

Essex Family Support Service

E-Bulletin August 2020

Get involved

Fun activities

Attend courses

Build relationships

Make connections

Mentoring

Volunteer

Community360 are working in partnership and collaboration with other charities and groups across Essex to deliver this Service as part of the wider Essex Child and Family Wellbeing Service. We've partnered with Virgin Care and Barnardo's and want to provide as much support as we can to you and your family.

Our team of staff & volunteers are here to provide one to one support for you & your family. For details on how to refer to our service, see the last page of this bulletin. We look forward to hearing from you.

Focus on

Summer Holidays

Free Holiday Clubs If you are a working parent or looking for work you can book places at children's activity clubs over the school holidays. More information and booking links [HERE.](#)





If you can't get away for a holiday or short break...

How about creating a holiday vibe at home? Maybe take turns to pick themes, from hotel to wild camping, beach lazing to adventuring. Then find out as much as you can about your destination, the local [CUISINE](#), attractions and activities. You could even download a free language app [LIKE THIS](#) to try the local lingo.

You could soon be enjoying a [VIRTUAL TOUR](#) of spectacular worldwide or [UK ATTRACTIONS](#) followed by a special meal, all while wearing your fave holiday clothes in your living room or garden. Environmental issues might inspire you to research the most planet friendly way to travel using an online carbon calculator like [THIS ONE](#). How about a ride on the Orient Express or other stunning [VIRTUAL TRAIN JOURNEYS](#)

Action



How about some [EXPEDITION KAYAKING](#) in Scotland or exploring [MARS!](#) Or enjoy [DANNY MACASKILL](#) mountain biker extraordinaire or some extreme surfing. For gentle and real home exercise [SPORT](#) for [CONFIDENCE](#) have easy to follow tutorials for all abilities.



Learn something new

LOW IMPACT have masses of resources and guides from how to repair clothes to star gazing, all focused on living more sustainably. Or try some **MUSEUM TOURS**, see the dinosaurs and other exhibits close up or try **GOOGLE ARTS & CULTURE**. For wildlife, check out these **AMAZING LIVECAMS** from South African reserves.



Music

There are lots of **SUMMER FESTIVALS** online, some free, so you might find your favourite bands to bop to. Or have your own music festival with homemade instruments inspired by this amazing **COMMUNITY ORCHESTRA FROM PARAGUAY**. Here is **ESSEX MUSIC SERVICES** summer offer including a free music lesson, songwriting workshops and online choirs.

If you're still stuck for ideas, here are **50 THINGS TO DO THIS SUMMER**

Who knows, maybe one day you can make your dream holiday come true.
We hope so!



Get in touch!

Please let us know what you would like to see in the next edition.
How can we help you and your family?

You can call us on:
T: 01206 505 250

Or you can email us at:
E: families@community360.org.uk

You can also find us online:
f [community360org](https://www.facebook.com/community360org)
@community360org
W: www.community360.org.uk