

## Your community

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? Please contact our Community Connector on 0300 2470014 or [essexmid-PB19adminhub@nhs.net](mailto:essexmid-PB19adminhub@nhs.net)

## Volunteering Opportunities

If you have skills or time to spare and would like to volunteer with us across various locations in Braintree, please contact us on 0300 2470014 or [essexmid-PB19adminhub@nhs.net](mailto:essexmid-PB19adminhub@nhs.net)

## Early Support – 0-19 years

We have staff available Monday – Friday who can provide advice and support to children, aged 0-19 years, and 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

## Drop in Self weigh

An opportunity for you to 'drop in' to our hubs and weigh your baby/child – no need to book an appointment. A member of the team will be available for support if needed.



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.



**Essex Child and Family Wellbeing Service**



## Chelmsford District: 6<sup>th</sup> January – 4<sup>th</sup> April 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

Old Registrar Office by  
Chelmsford Library  
Market Road  
CM1 1QH  
Monday to Friday 9 - 5pm

### Chelmsford West Delivery Site

Dixon Avenue  
Chelmsford  
CM1 2AQ  
Monday, Wednesday & Friday 9 – 5pm

### Chetwood Delivery Site

Shirebourn Vale  
South Woodham Ferrers  
CM3 5ZX  
Monday & Thursday 9.30–4.30pm  
Wednesday 9.30–12.30pm

**Please note that buggies are not allowed into our sites and must be left outside.**

Commissioned by



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 a member of our staff 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**



# Chelmsford Central Family Hub, Chelmsford Library, Market Road, CM1 1QH

**Monday**

Drop-in support & self weigh  
9.30am – 4.30pm

**Tuesday**

Drop-in support & self weigh  
9.30am – 4.30pm

**Wednesday**

Drop-in support & self weigh  
9.30am – 4.30pm

**Thursday**

Drop-in support & self weigh  
9.30am – 4.30pm

**Friday**

Drop-in support & self weigh  
9.30am – 4.30pm

**Development Reviews**  
9-12 months & 30-36 months  
9.30am-2.00pm weekdays

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

**Baby & Toddler Rhymetime**  
10.15am – 10.45am  
Chelmsford Library

Stories and rhymes for under 5's – term time only. Please note that this is a group run by the library.

**Baby & Toddler Rhymetime**  
11.15am – 11.45am  
Chelmsford Library

Stories and rhymes for under 5's – term time only. Please note that this is a group run by the library.

**Antenatal infant feeding workshop**

This workshop covers advice and support around preparing for the arrival of your baby and infant feeding. You will be invited to this workshop by the Health visitor. If you have any queries, please call us

t: 0300 2470014

**Infant Feeding Support**  
(Virtual workshop)  
10am-11.30am

Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding. Please call to book.

**School-age health advice drop-in**  
Drop-in to discuss support around sleep, toileting, behaviour, anxiety and other concerns. Open to all.  
**'The School House', Moulsham Junior School, CM2 9DG**  
Last Tuesday each month (Term Time only)  
2.45pm-4pm

.....  
**Writtle Infant school**  
Lodge Road, Writtle, CM13HZ  
Every Tuesday (Term time)  
2.30pm-4.30pm



**Emotional regulation and resilience group.**  
6-week course for 5-11 years.  
Please call us to find out more or to book a place.

**Baby & Toddler Rhymetime**  
10.15am – 10.45am  
Chelmsford Library

Stories and rhymes for under 5's – term time only. Please note that this is a group run by the library.

**Introducing Solids**  
10.00am-12.00pm  
4<sup>th</sup> Wednesday each month  
(Bookable 1 Week Workshop)  
Support and advice on introducing solid food to your baby. Please call us to book and confirm venue.

**New Parents Rhymetime**  
3.00pm-3.30pm  
Chelmsford Library  
Stories and rhymes for under 1's. Please note that this is a group run by the library.

**Typical Toddler- Drop-In Support Session**  
We can support and provide advice for your 1-4-year-old around sleep, fussy eating, behaviour, toileting and more. Please call or check our Facebook page for next available dates.

**Baby & Toddler Rhymetime**  
10.15am – 10.45am  
Chelmsford Library

Stories and rhymes for under 5's – term time only. Please note that this is a group run by the library.

**Baby Beginnings**  
11.45am – 1.00pm  
(Term Time only)  
Chelmsford Library  
A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.

**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](http://www.healthystart.nhs.uk) to check eligibility and apply. Vitamins available to collect from Chelmsford Central Family Hub.

**New Parents Rhymetime**  
3.00pm-3.30pm  
Chelmsford Library

Stories and rhymes for under 1's. Please note that this is a group run by the library.

**ActiveEssex**







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

**School-age health advice drop-in**  
3.30pm-4.45pm

Drop-in to discuss support around sleep, toileting, behaviour, anxiety and other concerns.

