



A Guide to
Warm Hubs
in
Tendring &
Surrounding Areas

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Clacton

Organisation/ Company Contact details	Services Available/ Hours
Action for Family Carers Clacton Green Lodge, 180 Old Road CO15 3AY Diana.Wood@affc.org.uk. 07702858650 Chris Vince Chris.Vince@affc.org.uk 07702858656	<u>Clacton Young Carers Club.</u> Every 3rd & 4th FRIDAY 4.30pm - 6.30pm
Tendring Time Bank, 30a St Osyth Road, CO15 3BW. 01255 317521	TUESDAYS TO FRIDAYS 10am - 2pm
CVST Community Café & Lunch Club, 99 Carnarvon Road, Clacton. CO15 6QA Call 01255 475913 and ask for Julie. <i>Lee.knight@cvstendring.org.uk</i>	Lunch Club: MONDAY – FRIDAY 12 noon. Meals must be booked before 10am on the day. Prices: Main meal – £4 .00, Pudding – £1.50, Tea & Coffee – 50p One SATURDAY a month: <u>Winter Hobby</u> <u>Hub</u> 5th Nov 3rd Dec 14th Jan 11th Feb 11th March
Green Lodge Youth Centre 180 Old Road, Clacton on Sea. CO15 3AY <i>Nikki Daniel</i> <i>Nikki.daniel@essex.gov.uk</i> 07584262908	Simply the Best A provision for young people aged 13-25 with SEND 6pm – 8pm weekly – MONDAYS
Green Lodge Youth Centre 180 Old Road, Clacton on Sea. CO15 3AY	Impact youth club Open drop-in youth café for ages 13-19. Various activities such as pool, Wii, cooking etc support and guidance with any issues affecting their lives 5pm - 7pm Weekly - TUESDAYS
Green Lodge Youth Centre 180 Old Road, Clacton on Sea. CO15 3AY <i>Fern Lovett</i> <i>Fern.Lovett@theouthouse.org.uk</i>	LGBTQ+ group 4pm – 6pm 2nd & 4th of the month - WEDNESDAYS
Green Lodge Youth Centre 180 Old Road, Clacton on Sea. CO15 3AY <i>Marie</i> <u>Marie.jervis@interact.org.uk</u>	Interact Session for young people with SEND 6pm – 8pm weekly - WEDNESDAY

<p>Green Lodge Youth Centre 180 Old Road, Clacton on Sea. CO15 3AY</p> <p><i>Nikki Daniel</i> Nikki.daniel@essex.gov.uk 07584262908</p>	<p>Drama Club A drama-based club for young people aged 13-19yrs (up to 25 with SEND) 4:30pm – 6:30pm weekly - THURSDAY</p>
<p>Green Lodge Youth Centre 180 Old Road, Clacton on Sea. CO15 3AY Sonia Shaljean Sonia@ladsneeddads.org</p>	<p>Lads Need Dads 6pm – 9pm 1st & 2nd FRIDAYS of the month</p>
<p>Embrace Salvation Army, 103 Old Rd, Clacton-on-Sea CO15 1HN tracy.dobbs@salvationarmy.org.uk</p>	<p>MONDAY – Breakfast - 9.30-11 Free - Drop-in for homeless and vulnerably accommodated clients</p>
<p>Pier Ave Baptist Church, Pier Ave, Clacton-on-Sea CO15 1NJ</p> <p>karenrai56@gmail.com</p>	<p>MONDAY – Food Cycle - vegetarian lunch - 12noon-1pm FREE - For anyone who wants to attend.</p> <p>THURSDAY - Enfold @ Pier Avenue Baptist Breakfast - 9.30-11am FREE _ For homeless and vulnerable people. Breakfast is provided and people to talk to. Peabody Housing is in attendance along with our own Parish nurse.</p>
<p>HOPE @ Trinity Methodist, Pier Avenue, Clacton-on-Sea, C0151NJ.</p> <p><i>Tel: 01255 688224</i> <i>Angela Shereni</i> ashereni@btinternet.com</p>	<p>Tuesday, Wednesday, Thursday, Friday – Packed lunch, hot food - 10.30-2pm FREE - For homeless and vulnerable people. We provide sandwiches, hot drinks, emergency clothing, shower, and laundry facilities.</p>
<p>St James Church, Tower Road, Clacton-on-Sea, CO151LE.</p> <p><i>Father Justin</i> frjustin@stjamesclacton.org.uk</p>	<p>TUESDAY-SUNDAY - 9am-7pm Church building is open if you're looking for a warm dry space</p> <p>TUESDAY - coffee morning with some second-hand goods - 9.30-12noon</p>

