



Essex Short Breaks

Spring 2022

Newsletter

What is Essex Short Breaks Community Clubs and Activities?

Short Breaks Community Clubs and Activities are a range of enjoyable activities for children and young people with Special Educational Needs and/or Disabilities (SEND). They help young people to make friends, take part in new activities, become independent and have fun, whilst offering parents and carers a break from additional caring responsibilities.

Sounds great! How do I sign up?

To take part, your child or young person must register with Short Breaks and be in receipt of their unique passport ID number. **They will not be able to access a Short Break Community Club or Activity without one.**

You can register here: <https://shortbreaks.essex.gov.uk/register-with-short-breaks/>

All children and young people who are registered will be assessed before they attend any clubs and activities.

How much does it cost?

You will be expected to pay for the activities themselves, but you will not have to pay for support your child receives to help them take part in activities.

All clubs will ask for a financial contribution. This may be in the form of an hourly or daily rate. This will depend on the activities the clubs are running. For example, trips to theme parks will cost more than club-based activities.



Essex Short Breaks Providers



[Cedar hall school](#)

[Edith Borthwick School](#)

[Glenwood School](#)

[Haven's Hospices](#)



[Oakview School](#)



If you are viewing this page as a pdf you can click on the logos to visit the providers' sites.

Basildon

Brighter Opportunities for Special People BOSP February Holiday Club

Description of activities	Fun Activity Respite Sessions	
Dates of club or event	14 th February 2022 15 th February 2022 16 th February 2022 17 th February 2022 18 th February 2022	
Who can attend?	Children and Young People ages 4 to 18 years	
Where is it?	Pioneer School, Ghyllgrove, Basildon, Essex, SS14 2LA	
Cost	Contact the BOSP Office for details	
How to Book	We are currently at full capacity for all these sessions. Telephone: 01268 553117 or email: bookings@bosp.co.uk	
Anything else I need to know?	Please bring packed lunch, drinks, spare clothes.	

Brighter Opportunities for Special People BOSP Saturday Club

Description of activities	Fun Activity Respite Sessions
Dates of club or event	8 th January 2022 11 th January 2022 22 nd January 2022 29 th January 2022 5 th February 2022 26 th February 2022 5 th March 2022 12 th March 2022 19 th March 2022 26 th March 2022 
Who can attend?	Children and Young People ages 4 to 18 years
Where is it?	Pioneer School, Ghyllgrove, Basildon, Essex, SS14 2LA
Cost	Contact the BOSP Office for details
How to Book	We are currently at full capacity for all these sessions. Telephone: 01268 553117 or email: bookings@bosp.co.uk
Anything else I need to know?	Please bring packed lunch, drinks, spare clothes.

SHARE Saturday Club

Description of activities	Out & about in the local community, arts and crafts, cooking, soft play sensory room, lots of fun activities we have a large secure garden for riding bikes/trikes with a trampoline & swings	
Dates of club or event	Every Saturday	
Who can attend?	Children & young people 4 to 25 years	
Where is it?	SHARE, The Fryth, Basildon. SS14 3PE	
Cost	Please contact the SHARE office (01268 521691) for more information on cost	
How to Book	Please call 01268 521691 or email admin@sharerespite.co.uk	
Anything else I need to know?	We are able to offer a hot meal or you can bring a packed lunch	

SHARE After School Club

Description of activities	Swimming, out & about in the local community, arts & crafts, soft play sensory room, you can chill & watch a movie or play pool, or go outside in the large garden and play on the swings, ride a bike or bounce on the trampoline. Lots of fun activities available	
Dates of club or event	Term time every Tuesday & Thursday	
Who can attend?	Children & young people 4 to 25 years	
Where is it?	SHARE, The Fryth, Basildon. SS14 3PE	
Cost	Please contact the SHARE office (01268 521691) for more information on cost	
How to Book	Please call 01268 521691 or email admin@sharerespite.co.uk	
Anything else I need to know?	We are able to offer a hot meal or you can bring a packed lunch	

Braintree

InterAct Term Time Activities – Braintree Club

Description of activities	Term-time evening youth club including trips out
Dates	Every Tuesday night for 2 hours term-time
Who can attend?	Young people with additional needs/disabilities aged 10 – 18 years old
Where is it?	Various venues in and around Braintree
Cost	Please see programme
How to Book	www.interact.org.uk/booknow For more info: 01245 608206 Youngpeopleteam@interact.org.uk
Anything else I need to know?	Please see programme: http://www.interact.org.uk/activities/young-people/activity-programmes-and-booking-form

PARC (Essex) After School Club

Description of activities	Various
Dates	Mondays, Tuesdays, Thursdays (Term Time only) 3.30pm to 6/7pm
Who can attend?	4 to 19 year olds
Where is it?	Great Notley Country Park, CM77 7FS
Cost	£8 per hour
How to Book	01376 528 999 info@parc-essex.co.uk Or via our website https://www.facebook.com/PARCEssexCharity
Anything else I need to know?	Any queries please ask for Jono or Lawrence

