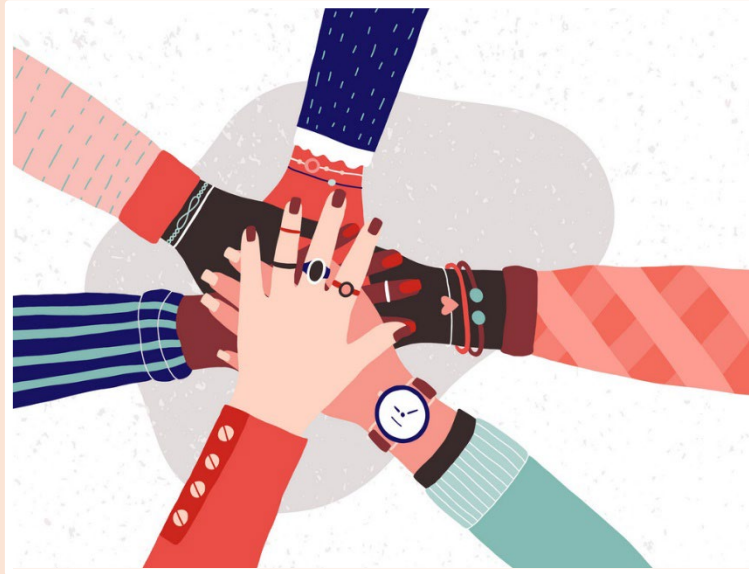


INCLUSIVE OPPORTUNITIES IN BRENTWOOD



**A Guide to Community-Based Activities,
Day Opportunities, Supported Employment,
and Information & Guidance.**

Funded by Essex County Council and produced by Frontline Partnership

FOREWORD

This guide has been produced by Frontline Partnership and funded by Essex County Council. We have created this leaflet full of opportunities and activities that are both inclusive and local.

Our aim is for there to be something fun and fulfilling for everyone.

From physical to Community-Centred Activities where you can meet new people, and expand your working, and social life.

This guide is to inform you of the opportunities available and should not be taken as an endorsement of the organisations.

We hope this booklet is useful for you.

Thank you for taking the time to read it!

Frontline Partnership

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TRAMPOLINING CLUB

Recoil Trampoline Club is a registered charity. Whether you want to bounce for fun and exercise or to reach the highest level of competitive jumping! We are the club for you!

Adjacent to the main trampoline hall is a Disability Suite. This area has its own entrance into a large welcoming reception area, toilet facilities, a wet



room with specialist changing facilities and overhead ceiling track hoist.

There is also a state-of-the-art multi-Sensory room which has direct access into the main trampoline hall from this area.

Where: Trampoline & Activity Centre, Eagle Way, Great Warley, Brentwood, CM13 3BP

When: Tuesdays 4:00pm – 6:00pm, Wednesday 5:00pm – 7:30pm and Saturday 9.30am – 12:00pm

Cost: Varies – please contact Recoil for further information

Transport: Sixteen-minute drive from the Sion Centre and two hours free parking in the car park

To find out more information, please contact 01277 500 282 or info@recoiltrampolineclub.org



The sensory space at Chicken and Frog Bookshop is a relaxed environment for our visitors with additional needs. The room is very calming, with bubble tubes, comfy seating and a crafts table. We provide play-doh, magic sand and colouring each week. Stories are read if the group is in the mood!

Accessibility-There is full wheelchair access into the shop and sensory room, although the toilet facilities aren't accessible via a wheelchair.

Where: Chicken and Frog bookshop on Crown Street (*just off Brentwood High Street*)

When: Thursdays 10:30am to 11:00am.

Cost: £2.50.

Transport: Available on Brentwood Highstreet.

Please book your place via *info@chickenandfrog.co.uk*





Chat 1st is pushing forward to create a wellbeing programme to give you the tools to have a reason for getting up in the morning, to build your confidence and self-worth, and to feel comfortable in your new healthy body. We are delivering activities to improve your mental, physical and social wellbeing and can't wait to see you!

To see available activities, please use the Chat 1st website – www.Chat1st.co.uk

You can also email us at chat1stwellbeing@gmail.com or call 07849 467 165



EXAMPLE ACTIVITY



Frontline Partnership is a charity based in Brentwood, Essex. We offer community-based experiences to people with a learning disability and high support needs who are at risk of being excluded from many of the simple pleasures and experiences of everyday life.

