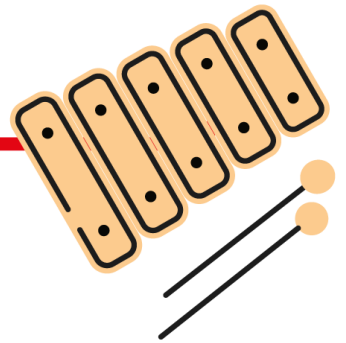


BY KEEPING YOU IN THE NEWS

**Essex Short Breaks
Clubs and Activities**

Spring 2021



**ACTION FOR
CHILDREN**

WORKS

A short break for Bobby

Means catching up with his mates

Means Mum and Dad get to catch up

Means practising new skills

Means a breather for the family

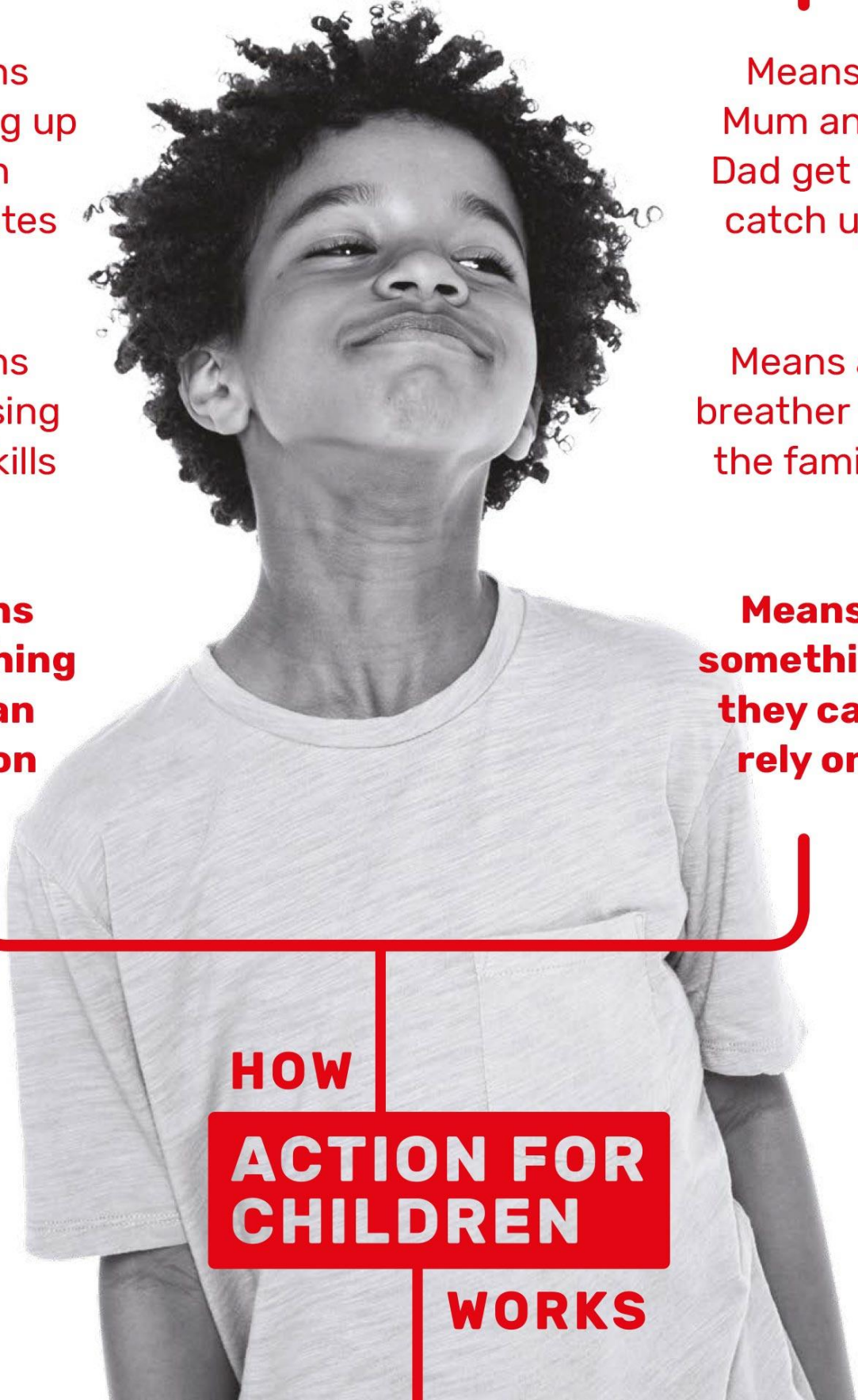
Means something he can rely on

Means something they can rely on

HOW

ACTION FOR CHILDREN

WORKS



Who are Essex Short Breaks Clubs and Activities?

