

The Edith Borthwick School

Moving On and Destinations

Directory



Contact information

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Telephone: 01376 529300

“Explore your options – shape your future”

As a school we strive to offer impartial advice and guidance which aims to support young people and their families to find the most suitable and fulfilling post 19 placements. We do not endorse any of the following facilities or services and remain objective in our mission to support each individual in the best way for them. We acknowledge that this is not a complete directory of all the services available and suggest that families do their own research alongside the support and information we offer

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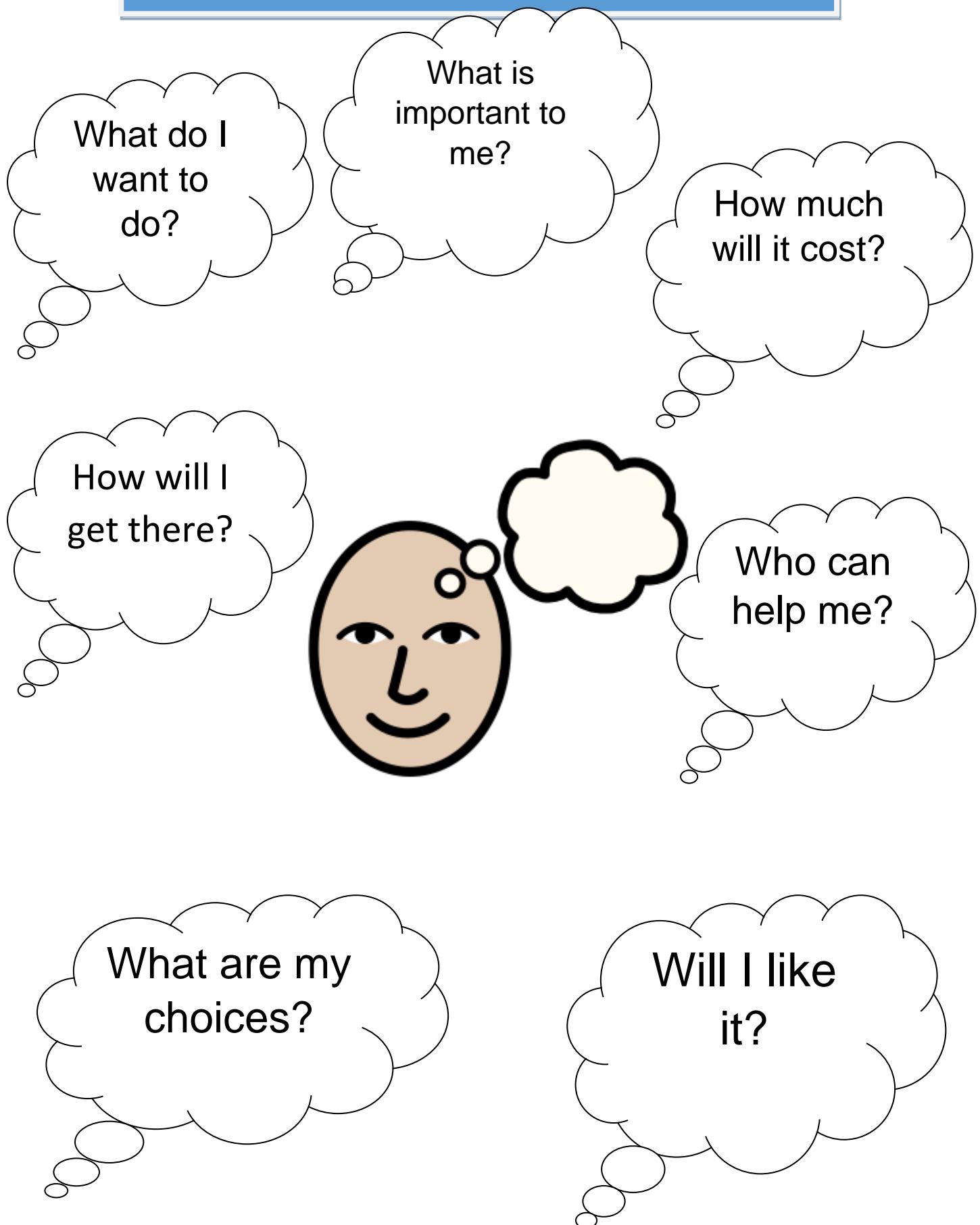
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Wherever your path begins, speak to your Careers Leader or Local authority Careers Advisor for personalised support to help you find what works for YOU!



Day Provisions



Hawk Farm Resort is an education provider for young adults with complex needs, providing activities and respite care for young adults with learning disabilities in Essex.

Hawk Farm is a new activity farm based in Weeley, Essex. We offer a wide range of activities and workshops for young adults with learning disabilities, families, schools and so much more. Some students are ready for a different approach to learning and we believe that individuals can achieve and progress by becoming more active on the farm, engaging more with nature and wildlife and start to improve personal health and wellbeing. Code of practice - at hawk farm our code of practice provides quality assurance for students, commissioners and families. We work closely with YOU to help you gain outcomes and long term targets.

