

MID ESSEX PRE-BIRTH -19YRS COMMUNITY NEWSLETTER

Essex

Child and Family Wellbeing Services

January - April 2025



Welcome

Hello,

Welcome to the 6th edition of our quarterly newsletter. Please take the time to read through and share information with the families you are supporting within your service and the community.

Suzanne Milne

Mid Essex Hub Co-ordinator



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**If you would like further information, email
your community connector:**

- 📌 **Maldon District**
karen.saward@barnardos.org.uk
- 📌 **Chelmsford District**
kirsty.roberts@barnardos.org.uk
- 📌 **Braintree District**
kay.north@barnardos.org.uk and
emma.white@barnardos.org.uk

TIMETABLES AND NEW SESSIONS!

TIMETABLES

We have a wide range of services on offer to support children and families across Mid Essex and these are all FREE and available to all. Please share and signpost your families to the relevant links below to view them.

- [Link for Chelmsford timetables](#)
- [Link for Maldon timetables](#)
- [Link for Braintree timetables](#)

We post our timetables as well as community events and activities across our Facebook pages, so make sure you follow us! And keep an eye out for April Easter Holidays events.



CHELMSFORD
FACEBOOK



MALDON
FACEBOOK



BRAINTREE
FACEBOOK

MOVE WITH US SESSIONS

We have brand new "MOVE WITH US SESSIONS.

Aim of session:

To help 5-11 year olds discover what motivates them to move and find out about services, groups, and activities in their local community that they might enjoy.

What will the session look like?

A variety of physical games/ activities to get children moving/ more active.


Some sessions will be indoors and some outside in our paved playground (weather/ activity dependent)


Opportunities to talk about healthy lifestyles/ find out about things going on in the community.


FREE admission

NO booking needed.


Parent/ carer must stay for the session.


 Every Tuesday (including school hols)
3.40-4.40pm

 Carousel Family Hub, Chapel Hill,
Braintree, CM7 3QZ

 Every Wednesday (including school hols)
3.40-4.40pm

 Chelmsford West Family Hub, Dixon
Avenue, Chelmsford, CM1 2AQ

 3.30-4.30pm

 Dengie Family Hub Delivery Site,
Ormiston Rivers Academy,
Southminster Road, Burnham-on-
Crouch CM08QB



NEW ANTENATAL INFANT FEEDING WORKSHOPS



**Essex Child and Family
Wellbeing Service**



Antenatal Infant Feeding Workshops

If you are an expectant parent (28 weeks plus) we would love to invite you along to our Antenatal Infant Feeding Workshop, to provide information and support around preparing for the arrival of your baby and infant feeding.

You will be invited to this workshop during antenatal contact with our service and will also receive a letter inviting you. You can also call us to book your free space. Workshops are approx. 1 hour and run monthly from the following locations. Call for upcoming dates.

Topics covered in workshop

- Connecting in pregnancy
- Feeding your baby
- The early days and what to expect
- Discussion around baby crying
- Keeping your baby safe

T: 0300 247 0014

www.essexfamilywellbeing.co.uk

Locations:

- **Chelmsford West Family Hub**, Dixon Ave, Chelmsford, CM1 2AQ
- **Chetwood Family Hub**, Shirebourn Vale, South Woodham Ferrers, CM3 5ZX
- **Silver End Family Hub**, Village Hall, Broadway, CM8 3RQ