Activities include:

BAKING is a great opportunity to learn new cooking skills, find out about the nutrition hidden inside your food and perhaps enjoy something tasty for lunch, or take home for tea.

Where: Sion Community, Sawyers Hall Lane, Brentwood CM15 9BX.

When: Thursday 10am – 12noon and 12.30pm – 2.30pm (*term time only*)

Cost: £10 per session, paid in half termly blocks.

Transport: Limited parking is available, and there is also some 'Pay & Display' street parking, and in close proximity to Brentwood High Street and public transport links.

CROWN CAFÉ is open during school term-time, Crown Café offers a warm welcome to ALL! It's a great place to meet and make friends, have a chat, catch up with the latest news or take a break while out shopping.

Where: Sion Community, Sawyers Hall Lane, Brentwood CM15 9BX

When: Wednesday 10.30am – 1.30pm (*term time only*)

Cost: Prices vary on the menu

CAFÉ ART is our art group, which runs alongside Crown Café and enables people to express their creativity through simple techniques such as blending colours and using collage and textures, in a relaxed and friendly environment.

Where: Sion Community, Sawyers Hall Lane, Brentwood CM15 9BX

When: Wednesday 10:00am – 11:45am and 12:45pm – 2.30pm (*term time only*)

Cost: £7.50 per session paid in half termly blocks



The Gates is our horticultural project which offers a unique oasis in the heart of the community. The Gates offers various events throughout the year.

Where: London Road Cemetery, Brentwood, Essex CM14 4QW.

When: Tuesday, Wednesday, Thursday 9.30am – 2.30pm, open all year.

Cost: £55 per day if unaccompanied by support, £5 per hour if accompanied by personal support. Costs payable on a monthly basis.

Transport: Bus-498 or N86

Contact: Mary Yiannoullou- Project Leader

07887 742 622 / 01277 226144 or mary.y@frontlinepartnership.org





Tuesday Club is an inclusive social club run by Sawyers Church and supported by Frontline, where adults of all ages, with or without a disability, can meet up with friends, make new ones and enjoy social activities together.

Where: Sion Community, Sawyers Hall Lane, Brentwood CM15 9BX.

When: Tuesday, 7:00pm – 8.30pm (*term time only*), but Tuesday Club runs a 'Summer Program', please contact us for details.

Cost: £10 yearly membership – money for refreshments if required.

Transport: Limited parking is available, and there is also some 'Pay & Display' street parking, and in close proximity to Brentwood High Street and public transport links.

For further information on the projects listed please contact:

jorayment@frontlinepartnership.org

rebecca.smallbone@frontlinepartnership.org

01277 218902 or 07511 824 170

For all Frontline activities, please visit our website at

www.frontlinepartnership.org





The Great Danes Adult Inclusivity Team, in partnership with Frontline, offers an opportunity for adults 18+ to meet on a Monday evening from 4:45 – 6:00pm. It is a chance to learn new football skills and play friendly matches, including against other teams. The team is coached by Mike Jackson, Chairman of Great Danes Football Club, and is supported by volunteers and Frontline staff.



Where: Winter: At the Grounds opposite Becket Keys School,
Sawyers Hall Lane. CM15 9BY

Summer: On the Astroturf at Becket Keys School,
Sawyers Hall Lane. CM15 9DA

When: Monday, 4.45pm – 6pm.

Cost: Free.

Transport: Participants meet at the grounds. Limited parking is available, and there is also some 'Pay & Display' street parking, and in close proximity to Brentwood High Street and public transport links.

For further information on the projects listed please contact:
jorayment@frontlinepartnership.org

Manna Meals

Manna Meals is a community café where there are free hot drinks, a variety of free sandwiches and delicious homemade cakes. There is always a selection of free Christian literature and relevant agency information for those who might need further support from their community.

Where: Manna Meals c/o 77a, Coxtie Green Road Brentwood, Essex CM14 5PS.

When: Dates vary and are available on the website.

Cost: Free.

For more information on dates, locations, and times, please visit our website www.mannameals.org or call us on 07956439983





Trailnet CIC offers inclusive cycling for groups and individuals at our Thorndon Cycle Centre, where we have a selection of bikes and adapted trikes to enable children and adults with disabilities to enjoy the benefits that cycling offers.

Based in beautiful Thorndon Country Park, there is access to miles of traffic-free trails, with options to suit all abilities. For those requiring additional support, our friendly, trained, and experienced ride leaders are available to guide riders and to offer advice on selecting the most appropriate bike.



