



# A Guide to Warm Hubs in Tendring & Surrounding Areas

## Contents:

1. [Clacton](#)
2. [Holland](#)
3. [Great Holland](#)
4. [Jaywick](#)
5. [Walton](#)
6. [Frinton](#)
7. [Harwich](#)
8. [Manningtree](#)
9. [Great Holland](#)
10. [Kirby-Le-Soken](#)
11. [Brightlingsea](#)
12. [Weeley](#)

## Clacton

Organisation/ Company Contact details	Services Available/ Hours
<p><b>Action for Family Carers</b>  Clacton Green Lodge,  180 Old Road, Clacton on Sea  CO15 3AY  Diana.Wood@affc.org.uk. 07702858650  Chris Vince  Chris.Vince@affc.org.uk  07702858656</p>	<p><u><a href="#">Clacton Young Carers Club.</a></u></p> <p>Every 3rd &amp; 4th FRIDAY 4.30pm - 6.30pm</p>
<p><b>Tendring Time Bank,</b>  30a St Osyth Road, CO15 3BW.  01255 317521</p>	<p>TUESDAYS TO FRIDAYS 10am - 2pm</p>
<p><b>CVST Community Café &amp; Lunch Club,</b>  99 Carnarvon Road, Clacton. CO15 6QA  Call 01255 475913 and ask for Julie.</p> <p><i>Lee.knight@cvstendring.org.uk</i></p>	<p>Lunch Club: MONDAY – FRIDAY 12 noon.  Meals must be booked before 10am on the day. Prices: Main meal – £4 .00, Pudding – £1.50, Tea &amp; Coffee – 50p</p> <p>One SATURDAY a month: <u><a href="#">Winter Hobby Hub</a></u>  5<sup>th</sup> Nov 3<sup>rd</sup> Dec 14<sup>th</sup> Jan 11<sup>th</sup> Feb 11<sup>th</sup> March</p>
<p><b>Green Lodge Youth Centre</b>  180 Old Road, Clacton on Sea. CO15 3AY  Nikki Daniel  Nikki.daniel@essex.gov.uk  07584262908</p>	<p><b>Simply the Best</b>  A provision for young people aged 13-25 with SEND  6pm – 8pm weekly – MONDAYS</p>
<p><b>Green Lodge Youth Centre</b>  180 Old Road, Clacton on Sea.  CO15 3AY</p>	<p><b>Impact youth club</b>  Open drop-in youth café for ages 13-19.  Various activities such as pool, Wii, cooking etc support and guidance with any issues affecting their lives  5pm - 7pm Weekly - TUESDAYS</p>
<p><b>Green Lodge Youth Centre</b>  180 Old Road, Clacton on Sea.  CO15 3AY  Fern Lovett  Fern.Lovett@theouthouse.org.uk</p>	<p><b>LGBTQ+ group</b>  4pm – 6pm  2<sup>nd</sup> &amp; 4<sup>th</sup> of the month - WEDNESDAYS</p>
<p><b>Green Lodge Youth Centre</b>  180 Old Road, Clacton on Sea. CO15 3AY  Marie  <u><a href="#">Marie.jervis@interact.org.uk</a></u></p>	<p><b>Interact</b>  Session for young people with SEND  6pm – 8pm weekly - WEDNESDAY</p>
<p><b>Green Lodge Youth Centre</b>  180 Old Road, Clacton on Sea. CO15 3AY  Sonia Shaljean  Sonia@ladsneeddads.org</p>	<p><b>Lads Need Dads</b>  6pm – 9pm  1<sup>st</sup> &amp; 2<sup>nd</sup> FRIDAYS of the month</p>

