# Services which can support children/young adults (post 16) (Areas predominantly cover Thurrock, Essex, London, and Suffolk

# (Resource list for young people list)

# Culture, Inclusion and Diversity

<https://essexcdp.com/>

“Essex Cultural Diversity Project energises cultural diversity in arts and heritage. Our mission is to create opportunities, stimulate participation and provide a focal point for the development, celebration and co-ordination of cultural diversity through arts and heritage activity. We achieve this through an exciting programme of projects, festivals and events; commissioning artists to explore community, diversity and place; and supporting artists, arts organisations and communities working in diversity through training and networking events, signposting opportunities and providing important platforms for their work.”

<https://www.dreamthechangecic.com/> (SEND support as well)

“We aim to promote the principles of inclusion and equality by ensuring that every 5 to 12-year-old child is respected and valued, regardless of their abilities, nationality, ethnicity, spoken language and cultural background, to help them reach their full potential.”

<https://www.afiuk.org/> (based in Colchester)

“AFiUK CIC primarily exists to serve the interests of British African diaspora and other racially minoritised families, particularly first and second generation migrant families where the children are navigating a ‘third culture’ between their parents’ first culture and the host country as a second culture. AFiUK Colchester and Oxford is one-stop place for families of African and other ethnic minority origin, resident in the UK, seeking advice or information, on matters relating to parenting, children’s education and any family-friendly activities that enrich family life.”

**Charities**

<https://www.childrenssociety.org.uk/information/young-people/east/inside-out>

supports children with multiple placements moves can be referred via social care support is for 13–18-year-olds and can be as much as 25 hours per week.

<https://www.thegirlsnetwork.org.uk/>

supports females with a mentor who raise aspirations schools link in directly therefore worth asking if the school is linked to this initiative.

[Essex Boys and Girls Clubs - Essex Boys & Girls Clubs](https://www.essexboysandgirlsclubs.org/)

Essex boys and girls club provides a variety of different groups ranging from Duke of Edinburgh, Creative arts, NCS (national citizen programme), the respect programme and HAF holiday and fun clubs (over summer holidays).

<https://www.theartministry.org.uk/>

We engage the community in creative activities to help reduce isolation, boost self-confidence and self-esteem in a safe and fun environment. Most of our regular sessions are aimed at children covers the following areas Southend, Hadleigh and Westcliff.

<https://www.freshstartcharity.org/smart-minds> (Suffolk only Secondary and Primary schools ages)

Services

• 1-to-1 youth mentoring in schools

​• Group mentoring programmes in schools

​• Bespoke mentoring programmes written and delivered as required.

**LGBTQ+**

<https://www.kidsincrisis.org/get-help/lighthouse/>

Above charity is across the nation and states hubs of areas of support this change termly and they have a phone number in use when children need to speak to someone urgently.

<https://microrainbow.org/>

“Micro Rainbow’s vision is to create a world where lesbian, gay, bisexual, trans, queer and intersex (LGBTQI) people are free from discrimination, persecution and have equal opportunities in life, including in accessing employment, training, education, financial services, healthcare, housing, places of faith, and public services.”

**SEND**

<https://www.snapcharity.org/>

“If you have a child between 0 – 25 years who has any additional need or disability and you live under Essex County Council, Thurrock or Southend local authorities then we are here for you and your family.

No formal diagnosis or professional referral is necessary to access SNAP services.”

<https://www.butterfliesclubs.co.uk/> (based Basildon, Brentwood, Rochford, Castlepoint)

0-19 multiple different clubs for SEND children to attend.

<https://www.spectrumgaming.net/>

for children with autism 10-13 community gaming

<https://www.campjojo.org/> (based in Colchester)

“‘Camp Jojo’ is a registered charity set up by people with first-hand experience of the joys and challenges faced when parenting a child with complex needs. We have the vision to support families of children with complex needs and disabilities to enjoy a totally accessible camping experience and make new friends who understand their situation. We want to provide all the physical, emotional, and practical support needed to make camping not just possible, but a relaxing break for the whole family.”

<https://mindjam.org.uk/>

“At MindJam our primary focus is to support young people’s emotional well-being. We believe that the key to doing so is by engaging them in a world in which they feel safe and comfortable, namely video games. We support young people between the ages 6 – 25.”