PARC (Essex) Friday Youth Club

Description of activities	Various
Dates	Fridays 6pm to 9pm
Who can attend?	11 to 25 year olds
Where is it?	Great Notley Country Park, CM77 7FS
Cost	£8 per hour (£24 for full session)
How to Book	01376 528 999 info@parc-essex.co.uk Or via our website https://www.facebook.com/PARCEssexCharity
Anything else I need to know?	Any queries please ask for Jono or Lawrence

PARC (Essex) Saturday Whizzy Club

Description of activities	Various
Dates	Saturdays 10am to 1pm
Who can attend?	4 to 25 year olds
Where is it?	Great Notley Country Park, CM77 7FS
Cost	The cost of this session is £24.00
How to Book	01376 528 999 info@parc-essex.co.uk Or via our website https://www.facebook.com/PARCEssexCharity
Anything else I need to know?	Any queries please ask for Jono or Lawrence

PARC (Essex) Saturday Vulnerable Club

Description of activities	Various
Dates	Saturdays 2pm to 5pm
Who can attend?	Vulnerable children 4 to 25 years
Where is it?	Great Notley Country Park, CM77 7FS
Cost	The cost of this session is £24.00
How to Book	01376 528 999 info@parc-essex.co.uk Or via our website https://www.facebook.com/PARCEssexCharity
Anything else I need to know?	Any queries please ask for Jono or Lawrence

PARC (Essex) Sunday Family Club

Description of activities	Various
Dates	Every other Sunday 10am to 12.30pm
Who can attend?	Open to all parents, carers or grandparents and their children
Where is it?	Great Notley Country Park, CM77 7FS
Cost	£8.00 for one child and adult and capped at £15.00 for two or more children and an adult
How to Book	01376 528 999 info@parc-essex.co.uk Or via our website https://www.facebook.com/PARCEssexCharity
Anything else I need to know?	Any queries please ask for Jono or Lawrence

PARC (Essex) Holiday Club

Description of activities	Various
Dates	Half Term and End of Term holidays 10am to 4pm
Who can attend?	4 to 25 year olds
Where is it?	Great Notley Country Park, CM77 7FS
Cost	£48 all day
How to Book	01376 528 999 info@parc-essex.co.uk Or via our website https://www.facebook.com/PARCEssexCharity
Anything else I need to know?	Any queries please ask for Niamh

Sport for Confidence Multi-Sports Sessions for Children Aged 6-11

Description of activities	<p>This session is led by an Occupational Therapist and a Specialist Sports Coach to enable children to develop their gross and motor skills, as well as work on key developmental social skills.</p> <p>Within the session a variety sports and obstacle courses will be provided for the children to promote inclusive physical activity and most importantly, to have fun!</p>
Dates	Sessions running every week on Thursdays 4:15pm – 5:15pm
Who can attend?	Children aged 6-11 years old.
Where is it?	Witham Leisure Centre, Spinks Lane, Witham,
Cost	£3 per session
How to Book	Please contact our Occupational Therapist on megan@sportforconfidence.com or phone 07394564942

Brentwood

SNAP – Special Needs And Parents Afterschool Clubs

Description of activities	<p>Yoga – Yoga based games, learning new poses to develop strength, flexibility and co-ordination, as well as relaxation techniques and the chance to socialise. For girls aged 8+. Also available via Zoom.</p> <p>Choir – A remote session, beginning with physical warmups, breath and vocal warmups. Young people request songs for the group to sing together, learning the melody and sometimes harmony parts. For all ages.</p> <p>Drama – Developing socialisation, communication skills, and imagination through Drama based activities, role playing and team games. For children aged 8+</p> <p>SNAPTASTIC – Free play choosing at The SNAP Centre including a variety of toys and activities; arts and crafts; IT suite, soft play area; multi-sensory room and outside terrace. For primary school aged children.</p>
Dates	Term-time sessions from January to March
Who can attend?	0–25-year-olds who are registered with SNAP
Where is it?	The SNAP Centre, Pastoral Way, Warley, Brentwood, CM14 5WF
Cost	£5 per session
How to Book	Call 01277 211300 or email info@snapcharity.org
Anything else I need to know?	These sessions are taking place in The SNAP Centre, but places may be limited to remain safe and within guidelines. For sessions in the centre parents are supported by SNAP advisers while the activities are running.