It's true to say that Hawk Farm has equine assisted learning at the heart of what it does but it certainly is not the only service it can provide. It's diverse and professional workforce bring a multitude of talents which allows us to offer students a whole range of activities to allow them to work on their own specific learning goals. In fact we are adding weekly to our portfolio of sessions as our customer base grows.

Activities Outside

Boot camp, wigwam and shelter building, bush craft, outside sports, archery, gardening, Animal care, farming, Pear orchard, camping, team building and problem solving, bird boxes, wildlife projects, horticultural and equine sensory sessions.

Inside

Life skills cooking or creative cooking, arts and craft, clay pottery, health and fitness, dance, table tennis, computers, Inside animal care and tropical insect care, young enterprise, drama and music.

Awards and courses

Duke of Edinburgh awards bronze, silver and gold

Gateway award

Food hygiene and first aid courses

NVQ level one in horse care/animal care

Email: info@HawkFarmResort.co.uk Telephone: 07391 079312

Hawk Farm, Hawk Lane, Weeley, Essex, CO16 9AF. Website : <https://hawkfarmresort.co.uk/>



A charity based in Clacton-on-Sea, championing health and wellbeing across all ages.

Through therapeutic gardening, inclusive life skills training, and dementia-friendly environments, Sailship provides person-centred pathways for mental health recovery, personal growth, and social connection. With a focus on individuals with learning disabilities and the wider community, Sailship empowers participants to heal, flourish, and lead purposeful lives - growing a friendship between people, place, and possibility.

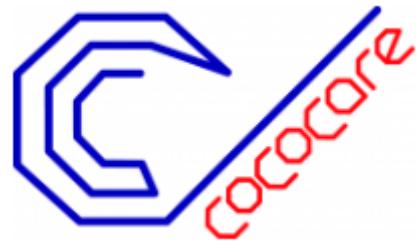
Sailship TLL caters for learning disabled adults and/or adults who have a mental health support need, aged 18+ who wish to develop work skills and life skills, towards further training, employment or volunteering - and for others, affords opportunity for social interaction and psychological health improvements through its social and therapeutic provisions.

Sailship's overall purpose is to enable adults (18yrs+) with a learning disability, or mental health support need and young people with SEND (Special Educational Needs Disabilities) to achieve and maintain their potential in relation to physical, intellectual and emotional wellbeing. The overall direction is based on offering people the opportunity to use personal qualities and abilities to make a valued contribution. In particular, for some, the choice to pursue job and career paths – paid or unpaid/voluntary, that match individual interests and skills, following appropriate work skills training and career guidance.

Phone: 01255 879623 Email: info@sailship.org.uk

Website: <https://www.sailship.org.uk/>

Site Address: Sailship TLL, RGAT Allotment Site, Fairclough Avenue, Clacton-on-Sea, CO16 7EG



At present, we offer a choice of between three and six workshops per day. We have specialised sessions that people can sign up to, which concentrate on the 5 different areas that CoCoCare support. Namely:

Monday – Sports Adventure

Tuesday – Employability

Wednesday – Performing Arts

Thursday – Personal and Social Development

Friday – CoCoCreatives

In addition to our specialist programmes, we still provide a varied range of activities and leisure days that incorporate all of these areas and are designed around the group, meaning there will always be lots on offer to interest and develop everyone!

Phone: 01206 912021. Email: beth@cococare.co.uk Website: <https://cococare.co.uk/>
CoCoCare Ltd. Milestone (old church), 2 London Road, Lexden, Colchester, Essex, CO3 4DE



We are a highly trained, family run facility. With our skilled, experienced care staff, we give encouragement and support to working age adults in an exciting format to enable them to push themselves further than they have before. With a choice of two morning activities every day and full input into where we access the community, the day service provides reassurance and dependability to our families.

The working farm group is designed to feel like a work placement. Our service users are working through outcomes to ensure that they become knowledgeable and confident both working with animals and maintaining the farming environment.

We provide dedicated staff, modern transport and a purpose built farmhouse. Everything you need to feel reassured and safe both in the farmhouse and whilst accessing the community.

We offer a truly flexible service to meet all of the users personal outcomes as well as meeting the needs of the carers. We can provide transport, a light lunch and entrance into our program of planned activities. Everyone is encouraged to do as much as they possibly can with the support to meet their assessed needs. Working as a team and on an individual basis we hone the users existing skills with:

- Animal Care – cleaning out, changing bedding, watering and feeding.
- Cooking and Baking – making meal choices, cooking, finding ingredients, meal preparation, remembering meals, safe use of the cooker and utensils, cleaning and washing up.
- Gardening – safe use of equipment, planning, weeding, planting, watering and composting.
- Using Money – budgeting, recognising cost, using tills.

We encourage community inclusion and access community facilities in a planned variety of daily activities during the week. We undertake sporting activity days such as Bowling, Football, Golfing, Rowing, The Discovery Centre, Swimming, Tennis, and Walking Trails. Access educational facilities such as museums and factories, as well as recreational activities such as cinemas, eating out, train journeys and pottery. Animal based days such as visiting farms, animal sanctuaries and rescue centres.

