

Your community

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? Please contact us on 0300 2470014 or essexmid-PB19adminhub@nhs.net

Volunteering Opportunities

If you have skills or time to spare and would like to volunteer with us across various locations in Maldon, please contact us on 0300 2470014 or essexmid-PB19adminhub@nhs.net

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

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.



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



Maldon Family Hub – Maldon District



**Essex Child and Family
Wellbeing Service**



Maldon District: September - December 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.

Maldon Family Hub

Maldon Library
Carmelite Way, Maldon
CM9 5FW
Monday to Friday 9 - 5pm

Dengie Family Hub Delivery Site

Ormiston Rivers Academy
Southminster Road
Burnham on Crouch
CM0 8QB

Tuesday and Friday 9.30-4.30pm
Wednesday 12.30-4.30pm

Chetwood Family Hub Delivery Site




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

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




Commissioned by



Maldon Family Hub, Carmelite Way, CM9 5FW

Monday	Tuesday	Wednesday	Thursday	Friday
Drop-in support & self weigh 9.30am – 4.30pm	Drop-in support & self weigh 9.30am – 4.30pm	Drop-in support & self weigh 9.30am – 4.30pm	Drop-in support & self weigh 9.30am – 4.30pm	Drop-in support & self weigh 9.30am – 4.30pm
Development Reviews 9-12 months & 30-36 months 9.30am-3.30pm An assessment of your child's growth and development. You will be contacted to book an appointment.	Development Reviews 9-12 months & 30-36 months 9.30am-3.30pm An assessment of your child's growth and development. You will be contacted to book an appointment.	Development Reviews 9-12 months & 30-36 months 9.30am-3.30pm An assessment of your child's growth and development. You will be contacted to book an appointment.	Development Reviews 9-12 months & 30-36 months 9.30am-3.30pm An assessment of your child's growth and development. You will be contacted to book an appointment.	Development Reviews 9-12 months & 30-36 months 9.30am-3.30pm An assessment of your child's growth and development. You will be contacted to book an appointment.
Antenatal infant feeding workshop This workshop covers advice and support around preparing for the arrival of your baby and infant feeding. You will be invited to this workshop by the Healthy visitor. If you have any queries, please call us.	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 10.00am-11.30am Support for new parents/carers. 4-week course Please call for confirmation of location and to book.	Stay, Play, and Learn 9.30am – 11.00am A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.	Baby & Toddler Rhyme time 11.00am – 11.30am Maldon Library Stories and rhymes for under 5's – term time only. Please note that this is a group run by the library.
	Let's Talk Together (Virtual workshop) 1.30pm – 2.30pm Support for 18–30-month-old children with their early language development – 2-week course. Call for further advice and to book.	Baby Beginnings 1.00pm – 2.30pm A drop in, 10-week rolling programme for parents / carers and babies aged 0-1 years, covering play and development including crafts and singing.	<div> Pop in during our opening hours to access our free Community Wardrobe – clothes available for 0–5-year-olds. </div>	<div> Infant massage: (By invite only following referral from HV or HFSP) Support with colic, reflux and attachment. </div>
Baby & Toddler Rhyme time 2.00pm – 2.30pm Maldon Library Stories and rhymes for under 5's – term time only. Please note that this is a group run by the library.	School-age health advice drop-in 3.00pm -4.30pm 1 st , 3 rd and 5 th Tuesday each month – for parents / carers Drop-in to discuss support around sleep, toileting, behaviour, anxiety and other concerns.	Introducing Solids - (Virtual Workshop) 1.00pm-2.30pm 2nd Wednesday of the month Support and advice on introducing solid food to your baby. Please call to book.	<div> Emotional regulation and resilience group. 6-week course for 8-11 years. Please call us to find out more or to book a place. </div>	<div> Healthy Start Vitamins If you are pregnant or have a child aged under 4 years, then you may be eligible to receive free Healthy Start vitamins. Visit www.healthystart.nhs.uk to check eligibility and apply. Vitamins available to collect from Maldon Family Hub. </div>
				t: 0300 2470014

Dengie Family Hub Delivery Site, Ormiston Rivers Academy, Southminster Road, CM0 8QB

