

Your community and Volunteering Opportunities

Are you interested in being involved in a community group? Would you like to develop your own group and work in partnership with your local Family Hub? Would you like to volunteer and support families in the community? Please call contact your Community Connectors Worker Kirsty Roberts kirsty.roberts@barnardos.org.uk and Kay North kay.north@barnardos.org.uk

Early Support – 0-19 years

We have staff available Monday – Friday who can provide advice and support to children, aged 0-19 years, and families in our local community. This can include behaviour support, child development, toileting, sleep, getting out and about, connecting with people in your community, transition to school or senior school, school Readiness, healthy lifestyles and emotional wellbeing. We can also assist with 2-year funding applications for childcare.

Drop in Self weigh

An opportunity for you to 'drop in' to our hubs and weigh your baby/child – no need to book an appointment. A member of the team will be available for support if needed.

Developmental Reviews

All children will be offered a 9-12 month and a 2 ½ - 3-year development review. You will be contacted to book this appointment. If you have any concerns about your child's development, then please contact us.

Healthy start vouchers

If you're more than 10 weeks pregnant or have a child under 4, the Healthy Start scheme can help you buy healthy foods like milk or fruit and get free vitamins. You need to be claiming certain benefits to qualify. If you're pregnant and under 18 you can claim even if you do not receive any benefits. Pop into one of our family hubs or delivery sites to find out more and get your vitamins.



Bookstart aims to encourage a love of books, stories and rhymes in children from as young an age as possible – Within our sessions, we will be incorporating stories, songs and rhymes plus sharing tips and strategies for parents to continue to share books and songs with their children.



www.essexfamilywellbeing.co.uk



0300 2470014



Chelmsford Child and Family Wellbeing Service



Essex Child and Family Wellbeing Service



Chelmsford District: 29th July – 30th August 2024

Welcome to your local family hub, where you can access **free**, friendly and high-quality health services in your community, school, online or family home. We offer a variety of sessions to support your child's development and build strong parent-child relationships.

Family Hubs ensure that children, young people and families (0-19 years or up to 25 years if SEND) can access integrated early support. We provide a one-stop shop of family support services for your mental and physical health plus your educational and social care needs. Our partner agencies include midwives, GP's, CAMHS and local community groups.

The focus of our service is making sure that everyone in Essex has the best possible start in life through meeting the identified needs of children, young people and families.

Chelmsford Central Family Hub

Lower Ground Floor, County Hall (by Chelmsford Library)
Market Road
CM1 1QH
Monday to Friday 9 - 5pm

Chelmsford West Delivery Site

Dixon Avenue
Chelmsford
CM1 2AQ
Monday, Wednesday & Friday 9am – 5pm

Chetwood Delivery Site

Shirebourn Vale
South Woodham Ferrers
CM3 5ZX
Monday & Thursday 9.30am–4.30pm
Wednesday 9.30am–12.30pm

Please note that buggies are not allowed into sites and must be left outside.

Commissioned by



t: 0300 2470014

Summer timetable W/C 29th July 2024 – Chelmsford District

Monday	Tuesday	Wednesday	Thursday	Friday
Drop-in support & self weigh Chelmsford West CM1 2AQ Chelmsford Central CM1 1QH Chetwood CM3 5ZX 9.30am-4.30pm	Drop-in support & self weigh Chelmsford Central CM1 1QH 9.30am-4.30pm	Drop-in support & self weigh Chelmsford West CM1 2AQ Chelmsford Central CM1 1QH 9.30am-4.30pm Chetwood CM3 5ZX 9.30am-12.30pm	Drop-in support & self weigh Chelmsford Central CM1 1QH Chetwood CM3 5ZX 9.30am-4.30pm	Drop-in support & self weigh Chelmsford West CM1 2AQ Chelmsford Central CM1 1QH 9.30am-4.30pm
First Time Parents 10am-11.30am Chelmsford West CM1 2AQ Support for new parents. 4-week course. Please call to book. Summer Stay, Play and Learn 1st Session: 9.30am – 10.30am 2nd Session: 10.45am – 11.45am Chetwood CM3 5ZX A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)	Infant Feeding Support (Virtual workshop) 10am-11.30am Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding. Please call to book. SEND stay, play and learn session 3.30pm-4.30pm Chelmsford West CM1 2AQ Drop-in peer led stay and play group for parents/carers and children with SEND, diagnosed or undiagnosed 0-8 (siblings welcome) First Time Parents 10am-11.30am Chetwood CM3 5ZX Support for new parents/carers. 4-week course Please call for confirmation of location and to book. Let's Talk together (Virtual workshop) 1.30pm-2.30pm Support for 18–30-month-old children with their early language development. Call to book.	Let's Talk Together 11am-12.30pm Chelmsford West CM1 2AQ Support for 18–30-month-old children with their early language development. Call for further advice and to book. Baby Beginnings and Infant Feeding Support-Drop in 1pm – 2.30pm Chelmsford West CM1 2AQ A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing. Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding. Open to expectant and all parents. Free school uniform event 10.30am -12.30pm Christ Church Chelmsford, 164 New London Road, CM2 0AW A free event offering a selection of pre-loved school uniforms. Arts and crafts activities will be available as well as a range of organisations offering support and advice. No need to book just drop in. School age health advice drop in 3.30pm-4.45pm Chelmsford Library CM1 1QH Drop-in to discuss support around sleep. Toileting, behaviour, anxiety and other concerns	SEND support group 9.30am-11.30am Chetwood CM3 5ZX Drop in peer led group to support families who have a child or children with diagnosed or undiagnosed SEND. Children are welcome to attend. Baby Beginnings 1.00pm – 2.30pm Chetwood CM3 5ZX A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing. 5-16 years Get Active Session 3.30pm–4.30pm Chetwood CM3 5ZX Come and try a variety of sports, ball games and active play. (siblings welcome but activities may not be suitable, parents must stay)	Summer Stay, Play and Learn 1st Session: 9.30am – 10.30am 2nd Session: 11am – 12pm Chelmsford West CM1 2AQ A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable) School-age summer session 3pm-4.30pm Chelmsford West CM1 2AQ For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.