SNAP – Special Needs And Parents Holiday Clubs

Description of activities	<p>Sensorise - Sensory session, including sensory stories and music to help develop social and communication skills for children/young people with profound or complex needs who are registered with SNAP and their siblings. Also, available via Zoom for families who can't come in.</p> <p>Stay & Play - Session includes free choosing play; arts & crafts; specialist IT equipment and multi-sensory room. For Children between 6-11 years old who are registered with SNAP and their siblings.</p> <p>Diddlies - Pre-school session including free choosing play; soft play; arts and crafts; specialist IT equipment multi-sensory room. For 0–5-year-olds who are registered with SNAP and their siblings.</p> <p>SNAP+ - Session includes indoor table top games; Wii; outdoor ball games; arts & crafts; specialist IT Suite and multi-sensory room; and Bingo! For children and young people ages 12 – 25 years old who are registered with SNAP and their siblings.</p>
Dates	February Half-term and Easter Holiday
Who can attend?	0–25-year-olds who are registered with SNAP
Where is it?	The SNAP Centre, Pastoral Way, Warley, Brentwood, CM14 5WF
Cost	£5 per family, per session
How to Book	Call 01277 211300 or email info@snapcharity.org
Anything else I need to know?	<p>These sessions are taking place in The SNAP Centre, but places may be limited to remain safe and within guidelines.</p> <p>For sessions in the centre parents are supported by SNAP advisers while the activities are running.</p>



Inclusive BikeKlubz
Inclusive Cycling for SEND Children & Young People

Description of activities	Inclusive Cycling for SEND Children & Young People
Dates of club or event	Every Saturday – 11am to 1pm
Who can attend?	SEND Children & Young People living in Essex
Where is it?	Thorndon Country Park, Brentwood CM13 3RZ
Cost	£7
How to Book	Email info@trailnet.org.uk Tel. 01277 218497
Anything else I need to know?	Bikes, Trikes and Helmets provided

Inclusive BikeKlubz
Inclusive Cycling for SEND Children & Young People

Description of activities	Inclusive Cycling for SEND Children & Young People
Dates of club or event	Easter & Spring Half-Term Holidays – dates to be confirmed
Who can attend?	SEND Children & Young People living in Essex
Where is it?	Thorndon Country Park, Brentwood CM13 3RZ
Cost	Free
How to Book	Email info@trailnet.org.uk / Tel. 01277 218497
Anything else I need to know?	Bikes, Trikes, Helmets and Lunch provided.

Chelmsford

InterAct Term Time activities – Chelmsford COZ Club (Chill out Zone)	
Description of activities	Term-time evening youth club (COZ Club) Chelmsford.
Dates of club or event	Every Friday night for 3 hours term-time
Who can attend?	Young people with additional needs/disabilities aged 10-18 years old
Where is it?	Aspire Centre, Moulsham Mill, Parkway, Chelmsford, CM2 7PX
Cost	Please see programme
How to Book	www.interact.org.uk/booknow For more info: 01245 608206 Youngpeopleteam@interact.org.uk
Anything else I need to know?	Please see programme: http://www.interact.org.uk/activities/young-people/activity-programmes-and-booking-form

InterAct Term Time Activities - Chelmsford Club	
Description of activities	Term-time evening youth club including trips out.
Dates of club or event	Every Wednesday night for 2 hours term-time
Who can attend?	Young people with additional needs/disabilities aged 10-18 years old
Where is it?	Various venues in and around Chelmsford
Cost	Please see programme
How to Book	www.interact.org.uk/booknow For more info: 01245 608206 Youngpeopleteam@interact.org.uk
Anything else I need to know?	Please see programme: http://www.interact.org.uk/activities/young-people/activity-programmes-and-booking-form

InterAct February Half Term Holiday Activity Programme	
Description of activities	A programme of half term activities
Dates of club or event	Tuesday 15 th February – Alpaca and farm fun Wednesday 16 th February – Go Karting fun Thursday 17 th February – Fantastic Harry Potter World Friday 18 th February – Craft fun and Cinema
Who can attend?	Young people with additional needs/disabilities aged 10-18 years old
Where is it?	Trips to various venues. Meeting place Colchester United Football Stadium, CO4 5UP and Moulsham Mill, Chelmsford, CM2 7PX
Cost	Please see programme
How to Book	www.interact.org.uk/booknow For more info: 01245 608206 Youngpeopleteam@interact.org.uk
Anything else I need to know?	Please see programme: http://www.interact.org.uk/activities/young-people/activity-programmes-and-booking-form

Sport for Confidence Multi-sports sessions for children aged 11-16	
Description of activities	This session is led by an Occupational Therapist and a Specialist Sports Coach to enable children to develop their social skills and vocational skills that can be transferred into everyday life and adulthood. Within the session a variety sports and obstacle courses will be provided for the children to promote inclusive physical activity and most importantly, to have fun!
Dates of club or event	Sessions running every week on Fridays 4pm-5pm
Who can attend?	Children aged 11-16 years old.
Where is it?	Riverside Leisure Centre, Victoria Road, Chelmsford, CM1 1FG
Cost	£3 per session
How to Book	Please contact our Occupational Therapist on megan@sportforconfidence.com or phone 07394564942