<p><b>Green Lodge Youth Centre</b> 180 Old Road, Clacton on Sea. CO15 3AY</p> <p><i>Nikki Daniel</i> <i>Nikki.daniel@essex.gov.uk</i> <i>07584262908</i></p>	<p><b>Drama Club</b> A drama-based club for young people aged 13-19yrs (up to 25 with SEND) 4:30pm – 6:30pm weekly - THURSDAY</p>
<p><b>Embrace</b> Salvation Army, 103 Old Rd, Clacton-on-Sea CO15 1HN <a href="mailto:tracy.dobbs@salvationarmy.org.uk">tracy.dobbs@salvationarmy.org.uk</a></p>	<p><b>MONDAY – Breakfast - 9.30-11</b> Free - Drop-in for homeless and vulnerably accommodated clients</p>
<p><b>Pier Ave Baptist Church,</b> Pier Ave, Clacton-on-Sea CO15 1NJ</p> <p><a href="mailto:karenrai56@gmail.com">karenrai56@gmail.com</a></p>	<p><b>MONDAY – Food Cycle - vegetarian lunch - 12noon-1pm</b> <b>FREE - For anyone who wants to attend.</b></p> <p><b>THURSDAY - Enfold @ Pier Avenue Baptist</b> <b>Breakfast - 9.30-11am</b> <b>FREE _ For homeless and vulnerable people.</b> Breakfast is provided and people to talk to. Peabody Housing is in attendance along with our own Parish nurse.</p>
<p><b>HOPE @ Trinity Methodist,</b> Pier Avenue, Clacton-on-Sea, C0151NJ.</p> <p><i>Tel: 01255 688224</i> <i>Angela Shereni</i> <a href="mailto:ashereni@btinternet.com">ashereni@btinternet.com</a></p>	<p><b>Tuesday, Wednesday, Thursday, Friday –</b> <b>Packed lunch, hot food - 10.30-2pm</b> <b>FREE - For homeless and vulnerable people.</b> We provide sandwiches, hot drinks, emergency clothing, shower, and laundry facilities.</p>
<p><b>St James Church, Tower Road,</b> Clacton-on-Sea, CO151LE.</p> <p><i>Father Justin</i> <a href="mailto:frjustin@stjamesclacton.org.uk">frjustin@stjamesclacton.org.uk</a></p> <p><i>Tel: 01255 429896</i></p> <p><i>Teresa Kemp</i> <a href="mailto:teresakempapple@gmail.com">teresakempapple@gmail.com</a></p>	<p><b>TUESDAY-SUNDAY - 9am-7pm</b> Church building is open if you're looking for a warm dry space</p> <p><b>TUESDAY - coffee morning with some second-hand goods - 9.30-12noon</b> suggested donation of 50p - Open to anyone</p> <p><b>FRIDAY - Free- play, craft, and story</b> Hot drinks, kids snack provided No charge 10-12 <b>FREE - Babies, toddlers &amp; carers</b> -----</p> <p><b>SATURDAY - Soup, sandwiches, hot drinks.</b> 7pm-8pm <b>FREE - All welcome.</b></p>

<b>United Reformed Church</b> <b>Carnarvon Rd,</b> <b>Clacton-on-Sea CO15 6PH</b> <b><u>Phone:</u> 07854 640773</b>  <b><i>Trevor Hahn trevormhahn@gmail.com</i></b>	<b>SATURDAY - Warm Hub 1<sup>st</sup> Sat each month</b> <b>Jan-April. Soup, sandwiches, hot drinks. 10-4</b> <b>FREE - Open to all, food provided,</b>
<b>Redeemed Christian Church,</b> <b>Sadds Yard</b> <b>Skelmersdale Road, Clacton</b> <b>CO15 6BP</b>	<b>SUNDAY - lunch and hot drinks-every other</b> <b>week</b> <b>FREE</b>

#### Holland

<b>Organisation/ Company Contact details</b>	<b>Services Available/ Hours</b>
<b>Holland Baptist Church</b> <b>145 Frinton Rd, Holland-on-Sea, Clacton-</b> <b>on-Sea CO15 5UR</b> <b><i>01255 814617</i></b>	<b>THURSDAY - Toast, hot drinks, and lunch - 10am-</b> <b>2pm</b> <b>£3 for lunch</b>

#### Great Holland

<b>Organisation/ Company Contact details</b>	<b>Services Available/ Hours</b>
<b>GREAT HOLLAND METHODIST CHURCH</b> <b>Main Road,</b> <b>Great Holland, CO13 0SD</b> <b><i>Contact: Anne / 07939 241160</i></b>	<b>THURSDAY   10:30-12noon   Coffee Morning</b>

## Jaywick

Organisation/ Company Contact details	Services Available/ Hours
<p>Extra Support for Families Jaywick Community Resource Centre. 01255 423388 <a href="mailto:jaywickcentre@gmail.com">jaywickcentre@gmail.com</a></p>	<p>Name of Group: <a href="#">Feel Good Friday</a> Days: FRIDAY MORNING Times: 10am – 11.30am Activity: Peer support group, refreshments, activities, and the opportunity for a friendly chat. Any other information: Anyone can come along</p>
<p>Extra Support for Families Jaywick Community Resource Centre. 01255 423388 <a href="mailto:jaywickcentre@gmail.com">jaywickcentre@gmail.com</a></p>	<p>Name of Group: <a href="#">Parents 2b</a> Days: TUESDAY MORNING Times: 10am – 11.30am Activity: Join us at a relaxed, friendly group where you can meet other parents &amp; parents-to-be over a cuppa and biscuits. Information and support will be available on pregnancy and living with a small baby. You will have an opportunity to weigh your baby.</p>
<p>Jaywick Methodist Church, Junction of Crossways, and Golf Green Road 300 Jaywick Ln, Jaywick, Clacton-on-Sea CO15 2RE</p>	<p><a href="#">Open House</a> - 3rd WEDNESDAY of each month, 10.30am to 12 noon.</p>
<p><a href="#">Signpost</a> (Tendring) Unit 5, Jaywick Enterprise Centre, Loftus Way. CO15 2LU 01255 688 683</p>	<p>Activity: Access to public Wi-Fi, PCs to use for job search &amp; training (limited to 2hrs if very busy) Any other information: i.e. - Adults only as no childcare facilities on site. If specific help is required (i.e., CV writing, help using a computer, etc), please call to book. MONDAY - FRIDAY - 9.30 - 3.30</p>
<p>St Christophers Church, Jaywick, Meadow Way, CO15 2HR  Father Justin <a href="mailto:frjustin@stjamesclacton.org.uk">frjustin@stjamesclacton.org.uk</a></p>	<p>WEDNESDAY - Free-play, craft, and story Hot drinks, kids snack provided - 10-12 FREE - Babies, toddlers &amp; their carers  THURSDAY - coffee morning Come for a cuppa and a natter. A craft group meets there also if you want to join in 9.30-11.30am Donations only - Open to anyone</p>