<p>Tel: 01255 429896</p> <p><i>Teresa Kemp teresakempapple@gmail.com</i></p>	<p>suggested donation of 50p - Open to anyone</p> <p>FRIDAY - Free- play, craft, and story Hot drinks, kids snack provided No charge 10-12 FREE - Babies, toddlers & carers</p> <p>SATURDAY - Soup, sandwiches, hot drinks. 7pm-8pm FREE - All welcome.</p>
<p>St Christophers Church, Jaywick, Meadow Way, CO15 2HR</p> <p><i>Father Justin frjustin@stjamesclacton.org.uk</i></p>	<p>WEDNESDAY - Free-play, craft, and story Hot drinks, kids snack provided - 10-12 FREE - Babies, toddlers & their carers</p> <p>THURSDAY - coffee morning Come for a cuppa and a natter. A craft group meets there also if you want to join in 9.30-11.30am Donations only - Open to anyone</p>
<p>Holland Baptist Church 145 Frinton Rd, Holland-on-Sea, Clacton-on-Sea CO15 5UR 01255 814617</p>	<p>THURSDAY - Toast, hot drinks, and lunch - 10am-2pm £3 for lunch</p>
<p>United Reformed Church Carnarvon Rd, Clacton-on-Sea CO15 6PH <u>Phone: 07854 640773</u></p> <p><i>Trevor Hahn trevormhahn@gmail.com</i></p>	<p>SATURDAY - Warm Hub 1st Sat each month Jan-April. Soup, sandwiches, hot drinks. 10-4 FREE - Open to all, food provided,</p>
<p>Redeemed Christian Church, Sadds Yard Skelmersdale Road CO15 6BP</p>	<p>SUNDAY - lunch and hot drinks-every other week FREE</p>

Jaywick

Organisation/ Company Contact details	Services Available/ Hours
<p>Extra Support for Families Jaywick Community Resource Centre. 01255 423388 jaywickcentre@gmail.com</p>	<p>Name of Group: Feel Good Friday Days: FRIDAY MORNING Times: 10am – 11.30am Activity: Peer support group, refreshments, activities, and the opportunity for a friendly chat. Any other information: Anyone can come along</p>
<p>Extra Support for Families Jaywick Community Resource Centre. 01255 423388 jaywickcentre@gmail.com</p>	<p>Name of Group: Parents 2b Days: TUESDAY MORNING Times: 10am – 11.30am Activity: Join us at a relaxed, friendly group where you can meet other parents & parents-to-be over a cuppa and biscuits. Information and support will be available on pregnancy and living with a small baby. You will have an opportunity to weigh your baby.</p>
<p>Jaywick Methodist Church, Junction of Crossways, and Golf Green Road 300 Jaywick Ln, Jaywick, Clacton-on-Sea CO15 2RE</p>	<p>Open House - 3rd WEDNESDAY of each month, 10.30am to 12 noon.</p>
<p>Signpost (Tendring) Unit 5, Jaywick Enterprise Centre, Loftus Way. CO15 2LU 01255 688 683</p>	<p>Activity: Access to public Wi-Fi, PCs to use for job search & training (limited to 2hrs if very busy) Any other information: i.e. - Adults only as no childcare facilities on site. If specific help is required (i.e., CV writing, help using a computer, etc), please call to book. MONDAY - FRIDAY - 9.30 - 3.30</p>

