

TCS East

Monthly News Update

Issue 10
July 2026

Key feature

Raising money
for family fest
- we are now up to
£5295
of 10k!

Seasonal
hampers
and how you
can support
with them



Welcome

...to a sunny edition
of our 10th newsletter!

Welcome to this month's update, where we continue to focus on what matters most—responding to need, strengthening our impact, and working alongside young people, families, and partners to make a difference where it counts.

As we move into the summer months, our teams are building on the success of previous years by delivering targeted wellbeing-focused groups in care homes and providing support for young people during summer when they are not in education. We offer safe spaces, consistency, and connection - key ingredients in supporting young people through periods that can often feel unstructured and isolating.

Alongside this, we have been privileged to stand alongside a local school following the tragic loss of one of their students. Our teams have provided on-site support, including one-to-one and group interventions, as well as guidance for staff, parents, and carers. We send our continued love and care to the whole school community during such a difficult time and remain committed to offering support where it is needed most.

There is also much to celebrate. From the safe arrival of two new TCS babies, to the continued progress towards our Family Fest fundraising goal, and the ongoing success of our Seasonal Hampers, there are clear reminders of the strength and generosity within our community.

This edition asks us to reflect on a key priority—our work with young adults aged 18–24. Too often overlooked, this group sits at a critical point of transition and vulnerability, and our services are continuing to evolve to meet that need.

As always, there are opportunities to get involved. Whether through supporting our Seasonal Hampers, contributing to fundraising efforts, or strengthening partnerships, your involvement directly helps us reach the young people and families who need us most.

This month
we welcome
2 TCS babies!
Congratulations
to both
families.

We are
Community
partners
of the
year with
Essex
Police.



Service Spotlight - Supporting Young Adults (18–24)

At The Children's Society, we are often asked why we support young adults when our name suggests a focus on children. It's a fair question—and one that reflects a common misunderstanding about development and need.



Our EYPDAS work supporting 18-24 year olds

While 18 is legally recognised as adulthood, it is not a fixed point in human development. Neuroscience tells us that brain development—particularly the areas responsible for decision-making, impulse control, and emotional regulation—continues well into our twenties, and often beyond.

In fact, rather than ending at 18 (or even 25), development is a gradual, individual process shaped by experience, relationships, and environment.

This matters; because for many young people, trauma, poverty and adverse life experiences can significantly disrupt or delay development, leaving them navigating adult systems without the emotional or neurological resources those systems assume they have.

Why this age group matters

Young adulthood is a critical crossroads. Research shows that adolescence and early adulthood are periods of heightened vulnerability to risk-taking and substance use, with early experiences strongly linked to later outcomes, including mental health challenges and addiction. Yet too often, 18–24-year-olds fall between two worlds:

- Seen as "too old" for children's services
- But not yet meeting thresholds for adult provision

This creates a gap at the very point where support can have the greatest long-term impact.

Our response

Over the past year, we have actively supported over 450 young people aged 18–25, ensuring they do not fall through that gap. Our services working with this age group include:

- **EYPDAS** – offering a structured recovery pathway
- **Staying Close** – helping care-experienced young people transition into adulthood
- **CARE Together** – supporting young adults in exploitation with additional needs

Together, these services recognise that independence is not achieved simply by reaching a birthday—it is built through consistent, relational support.

Responding to real-world challenges

Colleges are a key example of where this complexity plays out. The legal status of young people aged 18+ brings challenges around autonomy and risk, particularly in relation to substances such as vaping.

In the UK, individuals must be 18 to legally purchase vaping products, placing colleges in a difficult position when balancing safeguarding with adult rights.

To respond to this, we have been working in partnership with Essex Police and Chelmsford College, piloting a new approach that:

- Supports the development of a revised, realistic vaping policy
- Builds staff understanding of young adult vulnerability and risk
- Ensures policies are not only enforceable, but grounded in support rather than sanction

We are proud to have been awarded as community partners of the year for this work and will continue to support.

Amplifying young voices

Alongside this, in partnership with Essex Recovery Foundation, we are developing a 16+ media project to elevate the voices of young people in recovery. Too often, young adults are caught between outdated assumptions:

- That they "should know better"
- Or that their substance use is "not serious enough" to warrant support

In reality, this age is often where patterns are formed—either towards recovery or deeper harm.

By listening to young people's lived experiences, we can better understand the pressures they face and ensure they are equipped with healthier strategies to cope with:

- Mental health challenges
- Poverty and instability
- The lasting impact of trauma

Moving forward

If we are serious about prevention, early intervention, and long-term outcomes, we must recognise that support cannot stop at 18.

Seasonal hampers

After our hugely successful Spring Hamper collaboration with Kennedys Law and Phoenix Rotary we are now looking to create Summer Hampers.