All service users are supported to participate in choosing where we go and what we do and this is scheduled in as a planned activity, they then choose their favourite meal and help to buy it, make it and serve it to the others and staff.

Tel: 07510 055378 Email: yarraserviceslimited@hotmail.com Website:
<https://yarraservices.co.uk/>
Yarra Services, Stanway Green, Heath Road, Colchester, CO3 0RA



At Bright Lives we aim to provide engagement through a wide choice of enjoyable activities.

These are personalised to meet the desired outcomes of the individual and available at different times of the day to meet your requirements. We will also be able to create your own individual "learning style by developing person centred training plans". We practice current skills and explore new and emerging skills within the workshops.

We encourage time to relax and chat with friends as part of the structured day, as social contact is very important for forming and maintaining relationships with friends and colleagues. We are dedicated to providing you with the best quality of care whilst maintaining the focus on supporting you to achieve your personal development goals. Bright Lives offers a caring and safe environment with a high ratio of trained, qualified and experienced staff offering a person centred service where people are motivated to progress in a structured progressive way.

Email: enquiries@brightlives.org.uk Tel: 01206 615165 Website: <http://www.brightlives.org.uk/>

Charter House, 117 Greenstead Road, Colchester, CO1 2ST



Penny Meadow Skills & Sensory Centre offers daytime services, including active and respite support tailored for adults with learning disabilities and communication needs. Our dynamic day service empowers people to pursue their personal goals through a variety of engaging activities.

Based in Colchester, our centre provides workshop-based learning alongside community-based initiatives such as work experiences, volunteering, and outreach projects. Our dedicated team of day service facilitators ensures personalised support, whether through small group sessions or individualised attention.

Operating Monday to Friday from 10 am to 3 pm, Penny Meadow offers a diverse range of workshops and activities aimed at fostering life and work-related skills essential for personal growth. At the heart of our centre is a commitment to personal choice and empowerment. Through regular feedback sessions and 'You Say, We Listen' meetings, people supported actively shape their experience and contribute to the centre's ongoing development.

Email address: Penny.meadow@achievetogether.co.uk Phone number: 01206 616164
Penny Meadow Centre, 67 London Road, Marks Tey, Colchester, CO6 1EB



ECL Braintree Learning Disabilities Day Centre ensures that your needs are met in a personalised and flexible way so that you can live as independently as possible in your local community

We're here to help you have the choice and control to live your life to the full. Through a flexible programme of community and centre based activities we support you to develop your physical, cognitive, and emotional wellbeing.

Our highly skilled staff create a warm, happy and positive atmosphere and receive extensive training to enhance the support they provide to you.

Local Community

Our centre is situated a 10 minute walk from Braintree town centre, giving us plenty of opportunities to integrate with our local community. We regularly access the cafes, pubs, restaurants and local library there.

We have a beautiful riverside walk near to the centre and a local public garden where we can get our daily exercise and fresh air.

There is a bus stop directly outside of the centre which allows us to practise getting public transport and pay visits to Halstead and Witham.

Centre-Based Activities

Our customers are involved in the planning of a weekly therapeutic programme of activities at our day centre. You will be encouraged to choose your activities based on your personal interests and the goals you wish to reach.

There are signing stars sessions for those who enjoy singing, want to build their confidence, or improve their makaton sign language.

'Shop and Cook' and baking are popular activities amongst those who want to practise their independent living skills, and you will have the opportunity to follow a certified ASDAN programme in independent living.

We have many arts and craft sessions when you can explore your creative side and learn about important dates and events in the calendar.

Other activities on offer include musical bingo, karaoke, quizzes, and a film club on a Friday afternoon

Telephone: 0333 013 5438 Email: ECL.ContactCentre@essexcares.org

Turnpike Place, Braintree, Essex, CM7 9GB

Website: <https://www.ecl.org/braintree-learning-disabilities>



ECL Chelmsford - Highfields is fortunate to be located close to the town centre with access to many shops, cafes, and restaurants. We regularly visit the local library, have swim sessions at the Riverside Ice and Leisure Centre, and enjoy the Civic Theatre and Chelmsford Museum.

There are opportunities for lovely walks at Highlands Park and Admirals Park where we get ideas for our own garden and appreciate the more natural spaces that encourage wildlife.

Every morning we do a 'shop and cook' activity, which involves a trip to a supermarket and allows us practical experience of the many different life skills that we learn in the day centre. This includes observing road safety, getting public transport, budgeting and handling money, communication and interaction.

Many of our learning opportunities take place at the day centre. For those who prefer a systematic approach to learning, our ASDAN qualifications provide a structure as well as the chance to gain a formal qualification.

We embed learning into our daily activities so for example, if you follow a digital skills ASDAN you might do an online food shop, or search the internet for recipes for the 'shop and cook' sessions. If you like the sound of the Horticulture ASDAN then you're likely to get involved in growing vegetables and using them in the cookery activities.

We have an active gardening group that has created a lovely garden with raised beds. They have made a compost heap, laid grass seed, and grown all sorts of produce, including carrots, strawberries, beans, pumpkins and tomatoes.

