

Your Community

Are you interested in being involved in a community group? Would you like to develop your own group and work in partnership with your local Family Hub? Please contact our Community Engagement Worker, Sammi-Jo Goldman – **0300 247 0013**

Volunteering Opportunities

If you have skills or time to spare and would like to volunteer with us across our service, please contact our Volunteer Coordinator, Clare Chinery - clare.chinery@barnardos.org.uk who would be happy to discuss opportunities with you.

Early Support

We have staff available Monday – Friday who can provide advice and support to families in our local community. We can also assist with 2-year funding applications for childcare.

Drop in Self weigh

An opportunity for you to 'drop in' to our hubs and weigh your baby/child – no need to book an appointment. A member of the team will be available for support if needed.

Developmental Reviews

All children will be offered a 9-12 month and a 2½ - 3-year development review. You will be contacted to book this appointment. If you have any concerns about your child's development, then please contact us.



**Essex Child and Family
Wellbeing Service**



Larchwood Garden Timetable

1st April – 30th June 2025

Welcome to your local family hub, where you can access **free**, friendly and high-quality health services in your community, school, online or family home. We offer a variety of sessions to support your child's development and build strong parent-child relationships.

Family Hubs ensure that children, young people and families (0-19 years or up to 25 years if SEND) can access integrated early support. We provide a one-stop shop of family support services for your mental and physical health plus your educational and social care needs. Our partner agencies include midwives, GP's, CAMHS and local community groups.

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.

Larchwood Gardens Family Hub

Larchwood Primary School
Larchwood Gardens
Pilgrims Hatch
CM15 9NG

Monday to Friday
09:00 – 17:00

Sunnyside Delivery Site

Rosebay Avenue
Billericay
CM12 0GH

Tuesday to Thursday
09:00 – 15.30

Please be aware, due to health & safety rules, we have a limit on the room capacity for drop-in sessions. Once this has been reached we will, unfortunately, be unable to allow further families entry. We apologise for any inconvenience caused.

Please note that buggies are not allowed into our sites, and must be left outside.



www.essexfamilywellbeing.co.uk



0300 247 0013








**Larchwood Gardens Family Hub -
Brentwood Borough**










Commissioned by



Larchwood Gardens Family Hub, Brentwood CM15 9NG **Open 9:00 – 17:00**

Monday	Tuesday	Wednesday	Thursday	Friday
Self Weigh 10:00 – 16:00	Self Weigh 10:00 – 16:00	Self Weigh 10:00 – 16:00	Self Weigh 10:00 – 16:00	Self Weigh 10:00 – 16:00
<p>Ready, Steady Let's Play 6 months – 3 years <i>Drop in and have fun while further supporting your child's development. Each week focuses on a different topic with a Summer theme.</i> Week one Communication Development Week two Social and Emotional Development Week Three Physical Development 10:00 – 11:00</p>	<p>School Aged Parent Drop in for advice and support about your school aged child's health and development 9:15-10:15am 1st and 3rd Tuesday</p>	<p>ACL Children's Craft session <i>Get creative at Shenfield Library and join Shenfield Library for a free children's craft activity</i> Facilitated by Shenfield Library 13:00 – 14:00</p>	<p>1st Thursday of Every Month Introduction to Solids <i>A session supporting the introduction of solids and signs to look for when your baby is ready to start weaning</i> 9:30-10:30 *Bookable</p>	<p>Sensory time for Babies <i>Explore a range of sensory activities. To support your baby's learning and development. Suitable for babies 0-1 years.</i> 9:15 – 10:15</p>
<p>Baby and Toddler Rhyme Time <i>Rhyme time session . run by Brentwood Library staff.</i> Facilitated by Brentwood Library 10:00- 10:30</p>	<p>Starting 28th January 2025 SEND Drop- in Service <i>Co-hosted with SNAP Charity Free and safe space for parent and carers. To access advice and support for families of children with SEND.</i> (Children are welcome to attend. Diagnosis not required) Facilitated by Brentwood Library 29th April 2025 20th May 2025 24th June 2025 11:30-12:30</p>		<p>Rhyme Time Rhyme time session . run by Brentwood Library staff. Facilitated by Brentwood Library 10:00- 10:30</p>	<p>Baby and Toddler Rhyme Time <i>Rhyme time session . run by Shenfield Library staff.</i> Facilitated by Shenfield Library 9:30-10:00</p>
	<p>Healthy Family Drop In <i>An opportunity to drop in and weigh your child, seek advice about their development and wellbeing</i> 12:45 – 14:45</p>		<p>Stay, Play & Learn 2 - 5 years <i>A 10-week rolling programme covering play and development, alongside Summer crafts and singing</i> 11:00 – 12:00</p>	<p>Baby Beginnings <i>A 10-week rolling programme for babies aged 0-1 covering play and development</i> 10:30 – 11:30</p>
<p>*Please call 0300 247 0013 for all enquiries and for bookable sessions</p>	<p>School Age Children Drop in for advice and support 3:30 –4:30pm 1st and 3rd Tuesday</p>	<p>Starting 23rd April 2025 Reading Cubs <i>Join the library staff at Brentwood for Free play, Crafts and a story</i> Facilitated by Brentwood Library 13:00 – 14:00 (Term time only) Sessions will NOT be available on: 22nd May 2025</p>	<p>2nd Thursday of Every Month Speech & Language Support <i>Support session for parents and carers with concerns around child's speech.</i> Contact drop-in@nelft.nhs.uk to book an appointment 13:30 – 15:30</p>	<p>2nd May – 27th June Arty Bookworm <i>Themed story reading and a craft activity run by Brentwood Library staff.</i> (Term time only) Facilitated by B Brentwood Library 11:00-12:00 Sign up is required please visit Library website or visit Brentwood Library to sign up. Session will not be running on 23rd May</p>
<p>Follow us on Facebook for updates</p>  				