Commissioned by



HEALTHY LIFESTYLES

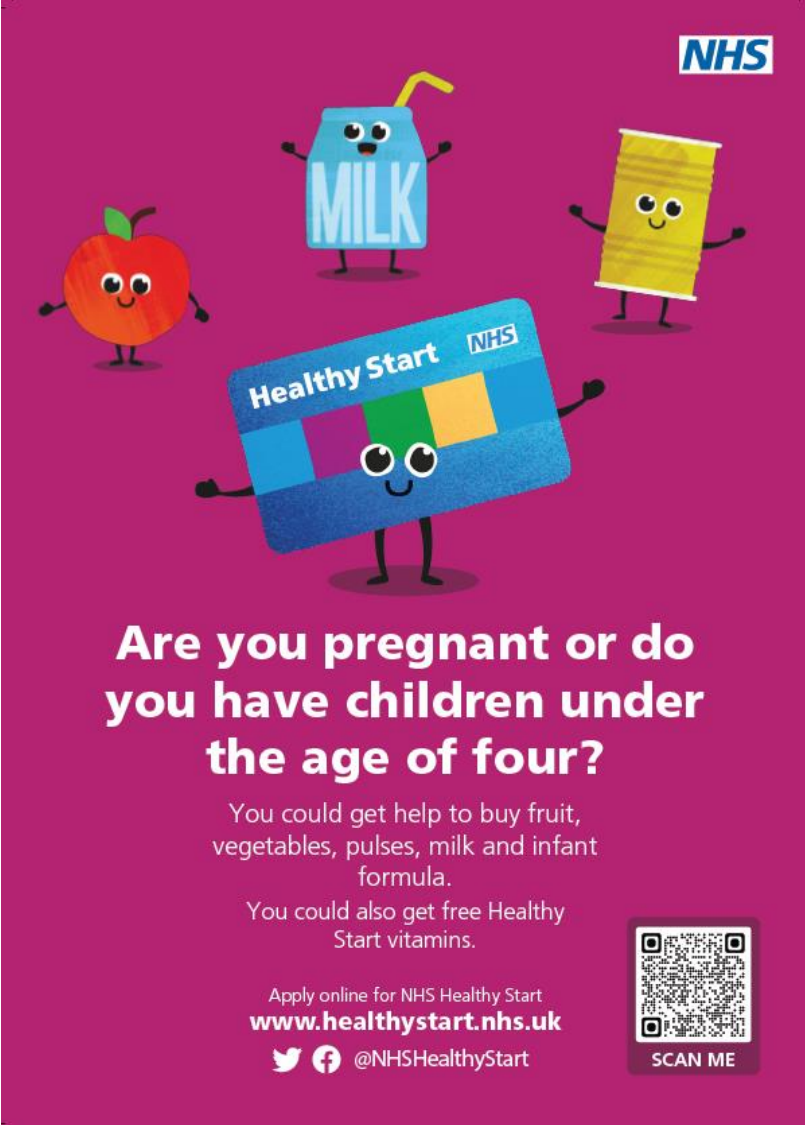
HEALTHY START VOUCHERS

The NHS Healthy Start scheme helps young families and those who are pregnant to access healthy food, milk and vitamins. The scheme is available in England, Wales and Northern Ireland. People may be eligible if they have responsibility for at least one child under the age of four or are more than 10 weeks pregnant. Eligibility also depends on the benefit the person receives and what their income is. People apply for the scheme online and get a prepaid card, which they can use to buy healthy food and milk. They can also get free Healthy Start vitamins. The prepaid card can be used in most places that sell eligible healthy food and milk items and accept Mastercard®. The card is topped up every four weeks with their payments. Once on the scheme, people will get:

- £4.25 each week of their pregnancy (from the 10th week of pregnancy)
- £8.50 each week for children from birth to one year old
- £4.25 each week for children between one and four years old

The payments will stop on the child's 4th birthday or if they no longer receive the qualifying benefits.

[Get help to buy food and milk \(Healthy Start\)](#)





NHS


Are you pregnant or do you have children under the age of four?

You could get help to buy fruit, vegetables, pulses, milk and infant formula.

You could also get free Healthy Start vitamins.

Apply online for NHS Healthy Start
www.healthystart.nhs.uk

  @NHSHealthyStart


SCAN ME

DENTAL CARE IN OUR COMMUNITY

Within Mid Essex we are seeing a continual increase in the number of children with tooth decay and needing to have teeth extracted. Prevention is key in reducing these numbers, we can do this by supporting children and young people to have good oral health habits. There are 5 key messages we would like you to share with families which are on the poster on the next page. Please print this and display in your settings/sites to help us spread the word!

Bright smiles are healthy smiles

Don't forget



- 1 Brush your child's teeth for two minutes twice daily with a fluoride toothpaste.
- 2 Spit out toothpaste and do not rinse, as rinsing washes away the fluoride protection.
- 3 Cut down on your child's sugary foods and drinks to prevent tooth decay.
- 4 Take your baby to the dentist when their teeth first come through or by the age of one.
- 5 Visit your dentist on a regular basis*.