**Pop in during opening hours to access our free Community Wardrobe clothes available for 0-5-year-olds.**

# Chelmsford West Delivery Site, Dixon Avenue, Chelmsford, CM1 2AQ

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 – 4.30pm</p>		<p><b>Drop-in support &amp; self weigh</b> 9.30am – 4.30pm</p>
<p><b>First Time Parents</b> 10.00am-11.30am Support for new parents. 4-week course. Please call to book.</p>	<p><b>Introducing Solids</b> 10.00am-12.00pm <b>2<sup>nd</sup> Tuesday each month</b> Support and advice on introducing solid food to your baby. (Bookable 1 Week Workshop)</p>	<p><b>Let's Talk Together</b> 11.00am-12.30pm Support for 18–30-month-old children with their early language development. Call for further advice and to book.</p>	<p><b>Baby Massage</b> 4-week course 10.30am-11.30am Support with colic, reflux and attachment. Please call to speak to our duty practitioner.</p>	<p><b>Stay, Play and Learn</b> 10.00am – 11.30am 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>Antenatal infant feeding workshop</b> This workshop covers advice and support around preparing for the arrival of your baby and infant feeding. You will be invited to this workshop by the Healthy visitor. If you have any queries, please call us.</p>	<p><b>Infant Feeding Support (Virtual workshop)</b> 10am-11.30am Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p><b>Multiples Stay, Play and Learn</b> 10.00am-11.30am A drop in, 10-week rolling programme for parents / carers with twins, multiple and more aged 0-5 years, covering play and development including crafts and singing.</p>	<p><b>Baby Beginnings</b> 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. Plus, support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding.</p>	<p><b>Emotional regulation and resilience group.</b> 6-week course for 5-11 years. Please call us to find out more or to book a place.</p>	<p><b>Baby Massage</b> 4-week course 12.30pm-1.30pm Support with colic, reflux and attachment. Please call to speak to our duty practitioner.</p>
<p> </p> <p>Scan to find out how to get active for free in your community.</p>	<p><b>SEND Stay, Play, and Learn</b> 3pm-4.30pm A weekly drop-in play group for 0–8-year-olds and their parents/carers. The group is aimed at children who have special educational needs and/ or disabilities (no diagnosis needed). This is an inclusive group with a range of toys, crafts, sensory activities, outdoor play and the opportunity to gain peer support and advice/information from our friendly staff team.</p>	<p><b>Infant Feeding Support Drop in</b> 1.00pm-2.15pm Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding. Open to expectant and all parents.</p>	<p></p>	<p><b>Healthy Start Vitamins</b> 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 Chelmsford West Family Hub.</p>
<p>Pop in during our opening hours to access our free Community Pantry stocked with surplus food from local supermarkets.</p> <p></p>	<p><b>School-age health advice drop-in</b> Drop-in to discuss support on sleep, toileting, behaviour, anxiety and other concerns. Open to all. <b>'The School House', Moulsham Junior School, CM2 9DG</b> <b>Last Tuesday each month (Term Time only)</b> 2.45pm–4pm</p> <p>..... <b>Writtle Infant school</b> Lodge Road, Writtle, CM13HZ <b>Every Tuesday (Term time) 2.30pm-4.30pm</b></p>	<p><b>School-age health advice drop-in with physical activities on offer.</b> 2.30pm-4.45pm Drop-in for support around</p> <ul style="list-style-type: none"> <li>• Sleep</li> <li>• Toileting</li> <li>• Emotional wellbeing</li> <li>• Healthy lifestyles</li> <li>• Keeping active</li> <li>• Healthy relationships.</li> </ul> <p>There will be activities available for young people to engage in and get active. See events on our Facebook page for more info.</p>	<p><b>Typical Toddler- Drop-In Support Session</b> We can support and provide advice for your 1–4-year-old around sleep, fussy eating, behaviour, toileting and more. Please call or check our Facebook page for next available dates.</p>	<p>Pop in during our opening hours to access our free Community Wardrobe – clothes available for 0–5-year-olds.</p> <p><b>t: 0300 2470014</b></p>

# 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 Please call for confirmation of location and to book.</p> <p><b>Infant Feeding Support</b> (Virtual workshop) 10am-11.30am</p> <p>Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p><b>Let's Talk Together</b> (Virtual workshop) 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 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 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> Stories and rhymes for under 5's – term time only. Please note that this is a group run by the library.</p>	<div data-bbox="1921 363 2186 608" style="border: 1px solid black; padding: 5px;"> <p><b>Infant massage:</b> (By invite only following referral from HV or HFSP) Support with colic, reflux and attachment.</p> </div> <div data-bbox="1935 740 2172 1050" style="border: 1px solid black; padding: 5px;"> <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 data-bbox="40 938 418 1278" style="border: 1px solid black; padding: 5px;"> <p><b>Antenatal infant feeding workshop</b></p> <p><b>This workshop covers</b> advice and support around preparing for the arrival of your baby and infant feeding. You will be invited to this workshop by the Healthy visitor. If you have any queries, please call us.</p> </div> <div data-bbox="40 1362 418 1522" style="text-align: center;">  </div>	<div data-bbox="456 1082 866 1426" style="border: 1px solid black; padding: 5px;"> <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> </div> <div data-bbox="472 1458 848 1533" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>t: 0300 2470014</b></p> </div>	<div data-bbox="994 858 1205 932" style="text-align: center;">  </div> <div data-bbox="1043 938 1189 1082" style="text-align: center;">  </div> <div data-bbox="931 1123 1279 1214" style="text-align: center;"> <p>Scan to find out how to get active for free in your community.</p> </div> <div data-bbox="949 1257 1290 1485" style="text-align: center;">  </div>	<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>School-age health advice drop-in</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 to discuss support around sleep, toileting, behaviour, anxiety and other concerns.</p>	<div data-bbox="1912 1166 2197 1442" style="border: 1px solid black; padding: 5px;"> <p><b>Emotional regulation and resilience group.</b> 6-week course for 5-11 years. Please call us to find out more or to book a place.</p> </div>