

# Free School Uniform

Are you in need of school uniform for your 4-16 year old but are struggling with the cost of living at present? Then why not come along to our event, where you can pick up some FREE pre-loved school uniform, provided by charity **Essex Free School Uniform**. Open to everybody- do not need to be in receipt of benefits.

**Date:** Wednesday 31st July 2024 **Time:** 10.30am-12.30pm

**Location:** Youth Hall, Christ Church Chelmsford, New London Road, CM2 0AW (Free on-site parking)

## Items available

### Free pre-loved school uniform aged 4-16 years

- > Polo Shirts and Cotton Shirts
- > Jumpers, cardigans & blazers
- > Trousers, shorts and skirts
- > Pinafore Dress/ Summer Dress
- > Coats / hoodies / shoes
- > PE Kit- T Shirt, shorts, joggers
- > Bags (book, PE, etc)

**All items subject to availability.**



## What do I need to do?

You must **PRE-ORDER** any uniform needed by 3rd July 2024 using the QR code or this link: <https://forms.office.com/e/eVU0GNbGpF>

**You must then attend the event to collect your order.**

There will also be some tables of donated uniform available for browsing on the day if you do not place a pre-order.

Commissioned by

## Your community and Volunteering Opportunities

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? Would you like to volunteer and support families in the community? Please call contact your Community Connectors Emma White [emma.white@barnardos.org.uk](mailto:emma.white@barnardos.org.uk) and Kay North [kay.north@barnardos.org.uk](mailto:kay.north@barnardos.org.uk)

### Early Support – 0-19 years

We have staff available Monday – Friday who can provide advice and support to children, aged 0-19 years, and families in our local community. This can include behaviour support, child development, toileting, sleep, getting out and about, connecting with people in your community, transition to school or senior school, school Readiness, healthy lifestyles and emotional wellbeing. 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 2 ½ - 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.

### Healthy start vouchers

If you're more than 10 weeks pregnant or have a child under 4, the Healthy Start scheme can help you buy healthy foods like milk or fruit and get free vitamins You need to be claiming certain benefits to qualify. If you're pregnant and under 18 you can claim even if you do not receive any benefits. Pop into one of our family hubs or delivery sites to find out more and get your vitamins.



Bookstart aims to encourage a love of books, stories and rhymes in children from as young an age as possible – Within our sessions, we will be incorporating stories, songs and rhymes plus sharing tips and strategies for parents to continue to share books and songs with their children.



[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)



0300 2470014



Carousel Family Hub – Braintree District



Essex Child and Family  
Wellbeing Service



## Braintree District: 29th July – 30th August 2024

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.

