

Oaktree Family Hub, Willows, Wishing Well and Seashells Delivery Sites.

Activities and support for children, young people and families living in Rayleigh and Rochford

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 **free**, high quality and easy access to local public health services in their community, school, family home or at our Family Hubs and Delivery Sites.

MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM
<p>Assisted Self Weigh bookable appointments available</p> <p>All Groups bookable by contacting 0300 247 0013</p> <p>Please note spaces are limited. Please call to book your place</p> <p>Face to Face Infant Feeding Drop In Weekly Starts November Oaktree Family Hub & Wishing Well Delivery Site 10:00am -11:00am</p> <p>Please contact us if you wish to gain a better understanding of early infant feeding and receive support from our dedicated Practitioners.</p> <p>Face to Face Stay Play and Learn Starts from 8th November Seashells Delivery Site 10:30am - 11:30am</p> <p>Come and join us for some fun filled activities to support your child's development.</p> <p>Face to Face Stay Play and Learn Starts 1st November Oaktree Family Hub 10:30am - 11:30am</p> <p>Come and join us for some fun filled activities to support your child's development.</p>	<p>Assisted Self Weigh bookable appointments available</p> <p>All Groups bookable by contacting 0300 247 0013</p> <p>Please note spaces are limited. Please call to book your place</p> <p>Face to Face Rhyme and Rhythm Christmas Starts in December 10:00am - 10:30am Willows Delivery Site</p> <p>Let your little ones move their feet to the rhythm of the beat!</p> <p>Face to Face Baby Beginnings Starts from 2nd November Wishing Well Delivery Site 10:30am - 11:30am</p> <p>A fun and interactive session to support your baby's development. Babies aged 0-12 months.</p> <p>Face to Face Ready Steady 2's Starts from 23rd November Oaktree Family Hub 10:00 – 11:00</p> <p>A 3-week programme following the 2-year review; have fun while further supporting your child's development.</p> <p>23/11/21Physical Development 30/11/21Communication & Language 11/07/21Understanding Emotions</p>	<p>Assisted Self Weigh bookable appointments available</p> <p>All Groups bookable by contacting 0300 247 0013</p> <p>Please note spaces are limited. Please call to book your place</p> <p>Face to Face Baby Beginnings Starts from 11th November Willows Delivery Site 10:00am - 11:00am</p> <p>A fun and interactive session to support your baby's development. Babies aged 0-12 months.</p> <p>Virtual Typical Toddler Behaviour Starts on 10th November 10.00am - 11.00am</p> <p>Single workshops to explore a variety of toddler topics such as sleep, diet, behaviour and much more. Book on to all of the sessions or just book on to the sessions you would like to attend.</p> <p>10/11/21 -Toddler Behaviour 17/11/21 -Sleep and Dummy removal 24/11/21 -Fussy eating 01/12/21-Toileting</p> <p>Face to Face First Time Parents Starts from 1st December Oaktree Family Hub 10:00am – 11:00am</p> <p>Our course for first time parents with a baby from six weeks old. Covering a range of topics and offering you the opportunities to share experiences and meet other new parents.</p>	<p>Assisted Self Weigh bookable appointments available</p> <p>All Groups bookable by contacting 0300 247 0013</p> <p>Please note spaces are limited. Please call to book your place</p> <p>Virtual Let's Talk Together Workshop Starts 18th November 10:30am - 11:30am</p> <p>Referral only by your Health Visitor or Healthy Family Support Practitioner following your child's. 2 -3-year assessment.</p> <p>This three-week virtual course will be exploring strategies for parents/carers to use, to help develop their child's speech and language.</p>	<p>Assisted Self Weigh bookable appointments available</p> <p>All Groups bookable by contacting 0300 247 0013</p> <p>Please note spaces are limited. Please call to book your place</p> <p>Please visit the Adult Community Learning Website for the latest Family Learning Courses.</p> <p>First Aid Workshops are now available to book. https://aclessex.com</p> <p>Virtual The Importance of Sleep (Primary Aged school children) 1st Friday of every month 10:00am - 12:00pm</p> <p>Workshop to tackle sleep troubles</p>

Essex Child and Family Wellbeing Service



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MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM
<p>Face to Face Baby Beginnings Starts from 1st November Oaktree Family Hub 1.00pm-2.00pm</p> <p>A fun and interactive session to support your baby's development. Babies aged 0-12 months.</p> <p>Face to Face Healthy Family School Aged Drop In Oaktree Family Hub 2nd and 4th Tuesday of the month 3.00pm-4.00pm</p>	<p>Please visit the Adult Community Learning Website for the latest Family Learning Courses.</p> <p>First Aid Workshops are now available to book. https://aclessex.com</p> <p>Face to Face Stay Play and Learn Starts 9th November Willows Delivery Site 1.30pm – 2.30pm</p> <p>Come and join us for some fun filled activities to support your child's development.</p>	<p>Virtual Introduction to Solids Workshop 24th November 1:30pm - 2:30pm</p> <p>A virtual one-hour workshop on introducing solid foods and signs that your baby is ready.</p> <p>Virtual The Importance of Sleep (Secondary Aged school children) 2nd Wednesday of every month 4:00pm-5:30pm Workshop to tackle sleep troubles</p>	<p>Virtual Preparing for baby 25th November 1:30pm - 2:30pm</p> <p>A virtual ante-natal session, to support and share information with expectant families around practicalities and emotional wellbeing of new parents.</p> <p>Face to Face Infant Massage November</p> <p>A 5-week course helping to promote bonding, attachment, help with colic and the digestive system.</p> <p>Referral only from Essex Child and Family Wellbeing Service. Please talk to Health Visitor</p>	