Monday	Tuesday	Wednesday	Thursday	Friday
	Drop-in support & self weigh 9.30am – 4.30pm	Drop-in support & self weigh 12.30pm – 4.30pm		Drop-in support & self weigh 9.30am – 4.30pm
<p>SEND Support Group 0-19yrs 9.30am -11.30am Term time only</p> <p>This group is run by SEND4ALL a local charity that support families who have children with diagnosed or undiagnosed Drop-in , gain support and there are a selection of toys available.</p> <div> <p>Infant massage: (By invite only following referral from HV or HFSP)</p> <p>Support with colic, reflux and attachment.</p> </div> <div> <p>Antenatal infant feeding workshop</p> <p>This workshop covers advice and support around preparing for the arrival of your baby and infant feeding. You will be invited to this workshop by the Healthy visitor. If you have any queries, please call us.</p> </div>	<p>Development Reviews 9-12 months & 30-36 months 9.30am-3.30pm</p> <p>An assessment of your child's growth and development. You will be contacted to book an appointment.</p> <p>Infant Feeding Support (Virtual workshop) 10am-11.30am</p> <p>Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p>Let's Talk Together (Virtual workshop) 1.30pm – 2.30pm</p> <p>Support for 18–30-month-old children with their early language development – 2-week course. Call for further advice and to book.</p> <p>Stay, Play and Learn 1.00pm – 2.30pm</p> <p>A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.</p> 	<p>Development Reviews 9-12 months & 30-36 months 12.30pm-3.30pm</p> <p>An assessment of your child's growth and development. You will be contacted to book an appointment.</p> <p>First Time Parents 10.00am-11.30am</p> <p>Support for new parents/carers. 4-week course Please call for confirmation of location and to book.</p> <p>Introducing Solids (Virtual Workshop) 1.00pm-2.30pm</p> <p>2nd Wednesday of the month</p> <p>Support and advice on introducing solid food to your baby. Please call to book.</p> <p>School-age health advice drop-in 3.00pm -4.30pm</p> <p>Drop-in to discuss support around sleep, toileting, behaviour, anxiety and other concerns.</p> <div> <p>t: 0300 2470014</p> </div>	<div> <p>Healthy Start Vitamins</p> <p>If you are pregnant or have a child aged under 4 years, then you may be eligible to receive free Healthy Start vitamins.</p> <p>Visit www.healthystart.nhs.uk to check eligibility and apply. Vitamins available to collect from Maldon Family Hub.</p> </div> <div> <p>Pop in during our opening hours to access our free Community Wardrobe – clothes available for 0–8-year-olds.</p> </div> <div> <p>Emotional regulation and resilience group.</p> <p>6-week course for 8-11 years.</p> <p>Please call us to find out more or to book a place.</p> </div>	<p>Development Reviews 9-12 months & 30-36 months 12.30pm-3.30pm</p> <p>An assessment of your child's growth and development. You will be contacted to book an appointment.</p> <p>Baby Beginnings 9.45am – 11.15am</p> <p>A drop in, 10-week rolling programme for parents / carers and babies aged 0-1 years, covering play and development including crafts and singing. Plus, support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding.</p> <div> <p>ActiveEssex</p>  <p>Scan to find out how to get active for free in your community.</p> </div> 

Chetwood Family Hub Delivery Site, Shirebourn Vale, SWF, CM3 5ZX

Monday

Drop-in support & self weigh
9.30am – 4.30pm

Development Reviews
9-12 months & 30-36 months
9.30am-3.30pm

An assessment of your child's growth and development. You will be contacted to book an appointment.

Stay, Play and Learn

1st Session: 9.30am – 10.30am

2nd Session: 10.45am – 11.45am

A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.

Antenatal infant feeding workshop

This workshop covers advice and support around preparing for the arrival of your baby and infant feeding. You will be invited to this workshop by the Healthy visitor. If you have any queries, please call us.

Tuesday

First Time Parents
10.00am-11.30am

Support for new parents/carers. 4-week course
Please call for confirmation of location and 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.

Let's Talk Together
(Virtual workshop)

1.30pm – 2.30pm

Support for 18–30-month-old children with their early language development – 2-week course. Call for further advice and to book.



Scan to find out how to get active for free in your community.



Wednesday

Drop-in support & self weigh
9.30am - 12.30pm

Development Reviews
9-12 months & 30-36 months
9.30am-12.30pm

An assessment of your child's growth and development. You will be contacted to book an appointment.

Introducing Solids
(Virtual Workshop)

1.00pm-2.30pm

2nd Wednesday of the month

Support and advice on introducing solid food to your baby. Please call to book.

Healthy Start Vitamins

If you are pregnant or have a child aged under 4 years, then you may be eligible to receive free Healthy Start vitamins. Visit

www.healthystart.nhs.uk to check eligibility and apply. Vitamins available to collect from Maldon Family Hub or Chelmsford West Family Hub.

t: 0300 2470014

Thursday

Drop-in support & self weigh
9.30am – 4.30pm

Development Reviews
9-12 months & 30-36 months
9.30am-3.30pm

An assessment of your child's growth and development. You will be contacted to book an appointment.

SEND Support Group
9.30am – 11.30am

Term time only

1st Thursday each month

This group is run by SEND4ALL a local charity that support families who have children with diagnosed or undiagnosed Drop-in , gain support and there are a selection of toys available

Baby & Toddler Rhyme-time
10.30am – 11.00am

South Woodham Ferrers Library

Stories and rhymes for under 5's – term time only. Please note that this is a group run by the library.

Baby Beginnings
1.00pm – 2.30pm

A drop in, 10-week rolling programme for parents / carers and babies aged 0-1 years, covering play and development including crafts and singing.

School-age health advice drop-in
3.00pm-4.30pm

2nd and 4th Thursday each month - for parents / carers

Drop-in to discuss support around sleep, toileting, behaviour, anxiety and other concerns.

Friday

Infant massage:
(By invite only following referral from HV or HFSP)

Support with colic, reflux and attachment.

Pop in during our opening hours to access our free Community Wardrobe – clothes available for 0–8-year-olds.

Emotional regulation and resilience group.
6-week course for 8-11 years.
Please call us to find out more or to book a place.

