





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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Drop-in support & self weigh 9.30am – 4.30pm</p>		<p>Drop-in support & self weigh 9.30am - 12.30pm</p>	<p>Drop-in support & self weigh 9.30am – 4.30pm</p>	
<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>Stay, Play and Learn 1st Session: 9.30am – 10.30am 2nd 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>First Time Parents 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>Let's Talk Together 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>Development Reviews 9-12 months & 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>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>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>SEND Support Group 9.30am – 11.30am Term time only 1st 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>Baby & Toddler Rhyme-time 10.30am – 11.00am</p> <p>South Woodham Ferrers Library</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>Baby Beginnings 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>Health advice drop-in for 5-19yr olds 3.00pm-4.30pm</p> <p>2nd and 4th 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>Infant massage: (By invite only following referral from HV or HFSP)</p> <p>Support with colic, reflux and attachment.</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. 6-week course for 5-11 years.</p> <p>Please call us to find out more or to book a place.</p> </div>
<p>Antenatal infant feeding workshop (1hr)</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>t: 0300 2470014</p>	 <p>Scan to find out how to get active for free in your community.</p> 		
	<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. Visit www.healthystart.nhs.uk to check eligibility and apply. Vitamins available to collect from Maldon Family Hub or Chelmsford West Family Hub.</p>			