## Walton

Organisation/ Company Contact details	Services Available/ Hours
<p style="text-align: center;"><b>Walton Library</b>  <b>52 High St, Walton on the Naze</b>  <b>CO14 8AE</b></p>	<p style="text-align: center;"><b>Baby &amp; Toddler Rhyme time</b>  <b>Walton Library</b>  <b>EVERY MONDAY</b>  <b>2.15-2.45pm</b>  <b>Rhymes and stories for babies and pre-school children</b>  <b>Parents must attend</b></p>
<p style="text-align: center;"><b>Walton Library</b></p>	<p style="text-align: center;"><b>Coffee Morning</b>  <b>Walton Library</b>  <b>EVERY THURSDAY</b>  <b>10am-noon</b>  <b>Community Coffee Morning. Come in for a coffee/tea and a chat.</b>  <b>Everyone welcome</b></p>
<p style="text-align: center;"><b>Walton Library</b></p>	<p style="text-align: center;"><b>Walton Reading Group</b>  <b>Walton Library</b>  <b>FIRST WEDNESDAY OF THE MONTH</b>  <b>2-3pm</b>  <b>Discuss the latest books with other booklovers</b>  <b>Everyone welcome</b></p>
<p style="text-align: center;"><b>Walton Library</b></p>	<p style="text-align: center;"><b>Knit and Natter</b>  <b>Walton Library</b>  <b>4<sup>TH</sup> WEDNESDAY OF THE MONTH</b>  <b>2.30-3.30</b>  <b>Knitting and crochet group</b>  <b>Beginners welcome. Bring own equipment</b></p>
<p style="text-align: center;"><b>Walton Library</b></p>	<p style="text-align: center;"><b>Construction Play</b>  <b>Walton Library</b>  <b>EVERY SATURDAY</b>  <b>2-3.30pm</b>  <b>Blocks and bricks available for children of all ages to play</b>  <b>Parents must attend</b></p>
<p style="text-align: center;"><b>Walton Library</b></p>	<p style="text-align: center;"><b>Family Story Time</b>  <b>FIRST SATURDAY of the month, starting 5<sup>th</sup> November</b>  <b>10-10.45am</b>  <b>Stories and crafts for children aged 3-7</b>  <b>Parents must attend</b></p>

<p><b>Homelands free Church</b>  <b>Garden Road</b>  <b>Walton. CO14 8SJ</b>  <i>Phone: 01255 850165</i></p>	<p><b>Hobby Pop in</b>  <b>EVERY TUESDAY</b>  <b>1.30pm – 3.30pm</b>  <b>Knitting, Crafting, just chatting – Adults only</b></p>
<p><b>Homelands free Church</b>  <b>Garden Road</b>  <b>Walton. CO14 8SJ</b>  <i>Phone: 01255 850165</i></p>	<p><b>Friendship Friday</b>  <b>EVERY FRIDAY</b>  <b>10.00am – 12.00pm</b>  <b>Doors open to all, pop in for a warm welcome and a hot drink, a biscuit, and a chat!</b></p>
<p><b>YMCA Red Triangle Club,</b>  <b>Portobello Road,</b>  <b>Walton-on-the-Naze,</b>  <b>CO14 8DP</b>  <b>Paul Phillips</b>  <i>Paul.phillips@essex.gov.uk</i>  <i>07789187720</i></p>	<p><b>Walton Youth Club</b>  <b>An open drop-in youth club for ages 11-19. Various activities include table tennis, craft, board games, and themed activities each week.</b>  <b>5-6:30pm WEEKLY - TUESDAY</b></p>
<p><b>ALL SAINTS PARISH CHURCH</b>  <b>High St, Walton on the Naze</b>  <b>CO14 8BU</b>  <u><i>01255 675351</i></u></p>	<p><b>THURSDAY (1st &amp; 3rd of month)   10:30-12noon   CAMEO (Come and Meet Each Other)   £1</b>  <i>Contact: Lesley / 01255 317614</i>  <b>THURSDAY (4th of month)   12:30-4pm   Home from Home (light lunch, games, crafts, worship)</b>  <i>Contact: Brenda / 01255 677627</i>  <b>FRIDAY (2nd of month)   2:30-4pm   3Ts (tea, talk, talents) with speaker   £2</b>  <i>Contact: Nina / 01255 675690</i></p>
<p><b>COASTLANDS CHURCH</b>  <b>13 High St, Walton on the Naze</b>  <b>CO14 8BN</b>  <i>01255 677223</i></p>	<p><b>TUESDAY   2-4pm   Companions Cafe   Coastlands Centre</b></p>
<p><b>EMMANUEL CHURCH</b>  <b>New Pier St,</b>  <b>Walton on the Naze CO14 8EB</b>   <i>01255 851143</i>  <u><i>01255 851179</i></u></p>	<p><b>THURSDAY   10-11:30am   Coffee Morning</b>  <i>Contact: Denise / 01255 851143 or Margaret / 01255 676151</i>  <b>THURSDAY (except 1st of month)   7-9pm   Singing Group. Contact: Sarah / 01255 851143</b>  <b>THURSDAY (1st of month)   7-9pm   Arty Crafty Group. Contact: Sarah / 01255 851143</b></p>
<p><b>HOMELANDS FREE CHURCH</b>  <b>Garden Rd, Walton-on-the-Naze, Walton on the Naze CO14 8SJ</b>  <b>Contact: Church Office 01255 850165</b></p>	<p><b>TUESDAY   1:30-3:30pm   Hobby Pop-in (knitting &amp; crafts)</b>  <b>FRIDAY   10-12noon   Friendship Friday (coffee &amp; chat, including Repair Cafe for IT &amp; DIY help)</b>  <b>FRIDAY   12:30-2pm   Community Lunch</b></p>