InterAct Term Time Activities – Clacton Club	
Description of activities	Term-time evening youth club including trips out.
Dates of club or event	Every Tuesday night for 2 hours term-time
Who can attend?	Young people with additional needs/disabilities aged 10-18 years old
Where is it?	Various venues in and around Colchester
Cost	Please see programme
How to Book	www.interact.org.uk/booknow For more info: 01245 608206 Youngpeopleteam@interact.org.uk
Anything else I need to know?	Please see programme: http://www.interact.org.uk/activities/young-people/activity-programmes-and-booking-form

Shorefields School After School Club	
Description of activities	<p><u>Tuesday's Beach Strand Club</u> A variety of activities including sensory exploration, messy play, tailored to students in beach strand. Students are offered the opportunity to have outdoor exploration and staff support the student to continue their development by following their communication schedule.</p> <p><u>Tuesday's Pier Strand Club</u> This after school club is tailored to students within our pier strand, and focusses on a multi-sensory approach to activities, sensory stories, sensory play, sensory exploration and physio development. Staff are highly trained to support the needs of the pupils.</p> <p><u>Wednesday Sunshine Strand Club</u> After school clubs on a Wednesday is split across two classrooms for students within Sunshine strand, working on developing social skills through play and development. Activities include arts and crafts, games, interactive activities, and outdoor play.</p>
Dates of club or event	Term time
Who can attend?	Shorefields students
Where is it?	Shorefields school Clacton
Cost	£2.25 per hour
How to Book	Contact Shorefields school Admin@shorefields.essex.sch.uk

Shorefields School
Easter Club

Description of activities	<p>The clubs offer the opportunity for students to enjoy a range of activities during the holidays. An appropriate activity timetable is created each day, person centred to the pupil. Students are grouped within their school strand to best support their needs.</p> <p>Popular activities include bouncy castles, art and crafts, messy play, rice krispies cakes, sensory play, music and games hydrotherapy and with the occasional off-site visits. The clubs are well staffed each day with appropriately trained staff working with students. Staff are matched to students from their strand to provide the best level of support and continuity of care.</p>
Dates of club or event	Easter holiday 4 th -7 th April
Who can attend?	Shorefields Students
Where is it?	Shorefields school Clacton
Cost	£20.00 per day
How to Book	<p>Contact Shorefields school</p> <p>Admin@shorefields.essex.sch.uk</p>

Colchester

InterAct Term Time Activities – Colchester Club	
Description of activities	Term-time evening youth club including trips out.
Dates of club or event	Every Tuesday night for 2 hours term-time
Who can attend?	Young people with additional needs/disabilities aged 10-18 years old
Where is it?	Various venues in and around Colchester
Cost	Please see programme
How to Book	www.interact.org.uk/booknow For more info: 01245 608206 Youngpeopleteam@interact.org.uk
Anything else I need to know?	Please see programme: http://www.interact.org.uk/activities/young-people/activity-programmes-and-booking-form

InterAct Term Time activities – Colchester COZ Club (Chill out Zone)	
Description of activities	Term-time evening youth club (COZ Club) Colchester
Dates of club or event	Every Friday night for 3 hours term-time
Who can attend?	Young people with additional needs/disabilities aged 10-18 years old
Where is it?	Stanway Youth Centre, Winstree Road, Colchester, CO3 0QA
Cost	Please see programme
How to Book	www.interact.org.uk/booknow For more info: 01245 608206 Youngpeopleteam@interact.org.uk
Anything else I need to know?	Please see programme: http://www.interact.org.uk/activities/young-people/activity-programmes-and-booking-form

Mercury Theatre SEND Party Nights

Description of activities	<p>Dance the night away and make new friends at our bi-monthly, fun-filled party for people aged 7-14.</p> <p>The evening takes place in a safe, positive environment and includes:</p> <ul style="list-style-type: none"> • Our resident DJ playing your favourite tunes • Face Painting • Glitter Artists • Group Games • Snacks • Loads of sensory toys to play with! <p>The party starts from 6:30pm and closes at 8.30pm, tickets are just £5* and parents/carers go FREE!</p>
Dates of club or event	<p>Friday 28th Jan 2022</p> <p>Friday 25th Mar 2022</p> <p>Friday 27th May 2022</p> <p>Friday 22nd Jul 2022</p>
Who can attend?	7-14s and parents/carers
Where is it?	Mercury Theatre, Rehearsal Room
Cost	£5 for young people, parents/carers go free but will also need to book ticket
How to Book	https://www.mercurytheatre.co.uk/event/send-party-nights/ 01206 573948



**Mercury Theatre
SEND Holiday Club**

Description of activities	<p>This 4-day multi-sensory storytelling workshop is not to be missed!</p> <p>For young people with SEND aged 7-12, our multi-sensory workshops will get you up on your feet exploring the world around you through drama and dance.</p> <p>The summer school will improve young people's confidence, storytelling and social skills and ends with a sharing in the Mercury Theatre Studio for parents, carers and friends to enjoy.</p> <p>Designed to meet the needs of all participants in a fun, engaging and inclusive environment, this four-day summer school is just £20* per young person! This activity is made possible thanks to funding from Essex Short Breaks.</p> <p>Each day runs from 10.30am to 3pm.</p>
Dates of club or event	15 th February-18 th February
Who can attend?	7-14s
Where is it?	Mercury Theatre, Studio
Cost	£20
How to Book	https://www.mercurytheatre.co.uk/event/send-holiday-club/ 01206 573948