### Carousel Family Hub

Chapel Hill  
Braintree  
CM7 3QZ  
Monday to Friday 9 - 5pm

### Acorn Delivery Site

Beridge Road  
Halstead  
CO9 1JH  
Monday & Friday 9 – 3.30pm

### Harlequin Delivery Site

Spa Road  
Witham  
CM8 1NA  
Monday & Thursday 9 – 5pm

### Silver End Delivery Site

Silver End Village Hall  
CM8 3RQ  
Wednesday & Friday 9 – 5pm

### Seesaw Family Hub Delivery Site

Lancaster Way  
Braintree, CM7 5UL

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

Commissioned by



t: 0300 2470014

# Summer timetable W/C 29<sup>th</sup> July 2024 – Braintree District

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| <p><b>Drop-in support &amp; self-weigh</b><br/>Carousel CM7 3QZ<br/>Harlequin CM8 1NA<br/>9.30am-4.30pm<br/>Acorn CO9 1JH 9.30am-3.30pm</p>   | <p><b>Drop-in support &amp; self-weigh</b><br/>Carousel CM7 3QZ<br/>9.30am-4.30pm</p>  | <p><b>Drop-in support &amp; self-weigh</b><br/>Carousel CM7 3QZ<br/>Silver End CM8 3RQ<br/>9.30am-4.30pm</p>   | <p><b>Drop-in support &amp; self-weigh</b><br/>Carousel CM7 3QZ<br/>9.30am - 4.30pm<br/>Harlequin CM8 1NA<br/>9.30am-12pm</p>  | <p><b>Drop-in support &amp; self-weigh</b><br/>Carousel CM7 3QZ<br/>Silver End CM8 3RQ<br/>9.30am-4.30pm<br/>Acorn CO9 1JH 9.30am-3.30pm</p>   |
| <p><b>Baby Beginnings</b><br/>9.30am – 11am<br/>Harlequin CM8 1NA<br/>A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.</p> <p><b>First Time Parents</b><br/>10.30am – 12.30pm<br/>Carousel CM7 3QZ<br/>Support for new parents/carers. 3-week course – please call to book.</p> <p><b>Introducing Solids</b><br/>10.30am-12.30pm<br/>Carousel CM7 3QZ<br/><b>(1 Week Workshop)</b><br/>Support and advice on introducing solid food to your baby – please call to book.</p> <p><b>Summer Stay, Play and Learn</b><br/>1pm–2.30pm<br/>Acorn CO9 1JH<br/>A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings welcome but activities may not be suitable)</p> | <p><b>Infant Feeding Support</b><br/><b>(Virtual workshop)</b><br/>10am-11.30am<br/>Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p><b>Baby Beginnings</b><br/>1pm – 2.30pm<br/>Carousel CM7 3QZ<br/>A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.</p> <p><b>School-age health advice drop in</b><br/>3pm-4.30pm<br/>Carousel CM7 3QZ<br/>Drop in to get help around sleep, emotional wellbeing, healthy lifestyles and much more.</p> | <p><b>First Time Parents</b><br/>1pm-2.30pm<br/>Acorn CO9 1JH<br/>Support for new parents/carers. 4-week course – call to book.</p> <p><b>Stay, Play and Learn</b><br/>10am – 11.30am<br/>Silver End CM8 3RQ<br/>A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.</p> <p><b>School age Summer Session</b><br/>3pm-4.30pm<br/>Acorn CO9 1JH<br/>For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p> <p><b>School age summer session</b><br/>3pm-4.30pm<br/>Silver End CM8 3RQ<br/>For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p> | <p><b>Summer Stay, Play and Learn</b><br/>1<sup>st</sup> Session: 9.30am – 10.30am<br/>2<sup>nd</sup> Session: 10.45am – 11.45pm<br/>Carousel CM7 3QZ<br/>A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)</p> <p><b>Stay, Play and Learn</b><br/>1pm – 2.30pm<br/>Harlequin CM8 1NA<br/>A drop-in play session for parents / carers and babies aged 1-5 years, covering play and development including crafts and singing.</p> <div data-bbox="1384 1174 1758 1401" style="border: 1px solid black; padding: 5px;"><p><b>Let's Talk Together</b><br/><b>(Virtual 3-week workshop)</b><br/>Support for 18–30-month-old children with their early language development.<br/><b>Please call for dates/times</b></p></div> | <p><b>Infant Feeding Support</b><br/>Drop in<br/>10am – 11.30am<br/>Carousel CM7 3QZ<br/>Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding.</p> <p><b>Baby Beginnings</b><br/>9.30am – 11am<br/>Silver End CM8 3RQ<br/>A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.</p> <p><b>Baby Beginnings</b><br/>1pm-2.30pm<br/>Acorn CO9 1JH<br/>A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing. plus, support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding.</p> <p><b>5-16 years Get Active Session</b><br/>1.30pm-3.30pm<br/>Carousel CM73QZ<br/>Come and try out racket sports and ball games. (siblings are welcome but activities may not be suitable, parents must stay)</p> |