## Frinton

Organisation/ Company Contact details	Services Available/ Hours
<p><u><a href="#">Frinton Free Church</a></u>  2 Connaught Avenue,  Frinton on Sea CO13 9PW</p> <p><i>Contact: Church Office 01255 679585</i></p>	<p>MONDAY, TUESDAY, THURSDAY, FRIDAY   9:30-12noon   Oasis Community Cafe</p> <p>MONDAY (every other week)   2-4pm   Arts &amp; Crafts &amp; Painting Group</p> <p>MONDAY   7:30-9pm   Table Tennis   Church Hall</p> <p>MONDAY   7:30-9pm   Alcoholics Anonymous</p> <p>TUESDAY (2nd &amp; 4th of month)   2-3:30pm   Dementia Singing Group/Cafe (for cared for &amp; carers)   Church Hall</p> <p>WEDNESDAY   10-11:30am   Welcome Break activity group for over 65s (invitation only)</p> <p>WEDNESDAY   10am-12noon   Crochet Group</p> <p>WEDNESDAY   2-4pm   Oasis Renew Wellbeing Cafe</p> <p>THURSDAY (1st of month)   11am   Breast Cancer Support Group</p> <p>THURSDAY (1st of month)   7-9pm   Survivors of Bereavement by Suicide (SOBS)   Jackie 0793990846</p> <p>THURSDAY   7:15-9pm   CO13 Choir   £3/session</p> <p>FRIDAY   7:30-9pm   Narcotics Anonymous</p> <p>SATURDAY (monthly)   8:30am   Men's Breakfast   Church Hall</p> <p>SATURDAY (monthly)   All day   Step by Step Walking Group</p>
<p><b>FRINTON METHODIST CHURCH</b>  Ashlyn's Rd, Frinton-on-Sea  CO13 9ET</p> <p><i>Contact: Gill   01255 852131</i></p>	<p>MONDAY (3rd of month)   10am-12noon   Prayer Shawl Group (knitting &amp; crochet)</p>
<p><b>ST MARY'S PARISH CHURCH</b>  Old Rd, Frinton-on-Sea  CO13 9BX</p> <p><i>Contact: Church Office 01255 679164</i></p>	<p>MONDAY (1st of month)   3-4pm   90s Social (for those in their 90s)   Church Lounge</p> <p>WEDNESDAY   10:30am   Wednesday Group (coffee &amp; chat)   Church Hall</p> <p>THURSDAY   2-4pm   Knit &amp; Natter   Church Lounge</p> <p>SATURDAY (monthly)   8:30am   Men's Breakfast Club   Church Hall</p>
<p><b>CHURCH OF SACRED HEART &amp; ST FRANCIS</b>  114 Connaught Ave,  Frinton-on-Sea CO13 9AD</p>	<p>TUESDAY (2nd &amp; 4th of month)   10-12noon   Coffee Morning  </p>
<p>Frinton Library,  59 Old Road,  Frinton on Sea, Essex.  CO13 9DA</p>	<p>Name of Group: Frinton Coffee morning</p> <p>Days: EVERY FRIDAY</p> <p>Times: 10am-12 noon</p> <p>Activity: community coffee morning, come along for a cuppa and a chat.</p> <p>Any other information: All welcome, just turn up.</p>