Mercury Theatre
Mercury Young Company

Description of activities	<p>Join the Mercury Young Company!</p> <p>The Mercury's main drama company you know and love has expanded to offer more opportunities to the amazing young people we welcome through our doors each week.</p> <p>MYC Performers will receive weekly training from our Mercury teaching artists, which will develop:</p> <ul style="list-style-type: none"> • Voice • Movement • Text analysis • Creating a character • Scene work • Improvisation skills • Acting techniques <p>Mercury Young Company Performers will also have access to:</p> <ul style="list-style-type: none"> • The Mercury's dedicated learning space • Regular performance opportunities including an end of year performance • Open rehearsals for Mercury Productions • Free tickets for open dress rehearsals or preview performances for Mercury Productions • Mercury Connects – the theatre's social network, which provides opportunities in the arts, information about events, tickets and work in the East of England. • Mentoring from theatre staff and exclusive backstage access
Dates of club or event	Dependant on age group
Who can attend?	Age groups of: 5-8s, 8-11s, 11-13s, 13-15s, 15-17s
Where is it?	Mercury Theatre, Creative Learning Space
Cost	£89
How to Book	<p>5-8's: https://www.mercurytheatre.co.uk/event/5-8s-mercury-young-company/</p> <p>8-11's: https://www.mercurytheatre.co.uk/event/8-11s-mercury-young-company/</p> <p>11-13's: https://www.mercurytheatre.co.uk/event/11-13s-mercury-young-company/</p> <p>13-15's: https://www.mercurytheatre.co.uk/event/13-15s-mercury-young-company/</p> <p>15-17's: https://www.mercurytheatre.co.uk/event/15-17s-mercury-young-company/</p>

Market Field School Smile Time Holiday Club	
Description of activities	Holiday Club
Dates of club or event	Exact school holiday dates advertised closer to holidays
Who can attend?	Market Field School Pupils only
Where is it?	Market Field School
Cost	£20 per session
How to Book	Via School Office

Market Field School Smile Time Holiday Club	
Description of activities	After School Club
Dates of club or event	Mondays and Wednesdays
Who can attend?	Market Field School Pupils only
Where is it?	Market Field School
Cost	£6 per session
How to Book	Via School Office

Colchester Phoenix Swimming Club	
Description of activities	Swimming
Dates of club or event	Teaching Section Saturday: Squad Tues, Weds, Thurs and Sat
Who can attend?	Need to register via the website
Where is it?	Colchester Leisure World
Cost	£9.00 a lesson
How to Book	http://www.colchesterphoenixasc.org.uk/
Anything else I need to know?	There is a waiting list

diddi dance
SEN dance and sensory classes

Description of activities	Join our fully inclusive special educational needs & disabilities classes for children and young people. Responsive teaching style led in a relaxed environment enabling the children to fully enjoy and explore 16 dance themes in our fun and funky class. Our approach builds confidence and lets the children just be themselves! Your young person does not need to be able to follow instructions.
Dates of club or event	Half Term Valentine Party Tuesday 15 th February 10am-11.30am
Who can attend?	Under 10's with SEN
Where is it?	Copford Village Hall
Cost	£6.00 Refreshments & social time included
How to Book	www.diddidance.com or contact Charlotte 07722 605 395 charlotte.foxley@diddidance.com
Anything else I need to know?	Sibling's welcome. For more info read here diddi dance North Essex & South Suffolk

diddi dance
Half Term Valentine Wheelchair Dance with diddi dance

Description of activities	<ul style="list-style-type: none"> • Dance is for everyone! Fully inclusive Wheelchair dance session. • Child/young adult does NOT need to follow instructions • Large Hall – which we need to move about in! • Self-propel with or without help • Bring walkers/frames/mobility aids – all welcome • Sensory props are specifically chosen for this class
Dates of club or event	Half Term Valentine Party Tuesday 15 th February 11am-12.30am
Who can attend?	Under 18's Wheelchair Sensory Dance
Where is it?	Copford Village Hall
Cost	£6.00 Refreshments & social time included
How to Book	www.diddidance.com or contact Charlotte 07722 605 395 charlotte.foxley@diddidance.com
Anything else I need to know?	Sibling's welcome. For more info read here diddi dance North Essex & South Suffolk

diddi dance North Essex & South Suffolk SEN dance and sensory classes
Afterschool Club for Under 10's

