Essex County Council
Special Educational Needs and Disabilities

Introduction to SPACE

SUPPORTING PARENTS AND CARERS IN ESSEX

SPACE

Support for SEND that speaks from lived experience

Autumn 2025

What is SPACE?

- In October 2025, Essex County Council launched **SPACE** – Support for Parents and Carers in Essex
- SPACE is a free service providing parent-led support, advice and understanding for parents and carers of children and young people with SEND (Special Educational Needs and Disabilities) across Essex

- Our aim is to empower parents and carers to feel supported, informed, and confident when navigating different challenges across all aspects of SEND.

- No diagnosis or referral needed.

SPACE

Who are we?

- **SPACE** is run by a group of Peer Educators who are all parents/carers with lived experience of SEND.
- We understand the challenges you face – from navigating services to managing daily life.
- We are trained in sharing our knowledge and experience and offer support for all aspects of SEND.
- We are also trained to listen, guide, and share practical strategies and resources.
- We aim to provide a safe, understanding environment where you can talk openly, share experiences and find practical help.

SPACE

What do we offer?

- A free service for parents/carers of those with SEND, with or without a diagnosis

- There are **4-key services** we offer;
  - Our website - a growing source of information and guidance for parents and carers
  - Weekly webinars that focus on particular topics such as Demand Avoidance, Sensory Needs and Sleep
  - One-to-one telephone support with a Peer Educator
  - Attend schools and community events

SPACE

1) Our website

Our website is growing source of information and guidance for parents and carers

Explore a wide range of resources, tips, and information, all co-produced with parents and carers of children with SEND. Everything here is grounded in real-life experience and designed to help you support your child or young person.

In our ADVICE ON SEND section we cover topics such as;



Understand and support your child's needs



Family life and relationships



Daily routines



Education and school engagement

SPACE

2) Online Group Sessions

- Our online group webinars are held weekly and provide SEND-related information and guidance to parents and carers on a range of topics.

- In these sessions you can expect advice, practical strategies, and shared experiences.

- All online events are free of charge and there is no limit on how many you can sign up to



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3) One-to-One Support

- We offer One-to-one support via phone or video call with a Peer Educator.

- You can talk through any situation with someone who understands and gain advice, information and practical strategies to support you which includes signposting to other professional services who can support you further,



4) Community Events

- We attend schools and community events all over Essex where you can come along and chat to one of the team for support and advice.

- You can always find us at the Essex Local Offer Roadshows which are held in the Spring, Summer and Autumn terms across Essex.



Get in Touch!

SPACE Request One to One support from a Peer Educator



Email: space@essex.gov.uk

Website: www.parent-send-support.essex.gov.uk

Facebook: Essex Local Offer

SPACE

Essex County Council
Special Educational Needs and Disabilities

This information is issued by:
Essex County Council

Contact us:
space@essex.gov.uk

www.parent-send-support.essex.gov.uk

SEND Strategy and Innovation
Essex County Council
County Hall, Chelmsford
Essex, CM1 1QH

Essex_CC

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The information contained in this document can be translated, and/or made available in alternative formats, on request.

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