Where: Thorndon Country Park.

When: Every day by appointment.

We are open every day of the week, although times vary.

Cost: We charge £10 per person for our sessions, which are up to two hours long, with no charge for any carers also requiring a bike. If you'd like a ride leader to help, we charge an additional £35 + VAT per hour.

Transport: Buses 37 and 351 run from Brentwood to Warley, from where there's a pleasant one mile walk through Barrack Wood to Thorndon.

Support: We welcome riders regardless of ability and pride ourselves on providing sessions for absolute beginners through to those riders wanting to really push their physical limits.

For more details, please call 01277 218497 or email office@trailnet.org.uk

SPORT FOR CONFIDENCE

Sport for Confidence (SFC) is a unique, pioneering organisation that places Occupational Therapists into community leisure settings to support and deliver meaningful physical activity and sport sessions to anyone facing barriers to participation.

There are now several leisure centres in Essex with SFC Occupational Therapists and coaches who can support in breaking down any barriers so that sport and physical activity becomes truly inclusive for anyone. There are a variety of sessions available which include swimming, gymnastics, multi sports, Boccia, netball and many more.



Where: Basildon Sporting Village, Cranes Farm Road, Basildon, SS14 3GR

When: Every weekday

Where: Brentwood Centre, Doddinghurst Road, Brentwood CM15 9NN

When: Every Wednesday and Thursday

Cost: £3.50 per session

Please visit the website sportforconfidence.com for information on the sessions running at alternative leisure centres around the county.




The Daily Bread Café provides fair-priced food and drink and a place for local residents to find warmth, company, help and advice. We are on a mission to combat loneliness, help with financial hardship and reduce food wastage.

Where: St Peter's Church, Claughton Way, Hutton, CM13 1JS.

When: Tuesday- Friday 9am - 1pm (*kitchen closes for hot food at 12pm*).

There is also an Arts & Crafts session held in the church from 10:00am - 12:00pm on Tuesday, Wednesday, and Friday.

We also have other activities on different days (*see chart below*)



daily bread

activities


clubs

WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FOOD HUB 10am-12pm	FOOD HUB 10am-12pm	FOOD HUB 10am-12pm	FOOD HUB 10am-12pm	FOOD HUB 10am-12pm	FOOD HUB 10am-12pm
	CAFE 9am-1pm	CAFE 9am-1pm	CAFE 9am-1pm	CAFE 9am-1pm	
	ARTS & CRAFTS 10am-12pm	ARTS & CRAFTS (Decoupage) 10am-12pm	LITTLE FISHES (Babies/Preschool) 10am-11am	ARTS & CRAFTS 10am-12pm	
	COLOURING CLUB 10am-12pm	GARDENING CLUB (Chat 1st) 10am-12pm	UNITED IN KIND COFFEE MORNING (Fortnightly) 10am-12pm	GARDENING CLUB (Chat 1st) 10am-12pm	
	JOB CLUB/ COMPUTER ACCESS 10am-12pm	KNITTING GROUP 10am-12pm			
	PEABODY DROP IN 10am-1pm	BLUE FLOWER DEMENTIA SUPPORT GROUP (3rd Thursday) 10am-12pm			


SUBJECT TO CHANGE

CHECK FACEBOOK FOR UPDATES:



St Peter's Church

Hutton Parish



@dailybreadservingourcommunity

For more information you can contact us on 01277262864 or visit our website huttonparish.com/dailybread

Transport: Limited parking at the church and there is also some street parking, and public transport links.

HAMELIN TRUST

We offer a wide range of support services to meet the needs and ambitions of disabled young people and adults. People with any level of support needs, including 1:1 or more intensive care requirements, can access therapeutic and social activities either at our base in Billericay, or out in the local community.

Community activities are bespoke; we'll spend the time however you want to! We also offer a number of 'Training Routeways'; enabling people to develop skills to live independently, to transition into adulthood and to prepare for and achieve employment. All of the people we support are able to access the Trust's Hydrotherapy pool (*free of charge*), our community allotments and join our evening clubs, which includes the 'Incredi-bowls' bowling team.



Where: 19 Radford Crescent, Billericay, CM12 0DU (*and across South and Mid Essex*).

When: Monday to Friday (*typically 09:30-15:30pm*) with some evenings and weekends.

Cost: Varies depending on activity.