Walton

Organisation/ Company Contact details	Services Available/ Hours
Walton Library 52 High St, Walton on the Naze CO14 8AE	Baby & Toddler Rhyme time Walton Library EVERY MONDAY 2.15-2.45pm Rhymes and stories for babies and pre-school children Parents must attend
	Coffee Morning Walton Library EVERY THURSDAY 10am-noon Community Coffee Morning. Come in for a coffee/tea and a chat. Everyone welcome
	Walton Reading Group Walton Library FIRST WEDNESDAY OF THE MONTH 2-3pm Discuss the latest books with other booklovers Everyone welcome
	Knit and Natter Walton Library 4TH WEDNESDAY OF THE MONTH 2.30-3.30 Knitting and crochet group Beginners welcome. Bring own equipment
	Construction Play Walton Library EVERY SATURDAY 2-3.30pm Blocks and bricks available for children of all ages to play Parents must attend
	Family Story Time FIRST SATURDAY of the month, starting 5th November 10-10.45am

	<p align="center">Stories and crafts for children aged 3-7 Parents must attend</p>
<p align="center">Homelands free Church Garden Road Walton. CO14 8SJ <i>Phone: 01255 850165</i></p>	<p align="center">Hobby Pop in EVERY TUESDAY 1.30pm – 3.30pm Knitting, Crafting, just chatting – Adults only</p>
<p align="center">Homelands free Church Garden Road Walton. CO14 8SJ <i>Phone: 01255 850165</i></p>	<p align="center">Friendship Friday EVERY FRIDAY 10.00am – 12.00pm Doors open to all, pop in for a warm welcome and a hot drink, a biscuit, and a chat!</p>
<p align="center">YMCA Red Triangle Club, Portobello Road, Walton-on-the-Naze, CO14 8DP Paul Phillips <i>Paul.phillips@essex.gov.uk</i> <i>07789187720</i></p>	<p align="center">Walton Youth Club An open drop-in youth club for ages 11-19. Various activities include table tennis, craft, board games, and themed activities each week. 5-6:30pm WEEKLY - TUESDAY</p>
<p align="center">ALL SAINTS PARISH CHURCH High St, Walton on the Naze CO14 8BU <u><i>01255 675351</i></u></p>	<p>THURSDAY (1st & 3rd of month) 10:30-12noon CAMEO (Come and Meet Each Other) £1 <i>Contact: Lesley 01255 317614</i></p> <p>THURSDAY (4th of month) 12:30-4pm Home from Home (light lunch, games, crafts, worship) <i>Contact: Brenda 01255 677627</i></p> <p>FRIDAY (2nd of month) 2:30-4pm 3Ts (tea, talk, talents) with speaker £2 <i>Contact: Nina 01255 675690</i></p>
<p align="center">COASTLANDS CHURCH 13 High St, Walton on the Naze CO14 8BN <i>01255 677223</i></p>	<p align="center">TUESDAY 2-4pm Companions Cafe Coastlands Centre</p>
<p align="center">EMMANUEL CHURCH New Pier St, Walton on the Naze CO14 8EB <i>01255 851143</i> <u><i>01255 851179</i></u></p>	<p>THURSDAY 10-11:30am Coffee Morning <i>Contact: Denise 01255 851143 or Margaret 01255 676151</i></p> <p>THURSDAY (except 1st of month) 7-9pm Singing Group. Contact: Sarah 01255 851143</p> <p>THURSDAY (1st of month) 7-9pm Arty Crafty Group. Contact: Sarah 01255 851143</p>
<p align="center">HOMELANDS FREE CHURCH Garden Rd, Walton-on-the-Naze, Walton on the Naze CO14 8SJ Contact: Church Office 01255 850165</p>	<p>TUESDAY 1:30-3:30pm Hobby Pop-in (knitting & crafts)</p> <p>FRIDAY 10-12noon Friendship Friday (coffee & chat, including Repair Cafe for IT & DIY help)</p> <p>FRIDAY 12:30-2pm Community Lunch</p>

