




Essex Child and Family Wellbeing Service Timetable - Maldon & SWF District

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. Families have access to FREE, high quality public health services whether it be in their Community, School, Family Home or at our Family Hubs and Delivery Sites.

During the COVID 19 Period we shall be bringing these services to you through means of Virtual Support and only offering essential face to face support.

Booking: If you live within the Braintree, Chelmsford or Maldon Districts, to book onto any of our sessions, please contact us on **0300 247 0014**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Talk Together 10am-11am (3 week Workshop)</p> <p>Workshop for 18-30 month old children who need support with their early language development</p> <p>MALDON & SWF DISTRICT</p>	<p>Ready Steady 1's/2's 10am - 11:00am (by invite only)</p> <p>To support learning and development in 1 year olds and promote school readiness in 2-3 year olds. Invite only following child's development review.</p> <p>MALDON & SWF DISTRICT</p>	<p>'SAY HI' MALDON Walk and Talk Group Date TBC 10:00am – 11:00am Booking Essential (limited to 15 adults)</p> <p>Peer support walk and talk group for parents/carers with 0-5's</p> <p>MALDON DISTRICT</p>	<p>Introducing Solids 11.30am - 1pm (1 Week Workshop)</p> <p>Our session will provide support, advice and guidance on when and how to introduce solid food to your baby</p> <p>MALDON & SWF DISTRICT</p>	<p>Toilet Training Workshop 1.00pm-2.00pm 1st Friday of the month (1 week Workshop)</p> <p>Workshop to support you as you encourage your child to learn this self-care skill and to promote independence.</p> <p>MID ESSEX</p>
	<p>Home-Start Family Group 10am-12pm Venue TBA Term Time Only</p> <p>Group held in outside space weather permitting, alternatively delivered via Zoom</p> <p>MALDON AREA</p> <p>For further information please contact 01245 847410</p> <p>Or</p> <p>https://home-startessex.org.uk/family-group/</p> <p>info@home-startessex.org.uk</p> <p>www.home-startessex.org.uk</p>	<p>'I Can Do It' School Readiness Workshop 10:00am-11:00am (2 week workshop)</p> <p>Our sessions will support you to prepare your child for starting school within the home environment.</p> <p>MID ESSEX</p>	<p>Typical Toddler Behaviour 1pm- 3pm Every 3rd Thursday of the month (1 week Workshop)</p> <p>Workshop to support with various toddler behaviours such as tantrums, fussy eating and bedtimes.</p> <p>MID ESSEX</p>	

	<p>First Time Parents 1.00 - 2.30pm (3 weeks Workshop) A great chance to meet other new parents. We shall cover topics on; play, interaction, safety, teething, childhood illness & more. MALDON & SWF DISTRICT</p>	<p>Infant Feeding Support 10am - 11.30am (Weekly Session) Provide support and advice on Breastfeeding, Formula Feeding and Mixed Feeding CHELMSFORD AND MALDON DISTRICTS</p>		
		<p>Sing Along 1.30pm - 2.00pm Babies and Toddlers (Weekly Session) Singing and movement workshop MID ESSEX</p>		