>



## Trailnet adapted bikes and trikes

Thorndon Country Park is now open!

Until Trailnet Saturday inclusive cycling sessions recommence, families can borrow their selection of bikes and adapted trikes for all abilities for use at home or for family group cycling at the Park.

Call Trailnet for further details on 01277 811 012



## SHARE Clubs

SHARE (Safe Haven and Respite Environment) continue to support Families with critical care needs at their Basildon Club

Call 01268 521691 for more information

## InterAct InterAct Online

Zoom Clubs for InterActers take place fortnightly, on the same night that each club would normally take place:

Together Club (over 19 year olds) – Monday  
Colchester – Tuesday  
Braintree & Chelmsford – Wednesday  
Clacton & Tendring – Thursday  
And on the alternate weeks:  
Friday Fun Club – open to all

If anyone would like to join us they can get in touch on 01245 608206 or  
[youngpeopleteam@interact.org.uk](mailto:youngpeopleteam@interact.org.uk)

We are also offering telephone support for families registered with InterAct so if anyone would like to chat they can call 01245 608206

To register and become an InterActer, download a registration form at:  
<http://www.interact.org.uk/activities/young-people/activity-programmes-and-booking-form>

The InterAct Facebook page is full of interesting, fun and useful ideas to help everyone get through these difficult and unusual times, check it out at:  
<https://www.facebook.com/InterActEssex/>



## Accuro online activities

Accuro are staying in touch with young people and their families online via the public Facebook group Accuro Community Chat and the private group Accuro – Staying Connected.

There are regular live fundraising events online, such as Bingo Night on 26<sup>th</sup> May.

Taking place week commencing 29<sup>th</sup> June, Accuro are launching a 'Mindful Miles' event, encouraging participants to get involved and create their own challenge, raising awareness around mental health issues that can arise for people with disabilities during lockdown. Go to <https://www.facebook.com/AccuroCareServices/> for the latest news.

## Have you registered for Essex Shortbreaks?

To register for Shortbreaks clubs and activities you may need to quote your Shortbreaks 'passport ID'. To register online go to: <http://shortbreaks.essex.gov.uk/> and click 'Apply Today' in the yellow box. You can contact Shortbreaks for Disabled Children and Young People by emailing [shortbreaks@essex.gov.uk](mailto:shortbreaks@essex.gov.uk) or calling 03330 139889 if you are unsure about any aspect of the registration process.

For information suspension of Shortbreaks services in relation to Covid 19 go to:  
<https://shortbreaks.essex.gov.uk/latest-news/an-update-from-the-short-breaks-service-in-relation-to-covid-19/>