Frinton

Organisation/ Company Contact details	Services Available/ Hours
<p><u>Frinton Free Church</u> 2 Connaught Avenue, Frinton on Sea CO13 9PW</p> <p><i>Contact: Church Office 01255 679585</i></p>	<p>MONDAY, TUESDAY, THURSDAY, FRIDAY 9:30-12noon Oasis Community Cafe MONDAY (every other week) 2-4pm Arts & Crafts & Painting Group MONDAY 7:30-9pm Table Tennis Church Hall</p> <p>MONDAY 7:30-9pm Alcoholics Anonymous TUESDAY (2nd & 4th of month) 2-3:30pm Dementia Singing Group/Cafe (for cared for & carers) Church Hall</p> <p>WEDNESDAY 10-11:30am Welcome Break activity group for over 65s (invitation only) WEDNESDAY 10am-12noon Crochet Group WEDNESDAY 2-4pm Oasis Renew Wellbeing Cafe</p> <p>THURSDAY (1st of month) 11am Breast Cancer Support Group THURSDAY (1st of month) 7-9pm Survivors of Bereavement by Suicide (SOBS) Jackie 0793990846</p> <p>THURSDAY 7:15-9pm CO13 Choir £3/session</p> <p>FRIDAY 7:30-9pm Narcotics Anonymous SATURDAY (monthly) 8:30am Men's Breakfast Church Hall SATURDAY (monthly) All day Step by Step Walking Group</p>
<p>FRINTON METHODIST CHURCH Ashlyn's Rd, Frinton-on-Sea CO13 9ET</p> <p><i>Contact: Gill 01255 852131</i></p>	<p>MONDAY (3rd of month) 10am-12noon Prayer Shawl Group (knitting & crochet)</p>
<p>ST MARY'S PARISH CHURCH Old Rd, Frinton-on-Sea CO13 9BX</p> <p><i>Contact: Church Office 01255 679164</i></p>	<p>MONDAY (1st of month) 3-4pm 90s Social (for those in their 90s) Church Lounge WEDNESDAY 10:30am Wednesday Group (coffee & chat) Church Hall THURSDAY 2-4pm Knit & Natter Church Lounge</p> <p>SATURDAY (monthly) 8:30am Men's Breakfast Club Church Hall</p>
<p>CHURCH OF SACRED HEART & ST FRANCIS 114 Connaught Ave,</p>	<p>TUESDAY (2nd & 4th of month) 10-12noon Coffee Morning </p>

<p>Frinton-on-Sea CO13 9AD</p>	
<p>Frinton Library, 59 Old Road, Frinton on Sea, Essex. CO13 9DA</p>	<p>Name of Group: Frinton Coffee morning Days: EVERY FRIDAY Times: 10am-12 noon Activity: community coffee morning, come along for a cuppa and a chat. Any other information: All welcome, just turn up.</p>
<p>Frinton Library, 59 Old Road, Frinton on Sea, Essex. CO13 9DA</p>	<p>Name of Group: Make and meet Days: LAST FRIDAY in the month Times: 2- 3.30pm Activity: knitting/ crafts drop-in session. Share ideas/ skills. Bring along your latest project Any other information: adults, just turn up.</p>
<p>Frinton Library, 59 Old Road, Frinton on Sea, Essex. CO13 9DA</p>	<p>Name of Group: Baby and toddler Rhyme time Days: EVERY THURSDAY Times: 9.30am – 10am Activity: Rhymes and songs for the under 5's. Come along and make a friend or two Any other information: All under 5's and adults welcome</p>
<p>Frinton Library, 59 Old Road, Frinton on Sea, Essex. CO13 9DA 0345 603 7628</p>	<p>Name of Group: various book groups Days: Various days once a month Times: Various times Activity: Enjoy reading, come along to a book group to discuss a book with other readers Any other information: Adults only, please contact Frinton Library to go on the list.</p>