<p><b>Frinton Library, 59 Old Road, Frinton on Sea, Essex. CO13 9DA</b></p>	<p><b>Name of Group: Make and meet</b>  <b>Days: LAST FRIDAY in the month</b>  <b>Times: 2- 3.30pm</b>  <b>Activity: knitting/ crafts drop-in session. Share ideas/ skills. Bring along your latest project</b>  <b>Any other information: adults, just turn up.</b></p>
<p><b>Frinton Library, 59 Old Road, Frinton on Sea, Essex. CO13 9DA</b></p>	<p><b>Name of Group: Baby and toddler Rhyme time</b>  <b>Days: EVERY THURSDAY</b>  <b>Times: 9.30am – 10am</b>  <b>Activity: Rhymes and songs for the under 5's.</b>  <b>Come along and make a friend or two</b>  <b>Any other information: All under 5's and adults welcome</b></p>
<p><b>Frinton Library, 59 Old Road, Frinton on Sea, Essex. CO13 9DA 0345 603 7628</b></p>	<p><b>Name of Group: various book groups</b>  <b>Days: Various days once a month</b>  <b>Times: Various times</b>  <b>Activity: Enjoy reading, come along to a book group to discuss a book with other readers</b>  <b>Any other information: Adults only, please contact Frinton Library to go on the list.</b></p>

## Harwich

Organisation/ Company Contact details	Services Available/ Hours
<a href="#"><u>Home Start Harwich.</u></a> St Nicholas Hall, Stour Road. Harwich. 01255 556230	Baby Start Group, 10.00am - 11.30am Family Group -TUESDAY - 10.00am - 12.00pm Fun Start – THURSDAY - 10.00am - 11.30am Friday Friends – FRIDAY - 10.00am - 12.00pm Bobbitt’s Hole – SUNDAY - 10.00am - 11.30am
Home Start Harwich, Parkston Railway Club Hamilton St, Parkeston, Harwich CO12 4PQ 01255 507267	Parkston stay, play & learn- WEDNESDAY-10.00am - 11.30am
Youth Service. Vibe Youth Centre, Main Road, Harwich. CO12 4AH (On the same site as Mayflower Primary School) Paul Phillips <a href="mailto:Paul.phillips@essex.gov.uk">Paul.phillips@essex.gov.uk</a> 07789187720	<a href="#"><u>Harwich Home Ed Youth Club</u></a> 1.00pm - 3.00pm - – WEDNESDAYS
Vibe Youth Centre, Main Road, Harwich, CO12 4AH (On the same site as Mayflower Primary School) Fern Lovett <a href="mailto:Fern.Lovett@theouthouse.org.uk">Fern.Lovett@theouthouse.org.uk</a>	LGBTQ+ group 4pm – 6pm 1 <sup>st</sup> & 3 <sup>rd</sup> of the month - WEDNESDAY
Vibe Youth Centre, Main Road, Harwich, CO12 4AH (On the same site as Mayflower Primary School) Paul Phillips <a href="mailto:Paul.phillips@essex.gov.uk">Paul.phillips@essex.gov.uk</a> 07789187720	The Hub A drop-in session for 11–19-year-olds. Various activities include pool, air hockey, video games, art, sports, and more! 5:30-7:30pm Weekly - FRIDAY
Harwich Arts and Heritage Centre Mayflower Primary School <u>Address:</u> Main Rd, Harwich CO12 4AJ <u>Phone:</u> 01255 507131  <a href="mailto:monique@harwichfestival.com">monique@harwichfestival.com</a>	Warm Space every TUESDAY afternoon 1.00pm - 3.00pm This will be open to anyone interested. Offering somewhere warm to meet other people while having a hot drink, hoping to offer creative activities as well, possibly knitting items for people to stay warm at home.

### Manningtree

Organisation/ Company Contact details	Services Available/ Hours
The Hub, 1 The Lane, Manningtree, Essex CO11 1AW	Open FRIDAYS between 10am and 12.30pm

### Kirby Le Soken

Organisation/ Company Contact details	Services Available/ Hours
KIRBY EVANGELICAL CHURCH The St (opposite, Halstead Rd, Kirby le Soken, Frinton-on-Sea CO13 0EE <i>Contact: Sandra / 01255 851851</i>	FRIDAY   10:15-11:30am   Coffee Morning
ST MICHAEL'S PARISH CHURCH The St, Kirby le Soken, Frinton-on-Sea CO13 0EF <u>01255 851235</u>	WEDNESDAY (1st & 3rd of month)   2-4pm   Friendship & Interest Group (FIG)   Church Hall <i>Contact: Myra / 01255 861486</i> THURSDAY (3rd of month, October to March)   lunchtime   Parish Lunch (please book in advance)   Church Hall <i>Contact: Dorothy / 01255 671253</i>