Description of activities	Join our fully inclusive special educational needs & disabilities classes for children and young people. Responsive teaching style led in a relaxed environment enabling the children to fully enjoy and explore 16 dance themes in our fun and funky class. Our approach builds confidence and lets the children just be themselves! Your young person does not need to be able to follow instructions.
Dates of club or event	Face to Face After School Club Colchester 4.30pm start
Who can attend?	Under 10's with SEN
Where is it?	Copford Village Hall
Cost	£2.00 per week.
How to Book	www.diddidance.com or contact Charlotte 07722 605 395 charlotte.foxley@diddidance.com
Anything else I need to know?	Sibling's welcome. For more info read here diddi dance North Essex & South Suffolk

diddi dance North Essex & South Suffolk SEN dance and sensory classes
EASTER RAVE

Description of activities	Join our fully inclusive special educational needs & disabilities classes for children and young people. Responsive teaching style led in a relaxed environment enabling the children to fully enjoy and explore 16 dance themes in our fun and funky class. Our approach builds confidence and lets the children just be themselves! Your young person does not need to be able to follow instructions.
Dates of club or event	Easter Rave Tuesday 5 th April 10am-11.00am
Who can attend?	Under 10's with SEN
Where is it?	Copford Village Hall
Cost	£2.00 Refreshments & social time included
How to Book	www.diddidance.com or contact Charlotte 07722 605 395 charlotte.foxley@diddidance.com
Anything else I need to know?	Sibling's welcome. For more info read here diddi dance North Essex & South Suffolk

**diddi dance North Essex & South Suffolk SEN dance and sensory classes
EASTER PARTY**

Description of activities	Join our fully inclusive special educational needs & disabilities classes for children and young people. Responsive teaching style led in a relaxed environment. Our Easter Party will be a great social event for you and your family.
Dates of club or event	Easter Party Tuesday 12 th April 10am-11.30am
Who can attend?	Under 10's with SEN
Where is it?	Copford Village Hall
Cost	£6.00 Refreshments & social time included
How to Book	www.diddidance.com or contact Charlotte 07722 605 395 charlotte.foxley@diddidance.com
Anything else I need to know?	Sibling's welcome. For more info read here diddi dance North Essex & South Suffolk

**diddi dance North Essex & South Suffolk SEN dance and sensory classes
EASTER WHEELCHAIR RAVE**

Description of activities	<ul style="list-style-type: none"> • Dance is for everyone! Fully inclusive Wheelchair dance session • child/young adult does NOT need to follow instructions • Large Hall – which we need to move about in! • Self propel with or without help • Bring walkers/frames/mobility aids – all welcome • Sensory props are specifically chosen for this class
Dates of club or event	Tuesday 5 th April 11am-12.30am
Who can attend?	Under 18's Wheelchair Sensory Dance
Where is it?	Copford Village Hall
Cost	£6.00 Refreshments & social time included
How to Book	www.diddidance.com or contact Charlotte 07722 605 395 charlotte.foxley@diddidance.com
Anything else I need to know?	Sibling's welcome. For more info read here diddi dance North Essex & South Suffolk

diddi dance North Essex & South Suffolk SEN dance and sensory classes
EASTER WHEELCHAIR RAVE

Description of activities	<ul style="list-style-type: none"> • Dance is for everyone! Fully inclusive Wheelchair dance session • child/young adult does NOT need to follow instructions • Large Hall – which we need to move about in! • Self propel with or without help • Bring walkers/frames/mobility aids – all welcome • Sensory props are specifically chosen for this class
Dates of club or event	Easter Party Tuesday 12 th April 11am-12.30am
Who can attend?	Under 18's Wheelchair Sensory Dance
Where is it?	Copford Village Hall
Cost	£6.00 Refreshments & social time included
How to Book	www.diddidance.com or contact Charlotte 07722 605 395 charlotte.foxley@diddidance.com
Anything else I need to know?	Sibling's welcome. For more info read here diddi dance North Essex & South Suffolk

Epping Forest

Epping Forest District Council – Inclusion Project Street Tennis

Description of activities	Indoor street tennis with a qualified coach working on skills to develop and improve mobility, balance, co-ordination, and your tennis skills! Coaches will bring all equipment but feel free to bring your racket if you want.
Dates of club or event	Every Monday @ 3:45 - 4:45
Who can attend?	Children and young people with an Essex Short break passport number
Where is it?	The Limes Centre, Limes Ave, Chigwell IG7 5LP
Cost	£3.00
How to Book	https://eppingforestdc.bookinglive.com/
Anything else I need to know?	Bring a bottle of water!

Epping Forest District Council – Inclusion Project Trampolining at Debden park


Description of activities	We offer both rebound therapy and trampolining at this session. Work with our coaches to earn your win Strada grades and to improve your balance and movement skills as well as your trampolining moves.
Dates of club or event	Every Tuesday @ 4:00 – 4:45, 5:00 – 5:45, 6:00 – 7:00
Who can attend?	Children and young people with an Essex Short break passport number
Where is it?	Debden Park High school, Willingale Road, Loughton, IG10 2BQ
Cost	£5.00
How to Book	https://eppingforestdc.bookinglive.com/
Anything else I need to know?	Bring a pair of socks and a bottle of water!



