

## Key Information



## Essex Child and Family Wellbeing Service

### 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 Connector queries please contact Jackie via email to [Jackie.roberts@barnardos.org.uk](mailto:Jackie.roberts@barnardos.org.uk) or telephone 07593 816607.

### Volunteering Opportunities

If you have skills or time to spare and would like to volunteer with us across various locations in Uttlesford please contact Jackie Roberts Tel: 07593 816607, 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](http://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](http://www.essexfamilywellbeing.co.uk)**

### Essex Child and Family Wellbeing Service - Uttlesford Summer Timetable – 22<sup>nd</sup> July - August 2024

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 Road  
Stansted Mountfitchet  
CM24 8JP

**t: 0300 247 0122**

**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.

### 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



# T: 0300 2470122 Summer Timetable 29th July - August 30<sup>th</sup> - Uttlesford District

Monday 29 <sup>th</sup> July	Tuesday 30 <sup>th</sup> July	Wednesday 31 <sup>st</sup> July	Thursday 1 <sup>st</sup> August	Friday 2 <sup>nd</sup> August
Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 9:30 – 11:30 am Spangles Family Hub
This is for parents to weigh their child outside of the Healthy Family Drop In sessions				
<p><b>Stay, Play &amp; Learn for children aged 0-4 yrs</b> <b>Jubilee Hub, Saffron Walden</b> 10 – 11am all activities will be suitable for toddlers 0-4 yrs. As a rolling programme to promote development <b>No need to book</b></p> <p><b>Stay, Play &amp; Learn for children aged 0-2 yrs</b> <b>Spangles Family Hub</b> 10.30 – 11.30 am all activities will be suitable for toddlers 0-2 yrs. As a rolling programme to promote development <b>No need to book</b></p> <p><b>Baby Beginnings</b> for babies aged 0 -1 years <b>Spangles Family Hub</b> 13.30 – 14.45pm parents/carers and babies, covering play and development <b>Booking essential</b></p> <p><b>Stansted Youth Summer Fun</b> 13 – 18 years (up to 25 with SEND) @ <b>Stansted Youth Centre, Peter Kirk, St. John's Road, Stansted</b></p>	 <p>Visit your local library to find out more</p> <p><b>SEND Sparkles Group</b> <b>Spangles Family Hub</b> last Tuesday in the month 13:00 – 14:00pm For children 0-8 years This is a friendly &amp; welcoming group for families and carers of children with additional needs, with or without <b>No need to book</b></p> <p><b>Stansted Youth Summer Fun</b> 13 – 18 years (up to 25 with SEND) @ <b>Stansted Youth Centre, Peter Kirk, St. John's Road, Stansted</b></p>	<p><b>Healthy Family Drop In &amp; Infant Feeding Support</b> 10am – 11:30am <b>Spangles Family Hub</b> 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><b>Healthy Family Drop in &amp; Stay, Play</b> 14:00 - 15:30pm <b>Dourdan Pavilion Dunmow</b> all activities will be suitable for toddlers 0-2 yrs. As a rolling programme to promote development <b>No need to book</b></p> <p><b>Introducing Solids -VIRTUAL</b> 1.00pm – 2.00pm 2nd &amp; 4th Wednesday of month Providing support, advice and guidance on when and how to introduce solid food to your baby. Ideal for babies aged 22 weeks to 7 months (8 months if premature). <b>Booking essential</b></p> <p><b>Stansted Youth Summer Fun</b> 13 – 18 years (up to 25 with SEND) @ <b>Stansted Youth Centre, Peter Kirk, St. John's Road, Stansted</b></p>	<p><b>Healthy Family Drop in</b> <b>Saffron Walden Community Hospital</b> 09:30 – 11:30am <b>No need to book</b></p> <p><b>'I Can Do It' – Virtual School Readiness Workshop</b> Families with children starting school in September 2024 14:00 – 15:00pm <b>Week 2 – booking essential</b></p> 	<p><b>Beach on the Common</b> <b>Saffron Walden Common</b> Running every day from July 26 - August 26</p>   <p>Visit your local library to find out more</p> <p><b>TiEgr EYFS Fun with Maths</b> <b>Spangles Family Hub</b> 13.30 – 15:00pm <b>Cooking for Children and Parents - Easy cook and no-cook healthy recipes using counting, measuring and patterns. Prepare and enjoy fun food such as fruit salad, energy bites and veggie wraps.</b> Week 1 <b>Booking essential</b></p>

