

## Larchwood Hub & Sunnyside Delivery Site

Activities and support for children, young people and families living in Brentwood and Billericay 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 **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><b>All Groups bookable by contacting</b> <b>0300 247 0013</b></p> <p>Please note spaces are limited. Please call to book your place</p> <p><b>Coming Soon</b> <b>Face to Face</b> <b>First Time Parents</b> <b>Starts December</b> <b>Larchwood Gardens Family Hub</b> <b>10:00am – 11:00am</b></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><b>All Groups bookable by contacting</b> <b>0300 247 0013</b></p> <p>Please note spaces are limited. Please call to book your place</p> <p><b>Face to Face</b> <b>Stay Play &amp; Learn</b> <b>Weekly from 2<sup>nd</sup> November</b> <b>Larchwood Gardens Family Hub</b> <b>10:30am - 11:30am</b></p> <p>A Come and join us for some fun filled activities to support your child's development.</p> <p><b>Face to Face</b> <b>Baby Beginnings</b> <b>Weekly from 2<sup>nd</sup> November</b> <b>Sunnyside Delivery Site</b> <b>10:30am - 11:30am</b></p> <p>A fun and interactive session to support your baby's development. Babies aged 0-12 months. Please note spaces are limited. Please call to book your place</p>	<p>Assisted Self Weigh bookable appointments available</p> <p><b>All Groups bookable by contacting</b> <b>0300 247 0013</b></p> <p>Please note spaces are limited. Please call to book your place</p> <p><b>Virtual</b> <b>Typical Toddler Behaviour</b> <b>Starts 10<sup>th</sup> November</b> <b>10.00am – 11.00am</b></p> <p>Single workshops to explore a variety of toddler topics such as sleep, diet, behaviour and much more. Book on to all the sessions or just book on to the sessions you would like to attend.</p> <p><b>10/11/21 Toddler Behaviour</b> <b>17/11/21 Sleep and Dummy removal</b> <b>24/11/21 Fussy eating</b> <b>01/12/21 Toileting</b></p> <p><b>Virtual</b> <b>Let's Talk Together</b> <b>Workshop</b> <b>3<sup>rd</sup>, 10<sup>th</sup> &amp; 17<sup>th</sup> November</b> <b>10:30am - 11:30am</b></p> <p><b>Referral only by your Health Visitor or Healthy Family Support Practitioner following your child's 2-3-year assessment.</b></p> <p>This 3-week virtual course will be exploring strategies for parents/carers to use, to help develop their child's speech and language.</p> <p><b>Face to Face</b> <b>Wellbeing for Mothers and Babies</b> <b>Group</b> <b>10:00am - 11:30am</b> <b>November</b> <b>Sunnyside Delivery Site</b></p> <p>A 5-week programme for Mothers and Babies 0-6 months focusing on well-being <b>Referral only by your Health Visitor or Healthy Family Support Practitioner</b></p>	<p>Assisted Self Weigh bookable appointments available</p> <p><b>All Groups bookable by contacting</b> <b>0300 247 0013</b></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. <a href="https://aclessex.com">https://aclessex.com</a></p>	<p>Assisted Self Weigh bookable appointments available</p> <p><b>All Groups bookable by contacting</b> <b>0300 247 0013</b></p> <p>Please note spaces are limited. Please call to book your place</p> <p><b>Virtual</b> <b>Let's Talk Together</b> <b>Workshop</b> <b>5<sup>th</sup> 12<sup>th</sup> &amp; 19<sup>th</sup> November</b> <b>10:00am - 11:00am</b></p> <p><b>Referral only by your Health Visitor or Healthy Family Support Practitioner following your child's 2-3-year assessments.</b></p> <p>This 3-week virtual course will be exploring strategies for parents/carers to use, to help develop their child's speech and language.</p> <p><b>Face to Face</b> <b>Baby Beginnings</b> <b>Workshop 5<sup>th</sup> November</b> <b>Larchwood Family Hub</b> <b>10:00am - 11:00am</b></p> <p>A fun and interactive session to support your baby's development. Babies aged 0-12 months. Please note spaces are limited. Please call to book your place</p> <p><b>Virtual</b> <b>The Importance of Sleep</b> <b>(Primary Aged school children)</b> <b>1<sup>st</sup> Friday of every month</b> <b>10:00am -12:00pm</b> Workshop to tackle sleep troubles</p>

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MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM
<p><b>Face to Face</b> <b>Ready Steady 1's</b> From 6<sup>th</sup> December <b>Larchwood Gardens Family Hub</b> 1:00pm – 2:00pm</p> <p>A 3-week programme following the 1-year review; have fun while further supporting your child's development</p> <p><b>Face to Face</b> <b>Ready Steady 2's</b> From 10<sup>th</sup> January 2022 <b>Larchwood Gardens Family Hub</b> 1:00pm – 2:00pm</p> <p>A 3-week programme following the 2-year review; have fun while further supporting your child's development.</p> <p><b>Face to Face</b> <b>Ready Steady 1's</b> From 7<sup>th</sup> February <b>Larchwood Gardens Family Hub</b> 1:00pm – 2:00pm</p> <p>A 3-week programme following the 1-year review; have fun while further supporting your child's development</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. <a href="https://aclessex.com">https://aclessex.com</a></p>	<p><b>Virtual</b> <b>Introduction to Solids Workshop</b> 10<sup>th</sup> 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><b>Face to Face</b> <b>Healthy Family School Aged Drop In</b> <b>Larchwood Gardens Family Hub</b> 3<sup>rd</sup> Wednesday of the month 3.00pm – 5.00pm</p> <p>Advice &amp; Support around your school aged child's health.</p> <p><b>Face to Face</b> <b>Baby Massage</b></p> <p>A 5-week course helping to promote bonding, attachment, help with colic and the digestive system</p> <p><b>Sunnyside Delivery Site</b> 12:00pm – 1:00pm or 1:30pm - 2:30pm Referral only by your Health Visitor or Healthy Family Support Practitioner</p> <p><b>Virtual</b> <b>The Importance of Sleep</b> <b>(Secondary Aged school children)</b> 2<sup>nd</sup> Wednesday of every month 4:00pm-5:30pm Workshop to tackle sleep troubles</p> <p><b>Face to Face</b> <b>Healthy Family School Aged Drop In</b> 1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesday of the month <b>Larchwood Family Hub</b> 3.00pm-5.00pm</p>	<p><b>Virtual</b> <b>Preparing for baby</b> 24<sup>th</sup> 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><b>Face to Face</b> <b>Stay Play &amp; Learn Weekly</b> <b>Sunnyside Delivery Site</b> 1:00pm – 2:00pm</p> <p>Come and join us for some fun filled activities to support your child's development.</p>	<p><b>Face to Face</b> <b>Ready Steady 2's</b> Starts from 12<sup>th</sup> November <b>Fryerns Farm Delivery Site</b> 1:00pm – 2:00pm</p> <p>A 3-week programme following the 2-year review; have fun while further supporting your child's development.</p> <p>12/11/21 Physical Development 19/11/21 Communication &amp; Language 26/11/21 Understanding Emotions</p>