t: 0300 2470014

# Summer timetable W/C 5<sup>th</sup> August 2024 – Braintree District

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| <p><b>Drop-in support &amp; self-weigh</b><br/>           Carousel CM7 3QZ<br/>           Harlequin CM8 1NA<br/>           9.30am-4.30pm<br/>           Acorn CO9 1JH 9.30am-3.30pm</p>   | <p><b>Drop-in support &amp; self-weigh</b><br/>           Carousel CM7 3QZ<br/>           9.30am-4.30pm</p>   | <p><b>Drop-in support &amp; self-weigh</b><br/>           Carousel CM7 3QZ<br/>           Silver End CM8 3RQ<br/>           9.30am-4.30pm</p>  | <p><b>Drop-in support &amp; self-weigh</b><br/>           Carousel CM7 3QZ<br/>           9.30am - 4.30pm<br/>           Harlequin CM8 1NA<br/>           9.30am-12pm</p>   | <p><b>Drop-in support &amp; self-weigh</b><br/>           Carousel CM7 3QZ<br/>           Silver End CM8 3RQ<br/>           9.30am-4.30pm,<br/>           Acorn CO9 1JH 9.30am-3.30pm</p>  |
| <p><b>Baby Beginnings</b><br/>           9.30am – 11am<br/>           Harlequin CM8 1NA<br/>           A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.</p> <p><b>First Time Parents</b><br/>           10.30am – 12.30pm<br/>           Carousel CM7 3QZ<br/>           Support for new parents/carers.<br/>           3-week course – please call to book.</p> <p><b>Introducing Solids</b><br/>           10.30am-12.30pm<br/>           Carousel CM7 3QZ<br/> <b>(1 Week Workshop)</b><br/>           Support and advice on introducing solid food to your baby – please call to book.</p> <p><b>Summer Stay, Play and Learn</b><br/>           1pm–2.30pm<br/>           Acorn CO9 1JH<br/>           A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings welcome but activities may not be suitable)</p> | <p><b>Infant Feeding Support (Virtual workshop)</b><br/>           10am-11.30am<br/>           Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p><b>Baby Beginnings</b><br/>           1pm – 2.30pm<br/>           Carousel CM7 3QZ<br/>           A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing</p> <p><b>School-age health advice drop in</b><br/>           3pm-4.30pm<br/>           Carousel CM7 3QZ<br/>           Drop in to get help around sleep, emotional wellbeing, healthy lifestyles and much more.</p> | <p><b>First Time Parents</b><br/>           1pm-2.30pm<br/>           Acorn CO9 1JH<br/>           Support for new parents/carers.<br/>           4-week course – call to book.</p> <p><b>Stay, Play and Learn</b><br/>           10am – 11.30am<br/>           Silver End CM8 3RQ<br/>           A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.</p> <p><b>5-16 years Get Active Session</b><br/>           9.30am-11.30am<br/>           Carousel CM7 3QZ<br/>           Come and try out racket sports and ball games. (siblings are welcome but activities may not be suitable, parents must stay)</p> <p><b>School age Summer Session</b><br/>           3pm-4.30pm<br/>           Silver End CM8 32Q<br/>           For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p> <p><b>School age Summer Session</b><br/>           3pm-4.30pm<br/>           Acorn CO9 1JH<br/>           For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p> | <p><b>Summer Stay, Play and Learn</b><br/>           1<sup>st</sup> Session: 9.30am – 10.30am<br/>           2<sup>nd</sup> Session: 10.45am – 11.45pm<br/>           Carousel CM7 3QZ<br/>           A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)</p> <p><b>Stay, Play and Learn</b><br/>           1pm – 2.30pm<br/>           Harlequin CM8 1NA<br/>           A drop-in play session for parents / carers and babies aged 1-5 years, covering play and development including crafts and singing.</p> | <p><b>Infant Feeding Support Drop in</b><br/>           10am – 11.30am<br/>           Carousel CM7 3QZ<br/>           Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding.</p> <p><b>Baby Beginnings</b><br/>           9.30am – 11am<br/>           Silver End CM8 3RQ<br/>           A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.</p> <p><b>Baby Beginnings</b><br/>           1pm-2.30pm<br/>           Acorn CO9 1JH<br/>           A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing. plus, support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding.</p> <p><b>8-16 years Creative Session</b><br/>           1.30pm–3pm<br/>           Carousel CM7 3QZ<br/>           Drop in and have some fun getting creative.<br/>           (siblings are welcome but activities may not be suitable, parents must stay)</p> |
|   |   |  | <p><b>Let's Talk Together (Virtual 3-week workshop)</b><br/>           Support for 18–30-month-old children with their early language development.<br/> <b>Please call for dates/times</b></p>  |  |

