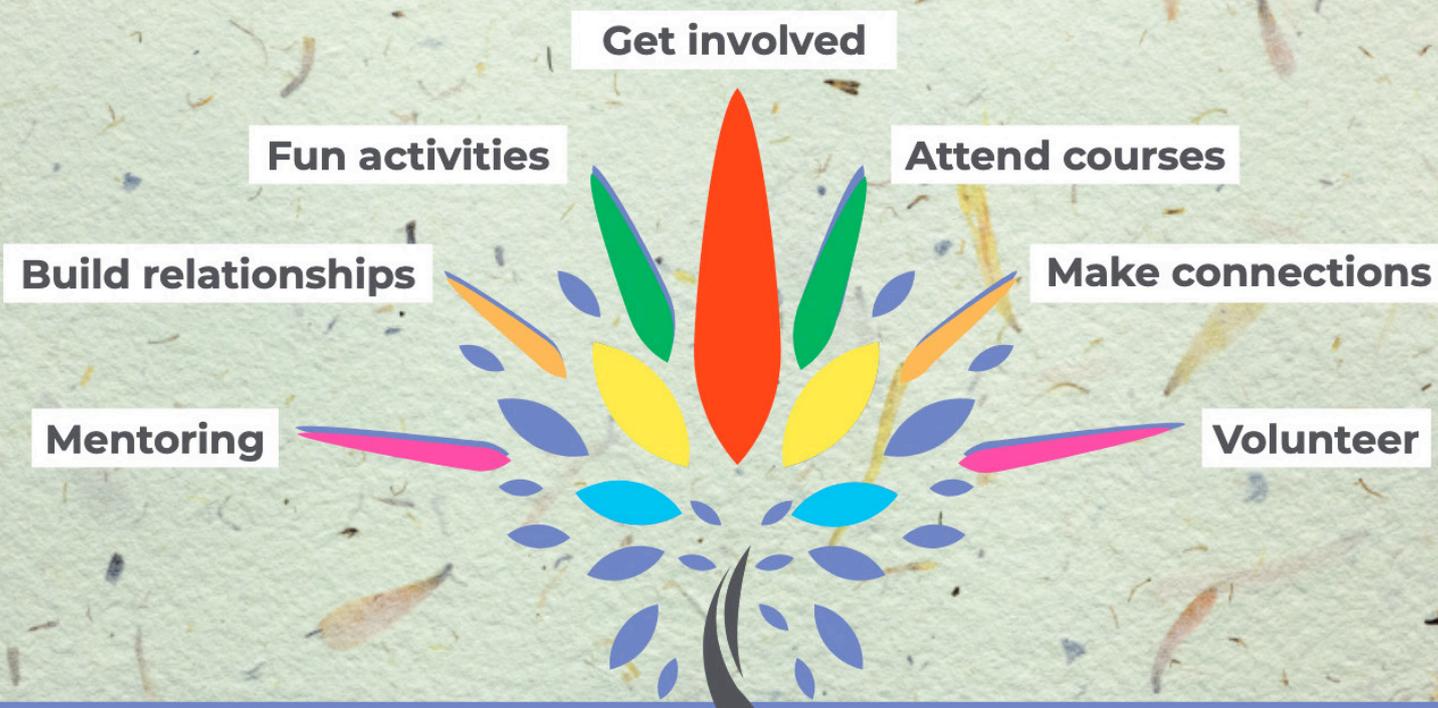


# Essex Family Support Service

## E-Bulletin November 2020



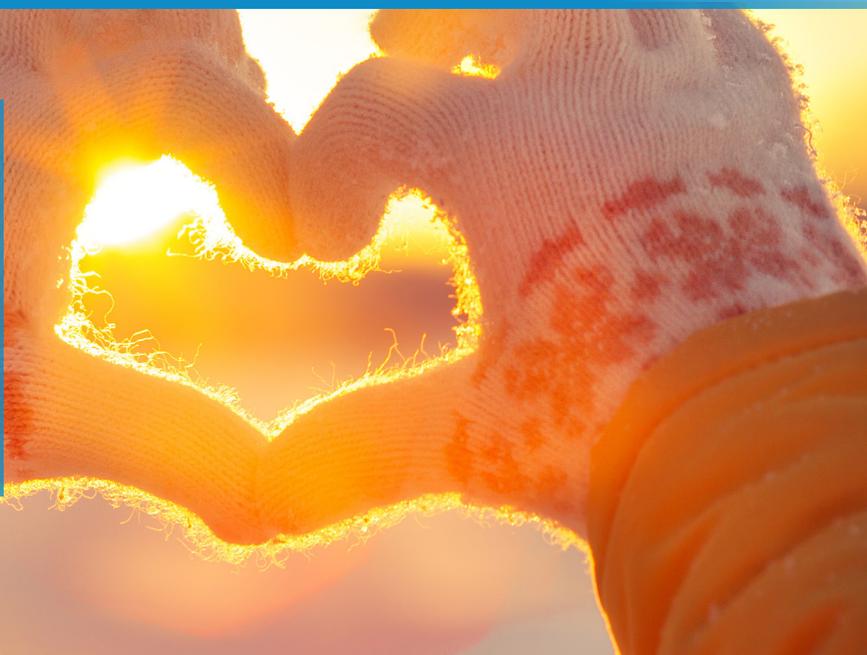
**Community360** are working in partnership and collaboration with other charities and groups across Essex to deliver this Service as part of the wider Essex Child and Family Wellbeing Service. We've partnered with Virgin Care and Barnardo's and want to provide as much support as we can to you and your family.

Our team of staff & volunteers are here to provide one to one support for you & your family. For details on how to refer to our service, see the last page of this bulletin. We look forward to hearing from you.

## Focus on

## Winter Wellbeing

The winter months are not everyone's favourite time of year and with Covid happening too we hope this issue will have something to help brighten the days ahead.





## November is #VegPledge month!

Try having a complete break from or cutting down your meat consumption for your family's health, animal welfare, the climate or all three! You can also raise money for charity while you're at it.

[Click Here >](#)

## Bonfire Night

Sadly, most public displays in Essex are cancelled this year. But even if you don't have garden space for your own family fire, you can still create your own Guy Fawkes night fun with apple bobbing and hot chocolate, firework crafting and how about watching your neighbours' fireworks from your trampoline den!

[Click Here >](#)

And here are some mouthwatering bonfire night vegan recipe ideas to fit with **#VegPledge**

[Click Here >](#)



## Banish the winter blues

Shorter days can affect mood, but making the effort to wrap up and get out into nature helps, whether town park, local woodland or a walk on the beach. This has a direct physiological effect, improving mental and physical health in numerous ways including strengthening our immune systems



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Essex**

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Futures**



Offer free therapeutic places for young people needing emotional and mental health support

