

Health Advice Drop In for 5-19 year olds

Drop-in sessions at your local Family Hub or community venues. An opportunity to get advice and support for your 5-19 year old with a member of our 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

t: 0300 247 0014

w: essexfamilywellbeing.co.uk

**Every Tuesday (term
time) 2.30pm-4.30pm**

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

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Every Weds 9am-10.30am

Location: Chelmsford West
Family Hub, Dixon Ave, CM1
2AQ **(For parents/ carers)**

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**Every Friday 4-5pm
(For 11-14yr olds only)**

Location: Chelmer Gate youth
group.193 Moulsham Street,
CM2 0LG

Commissioned by