

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Drop in self weigh – no need to book</b> 9.30am – 4pm <b>Chelmsford West Family Hub and Chetwood Delivery Site</b></p> <p><b>‘Say Hi Toddler’</b> 10am – 11.30am <b>Chetwood Delivery Site</b> Drop-in peer group for parents/carers and children aged 1–4 years old</p> <p><b>Baby Massage</b> 4-week course 1.30pm-2.30pm <b>(By invite only following referral from HV or HFSP)</b> <b>Chelmsford West Family Hub</b> Support with colic, reflux and attachment.</p> <p><b>Community Self weigh</b> (Mon-Fri 9am-5pm)</p> <p>An opportunity for you to ‘drop in’ to <b>Chelmsford Library CM1 1QH</b>, and independently weigh your baby/child – no need to book an appointment. For follow up support please call us on 0300 2470014.</p> <p><b>Home-Start Family Group</b> For further information please contact 01245 847410 Or <a href="http://www.home-startessex.org.uk">www.home-startessex.org.uk</a> Sessions available across the district.</p>	<p><b>Drop in self weigh – no need to book</b> 9.30am – 4pm <b>Chelmsford West Family Hub</b></p> <p><b>First Time Parents</b> 10am-11.30am <b>Chelmsford West Family Hub</b> Support for new parents. 4-week course. Please call to book.</p> <p><b>Infant Feeding Support (Virtual session)</b> 10am-11.30am Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p><b>Introducing Solids</b> 1pm-3pm <b>(Bookable 1 Week Workshop – 2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday)</b> <b>Chelmsford West Family Hub</b> Support and advice on introducing solid food to your baby</p> <p><b>Look out</b> for “Wellies in the Wood” sessions- coming soon to Chelmsford!</p>	<p><b>Drop in self weigh – no need to book</b> <b>Chelmsford West Family Hub</b> 9.30am – 4pm <b>Chetwood Delivery Site</b> 9.30am – 12.30am</p> <p><b>Ready Steady 1's/2's</b> 10am – 11.30am <b>Chelmsford West Family Hub</b> <b>(by invite only following review)</b> To support learning and development in 1-year olds and promote school readiness in 2–3-year-olds.</p> <p><b>Talk Together (Virtual 3-week workshop)</b> 10am-11.30am Support for 18–30-month-old children with their early language development. Call for further advice and to book.</p> <p><b>‘Say Hi Baby &amp; Infant Feeding Support – Drop in</b> 1pm – 2.30pm <b>Chelmsford West Family Hub</b> Drop-in peer group for parents/carers with 0-12 month olds plus support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding.</p> <p><b>Typical Toddler Behaviour (Virtual workshop)</b> 1.30pm-3pm <b>1<sup>st</sup> Wednesday of every month</b> Support with various toddler behaviours. Please call us to book.</p> <p><b>School Age Support Clinic</b> 2.30pm-4pm <b>3<sup>rd</sup> Wednesday of every month</b> <b>Chelmsford West Family Hub</b> Book an appointment to discuss support around sleep, toileting, behaviour, anxiety and other concerns.</p>	<p><b>Drop in self weigh – no need to book</b> 9.30am – 4pm <b>Chelmsford West Family Hub and Chetwood Delivery Site</b></p> <p><b>‘Say Hi Baby’</b> 1pm – 2.30pm <b>Chetwood Delivery Site</b> Drop-in peer group for parents/carers with 0-12 month olds</p> <p><b>Baby Massage</b> 4-week course 1.30pm-2.30pm <b>(By invite only)</b> <b>Chelmsford West Family Hub</b> Support with colic, reflux and attachment.</p>	<p><b>Drop in self weigh – no need to book</b> 9.30am – 4pm <b>Chelmsford West Family Hub</b></p> <p><b>‘Say Hi Toddler’</b> 10am – 11.30am <b>Chelmsford West Family Hub</b> Drop-in peer group for parents/carers and children aged 1–4 years old</p> <p><b>Toilet Training (Virtual workshop)</b> 1pm-2pm <b>1<sup>st</sup> Friday of the month</b> Session to support you as you encourage your child to learn this self-care skill and to promote independence. Please call us to book.</p> <p><b>Preparing for Baby Workshop (Virtual 1 week workshop)</b> Support for parents-to-be. Covering topics such as infant feeding, safe sleep, responding to baby's cues, support available in the community and more. <b>Please call 0300 2470014 for confirmation of dates/times and to book.</b></p> <p><b>Please call our Single Point of Contact (SPOC) on 0300 2470014 for all enquiries and to book.</b></p>

\* HV – Health Visitor

\* HFSP – Healthy Family Support Practitioner

\* HFSA - Healthy Family Support Assistant