## Chatwood Family Hub Dalivary Sita Shirahaura Vala SWE CM2 57V

Chetwood Family Hub Delivery Site, Shirebourn Vale, SVVF, CM3 5ZX				
Monday	Tuesday	Wednesday	Thursday	Friday
Drop-in support & self weigh 9.30am – 4.30pm		Drop-in support & self weigh 9.30am - 12.30pm	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.  Stay, Play and Learn 1st Session: 9.30am – 10.30am 2nd Session: 10.45am – 11.45am	First Time Parents 10.00am-11.30am Support for new parents/carers. 4-week course Please call for confirmation of location and to book.  Let's Talk Together 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.	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	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	Infant massage: (By invite only following referral from HV or HFSP) Support with colic, reflux and attachment.

programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.

A drop in, 10-week rolling

## **Antenatal infant feeding** workshop (1hr)

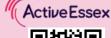
This workshop is for expectant parents (28 weeks plus). It will provide you with advice and support around preparing for the arrival of your baby and infant feeding. You will receive a letter inviting you but can also call to book on 0300 247 0014.



t: 0300 2470014

## **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.



solid food to your baby. Please call

to book.



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



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 0-12 months, covering play and development including crafts and singing.

Health advice drop-in for 5-19yr olds 3.00pm-4.30pm

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

Drop-in and speak with a member of our team for issues around sleep, toileting, emotional wellbeing, healthy relationships and lifestyles. Open to all.

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 5-11 years. Please call us to find out more or to book a place.