Essex Short Breaks Clubs and Activities give children and young people the chance to take part in fun activities, experiences and life skills. Helping them to develop their independence, make new friends and try new things. It also gives families time to do things they may not otherwise be able to do together.

Essex Short Breaks partner with clubs and activities running across Essex. We support and develop those clubs and activities responding to need and family feedback. We also provide advice and signposting for parents who register with our service.

Join our mailing list to receive news about clubs and activities in your local area, regular newsletters and invitations to events run by Essex Short Breaks, our providers and partner organisations.

You can access short break activities and clubs for children and young people with a disability if:

- You live within the administrative boundaries of Essex County Council* (excluding Southend and Thurrock local authority areas)
- You are aged between 0 and 18
- You are aged 19 to 25 and have a personal budget
- You have a diagnosis of special educational needs and / or a disability

Do you have your Short Breaks passport ID?

*Please note: children and young people fostered in Essex, but looked after by another Local Authority, are not eligible for a Short Breaks passport id number. They can access short breaks clubs with funding from their Local Authority through their care plan, paying the provider directly for sessions attended. Register for Shortbreaks online at: <https://shortbreaks.essex.gov.uk/> to receive a passport id with which to access clubs, book caravans, etc.

All our providers carry out registration and assessment prior to children or young people attending clubs and activities.

See below for details of our providers across Essex:

Any questions? Get in touch with our team:

Telephone

07540 919616 or 01376 555260

Email

EssexShortbreaks
@actionforchildren.org.uk

Find us on Facebook

www.facebook.com/short.breaks.clubs.activities.essex

Or via our website

services.actionforchildren.org.uk/essex-short-breaks-clubs-and-activities/



Description of activities	A programme of day time holiday activities
Dates of club or event	Easter Holiday Activities: Tuesday 30 March – Gaming Van and Fit n Fun at the Aspire Thursday 01 April – Trailnet Wednesday 07 April – Stubbers Adventure Centre Thursday 08 April - Street Dance & Fun and games at the Aspire
PROVIDER? Name of Organisation	InterAct
WHO? Those eligible to attend	Young people with additional needs / disabilities aged 10-18 years
WHERE? Venue or meeting place	Various venues across Essex: Meeting at Moulsham Mill in Chelmsford on 30 th March and 8 th April 2021 Meeting on site at Trailnet and Stubbers Adventure Centre
ANYTHING ELSE I SHOULD KNOW? Any lunch or other arrangements, restrictions, or kit to bring	Please see programme: http://www.interact.org.uk/activities/young-people/activity-programmes-and-booking-form
HOW MUCH?	Costs vary, please see programme
TO BOOK Contact details	www.interact.org.uk/booknow For more info: 01245 608206 youngpeopleteam@interact.org.uk

InterAct Easter Holiday Activities

Date	Activity	Cost	Ref	Minibus Pickups / Meeting points & times	Additional info
Tuesday 30 March	 Gaming Van and Fit n Fun - Have a great time gaming with all the latest technology including games consoles, large Led TVs & Virtual Reality and all your favourite games like Fortnite, FIFA, Minecraft, Rocket league followed by some fun and fitness with the personal trainers in the Aspire garden	£26	HP 376	Meet at Moulsham Mill, Chelmsford, CM2 7PX: 9:30am - 4:30pm	Bring a packed lunch and drinks
Thursday 01 April	 Trailnet - come along for a fun bike ride together, with bikes, trikes, and tandems. There's a bike for everybody! Followed by an afternoon of GPS tracking treasure hunt	£52	HP 377	Meet at: Thorndon Country Park Car Park CM13 3RX 9:30am - 4pm	Bring a packed lunch and drinks
Wednesday 07 April	 Stubbers - a fantastic day of outdoor fun with a range of real adventure activities. From high ropes, climbing, rafting, abseiling, vertical assault course, crate stack, quick jump and brand new caving activities for 2021. There's lots to do on a fun packed adventure for those who are brave enough!	£46	HP 378	Meet at Stubbers Adventure Centre Ockendon Road Upminster Essex RM14 2TY 9am - 4:30pm	Bring a packed lunch and drinks
Thursday 08 April	 Street Dance & Fun and games at the Aspire - join us for a day of street dance, fun & games with your friends at the Aspire centre and gardens	£12	HP 379	Meet at Moulsham Mill, Chelmsford, CM2 7PX: 9:30am - 4:30pm	Please bring extra money for takeaway lunch
	All activities will be available to book from NOW Please note: the booking deadline for the above activities is 26th March 2021 so please be quick to reserve your places and avoid disappointment.				

