

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? Please call your Community Engagement Worker Dawn Wright Dawn.wright@barnardos.org.uk Tel: 07730195076

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 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

Spangles Family Hub

17th April – July 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.

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

Our Family Hub Facebook Page Offer

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

Opening Times:

Monday to Friday: 9.00 to 5.00pm

Commissioned by



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Some groups must be pre booked please contact the number below 0300 247 0122 Option 1</p> <p><u>Stay Play & Learn</u> Babies 0-2 years Face to Face @ Spangles Family Hub 13.30pm – 14:30pm No need to book</p>	<p><u>Carver Barracks</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>SEND Virtual Group</u> 2nd Tuesday in the month 09:30am – 10:30am <u>Please book to receive virtual link</u></p> <p><u>Sparkles face to face group @ Spangles Family Hub Stansted</u> Last Tuesday in the month 13:00pm – 14:00pm For children 0-8 years and is a friendly & welcoming group for families and carers of children with additional needs, with or without a diagnosis</p> <p><u>Introducing Solids</u> Face to Face @ Spangles Family Hub 13:30pm – 14:30pm 1st Tuesday in month Booking required</p>	<p><u>Healthy Family Drop in & Infant Feeding Support</u> 10am – 12 noon Face to Face @ Spangles Family Hub Providing support and advice on infant feeding.</p> <p><u>Duty Practitioner</u> We have a duty practitioner (Health Visitor, Support Practitioner, School Nurse) available 9am – 5pm Monday to Friday. They will be able to offer support and guidance around a wide range of topics to access please call on 0300 247 0122 option 1.</p> 	<p><u>Healthy Family Drop in</u> 09:30am – 11:30am Face to Face @ Saffron Walden Community Hospital 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 <u>Essex County Council's website</u> or speak to a member of our staff from your local Healthy Family Team on 0300 247 0122</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> 

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<p>Some groups must be pre booked please contact the number below 0300 247 0122 Option 1</p> <p><u>Healthy Start Vitamins</u> In West Essex FREE Healthy Start Vitamins are available for eligible families to collect (by appointment with your voucher) from your local Healthy Family Hub. For more information or to check eligibility please speak to your Midwife or contact the Healthy Family Team on 0300 247 0122 option 1 www.healthystart.nhs.uk</p>	<p><u>Community School Age Drop In sessions</u> 1st Tuesday in the month 15:30 – 17:00 Monthly 'Drop in' sessions held round the Uttlesford District for support and advice by a School Nurse and the 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>Face to Face @ Saffron Walden Community Hospital 04.04.23 06.06.23</p> <p>Face to Face @ Spangles Family Hub 02.05.23 04.07.23</p> <p><u>Preparing for Baby Workshop (monthly) Virtual Support</u> 9.30am – 11.00am A workshop for parents-to-be. Covering topics such as infant feeding, safe sleep, responding to baby's cues, support available in the community and</p>	<p><u>I Can Do It Starting School</u> Virtual Session 10am – 11am School readiness session. Learning how to be independent when starting school.</p> <p>BOOKING ONLY from 26th April 23</p>		<p><u>Talk Together Virtual Support</u> 10.00am to 11.00am (3-week workshop) <u>Please book to receive virtual link</u> A chance to learn about and practice early language development and communication interaction strategies. For families with children aged 18-36 months.</p>