

Essex ACTIVate

Active Essex is offering a range of ActivAte clubs this Half Term!



These clubs are completely **free for young people** who are **eligible for benefits based free school meals**, as well as children from low income working families who would benefit from this **additional support**. Clubs will feature fun physical and enrichment activities, as well as nutrition education. Plus, each child will receive a **tasty, nutritious lunch!**

Mental Wellbeing Hubs

Delivering **supported activities** over shorter sessions, in **smaller groups**. Activities will be **sensitive** to children's needs, focusing on **gentle social transition** and **coping exercises** to help with the move back to community engagement.

SEND Activity Hubs

There will be **SEND Hubs** across Essex, delivering **specialist workshops**. These will provide **coaching** and **inclusive physical and enrichment activities** for SEND pupils, to ensure they get **the best** out of their summer!



Local Activity Clubs

Our holiday clubs, run by **locally trusted organisations**, offer a wide variety of activities, ensuring they have a **fun, memorable and active** holiday!

All clubs will be delivered within Covid safety guidelines.

If your child is eligible but does not require this face to face support, then we are pleased to also be offering fun virtual resources www.activeessex.org