<https://happyhillessex.com/> (Braintree discovery centre)

SEND service offering respite to carers supporting children a safe space to play service is on Saturdays or summer holidays ages 3-25 can attend. Due to be starting more clubs such as a video gaming club for 11-21 and a youth club 15-21.

<https://www.bosp.co.uk/community/bosp-brighter-opportunities-for-special-people-13333/home/>

“Our 17 clubs and support services are delivered weekdays, evenings, weekends, and school holidays, for children and young people, from birth to 25 years. Sessions take place in Basildon, Pitsea, Billericay and Brentwood, as well as out and about in the community throughout Essex and the London Borough of Havering.”

<https://southendmencap.org.uk/family-play-respite-club/> (Southend only)

“The Family Play & Respite Club provides sports, games, puzzles, arts and craft work and other activities for children aged 5 to 16 years with learning disabilities.”

<https://www.interact.org.uk/children-young-people/short-breaks>

“InterAct supports children & young people aged 8-18 with Special Educational Needs and/or Disabilities (SEND) to get out and about in the community: so they can have fun, try new activities, make friends, and develop new skills, whilst also giving parents/carers a break. InterAct offers after-school & evening activities, with term-time groups in Braintree, Chelmsford, Maldon, Colchester, and Tendring District, we go further afield for day trips & activities during school holidays and at weekends.”

<https://pop-essex.org/>

“Our SEND stay & play and respite sessions are held weekly in Braintree, Essex. We are currently operating out of the Braintree Mencap building in the town centre.” Ages 0-19

**Post 16**

<https://www.sharefound.org/stepladder-of-achievement>

15-25 money goes into their trust fund for them to complete this (aids employability as qualifications are achieved)

[Makin’ It | McDonald’s UK (mcdonalds.com)](https://www.mcdonalds.com/gb/en-gb/latest/makinit.html)

This is for children 13-16 to support with employability/ youthwork.

<https://careers.ba.com/work-experience>

British airways provide work experience/ school experiences.

<https://coachcore.org.uk/>

Offer sport Apprenticeships across the country for children who are NEET.

<https://www.barnardos.org.uk/who-we-are>

Can provide support for leaving care

<https://thinkforward.org.uk/about/where-we-work/>

Covers Kent, London, Nottingham and west midlands – NEET mentoring for 16-24

<https://www.citygateway.org.uk/outreach-neet/>

“Outreach NEET is an individually tailored support programme for young people aged 16-24 who are NEET (not in Education, Employment or training). We provide the training support they need to be able to access opportunities to ensure they can progress into education, employment and training. This is particularly targeted towards young people who are care leavers or are a looked after child, are homeless or at risk of homelessness, are a lone parent, are in debt, are a young carer, are involved in substance misuse or criminal activity. Outreach NEET is for anyone who meets the above criteria and lives in Camden, the City, Hackney, Haringey, Islington, Kensington & Chelsea, Lambeth, Lewisham, Southwark, Tower Hamlets, Wandsworth and Westminster. We will give you the skills, qualifications and experience you need to achieve your ambitions and start your career.”

<https://www.princes-trust.org.uk/about-us/our-research/the-power-of-potential-supporting-the-future-of-young-people>

“The Prince’s Trust supports young people aged 11 to 30 who face the greatest disadvantage and adversity to build confidence and develop essential life skills to get ready for work and access job opportunities. The Trust has helped more than a million young people across the UK, and three in four of those supported over the last five years have moved into work, education or training.

For more information on The Prince’s Trust please contact Niall Mann on niall.mann@princes-trust.org.uk / press@princes-trust.org.uk

or Helena Wysocki on Helena.wysocki@learningandwork.org.uk / 07856 687 133”

<https://www.cxk.org/news/cxk-launches-service-to-support-neet-not-in-education-employment-or-training-young-people-in-kent-medway-east-sussex-and-essex/>

“CXK has launched a new project to engage and provide individualised support to 16-24 year olds in Kent and Medway, East Sussex, Essex, Thurrock and Southend. Funded by the European Social Fund (ESF), Step Up will support young people that are NEET (not in education, employment or training) or at risk of becoming NEET. Step Up will address the rising number of 16-24 year olds claiming out of work benefits as a result of the pandemic. The programme will be led by CXK with support of delivery partners from across the south-east.”