Spa and mindfulness sessions which involve hand massages, foot spas and aromatherapy oils and sensory baking are just some of our more therapeutic activities.

The emphasis of 'Feel good Friday' is on fun activities such as karaoke, music quizzes, arts and crafts, ball games, dancing and keep fit, which promote self-expression, confidence, coordination and keeping fit.

Telephone: 0333 013 5438 Email: ECL.ContactCentre@essexcares.org

Moulsham Street, Chelmsford, Essex, CM2 9AQ

Website: <https://www.ecl.org/chelmsford>



At **ECL Colchester** you will have lots of learning opportunities to help you gain the skills you need to reach your personal goals.

ACL (Adult Community Learning) come to our centre and deliver courses in creative arts, woodwork, performing arts, and 'find your voice'.

The team at ECL Colchester are trained in ASDAN and offer learning sessions in independent living skills, sensory baking, sensory, horticulture and digital skills. At the centre our independent living skills sessions is 'shop and cook' where customers plan a meal, shop for ingredients and prepare the meal either back at the centre or at home.

We have an active gardening group which enjoys growing vegetables and maintaining a vegetable patch at a local allotment.

For more therapeutic activities we offer sensory story creation, sensory relaxation, chair fit, meditation and mindfulness, and arts and crafts. Our customers are fully involved in planning and running these activities alongside the team.

Based on the outskirts of Colchester we have many community destinations to choose from, including a huge choice of shops, cafes, and restaurants in the city centre. We also have easy access to the coastal and countryside beauty spots of Brightlingsea, Dedham, Mersea, Flatford, Sudbury, and the Wivenhoe trail, giving us many opportunities to get some exercise and immerse ourselves in nature.

We regularly pay a trip to the cinema, bowling alley, and swimming pool. These sorts of leisure activities are not only pleasurable, but allow us to work on our social interaction and money handling skills.

At the Stanway Lakelands Centre we take part in community sports, and activities and at Castle Park we learn about Colchester's heritage while sitting, walking, enjoying music, playing games, or picnicking amongst wonderful flowers and trees.

Whenever we can, we use public transport to get to our destinations allowing us to practise planning a journey, read timetables, and travel safely.

Some of our customers are keen gardeners and volunteer at the 'Seed and Soil' market garden, bringing back vegetables to be included in the meals we prepare at the centre.

Visiting the local garden centres to buy plants and seeds for our allotment is also a favourite activity with our gardening group.

Telephone: 0333 013 5438 Email: ECL.ContactCentre@essexcares.org

Address: Recreation Road, Colchester, Essex, CO1 2HJ

<https://www.ecl.org/colchester-learning-disabilities>



At Wellies-On, we believe that time spent outside in green spaces and work with animals is critical for our wellbeing. We facilitate time spent in this environment to allow individuals to grow in self-awareness and confidence, not just in physical tasks but in social interaction and life skills.

Using models from occupational therapy helps us to structure our reasoning for individuals and groups to identify key areas for development, and then use activities around the farm to progress these goals in positive ways with the work that we do together.

These sessions offer a safe and nurturing environment for adults who need additional support such as those who have learning disabilities and/or those with mental health issues.

Care farming offers guided social interaction alongside meaningful and purposeful activities involving animals and nature. Our fantastic staff team has over 12 years of experience and is a mix of qualified teachers, therapists and mental health professionals

Tel: 01206 735453 Email: ellie@wellieson.com Website: <http://www.wellieson.com/>
Mersea Road, Abberton, Colchester, Essex, CO5 7LG



Day provision for post 18s.

We are working with people with “a need” to learn independent living skills, how to socialise, get fit and healthy at the same time. We have a minibus so are able to pick up / drop off if that’s required (although we will be incorporating travel training into the sessions) and are based at Feering, Colchester. We are able to support people from Braintree, Chelmsford, Colchester and Clacton.

Head Office: 01376 571152 Email: info@ktmcare.co.uk / kerryaustin@ktmcare.co.uk

Website: <https://www.ktmcare.co.uk/Community-Hub.html>

KTM Care Ltd, 8 Angora Business Park, Peartree Road, Colchester, Essex, CO3 0AB



Project 21 is a charity with a difference, running innovative activities, clubs and events for people with Down's Syndrome in the East of England. We think outside the box and listen to the voices of the Down's Syndrome community, putting their wishes in to action. We promote independence and confidence at our core, encouraging people with DS to live happy, busy and fulfilled lives. Currently, we have three branches in Cambridgeshire, Essex (Colchester) and Suffolk.

Email: info@project21uk.com Website: <https://project21uk.com/>
Tel: 07990 521427

Further Education Opportunities



Our Supported Learning courses have been created specifically for those with learning difficulties and disabilities.

We offer lots of courses to help you be more creative, support you with your health and wellbeing and social skills. We will help you set and achieve individual goals. We have a range of courses designed for all learners including; creative craft, sensory, sports and wellbeing. Some of these courses may help you move into qualification courses or courses within the mainstream curriculum. You will need to pay for these courses.

