

**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 Connector Kirsty Roberts [Kirsty.roberts@barnardos.org.uk](mailto:Kirsty.roberts@barnardos.org.uk) for more information

**Early Support – 0-19 years-** We have staff available Monday – Friday who can provide advice and support for 0-19 years and their 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.

**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. Apply online here: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) Pop into one of our family hubs or delivery sites to pick up your vitamins.



**Bookstart-** 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.



help families from all backgrounds, with at least one child under the age of 5, through their most challenging times. To find out more please speak to one of our colleagues as we have family groups that run within our family hub and delivery sites or visit their website.



[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)



0300 2470014



**Chelmsford Child and Family Wellbeing Service**



**Essex Child and Family Wellbeing Service**



## Chelmsford District: 1<sup>st</sup> September - December 2025

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



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Drop-in support &amp; self weigh</b> 9.30am – 4.30pm</p>		<p><b>Drop-in support &amp; self weigh</b> 9.30am - 12.30pm</p>	<p><b>Drop-in support &amp; self weigh</b> 9.30am – 4.30pm</p>	
<p><b>Development Reviews</b> 9-12 months &amp; 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><b>Stay, Play and Learn</b> 1<sup>st</sup> Session: 9.30am – 10.30am 2<sup>nd</sup> Session: 10.45am – 11.45am</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><b>First Time Parents</b> 10.00am-11.30am</p> <p>Support for new parents/carers. 4-week course</p> <p>Please call for confirmation of location and to book.</p> <p><b>Let's Talk Together</b> 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><b>Development Reviews</b> 9-12 months &amp; 30-36 months 9.30am-12.30pm</p> <p>An assessment of your child's growth and development. You will be contacted to book an appointment.</p> <p><b>Introducing Solids</b> (Virtual Workshop) 1.00pm-2.30pm</p> <p>2<sup>nd</sup> Wednesday of the month</p> <p>Support and advice on introducing solid food to your baby. Please call to book.</p>	<p><b>Development Reviews</b> 9-12 months &amp; 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><b>SEND Support Group</b> 9.30am – 11.30am Term time only 1<sup>st</sup> Thursday each month</p> <p>This group is run by SEND4ALL a local charity that support families who have children with diagnosed or undiagnosed</p> <p>Drop-in , gain support and there are a selection of toys available</p> <p><b>Baby &amp; Toddler Rhyme-time</b> 10.30am – 11.00am</p> <p><b>South Woodham Ferrers Library</b></p> <p>Stories and rhymes for under 5's – term time only. Please note that this is a group run by the library.</p> <p><b>Baby Beginnings</b> 1.00pm – 2.30pm</p> <p>A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.</p> <p><b>Health advice drop-in for 5-19yr olds</b> 3.00pm-4.30pm</p> <p>2<sup>nd</sup> and 4<sup>th</sup> Thursday each month - for parents / carers</p> <p>Drop-in and speak with a member of our team for issues around sleep, toileting, emotional wellbeing, healthy relationships and lifestyles. Open to all.</p>	<div> <p><b>Infant massage:</b> (By invite only following referral from HV or HFSP)</p> <p>Support with colic, reflux and attachment.</p> </div> <div> <p><b>Pop in during our opening hours to access our free Community Wardrobe – clothes available for 0–8-year-olds.</b></p> </div> <div> <p><b>Emotional regulation and resilience group.</b> 6-week course for 5-11 years.</p> <p>Please call us to find out more or to book a place.</p> </div>
<p><b>Antenatal infant feeding workshop (1hr)</b></p> <p>This workshop is for expectant parents (28 weeks plus). It will provide you with advice and support around preparing for the arrival of your baby and infant feeding. You will receive a letter inviting you but can also call to book on 0300 247 0014 .</p>	 <p><b>t: 0300 2470014</b></p>	 <p>Scan to find out how to get active for free in your community.</p> 		
	<p><b>Healthy Start Vitamins</b></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. Visit <a href="http://www.healthystart.nhs.uk">www.healthystart.nhs.uk</a> to check eligibility and apply. Vitamins available to collect from Maldon Family Hub or Chelmsford West Family Hub.</p>			