# T: 0300 2470122 Summer Timetable 29th July - August 30<sup>th</sup> - Uttlesford District

**Monday 5<sup>th</sup> August**

**Tuesday 6<sup>th</sup> August**

**Wednesday 7<sup>th</sup> August**

**Thursday 8<sup>th</sup> August**

**Friday 9<sup>th</sup> August**

Self-weigh 09:30 – 11:30 am  
Spangles Family Hub

Self-weigh 09:30 – 11:30 am  
Spangles Family Hub

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Spangles Family Hub

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Spangles Family Hub

Self-weigh 9:30 – 11:30 am  
Spangles Family Hub

This is for parents to weigh their child outside of the Healthy Family Drop In sessions

**Stay, Play & Learn for children aged 0-4 yrs**  
**Jubilee Hub, Saffron Walden**  
10 – 11am  
all activities will be suitable for toddlers 0-4 yrs. As a rolling programme to promote development  
**No need to book**



Visit your local library to find out more

**Baby Beginnings**  
for babies aged 0 -1 years  
**Spangles Family Hub**  
13.30 – 14.45pm  
parents/carers and babies, covering play and development  
**Booking essential**



Visit your local Library for the Summer Reading Challenge

**Introducing Solids**  
**Spangles Family Hub**  
13:30pm – 14:30pm  
1st Tuesday in month  
**Booking essential**

**Saffron Walden Library**  
**Let's Draw art club**  
3:30 – 5pm

**Healthy Family Drop In & Infant Feeding Support**  
10am – 11:30am  
**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

**National Play Day**  
A wide range of free activities for children and their families to celebrate National Play Day  
11am-2:30pm at  
**Harlow Town Park, Band Stand Area, CM20 2QQ**

**Introducing Solids -VIRTUAL**  
1.00pm – 2.00pm  
2nd & 4th Wednesday of month  
Providing support, advice and guidance on when and how to introduce solid food to your baby. Ideal for babies aged 22 weeks to 7 months (8 months if premature).  
**Booking essential**

**Healthy Family Drop in & Stay, Play** 14:00 - 15:30pm  
**Dourdan Pavilion Dunmow**  
all activities will be suitable for toddlers 0-2 yrs. As a rolling programme to promote development  
**No need to book**

**Healthy Family Drop in**  
**Saffron Walden Community Hospital**  
09:30 – 11:30am  
**No need to book**



**Toileting workshop**  
**VIRTUAL**  
**1.30pm – 2.20pm (Monthly)**  
To encourage children (18 months – 3 years) to learn another self-care skill to give them independence and to support parents enabling children to become continent.  
**Booking essential**  
**0300 2470122 OPTION 1**

**Saffron Walden Town Council**  
Free Family Activities in Saffron Walden - visit [www.visitsaffronwalden.gov.uk](http://www.visitsaffronwalden.gov.uk) for further information




**TiEgr EYFS Fun with Maths**  
**4-7 years**  
**Spangles Family Hub**  
13.30 – 15:00pm  
Cooking for Children and Parents - Easy cook and no-cook healthy recipes using counting, measuring and patterns. Prepare and enjoy fun food such as fruit salad, energy bites and veggie wraps.  
Week 2  
**Booking essential**