Book & pay for activities online: www.interact.org.uk/booknow OR 01245 608206



Multi sports sessions

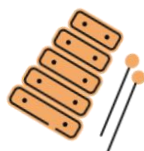


Description of activities	Sporting opportunities in mainstream facilities for people who face barriers to participation. All sessions are fun, active, and inclusive!
Dates of club or event	Sessions over the Spring half terms
PROVIDER?	Sport for Confidence
WHO?	Young people aged 0-25
WHERE?	Chelmsford Riverside Leisure Centre, Victoria Rd, Chelmsford CM1 1FG Witham Leisure Centre, Spink's Lane, Witham CM8 1EP
ANYTHING ELSE I SHOULD KNOW?	Siblings welcome, places to be booked in advance
HOW MUCH?	£5 per participant per two-hour session
TO BOOK	For booking and information email info@sportforconfidence.com



Discovery Club

Description of activities	Various trips out and in-house activities
Dates of club or event	Easter Holiday and May half-term
PROVIDER?	Columbus Discovery Club
WHO?	3 to 19 years
WHERE?	Columbus College, Chelmsford
ANYTHING ELSE I SHOULD KNOW?	Packed lunch required. Swim kit for in house days
HOW MUCH?	£30 for in-house activities, £40 for trips out, £50 for long days.
TO BOOK Contact details	Booking form must be completed, these can be found at: www.columbusschoolandcollege.org please email forms to slambert@columbusschoolandcollege.org





PARC Afterschool Club

Description of activities:	Respite care and activity club at our purpose-built centre on the Great Notley Country Park
Dates of club or event	Every Monday, Tuesday, and Thursday 3.30pm to 7pm
PROVIDER?	PARC (Essex)
WHO?	Children and young people aged 4 to 19
WHERE?	Great Notley Country Park, Great Notley, CM77 7FS
ANYTHING ELSE I SHOULD KNOW?	Please bring a snack
HOW MUCH?	£24
TO BOOK	Contact info@parc-essex.co.uk or 01376 528 999



PARC Youth Club

Description of activities	Respite care and activity club at our purpose-built centre on the Great Notley Country Park
Dates of club or event:	Every Friday, 6pm to 9pm
PROVIDER?	PARC (Essex)
WHO?	Children and young people aged 11 to 25
WHERE?	Great Notley Country Park, Great Notley, CM77 7FS
ANYTHING ELSE I SHOULD KNOW?	Please bring a snack
HOW MUCH?	£24
TO BOOK	Contact info@parc-essex.co.uk or 01376 528 999



PARC Saturday Club

Description of activities	Respite care and activity club at our purpose-built centre on the Great Notley Country Park
Dates of club or event	Every Saturday 10am to 1pm or 2pm to 5pm
PROVIDER?	PARC (Essex)
WHO?	Children and young people aged 4 to 19
WHERE?	Great Notley Country Park, Great Notley, CM77 7FS
ANYTHING ELSE I SHOULD KNOW?	Please bring a snack
HOW MUCH?	£24
TO BOOK	Contact info@parc-essex.co.uk or 01376 528 999



PARC Holiday Club

Description of activities	Respite care and activity holiday club at our purpose-built centre on the Great Notley Country Park
Dates of club or event	29 th March to 9 th April 2021
PROVIDER?	PARC (Essex)
WHO?	Children and young people aged 4 to 19
WHERE?	Great Notley Country Park, Great Notley, CM77 7FS
ANYTHING ELSE I SHOULD KNOW?	Please bring a packed lunch
HOW MUCH?	£40 for a full day
TO BOOK	Contact info@parc-essex.co.uk or 01376 528 999



