

# Health Advice Drop-in for 5–19 year olds

Drop-in sessions at your local Family Hub/ community venue to get advice and support for your school aged child with a member of our school health team, where you can discuss things which may be concerning you.

## Areas of support

- Managing worries, low mood, stress or anger issues
- Bullying and friendship issues
- Diet / Nutritional support
- Improving sleep
- Day and night wetting
- Behavioural concerns
- Personal hygiene
- Sexual health
- Information and signposting regarding medical conditions

**FREE drop in. No booking needed**

**T: 0300 247 0014**

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

## Last Tues of the month (Term Time)

2.45pm–4pm

**Location:** The School House',  
Moulsham Junior School, CM2 9DG

## Every Tuesday (Term Time)

2.30pm–4.30pm

**Location:** Writtle Infant school,  
Lodge Road, CM1 3HZ

## Every Wednesday

2.30pm–4.45pm

**Location:** Chelmsford West Family  
Hub, CM1 2AQ

## Every Thursday (NEW LOCATION)

2.30pm–4.45pm

**Location:** Morrison's  
Community Room, Regiment  
Business Park, Eagle Way, CM3 3FY