

## Special Guardian Network

### News and information for Special Guardian families in Essex

Dear Special Guardian,

The evenings are getting lighter, and the weather is finally getting warmer.

As always, we would like to keep you up to date with news and developments within the SGO Support Team. Please do contact us at any time, if you need guidance, advice, and support or to just share achievements of the children/young people with us.

Kind Regards  
SGO Support Team

### **It's My Life 2024 – Danbury Outdoors Friday 16th August - Save the Date**

We are pleased to announce that we will once again be holding the It's My Life event at Danbury Outdoors.

Time: Arrive from 10:15 – start 10:30am - 14:30pm  
The activities this year include will be confirmed soon.

- Teas and Coffee will be available throughout the day
- Crisps and snacks will be provided but please bring your packed lunch

Details of how to book will be sent out in due course.

### **Family Finance and Budgeting Course**

**This online course provides practical tips and strategies for creating and managing a family budget effectively.**

The course runs over 3 sessions, each session is 1.30 mins

Sessions include:

- Assessing Income / Budgeting /Financial Goal Setting
- Expense tracking / Money-Saving Strategies and Skills
- Debt management / Savings
- Family Communication and Collaboration

Everyone gets a Costa Coffee voucher to celebrate completing the course and an attendance certificate.

If they can't make some of the dates during the course, don't worry all our sessions are recorded and you can watch them later in your own time.

**To make a referral for the course please [email](mailto:clair.prior@essex.gov.uk) [clair.prior@essex.gov.uk](mailto:clair.prior@essex.gov.uk) with your name and contact details including your email address.**

### **Essex Family and Friends connected event – Save the Date**

We are pleased to announce that we will be holding our third event connecting all friends and family carers.

Date: Monday 23<sup>rd</sup> September 2024  
Arrive: 9:45am for coffee, 10:00am Start  
Finish: 2:30pm

Lunch will be provided.

Address: The Keene Hall Watchhouse Road, Galleywood, Chelmsford, CM2 8PT

Further details to follow.

### **Summer Picnic Dates August 2024**

**Harlow – Wednesday 7th August 11am to 1pm at Harlow Town Park,**  
Park Lane, Harlow CM20 2QQ. Meet at the café Park in School Lane.

**Canvey Island – Thursday 15th August 11am to 1.30pm at Northlands Park,**  
Pitsea, SS13 1SD

**Clacton – Friday 9th August 11am at Weeley Village Hall**, Clacton Road, Clacton-on-Sea, Essex, CO16 9DH

**Cressing – Friday 23rd August 11am to 1pm at Great Notley Country Park**, Great Notley, Braintree, CM77 7FS

**Basildon – Thursday 22nd August at 11.30am at Langdon Hills Country Park**, in Westley Heights, Langdon Hills, Basildon SS16 5LT

### Upcoming coffee mornings

The space of the Special Guardians’ coffee mornings may give you an opportunity to connect, share, and hopefully feel more supported by people going through a similar experience while creating a sense of community.

***Please be reminded that it is not appropriate for children to attend our coffee mornings, due to the adult content of some of the discussions.***

Area	Venue	Date and Time
Basildon	<b>From May 2024 until further notice the venue will be -</b> Trenham Community Centre Wilsner, Pitsea, Basildon SS13 1HN	Thursday 23 <sup>rd</sup> May and 20 <sup>th</sup> June 2024  <i>9.30am to 11.30am</i>
Clacton	Weeley Village Hall, Clacton Rd, Weeley, Weeley Heath, Clacton-on-Sea, CO16 9DH	Friday 10 <sup>th</sup> May and 7 <sup>th</sup> June 2024  <i>10am to noon</i>
Canvey Island	Leigh Beck Infant School, Point Road, Canvey Island, SS8 7TD	Thursday 16 <sup>th</sup> May and 13 <sup>th</sup> June 2024  <i>9.30am to 11.30am</i>
Cressing	St. Barnabas Church Hall, Claud Ince Avenue, Cressing, CM77 8HG	Friday 17 <sup>th</sup> May 2024 and 14 <sup>th</sup> June 2024  <i>10am to noon</i>

Harlow	<p><b>In May we will meet at the Harlow Park café at 10am</b></p> <p><b>June will be held at the usual venue of Woodlands Family Centre, 9 Peterswood, Harlow, CM18 7RJ</b></p>	<p>Please note new date for May <b>Wednesday 15<sup>th</sup> May</b> and 5<sup>th</sup> June 2024</p> <p><i>10am to noon</i></p>
Virtual	<p>Via Teams – link sent out the day before</p>	<p>Tuesday 7<sup>th</sup> May and 4<sup>th</sup> June 2024</p> <p>10am to noon</p>

## Training opportunities through Kinship Compass

Compass are an independent online information, advice, and support hub just for kinship carers run by Kinship. They offer a number of free workshops on the following topics:

- Understanding trauma and attachment in children workshop
- Better communication and the teenage years workshop
- Managing contact for kinship families – practical tools and tips workshop
- Building resilience and wellbeing in your kinship family workshop
- Preparing for sensitive conversations with kinship children workshop
- How to improve challenging behaviour workshop
- Managing contact for kinship families – the emotional journey workshop
- Overview of the EHCP and SEND process workshop
- Understanding trauma and attachment in children workshop

These are run online and for around 1 ½ hours and repeated often and different times of the day. These are all free. See their website for details of how to book on. <https://compass.kinship.org.uk/>

## Essex ActivAte May half term delivery

Essex County Council have now launched the bookings for our Essex ActivAte May half term delivery! See enclosed flyer for further details.

Our half term programme welcomes school aged children (4-16yrs) who are eligible for benefits based free school meals or from 'low income' working families, to book onto our activity clubs and enjoy physical activity, enrichment sessions and food education. Our smaller half term

programme is funded by Essex County Council, therefore less spaces are available and prioritised for children and families who require the extra support.

To book a place please visit:

<https://www.activeessex.org/children-young-people/essex-activate/>



## Contact Details

[sgo.support@essex.gov.uk](mailto:sgo.support@essex.gov.uk)

Tel: 03330139860

<https://www.essex.gov.uk/children-young-people-and-families/special-guardianship>

**Children & Families Hub: 0345 603 7627**

**After hours - Emergency Duty Team: 0345 606 1212**

Mon - Thurs 5.00pm - 8.45am and Fri 4.30pm - Mon 8.45am inc. Bank holidays

If you no longer wish to receive our newsletter, please let us know by emailing [sgo.support@essex.gov.uk](mailto:sgo.support@essex.gov.uk) and we will remove you from our mailing list.