*NHS dental appointments for children are FREE

For more resources
& information scan
the QR code



HEALTHY LIFESTYLES

IMMUNISATIONS

Immunisation is the most important thing we can do to protect ourselves and our children against ill health. They prevent up to 3 million deaths worldwide each year. Immunisations not only protect your child from deadly diseases, but they also keep other children safe by eliminating or greatly reducing diseases that can be spread from child to child.

Immunisation prepares the body to fight serious infections that might happen in the future. Once we have been immunised, our bodies are better able to fight those diseases if we come into contact with them.

Young babies are very vulnerable to infections, so they need to be protected as early as possible.

Your child needs several different immunisations to be fully protected, so it's important to complete their childhood immunisation programme.

To find out more go to

[NHS vaccinations and when to have them](#)

FREE SCHOOL MEALS

We are aware that some families who are eligible to free school meals are not applying for this support. Please share the information below so more families are aware.

If your child is in Year 3 or above, and you receive one of the listed qualifying benefits, your child may be eligible for free school meals.

- Income Support
- Income-based Jobseeker's Allowance
- Child Tax Credit (not Working Tax Credit), with an annual income below £16,190
- Pension Guarantee Credit
- Employment and Support Allowance, income related
- Support under part 6 of the Immigration and Asylum Act, 1999
- Working Tax Credit run-on, paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit, with a household income of £7,400 or less (after tax and not including any benefits you get)

[Free school meals: Apply for free school meals | Essex County Council](#)

NATIONAL CHILD MEASUREMENT PROGRAMME AND HEALTHY LIFESTYLES

We support you to monitor your child's growth and development. This involves looking at your child's growth, development and other things such as diet, eating habits, portion sizes, sleep and physical activity levels.

To begin with, you may weigh your baby at a family hub or delivery site and record the weight in their red book. We will also assess your child's growth and development at the key contacts throughout the first 5 years including a child's 2-3 year developmental review.

For more information about how we support you as your child grows up and access to helpful guidance and information, visit [National Child Measurement Programme and Healthy Lifestyles - Essex Child & Family Wellbeing Service](#)

**There's more
to weight
than just a
measurement**



SEND SUPPORT

SEND ROADSHOW COMING UP IN MID ESSEX

The Essex Child and Family Wellbeing services will be at both **SEND Roadshow sessions on Tuesday 25th March at Hamptons Sport and Leisure Great Baddow Chelmsford CM2 9FH**, so come along and see us and spread the word to your families.



Essex County Council
Special Educational Needs
and Disabilities

SPRING TERM
**ESSEX LOCAL
OFFER
ROADSHOWS**

Help us
improve our
information
Tell us about your
experience to help us
improve our website and
offer for you.

Are you a parent or carer of a young person with special educational needs and disabilities (SEND) aged 0 to 25? Do you want to know what support is available in your area? Come along to one of our Essex Local Offer Roadshows.

You can chat with teams from Education, Health and Social Care, as well as local support groups and activity providers.

The marketplace is free and there is no need to book. Children are welcome!

Drop in between 9:30am and 12:30pm

Book your place on free workshops

Scan the QR Code for all the information, including dates and venues or visit the Essex Local Offer at:
<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>

In Partnership with



Essex County Council
Special Educational Needs
and Disabilities

EARLY YEARS
**ESSEX LOCAL
OFFER
ROADSHOWS**

Are you a

- parent or carer
- Early Years SENCO
- keyworker

of a child aged 0 to 5 with additional needs? Do you want to know what support is available in your area? Come along to one of our Early Years Essex Local Offer Roadshows.

The marketplace is free and there is no need to book. Children are welcome!

Drop in between 1:30pm and 4pm

Book your place on free workshops

Scan the QR Code for all the information, including dates and venues or visit the Essex Local Offer at:
<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>

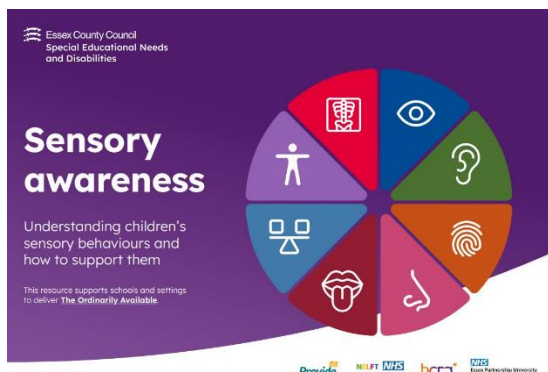
In Partnership with

SENSORY AWARENESS TOOLKIT

Essex County Council have created a free Sensory awareness toolkit to help education providers, SENCOs, parents and carers and others understand children's sensory behaviours and how to support them.