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Summer timetable W/C 5th August 2024 – Chelmsford District

Monday	Tuesday	Wednesday	Thursday	Friday
Drop-in support & self weigh Chelmsford West CM1 2AQ Chelmsford Central CM1 1QH Chetwood CM3 5ZX 9.30am-4.30pm	Drop-in support & self weigh Chelmsford Central CM1 1QH 9.30am-4.30pm	Drop-in support & self weigh Chelmsford West CM1 2AQ and Chelmsford Central CM1 1QH 9.30am-4.30pm Chetwood CM3 5ZX 9.30am-12.30pm	Drop-in support & self weigh Chelmsford Central CM1 1QH and Chetwood CM3 5ZX 9.30am-4.30pm	Drop-in support & self weigh Chelmsford West CM1 2AQ & Chelmsford Central CM1 1QH 9.30am-4.30pm
First Time Parents 10am-11.30am Chelmsford West CM1 2AQ Support for new parents. 4-week course. Please call to book.	Infant Feeding Support (Virtual workshop) 10am-11.30am Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Please call to book.	0-8 years Messy Play Chelmsford West CM1 2AQ 10am-11am A chance to try out a range of messy play activities within our activity room and garden. (siblings can attend but activities may not be suitable)	Baby Beginnings 1pm – 2.30pm Chetwood CM3 5ZX A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.	Summer Stay, Play and Learn 1st Session: 9.30am – 10.30am 2nd Session: 10.45am – 11.45am Chetwood CM3 5ZX A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)
Summer Stay, Play and Learn 1st Session: 9.30am – 10.30am 2nd Session: 10.45am – 11.45am Chetwood CM3 5ZX A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)	SEND stay, play and learn 3.30pm-4.30pm Chelmsford West CM1 2AQ Drop-in peer led stay and play group for parents/carers and children with SEND, diagnosed or undiagnosed 0-8yrs (siblings welcome)	Let's Talk Together 11am-12.30pm Chelmsford West CM1 2AQ Support for 18–30-month-old children with their early language development. Call for further advice and to book.	School-age summer session 3pm-4.30 pm Chetwood CM3 5ZX For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.	Summer Stay, Play and Learn 1st Session: 9.30am – 10.30am 2nd Session: 11am – 12pm Chelmsford West CM1 2AQ A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)
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	Let's Talk together (Virtual workshop) 1.30pm-2.30pm Support for 18–30-month-old children with their early language development. Call to book.	School age summer session 3pm-4.30pm Chelmsford Library CM1 1QH For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.		School-age summer session 3pm-4.30pm Chelmsford West CM1 2AQ For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.
	5-16 years Get Active Session 3.30pm–4.30pm Chelmsford West CM12AQ Come and try a variety of sports, ball games and active play. (siblings welcome but activities may not be suitable, parents must stay)			

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Summer timetable W/C 12th August 2024 – Chelmsford District

