



Chelmsford Child and Family Wellbeing Service

Activities and support for you and your children across Chelmsford

Free for all families

**Services running Out and About
in your Community:
Chelmsford District
September-December 2019**

Services in your community

Chelmsford Central Family Hub
Chelmsford Library, Market Road
Chelmsford, CM1 1QH

t: 0300 247 0014

Opening Times

Monday to Friday: 8:00am - 6.00pm

MONDAY

Play and Learn for 0-5's and Healthy Family Drop In

10.00am-11.30am Weekly
Play session for 0-5's to learn and develop through play, crafts, activities, singing and more!
Healthy Family Drop In runs 2nd and 4th of the month

@ Church of Holy Spirit, Forest Drive, CM1 2TS

No booking needed- just pop along!

"Our time" Group (invite only)

10.00am-11.30am Monthly
@ Galleywood Library, CM2 8PU

Healthy Family Drop In & Stay and Play area

2.00pm - 4.00pm
1st Monday of the month
@ Danbury Library, CM3 4NQ

TUESDAY

Healthy Family Drop In

9.30am-11.00am (term time only)
1st and 3rd of the month
@ Orchards Café, Mascalls Way, Meadgate CM2 7NS

Healthy Family Drop In

10.00am-11.30am
2nd and 4th of the month (Alongside Little Pickles toddler group- term time only)
@ St Pauls Church, Loffin Way, Great Baddow, CM2 9SH

Healthy Family Drop In

1.00pm-3.00pm
1st and 3rd Tuesday of the month
@ Mace Playce, CM2 6PB

Healthy Family Drop In's

We can offer support and advice on:-
-Day/Night wetting
-Toilet training
-Sleep & Behaviour,
-Infant Feeding
-Weight & dietary
-Physical and emotional health
Weight & height measuring facilities are also available at all Drop-Ins

WEDNESDAY

Breastfeeding Drop-In

10am-11.30am
Peer supporters available to give breastfeeding support and advice- drop in session, no booking required.
@ All Saints Church, Springfield Green, CM1 7HR

4-19 Health Drop in

3.15pm-4.15pm
1st Wednesday of the month (term time only)
@ School House (opposite Moulsham Jnr School), Princes Rd, CM2 9DG

& 2.00pm - 3.00pm

2nd Wednesday of the month (term time only)
@ St. Michaels Junior School Galleywood, CM2 8RR

Ready Steady Mums Walking Group- Boreham

11.45am-12.45pm
Parent Lead Walking group.
Meet on street outside The Lion Inn.

Find more information by joining their facebook page "Ready Steady Mums Boreham"

THURSDAY

Play & Learn for 0-5's with Breastfeeding Support Group and Self-weigh facilities

10.00am - 11.30am Weekly

Play session for 0-5's to learn and develop through play, crafts, activities, singing and more!

@ Beaulieu Community Centre, Beaulieu Square, Centenary Way, CM1 6AU

No booking needed- just pop along!

Community sessions

Are you a leader of a local community group who would like information about working together, or are you interested in setting up your own group within your community for local parents/ families? Then please get in touch with our Community Engagement Worker-
Kirsty Roberts:
Kirsty.roberts@barnardo.s.org.uk
07889 605087

FRIDAY

Baby Beginnings with Healthy Family Drop In

10.00am -11.30pm Weekly

Group for parents/ carers with under 1's to form new friendships and learn about child development.

Healthy Family Drop-in runs 2nd and 4th Friday of the month.
@ Galleywood Library, CM2 8PU

No booking needed- just pop along!

Healthy Family Drop In

9.30am-11.00am
1st Friday monthly
@ Great Leighs Village Hall, CM3 1PP