

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 Kay North kay.north@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.



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



Carousel Family Hub – Braintree District



Essex Child and Family Wellbeing Service



Braintree District: 2nd 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.

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

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 - 2.30pm 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.

Introducing Solids (Virtual workshop) 10am – 11.30am

2nd & 4th of each month

Support and advice on introducing solid food to your baby – 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. Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding.

Health advice drop-in for 5-19 yr olds 3pm-4.45pm

Drop-in and speak with a member of our team for issues around sleep, toileting, emotional wellbeing, healthy relationships and lifestyles. Open to all.

Move with Us Arrival between 3.15-3.30pm Ends 4.30pm Start date 13th 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.

Younger siblings can attend but won't be able to participate

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

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.



t: 0300 2470014

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.

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 to check eligibility and apply. Vitamins available to collect from Carousel Family Hub.








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>Baby Beginnings 9.30am – 11.00am 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>Health advice drop-in for 5-19 yr olds. 3.00pm-4.30pm. 2nd Monday of the Month Based within Howbridge Infant school Dengie Close Witham CM8 1DJ, this is open to all</p> <div> <p>Let's Talk Together (Virtual 3-week workshop) Support for 18–30-month-old children with their early language development. Please call for confirmation of dates/times</p>  </div>	<p>Development Reviews 9-12 months & 30-36 months 9am-3.30pm An assessment of your child's growth and development. You will be contacted to book an appointment.</p> <p>Introducing Solids (Virtual workshop) 10am – 11.30am 2nd & 4th of each month Support and advice on introducing solid food to your baby – call to book.</p> <div> <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>Pop into Carousel, during our opening hours to access our free Community Wardrobe – clothes available for 5–19-year-olds.</p> </div>	<p>Development Reviews 9-12 months & 30-36 months 9am-3.30pm An assessment of your child's growth and development. You will be contacted to book an appointment.</p>  <div> <p>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 Carousel Family Hub.</p> <p>t: 0300 2470014</p> </div>	<p>Stay, Play and Learn 1.00pm – 2.30pm 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> <p>Parent/ carer health advice drop in for 5-19yr olds 9am-11am 4th Thursday of the month at Harlequin Family Hub Delivery Site Drop-in and speak with a member of our team for issues around sleep, toileting, emotional wellbeing, healthy relationships and lifestyles.</p> <div>   <p>Scan the QR code to find out how to get active for free in your community.</p>  </div>	<p>Development Reviews 9-12 months & 30-36 months 9am-3.30pm An assessment of your child's growth and development. You will be contacted to book an appointment.</p> <div> <p>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.</p> <p>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.</p> </div>

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

Monday

Drop-in support & self-weight
1 – 4.30pm

Development Reviews
9-12 months & 30-36 months

9.30am-2.30pm

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

Sunny days toddler group
for 0-5yr olds

9.30am –11.30am

Sunny days Baby group

For 0-1yr olds

12.30pm- 2.00pm

These groups are community led and not run by our service. The groups offer a fun environment for children to play and learn. They are free and there is no need to book.

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.

Tuesday

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

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



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 Carousel Family Hub.

Pop in during our opening hours to access our free Community Wardrobe – clothes available for 0-8-year-olds.

Wednesday

First Time Parents
1.00pm-2.30pm

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

Health advice drop-in for 5-19yr olds

3.00pm-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
(Virtual 3-week workshop)

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

Please call for confirmation of dates/times



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

Thursday

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

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

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.



t: 0300 2470014

Friday

Drop-in support & self-weight
9.30am – 3.30pm

Baby Beginnings
10.00am-11.30am

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.

Infant Massage
5-week course
1.00pm-3.00pm





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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
		Drop-in support & self-weigh 9.30am – 4.30pm		Drop-in support & self-weigh 9.30am – 12.00pm
<p>Development Reviews 9-12 months & 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> <p>Pop into Carousel, during our opening hours to access our free Community Wardrobe – clothes available for 5–19-year-olds.</p> </div> <div>  </div> <div> <p>Antenatal infant feeding workshop (1hr)</p> <p>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.</p> </div>	<p>Development Reviews 9-12 months & 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>Introducing Solids (Virtual workshop) 10am – 11.30am 2nd & 4th of each month</p> <p>Support and advice on introducing solid food to your baby – call to book.</p> <p>Infant Massage 5-week course</p> <p>Support with colic, reflux and attachment. Please call to speak to our duty practitioner</p> <div> <p>Typical Toddler workshop</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>	<p>Development Reviews 9-12 months & 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>Stay, Play and Learn 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>Health advice drop-in for 5-19yr olds 3.00pm - 4.30pm 1st Wednesday of the month</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> <div> <p>Let's Talk Together (Virtual 3-week workshop)</p> <p>Support for 18–30-month-old children with their early language development. Please call for confirmation of dates/times</p> </div>	<p>Healthy Start Vitamins</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 www.healthystart.nhs.uk to check eligibility and apply. Vitamins available to collect from Carousel Family Hub.</p> <div>  </div> <div> <p>Emotional regulation and resilience group. 6-week course for 5-11 years.</p> <p>Please call us to find out more or to book a place.</p> </div>	<p>Baby Beginnings 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. Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding.</p> <div>  </div> <p>Scan the QR code to find out how to get active for free in your community.</p> <div>  </div> <div> <p>t: 0300 2470014</p> </div>