

## 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.



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



Carousel Family Hub – Braintree District



**Essex Child and Family Wellbeing Service**



## Braintree 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.

### Carousel Family Hub

Chapel Hill  
Braintree  
CM7 3QZ  
Monday to Friday 9 - 5pm

### Acorn Delivery Site

Beridge Road  
Halstead  
CO9 1JH  
Monday & Friday 9 – 3.30pm

### Harlequin Delivery Site

Spa Road  
Witham  
CM8 1NA  
Monday & Thursday 9 – 5pm

### Silver End Delivery Site

Silver End Village Hall  
CM8 3RQ  
Wednesday & Friday 9 – 5pm

### Seesaw Family Hub Delivery Site

Lancaster Way  
Braintree, CM7 5UL

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

Commissioned by



# Carousel Family Hub, Chapel Hill, Braintree, CM7 3QZ

Monday	Tuesday	Wednesday	Thursday	Friday
Drop-in support & self-weight 9.30am – 4.30pm	Drop-in support & self-weight 9.30am – 4.30pm	Drop-in support & self-weight 9.30am – 4.30pm	Drop-in support & self-weight 9.30am – 4.30pm	Drop-in support & self-weight 9.30am – 4.30pm

## Development Reviews 9-12 months & 30-36 months 9.30am - 2.30pm weekdays

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

### First Time Parents 10.30am – 12.30pm

Support for new parents/carers.  
3-week course – please call to book.

### Introducing Solids 10.30am-12.30pm (1 Week Workshop)

Support and advice on introducing solid food to your baby – please call to book.

### Infant Massage 5-week course

Support with colic, reflux and attachment. Please call to speak to our duty practitioner



### Emotional regulation and resilience group. 6-week course for 5-11 years.

Please call us to find out more or to book a place.

t: 0300 2470014

### Introducing Solids (Virtual workshop)

10am – 11.30am  
2<sup>nd</sup> & 4<sup>th</sup> of each month

Support and advice on introducing solid food to your baby – call to book.

### 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.

### Baby Beginnings 1.00pm – 2.30pm

A drop in, 10-week rolling programme for parents / carers and babies aged 0-1 years, covering play and development including crafts and singing.

### School-age health advice drop-in with physical activities on offer.

3pm-4.45pm

Drop-in for support around

- Sleep and toileting
- Emotional wellbeing
- Healthy lifestyles
- Keeping active
- Healthy relationships.

There will be activities available for young people to engage in and get active. See events on our Facebook page for more information



### SEND Stay, Play, and Learn 1.00pm-2.30pm

A weekly drop-in play group for 0–5-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.

**Pop in during our opening hours to access our free Community Wardrobe – clothes available for 5–19-year-olds.**

### 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 Healthy visitor. If you have any queries, please call us.

### Stay, Play and Learn

1<sup>st</sup> Session: 9.30am – 10.30am  
2<sup>nd</sup> 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.

### Let's Talk Together (Virtual 3-week workshop)

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

**Please call for dates/times**

### 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 Carousel Family Hub.

### Infant Feeding Support Drop in

10am – 11.30am

Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding.




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





### Typical Toddler workshop

We can support and provide advice around your child's behavioural needs. Please call us to be added to the waiting list for our workshop.