For more information: See hamelintrust.org.uk or email enquiries@hamelintrust.org.uk

Transport: Included for community activities but people must get to Billericay independently

Support: Fully supported



NEW OPPORTUNITY GROUPS PROJECT

We offer an activity programme and day projects to adults aged 18+ with a learning/physical disability in Havering and local areas.

Opportunities include:

- Sensory and Creative Art
- Music and Movement workshops
- Dance Class
- Drama Workshop
- Independent living skills / Learning skills
- BSL sign language and choir
- Yoga and keep fit
- Prize bingo
- ...and many more

Where: Petersfield Ave, Harold Hill, Romford, Essex, RM3 9PB.

When: Day project times are 9.30am to 3.30pm.

Our sessions are 90 minutes to 120 minutes long depending on the activity of your choice.

For more information on the Project please contact

Joanne Metcalfe – Manager.

Telephone: 07912947953.

Email: *newoppshavering@hotmail.com*





Walter Boyce is a forward-thinking day centre that provides person centred support for adults with autism and/ or learning disabilities in the community of Brentwood. ECL Brentwood - Walter Boyce provides accessible space to promote independence and customer choice, as well as having active community presence.

Programmes are tailored to your individual needs and personal goals. Our trusted assessors will help you to develop your own plan and our care team will support you step by step throughout the journey to follow that plan and reach your goals.

Activities include-

- Cooking and Baking
- Arts, Crafts and Pottery
- Educational Group sessions
- Drama
- Sporting activities
- Community activities

To contact us for more information you can call 03330 135 438 or email [*ECL.contactcentre@essexcares.org*](mailto:ECL.contactcentre@essexcares.org)

Where: Warley Hill, Brentwood, Essex, CM13 3AP.

When: Monday to Thursday 8:30am – 16:30pm and
Friday 8:30am – 16:00pm.

Cost: Please call 03330 135 438 to find out prices for services.

Support: Fully supported with qualified and DBS checked staff.



Treetops Day Project offer opportunities through a person-centred approach that involves setting outcomes which enable individuals to participate in meaningful and stimulating activities, which develop and help individuals to reach their full potential.



The service promotes itself through offering a programme to individuals based on social inclusion, social integration, and individual choice.

Our fabulous team of support workers aim to create a bond with all our clients so that everyone feels at home at

Treetops. We believe it is important for our support workers to not only aid clients physically but also mentally with any problems or feelings that they may want to express. We want everyone to feel as though they always have a friend to turn to. Tracey makes it her prerogative to ensure that all the staff fit the Treetops handwriting.

Where: Treetops Day Project,
19 St Agnes Road, Billericay, Essex,
CM12 9UR.

When: 10:00am – 4:00pm every day

Cost: £78 per day



For more information, please contact Tracey Harding, Founder and Project Manager, or visit www.treetopsdayproject.co.uk



We have over 20 years' experience of supporting adults with a learning disability and high support needs, we offer the opportunity for potential employees to access the world of paid work.

Trained staff provide ongoing support in the workplace, often working on a 1-1 basis with the employee. Prospective employees will work on a vocational profile to build a picture of their aspirations and support needs, this will then be used to match the person with an appropriate role.

For further information, or to find about vacancies, please visit our website *www.frontlinepartnership.org*

or email *jorayment@frontlinepartnership.org*

rebecca.smallbone@frontlinepartnership.org



ECL's team of Inclusive Employment Consultants work with individuals to develop their skills, confidence, and work experience in order for them to be able to realise their career ambitions.

All of the adults that we support through Inclusive Employment benefit from:

Bespoke career guidance and support including vocational profiling

Vocational and accredited qualifications

Work experience placements based on an individual's interests. So far, we have placed our candidates into horticultural, facilities management, care, retail and hospitality settings, ensuring they are equipped with the skills they need to begin their career.

On attaining employment, we provide support for both employees and employers for as long as required, to ensure a successful outcome for both parties.

To contact us for more information you can call 03330135438 or email ECL.contactcentre@essexcares.org



ACL Essex is the largest provider of adult education in the county. Our aim is to provide learners with as many ways to flourish as possible, to be there in communities across Essex, to make a difference to residents and businesses, so they can make a difference for themselves and to the places that they live in.

All Supported Learning courses are designed for learners with a learning disability and/or Autism, those with profound and complex needs or mental health difficulty.

We offer a wide range of courses to promote creativity, social inclusion, health and wellbeing and employability.