If you want to work towards voluntary or paid employment you may join one of our Employability programmes of study. These courses may be free if you meet the criteria.

Tel: 0345 603 7635 Website: <https://aclessex.com/supported-learning/>

ACL Witham - Spinks Lane, Witham, CM8 1EP

ACL Colchester - Wilson Marriage, Barrack Street, Colchester, CO1 2LR

ACL Chelmsford - Beeches Close, Chelmsford, CM1 2SB

ACL Harlow - The Library and Adult Community Learning Centre, The High, Harlow, CM20 1HA

ACL Maldon - White Horse Lane, Maldon, CM9 5FW



Colchester and Braintree Campuses

Our Foundation Studies and Supported Learning courses are delivered by tutors with a wealth of experience and their professional expertise is valued by our students.

The supportive learning environment and well-equipped classrooms allow students to develop their social, personal and practical skills.

Enrichment activities aim to make learning fun and meaningful, and can take place in a variety of teaching spaces including the TV studio and training kitchens. With such a diverse range of subjects to choose from, Foundation Studies programmes offer learners the opportunity to develop skills and knowledge, at whatever stage you are in life, to make your learning experience relevant and significant.

Our STEPS programmes focus on helping young people with individual learning needs to make a successful transition to Further Education, adult life and the world of work. A student's starting point on STEPS is informed by their learning and progression goals, and assessment of support needs. The curriculum offer extends from Entry level to Level 1 and includes a wide range of exciting subjects.

Courses are one year programmes but students may continue their learning for up to three years, subject to educational progress.

Colchester Campus – Sheepen Road, Colchester, Essex, CO3 3LL

Braintree Campus – Church Lane, Braintree, Essex, CM7 5SN

<https://www.colchester.ac.uk/courses/areas-of-study/foundation-studies/>

Telephone: 01206 712000



Community College Initiative (CCI) supports young adults with complex needs to access Specialist Further Education by delivering individually tailored and designed courses, incorporating specialist support and guidance.

CCI programmes are delivered within a wide range of settings, from Students' homes, work placements, social activities, and leisure based settings and with additional education providers as required.

All programmes are designed to identify and prompt meaningful skills management and development for supporting individuals' vocational pathways. CCI Tutors work closely with students to include personal preferences and choices. Individualised and unique programmes can often demonstrate a wide range of diverse activities, from fishing, sports and computers, to farming, cooking, welding and forestry.

Tel: 01245 204075 Email: mail@cci.education Website: <http://cci.education/about-cci/>
Unit 36, Waterhouse Business Centre, Cromar Way, Chelmsford. Essex CM1 2QE



Chelmsford college offers 2 pathways under their Inspire provision.

Bespoke Provision – This course is for young adults with SEND who require a bespoke and flexible curriculum to ensure progress and achievement. Through the RARPA process you will prepare for adulthood, employment, and further education by focussing on core skills, next steps, and personal choice. This programme, with tailored individual support and personalised plans, is designed to meet and exceed your educational and personal care needs.

Foundation Provision – This course is for learners with mild to moderate learning difficulties. Guided by our friendly and experienced team, you will develop essential skills enabling you to live and work independently. Taught in small groups, this course helps learners with SEND prepare for their next steps into adulthood within three key areas: social care provisions and community participation, employment, and further education

Telephone: 01245 265611

Website: <https://www.chelmsford.ac.uk/index.asp>

Princes Road Campus, Princes Road, Chelmsford, CM2 9DE



HARLOW COLLEGE

We offer a range of one year programmes for students with mild to moderate learning difficulties or disabilities aged 16-24. Our aim is to prepare students towards independent living, paid employment and good health as well as community inclusion. Working alongside the Preparing for Adulthood agenda, all the elements of the course are based on what young people say are important to them! All programmes will receive enterprise and innovation projects, work experience and English and maths.

Our Supported Studies programmes are tailored to each individual person's needs. They're designed to help you learn, progress and succeed to desired outcomes. We'll work with you in one-to-one tutorials and enterprise based projects to help you reach your goals. You will learn essential employability skills, be involved in community-based projects and take part in sport and wellbeing activities.

Our Supported Internships Programme will allow you to gain confidence and independence while preparing you for a work placement within a supportive environment. If you want to continue at College you could also progress to a Level 1 course in a number of areas.

Telephone: 01279 868000 Email: reception@harlow-college.ac.uk

Website: <https://www.harlow-college.ac.uk/>

Harlow College, Velizy Avenue, Harlow, Essex, CM20 3EZ



HERTFORD REGIONAL COLLEGE

At HRC, we work with local students to prepare them for a successful transition to college, this is supported by Transition Workers where appropriate. Students work towards learning new routines, they take part in activities both within the college and in the community, learn how to follow instructions to keep themselves safe and to gradually build up ways to become more independent where possible.

The areas of learning are split into four themes: Health and Wellbeing, Community Inclusion, Employability Skills/Work Experience and Independent Living. Students are involved in selecting a programme of study that is aspiration appropriate, challenging and contains bespoke tuition. Maths, English and ICT classes are embedded into all courses and a range of opportunities for enrichment and sport is offered.

