



Weekly Snapshot from EFF

Week ending- 30/11/25

Essex Family Forum receives many comments through our online Graffiti Wall, at events and through our Family Champions. Although we are not able to address all of these through this snapshot, please be assured that all feedback is raised with services and issues that are shared repeatedly are being highlighted.

You said:	We did:
<p>One Planning - We have received feedback from families about poor quality One planning meetings.</p>	<p>Please see below links for what One planning is and how it should be carried out:</p> <ul style="list-style-type: none"> • Make a plan of action to support your child Essex Local Offer • A Graduated Approach - Essex SEND IASS • One Planning
<p>Good Beginnings Course - We have received feedback from families that they aren't aware of the Good Beginnings course that is available.</p>	<p>"Good Beginnings Course is an 8-week, face-to-face course for parents and carers of children aged 5 or under, who have autism or social communication needs. This course covers:</p> <ul style="list-style-type: none"> • understanding autism • communication • play • sensory processing • behaviour is communication • eating, sleeping and toileting • managing anxiety <p>The course is for parents and carers of children under 5 and a diagnosis of autism is not needed to access Good Beginnings.</p> <p>Please see the link below for further information about the course: Good Beginnings Course Essex Local Offer</p>
<p>Access to support and information - Families have expressed confusion and uncertainty about where to turn for support when starting on their SEND journey.</p>	<p>We continue to support families by signposting them to organisations and charities who offer support and guidance. We are also pleased to be able to provide</p>



families with a copy of 'Supporting your neurodivergent child' Resources can be found here:

<https://essexfamilyforum.org/resources>

EFF Family Impact Survey 2025

As you may have seen, the 2025 EFF Family Impact survey is now live. We are conducting this survey to measure the current levels of parental satisfaction with local services for SEND families and to compare with the data collected within our previous surveys. We took on board your feedback from our previous surveys and have reduced the number of questions so completing the survey should only take approximately 10 minutes.

Your voice really does make a difference, please take the time to complete this survey by clicking on the image on the right or by [clicking here](#).

In other news.....

- Ruth is delighted to welcome Stephanie as our new *Family Champion* for Mid Essex. Stephanie has already begun sharing Essex Family Forum posts, and I'm excited to work alongside her and share in her passion.
- Ruth had the pleasure of meeting Jamey and Carly from POP Essex, both dedicated Family Champions who provide an outstanding service in Braintree. I'm really looking forward to returning in the New Year to take part in one of their parent sessions. Thank you for making me feel so warmly welcomed.
- Ruth visited Kinetix Academy CIC this week and had the pleasure of meeting their passionate team. We explored the impressive timetable of activities they already provide, and I'm excited to be joining them next year to connect with families.
- Stacey attended the SET Therapies West Essex Oversight delivery group meeting this week. The group will be working on getting clear communication to families about the link therapists, and whole balance system. Therapy advice lines are now available. All information is on Essex Local Offer: [Sitewide search | Essex Local Offer](#)
- Claire and Kate attended the Joint Commissioning Group on Monday, which is attended by representatives from Education, Health and Social Care in Essex. We heard updates regarding Autism in Schools project, Children's Learning Disability Service, Therapies and Local Government reforms. We also heard updates from the Integrated Care Boards covering Essex.



- Claire attended the Children's and Young People Transforming Care Steering Group on Tuesday. She heard updates about the number of children in Tier 4 beds in Essex and the SET CAMHS Eating Disorder service.
- On Wednesday, Claire attended the Council for Disabled Children National Event: Inclusion and Beyond. Clare Burton, Director for SEND at the Department for Education spoke about the upcoming White Paper and Claire was one of the attendees invited to speak to Clare – Claire talked about the struggle families have with their children and school attendance – primary and secondary school – Claire explained that families don't feel listened to in the early stages and if their child masks at school it's even harder to be heard. The Attendance requirements on schools add to the pressure. We also heard from NHS England on their current projects and attended workshops on specific areas.
- Claire attended the SET Learning Disability Annual Health Check Forum on Wednesday and highlighted the difficulties of getting a child on a GP's Learning Disability Register, as GPs have different criteria for adding a child to the register.
- Carly attended a meeting with the MSE BCYP Growing Well Programme Board. The meeting discussed various initiatives and challenges related to children and young people's mental health and neurodiversity. Key points included the need for a flexible, needs-led mental health model, the impact of long waiting times for autism and ADHD assessments, and the importance of inclusive services. The neurodivergent pack, developed by the Southend City Youth Council, was highlighted as a significant achievement, aiming to destigmatize neurodivergence and provide practical support, created by young people, for young people we hope to be able to share this with you soon.
- Sarah attended the North East Essex Neurodevelopment Adult Partnership (NAP) Meeting this week. Whilst this meeting is aimed at adult services/support, Essex Family Forum cover 0 to 25 years of age so it is important and useful to have a presence at this meeting and share feedback from families especially relating to the transition into adult services.
- Sarah attended a parent/carer roadshow at Holland Par School this week. The event was held during the schools learning review day.

Please note: The Graffiti Wall and Snapshot is designed to give anonymised feedback and cannot be used to answer individual queries.



All EFF staff are part time and work on a flexible basis. If there are weeks when a quadrant does not appear represented in this snapshot, we are still working hard. Please bear this in mind.