Epping Forest District Council – Inclusion Project Trampolining at Ongar Leisure Centre

Description of activities	We offer both rebound therapy and trampolining at this session. Work with our coaches to earn your winstrada grades and to improve your balance and movement skills as well as your trampolining moves.
Dates of club or event	Every Wednesday @ 4:00 – 4:45, 5:00 – 5:45
Who can attend?	Children and young people with an Essex Short break passport number
Where is it?	Ongar Leisure Centre, the Gables, Ongar, CM5 0GA
Cost	£5.00
How to Book	https://eppingforestdc.bookinglive.com/
Anything else I need to know?	Bring a pair of socks and a bottle of water!

Epping Forest District Council – Inclusion Project Non-contact Boxing

Description of activities	Non-contact Boxing is the perfect introduction for children and young people into boxing, we work on technical skills and improving your co-ordination, balance, speed, and agility. Have a go on the pads with our coaches too!	
Dates of club or event	Every Thursday @ 18:00 – 19:00	
Who can attend?	Children and young people with an Essex Short break passport number	
Where is it?	Debden Park High school, Willingale rd, Loughton, IG10 2BQ	
Cost	£3.00	
How to Book	https://eppingforestdc.bookinglive.com/	
Anything else I need to know?	Coaches will provide gloves but feel free to bring your own and a bottle of water!	

Epping Forest District Council – Inclusion Project Soccerability

Description of activities	This football session is brilliant for developing your football skills, practice your penalties and working with your teammates each week and see how many goals we can score!
Dates of club or event	Every Friday @ 16:00 – 17:00
Who can attend?	Children and young people with an Essex Short break passport number
Where is it?	Leverton primary school, Honey Ln, Waltham Abbey EN9 3BE
Cost	£3.00
How to Book	https://eppingforestdc.bookinglive.com/
Anything else I need to know?	Feel free to bring your own ball but write your name on it, we are in the main hall so use you the main entrance!



Epping Forest District Council – Inclusion Project Soccerability

Description of activities	Our 30-minute horse riding sessions are a great chance to bond with your horse, learn different riding techniques and increase your confidence!
Dates of club or event	Every Saturday @ 10:45 – 11:15
Who can attend?	Children and young people with an Essex Short break passport number
Where is it?	Leverton primary school, Honey Ln, Waltham Abbey EN9 3BE
Cost	£20.00
How to Book	https://eppingforestdc.bookinglive.com/
Anything else I need to know?	Arrive early to get your helmet fitted!



Lambourne End Centre for Outdoor Learning
Fun Day – 17th February 2022

Description of activities	Crossbow Bush Craft Fencing
Dates of club or event	Thursday 17 th February; 11am – 4pm
Who can attend?	Young people aged 8 – 18 years old
Where is it?	Lambourne End Centre for Outdoor Learning Manor Road Lambourne End RM4 1NB (Approximately 2 miles south of Abridge)
Cost	We ask for a £10 financial contribution for each young person, each Fun Day
How to Book	Booking forms can be accessed on the Lambourne End website (www.lambourne-end.org.uk/shortbreaks) or contact Carolan: carolan.casey@lambourne-end.org.uk / 020 8500 3047, extension 221
Anything else I need to know?	Each Fun Day is 11am – 4pm. Young people will need to bring a packed lunch and be wearing clothing suitable for taking part in outdoor activities. Transport can be provided from Saffron Walden, Bishops Stortford, Harlow or Epping.

Lambourne End Centre for Outdoor Learning
Fun Day – 13th March 2022

Description of activities	Zip Line Rockets Goat Show
Dates of club or event	Sunday 13 th March; 11am – 4pm
Who can attend?	Young people aged 8 – 18 years old
Where is it?	Lambourne End Centre for Outdoor Learning Manor Road Lambourne End RM4 1NB (Approximately 2 miles south of Abridge)
Cost	We ask for a £10 financial contribution for each young person, each Fun Day
How to Book	Booking forms can be accessed on the Lambourne End website (www.lambourne-end.org.uk/shortbreaks) or contact Carolan: carolan.casey@lambourne-end.org.uk / 020 8500 3047, extension 221
Anything else I need to know?	Each Fun Day is 11am – 4pm. Young people will need to bring a packed lunch and be wearing clothing suitable for taking part in outdoor activities. Transport can be provided from Saffron Walden, Bishops Stortford, Harlow or Epping.