All courses track personal progress and achievements using an individual learning plan. You will be set individual goals linked to your long-term goals and aspirations.

Some of these courses may support progression into accredited courses or even courses within the wider college environment.

For more information, please contact Claire Arkwright on 0333 032 1230 or by email at claire.arkwright@essex.gov.uk

Where: Bishops Hill, Rayleigh Road, Brentwood, CM13 1BD.

When: Courses available every day, Monday to Friday.

Cost: Varies from course to course, available to see on the ACL Essex website.

Transport: Ensign bus towards Hutton, six-minute bus journey, get off at Shenfield Railway Station, Walk ten minutes to the site.



You can book a GP appointment at these local surgeries Tile House surgery, Beechwood surgery, Deal Tree Health Centre, and The New Surgery-

- Tile House Surgery- 01277 227711
- Beechwood Surgery- 01277 212820
- The New Surgery- 01277 218393
- Deal Tree Health Centre- 01277 821699

If you are worried for your own or somebody else's safety, please call the emergency services on 999 immediately.

USEFUL HEALTH AGENCY CONTACTS

1. **Adult Social Care** – 03444 775 774. Adult Social Care advises you on physical, mental health and financial matters.
2. **Anxiety UK** – 0844 477 5774. A service for people who experience anxiety, they offer support with coping mechanisms.
3. **Carers UK** – 020 7378 4999. This service provides support for all types of carers with what questions and advice they may need.
4. **Men's Advice Line** - 0808 801 0327. This service offers support for men who are suffering from emotional or physical abuse.
5. **Patient Advice and Liaison Service** – 01268 394440. The Patient Advice and Liaison Service (PALS) offers confidential advice, support and information on health-related matters.
6. **Mencap** – 0808 808 1111. Mencap is a UK charity for people with a learning disability. We support their families and carers, too.
7. **National Autistic Society** – 020 7833 2299. The National Autistic Society provides support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people.
8. **British Institute of Learning Disabilities** – 0221 415 6960. The British Institute of Learning Disabilities (BILD) is working to improve the lives of people in the UK with a learning disability.
9. **Disability Law Service** – 020 7791 9800. Disability Law Service is a unique charity that has been providing free legal advice and representation for disabled people since 1975.
10. **Down's Syndrome Association** – 0333 1212 300. We are a national organisation, committed to improving quality of life for people who have Down's syndrome, promoting their right to be included on a full and equal basis with others.
11. **Autism Navigation Service** – 01255 429778. This service helps adults and their families who have recently received an autism diagnosis and may need expert advice on education, finances and communication skills etc.

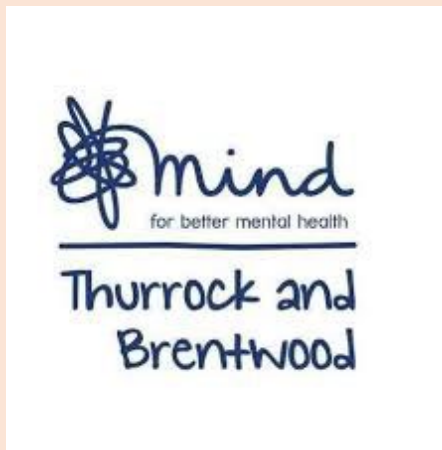
Housing Needs

12. **Shelter** - 0808 800 4444. Shelter extends to defend the right to a safe home. Join us in ending the devastating impact the housing emergency has on people and our communities.

Your Rights and complaints

13. **Healthwatch** – 03000 683 000. Healthwatch supported over two million people to have their say on care and get the right advice.





We want to make sure that everyone who experiences difficulties with their mental health gets the respect and support they need, at the time they need it and for people who are likely to develop mental health problems, to stay well.

If you, a family member, or friend are in crisis and need help, please dial NHS 111 and select the option for mental health crisis. You will be connected to our contact centre where trained staff will provide appropriate support and advice 24 hours a day.

For more information, please use reception@tbmind.org.uk or contact us on 01375391411



VitaMinds is here to help you if you are struggling with low mood, excessive worry, depression, anxiety. You can self- refer to us for free (*no need to go to the GP*) in three easy ways.

Go to the website below and use our online chat box called Limbic, where a therapist will ask you some questions and refer you to the service. Or fill out the online form on the website.