Accuro Holiday Scheme



Description of activities	A range of leisure and social day activities for children and young people with a disability. Activities include Lambourne End, T-shirt Printing, Sensology workshop, cookery, and Rainbow Rural Farm
Dates of club or event	Half terms and School Holidays including Summer
PROVIDER?	Accuro (Care Services)
WHO? Those eligible to attend	Children and Young People aged 8 – 19 with a disability in Essex
WHERE?	Various locations and venues around West Essex
ANYTHING ELSE I SHOULD KNOW?	All children accessing the Accuro Holiday Scheme must be registered and assessed by Accuro. All activities must to be booked in advance
HOW MUCH?	Cost is around £5 per hour variable upon activities
TO BOOK Contact details	Must be registered with Accuro Care Services to book places. Contact rhiannon@accuro.org.uk

Accuro Cool Connections



Description of activities	'Short Break' Evening Youth Club
Dates of club or event	Term time only - Mondays 19.00 - 21.00
PROVIDER?	Accuro (Care Services)
WHO? Those eligible to attend	Young People aged 11 – 19 with a disability
WHERE?	The Xperience Centre, Broadley Common, Harlow, CM19 5RD
ANYTHING ELSE I SHOULD KNOW?	All children accessing the youth club must be registered and assessed by Accuro
HOW MUCH?	Cost is around £5 per hour variable upon activities
TO BOOK Contact details	Must be registered with Accuro Care Services to book places. Contact rhiannon@accuro.org.uk



Accuro Under 19's



Description of activities	'Short Break' Evening Youth Club
Dates of club or event	Term time only - Mondays / Wednesdays 18:30 – 20:30
PROVIDER?	Accuro (Care Services)
WHO? Those eligible to attend	Young People aged 11 – 19 with a disability
WHERE?	Uttlesford
ANYTHING ELSE I SHOULD KNOW?	All children accessing the youth club must be registered and assessed by Accuro
HOW MUCH?	Cost is around £5 per hour variable upon activities
TO BOOK Contact details	Must be registered with Accuro Care Services to book places. Contact rhiannon@accuro.org.uk

Sam's Place Easter Playscheme



Description of activities	Easter Playscheme
Dates of club or event	29 March to 1 April 2021 5 April to 9 April 2021 8 Morning and Afternoon Sessions Note: Delivery of Easter Play Scheme is not yet confirmed. Please contact Deborah.jackson@harlow.gov.uk
PROVIDER?	Harlow Council, Sam's Place
WHO? Those eligible to attend	CYP between 8-19 Years and currently registered with Sam's Place
WHERE?	Harlow Fields School, Tendring Road, Harlow, CM18 6RN
ANYTHING ELSE I SHOULD KNOW?	Children must live or go to school in Harlow or the immediate surrounding areas
HOW MUCH?	50p voluntary contribution towards snacks
TO BOOK Contact details	Email: deborah.jackson@harlow.gov.uk Mobile: 07730 750 375 Phone: 01279 446190



Fun Days at the Outdoor Centre

Description of activities	Action packed days full of Outdoor Activities
Dates of club or event	14 th March – Zip Wire, Bushcraft and Caving 27 th March – Abseiling, Rockets and Farm Tour 4 th June – Abseiling and Wide Games 4 th July – Climbing, Eggs Can Fly and Farm Tour
PROVIDER?	Lambourne End Centre for Outdoor Learning
WHO? Those eligible to attend	Young people aged 8 years and over
WHERE?	Lambourne End Centre for Outdoor Learning, RM4 1NB. (Transport cannot currently be provided but will be reinstated once Covid guidance permits)
ANYTHING ELSE I SHOULD KNOW?	Please wear clothing suitable for taking part in outdoor activities and bring a packed lunch. A change of clothes (including shoes) and a towel will be needed as some of the activities involve water.
HOW MUCH?	£5
TO BOOK Contact details	Call or email Sarah for further details and a booking form: sarah.ferguson@lambourne-end.org.uk or 020 8500 3047 extension 0230 Booking form can be found on the Lambourne End website: https://www.lambourne-end.org.uk/shortbreaks