# T: 0300 2470122 Summer Timetable 29th July - August 30<sup>th</sup> - Uttlesford District

Monday 12 <sup>th</sup> August	Tuesday 13 <sup>th</sup> August	Wednesday 14 <sup>th</sup> August	Thursday 15 <sup>th</sup> August	Friday 16 <sup>th</sup> August
Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 9:30 – 11:30 am Spangles Family Hub
This is for parents to weigh their child outside of the Healthy Family Drop In sessions				
<p><b>Stay, Play &amp; Learn for children aged 0-4 yrs</b> <b>Jubilee Hub, Saffron Walden</b> 10 – 11am all activities will be suitable for toddlers 0-4 yrs. As a rolling programme to promote development <b>No need to book</b></p> <p><b>Stay, Play &amp; Learn for children aged 0-2 yrs</b> <b>Spangles Family Hub</b> 10.30 – 11.30 am all activities will be suitable for toddlers 0-2 yrs. As a rolling programme to promote development <b>No need to book</b></p> <p><b>Baby Beginnings</b> for babies aged 0 -1 years <b>Spangles Family Hub</b> 13.30 – 14.45pm parents/carers and babies, covering play and development <b>Booking essential</b></p>	 <p><b>Visit your local Library for the Summer Reading Challenge</b></p> <p><b>SEND Fun Day</b> <b>Stansted Youth Centre</b> 11:00 – 14:00pm Come along for some cooking, music, arts, table tennis and other fun activities</p> <p><b>SEND Virtual Group</b> 2<sup>nd</sup> Tuesday in the month 13.00 – 14.00 pm Please book to receive virtual link</p>	<p><b>Healthy Family Drop In &amp; Infant Feeding Support</b> 10am – 11:30am <b>Spangles Family Hub</b> 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><b>Healthy Family Drop in &amp; Stay, Play</b> 14:00 - 15:30pm <b>Dourdan Pavilion Dunmow</b> all activities will be suitable for toddlers 0-2 yrs. As a rolling programme to promote development <b>No need to book</b></p>	<p><b>Healthy Family Drop in</b> <b>Saffron Walden Community Hospital</b> 09:30 – 11:30am <b>No need to book</b></p>  <p><b>Free Early Education Entitlement Funding</b> for 2-year-olds: 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 <b>0300 247 0122</b></p>	<p><b>Beach on the Common</b> <b>Saffron Walden Common</b> Running every day from July 26 - August 26</p>   <p>Visit your local library to find out more</p> <p><b>TiEgr EYFS Fun with Maths</b> <b>Spangles Family Hub</b> 13.30 – 15:00pm A fun session exploring the early maths skills including, counting, understanding and using numbers, shapes and patterns – helping to reinforce everyday maths language at home – 2 x week session <b>Week 1</b> <b>Book essential</b></p>



# T: 0300 2470122 Summer Timetable 29th July - August 30<sup>th</sup> - Uttlesford District

Monday 19 <sup>th</sup> August	Tuesday 20 <sup>th</sup> August	Wednesday 21 <sup>st</sup> August	Thursday 22 <sup>nd</sup> August	Friday 23 <sup>rd</sup> August
Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 9:30 – 11:30 am Spangles Family Hub
This is for parents to weigh their child outside of the Healthy Family Drop In sessions				
<p><b>Stay, Play &amp; Learn for children aged 0-4 yrs</b> <b>Jubilee Hub</b>, Saffron Walden 10 – 11am all activities will be suitable for toddlers 0-4 yrs. As a rolling programme to promote development</p> <p><b>Stay, Play &amp; Learn for children aged 0-2 yrs</b> <b>Spangles Family Hub</b> 10.30 – 11.30 am all activities will be suitable for toddlers 0-2 yrs. As a rolling programme to promote development <b>No need to book</b></p> <p><b>Baby Beginnings</b> for babies aged 0 -1 years <b>Spangles Family Hub</b> 13.30 – 14.45pm parents/carers and babies, covering play and development <b>Booking essential</b></p>	 <p>Visit your local Library for the Ready Steady Go to School Challenge</p> <p><b>Free Early Education Entitlement Funding</b> for 2-year-olds: 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 <b>0300 247 0122</b></p>	<p><b>Healthy Family Drop In &amp; Infant Feeding Support</b> 10am – 11:30am <b>Spangles Family Hub</b> 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><b>I Can Do It' – Virtual School Readiness Workshop</b> Families with children starting school in September 2024 12 - 1pm <b>Week 1 – booking essential</b></p>  <p><b>Healthy Family Drop in &amp; Stay, Play</b> 14:00 - 15:30pm <b>Dourdan Pavilion Dunmow</b> all activities will be suitable for toddlers 0-2 yrs. As a rolling programme to promote development <b>No need to book</b></p>	<p><b>Healthy Family Drop in</b> <b>Saffron Walden Community Hospital</b> 09:30 – 11:30am <b>No need to book</b></p> 	<p><b>Beach on the Common</b> <b>Saffron Walden Common</b> Running every day from July 26 - August 26</p>  <p>TiEgr EYFS Fun with Maths <b>Spangles Family Hub</b> 13.30 – 15:00pm A fun session exploring the early maths skills including, counting, understanding and using numbers, shapes and patterns – helping to reinforce everyday maths language at home – 2 x week session <b>Week 2</b> <b>Book essential</b></p>