Harwich

Organisation/ Company Contact details	Services Available/ Hours
<p style="text-align: center;"><u>Home Start Harwich.</u> St Nicholas Hall, Stour Road. Harwich. 01255 556230</p>	<p style="text-align: center;">Baby Start Group, 10.00am - 11.30am Family Group -TUESDAY - 10.00am - 12.00pm Fun Start – THURSDAY - 10.00am - 11.30am Friday Friends – FRIDAY - 10.00am - 12.00pm Bobbitt’s Hole – SUNDAY - 10.00am - 11.30am</p>
<p style="text-align: center;">Home Start Harwich, Parkston Railway Club Hamilton St, Parkeston, Harwich CO12 4PQ 01255 507267</p>	<p style="text-align: center;">Parkston stay, play & learn- WEDNESDAY-10.00am - 11.30am</p>
<p>Youth Service. Vibe Youth Centre, Main Road, Harwich. CO12 4AH (On the same site as Mayflower Primary School) Paul Phillips <i>Paul.phillips@essex.gov.uk</i> 07789187720</p>	<p style="text-align: center;"><u>Harwich Home Ed Youth Club</u> 1.00pm - 3.00pm - – WEDNESDAYS</p>
<p>Vibe Youth Centre, Main Road, Harwich, CO12 4AH (On the same site as Mayflower Primary School) Fern Lovett <i>Fern.Lovett@theouthouse.org.uk</i></p>	<p style="text-align: center;">LGBTQ+ group 4pm – 6pm 1st & 3rd of the month - WEDNESDAY</p>
<p>Vibe Youth Centre, Main Road, Harwich, CO12 4AH (On the same site as Mayflower Primary School) Paul Phillips <i>Paul.phillips@essex.gov.uk</i> 07789187720</p>	<p style="text-align: center;">The Hub A drop-in session for 11–19-year-olds. Various activities include pool, air hockey, video games, art, sports, and more! 5:30-7:30pm Weekly - FRIDAY</p>
<p>Harwich Arts and Heritage Centre Mayflower Primary School <u>Address:</u> Main Rd, Harwich CO12 4AJ <u>Phone:</u> 01255 507131 <i>monique@harwichfestival.com</i></p>	<p style="text-align: center;">Warm Space every TUESDAY afternoon 1.00pm - 3.00pm This will be open to anyone interested. Offering somewhere warm to meet other people while having a hot drink, hoping to offer creative activities as well, possibly knitting items for people to stay warm at home.</p>

St Osyth

Organisation/ Company Contact details	Services Available/ Hours
The Hub, 1 The Lane, Manningtree, Essex CO11 1AW	Open FRIDAYS between 10am and 12.30pm

Great Holland

Organisation/ Company Contact details	Services Available/ Hours
GREAT HOLLAND METHODIST CHURCH Contact: Anne 07939 241160	THURSDAY 10:30-12noon Coffee Morning

Kirby Le Soken

Organisation/ Company Contact details	Services Available/ Hours
KIRBY EVANGELICAL CHURCH Contact: Sandra 01255 851851	FRIDAY 10:15-11:30am Coffee Morning
ST MICHAEL'S PARISH CHURCH	WEDNESDAY (1st & 3rd of month) 2-4pm Friendship & Interest Group (FIG) Church Hall Contact: Myra 01255 861486 THURSDAY (3rd of month, October to March) lunchtime Parish Lunch (please book in advance) Church Hall Contact: Dorothy 01255 671253

Brightlingsea

Organisation/ Company Contact details	Services Available/ Hours
<p>Age Well East www.agewelleast.org.uk</p>	<p>Venue: The United Church, chapel road, Brightlingsea, CO7 0HF Days: Brightlingsea every 4th THURSDAY of the month Friendship club, they have board games, colouring, chatting, flower arranging with tea and coffee and it's also dementia friendly</p>
	<p>Name of Group: Brightlingsea Reading Group Venue address: Brightlingsea Library Days: 3rd TUESDAY of the month Times: 2-3pm Activity: book group Any other information: open to other people but limited numbers</p>
	<p>Name of Group: Baby and Toddler Rhyme time Venue address: Brightlingsea Library Days: WEDNESDAY Times: 9.30-10am and 10.30-11am Activity: Songs, stories and rhymes Any other information: parents must attend, sessions can be booked or just turn up on the day, for all pre-schooled aged children</p>
	<p>Name of Group: New Baby and You Venue address: Brightlingsea Library Days: FRIDAYS Times: 2-3pm Activity: social group for new mums with babies up to a year old, with sensory toys for the babies to play with. Any other information: no need to book, just turn up</p>
	<p>Name of Group: Block builders club Venue address: Brightlingsea Library Days: SATURDAY Times: 2-4pm</p>

