

Health Advice Drop-in for 5-19 year olds

Dates: Wednesday, 22nd October, 19th November & 17th December 2025

Time: 8.45 - 9.45am

Venue: Spangles Family Hub, St. John's Road, Stansted Mountfitchet CM24 8JP

Drop-in sessions for parents/carers to get advice and support for school aged child with a member of our school health team, where you can discuss things which may be concerning you. No booking needed.

Areas of support

- Managing worries, low mood, stress or anger issues
- Bullying and friendship issues
- Diet / Nutritional support
- Improving sleep
- Day and night wetting
- Behavioural concerns
- Personal hygiene
- Sexual health
- Information and signposting regarding medical conditions

t: 0300 247 0122

w: essexfamilywellbeing.co.uk

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