# Harlequin Family Hub Delivery Site, Spa Road, Witham, CM8 1NA





Monday	Tuesday	Wednesday	Thursday	Friday
Drop-in support & self-weigh 9.30am – 4.30pm			Drop-in support & self-weigh 9.30am – 12.00pm	
<p><b>Baby Beginnings</b> 9.30am – 11.00am</p> <p>A drop in, 10-week rolling programme for parents / carers and babies aged 0-1 years, 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> Monday each month</p> <p>Drop-in to discuss support around sleep, toileting, behaviour, anxiety and other concerns.</p>	<p><b>Development Reviews</b> 9-12 months &amp; 30-36 months 9am-3.30pm</p> <p>An assessment of your child's growth and development. You will be contacted to book an appointment.</p> <p><b>Introducing Solids (Virtual workshop)</b> 10am – 11.30am</p> <p>2<sup>nd</sup> &amp; 4<sup>th</sup> of each month</p> <p>Support and advice on introducing solid food to your baby – call to book.</p> <p><b>Infant Feeding Support (Virtual workshop)</b> 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>Development Reviews</b> 9-12 months &amp; 30-36 months 9am-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> 1.00pm – 2.30pm</p> <p>A drop in, 10-week rolling programme for parents / carers and babies aged 1-5 years, covering play and development including crafts and singing.</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>Let's Talk Together (Virtual 3-week workshop)</b></p> <p>Support for 18–30-month-old children with their early language development.</p> <p><b>Please call for confirmation of dates/times</b></p> </div>   <p>Scan the QR code to find out how to get active for free in your community.</p> 	<p><b>Development Reviews</b> 9-12 months &amp; 30-36 months 9am-3.30pm</p> <p>An assessment of your child's growth and development. You will be contacted to book an appointment.</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>Typical Toddler workshop</b></p> <p><b>We can support and provide advice around your child's behavioural needs. Please call us to be added to the waiting list for our workshop.</b></p> </div> <div style="border: 1px solid black; padding: 5px;"> <p><b>Antenatal infant feeding workshop</b></p> <p>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> </div>
<div style="border: 1px solid black; padding: 5px;"> <p><b>Pop into Carousel, during our opening hours to access our free Community Wardrobe – clothes available for 5–19-year-olds.</b></p> </div> 	<div style="border: 1px solid black; padding: 5px;"> <p><b>Emotional regulation and resilience group.</b> 6-week course for 5-11 years.</p> <p>Please call us to find out more or to book a place.</p> </div>	<div 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.</p> <p>Visit <a href="http://www.healthystart.nhs.uk">www.healthystart.nhs.uk</a> to check eligibility and apply. Vitamins available to collect from Carousel Family Hub.</p> </div>		
		<div style="border: 1px solid black; padding: 5px;"> <p><b>t: 0300 2470014</b></p> </div>		

# Acorn Family Hub Delivery Site, Old School Hall, Berridge Road, Halstead, CO9 1JH

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Drop-in support &amp; self-weigh</b> 9.30am – 3.30pm</p>				<p><b>Drop-in support &amp; self-weigh</b> 9.30am – 3.30pm</p>
<p><b>Stay, Play and Learn</b> 9.30am–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>Development Reviews</b> 9-12 months &amp; 30-36 months 9.30am-12.30pm An assessment of your child's growth and development. You will be contacted to book an appointment.</p>	<p><b>First Time Parents</b> 1.00pm-2.30pm Support for new parents/carers. 4-week course – call to book.</p>	<p><b>Development Reviews</b> 9-12 months &amp; 30-36 months 9.30am-2.30pm An assessment of your child's growth and development. You will be contacted to book an appointment.</p>	<p><b>Infant Massage</b> 5-week course 10.00am-12.00pm Support with colic, reflux and attachment. Please call to speak to our duty practitioner</p>
<p><b>Antenatal infant feeding workshop</b> <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>	<p><b>Introducing Solids (Virtual workshop)</b> 10am – 11.30am 2<sup>nd</sup> &amp; 4<sup>th</sup> of each month Support and advice on introducing solid food to your baby – call to book.</p> <p><b>Infant Feeding Support (Virtual)</b> 10am-11.30am Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding – please call to book.</p>	<p><b>School-age health advice drop-in</b> 3.00pm-4.30pm Drop-in to discuss support around sleep, toileting, behaviour, anxiety and other concerns.</p> <p><b>Let's Talk Together (Virtual 3-week workshop)</b> Support for 18–30-month-old children with their early language development. <b>Please call for confirmation of dates/times</b></p>	<p><b>Weathersfield Baby and Toddler group</b> 9.30am-10.30am <b>The pavilion, Heddingham Road, Wethersfield, CM74EQ</b> This is a weekly community run group and is attended by the Healthy Family Support Practitioner every 3<sup>rd</sup> Thursday of the month to offer support, advice and weigh your baby.</p>	<p><b>Baby Beginnings</b> 1.00pm-2.30pm A drop in, 10-week rolling programme for parents / carers and babies aged 0-1 years, 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>Typical Toddler workshop</b> We can support and provide advice around your child's behavioural needs. Please call us to be added to the waiting list for our workshop.</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 Carousel Family Hub.</p>
<p>Pop in during our opening hours to access our free <b>Community Wardrobe</b> – clothes available for 0-8-year-olds.</p>	<p>t: 0300 2470014</p>	<p>Scan the QR code to find out how to get active for free in your community.</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>