Epping Forest Inclusion Project

Description of activities	The Epping Forest Inclusion Project will be running both virtual sessions and face to face sessions over the Easter Holiday. Full details of all the sessions can be found on our Facebook page-Epping Forest Disability Forum
Dates of club or event	29 th March- 9 th April 2021
PROVIDER?	Epping Forest District Council
WHO?	Open to all with a Shortbreaks passport number
WHERE?	Sessions will take place all over the district, Face to Face and on Zoom
ANYTHING ELSE I SHOULD KNOW?	Details of what you would need for any of our sessions can be found at the time of booking
HOW MUCH?	Prices range from £2-£12
TO BOOK Contact details	https://eppingforestdc.bookinglive.com or email Olivia oworsfold@eppingforestdc.gov.uk

Description of activities	A programme of day time holiday activities
Dates of club or event	Easter Holiday Activities: Tuesday 30 March – Gaming Van and Fit n Fun at the Aspire Thursday 01 April – Trailnet Wednesday 07 April – Stubbers Adventure Centre Thursday 08 April - Street Dance & Fun and games at the Aspire
PROVIDER?	InterAct
WHO?	Young people with additional needs / disabilities aged 10-18 years
WHERE?	Various venues across Essex: Meeting at Moulsham Mill in Chelmsford on 30 th March and 8 th April 2021 Meeting on site at Trailnet and Stubbers Adventure Centre
Anything else I should know?	Please see programme: http://www.interact.org.uk/activities/young-people/activity-programmes-and-booking-form
How much?	Costs vary, please see programme
To book	www.interact.org.uk/booknow For more info: 01245 608206 youngpeopleteam@interact.org.uk

InterAct Easter Holiday Activities						
Date	Activity	Cost	Ref	Minibus Pickups / Meeting points & times	Additional info	
Tuesday 30 March	 Gaming Van and Fit n Fun - Have a great time gaming with all the latest technology including games consoles, large Led TV's & Virtual Reality and all your favourite games like Fortnite, FIFA, Minecraft, Rocket league followed by some fun and fitness with the personal trainers in the Aspire garden	£26	HP 376	Meet at Moulsham Mill, Chelmsford, CM2 7PX: 9:30am - 4:30pm	Bring a packed lunch and drinks	
Thursday 01 April	 Trailnet - come along for a fun bike ride together, with bikes, trikes, and tandems. There's a bike for everybody! Followed by an afternoon of GPS tracking treasure hunt	£52	HP 377	Meet at: Thorndon Country Park Car Park CM13 3RZ 9:30am - 4pm	Bring a packed lunch and drinks	
Wednesday 07 April	 Stubbers - a fantastic day of outdoor fun with a range of real adventure activities. From high ropes, climbing, rafting, abseiling, vertical assault course, crate stack, quick jump and brand new caving activities for 2021. There's lots to do on a fun packed adventure for those who are brave enough!	£46	HP 378	Meet at Stubbers Adventure Centre Ockendon Road Upminster Essex RM14 2TY 9am - 4:30pm	Bring a packed lunch and drinks	
Thursday 08 April	 Street Dance & Fun and games at the Aspire - join us for a day of street dance, fun & games with your friends at the Aspire centre and gardens	£12	HP 379	Meet at Moulsham Mill, Chelmsford, CM2 7PX: 9:30am - 4:30pm	Please bring extra money for takeaway lunch	
<p style="text-align: center;">All activities will be available to book from NOW Please note: the booking deadline for the above activities is 26th March 2021 so please be quick to reserve your places and avoid disappointment.</p>						

Book & pay for activities online: www.interact.org.uk/booknow OR 01245 608206



Mistley Kids Club / Easter Holiday Club

Description of activities	Arts and Crafts, Sports, Cooking, Music and Dance, Films, Scavenger hunts
Dates of club or event	29 th March-9 th April (Excluding 2 nd - 5 th April)
Provider?	Mistley Kids Club LTD
Who?	All children between 4-16(19 with SEN)
Where?	Mistley Village Hall, Furze Hill, Shrublands Road, Mistley, Manningtree, Essex CO11 1HS
Anything else I should know?	Option for cold lunches £2.50 per child or bring a packed lunch. Must bring own water bottle, we can refill this – MUST HAVE NAME ON! Please limit personal items brought into club
How much?	£25 per child full day (up to 10 hrs) £18 per child half day (up to 5hrs) One-time registration fee payable per family £20
To book	07809 176252