At HRC, we offer a **Supported Internship** for young people who can travel to college independently. This is a great opportunity for young people with learning difficulties and disabilities to learn whilst at work. This is more than an introduction to work, it is an opportunity to do a realistic job with the support of an employer and job coach.

Telephone: **01992 411400** Website: <https://hrc.ac.uk/>

Email: info@hrc.ac.uk

Broxbourne Campus – Turnford, Broxbourne, Herts, EN10 6AE

Ware Campus - London Road, War, Herts, SG12 9JF



Both Cambridge and Huntingdon Campus offer sensory and performance facilities for SEND students to use. Find out more on our courses pages. Our Supported Learning programmes are designed to help young people develop their life skills, independence, and employability skills. They enable young people to access their community and manage their health and wellbeing needs. Our supported learning courses, at both Cambridge and Huntingdon campuses, are personalised and help our learners prepare for their adult lives.

For those with complex needs

The Gateway/IC pathway is for young people aged 16 – 24 who have a variety of complex needs. They may have ASD, high sensory needs, and limited communication skills. This pathway is uniquely built around the learner, their needs, and their plans for the future.

For those with severe learning difficulties

Learning for Life is for young people aged 16 – 24 who have severe learning difficulties. This pathway concentrates on developing communication skills, community participation, building basic skills and skills for life so that each person is able to make progress in their independence and ability to speak up about their own choices.

Aspire is a pathway for learners that need to build their skills to move on to the pathways that have more accredited learning within them. Aspire can be a finishing course for Learning for Life learners or a starting course for those that want to move on through the Entry 2 and Entry 3 pathways but may lack the confidence or ability in basic skills.

Preparation for Independence. This pathway is a good starting point for learners who have moderate learning difficulties or for those learners who have successfully completed our Aspire pathway.

Courses suitable for adult learners with supported learning needs

This programme offers students the opportunity to learn practical skills whilst improving and maintaining basic skills. Students can choose from the following areas of interest and can attend for one or two days a week. There is a one-off college registration fee of £35 for the Adult For All Programme plus a fee for each subject chosen. For information, contact cadmin@camre.ac.uk

Telephone: 01223 418200 Email: cambridge@camre.ac.uk Website: <https://www.camre.ac.uk/>

Cambridge Regional College, Cambridge Campus, Kings Hedges Road, CB4 2QT

Work related learning, support and advice services



Jobcentre Plus is a government-funded employment agency and social security office that can be found in most cities, whose aim it is to help people of working age find employment in the UK. It was formed when the Employment Service merged with the Benefits Agency and was renamed Jobcentre Plus in 2002. It is a part of the Department for Work and Pensions (DWP).

Jobcentre Plus provides resources to enable job-searchers to find work, through Jobpoints (touch-screen computer terminals), Jobseeker Direct (telephone service) and the Jobcentre Plus website. They offer information about training opportunities for the chronically unemployed. They administer claims for benefits such as Income Support, Incapacity Benefit, and Jobseeker's Allowance (currently being phased out in favour of Universal Credit). Locally there are centres in Clacton, Harwich and Colchester.

Tel: 0800 169 0190 Website: www.gov.uk/contact-jobcentre-plus

The Old Post Office, Fairfield Rd, Braintree, Essex, CM7 3HA



Mencap's employment services support people with a learning disability to develop the skills and confidence needed to get a job. We offer three programmes which help to achieve this goal: supported internships, traineeships and apprenticeships. Our supported *employment* programmes help people with a *learning disability* and *autism* to develop skills for the workplace and try to find a job.

These programmes are open to people aged 18 and over, and you do not need to have an *Education, Health and Care Plan (EHCP)* to join them.

Telephone: 020 7454 0454 Website: <https://www.mencap.org.uk/advice-and-support/employment>



Get Set UK is more than just an employment services provider; we're here to nurture potential and help people move towards a better tomorrow. We support people to make positive changes in their lives and believe people should be able to fulfil their potential, whatever their circumstances.

Our mission is to empower, ignite opportunities, support resilience and nurture career success for everyone. Everything we do is about helping people get access to the support and training they need to find rewarding work and move their lives forward.

The programme brings new support services to adults with a learning disability and/ or neurodiverse needs, living in Essex.

Working alongside Essex County Council and in partnership with ECL Inclusive Employment, Get Set for Work focuses on 3 key support services:

- Employers looking to become more inclusive
 - Employees struggling at work
 - Individuals facing barriers to work

Phone: 0330 341 3939, Email <https://www.getsetuk.co.uk/getsetforwork/>

Leisure Options



Sport for Confidence is a unique, pioneering and multi-award winning organisation placing allied health professionals into leisure centres to support and deliver meaningful physical activity or sport sessions to anyone that faces barriers to participation.

The partnership between leisure centre and the Sport for Confidence team sees dynamic health professionals plying their expertise and knowledge in mainstream environments to ensure that reasonable adjustments are made alongside breaking down any barriers that currently exist so that sport and physical activity becomes truly inclusive for anyone.

