



S-Well

Upcoming Parent Coffee Mornings

Introduction to Barriers to School Attendance

Designed to support parents and carers of both primary and secondary-aged children, this session provides a clear introduction to Emotionally Based School Avoidance (EBSA), including key facts, research, and current understanding. It explores common risk and protective factors, helping parents recognise what may make school attendance more difficult, as well as what can support a child's resilience. The session also highlights early signs to look out for when a child may be beginning to experience EBSA. In addition, parents will be introduced to early intervention strategies, the role of multi-agency support, and a range of helpful services and resources available to support both children and families.

21/05/26- 10am-11am, Online via Microsoft Teams

11/06/26- 10am-11am, Civic Centre, Committee Room 6

09/07/26 - 10am-11am ,Online via Microsoft Teams

06/08/26 - 10am-11am, Civic Centre, Committee Room 6

If you are joining a session online, via Microsoft Teams, please email: EPTeam@southend.gov.uk for the meeting link.



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Barriers to School Attendance Part 2

Our part two parent session to 'Barriers to School Attendance' equips parents with practical tools and early-intervention strategies to support their child's attendance from home. It helps families better understand the reasons behind emotionally based school Avoidance (EBSA) and why consistent support is so important. The session is designed to build confidence and hope, offering clear, achievable steps parents can take to make a positive difference.

25/06/26- 10am-11am, Civic Centre, Committee Room 3

16/07/26 - 10am-11am, Civic Centre, Committee Room 3

17/08/26- 10am-11am, Online via Microsoft Teams

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Transitions from EYFS to Reception

This supportive workshop helps parents and carers understand the emotional journey children experience when transitioning from EYFS into Reception. Grounded in psychological research, it explores how adult responses shape children's confidence and resilience, and offers practical, everyday strategies to reduce anxiety and support a smooth start to school.

18/05/26- 10am-11am, Online via Microsoft Teams

24/06/26- 10am-11am, Civic Centre, Committee Room 6

23/07/26- 10am-11am, Online via Microsoft Teams

11/08/26- 10am-11am, Civic Centre, Committee Room 5

18/08/26- 10am-11am, Online via Microsoft Teams

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Transitions from Year 6 to Year 7

Support your child's move to secondary school with confidence through our parent-focused Transition Workshop. This one-hour session offers a safe, supportive space to explore your own worries and share experiences with others, while gaining insight into how your child may be feeling, guided by psychological research. You'll leave with practical, evidence-based strategies on how best to support your child - and when to step in or step back. It also includes dedicated time for your questions, ensuring you feel informed, reassured, and ready for the journey ahead.

20/05/26- 10am-11am, Online via Microsoft Teams

18/06/26- 10am-11am, Online via Microsoft Teams

21/07/26- 10am-11am, Civic Centre, Committee Room 5

11/08/26- 12.30-1.30pm, Civic Centre, Committee Room 5

19/08/26- 10am-11am, Online via Microsoft Teams

If you are joining a session online, via Microsoft Teams, please email: EPTeam@southend.gov.uk for the meeting link.