

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

Early Support – 0-19 years- We have staff available Monday – Friday who can provide advice and support for 0-19 years and their 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. We can also assist with 2-year funding applications for childcare.

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.

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. Apply online here: www.healthystart.nhs.uk Pop into one of our family hubs or delivery sites to pick up your vitamins.



Bookstart-

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.



HOME START Essex 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 one of our colleagues as we have family groups that run within our family hub and delivery sites or visit their website.



www.essexfamilywellbeing.co.uk



0300 2470014



Chelmsford Child and Family Wellbeing Service



Essex Child and Family Wellbeing Service



Chelmsford District: 1st January – March 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 - 5pm

Chelmsford West Delivery Site

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

Chetwood Delivery Site

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

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

Commissioned by



Chelmsford Central Family Hub, Lower Ground Floor, County Hall, Market Road, CM1 1QH

Monday	Tuesday	Wednesday	Thursday	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.

<p>Baby & Toddler Rhymetime 10.15am – 10.45am and 11.15am-11.45am Chelmsford Library</p> <p>Stories and rhymes for under 5's – term time only. Please note that this is a group run by the library. Online booking required</p> <p>Emotional regulation and resilience group. 6-week course for 5-11 years. Please call us to find out more or to book a place.</p>	<p>Health advice drop in for 5-19-year-olds Writtle Infant school Lodge Road, Writtle, CM13HZ Every Tuesday (Term time) 2.30pm-4.30pm</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> <p> </p> <p>Scan to find out how to get active for free in your community.</p>	<p>Baby & Toddler Rhymetime 10.15am – 10.45am Chelmsford Library</p> <p>Stories and rhymes for under 5's – term time only. Please note that this is a group run by the library. Online booking required</p> <p>Introducing Solids 10.00am-12.00pm 4th Wednesday each month (Bookable 1 Week Workshop)</p> <p>Support and advice on introducing solid food to your baby. Please call us to book and confirm venue.</p> <p>New Parents Rhymetime 3.00pm-3.30pm Chelmsford Library</p> <p>Stories and rhymes for under 1's. Please note that this is a group run by the library.</p> <p>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.</p>	<p>Baby & Toddler Rhymetime 10.15am – 10.45am Chelmsford Library</p> <p>Stories and rhymes for under 5's – term time only. Please note that this is a group run by the library. Online booking required.</p> <p>Pop in during opening hours to access our free Community Wardrobe clothes available for 0-5-year-olds.</p>	<p>New Parents Rhymetime 3.00pm-3.30pm Chelmsford Library</p> <p>Stories and rhymes for under 1's. Please note that this is a group run by the library.</p> <p></p> <p>Young people's health advice drop-in for 11-14yr olds. 4pm-5pm Held alongside Chelmer Gate youth group 193 Moulsham Street Chelmsford CM2 0LG Starting 16th January</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>
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t: 0300 2470014

Chelmsford West Family Hub Delivery Site, Dixon Avenue, Chelmsford, CM1 2AQ

Monday	Tuesday	Wednesday	Thursday	Friday
Drop-in support & self weigh 9.30am – 4.30pm		Drop-in support & self weigh 9.30am – 4.30pm		Drop-in support & self weigh 9.30am – 4.30pm
First Time Parents 10.00am-11.30am Support for new parents. 4-week course. Please call to book.	Introducing Solids 10.00am-12.00pm 2nd Tuesday each month Support and advice on introducing solid food to your baby. (Bookable 1 Week Workshop)	Health Advice Drop-In Support 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. Open to all.	Baby Massage 4-week course 10.30am-11.30am Support with colic, reflux and attachment. Please call to speak to our duty practitioner	Stay, Play and Learn 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.
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.	Health advice drop-in for 5-19yr olds Writtle Infant school Lodge Road, Writtle, CM13HZ Every Tuesday (Term time) 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. 	Let's Talk Together 11.00am-12.30pm Support for 18-30-month-old children with their early language development. Call for further advice and to book.	Emotional regulation and resilience group. 6-week course for 5-11-year-olds to support emotional wellbeing. Please call us to find out more or to book a place.	Anglia Ruskin Uni Breastfeeding support Hub SAL 010, on the ground floor of the Salmon Building Bishop Hall Lane. Chelmsford CM1 1SQ 10am-12pm 1st and 3rd of the month 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. This is a free drop in where you can access support around breastfeeding.
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 Chelmsford West Family Hub.	Baby Beginnings group and Infant Feeding Support 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.	Pop in during our opening hours to access our free Community Pantry stocked with surplus food from local supermarkets.	Infant Massage 4-week course 12.30pm-1.30pm Support with colic, reflux and attachment. Please call to speak to our duty practitioner.
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.	Pop in during our opening hours to access our free Community Wardrobe – clothes available for 0-5-year-olds.	Move with Us Arrival between 3.15-3.30pm Ends 4.30pm Start date 14th January A 9-week rolling programme for 5- 11 yr olds. The sessions aim is encouraging movement and physical activity and to find out about activities that encourage movement in your local community. <u>Younger siblings can attend but won't be able to participate</u>	 	Young people's health advice drop-in for 11-14yr olds 4pm-5pm Held alongside Chelmer Gate youth group 193 Moulsham Street Chelmsford CM2 0LG Starting 16th January Drop-in and speak with a member of our team for issues around sleep, toileting, emotional wellbeing, healthy relationships and lifestyles. Open to all.

Chetwood Family Hub Delivery Site, Shirebourn Vale, SWF, 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 Monday and Thursdays and 9.30am -12.30pm Wednesdays 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 A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.	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.	Introducing Solids (Virtual Workshop) 1.00pm-2.30pm 2nd Wednesday of the month Support and advice on introducing solid food to your baby. Please call to book.	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	Infant massage: (By invite only following referral from HV or HFSP) Support with colic, reflux and attachment.
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.		 Scan to find out how to get active for free in your community. <div style="text-align: center;">  </div>	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.	Pop in during our opening hours to access our free Community Wardrobe – clothes available for 0–8-year-olds. 
	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.		Move with Us Arrival between 3.15-3.30pm Ends 4.30pm Start date 14th January A 9-week rolling programme for 5- 11 yr olds. The sessions aim is encouraging movement and physical activity and to find out about activities that encourage movement in your local community. <u>Younger siblings can attend but won't be able to participate</u>	Emotional regulation and resilience group. 6-week course for 5-11 years. Please call us to find out more or to book a place.