	<p>Activity: block building for children with Lego bricks for older children and Duplo for younger children</p> <p>Any other information: children under 8 must be accompanied by an adult, no need to book can just turn up</p>
	<p>Name of Group: Family Fun and Games</p> <p>Venue address: Brightlingsea Library</p> <p>Days: SATURDAY</p> <p>Times: 10.30-11am</p> <p>Activity: Board games for the whole family to enjoy</p> <p>Any other information: Open to all families, children under 8 must be accompanied by an adult, no need to book can just turn up/drop in</p>

Posters

The Clacton Social S.I.T.E



Winter Hobby Hub



New adult social group, Great way to meet new friends whilst doing something you enjoy. Bring your own Hobby, such as Diamond Art, Painting by numbers, Mandala Colouring, Knitting or Crochet etc,

10am - 12.30pm
One Saturday a Month

**5th Nov, 3rd Dec, 14th Jan*,
11th Feb, 11th March**

At The CVST Community Café & Lunch Club

99 Carnarvon Road, Clacton. CO15 6QA

Parking is permitted for 3 hours in parts of Wellesley Road - check road signs

Free to attend, includes Tea / coffee, Feel free to bring your own lunch.

Please do not bring any messy craft items such as glitter, acrylic paints etc

Winter Months only

**14 Jan session will be held at Imperial House, 20-22 Rosemary Road, Clacton CO15 1NZ*



Clacton Young Carers Club

Free event every 3rd and 4th Friday of the Month

Are you aged 8 to 18?

Do you care for a family member?

Food and refreshments provided

Starts Friday 16th September

4:30PM – 6:30PM

Please Email

Diana.Wood@affc.org.uk

Or call **07702858650**

For more information



Junction of Crossways and Golf Green Road

Jaywick
Methodist
Church
invites you
to

An Open House on Wednesday 19th
October from 10.30am to 12 noon.

A warm place to have tea or coffee with a biscuit and a good chat. Come on your own and make friends, or come with your friends and meet others.



We shall have Open House on the
3rd Wednesday of each month—

- 19th October 2022
- 16th November 2022
- 21st December 2022
- 18th January 2023
- 15th February 2023
- 15th March 2023



Free Help & Advice With:

- **Finding and Getting Work**
- **Your Community Group**
- **Computers and the Internet**

*Helping you to move forward through Individual and
Community Development.*

Phone: 01255 688683

*Or call in and see us:
9.30 - 3.30 Mon - Thurs*

Home-Start Harwich WEEKLY GROUPS



For more information
contact
Home-Start Harwich
01255 556230

BABY-START GROUP

10-11.30am at St Nicholas Hall, Stour Road, Harwich

For parents with a baby who is not yet independently mobile

50 weeks a year

TUESDAY — FAMILY GROUP

Attendance is by invitation only for families needing extra support.

10—12.00 at St Nicholas Hall, Stour Road, Harwich.

50 weeks a year.

The session is well supported by staff and volunteers enabling families to receive focused advice and assistance.

WEDNESDAY — PARKESTON STAY, PLAY & LEARN

10—11.30 at the Parkeston Railway Club.

Weekly during term time.

Open to all families with a child under 5 years.

THURSDAY — FUN START

10—11.30 at St Nicholas Hall, Stour Road, Harwich.

50 weeks a year.

No need to book. Open to all families with a child under 5 years.

Offers indoor and outdoor activities in line with Big Hopes Big Futures.