You can download your free copy here

[Sensory awareness toolkit \(PDF, 7.90MB\).](#)



Essex County Council
Special Educational Needs
and Disabilities

**Sensory
awareness**

Understanding children's
sensory behaviours and
how to support them

This resource supports schools and settings
to deliver The Ordinarily Available.

Provide | Nuffield | harg | Essex Partnership University

SCHOOL TRANSITION

School Transition Roadshows parents and carers of children starting school in September 25.

These free events have been organised in partnership between local schools and health and care partners in your area to give parents and carers an opportunity to ask any questions about preparing their child for school. Please email the address provided or scan the QR code if you have any questions regarding these.

We will be at every roadshow to offer you support and information.

IS YOUR CHILD STARTING PRIMARY SCHOOL IN SEPTEMBER?

We would like to invite you to the...



These FREE events have been organised in partnership between local schools and health and care partners as an opportunity for parents & carers across Braintree, Maldon & Chelmsford to prepare for this exciting time!

WHAT TO EXPECT AT THE EVENT?

From 6pm, teachers from the schools in the area will give a talk on how parents & carers can support their children to prepare for school

Alongside this, parents & carers will be able to speak to a range of other organisations on the day to help with answering questions they may have in relation to their children starting school.

TOPICS THAT WILL BE SUPPORTED BY ORGANISATIONS AT THE EVENT WILL INCLUDE:

- **Social Skills**
- **Managing Emotions**
- **Language & Communication**
- **Learning Skills**
- **Physical Health** (including oral health)
- **Independence Skills** (including toileting)

If you have any questions about the events please email:
MidEYEP@essex.gov.uk



Or scan the QR code

Dates, times & locations of the roadshows

Braintree area
[Chipping Hill Primary School, Witham](#)
10th March, 6pm-7.30pm

Maldon Area
[All Saints Primary School, Maldon](#)
11th March, 6pm-7.30pm
[Burnham On Crouch Primary School, Burnham](#) 27th March, 6pm-7.30pm

Chelmsford area
[Galleywood Infant School, Galleywood](#)
20th March, 6pm-7.30pm
[St Josephs Primary School, South Woodham Ferrers](#)
24th March, 6pm-7.30pm



HOW TO ACCESS OUR UNIVERSAL SERVICES

Every weekday, 9am-5pm, we have a duty School Nurse, Health Visitor and Healthy Family Support Practitioner available via our main number to offer support and guidance.

In our Family Hubs and Delivery Sites we run free universal groups that are available to all families and no need to book.

- **Baby beginnings**- 0-12 months
- **Stay, Play and Learn**- 1-5 years.
- **SEND stay play and learn**- 0-8 years.
- **School age health advice drop in**- 5-19 years.

In addition to the universal groups, we have targeted sessions that aim to support families on specific topics or areas of need. These sessions need to be booked, and some require a referral, please contact us for more information.

- **Antenatal infant feeding workshops**- a workshop for expectant parents (28 weeks plus) to gain information and support around preparing for the arrival of your baby and infant feeding.
- **Talking together** - early speech and language support -18-30-month-olds
- **Infant feeding support**- support around bottle and breastfeeding.
- **Introducing solids**- Helping families prepare for introducing solids to their baby's routine.
- **First time parents**- Course for new parents with babies aged 0-4 months
- **Infant Massage**- Targeted course for families referred via Health Visitor or Practitioner.
- **Ready steady 1's and 2's**- Targeted sessions for families referred after a development check.
- **Emotional regulation and resilience 6-week course**- Support for children aged 8-11 years around their emotional wellbeing.
- **MOVE WITH US sessions**- Free sessions for 5-11yr olds to active and moving in their community.

These groups are just an example of the support we can offer children and families. Families can contact us at any point in their child's life, pre-birth-19years (up to 25 with SEND) free of charge. There are a variety of ways families can access our service:



Pop into one of our Family Hubs or Delivery sites.



Call us: 0300 247 0014.



Email: vcl.essexmid-PB19adminhub@nhs.net



Or visit the website and Facebook pages
<https://essexfamilywellbeing.co.uk/>