Diddi dance North Essex / South Suffolk

Description of activities	Sessions take place online, join in the class or watch along at a time that suits you
Dates of club or event	Easter events
Provider?	diddi dance North Essex and South Suffolk
Who?	Diddi dancers of all ages, siblings welcome
Where?	To access videos and live streams, join the Facebook Group: SEN diddi dance Parents and Carers of Children & Young People Essex Short Breaks https://www.facebook.com/groups/201340313970492
Anything else I should know?	You will need to enter your Shortbreaks ID and agree to our code of conduct to join the group
How much?	
To book	Charlotte on 07722 605395 / charlotte.foxley@diddidance.com



Multi sports session



Description of activities	Sporting opportunities in mainstream facilities for people who face barriers to participation. All sessions are fun, active and inclusive!
Dates of club or event	Sessions during Easter and May half-term
PROVIDER?	Sport for Confidence
WHO?	Young people aged 0-25
WHERE?	Colchester Leisure World, Cowdray Ave, Colchester CO1 1YH
ANYTHING ELSE I SHOULD KNOW?	Siblings welcome, places to be booked in advance
HOW MUCH?	£5 per participant for a 2-hour session
TO BOOK	For booking and information email info@sportforconfidence.com



Butterflies Clubs

Description of activities	Personalised activity packages including hall-based sessions, community activities and days out.
Dates of club or event	Term-time and Holiday sessions
PROVIDER?	Butterflies Clubs
WHO?	Children and Young People aged 8-18 with a Shortbreaks passport number
WHERE?	Groups in Basildon, Chelmsford, Braintree, Colchester
ANYTHING ELSE I SHOULD KNOW?	We will discuss your child, their interests and needs and let you know what we have on offer that is suitable for them.
HOW MUCH?	Dependent on package chosen
TO BOOK	Email jen@butterfliesclub.co.uk



Butterflies Clubs



Description of activities	Personalised activity packages including hall-based sessions, community activities and days out.
Dates of club or event	Term-time and Holiday sessions
PROVIDER?	Butterflies Clubs
WHO?	Children and Young People aged 8-18 with a Shortbreaks passport number
WHERE?	Groups in Basildon, Chelmsford, Braintree, Colchester
ANYTHING ELSE I SHOULD KNOW? Any lunch or other arrangements, restrictions or kit to bring	We will discuss your child, their interests and needs and let you know what we have on offer that is suitable for them.
HOW MUCH?	Dependent on package chosen
TO BOOK	Email jen@butterfliesclub.co.uk

Inclusive BikeKlubz



Description of activities	Inclusive sessions using a variety of adaptive trikes for all abilities
Dates of club or event	Every Saturday 11.00am - 1.00pm
PROVIDER?	Trailnet CIC
WHO?	Young People between the ages of 4 and 25 years
WHERE?	Trailnet CIC at Thorndon Country Park, Brentwood CM13 3RZ
HOW MUCH?	£5 per trike
TO BOOK	Contact Trailnet for further details office@trailnet.org.uk



BOSP Easter Holiday Club 2021

Description of activities	Activity Fun Sessions
Dates of club or event	Monday 29 th March 2021 Tuesday 30 th March 2021 Wednesday 31 st March 2021 Thursday 1 st April 2021 Session times: 10:00am to 2:45pm, 10:15am to 3:00pm, 10:30am to 3:15pm
PROVIDER?	BOSP
WHO?	Children and Young People aged 4 to 18 years
WHERE?	Wat Tyler Country Park, Pitsea Hall Lane, Pitsea, Basildon, Essex SS16 4UH
ANYTHING ELSE I SHOULD KNOW?	Packed lunch, drinks, hand sanitiser, spare clothes
HOW MUCH?	Contact The BOSP Office for details
TO BOOK	We currently are at full capacity for all these sessions. Telephone: 01268 553117 or email: bookings@bosp.co.uk



