

# Essex ACTIVate



Active Essex is offering a range of ActivAte clubs over the summer!

These clubs are completely **free for young people** who are **eligible for benefits based free school meals**, as well as children from working families who are struggling financially and 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 the children's needs, focusing on **gentle social transition** and **copng 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 range of activities for children across Essex. Ensuring they have a **fun, memorable and active Summer 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 activity packs and virtual resources!**