hcrg Care Group

Essex Child and Family Wellbeing Service

BARNARDO'S

Health Advice Drop In for 5-19 year olds

You can go along to drop-in sessions at your local Family Hubs in Witham and Silver End 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

t: 0300 247 0014
w: essexfamilywellbeing.co.uk

1st Wednesday of the Month

Location: Silver End Family Hub, Broadway, CM8 3RQ
Time: 3.00pm - 4.30pm

4th Monday of the Month (Term Time Only)

Location: Howbridge Infant School CM8 1DJ.
For families from all schools.
Time: 2.30pm - 4.00pm

Commissioned by

Essex County Council

NHS