The Sport for Confidence coach plays an imperative role alongside the allied health professional to ensure all of the sessions delivered cater for anyone that walks in the door, creating adaptive, active and most importantly fun sessions!

Additionally, Sport for Confidence work closely with a range of organisations in a consultancy format to share their knowledge and expertise about inclusive sport/physical activity. Sport for Confidence deliver ground breaking workshops to a magnitude of individuals, sharing our insight into the world of whole system approaches, inclusivity and service user involvement.

Email: info@sportforconfidence.com website: <https://sportforconfidence.com/>



BounceAbility offers trampolining for adults & children with
Special Needs / Disabilities

Tel: 01206 240510 Facebook page: www.facebook.com/bounceabilitytrampolining/
157 Colchester Rd, West Bergholt, Colchester CO6 3JX



Colchester Gateway Clubs are an independent local charity, providing social clubs and activities for adults with learning disabilities. The main aim of our clubs is for people to enjoy themselves in a relaxed atmosphere. The Charity is established to enable people with learning disabilities to access leisure and social activities in the community and the opportunities for personal development including self advocacy.

The Charity campaigns for and with people with learning disabilities for the rights of people with learning disabilities and works with other organisations and groups for the benefit of people with learning disabilities. Colchester Gateway Clubs actively promote campaigns that are important for, people with a learning disability. We have been involved with the "Stay up late" initiative, Essex Safeguarding Adults, "It's my life", Safe Relationships project, Anti Bullying and Anti Discrimination. In addition, service navigation, referral and advocacy is available where appropriate.

These objects are supported by entrance fees, donations and fundraising activities. The Charity employs professional staff who carry out the week to week running of the clubs.

Tel: 07710 177050 9am - 6pm Monday – Friday
Website: www.colchestergatewayclubs.org



Gateway Club

The Gateway Club is for people aged 19+ who have a learning disability or additional needs.

The club meets on Thursday evenings, 7-9pm, and attracts members from around mid-Essex. Most in-house sessions are held at Mencap Centre, Mildmay Road, in central Chelmsford.

Activities include arts, cultural and sports workshops and trips to local attractions and events. The club holds a quarterly pub quiz and regular discos.

Members take an active role in the club by sharing their ideas and assisting at events. Member-inspired sessions for 2019 include celebrating Chinese New Year, Gateway's own Bake Off and a take on Henley Regatta.

Telephone: 01245 268303 Email: cityofchelmsfordmencap.co.uk

Website: <https://www.cityofchelmsfordmencap.org.uk/gateway-club>



Disability 4 Sport

Offer inclusive sports activities for young people and adults.

Disability 4 Sport are a short breaks provider. They offer a number of different sports sessions including:

- MultiSport Mash Up
 - Football Fun
- Relaxed SEND swimming
 - Weekend Club
 - Holiday Club

MultiSport sessions include basketball, cricket and football.

The sessions offer the opportunity to develop mental, physical and social wellbeing.



Trampolining is excellent for developing body awareness, co-ordination, balance and motor skills in a fun and safe environment. Here at Jump Street we are open to all and welcome people with additional needs. We run support sessions at both our sites. These sessions are designed for children and adults over the age of 4 years old with additional needs.

Our support sessions are ideal for people with additional needs to enhance:

- Social interaction – calm and relaxing environment to socialise with carers, court marshals and other jumpers in the session
 - Self-esteem and confidence – our marshals encourage and support all jumpers in their ability and skillset on trampolines
 - Co-ordination and body awareness – our airbag allows customers to attempt new movements that they may not want to usually attempt on a standard trampoline. With our marshals help we motivate and encourage everyone with these moves
 - Physical and mental wellbeing – although trampolining is fun, it is also a great form of exercise. It will help improve not only agility, balance, power, speed, co-ordination and strength, it also develops muscular endurance, flexibility and stamina

Tel: 0330 223 3333 Website: <https://www.airhop.co.uk/>

Dukes Park Estate, 16 Grafton PI, Chelmsford CM2 6TG



We are a swimming club which offers a wide range of water based activities for people with disabilities

We meet regularly at Colchester Leisure World, Cowdray Avenue, Colchester, Essex.

We provide the opportunity to swim for leisure, fitness and competitively.

We offer 'Learn to Swim' and improvers programmes, competitive training and the opportunity to compete at local, regional, national and international events.

At Colchester Phoenix we believe it is "Ability not Disability"

Based in Colchester Contact via email: tracy.phoenix.swim@outlook.com

Website: <https://www.colchesterphoenixasc.org.uk/>

Ability using Sport

A local, non-profit, disability sports club.

Provides sports education through coaching to children and young adults. Can provide social education and teaching new skills whilst making new friends, boosting self-confidence and a sense of fulfilment.

Activities and sessions include:

- weekly multi-sports session at Stanway School, Stanway, Colchester. Sessions will take place on three out of four Tuesdays of the month between 6pm and 7pm
- a football academy in association with Stanway Rovers Football Club on Thursday and Friday evenings and Sunday mornings
 - Email ozsports2@gmail.com
 - Phone [07963 602 330](tel:07963 602 330)

Adult Pan-disability football

A mixture of mainly football and some Multi Skills for those aged over 18 years in Colchester, aimed at all differing impairments.