### Weeley

Organisation/ Company Contact details	Services Available/ Hours
Weeley Village Hall <u>Clacton Road, Clacton-On-Sea CO16 9DH</u> <u>07977 557431</u>  <i>For anyone who might need transport to and from the Hall, Weeley Community Care have agreed to add the warm hub on to the list of transport they are willing to accommodate. They can be contacted on 01255 861090.</i>	TUESDAY 1 <sup>st</sup> November WEDNESDAY 9 <sup>th</sup> November THURSDAY 17 <sup>th</sup> November WEDNESDAY 23 <sup>rd</sup> November WEDNESDAY 30 <sup>th</sup> November  Weeley residents of all ages are welcome to come along to the village hall to keep warm and enjoy refreshments as part of the warm hub initiative. 9.30 and 12.30

## Brightlingsea

Organisation/ Company Contact details	Services Available/ Hours
<p style="text-align: center;"><b>Age Well East</b></p> <p>Venue: The United Church, chapel road, Brightlingsea, CO7 0HF</p> <p style="text-align: center;"><a href="http://www.agewelleast.org.uk">www.agewelleast.org.uk</a></p>	<p><b>Days: Brightlingsea every 4<sup>th</sup> THURSDAY of the month</b></p> <p><b>Friendship club, they have board games, colouring, chatting, flower arranging with tea and coffee and it's also dementia friendly</b></p>
<p>Venue address: Brightlingsea Library New Street Brightlingsea, Colchester CO7 0BZ <u>0345 603 7628</u></p>	<p><b>Name of Group: Brightlingsea Reading Group</b> <b>Days: 3<sup>rd</sup> TUESDAY of the month</b> <b>Times: 2-3pm</b> <b>Activity: book group</b> <b>Any other information: open to other people but limited numbers</b></p>
<p>Venue address: Brightlingsea Library</p>	<p><b>Name of Group: Baby and Toddler Rhyme time</b> <b>Venue address: Brightlingsea Library</b> <b>Days: WEDNESDAY</b> <b>Times: 9.30-10am and 10.30-11am</b> <b>Activity: Songs, stories and rhymes</b> <b>Any other information: parents must attend, sessions can be booked or just turn up on the day, for all pre-schooled aged children</b></p>
<p>Venue address: Brightlingsea Library</p>	<p><b>Name of Group: New Baby and You</b> <b>Venue address: Brightlingsea Library</b> <b>Days: FRIDAYS</b> <b>Times: 2-3pm</b> <b>Activity: social group for new mums with babies up to a year old, with sensory toys for the babies to play with.</b> <b>Any other information: no need to book, just turn up</b></p>
<p>Venue address: Brightlingsea Library</p>	<p><b>Name of Group: Block builders club</b> <b>Venue address: Brightlingsea Library</b> <b>Days: SATURDAY</b> <b>Times: 2-4pm</b> <b>Activity: block building for children with Lego bricks for older children and Duplo for younger children</b> <b>Any other information: children under 8 must be accompanied by an adult, no need to book can just turn up</b></p>

**Venue address: Brightlingsea Library**

**Name of Group: Family Fun and Games**

**Venue address: Brightlingsea Library**

**Days: SATURDAY**

**Times: 10.30-11am**

**Activity: Board games for the whole family to enjoy**

**Any other information: Open to all families, children under 8 must be accompanied by an adult, no need to book can just turn up/drop in**

## Posters

The Clacton Social S.I.T.E



# Winter Hobby Hub



New adult social group, Great way to meet new friends whilst doing something you enjoy. Bring your own Hobby, such as Diamond Art, Painting by numbers, Mandala Colouring, Knitting or Crochet etc,

**10am - 12.30pm**  
**One Saturday a Month**

**5<sup>th</sup> Nov, 3<sup>rd</sup> Dec, 14<sup>th</sup> Jan\*,  
11<sup>th</sup> Feb, 11<sup>th</sup> March**

**At The CVST Community Café & Lunch Club**

**99 Carnarvon Road, Clacton. CO15 6QA**

*Parking is permitted for 3 hours in parts of Wellesley Road - check road signs*

**Free to attend, includes Tea / coffee, Feel free to bring your own lunch.**

**Please do not bring any messy craft items such as glitter, acrylic paints etc**

**Winter Months only**

*\*14 Jan session will be held at Imperial House, 20-22 Rosemary Road, Clacton CO15 1NZ*



# Clacton Young Carers Club

**Free event every 3<sup>rd</sup> and 4<sup>th</sup> Friday of the Month**

**Are you aged 8 to 18?**

**Do you care for a family member?**

**Food and refreshments provided**

**Starts Friday 16<sup>th</sup> September**

**4:30PM – 6:30PM**

**Please Email**

**Diana.Wood@affc.org.uk**

**Or call 07702858650**

**For more information**



Junction of Crossways and Golf Green Road

Jaywick  
Methodist  
Church  
invites you  
to

An Open House on Wednesday 19<sup>th</sup>  
October from 10.30am to 12 noon.

