

Home-Start Essex Service Delivery Information

Autumn Term – Monday 2nd September to Friday 20th December

Volunteer Family Support Mentors – Home-Start provides informal, friendly, family support.

Volunteers offer regular support, friendship, and practical help to families in their own homes and via telephone support. This is available Monday to Friday, 9.30am to 4.30pm in all areas.

Family Support Groups – Our groups are available to Essex families who want to meet other parents, make new friends, and gain peer support from others. The aim of the groups is to provide a non-judgmental, supportive place for families to have fun. We have 10 fun, friendly groups that run weekly (term time only) from 10 to 11.30am, details of days and areas are on our website.

Special Educational Needs & Disabilities Group (SEND) - Specialist groups for families who have children with a SEND Diagnosis, are on the pathway or general developmental delay. We have two groups based in Basildon & Braintree and these are available to families in those districts. Parents can meet other parents, gain peer support and access guidance and support from trained staff & volunteers. The group has sensory play and activities for the families to enjoy together. Basildon Group is on a Monday and Braintree is on a Thursday, Term Time Only.

Fitness and Fun Family Support Group - Thanks to funding from PHAB, we are offering free weekly fitness sessions for parents and children under 5, led by Sheryl from SWEAT HARLOW! Whilst parents enjoy getting healthier and having some time for themselves our trained staff and volunteers will be providing play and school readiness activities for the children. Parents will be able to access this group for up to six months.

Drop-In Group - Our group runs on a Monday morning (term time only), in Brentwood at Hutton Community Centre, Harrison Close, Hutton. The group is open to families from the local community. The group offer a safe environment for families to meet and chat, giving the opportunity to extend social networks and reduce isolation. Each session assists parents with areas of child development, and provides an activity tailored to the age of pre-school children. **No need to book, just turn up.**

Wellbeing Programme – This is focused on parental wellbeing. We have groups online, face to face, and some 1:1 support is available. The programme supports parents' emotional wellbeing and mental health through providing self-care, personal safety, and self-esteem building activities, relaxation, and stress management techniques. New groups for this term start w/c 16.9.24 and details are on website.

Healthy, Happy Families (HHF) – Wellbeing Groups

A 6 week wellbeing group focusing on life challenges that may impact parental mental health, for example finances, diet and nutrition, housing etc. Five weeks will be delivered online with the 6th week being offered face to face to encourage movement/exercise and ongoing peer support. Families will be encouraged to reflect on challenges they currently face and explore alternative options. Signposting to other relevant services will be a key part of this group, along with encouraging ongoing peer support between the parents.

The group will be offered to parents in Basildon, Castle Point, Braintree, Epping Forest and Harlow.

There will also be an option of 1:1 support for families who are unable to access the group provision.

Mothers in Mind Groups - Mothers in Mind groups support Mums through pregnancy and up to 2 years after birth, who are experiencing extra challenges around emotional wellbeing and mental health. These groups offer some additional support during this time. The Mothers in Mind (MIMs) programme is a 10-week peer support group. The group is FREE to attend, but places must be booked in advance. Next groups will be held in Rayleigh, Canvey Island, Chelmsford & Loughton, w/c 23.09.24

Behaviour Support - Our specialist Behaviour Support Co-ordinator works with parents/carers to support them with managing their children's behaviour and improving family relationships. Group Sessions are delivered via online groups over 6 weekly sessions, Wednesday 10 to 11.30am. We also have some availability for 1:1 sessions.

Baby Massage Group - Our IAIM baby massage programme starts in Epping on 13th September and runs for five sessions. This group is for parents with a baby up to 12 months old and offers parents the opportunity to learn baby massage techniques to help parents communicate with their babies and enhance parent/child bonding.

Further details and information on all our support services can be found on our website

www.home-startessex.org.uk