FRIDAY — FRIDAY FRIENDS

10-12,00 at St Nicholas Hall, Stour Road, Harwich. Sessions MUST be booked. By calling 01255556230. The sessions run weekly during term time, The group provides a safe, friendly environment, outside of stay & play groups and courses.

The focus of the group are the needs of the parent, helping to build their self-esteem, confidence and resilience. Developing a friendly support network by meeting other parents over a nice cup of tea or coffee and piece of cake.

BOBBITS HOLE—OUTDOOR EXPLORERS

10-11.30am At Bobbits Hole Nature Reserve (entrance ASDA car park)

Outdoor activities for families with a child under 5 years

ALL OUR GROUPS ARE FULLY FUNDED AND FREE TO PARENTS

**YOUTH
SERVICE**

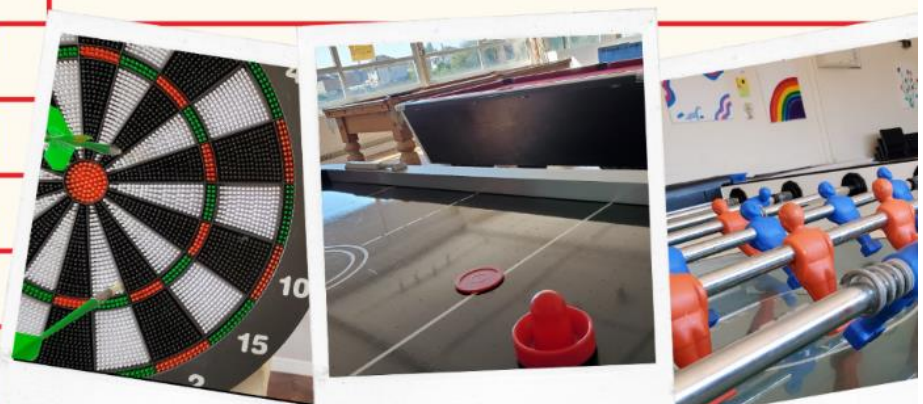
Inspire
Enable
Achieve

HARWICH HOME ED YOUTH CLUB

**Wednesdays
1-3pm**

*A space to relax,
play games, and
take part in a
range of
activities.*

Vibe Youth Centre, Main Road, Harwich, CO12 4AH





Join like minded parents to help you to feel good!

There will be refreshments, activities and monthly guest speakers to help you improve your emotional wellbeing.

Every Friday
Jaywick Community Resource Centre
10am—11.30am

For more info contact EXTRA on **01255 475001** or just drop in anytime.



Email: admin@extrasupportforfamilies.co.uk



www.extrasupportforfamilies.co.uk

extra SUPPORT FOR FAMILIES

A Charitable Incorporated Organisation
Registered in England No: 1158891
Currently funded by:



LOTTERY FUNDED



Essex County Council



The Henry Smith
Charity
Founded in 1828



Parents2B & parents with young babies



Join us at a relaxed, friendly group where you can meet other parents & parents-to-be over a cuppa and biscuits.

Information and support will be available on pregnancy and life with a young baby. You will also have an opportunity to weigh your baby.



Find out about Home-Start issued shop vouchers or donations for you and your baby



Every Tuesday, 10am – 11.30am
Jaywick Community Resource Centre
CO15 2JP

Run in partnership with Home-Start Colchester
Bookable Assisted Self weigh-in provided by Essex Child and Family Wellbeing Service
(Please call 0300 247 0015 to book an appointment)

For more info or to book a place contact EXTRA on **01255 475001** or



Email: admin@extrasupportforfamilies.co.uk



www.extrasupportforfamilies.co.uk

extra SUPPORT FOR FAMILIES

A Charitable Incorporated Organisation
Registered in England No: 1158891

Funded by:



Suffolk and
North East Essex
Maternity and
Neonatal Services

You are Welcome!

