

EXTRA- Support for Families

Parenting Platform Support - Coffee mornings and support groups 23/11/22

Activity name	Activity details	Start date and times No. of sessions if applicable	Venue	Who to contact: Name phone number / email address
Parents 2b & Parents with young babies	Join us at a relaxed, friendly group where you can meet other parents & parents-to-be over a cuppa and biscuits. Information and support will be available on pregnancy and life with a small baby. Runs alongside Essex Child & Family Wellbeing Services assisted Self Weigh Clinic Collect any Home-Start issued shop vouchers or donations for you and baby.	Every Tuesday 10:00am - 11:30am	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
Baby Assisted Self Weigh	An opportunity to weigh your child and seek advice about your child's overall development and wellbeing. All aged children welcome.	Tuesdays 10:00am - 11:30am	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP	Bookable service only Please call - 0300 247 0015
Feel Good Friday	Join like-minded parents to help you to feel good!	Every Friday 10:00am - 11:30am	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
Walton SEN support group for parents/carers of children with additional needs	A supportive, friendly group for parents or carers of children with additional needs. Professional speakers will attend some sessions. Drinks and snacks are provided.	Last Wednesday of the month in term time 1:00pm - 2:30pm	Walton Community Centre, Standley Rd, Walton on the Naze. CO14 8PT	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk

Friday Friends	A free weekly group for parents/carers and their children to have fun and make friends. Activities decided by you! Come along for some Friday fun with free hot drinks and snacks.	Every Friday during term time 10:00am - 12noon	St Nicholas Hall, Stour road, Bathside, Harwich. CO12 3HS	Call HomeStart Harwich to book a place 01255 556230
Ukraine Support Drop-in / Coffee Morning	Friendship and support Support could include Housing, Benefits, English Classes, etc We will also have Signpost attending to provide support with Job Searching, CV Writing, Training opportunities etc.	Every Monday 9.30am - 11am	Community Café @ CVST Lunch Club 99 Carnarvon Road, Clacton CO15 6QA	Call CVST 01255 425692
Healthy Family Drop In	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	From 19 th July 10am - 12 noon	St James Delivery Site Unit 4, 30 Oxford Road, Clacton on Sea. CO15 3TB	Drop in
Bump & Beyond -Youth Enquiry Service (YES)	A friendly relaxed group with different topics each week for young parents and their babies.	Tuesday 1.30pm-3.00pm	Hurlington Chambers Station Road, CO15 1SD	
Assisted Self Weigh	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	1 st Thursday of month 10.30-11.45	St Osyth Village Hall, CO16 8PE	No need to book

Healthy Family Drop In	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development	Friday 1.00pm - 2.00pm	St James Delivery Site Unit 4, 30 Oxford Road, Clacton on Sea. CO15 3TB	Drop in
Assisted Self Weigh	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	Friday 12.00pm-2.00pm	Brightlingsea Library New Street CO11 1 AD	Call to book a place on 0300 247 0015
Infant Massage	An enjoyable course to help build a bond with your baby through touch.	Monday 10.00am - 11.00am	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Referral only
Circle of Support	A peer led support group for families with a child who has SEND.	1st and 3rd of the month Monday 9.30am- 10.30am	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Contact Tanya for details on 07547698082
Healthy Family Drop In	An opportunity for you to weigh your child and seek advice about your child's overall development and wellbeing.	Tuesday 10.00am-11.30am	Jaywick Community Centre	Drop in

Healthy Family Drop In	An opportunity to speak to a practitioner about your child's growth and development.	Wednesday 1.00pm-3:00pm	Sydney House Family Hub Maldon Way Clacton on Sea CO16 7PA	Drop in
Healthy Family Drop In	An opportunity to speak to a practitioner about your child's growth and development	Thursday 10.30am-11.45am 1 st Thursday of month	St Osyth Village Hall, CO16 8PE	Drop in
Infant Massage	An enjoyable five -week course to help build a bond with your baby through touch.	Monday 9.30am-10.30am	Windmill Centre Mayes Lane Ramsey CO12 5EL	Referral only
Assisted Self Weigh	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	Monday 11.00am -3.00pm	Windmill Centre Mayes Lane Ramsey CO12 5EL	Call to book a place 0300 247 0015
Say Hi Family Walk	Join us for a leisurely 'walk and talk' to meet other families with children and make new friends.	Tuesday 10.30am-11.30am (Term time only)	Meet at the beach in Quay Street Manningtree, CO11 1AU	No need to book just pop along!

Assisted Self Weigh	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	2 nd & 4 th Weds of month Wednesday 9.30am-11.00am	Wivenhoe Library	Call to book a place 0300 247 0015
Assisted Self Weigh	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	Wednesday 1.00pm -3.00pm	Harwich Library Delivery Site Harwich Library, Kingsway Harwich CO12 3JT	Call to book a place 0300 247 0015
Assisted Self Weigh	An opportunity to speak to our Healthy Family Support Practitioners about your child's growth and development.	Friday 1.15pm -3.00pm	Manningtree Library High St Manningtree CO11 1AD	Call to book a place 0300 247 0015

Platform updates on the following areas are available on our website:

**Drop-ins/coffee mornings
Groups for young people
Additional Needs support
Agency Support & Training**

Please visit www.extrasupportforfamilies.co.uk and click on the Parents/Carers page.



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