

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 call Community Engagement Worker

Kirsty Roberts on 07889 605087 kirsty.roberts@barnardos.org.uk

Volunteering Opportunities

If you have skills or time to spare and would like to volunteer with us across various locations in Chelmsford, please contact Pat Borg 07814176544 pat.borg@barnardos.org.uk who would be happy to discuss opportunities with you.

Early Support

We have staff available Monday – Friday who can provide advice and support to families in our local community. We can also assist with 2-year funding applications for childcare.

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.

Community Self weigh (weekdays only 9-5pm)

An opportunity for you to 'drop in' to Chelmsford Library CM1 1QH, and independently weigh your baby/child – no need to book an appointment. For follow up support please call us on 0300 2470014.

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.

t: 0300 2470014

w: www.essexfamilywellbeing.co.uk

fb: Chelmsford Child and Family Wellbeing Service



Essex Child and Family Wellbeing Service



Chelmsford West – Monday to Friday 9am – 5pm

Chetwood – Monday 9am-5pm, Wednesday 9am-12.30pm and Thursday 9am – 5pm

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 West Family Hub Delivery Site

Dixon Avenue
Chelmsford
CM1 2AQ

Chetwood Family Hub Delivery Site

Shirebourn Vale
Off Gandalf's Ride
South Woodham Ferrers
CM3 5ZX



Commissioned by



Monday

Tuesday

Wednesday

Thursday

Friday

Drop in self weigh – no need to book
9.30am – 4pm
Chelmsford West Family Hub and Chetwood Delivery Site

Drop in self weigh – no need to book
9.30am – 4pm
Chelmsford West Family Hub

Drop in self weigh – no need to book
Chelmsford West Family Hub
9.30am – 4pm
Chetwood Delivery Site
9.30am – 12.30am

Drop in self weigh – no need to book
9.30am – 4pm
Chelmsford West Family Hub and Chetwood Delivery Site

Drop in self weigh – no need to book
9.30am – 4pm
Chelmsford West Family Hub

‘Say Hi Toddler’
10am – 11.30am
Chetwood Delivery Site
Drop-in peer group for parents/carers and children aged 1–4 years old

First Time Parents
10am-11.30am
Chelmsford West Family Hub
Support for new parents.
4-week course. Please call to book.

Ready Steady 1’s/2’s
10am – 11.30am
Chelmsford West Family Hub
(by invite only following review)
To support learning and development in 1-year olds and promote school readiness in 2–3-year-olds.

‘Say Hi Baby’
1pm – 2.30pm
Chetwood Delivery Site
Drop-in peer group for parents/carers with 0-12 month olds

‘Say Hi Toddler’
10am – 11.30am
Chelmsford West Family Hub
Drop-in peer group for parents/carers and children aged 1–4 years old

Baby Massage
4-week course
1.30pm-2.30pm
(By invite only following referral from HV or HFSP)
Chelmsford West Family Hub
Support with colic, reflux and attachment.

Infant Feeding Support
(Virtual session)
10am-11.30am
Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Please call to book.

Talk Together
(Virtual 3-week workshop)
10am-11.30am
Support for 18–30-month-old children with their early language development. Call for further advice and to book.

Baby Massage
4-week course
1.30pm-2.30pm
(By invite only)
Chelmsford West Family Hub
Support with colic, reflux and attachment.

Toilet Training
(Virtual workshop)
1pm-2pm
1st Friday of the month
Session to support you as you encourage your child to learn this self-care skill and to promote independence. Please call us to book.

Introducing Solids
1pm-3pm
(Bookable 1 Week Workshop – 2nd & 4th Tuesday)
Chelmsford West Family Hub
Support and advice on introducing solid food to your baby

‘Say Hi Baby & Infant Feeding Support – Drop in
1pm – 2.30pm
Chelmsford West Family Hub
Drop-in peer group for parents/carers with 0-12 month olds plus support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding.

Preparing for Baby Workshop
(Virtual 1 week workshop)
Support for parents-to-be. Covering topics such as infant feeding, safe sleep, responding to baby’s cues, support available in the community and more.
Please call 0300 2470014 for confirmation of dates/times and to book.

Please call our Single Point of Contact (SPOC) on 0300 2470014 for all enquiries and to book.

Community Self weigh
(Mon-Fri 9am-5pm)
An opportunity for you to ‘drop in’ to Chelmsford Library CM1 1QH, and independently weigh your baby/child – no need to book an appointment. For follow up support please call us on 0300 2470014.

Home-Start Family Group
For further information please contact
01245 847410 Or
www.home-startessex.org.uk
Sessions available across the district.

Look out
for “Wellies in the Wood” sessions- coming soon to Chelmsford!

Typical Toddler Behaviour (Virtual workshop)
1.30pm-3pm
1st Wednesday of every month
Support with various toddler behaviours. Please call us to book.

School Age Support Clinic
2.30pm–4pm
3rd Wednesday of every month
Chelmsford West Family Hub
Book an appointment to discuss support around sleep, toileting, behaviour, anxiety and other concerns.

* HV – Health Visitor
* HFSP – Healthy Family Support Practitioner
* HFSA - Healthy Family Support Assistant