We would like to invite any interested individuals, or organisations who have volunteering hours to use; to join us to put together the hampers and/or make donations to support this activity. Our hamper session is booked for 4-7pm on Wednesday 15th July. If you wish to attend please contact

nina.allard@childrenssociety.org.uk directly to express an interest and identify how best to organise this.

The Autumn Hamper building session is scheduled in for Wednesday 21st October. For people to be able to plan ahead and donate any items or funding to support this.

Beautiful babes



Huge congratulations to **Sarah Chant** and **Lauren Watkinson** on welcoming their beautiful babies into the world!

We also said a fond “see you soon” earlier this year to **Danni Balls** and **Faye Jaques** as they prepared for their arrivals—wishing you all the very best, and we can’t wait to have you back with us.

Opportunities Vacancies

Boys and Young Mens Worker

[View / Apply](#)

(Closes 2nd August, 2026)

We wish to recruit a specialist Boys and Young Mens worker to join our established Essex CARE (Child At Risk of Exploitation) Together team, supporting male young people aged 8-25 who are at medium risk of exploitation; criminal, sexual, financial or domestic servitude.

You will provide direct therapeutic support to vulnerable young males and support and signpost families who are affected by exploitation. You will provide professional expertise in various panels that review individual risk as well as offer training and resources for other professionals supporting potentially exploited young people.

Support offered will include one to one face to face interventions, targeted group work & online support across the County as well as consultation with professionals.

For more information and to apply please click on the View / Apply link above.

2026 Miles for TCS East

In early 2026 Nina Allard, one of our Safe Practice Managers, set herself the challenge of completing 2,026 miles worth of activity throughout the year. This includes walking, running, cycling and swimming; with the aim to raise £2026 to support our TCS East Seasonal Hampers for the children, young people and families we work with.

Donate here



These hampers make a real difference and every pound goes directly towards the items inside, brought together by our amazing volunteers.



So far, I've completed 1,389 miles (69%) - but I'm less than a quarter of the way to my fundraising goal. I need your help to close the gap. Every penny counts. Every contribution matters. If you can donate or share, you'll be helping us put practical support directly into the hands of those who need it most.



VVU/ECVYS Listening Report

The annual Violence and Vulnerability Unit/Essex Council for Voluntary Youth Services Listening Report is now live. While the national Good Childhood Report helps us understand the experiences of children and young people across the country, this local report provides an important opportunity to hear directly from young people in our area about the issues that affect them most. Check it out [here](#).

Training

(Various dates available.)

Child Criminal Exploitation

[Sign up](#)

Training delivered through the ESCB, supported by members of our CARE team.

AMBIT

[Request contact](#)

Team around the Worker approach. If you are interested in how the AMBIT approach can support your team then get in touch with us.

Services awareness

If you would like us to give more information about any of our services, maybe in a team meeting or at an event please contact us on **01245 493311**.

Feedback

[Feedback](#)

Like what you see? Let us know by filling out this short feedback form.

Contacts / Referrals

Referral Forms

All completed referral forms should be emailed to
EssexReferrals@childrenssociety.org.uk

General Enquiries

Email **eda@childsoc.org.uk**

Services

For more specific information on any of our services you can contact a member of our team:

Safe Practice Managers

Nina.Allard@childrenssociety.org.uk

Sarah.Simpkin@childrenssociety.org.uk

Service Managers & Lead Practitioners

EYPDAS (Essex Young People's Drug & Alcohol Service)

Andrea.Kerridge@childrenssociety.org.uk

Service Manager

CHHAT (Community Hidden Harm Awareness Team)

Tracy.Page@childrenssociety.org.uk

Service Manager

Safe in Essex

Sarah.Chant@childrenssociety.org.uk

Lead Practitioner

Youth Diversion

Victoria.Purdy@childrenssociety.org.uk

Lead Practitioner

CARE Together (Children At Risk of Exploitation)

Leanne.Fuller@childrenssociety.org.uk

Service Manager

Staying Close

Rebecca.Gentry@childrenssociety.org.uk

Service Manager

Inside Out

Julia.Hillam@childrenssociety.org.uk (Essex)

Kathy.Taylor@childrenssociety.org.uk (Hertfordshire)

Service Managers

Volunteers, Vaping Support & Positive Activities

Lauren.Watkinson@childrenssociety.org.uk

Service Manager



Service Info

Visit our website **[here](#)** for more details on all our services section or scan the QR codes below:



Essex Young People's Drug and Alcohol Service (EYPDAS)



Community Hidden Harm Awareness Team (CHHAT)



Safe in Essex



Children At Risk of Exploitation (CARE Together)



Family Support



Youth Diversion

EssexReferrals@childrenssociety.org.uk

01245 493 311

childrenssocietyleast.org.uk

© The Children's Society 2026. Charity Registration No. 221124.

**The
Children's
Society**