t: 0300 2470014

# Summer timetable W/C 12<sup>th</sup> August 2024 – Braintree District

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| <p><b>Drop-in support &amp; self-weigh</b><br/>           Carousel CM7 3QZ<br/>           Harlequin CM8 1NA<br/>           9.30am-4.30pm<br/>           Acorn C09 1JH 9.30am-3.30pm</p>   | <p><b>Drop-in support &amp; self-weigh</b><br/>           Carousel CM7 3QZ<br/>           9.30am-4.30pm</p>   | <p><b>Drop-in support &amp; self-weigh</b><br/>           Carousel CM7 3QZ<br/>           Silver End CM8 3RQ<br/>           9.30am-4.30pm</p>  | <p><b>Drop-in support &amp; self-weigh.</b> Carousel CM7 3QZ<br/>           9.30am - 4.30pm<br/>           Harlequin CM8 1NA<br/>           9.30am-12pm</p>   | <p><b>Drop-in support &amp; self-weigh</b><br/>           Carousel CM7 3QZ<br/>           Silver End CM8 3RQ<br/>           9.30am-4.30pm,<br/>           Acorn C09 1JH 9.30am-3.30pm</p>   |
| <p><b>Baby Beginnings</b><br/>           9.30am – 11am<br/>           Harlequin CM8 1NA</p> <p>A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.</p> <p><b>First Time Parents</b><br/>           10.30am – 12.30pm<br/>           Carousel CM7 3QZ</p> <p>Support for new parents/carers.<br/>           3-week course – please call to book.</p> <p><b>Introducing Solids</b><br/>           10.30am-12.30pm<br/>           Carousel CM7 3QZ<br/> <b>(1 Week Workshop)</b></p> <p>Support and advice on introducing solid food to your baby – please call to book.</p> <p><b>Summer Stay, Play and Learn</b><br/>           1pm–2.30pm<br/>           Acorn CO9 1JH</p> <p>A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings welcome but activities may not be suitable)</p> <p><b>School-age health advice drop in</b><br/>           3pm-4.30pm<br/>           Harlequin CM8 1NA</p> <p>Drop in to get help around sleep, emotional wellbeing, healthy lifestyles and much more.</p> | <p><b>Introducing Solids</b><br/> <b>(Virtual workshop)</b><br/>           10am – 11.30am</p> <p>Support and advice on introducing solid food to your baby – call to book.</p> <p><b>Infant Feeding Support</b><br/> <b>(Virtual workshop)</b><br/>           10am-11.30am</p> <p>Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p><b>Baby Beginnings</b><br/>           1.00pm – 2.30pm<br/>           Carousel CM7 3QZ</p> <p>A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing</p> <p><b>School age Summer Session</b><br/>           3pm-4.30pm<br/>           Carousel CM7 3QZ</p> <p>For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p> | <p><b>First Time Parents</b><br/>           1pm-2.30pm<br/>           Acorn CO9 1JH</p> <p>Support for new parents/carers.<br/>           4-week course – call to book.</p> <p><b>SEND Stay, play and learn 1pm-2.30pm</b><br/>           Carousel CM7 3QZ</p> <p>Drop-in peer led stay and play group for parents/carers and children with SEND, diagnosed or undiagnosed aged 0-8yrs</p> <p><b>Stay, Play and Learn</b><br/>           10am – 11.30am<br/>           Silver End CM8 3RQ</p> <p>A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.</p> <p><b>5-16 years Get Active Session</b><br/>           9.30am-11.30am<br/>           Carousel CM7 3QZ</p> <p>Come and try out racket sports and ball games. (siblings are welcome but activities may not be suitable, parents must stay)</p> <p><b>School age Summer Session</b><br/>           3pm-4.30pm<br/>           Acorn CO9 1JH</p> <p>For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p> | <p><b>Summer Stay, Play and Learn</b><br/>           1<sup>st</sup> Session: 9.30am – 10.30am<br/>           2<sup>nd</sup> Session: 10.45am – 11.45pm<br/>           Carousel CM7 3QZ</p> <p>A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing.<br/>           (siblings can attend but activities may not be suitable)</p> <p><b>Stay, Play and Learn</b><br/>           1pm – 2.30pm<br/>           Harlequin CM8 1NA</p> <p>A drop-in play session for parents / carers and babies aged 1-5 years, covering play and development including crafts and singing.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Let's Talk Together</b><br/> <b>(Virtual 3-week workshop)</b><br/>           Support for 18–30-month-old children with their early language development.<br/> <b>Please call for dates/times</b></p> </div> | <p><b>Infant Feeding Support</b><br/>           Drop in<br/>           10am – 11.30am<br/>           Carousel CM7 3QZ</p> <p>Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding.</p> <p><b>Baby Beginnings</b><br/>           9.30am – 11am<br/>           Silver End CM8 3RQ</p> <p>A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.</p> <p><b>Baby Beginnings</b><br/>           1pm-2.30pm<br/>           Acorn CO9 1JH</p> <p>A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing. plus, support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding.</p> <p><b>8-16 years Creative Session</b><br/>           1.30pm–3pm<br/>           Carousel CM7 3QZ</p> <p>Drop in and have some fun getting creative (parent must stay)</p> |

