



What's on in Colchester?

Jump Street hold support sessions for children and adults over age 4 with additional needs, trampolining a fun way to enhance:

- Social interaction
- Co-ordination
- Self-esteem and confidence
- Physical and mental wellbeing

[Click here to visit Jump Street's website.](#)



Disability 4 Sport offer something for everyone through their inclusive activities and they have a summer calendar of events.

[Click here to visit Disability4sport's website.](#)

FirstSite Holiday fun programme during the school holiday provides a fun day out for families. Includes:

- Free Art Pack
- Physical Activities
- A Free hot Lunch

[Click here to visit FirstSite's website.](#)

In Colchester, Clacton and Halstead...

Essex Professional Coaching (EPC)

provide fun football camps for all children aged 4 to 12 in the school holidays.

[Click here to visit the EPC's website.](#)

Summer SEND activities covering North East Essex (Colchester and Tendring districts).



Mercury Theatre have three SEND specific holiday activities:

- **Send Party Nights** for aged 7 to 14 on the last Friday of the month at 6:30pm (from 27th August to 29th October)
- **SEND Move and Groove** for aged 7 to 11 on Wednesdays at 4pm (starts 30th June for 4 weeks)
- **SEND Summer School** 4-day course for aged 7 to 12 10:30am – 3pm daily (starts 10th August)

[Click here to visit Mercury Theatre's website.](#)

Kidz Camp Essex offer fun and inclusive childcare for ages 4 - 12 years old during the School Holidays with a fun and educational element. They have four venues in Colchester, Rayleigh, Romford and Southend.

[Click here to visit Kidz Camp's website.](#)

Essex Outdoors offer action-packed day experiences in their centre throughout the school holidays for ages 8 to 16.



[Click here to visit Essex Outdoors' website.](#)

Ability Using Sport Hold a session on Tuesdays 6pm – 7pm throughout the summer holidays. Plus, they have two summer camps:

- Wednesday 28th July – 10:30am to 12:30pm
- Wednesday 18th August – 10:30am to 12:30pm

Contact: **Kevin** 07963602330 or **Sharan** 07900957872 to book.



Other Places to take note of ...

Home Start – Call: 01206 854625 **or**
Email: office@homestartcolchester.org.uk

Diddy Dance – Email:
charlotte.foxley@diddidance.com

Harwich Teen Talk –
Call: 01206 854625 **or**
Email: office@homestartcolchester.org.uk

Colchester United Fun and Food programme aims to engage children who usually receive free school meals. They provide:

- Physical Activity
- Social and Team Building Activities
- Healthy Breakfasts and Lunches.

Contact: FITC@colchesterunited.net or 01206 755 160

What's on in Manningtree?

Mistley Kids Club is an after-school and holiday club for children **aged 4 to 16** (18 if your child has any additional needs). Ofsted regulated and all staff are DBS checked.

[Click here to visit Mistley Kids Club's website.](#)

Families in Focus – Email:
helpline@familiesinfocusessex.org.uk
terri@fifessex.org.uk **or** Call: 07486381900

Young Carers/ Essex Youth Service –
Email: young.carers@essex.gov.uk

What's going on Essex Wide?

Active Essex - Essex County Council will be delivering the biggest ever summer programme across the county through our Essex ActivAte summer holiday activity and food programme. Over 5 weeks of the summer holidays we will be delivering **FREE** holiday activity for young people who are eligible for benefits based free school meals.



[Click here to visit the Active Essex's website.](#)

InterAct

InterAct have a range of support, activities and opportunities for both children and young people with SEND and their parents and carers.

They empower children, young people, parents and carers to make informed decisions allowing them to take control on the exercise and how it is provided.

[Click here to visit InterAct's website.](#)

