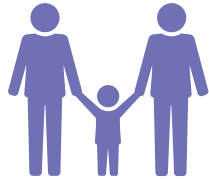
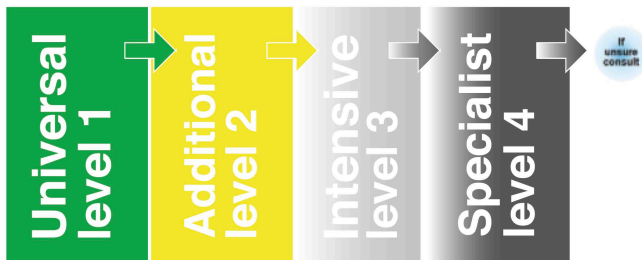


# What is The Essex family Support Service?



Community360 are working in partnership and collaboration with other Voluntary and Community Sector organisations across Essex to deliver this Service as part of the wider Essex Child and Family Wellbeing Service.

Our aim is to assist families in supporting and developing their family unit (as defined by the family). Services provided for families will focus on Levels 1 & 2 (Universal and Additional Early Help) of the Essex Effective Support Windscreen (Essex County Council).



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

The EFSS uses a strengths based approach when working with families to support them to improve their overall wellbeing and resilience. By capitalising on existing family assets and also exploring other professional & community sources of support we are able to:

- Support families & young people to make safe choices that promote positive wellbeing
- Support families & young people to develop and retain positive relationships
- Support families & young people to link in with their peers/communities



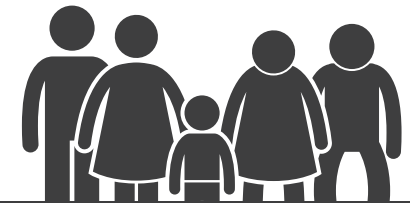
## Areas we can offer support on include:

- Signposting to a wide range of services that fit the needs of the family. Such as wellbeing support, volunteering or training opportunities
- Supporting family members to build their confidence and enable them to actively participate in meaningful activities within their community
- Accessing volunteer family mentoring for up to 10 weeks – see overleaf for more details



## Access to the service:

- Service will provide support to families with school aged children aged 8 – 19 who are not receiving support from specialist and statutory services
- The family Support Service will be delivered across Essex, excluding the unitary boroughs of Southend and Thurrock
- Access to the service will be via a Single Point of Access



**E: [families@community360.org.uk](mailto:families@community360.org.uk)**  
**W: [www.community360.org.uk](http://www.community360.org.uk) T: 01206 505 250**



## Other services provided by Community360

Community360 have links with a multitude of organisations and groups across the county of Essex to deliver other related services. Examples are:

### Social Prescribing

Social Prescribing is an approach that connects people to voluntary and community services, volunteering as well as providing support with health conditions and encouraging self-care. In North Essex, this is achieved through a personalised service known as My Social Prescription™ Throughout the rest of Essex, the Family Support Service will link with relevant Social Prescribing services.



## TimeBank Network Essex

SHARING TIME, SKILLS & TALENT

In Essex, Community360 leads a partnership of Time Banks across the county who can exchange time and skills within each locality and across borders. These exchanges can involve practical skills such as DIY or gardening, sewing, learning a new language to playing scrabble with someone and sharing a cup of tea.

For more information about these and the work of Community 360 please visit <https://www.community360.org.uk/>



### Volunteers wanted!

As a volunteer you could be supporting a family by:

- Build on their existing strengths
- Offering encouragement when times get tough
- Making and eat a meal together
- Getting into a routine
- Doing an activity together as a family

**To find out more please contact:**  
**E: [families@community360.org.uk](mailto:families@community360.org.uk)**

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Charity Number: 04426567 Registered Charity Number: 1092567

# The Essex Family Support Service

Information for referrers