A warm place to have tea or coffee with a biscuit and a good chat. Come on your own and make friends, or come with your friends and meet others.



We shall have Open House on the  
3<sup>rd</sup> Wednesday of each month—

19<sup>th</sup> October 2022  
16<sup>th</sup> November 2022  
21<sup>st</sup> December 2022  
18<sup>th</sup> January 2023  
15<sup>th</sup> February 2023  
15<sup>th</sup> March 2023



# Signpost

resource centres

**Free Help & Advice With:**

- **Finding and Getting Work**
- **Your Community Group**
- **Computers and the Internet**

*Helping you to move forward through Individual and  
Community Development.*

**Phone: 01255 688683**

*Or call in and see us:  
9.30 - 3.30 Mon - Thurs*

## Home-Start Harwich WEEKLY GROUPS



For more information  
contact  
Home-Start Harwich  
01255 556230

### BABY-START GROUP

10-11.30am at St Nicholas Hall, Stour Road, Harwich

For parents with a baby who is not yet independently mobile

50 weeks a year

### TUESDAY — FAMILY GROUP

Attendance is by invitation only for families needing extra support.

10—12.00 at St Nicholas Hall, Stour Road, Harwich.

50 weeks a year.

The session is well supported by staff and volunteers enabling families to receive focused advice and assistance.

### WEDNESDAY — PARKESTON STAY, PLAY & LEARN

10—11.30 at the Parkeston Railway Club.

Weekly during term time.

Open to all families with a child under 5 years.

### THURSDAY — FUN START

10—11.30 at St Nicholas Hall, Stour Road, Harwich.

50 weeks a year.

No need to book. Open to all families with a child under 5 years.

Offers indoor and outdoor activities in line with Big Hopes Big Futures.

### FRIDAY — FRIDAY FRIENDS

10-12.00 at St Nicholas Hall, Stour Road, Harwich. Sessions MUST be booked. By calling 01255556230. The sessions run weekly during term time. The group provides a safe, friendly environment, outside of stay & play groups and courses.

The focus of the group are the needs of the parent, helping to build their self-esteem, confidence and resilience. Developing a friendly support network by meeting other parents over a nice cup of tea or coffee and piece of cake.

### BOBBITS HOLE—OUTDOOR EXPLORERS

10-11.30am At Bobbits Hole Nature Reserve (entrance ASDA car park)

Outdoor activities for families with a child under 5 years

ALL OUR GROUPS ARE FULLY FUNDED AND FREE TO PARENTS

YOUTH  
SERVICE

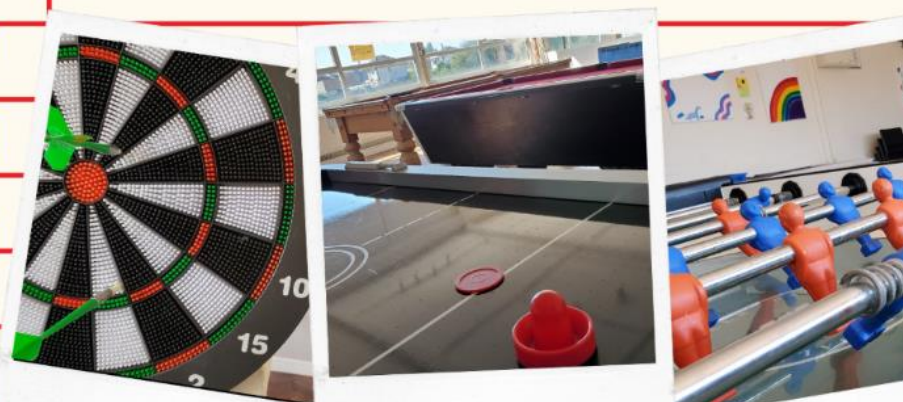
Inspire  
Enable  
Achieve

# HARWICH HOME ED YOUTH CLUB

**Wednesdays  
1-3pm**

*A space to relax,  
play games, and  
take part in a  
range of  
activities.*

*Vibe Youth Centre, Main Road, Harwich, CO12 4AH*





Join like minded parents to help you to feel good!

There will be refreshments, activities and monthly guest speakers to help you improve your emotional wellbeing.

**Every Friday**  
**Jaywick Community Resource Centre**  
**10am—11.30am**

For more info contact EXTRA on **01255 475001** or just drop in anytime.



Email: [admin@extrasupportforfamilies.co.uk](mailto:admin@extrasupportforfamilies.co.uk)

[www.extrasupportforfamilies.co.uk](http://www.extrasupportforfamilies.co.uk)



**extra** SUPPORT FOR FAMILIES

A Charitable Incorporated Organisation  
Registered in England No: 1158891  
Currently funded by:



LOTTERY FUNDED



Founded in 1828



## Parents2B & parents with young babies



Join us at a relaxed, friendly group where you can meet other parents & parents-to-be over a cuppa and biscuits.