# Silver End Family Hub Delivery Site, Village Hall, Broadway, CM8 3RQ

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 – 12.00pm</p>
<p><b>Development Reviews</b> 9-12 months &amp; 30-36 months 9am-3.30pm</p> <p>An assessment of your child's growth and development. You will be contacted to book an appointment.</p> <div data-bbox="127 592 450 871" style="border: 1px solid black; padding: 5px;"> <p><b>Pop into Carousel, during our opening hours to access our free Community Wardrobe – clothes available for 5–19-year-olds.</b></p> </div>	<p><b>Development Reviews</b> 9-12 months &amp; 30-36 months 9am-3.30pm</p> <p>An assessment of your child's growth and development. You will be contacted to book an appointment.</p> <p><b>Introducing Solids (Virtual workshop)</b> 10am – 11.30am 2<sup>nd</sup> &amp; 4<sup>th</sup> of each month</p> <p>Support and advice on introducing solid food to your baby – call to book.</p> <p><b>Infant Feeding Support (Virtual)</b> 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>Infant Massage 5-week course</b></p> <p>Support with colic, reflux and attachment.</p> <p>Please call to speak to our duty practitioner</p>	<p><b>Development Reviews</b> 9-12 months &amp; 30-36 months 9am-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> 10.00am-11.30am</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>School-age health advice drop-in</b> 3.00pm - 4.30pm</p> <p>1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Wednesday each month – for parents / carers</p> <p>Drop-in to discuss support around sleep, toileting, behaviour, anxiety and other concerns.</p> <div data-bbox="943 1161 1344 1437" style="border: 1px solid black; padding: 5px;"> <p><b>Let's Talk Together (Virtual 3-week workshop)</b></p> <p>Support for 18–30-month-old children with their early language development.</p> <p><b>Please call for confirmation of dates/times</b></p> </div>	<div data-bbox="1406 320 1709 826" 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.</p> <p>Visit <a href="http://www.healthystart.nhs.uk">www.healthystart.nhs.uk</a> to check eligibility and apply.</p> <p>Vitamins available to collect from Carousel Family Hub.</p> </div> <div data-bbox="1406 847 1709 1078" style="text-align: center;">  </div> <div data-bbox="1406 1150 1709 1430" style="border: 1px solid black; padding: 5px;"> <p><b>Emotional regulation and resilience group.</b> <b>6-week course for 5-11 years.</b></p> <p>Please call us to find out more or to book a place.</p> </div>	<p><b>Baby Beginnings</b> 9.30am – 11.00am</p> <p>A drop in, 10-week rolling programme for parents / carers and babies aged 0-1 years, covering play and development including crafts and singing.</p> <div data-bbox="1845 576 2056 818" style="text-align: center;">  </div> <p>Scan the QR code to find out how to get active for free in your community.</p> <div data-bbox="1827 943 2107 1129" style="text-align: center;">  </div>
<div data-bbox="103 938 465 1094" style="text-align: center;">  </div> <div data-bbox="107 1158 468 1501" style="border: 1px solid black; padding: 5px;"> <p><b>Antenatal infant feeding workshop</b></p> <p>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> </div>				<div data-bbox="1771 1158 2145 1406" style="border: 1px solid black; padding: 5px;"> <p><b>Typical Toddler workshop</b></p> <p>We can support and provide advice around your child's behavioural needs. Please call us to be added to the waiting list for our workshop.</p> </div> <div data-bbox="1771 1465 2145 1544" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>t: 0300 2470014</b></p> </div>