t: 0300 2470014

# Summer timetable W/C 19<sup>th</sup> August 2024 – Braintree District

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <p><b>Drop-in support &amp; self-weigh</b><br/> <b>Carousel CM7 3QZ</b><br/> <b>Harlequin CM8 1NA</b><br/> <b>9.30am-4.30pm</b><br/> <b>Acorn CO9 1JH 9.30am-3.30pm</b></p>  | <p><b>Drop-in support &amp; self-weigh</b><br/> <b>Carousel CM7 3QZ</b><br/> <b>9.30am-4.30pm</b></p>  | <p><b>Drop-in support &amp; self-weigh</b><br/> <b>Carousel CM7 3QZ</b><br/> <b>Silver End CM8 3RQ</b><br/> <b>9.30am-4.30pm</b></p>   | <p><b>Drop-in support &amp; self-weigh</b><br/> <b>Carousel CM7 3QZ</b><br/> <b>9.30am - 4.30pm</b><br/> <b>Harlequin CM8 1NA</b><br/> <b>9.30am-12pm</b></p>  | <p><b>Drop-in support &amp; self-weigh</b><br/> <b>Carousel CM7 3QZ</b><br/> <b>Silver End CM8 3RQ</b><br/> <b>9.30am-4.30pm</b><br/> <b>Acorn CO9 1JH 9.30am-3.30pm</b></p>   |
| <p><b>Baby Beginnings</b><br/> <b>9.30am – 11am</b><br/> <b>Harlequin CM8 1NA</b><br/>           A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.</p> <p><b>First Time Parents</b><br/> <b>10.30am – 12.30pm</b><br/> <b>Carousel CM7 3QZ</b><br/>           Support for new parents/carers. 3-week course – please call to book.</p> <p><b>Introducing Solids</b><br/> <b>10.30am-12.30pm</b><br/> <b>Carousel CM7 3QZ</b><br/> <b>(1 Week Workshop)</b><br/>           Support and advice on introducing solid food to your baby – please call to book.</p> <p><b>Summer Stay, Play and Learn</b><br/> <b>1pm–2.30pm</b><br/> <b>Acorn CO9 1JH</b><br/>           A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings welcome but activities may not be suitable)</p> | <p><b>Infant Feeding Support (Virtual workshop)</b><br/> <b>10am-11.30am</b><br/>           Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p><b>Baby Beginnings</b><br/> <b>1pm – 2.30pm</b><br/> <b>Carousel CM7 3QZ</b><br/>           A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing</p> <p><b>School age Summer Session</b><br/> <b>3pm-4.30pm</b><br/> <b>Carousel CM7 3QZ</b><br/>           For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p> | <p><b>First Time Parents</b><br/> <b>1pm-2.30pm</b><br/> <b>Acorn CO9 1JH</b><br/>           Support for new parents/carers. 4-week course – call to book.</p> <p><b>Stay, Play and Learn</b><br/> <b>10am – 11.30am</b><br/> <b>Silver End CM8 3RQ</b><br/>           A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.</p> <p><b>School age summer session</b><br/> <b>3pm-4.30pm</b><br/> <b>Silver End CM8 3RQ</b><br/>           For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p> <p><b>School age Summer Session</b><br/> <b>3pm-4.30pm</b><br/> <b>Acorn CO9 1JH</b><br/>           For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p> | <p><b>Summer Stay, Play and Learn</b><br/> <b>Drop in</b><br/> <b>1<sup>st</sup> Session: 9.30am – 10.30am</b><br/> <b>2<sup>nd</sup> Session: 10.45am – 11.45pm</b><br/> <b>Carousel CM7 3QZ</b><br/>           A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)</p> <p><b>Stay, Play and Learn</b><br/> <b>1pm – 2.30pm</b><br/> <b>Harlequin CM8 1NA</b><br/>           A drop-in play session for parents / carers and babies aged 1-5 years, covering play and development including crafts and singing.</p> | <p><b>Infant Feeding Support Drop in</b><br/> <b>10am – 11.30am</b><br/> <b>Carousel CM7 3QZ</b><br/>           Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding.</p> <p><b>Baby Beginnings</b><br/> <b>9.30am – 11am</b><br/> <b>Silver End CM8 3RQ</b><br/>           A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.</p> <p><b>Baby Beginnings</b><br/> <b>1pm-2.30pm</b><br/> <b>Acorn CO9 1JH</b><br/>           A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing. plus, support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding.</p> <p><b>8-16 years Creative Session</b><br/> <b>1.30pm–3pm</b><br/> <b>Carousel CM7 3QZ</b><br/>           Drop in and have some fun getting creative (siblings are welcome but activities may not be suitable, parents must stay)</p> |
|  |  |  | <p><b>Let's Talk Together (Virtual 3-week workshop)</b><br/>           Support for 18–30-month-old children with their early language development.<br/> <b>Please call for dates/times</b></p>   |  |

