

Chelmsford District service offer timetable

September- December 2026

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 9.30am-4.30pm

Chelmsford West Family Hub Delivery Site

Dixon Avenue
Chelmsford
CM1 2AQ
Monday, Wednesday & Friday 9.30am-4.30pm

Chetwood Family Hub Delivery Site

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

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 contact your Community Connector- Kirsty Roberts kirsty.roberts@barnardos.org.uk for more information

Early Support – 0-19 years- Call or drop in for 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.

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. Pop into one of our family hubs or delivery sites to pick up your vitamins.



help families from all backgrounds, with at least one child under the age of 5, through their most challenging times. They run local community-based Family Groups as well as a range of other support. To find out more please speak to one of our colleagues or visit their website

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 Chelmsford Central and Chelmsford West.



Bookable or Invite-only services run throughout the week at our Chelmsford District Family Hub and Delivery Sites to support children and young people's health and development. If you are interested in finding out more about any of these services, please call us on 0300 247 0014

0-1 years

Antenatal infant feeding workshop

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.

Introducing Solids workshop

This workshop helps you understand how and when to start giving your baby solid food. We explain the signs that show your baby is ready, the different ways you can feed them, and what foods are good to try first. The session also covers how to keep your baby safe when eating and how to make mealtimes happy and relaxed.

Infant Massage

This course teaches gentle massage techniques that can help your baby feel happier and more relaxed. The sessions also help you learn how to understand your baby's needs and build a closer bond with them. The group has a calm and friendly atmosphere where you can take your time and meet other parents.

First Time Parents

This workshop is for people who are new to parenting. The session explains what newborns need, how to help them sleep safely, and the different ways you can feed and comfort them. It also gives helpful tips for everyday care, like bathing your baby and keeping them safe at home.

1-5 years

Development Reviews 9-12 months & 30-36 months

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

Talk Together
Support for 18–30-month-old children with their early language development.

5-19 years

Emotional regulation and building resilience course

This support helps children aged 5-11 years to understand their feelings and learn simple ways to cope when things feel difficult. Children will learn how to calm their bodies, manage stress and handle challenges in a positive way. They learn skills that help them deal with worries, solve problems and bounce back when something goes wrong..



Drop-in support we run in the community

Monday	Tuesday
Breastfeeding Support Hub at Anglia Ruskin Uni SAL 010, on the ground floor of the Salmon Building Bishop Hall Lane. Chelmsford CM1 1SQ 9.30am -11.30am This is a free weekly drop in where you can access support around breastfeeding. Free parking is available directly outside the building, in the Mildmay car park off Chelmer Valley Road – to enter, press the 'help' button on the barrier.	Health Advice Drop-in Session for 5–19-year-olds Writtle Infant school Lodge Road, Writtle, CM13HZ 2nd and 4th Tuesday of the month (Term time only) 2.30pm-4.30pm Drop-in and speak with a member of our team for issues around sleep, toileting, emotional wellbeing, healthy relationships and lifestyles. Open to all. 22nd Sept, 13th Oct, 10th and 24th Nov, 8th Dec 2026

Chelmsford Central Family Hub

Lower Ground Floor, County Hall (by Chelmsford Library), Market Road, CM1 1QH

Monday- Friday 9.30am-4.30pm

Drop-in to the Chelmsford Central Family Hub to
 Get advice
 Use our self-weigh stations
 Access our community wardrobe (free pre-loved clothes for 0-4 year olds)
 and attend our groups below.

Thursday

Baby Beginnings, 11.45am-1pm (term time only)

Our weekly group helps parents and carers of babies aged 0-12 months get health advice, learn about their baby's development, enjoy fun activities and meet new people. Plus, support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding.
 Runs in Chelmsford Library in the children's area.



Monday, Wednesday and Friday 9.30am-4.30pm
Drop-in to get advice, use self-weigh, access our community wardrobe, food larder and attend our groups below

Wednesday	Friday
Health Advice Drop-in Session For parents/carers of 5–19-year-olds 9am-10.30am Drop-in and speak with a member of our team for issues around sleep, toileting, emotional wellbeing, healthy relationships and lifestyles. Baby Beginnings group and Infant Feeding Support Session 1.00pm – 2.30pm Our weekly group helps parents and carers of babies aged 0-12 months get health advice, learn about their baby's development, enjoy fun activities and meet new people. Plus, support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding. Little Explorers 1.00pm-2.30pm A weekly group for families with children aged 9- 18 months, to play and learn together, with simple ideas for home learning and helpful health advice.	Stay, Play and Learn Group for 1-5 year olds 10.00am - 11.30am Our weekly Stay, Play and Learn group helps parents and carers of children aged 1-5 years support learning through play with fun activities, learn about their child development and meet new people.

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

Monday and Thursday 9.30am-4.30pm and Wednesday 9.30am-12.30pm
Drop-in to get advice, use self-weigh, access our community wardrobes and attend our groups below.

Monday	Thursday
Stay, Play and Learn Group for 1-5 year olds 1st Session: 9.30am – 10.30am 2nd Session: 10.45am – 11.45am Our weekly Stay, Play and Learn group helps parents and carers of children aged 1-5 years support learning through play with fun activities, learn about their child development and meet new people.	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 Beginnings 1.00pm – 2.30pm Our weekly group helps parents and carers of babies aged 0-12 months get health advice, learn about their baby's development, enjoy fun activities and meet new people. Plus, support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding.