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# Indoor activities

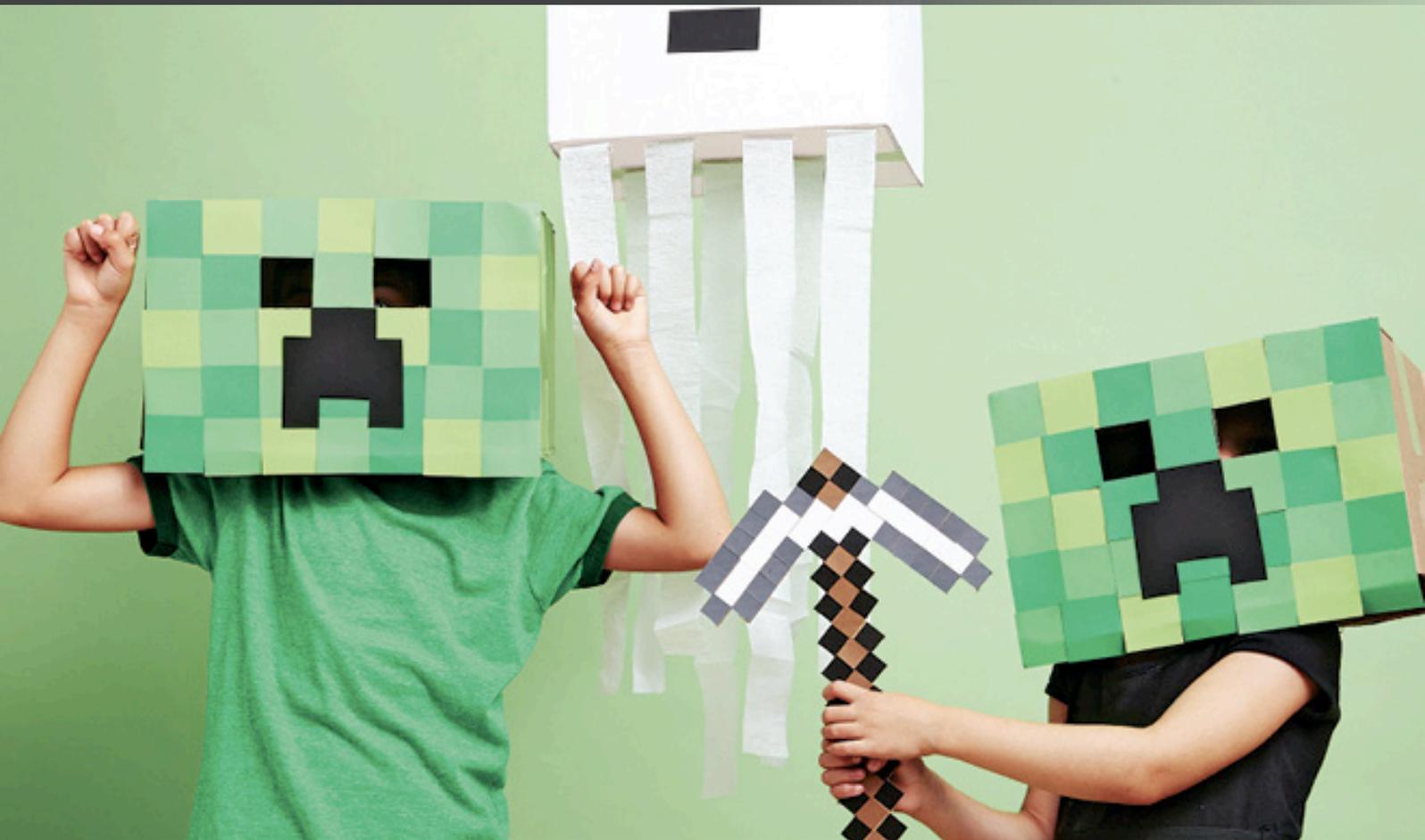


PHOTO: TONY LANZ

The Today's Parent website is packed with ideas to keep everyone from gamers to nature nuts happy. Here are some crafty pixelated masks, pickaxes and more ideas that Minecrafters will find hard to resist.

[Click Here >](#)



## #VegPledge

Whether or not you have a go at the [#VegPledge](#), growing your own fresh nutritious food all year round is easy and children will love sprouting seeds in a jar for snacking on or cooking with. If you have a garden you could sow some broad bean seeds or plant garlic this month for harvest next year!



# Get in touch!

Please let us know what you would like to see in the next edition.  
How can we help you and your family?

**You can call us on:**  
**T: 01206 505 250**

**Or you can email us at:**  
**E: [families@community360.org.uk](mailto:families@community360.org.uk)**

**You can also find us online:**

**f [community360org](https://www.facebook.com/community360org)**

**@community360org**

**W: [www.community360.org.uk](http://www.community360.org.uk)**