Information and support will be available on pregnancy and life with a young baby. You will also have an opportunity to weigh your baby.



Find out about Home-Start issued shop vouchers or donations for you and your baby



**Every Tuesday, 10am – 11.30am**  
**Jaywick Community Resource Centre**  
**CO15 2JP**

Run in partnership with Home-Start Colchester  
Bookable Assisted Self weigh-in provided by Essex Child and Family Wellbeing Service  
(Please call 0300 247 0015 to book an appointment)

For more info or to book a place contact EXTRA on **01255 475001** or



Email: [admin@extrasupportforfamilies.co.uk](mailto:admin@extrasupportforfamilies.co.uk)

[www.extrasupportforfamilies.co.uk](http://www.extrasupportforfamilies.co.uk)



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# You are Welcome!

Your local churches would love to welcome you to any of these weekly activities. Feel free to contact us for more information

## FRINTON

### CHURCH OF SACRED HEART & ST FRANCIS

Tuesday (2nd & 4th of month) | 10-12noon | Coffee Morning | St Cedd's Hall, Old Road

Contact: Jane | 01255 678741

### FRINTON FREE CHURCH

Monday, Tuesday, Thursday, Friday | 9:30-12noon | Oasis Community Cafe

Monday (every other week) | 2-4pm | Arts & Crafts & Painting Group

Monday | 7:30-9pm | Table Tennis | Church Hall

Monday | 7:30-9pm | Alcoholics Anonymous

Tuesday (2nd & 4th of month) | 2-3:30pm | Dementia Singing Group/Cafe (for cared for & carers) | Church Hall

Wednesday | 10-11:30am | Welcome Break activity group for over 65s (invitation only)

Wednesday | 10am-12noon | Crochet Group

Wednesday | 2-4pm | Oasis Renew Wellbeing Cafe

Thursday (1st of month) | 11am | Breast Cancer Support Group

Thursday (1st of month) | 7-9pm | Survivors of Bereavement by Suicide (SOBS) | Jackie 0793990846

Thursday | 7:15-9pm | C013 Choir | £3/session

Friday | 7:30-9pm | Narcotics Anonymous

Saturday (monthly) | 8:30am | Men's Breakfast | Church Hall

Saturday (monthly) | All day | Step by Step Walking Group

Contact: Church Office 01255 679585

### FRINTON METHODIST CHURCH

Monday (3rd of month) | 10am-12noon | Prayer Shawl Group (knitting & crochet)

Contact: Gill | 01255 852131

### ST MARY'S PARISH CHURCH

Monday (1st of month) | 3-4pm | 90s Social (for those in their 90s) | Church Lounge

Wednesday | 10:30am | Wednesday Group (coffee & chat) | Church Hall

Thursday | 2-4pm | Knit & Natter | Church Lounge

Saturday (monthly) | 8:30am | Men's Breakfast Club | Church Hall

Contact: Church Office 01255 679164

## GREAT HOLLAND

### GREAT HOLLAND METHODIST CHURCH

Thursday | 10:30-12noon | Coffee Morning

Contact: Anne | 07939 241160

## KIRBY-LE-SOKEN

### KIRBY EVANGELICAL CHURCH

Friday | 10:15-11:30am | Coffee Morning

Contact: Sandra | 01255 851851

### ST MICHAEL'S PARISH CHURCH

Wednesday (1st & 3rd of month) | 2-4pm | Friendship & Interest Group (FIG) | Church Hall

Contact: Myra | 01255 861486

Thursday (3rd of month, October to March) | lunchtime | Parish Lunch (please book in advance) | Church Hall

Contact: Dorothy | 01255 671253

## WALTON

### ALL SAINTS PARISH CHURCH

Thursday (1st & 3rd of month) | 10:30-12noon | CAMEO (Come And Meet Each Other) | £1

Contact: Lesley | 01255 317614

Thursday (4th of month) | 12:30-4pm | Home from Home (light lunch, games, crafts, worship)

Contact: Brenda | 01255 677627

Friday (2nd of month) | 2:30-4pm | 3Ts (tea, talk, talents) with speaker | £2

Contact: Nina | 01255 675690

### COASTLANDS CHURCH

Tuesday | 2-4pm | Companions Cafe | Coastlands Centre

Contact: 01255 677223

### EMMANUEL CHURCH

Thursday | 10-11:30am | Coffee Morning

Contact: Denise | 01255 851143 or Margaret | 01255 676151

Thursday (except 1st of month) | 7-9pm | Singing Group

Contact: Sarah | 01255 851143

Thursday (1st of month) | 7-9pm | Arty Crafty Group

Contact: Sarah | 01255 851143

### HOMELANDS FREE CHURCH

Tuesday | 1:30-3:30pm | Hobby Pop-in (knitting & crafts)

Friday | 10-12noon | Friendship Friday (coffee & chat, including Repair Cafe for IT & DIY help)

Friday | 12:30-2pm | Community Lunch

Contact: Church Office 01255 850165