t: 0300 2470014

# Summer timetable W/C 26<sup>th</sup> August 2024 – Braintree District

| Monday       | Tuesday   | Wednesday   | Thursday  | Friday  |
|--------------|---|---|---|---|
| Bank Holiday | Drop-in support & self-weigh<br>Carousel CM7 3QZ<br>9.30am-4.30pm   | Drop-in support & self-weigh<br>Carousel CM7 3QZ<br>Silver End CM8 3RQ<br>9.30am-4.30pm   | Drop-in support & self-weigh<br>Carousel CM7 3QZ<br>9.30am - 4.30pm<br>Harlequin CM8 1NA<br>9.30am-12pm   | Drop-in support & self-weigh<br>Carousel CM7 3QZ<br>Silver End CM8 3RQ<br>9.30am-4.30pm<br>Acorn CO9 1JH 9.30am-3.30pm  |
| Site closed  | <p><b>Introducing Solids<br/>(Virtual workshop)</b><br/>10am – 11.30am</p> <p>Support and advice on introducing solid food to your baby – call to book.</p> <p><b>Infant Feeding Support<br/>(Virtual workshop)</b><br/>10am-11.30am</p> <p>Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p><b>Baby Beginnings</b><br/>1pm – 2.30pm<br/>Carousel CM7 3QZ</p> <p>A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.</p> <p><b>School age Summer Session</b><br/>3pm-4.30pm<br/>Carousel CM7 3QZ</p> <p>For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice.</p> <p>Younger siblings welcome but activities may not be suitable, parents must stay.</p> | <p><b>First Time Parents</b><br/>1pm-2.30pm<br/>Acorn CO9 1JH</p> <p>Support for new parents/carers. 4-week course – call to book.</p> <p><b>SEND Stay, play and learn</b><br/>1pm-2.30pm<br/>Carousel CM73QZ</p> <p>Drop-in peer led stay and play group for parents/carers and children with SEND, diagnosed or undiagnosed aged 0-8yrs</p> <p><b>Stay, Play and Learn</b><br/>1am – 11.30am<br/>Silver End CM8 3RQ</p> <p>A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.</p> <p><b>5-16 years Get Active Session</b><br/>9.30am-11.30am<br/>Carousel CM7 3QZ</p> <p>Come and try out racket sports and ball games. (siblings are welcome but activities may not be suitable, parents must stay)</p> <p><b>School age Summer Session</b><br/>3pm-4.30pm<br/>Acorn CO9 1JH</p> <p>For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice.</p> <p>Younger siblings welcome but activities may not be suitable, parents must stay.</p> | <p><b>Summer Stay, Play and Learn</b><br/>1<sup>st</sup> Session: 9.30am – 10.30am<br/>2<sup>nd</sup> Session: 10.45am – 11.45pm<br/>Carousel CM7 3QZ</p> <p>A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing.<br/>(siblings can attend but activities may not be suitable)</p> <p><b>Stay, Play and Learn</b><br/>1pm – 2.30pm<br/>Harlequin CM8 1NA</p> <p>A drop-in play session for parents / carers and babies aged 1-5 years, covering play and development including crafts and singing.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Let's Talk Together<br/>(Virtual 3-week workshop)</b><br/>Support for 18–30-month-old children with their early language development.<br/><b>Please call for dates/times</b></p> </div> | <p><b>Infant Feeding Support</b><br/>Drop in<br/>10am – 11.30am<br/>Carousel CM7 3QZ</p> <p>Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding.</p> <p><b>Baby Beginnings</b><br/>9.30am – 11am<br/>Silver End CM8 3RQ</p> <p>A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.</p> <p><b>Baby Beginnings</b><br/>1pm-2.30pm<br/>Acorn CO9 1JH</p> <p>A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 months, covering play and development including crafts and singing.</p> <p>plus, support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding.</p> <p><b>8-16 years Creative Session</b><br/>1.30pm–3pm<br/>Carousel CM7 3QZ</p> <p>Drop in and have some fun getting creative (siblings are welcome but activities may not be suitable, parents must stay)</p> |