

Based in Dixon Avenue, the Essex Child and Family Wellbeing Service can provide with a wide range of support. The focus is on making sure that everyone in Essex has the best possible start in life through community services that are accessible, high quality and meet the identified needs of children, young people and families. This includes:

Health Visiting – antenatal, maternal mental health, wellbeing and development of children, support to be ‘ready for school’.

Parenting Support – breastfeeding, toilet training etc.

School Nursing – support for young people in schools with wellbeing and health concerns.

Family Health – substance misuse, contraception advice, nutrition support, mental health.

Support for ages 5 – 19 – dental care, support with physical, emotional or developmental problems, specific health issues, height and weight.

Support for young people with special educational needs and disabilities up to the age of 25.

They also provide children’s community health services:

- Occupational Therapy
- Physiotherapy
- Speech and Language Therapy
- Children’s Community Nursing
- Specialist School Nursing
- Allergy Clinic
- Continence Service

To make contact with the Essex Child and Family Wellbeing Service, you can phone them on 0300 247 0014, email vcl.essexmid-PB19adminhub@nhs.net or visit their website: www.essexfamilywellbeing.co.uk

Alternatively, you can drop-in at:

The Hub in Dixon Avenue on Monday, Wednesday and Friday between 9am and 5pm

Chelmsford Central Family Hub (town centre, lower ground floor, county hall, opposite the library entrance) Monday – Friday between 9am and 5pm.