

Key Information

Your community

Are you interested in being involved in a community group? Would you like to work in partnership with your local Family Hub? For Community Engagement queries please contact Jackie via email to Jackie.roberts@barnardos.org.uk or telephone 07976 365763

Volunteering Opportunities

If you have skills or time to spare and would like to volunteer with us across various locations in Uttlesford please contact Dawn Wright Tel: 07730195076, who would be happy to discuss opportunities with you.

Community Fridge

Working with Food Banks and partners to help you locate your nearest food share scheme. Please telephone **0300 247 0122 option 1.**

Family support

We can provide personalised support on a one to one basis in the Family home or in the Hub or Delivery site. This can include child behaviour strategies, toileting, sleep etc.

Family information service: www.essex.gov.uk/fis

For free, impartial information and guidance about services for children, young people and families in Essex 0800 0556874.

w: www.essexfamilywellbeing.co.uk



Essex Child and Family Wellbeing Service



Essex Child and Family Wellbeing Service - Autumn

Spangles Family Hub

1st October 2023 – 20th December 2023

Activities and support for children, young people and families living in the **Uttlesford** 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.

Our Family Hub Facebook Page Offer

Spangles Family Hub
St John's Rd
Stansted Mountfitchet
CM24 8JP
t: 0300 2470122

Uttlesford District;
<https://www.facebook.com/UttlesfordChildFamilyWellbeing/>

Directions: From Chapel Hill: Turn into St Johns Road. The hub is on the right and in between the Church and Magna Carta Primary School. Drive through the gates down to the car park at the bottom.

Opening Times:

Monday to Friday: 9.00 to 5.00pm

Commissioned by



Spangles Family Hub, St John's Rd, Stansted Mountfitchet, CM24 8JP t: 0300 2470122 **Opening Times: Monday to Friday: 9.00 to 5.00pm**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Self / Assisted Weigh</u> 09:30 – 11:30 Face to Face @ Spangles Family Hub</p> <p><u>Ready Steady Play & Learn for children aged 1-2 years</u> Face to Face @ Spangles Family Hub 10.30am – 11:30am Max 15 toddlers with their parents – all activities will be suitable for toddlers 1-2years. As a rolling programme to promote development Must pre-book to avoid disappointment</p> 	<p><u>Self / Assisted Weigh</u> 09:30 – 11:30 Face to Face @ Spangles Family Hub</p> <p><u>SEND Virtual Group</u> 2nd Tuesday in the month 09:30am – 10:30am Please book to receive virtual link</p> <p><u>Carver Barracks Healthy Family Support Drop In</u> 10:00am - 11:30am Face to Face @ Carver Barracks Village Hall Stay, Play & Learn, Story Time & Self Weigh facilities No need to book</p>	<p><u>Healthy Family Drop In & Infant Feeding Support</u> 10am – 11:30 Face to Face @ Spangles Family Hub This is a popular session, providing support and advice on infant feeding. Please arrive before 11:30 to ensure you can be seen</p> <p>Some of our groups will need to be pre booked due to limited capacity, please contact the number below 0300 247 0122 Option 1</p> 	<p><u>Healthy Family Drop in</u> 09:30am – 11:30am Face to Face @ Saffron Walden Community Hospital Please arrive before 11:30 to ensure you can be seen No need to book</p> <p><u>Free Early Education Entitlement Funding for 2-year-olds</u> Your child may be eligible for FEEE2 and 15 hours of free early education a week until the term after their third birthday. For more information, visit Essex County Council's website or speak to a member of our staff from your local Healthy Family Team on Tel: 0300 247 0122</p>	<p><u>Self / Assisted Weigh</u> 09:30 – 11:30 Face to Face @ Spangles Family Hub</p> <p><u>Healthy Family Drop in</u> 09:30am – 11:30am Face to Face @ Newport Village Hall Last Friday in the month during term time only No need to book</p> <p><u>Ready Steady Play & Learn</u> Face to Face @ Spangles Family Hub 10.30am – 11:30am Max 15 children with their parents – all activities will be suitable for children 2-4 years. Must be pre-booked to avoid disappointment</p>

Spangles Family Hub, St John's Rd, Stansted Mountfitchet, CM24 8JP t: 0300 2470122 **Opening Times: Monday to Friday: 9.00 to 5.00pm**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Ready Steady Play & Learn for babies aged 0 -1 years</u> Face to Face @ Spangles Family Hub 2.00pm – 3.00pm Max 15 babies with their parents – all activities will be suitable for babies 0-1 years as a rolling programme to promote development No need to book</p> 	<p><u>Stay & Play for children aged 2-4 years</u> Coming soon to Dunmow More Information to follow <u>Introducing Solids</u> Face to Face @ Spangles Family Hub 1:30pm – 2:30pm 1st Tuesday in month Booking essential</p> <p><u>SEND Sparkles Group</u> Face to face group @ Spangles Family Hub last Tuesday in the month 1:00pm – 2.00pm For children 0-8 years. This is a friendly & welcoming group for families and carers of children with additional needs, with or without a diagnosis. <u>School Age Community Drop In</u> Spangles Family Hub Face to Face from 3:30pm – 5pm 3rd October 2023 2nd January 2024 Saffron Walden Community Hospital Face to face from 3:30pm – 5pm 5th December 2023</p>	<p><u>Healthy Family Drop in</u> Coming soon to Dunmow More Information to follow</p> <p><u>School Age Community Drop In</u> Dourdan Pavilion Dunmow Face to Face from 3:30pm - 5pm. 8th November 2023 7th February 2024</p> <p>School Age 'Drop in' sessions are for support and advice by a School Nurse or 5-19 Healthy Family Support Practitioner. Parents can ask advice about behaviour and emotional needs, bed wetting and soiling issues plus other health needs that may be impacting on both home and school life</p>	<p><u>Duty Practitioner</u> We have a duty practitioner (Health Visitor, Support Practitioner, School Nurse) available 9am – 5pm Monday to Friday.</p> <p>They will be able to offer support and guidance around a wide range of topics to access please call Tel: 0300 247 0122 Option 1</p> 	<p><u>Talk Together Workshop</u> Face to Face @ Spangles Family Hub 1:30pm – 2:30pm A chance to learn about and practice early language development and communication interaction strategies. For families with children aged 18-36 months. If you have concerns regarding your child's speech & language, please telephone 0300 247 0122 Option 1 To arrange to speak to one of the Support Practitioners</p> <p><u>Must be pre booked by professional invite</u></p>