For further information please use-

www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/basildon-and-brentwood/



We are one of the leading housing associations in London. We provide services to people with a range of disabilities. We support people for up to six months, people in need of long-term support are referred to social services.

We often have drop-ins for further information in the Brentwood Council building and provide help with form filling.

Overall, we support people regardless of their housing status, for example currently homeless, living in local authority homes, privately rented properties, as a housing association tenant or being an owner/occupier.

For more information, please visit our website- www.peabody.org.uk

Or contact us on- 0800 022 4040

Lines open 8am-8pm Monday- Friday and 9am-1pm on Saturday

AB4D

Ability B4 Disability

AB4D is an Essex wide service delivered by SUMMIT and BATIAS in partnership with Essex County Council (ECC).

The aim of this service is to provide a flexible platform where adults with an experience of disability, their families, and carers, can be empowered to have a voice in their local community, discuss issues that are important to them and work together to find solutions.

What we do?

- We meet in the community
- We hold meetings on zoom
- We listen to what you have to say
- You get the chance to increase your skills and grow in confidence
- You will get your voice heard and work with your peers to resolve local issues
- You will meet new people
- You will get the chance to work alongside professionals and Essex County Council sharing your experiences, helping to build a better future for people with an experience of learning disability

For further information please contact us on 01255 429 778 or ab4d@summitservices.org.uk



Batias is an advocacy service that works in the South Essex area. We have a number of projects including Health Coaching for autistic adults and/or adults with learning disabilities; supporting people to access the health and wellbeing services available.

For further information please contact us on 01375 389 869

COMMUNITY AGENTS ESSEX

Community Agents Essex is a free to access, home visiting service. Consisting of a countywide network of agents who support adults, especially those who are older or with learning disabilities and/or Autism, and their informal carers to help maintain or regain independent living. Agents help individuals achieve their goals, whether that is health and wellbeing orientated, safety, financial or social. The solutions are often found from within their local community. The service is for those who are most vulnerable and/or require a home visit. Support can be for up to 6 weeks, and every case is assigned an agent.

We have a network of locally based Community Agents covering all of Essex, except Southend and Thurrock, who can visit people in their home with the aim of helping to:

- Promote health and independence
- Reduce social isolation
- Find practical solutions to daily living
- Provide confidential trusted Information
- Inform choice and reduce confusion
- Increase individual and community resilience

Examples of how we can help individuals and their informal carers:

- Support people with finding local clubs, groups and activities to increase social interaction
- Provide support with accessing specialist services for example housing advice, help with household tasks etc
- Assess the individual's home for adaptations to help keep them safe and avoid falls. All agents are trained in home adaptations assessment.
- Support with form filling; by providing advice and guidance on what might be available, application process, requesting forms or specialist help (from DWP/Peabody) or providing guidance to family or friends to support the individual, or with completing applications (as appropriate).

To refer to Community Agents, please use the Essex Wellbeing Service (EWS)

Tel: 0300 303 9988

Email: *provide.essexwellbeing@nhs.net*

EWS Opening Hours: Monday to Friday 8.00am - 7.00pm
Saturday 10.00am to 2.00pm



If you have a child between 0 – 25 years who has any additional need or disability and you live under Essex County Council, Thurrock, or Southend local authorities then Special Needs and Parents are here for you and your family.

We offer a wide range of activities for both parents and children.

Parent Advice and Support

- Helpline (*email and telephone*)
- Face-to-face Parent Support
- Specialist Talks and Training Courses
- Library of Specialist Books and DVDs
- Online SNAP Directory and Information Network
- Counselling
- Education Advice Sessions (*Provided by Families InFocus Essex*)

Activities

- Parent and Pre-school Children's Sessions
- Yoga, Drama and Activity Groups
- Music Therapy
- Holiday Sessions
- SNAP+ (*for older children and young people*)
- Sibling Support
- Multi-Sensory Room

Where: The SNAP Centre, Pastoral Way, Warley, Brentwood, CM14 5WF

When: 9.00am until 5.00pm Monday to Thursday and
9.00am until 4.00pm on Friday.

Cost: Family drop off and use of facilities- £5. Drama and yoga also £5.

Transport: Thirty-minute walk from the Sion Centre to SNAP. Also, go to Brentwood High Street, get on the First 9 bus (comes every half an hour). Stay on for 5 minutes until Brentwood Railway Station. Walk 15 minutes to SNAP.

To contact us for further information please call 01277211300 or use info@snapcharity.org

NOTES

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