Monday	Tuesday	Wednesday	Thursday	Friday
Drop-in support & self weigh Chelmsford West CM1 2AQ Chelmsford Central CM1 1QH Chetwood CM3 5ZX 9.30am-4.30pm	Drop-in support & self weigh Chelmsford Central CM1 1QH 9.30am-4.30pm	Drop-in support & self weigh Chelmsford West CM1 2AQ and Chelmsford Central CM1 1QH 9.30am-4.30pm Chetwood CM3 5ZX 9.30am-12.30pm	Drop-in support & self weigh Chelmsford Central CM1 1QH and Chetwood CM3 5ZX 9.30am-4.30pm	Drop-in support & self weigh Chelmsford West CM1 2AQ & Chelmsford Central CM1 1QH 9.30am-4.30pm
First Time Parents 10am-11.30am Chelmsford West CM1 2AQ Support for new parents. 4-week course. Please call to book. Summer Stay, Play and Learn 1st Session: 9.30am – 10.30am 2nd Session: 10.45am – 11.45am Chetwood CM3 5ZX A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable) Introducing Solids (Virtual workshop) 1pm-3pm (Bookable 1 Week Workshop) Support and advice on introducing solid food to your baby. Please call us to book.	Introducing Solids 10am-12pm Support and advice on introducing solid food to your baby. Call to book SEND stay, play and learn session 3.30pm-4.30pm Chelmsford West CM1 2AQ Drop-in peer led stay and play group for parents/carers and children with SEND, diagnosed or undiagnosed 0-8 (siblings welcome) Infant Feeding Support (Virtual workshop) 10am-11.30am Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding. Please call to book. First Time Parents 10am-11.30am Chetwood CM3 5ZX Support for new parents/carers. 4-week course Please call for confirmation of location and to book. Let’s Talk together (Virtual workshop) 1.30pm-2.30pm Support for 18–30-month-old children with their early language development. Call for further advice and to book. 5-16 years Get Active Session 3.30pm–4.30pm Chelmsford West CM1 2AQ Come and try a variety of sports, ball games and active play. (siblings welcome but activities may not be suitable, parents must stay)	Let’s Talk Together 11am-12.30pm Chelmsford West CM1 2AQ Support for 18–30-month-old children with their early language development. Call for further advice and to book. Baby Beginnings and Infant Feeding Support- Drop in 1pm – 2.30pm Chelmsford West CM1 2AQ A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing. Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Open to expectant and all parents. School age summer session 3pm-4.30pm Chelmsford Library CM1 1QH For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.	Baby Beginnings 1pm – 2.30pm Chetwood CM3 5ZX A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing. 5-16 years Get Active Session 3.30pm–4.30pm Chetwood CM3 5ZX Come and try a variety of sports, ball games and active play. (siblings welcome but activities may not be suitable, parents must stay)	Summer Stay, Play and Learn 1st Session: 9.30am – 10.30am 2nd Session: 11am – 12pm Chelmsford West CM1 2AQ A drop in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable) School-age summer session 3pm-4.30pm Chelmsford West CM1 2AQ For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.

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t: 0300 2470014

Summer timetable W/C 26th August 2024 – Chelmsford District

Monday	Tuesday	Wednesday	Thursday	Friday
BANK HOLIDAY	Drop-in support & self weigh Chelmsford Central CM1 1QH 9.30am-4.30pm	Drop-in support & self weigh Chelmsford West CM1 2AQ and Chelmsford Central CM1 1QH 9.30am-4.30pm Chetwood CM3 5ZX 9.30am-12.30pm	Drop-in support & self weigh Chelmsford Central CM1 1QH and Chetwood CM3 5ZX 9.30am-4.30pm	Drop-in support & self weigh Chelmsford West CM1 2AQ & Chelmsford Central CM1 1QH 9.30am-4.30pm
ALL SITES CLOSED	Infant Feeding Support (Virtual workshop) 10am-11.30am Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Please call to book. First Time Parents 10am-11.30am Chetwood CM3 5ZX Support for new parents/carers. 4-week course Please call for confirmation of location and to book. SEND stay, play and learn session 3.30pm-4.30pm Chelmsford West CM1 2AQ Drop-in peer led stay and play group for parents/carers and children with SEND, diagnosed or undiagnosed 0-8 (Siblings welcome) Let's Talk together (Virtual workshop) 1.30pm-2.30pm Support for 18–30-month-old children with their early language development. Call for further advice and to book. 5-16 years Get Active Session 3.30pm–4.30pm Chelmsford West CM1 2AQ Come and try a variety of sports, ball games and active play. (siblings welcome but activities may not be suitable, parents must stay)	Let's Talk Together 11am-12.30pm Chelmsford West CM1 2AQ Support for 18–30-month-old children with their early language development. Call for further advice and to book. Baby Beginnings and Infant Feeding Support-Drop in 1pm – 2.30pm Chelmsford West CM1 2AQ A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing. Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Open to expectant and all parents. Introducing Solids 1pm-3pm (Bookable 1 Week Workshop) Support and advice on introducing solid food to your baby. Please call us to book. School age summer session 3pm-4.30pm Chelmsford Library CM1 1QH For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.	Baby Beginnings 1pm – 2.30pm Chetwood CM3 5ZX A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing. 5-16 years Get Active Session 3.30pm–4.30pm Chetwood CM3 5ZX Come and try a variety of sports, ball games and active play. (siblings welcome but activities may not be suitable, parents must stay)	Summer Stay, Play and Learn 1st Session: 9.30am – 10.30am 2nd Session: 11am – 12pm Chelmsford West CM1 2AQ A drop-in session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable) School-age summer session 3pm-4.30pm Chelmsford West CM1 2AQ For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.