Lambourne End Centre for Outdoor Learning
Fun Day -6th April 2022

Description of activities	Ropes Course Pony and Cart Archery
Dates of club or event	Wednesday 6 th April; 11am – 4pm
Who can attend?	Young people aged 8 – 18 years old
Where is it?	Lambourne End Centre for Outdoor Learning Manor Road Lambourne End RM4 1NB (Approximately 2 miles south of Abridge)
Cost	We ask for a £10 financial contribution for each young person, each Fun Day
How to Book	Booking forms can be accessed on the Lambourne End website (www.lambourne-end.org.uk/shortbreaks) or contact Carolan: carolan.casey@lambourne-end.org.uk / 020 8500 3047, extension 221
Anything else I need to know?	Each Fun Day is 11am – 4pm. Young people will need to bring a packed lunch and be wearing clothing suitable for taking part in outdoor activities. Transport can be provided from Saffron Walden, Bishops Stortford, Harlow or Epping.

Harlow

Harlow Council Sam's Place	
Description of activities	<ul style="list-style-type: none">• Saturday Club• Thursday night Youth Club• Easter Holiday Play Scheme
Dates of club or event	Please contact the service
Who can attend?	Please contact the service to discuss eligibility
Where is it?	Sam's Place, Harlow Fields School, Tendring Rd, Harlow CM18 6RN
Cost	Please contact the service
How to Book	Places are only available to those already registered with the scheme. Contact the service for more information
Anything else I need to know?	Tel: 07730 750375 Please leave a message if no one is available to answer your call and we will get back to you.

Rochford

Mushroom Theatre Company Performing Arts Workshops	
Description of activities	Dance, Drama and Singing
Dates of club or event	10am to 3pm 15th Feb 5th & 7th April
Who can attend?	Anyone between 4 and 19 years of age
Where is it?	Equal People Performing Arts 29 Brook Rd Brook Rd Industrial Estate Rayleigh Essex SS6 7XJ
Cost	£15
How to Book	Email: penni@equalpeopleperformingarts.org.uk Call: 01268 906470
Anything else I need to know?	Children will need lunch and indoor shoes to wear

BUTTERFLIES CLUB Butterflies After School Multi-Activity Club	
Description of activities	Structured activity club- instructor led activities including sports & art projects.
Dates of club or event	Varying depending on school
Who can attend?	Children aged 8+ years
Where is it?	Butterflies club Hockley
Cost	£20
How to Book	Email Amy@butterfliesclub.co.uk
Anything else I need to know?	This is an activity club where children follow instructions given by the instructors. Dinner is provided.

BUTTERFLIES CLUB Butterflies Strive Club	
Description of activities	Structured activity sessions in sport, performing arts, science, arts & crafts and team games.
Dates of club or event	Saturdays during term time
Who can attend?	Children aged 8+
Where is it?	Butterflies club Hockley
Cost	£25
How to Book	Email Amy@butterfliesclub.co.uk
Anything else I need to know?	This is an activity club where children follow instructions given by the coach/ instructor. Lunch is provided.

BUTTERFLIES CLUB Caterpillars Club	
Description of activities	Semi-structured activity sessions in physical play, sensory play, arts & crafts and music.
Dates of club or event	Sundays during term time
Who can attend?	Children aged 5-8 years
Where is it?	Butterflies club Hockley
Cost	£25
How to Book	Email Amy@butterfliesclub.co.uk
Anything else I need to know?	This is an activity club for the children to participate in semi-structured activities.

Tendring

The Ark Centre

Description of activities	Fun and learning
Dates of club or event	Tuesdays in holiday periods and Saturdays year-round
Who can attend?	Any child or young person from age 2 with additional needs
Where is it?	At the Ark Centre, Main Road, Harwich
Cost	A voluntary donation of £10 a day
How to Book	By phone 01255 502063
Anything else I need to know?	For all new referrals, we will need to meet you and your child in advance of a first session, to make sure we can meet your child's needs and have everything in place to support them.

Virtual Activities

InterAct Virtual Term-time activities online	
Description of activities	Term-time evening virtual activities
Dates of club or event	Every Thursday term-time for an hour
Who can attend?	Young people with additional needs/disabilities aged 10-18 years old
Where is it?	Via ZOOM
Cost	Please see programme
How to Book	www.interact.org.uk/booknow For more info: 01245 608206 Youngpeopleteam@interact.org.uk
Anything else I need to know?	Please see programme: http://www.interact.org.uk/activities/young-people/activity-programmes-and-booking-form

diddi dance North Essex & South Suffolk SEN dance and sensory classes Virtual Zoom After school club	
Description of activities	Join us for some fun on zoom during January! I create a prop bag for you for £15.00 and post or use whatever you have at home to join in the fun.
Dates of club or event	January 11 th -Feb 8 th – you can join in at any time.
Who can attend?	Anyone age under 18, inc Wheelchair dancers – everyone is welcome
Where is it?	Online via Zoom, in your own home
Cost	50p per week
How to Book	www.diddidance.com or contact Charlotte 07722 605 395 charlotte.foxley@diddidance.com
Anything else I need to know?	I will send you the zoom link once booked, join our private facebook group here https://www.facebook.com/groups/201340313970492



For more information visit
<https://shortbreaks.essex.gov.uk/>
 or email
shortbreaks@essex.gov.uk