Your local churches would love to welcome you to any of these weekly activities. Feel free to contact us for more information

FRINTON

CHURCH OF SACRED HEART & ST FRANCIS

Tuesday (2nd & 4th of month) | 10-12noon | Coffee Morning | St Cedd's Hall, Old Road

Contact: Jane | 01255 678741

FRINTON FREE CHURCH

Monday, Tuesday, Thursday, Friday | 9:30-12noon | Oasis Community Cafe

Monday (every other week) | 2-4pm | Arts & Crafts & Painting Group

Monday | 7:30-9pm | Table Tennis | Church Hall

Monday | 7:30-9pm | Alcoholics Anonymous

Tuesday (2nd & 4th of month) | 2-3:30pm | Dementia Singing Group/Cafe (for cared for & carers) | Church Hall

Wednesday | 10-11:30am | Welcome Break activity group for over 65s (invitation only)

Wednesday | 10am-12noon | Crochet Group

Wednesday | 2-4pm | Oasis Renew Wellbeing Cafe

Thursday (1st of month) | 11am | Breast Cancer Support Group

Thursday (1st of month) | 7-9pm | Survivors of Bereavement by Suicide (SOBS) | Jackie 0793990846

Thursday | 7:15-9pm | CO13 Choir | £3/session

Friday | 7:30-9pm | Narcotics Anonymous

Saturday (monthly) | 8:30am | Men's Breakfast | Church Hall

Saturday (monthly) | All day | Step by Step Walking Group

Contact: Church Office 01255 679585

FRINTON METHODIST CHURCH

Monday (3rd of month) | 10am-12noon | Prayer Shawl Group (knitting & crochet)

Contact: Gill | 01255 852131

ST MARY'S PARISH CHURCH

Monday (1st of month) | 3-4pm | 90s Social (for those in their 90s) | Church Lounge

Wednesday | 10:30am | Wednesday Group (coffee & chat) | Church Hall

Thursday | 2-4pm | Knit & Natter | Church Lounge

Saturday (monthly) | 8:30am | Men's Breakfast Club | Church Hall

Contact: Church Office 01255 679164

GREAT HOLLAND

GREAT HOLLAND METHODIST CHURCH

Thursday | 10:30-12noon | Coffee Morning

Contact: Anne | 07939 241160

KIRBY-LE-SOKEN

KIRBY EVANGELICAL CHURCH

Friday | 10:15-11:30am | Coffee Morning

Contact: Sandra | 01255 851851

ST MICHAEL'S PARISH CHURCH

Wednesday (1st & 3rd of month) | 2-4pm | Friendship & Interest Group (FIG) | Church Hall

Contact: Myra | 01255 861486

Thursday (3rd of month, October to March) | lunchtime | Parish Lunch (please book in advance) | Church Hall

Contact: Dorothy | 01255 671253

WALTON

ALL SAINTS PARISH CHURCH

Thursday (1st & 3rd of month) | 10:30-12noon | CAMEO (Come And Meet Each Other) | £1

Contact: Lesley | 01255 317614

Thursday (4th of month) | 12:30-4pm | Home from Home (light lunch, games, crafts, worship)

Contact: Brenda | 01255 677627

Friday (2nd of month) | 2:30-4pm | 3Ts (tea, talk, talents) with speaker | £2

Contact: Nina | 01255 675690

COASTLANDS CHURCH

Tuesday | 2-4pm | Companions Cafe | Coastlands Centre

Contact: 01255 677223

EMMANUEL CHURCH

Thursday | 10-11:30am | Coffee Morning

Contact: Denise | 01255 851143 or Margaret | 01255 676151

Thursday (except 1st of month) | 7-9pm | Singing Group

Contact: Sarah | 01255 851143

Thursday (1st of month) | 7-9pm | Arty Crafty Group

Contact: Sarah | 01255 851143

HOMELANDS FREE CHURCH

Tuesday | 1:30-3:30pm | Hobby Pop-in (knitting & crafts)

Friday | 10-12noon | Friendship Friday (coffee & chat, including Repair Cafe for IT & DIY help)

Friday | 12:30-2pm | Community Lunch

Contact: Church Office 01255 850165