# T: 0300 2470122 Summer Timetable 29th July - August 30<sup>th</sup> - Uttlesford District

Monday 26 <sup>th</sup> August	Tuesday 27 <sup>th</sup> August	Wednesday 28 <sup>th</sup> August	Thursday 29 <sup>th</sup> August	Friday 30 <sup>th</sup> August
	Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 09:30 – 11:30 am Spangles Family Hub	Self-weigh 9:30 – 11:30 am Spangles Family Hub
This is for parents to weigh their child outside of the Healthy Family Drop In sessions				
<h2 style="margin: 0;">Bank Holiday Monday</h2>	 <p data-bbox="481 758 851 821" style="text-align: center;">Visit your local Library for the Summer Reading Challenge</p> <p data-bbox="515 949 817 1300"> <b>SEND Sparkles Group</b>  <b>Spangles Family Hub</b>                      last Tuesday in the month                      13:00 – 14:00pm                      For children 0-8 years                      This is a friendly &amp; welcoming group for families and carers of children with additional needs, with or without  <b>No need to book</b> </p>	<p data-bbox="929 375 1332 630"> <b>Healthy Family Drop In &amp; Infant Feeding Support</b>                      10am – 11:30am  <b>Spangles Family Hub</b>                      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 data-bbox="918 662 1332 917" style="text-align: center;"> <b>SEND FAMILY PICNIC FUN DAY</b>                      All ages (with or without diagnoses) on                      August 28th 10-3pm at Hazelwood Delivery Site within Hillhouse Primary School Waltham Abbey EN9 3EL                 </p> <p data-bbox="907 949 1344 1141"> <b>I Can Do It' – Virtual School Readiness Workshop</b>                      Families with children starting school in September 2024                      12 - 1pm  <b>Week 2 – booking essential</b> </p> <p data-bbox="952 1173 1299 1460"> <b>Healthy Family Drop in &amp; Stay, Play</b>                      14:00 - 15:30pm  <b>Dourdan Pavilion Dunmow</b>                      all activities will be suitable for toddlers 0-2 yrs. As a rolling programme to promote development  <b>No need to book</b> </p>	<p data-bbox="1411 375 1758 566" style="text-align: center;"> <b>Healthy Family Drop in</b>  <b>Saffron Walden Community Hospital</b>                      09:30 – 11:30am  <b>No need to book</b> </p>  <p data-bbox="1388 885 1780 1268" style="text-align: center;"> <b>Free Early Education Entitlement</b>                      Funding for 2-year-olds: 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  <b>0300 247 0122</b> </p>	<p data-bbox="1825 375 2195 566" style="text-align: center;"> <b>Saffron Walden Town Council</b>                      Free Family Activities in Saffron Walden - visit <a href="http://www.visitsaffronwalden.gov.uk">www.visitsaffronwalden.gov.uk</a> for further information                 </p>  <p data-bbox="1859 790 2161 885" style="text-align: center;"> <b>Saffron Walden Library</b>  <b>Sensory Time 0-5 years</b>                      10 – 10:45am                 </p> <p data-bbox="1848 1013 2184 1300" style="text-align: center;"> <b>Ready Steady Play and Learn</b> for 2-4 years  <b>Spangles Family Hub</b>                      13:30 – 15.00pm                      Max 15 children with parents – activities provided to promote development and <b>school readiness</b>  <b>No need to book</b> </p>