BOSP Saturday Club 2021

Description of activities	Activity Fun Sessions
Dates of club or event	17 th April 2021, 24 th April 2021 1 st May 2021, 8 th May 2021 15 th May 202, 22 nd May 2021 12 th June 202, 19 th June 2021 26 th June 2021 Session times: 10:00am to 2:45pm, 10:15am to 3:00pm, 10:30am to 3:15pm
PROVIDER?	BOSP
WHO?	Children and Young People aged 4 to 18 years
WHERE?	Wat Tyler Country Park, Pitsea Hall Lane, Pitsea, Basildon, Essex, SS16 4UH Pioneer School, Glygrove, Basildon, Essex, SS14 2LA
ANYTHING ELSE I SHOULD KNOW?	Packed lunch, drinks, hand sanitiser, spare clothes
HOW MUCH?	Contact The BOSP Office for details
TO BOOK	We currently are at full capacity for all these sessions. Telephone: 01268 553117 or email: bookings@bosp.co.uk

SNAP Holiday Club



Description of activities	Easter and half-term holiday sessions and after school clubs
Dates of club or event	<p>After-school clubs - including NEW SNAP Choir, Yoga, Drama and SNAPTASTIC sessions for children and young people registered with SNAP</p> <p>Holiday Clubs</p> <p>Sensorise - Virtual sensory music, including sensory stories and music to help develop social and communication skills for 0–25-year-olds with profound or complex needs who are registered with SNAP.</p> <p>Virtual Bingo - for children and young people aged 12- 25 years. Play and interact with peers from our usual SNAP+ sessions.</p> <p>Magical Monday - magic workshops lead by Skittleman for children and their siblings. Learn magic tricks (requires pack of cards and A4 piece of paper) Session 1 for Children with SEN 7 – 10yrs + SIBS Session 2 for Young people with SEN 11+yrs + SIBS</p> <p>Taskmaster Tuesday - fun and games sessions lead by Skittleman. Activities, fun ‘tasks’ and music Session 1 for Children with SEN 7-10 yrs + SIBS Session 2 for Young people with SEN 11+yrs + SIBS.</p> <p>Virtual Disco – an evening of music and entertainment lead by Skittleman. For children with SEN 12+ years + SIBS.</p> <p>NEW Wacky Wednesday – an activity session lead by Skittleman. Details to be confirmed</p>
PROVIDER?	SNAP – Special Needs And Parents
WHO?	0-25-year olds who are registered with SNAP
WHERE?	These sessions will take place via Zoom with login details sent before session.
ANYTHING ELSE I SHOULD KNOW?	N/A
HOW MUCH?	£5 per family per session
TO BOOK	Call 01277 211300 or email info@snapcharity.org

Multi sports session's



Description of activities	Fun, inclusive, and accessible sports sessions
Dates of club or event	Mondays 8 th and 15 th April 1-3pm
PROVIDER?	Sport for Confidence
WHO?	Young people aged 0-25 years
WHERE?	Waterside Farm Leisure Centre, Somnes Avenue, Canvey Island
ANYTHING ELSE I SHOULD KNOW?	Siblings welcome, places to be booked in advance
HOW MUCH?	£5 per participant per 2-hour session
TO BOOK	For booking and information email info@sportforconfidence.com

SHARE



Description of activities	Respite clubs and activities
Dates of club or event	Saturday clubs running every Saturday Easter holiday club: Mon 29 th March – Fri 9 th April (excluding Good Friday and Bank Holiday Monday)
PROVIDER?	SHARE Safe Haven and Respite Environment
WHO?	Children and young people with Special Educational Needs and Disabilities aged 3-19 years.
WHERE?	The Fryth, Basildon Essex SS14 3PE
ANYTHING ELSE I SHOULD KNOW?	Please remember to bring a spare change of clothes and a packed lunch
HOW MUCH?	Please contact the office for further information
TO BOOK	01268 521691 eve@sharerespite.co.uk

Mushroom Theatre Company



Description of activities	Performing Arts-Based Holiday Workshops
Dates of club or event	Tuesday 30 th March, Thursday 1 st April, Tuesday 6 th April Thursday 8 th April. Zooms at 11am and 2pm
PROVIDER?	Mushroom Theatre Company
WHO?	Children and Young People with additional needs up to 19 years
WHERE?	29 Brook Rd Brook Road Industrial Estate Rayleigh Essex, SS6 7XJ
ANYTHING ELSE I SHOULD KNOW?	We provide a buddy for your child to support them to participate and enjoy the workshop
HOW MUCH?	Classes are being delivered via ZOOM for these dates and so there is no charge
TO BOOK	For booking and information please call 01268 906470 / 07985 422845 or email penni@equalpeople.org.uk



