



## What's on in Chelmsford?

**Chelmsford City Council** will be offering a wide range of 'Get in!' activity sessions for children and young people aged 3 to 16. Activities include:

- Athletics
- Canoeing
- Climbing
- Drama
- Dance

And More!

**Chelmsford City Council** Also offer Get In! Skills Clinics. Intensive, short courses designed to give children a solid foundation in a chosen sport. Available in **locations around the city!** Sports include:

- Swimming
- Archery
- Cycling
- Football
- Horse Riding
- Trampolining

And many more!

Choose between half a day and a full day **9am – 5pm between Monday 23<sup>rd</sup> July and Monday 3<sup>rd</sup> September**

[Click here to visit the Chelmsford City Council website.](#) Or Call **01245 606707**

Summer SEND activities covering MID Essex (Chelmsford, Braintree, Maldon Districts and South Woodham Ferrers).



Join **Families InFocus** for **FUN** with a range of different activities every Saturday afternoon. They hold play activities for children with SEND with their sibling(s) and Parent / Carers.

- **Session One: 3:00pm – 4:00pm**
- **Session Two: 4:30pm – 5:30pm**

[Click here to visit Families InFocus' website.](#)

**Jump Street** hold support sessions for children and adults over age 4 with additional needs, trampolining a fun way to enhance:

- Social interaction
- Co-ordination
- Self-esteem and confidence
- Physical and mental wellbeing

[Click here to visit Jump Street's website.](#)



**Disability 4 Sport** offer something for everyone through their inclusive activities and they have a summer calendar of events.

[Click here to visit Disability4sport's website.](#)

## What's on in Braintree?

**PARC** is a children's charity to provide play and recreation facilities for children with additional needs and short break care for their families and carers.

PARC is a place where children can develop, learn and have fun, in a safe and friendly environment.

Contact by telephone: 01376 528999 or Email: [info@parc-essex.co.uk](mailto:info@parc-essex.co.uk)

[Click here to visit PARC's website.](#)

**Happy Hill Essex CIO** look to give special needs children the opportunity to play and have fun wherever we go whilst parents have valuable respite.

Up to 4 days a week during holiday.  
Session: **10:00 am - 3:00 pm**  
Session Price: **£45** (additional charge for one to one)  
There may be extra costs to cover food/entry fees.

[Click here to visit Happy Hill's website.](#)

**InterAct** have a range of support, activities and opportunities for both children and young people with SEND and their parents and carers.

They empower children, young people, parents and carers to make informed decisions allowing them to take control on the exercise and how it is provided.

[Click here to visit InterAct's website.](#)



## Throughout the UK

**Mencap** help people with a learning disability have opportunities to get out, be active, have fun and find their passion.

[Click here to visit Mencap's website.](#)



## What's going on Essex Wide?

**Active Essex** - Essex County Council will be delivering the biggest ever summer programme across the county through our Essex ActivAte summer holiday activity and food programme. Over 5 weeks of the summer holidays we will be delivering **FREE** holiday activity for young people who are eligible for benefits based free school meals.



[Click here to visit the Active Essex's website.](#)