



Charity No: 3372665

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Welcome to PARC-Essex Newsletter

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Summer Holiday

Enclosed with this newsletter you will find our booking form for the Summer Holidays. The new booking forms contain details regarding each of the days activities, themes and snacks which are now a requirement of PARC by Ofsted. We hope this information is useful to you in planning your child's stay with us.

This Summer we are taking trips for Whizzy to Chessington , Danbury Outdoors, Swimming ,Beach and sea life Centre, Willows Park , Bowling and out for a meal at the Essex Cricketers. For Vulnerable we are going to Legoland, Willows Farm , Swimming, Willow Park , Crazy Kids and a Meal at the Essex Cricketers. We will endeavour to allocate each family with their preferential dates and trips on a fair basis.

We have at present 210 children to accommodate on a weekly basis during the Summer Holidays. In order to provide the most places we will continue to offer three sessions; a full day from 10am -5pm ,a morning session from 10am -1pm and an afternoon session from 2pm-5pm. This enables us to offer up to 31 places a day, compared to the 24 places from last year. By giving parents a choice in the sessions available and by increasing the children we are able to take per day we hope that we will be able to accommodate most parents and children's wishes. Please be mindful that we try our best to give all parents the same amount of short breaks and to be fair to everyone.

Please select your preferential dates and return the form to us as soon as possible. Once the dates have been allocated if there are any queries, cancellations or extra requests please only contact the office staff who will endeavor to help you.

Saturday Short Breaks and Friday and Saturday Youth Clubs and Sunday Stay and Play will continue throughout the holidays.

Car Park Tickets.

When using PARC please remember to display your PARC Parking Ticket. This can ONLY be used when using PARC and must not be used when using the Discovery Centre or Country Park. The car park is continually monitored and fines given for miss use. We will not be able to help if a fine is received.

RICHARD KNIGHT PARC Honorary President

During the AGM, Our previous Chairman and Founder Richard Knight was made Honorary President of PARC as a tribute in recognition for all the work and contribution made in making PARC the service it is today. Without his initial idea and the time and effort putting it into fruition, our children would be limited to the play facilities and support offered to them. A plaque has been placed above the door to the main hall, along with a photograph taken at one of PARCs first meetings.

Photograph shows Richard and his Wife Debbie during the presentation.



PARC AGM

Thank you to everyone that attended this years PARC AGM which took place on 20th April. Nick Ross and Amanda Campbell stood down as Chair and vice Chair and our former Treasurer Andrew Grice has kindly agreed to be our new chairman for the coming year. Thank you Andrew!

PARC would like to say a huge thank you to Nick and Amanda for all their hard work and dedication to PARC over many years and especially over the last year as we have expanded our services with the move to our new Building.

New Staff

We have 3 new additions to our staff, Gina who is our new admin apprentice and Jenny and Hannah who are child care apprentices.

Thank you

Many thanks to Nick and John Ross who spent all of the last weekend, over 20 hours updating all the PARC Office Computers and ICT - a mammoth undertaking

but which has made a huge difference to all the staff ! Two new laptops have been purchased for the siblings groups, as part of our plan to make one of the meeting rooms into a play and education room. Further details of this to follow in the next newsletter.

Hire of PARC during the Summer Holidays

On days when trips are taking place during the summer holidays, the PARC centre may be available to hire. If you are interested in hiring PARC with a few friends for the morning or afternoon, please contact Dawn on 01376 528999. We may have a couple of staff available to help too!

London Marathon

A big big thank you to all the runners that represented PARC-Essex in this years London Marathon. It was a fantastic effort from all of them, with all finishing the race. Unsurprisingly most had sore legs and bodies after, but everyone at PARC, from the staff

to the children that use the centre wants to send their thanks to them all.

A number of the runners have just giving pages, which are listed on the PARC web site on the donations page. Please give as much as you can, as the money goes to help PARC run its services.

The runners were, Darren Preston, Ryan Hill, Craig Lesion, Myles Cousin, Mike Neale, Paul Delany, Terry Parsons, Andy Campbell, Julie Marsh, Dawn George, and Paul Surgeon. Thank you to Amanda Campbell for helping with the arrangements. Pictured below is Terry Parsons after the race.



Cameras and Mobile Phones at PARC

In order to safe guard our children, and to comply with our Child Protection policy could we please ask that Parents refrain from using cameras or mobile phones to take photos of their children and staff during all PARC sessions. If you require a photo of a member of staff please ask via the office who will consider your request.

Could we also ask that you do not allow your children to bring mobile phones into any sessions that they attend in order to again comply with child protection issues.

All Staff, both Office and those working with the children will now wear PARC Polo shirts so that everyone including the children can be clear which persons are working for PARC.

Please can we also reiterate that parents are not allowed into the main room or anywhere else accessible by the children when a short break session is taking place. Children can become distressed and anxious if they see strange adults in the centre during their playtime. Thank you in advance for your cooperation in this matter.



Parent Talks at PARC

PARC in conjunction with Families in Focus are hosting the following 3 workshops / talks for parents, All talks are taking place at PARC building.

- 🕒 **Ros Blackburn - Living with Autism** Monday 14th June 10am -12 noon, Ros has severe Autism but is able to give a valuable insight into her world. (Please note that this talk may be difficult for some parents.)
- 🕒 **Challenging Behaviour** by Melissa Williamson Wednesday 7th July 7:30pm – 9:30 pm
“How to use pro-active approaches to support Children so that they make positive behavioural changes.”
- 🕒 **“Why do Social Stories Work for Autistic Children”** by Dr Jane Pearson Monday 4th October 10am -12 noon

Please contact Paula at PARC or Karen Matthews at Families in Focus (01245 353575) to book your places.

Free Practical Workshops for Parents of Children with Special Needs

Thursday 20th May at Marks Tey Hotel , London Road , Marks Tey , Colchester CO6 1DU Times of arrival 9:30 -9:50am for registration and finishing after 2:30 pm

Essex Forum and Essex partnership Service have been working with SENCAN to organise workshop days for parents/carers of children with special needs. There will be workshops in the morning and afternoon including a buffet lunch, offering knowledge and skills which can be adapted at home.

Workshops include David's story and pictorial aspirations, How to influence the most important people in your life , Inclusive communication in Essex, Behaviour support and massage and complementary therapies. Please contact Vicky Torr on 01245 436326 to reserve your place or Contact Paula for further information.



Oliver Ward 's Cycle Ride For PARC

Oliver Ward who is 9 years old will be undertaking a 20 mile sponsored bike ride on Sunday 16th May in aid of PARC. He wanted to do something to benefit his brother Ben and choose PARC off his own accord. So far he has raised £ 225 !

Oliver has a just giving site www.justgiving.com/oliverward. Please help to sponsor him ! Thank you oliver from everyone at PARC.



Book Library

Please remember that we have story sacks which can be borrowed for free (returnable deposit) and our new multi sensory book bags have arrived , perfect for children with sensory needs. Please ask Paula , Kirsty or Roxanne for further information or look on our web site. We have also received a grant for £ 2000 which will enable us to purchase new books for parents and educational dvds for the children.

Fundraising events for Parc- Parc has some fundraising events

- 🕒 Quiz Night in aid of PARC and Brainwave ,Friday June 25th 7:30pm £ 5 a person , Teams of 8-10 Drinks and nibbles available from the bar, At Witham Town, Football Social Club, Spa Rd, Witham CM8 1UN , Please contact Paula to book your place.
- 🕒 Fun Day at Panfield Bell with BBQ Hog Roasts and Band starting from 1pm on 19th June

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