Sunnyside Family Hub – Delivery Site, Billerica

Monday	Tuesday	Wednesday	Thursday	Friday
Appointment Only	Open 9:00 – 16:30 Self Weigh 14:30 – 15:30	Open 9:00 – 16:30	Open 9:00 – 16:30 Self Weigh 14:30 – 15:30	Appointment Only
<p>Please see our timetables for Larchwood Family Hub in Brentwood, for today's available sessions.</p>  <p>*Please call 0300 247 0013 for all enquiries and for bookable sessions</p> <p>Follow us on Facebook for updates</p>  	<p>Healthy Family Drop In An opportunity to drop in and weigh your child, seek advice about their development and wellbeing 10:00 – 11:30</p> <p>Baby Beginnings A 10-week rolling programme for babies aged 0-1 covering play and development 10:00 – 11:00</p>  <p>Stay, Play & Learn 0 – 5 Years A 10-week rolling programme covering play and development, alongside crafts and singing 13:30 – 2:30</p>	 <p>Let's Talk Together A 3-week course exploring strategies for parents/carers to use, to help develop their child's speech and language *Referral only 10:00 – 11:00</p> 	<p>School Aged Parent Drop in for advice and support about your school aged child's health and development 9:00-10:00am Every 2 weeks</p> <p>*Community Session* Stay, Play & Learn Billerica Library 9.30-10.30 Term time only</p> <p>SEND Stay, Play and Learn Support around SEND for children. Meet other carers and parents from your local community Suitable for ages 0-5 Term time only 10:00 – 11:00 Additional Needs Early Intervention Team attend 2nd Thursday of the Month</p> <p>School Age Children Drop in for advice and support 3:30 –4:30pm Every 2 weeks starting 16th January</p>	<p>Wellbeing for Mothers and Babies A 5 week course to support mother's mental wellbeing, including strategies to support baby's wellbeing, as they grow. Referral only 10.00-11.30</p>  <p>Antenatal Infant feeding workshop Workshop for expectant parents to receive advice/information about infant feeding. Invite only 13.00 - 14.30 Third Friday of the Month</p>

Group Descriptions

Group Name	Description
Baby Beginnings	A 10-week rolling programme for babies aged 0-1. We will cover play and development and there will be crafts and singing,. There's the opportunity to meet other local parents and enjoy some fun. Please just drop in.
First Time Parents	A 5-week programme for first time parents to get together and explore baby cue's, routine, family wellbeing, common childhood illnesses and learning through play. *Booking required*
Healthy Family Drop In	An opportunity to drop in and weigh your child, seek advice about their development and wellbeing.
Introduction to Solids	One drop in virtual session a month discussing the introduction of solids and signs to look for when your baby is ready to start weaning.
Let's Talk Together	Following your child's. 2 -3 year assessment, this 3-week course will be exploring strategies for parents/carers to use, to help develop their child's speech and language. *Referral only*
Outreach Session and Weigh Drop In	Drop into our community outreach sessions to weigh your child and seek advice about their development and wellbeing. There will be an opportunity to play and meet other local parents and carers.
Reading Cubs	Join us for reading sessions and activities in the Library. Delivered in partnership with Homestart and ACL. *Booking required*
Ready, Steady, Let's Play	Drop in and have fun while further supporting your child's development. Each week focuses on a different topic, including Physical Development, Communication & Language & Understanding Emotions.
School Age Drop In	Drop in for advice and support about your school aged child's health and development.
Self Weigh	An opportunity to use the scales and weigh your child independently. Guidance will be displayed on how to use the equipment and record the results.
SEND Stay, Play & Learn	Support around SEND for children. Meet other carers and parents from your local community. Please just drop in.
Speech and Language Support	Support session for parents and carers with concerns around child's speech. Contact drop-in@nelft.nhs.uk to book an appointment.
Stay, Play & Learn	A 10-week rolling programme for children aged 1-5. We will cover play and development and there will be crafts and singing. You will have the opportunity to meet other local parents and enjoy some fun. Please just drop in.