

# Essex Family Support Service

E-Bulletin October 2021



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 Barnados 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

Autumn Fun

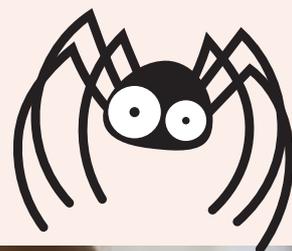
# EFSS Halloween Pumpkin Carving Social Media Competition

We will be running a competition through our Facebook page (@community360org) during the October Half term (25th-29th October 2021).

A prize is up for grabs for the best carved pumpkin submission in the following age groups  
8-13 year olds & 14-19 year olds.

To enter and be in for a chance of winning you must submit a photo of your child's pumpkin, along with their age, to the comment section of the competition post on our Facebook page which will go live at 10am on Monday 25th October and close at 5pm on Friday 29th October.

Feel free to let friends and family know about the competition. More details will be released when the Facebook post goes live!



# ADHD

AWARENESS

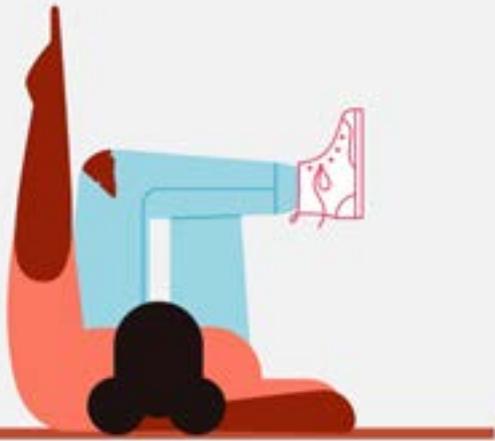
## OCTOBER 2021

Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse. It is a very common disorder which affects children and adults. It has for many years been recognised.

We know it can be hard for parents to know where to turn for support if your child has ADHD or you believe they may have it, so we wanted to share a few useful resources that may be able to help you.

If you feel you need some extra support for your family please do get in contact with a member of the EFSS team who are more than happy to discuss how we can help you. Tel: 01206 505 250 or email: [families@community360.org.uk](mailto:families@community360.org.uk)

[Click Here >](#)



## Half Term Fun

Struggling with ideas for things to do with the children this half term?

We've got you covered! This half term is a great time for the family to spend some time together, create some amazing memories and strengthen relationships.



[Click Here >](#)

# KEEPING ACTIVE

Whatever the weather is like outside you can keep active at home with lots of ideas and videos from Active Essex and Joe Wicks.

Joe Wicks has lots of workouts available for the whole family to take part in from you're your living room and they can all be found on his YouTube channel

[Click Here >](#)



Active Essex Find your Active have great resources on how we can all keep fit and active, as well as online activities to try at home.

[Click Here >](#)

# Getting spookily creative



With the spooky season coming up and the weather turning chilly, it's the perfect time to get creative with craft ideas. One of the best things to do at this time of year is pumpkin carving, please be careful with sharp knives.

Once you have completed it you can show it off to your neighbours by placing in a window or outside your front door.

BBC Good Food have a how to guide for carving a pumpkin

[Click Here >](#)

The Best Ideas for Kids have lots of fun and creative Halloween craft ideas for your children this spooky season.

[Click Here >](#)

Red Ted Art YouTube Channel has a great video on simple DIY craft ideas and tutorials for your children

[Click Here >](#)



Baking and cooking can be such a great way to spend time with the children as well as giving your children some all-important life skills at the same time. Not to mention everlasting family memories.

Why not try making some Halloween inspired treats, there are so many fun and creative things to try we are sure you will find something. Eat Amazing's website has some great recipes for healthy Halloween snacks and party food

[Click Here >](#)



# 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](mailto:families@community360.org.uk)**

**You can also find us online:**

**f [community360org](https://www.facebook.com/community360org)**

**@community360org**

**W: [www.community360.org.uk](http://www.community360.org.uk)**