<https://wearencs.com/>

“Founded in 2009 and given Royal Charter Body status in 2018, NCS (National Citizen Service) is the only dedicated public body for youth, and a key component of the Government's National Youth Guarantee. Through trips away from home, grant-funded programmes that take place in their community, and online experiences, young people can find their strengths and become world-and work-ready.

So far, over 800,000 young people have taken part in NCS experiences. Over 80% say that the experiences have given them a chance to develop skills that will be useful for the future, and 70% agreed that NCS builds their respect for diversity.

NCS is managed and supported by NCS Trust, our central team, who are constantly working to make sure we deliver the most impactful experiences we can to as many young people as possible. This is achieved by making sure everything we do, every day, adheres to our vision, mission and values.”

**Performing arts**

<https://www.livewiretheatre.co.uk/>

Primary and secondary and post 16 in harlow area (completely free)

<https://www.harlowrockschool.com/>

“Harlow Rock School is a youth music project established to support, motivate and empower young local people through a combination of music related and personal development activities. As well as the performances, young people are taught a variety of music related skills and gain a range of team building and problem solving abilities.” (free) ​

<https://www.harlowsteelband.co.uk/>

“Harlow Steelband offers young people (aged 11+) the chance to take part in weekly steel pan workshops. The band offers a very different musical ensemble to other local music groups as young people require no existing musical ability to join the band. Established in 2003 with the support of Harlow Council and London’s esteemed Ebony Steelband, Harlow Steelband offers free weekly classes to the young people of Harlow and surrounding areas. Harlow Steelband is a local charity, run by a group of volunteer trustees, and is for young people aged 11+. The aim of the Band is to give youngsters the chance to channel their time and energy productively, learn new skills, achieve a sense of purpose, whilst bringing together all abilities, ethnic and cultural backgrounds, and having fun. The Band is based at Bush Fair and meets every Monday evening 7.30pm-9.00pm (term time).”

**Football**

<https://officialsoccerschools.co.uk/colchesterunited/>

offer in school mentoring (Colchester)

<https://onesouthend.com/speaker/achievement-through-football/> (Southend only)

“ATF works with young people at risk of exclusion to provide a safe environment, increased opportunity and enhanced wellbeing. Our support for young people isn’t limited to sport, and our staff are far more than just coaches. By building a sense of community and teaching life skills through sport, art, heritage and culture, we have seen an positive impact on anti-social behaviour in the areas we work. Our partners include; schools, councils, probation, sports organisations and housing associations. Working with them, we deliver programmes for young people aged 5 to 11 and 12 to 24. Together we have built bridges between communities and increased cohesion.”

**Care Leavers**

<https://www.careleavers.com/>

The Care Leavers Association is a national user led charity aimed at improving the lives of care leavers of all ages. We bring together the voices and experiences of care leavers to support care leavers of all ages, improve the current care system and change for the better society’s perception of people in care. We work with individuals through our specific projects, campaigns, lobby and advocate for change at all levels of government and provide training and awareness for a range of organisations.

**Essex offers of support**

Each authority has a children in care council

<https://cicc.essex.gov.uk/>

“The Essex Children in Care Council runs several events and activity days as well as lots of meetings to have your say.

If you're interested in joining us, you can fill in an Expression of Interest form and we'll be in touch with more information.”

Youth service

<https://youth.essex.gov.uk/>

<https://youth.essex.gov.uk/young-people/find-a-youth-group/>

Find your local youth centre, click on link will provide – check with person who is running ask if the programme is still running.

<https://www.essex.gov.uk/children-young-people-and-families/independent-visitor-service>

This can be applied to via mosaic and requested by the social worker. This is where an adult is matched to a child in care to see them once every month to build a relationship this can be an ongoing relationship and sometimes continue after care.

<https://cicc.essex.gov.uk/news/proud-to-be-me-group/>

The involvement service in Essex provides a group for children from Ethnic minority backgrounds to attend. (proud to be me)

<https://www.essex.gov.uk/its-my-life-festival>

The children in care council run a festival each summer, each day is for a different sector of children in care.