This will give the participants the opportunity to build on their football skills, grow their multi-skills and also help with social skills. It is a great environment to meet new people and get out in the fresh air to improve fitness. The aim of the session is to have fun.

The programme takes place on the 3G pitches at Jobserve Community Stadium, located at the far side of the main car park.

Email Francesca.Brooke@colchesterunited.net
Phone [01206755160](tel:01206755160)

Website: <https://colchester-united-cf.classforkids.io/>



A small, local charity for children, young people and adults with a disability. They offer the chance to take part in a range of social and leisure opportunities.

How it can help

Accuro clubs can help reduce social isolation, build confidence and encourage independence. They offer clubs and activities, including:

- Adult Friendship Scheme
- Cool Connections Youth Club
 - Loughton Youth Group
 - Saturday Play Club
 - School Holiday Scheme
 - Under 19s Club
- STRIDE Life Skills Programme for Young Adults
 - Young Adult Friendship Scheme

Accuro is one of Essex's Short Break providers.

Phone: 01279 870 297
Email: enquiries@accuro.org.uk

Accuro (Care Services)
The Old Hospital
London Road
Saffron Walden
CB11 4ER

Advice and Support

CHILDREN AND YOUNG PEOPLE WITH DISABILITIES SERVICE

The SEND Careers Advice Service are part of the Children and Young People with Disabilities Team.

We deliver outcome focused person-centred planning to support young people with special education needs/disabilities in their preparation for adulthood. The team work closely with colleagues in Education, Social Care and Health to meet young people's needs. We work individually with young people aged 13-25 and their families to produce Action Plans that identify suitable post 16/19 options in further education, employment and training. We focus on the support needs required to ensure a successful transition that enables progression onto positive outcomes

Ian Harden

Telephone: 0333 013 1422

Email: ian.harden@essex.gov.uk

Paul Cornwell

03330 138292

paul.cornwell2@essex.gov.uk



Families InFocus (Essex) is a parent-led charity, supporting families who have a child (or children) or young person up to the age of 25 with any Special Educational Need or Disability (SEND).

We have been supporting SEND families for over 25 years.
01245 353575 or email helpline@fif Essex.org.uk

Mencap Learning Disability Helpline

- is a free help and advice line who offer advice and information about learning disabilities and help you find the right support and services in your area. Tel: 0808 8081111



Essex-wide training package that teaches the families and carers of adults with learning disabilities how to use a variety of different forms of communication. This helps those with learning disabilities to understand and be understood, and become fully involved in their life plans by taking their communication needs into account. Tel: 03330 132707

Citizens Advice Braintree & South Essex

0808 278 7852

Braintree District residents



Supported living at Achieve together

Your path to independence

Supported living is more than just a place to live – it's personalised approach that empowers adults with learning disabilities and autistic adults to be in control of their support, and accommodation, to lead fulfilling lives within their local community.

tel:03301 755 332

referrals@achievetogether.co.uk



Oakview Lodge

Leywood Close, Essex, CM7 3NP

At Oakview Lodge, independence isn't just supported – it's celebrated. It's a home filled with reassurance, choice, and opportunities to grow at your own pace.

<https://ivolve.care/locations/oakview-lodge/#>



Butterfly's Learning Disability Care & Supported Living

Our outstanding team of supported living and healthcare professionals have an excellent track record of providing flexible, high-quality, person-centred care, support and enablement for people with learning disabilities, physical disabilities, acquired brain injuries and a spectrum of other needs.

Advice and Support

www.gov.uk

www.entitledto.co.uk

www.turn2us.org.uk

www.essexlocaloffer.org.uk

www.preparingforadulthood.org.uk

www.essexcarerssupport.org.uk

www.challengingbehaviour.org.uk

www.scope.org.uk

www.dls.org.uk

www.mentalhealth.org.uk/learning-disabilities

www.benefitsandwork.co.uk

www.essexlocaloffer.org.uk/content/transition-your-step-step-guide

www.specialneedsjungle.com/using-online-ehcp-parents-story

www.learningdisability.co.uk

Travel Training

SEND Travel Training 2025 new academic year welcome.

As the academic year progresses, some students with additional needs may face challenges travelling independently between home and school or college. If you have concerns around punctuality, road safety, or stranger awareness, you can refer them for **free Travel Training sessions**, delivered by Essex County Council.

What is Travel Training?

A practical, personalised programme that helps students build the skills and confidence to travel safely and independently using walking routes and public transport.

How It Works:

- **Structured Sessions:** Journeys are broken into manageable steps and gradually built up.
- **Flexible Duration:** Typically, 6–8 sessions, tailored to each student's needs.
- **One-to-One Support:** Focused on a single journey, with covert shadowing once independence is achieved.
- **School Hours:** Training takes place during quieter times for a calmer learning experience.

Referrals:

Submit online at www.travel-training.co.uk. Referrals are welcome from parents, schools, and professionals.

This service helps students gain independence and travel safely. If you know someone who could benefit, please consider making a referral.