

Welcome to Essex Child and Family Wellbeing Service

The Essex Child and Family Wellbeing Service, which is provided by Virgin Care in partnership with Barnardo's, ensures that families have free and easy access to local health services.

## Get in touch

Mid Essex

t: 0300 247 0014

North Essex

t: 0300 247 0015

South Essex

t: 0300 247 0013

West Essex

t: 0300 247 0122

For compliments or complaints please contact:

Virgin Care Customer Experience  
Farnham Hospital  
Hale Road  
Farnham GU9 9QL

t: 0300 303 9509

Updated: October 2018  
Review date: October 2020

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



Service information guide

# Essex Child and Family Wellbeing Service



Commissioned by:



## Who are we?

The Essex Child and Family Wellbeing Service, which is provided by Virgin Care in partnership with Barnardo's, ensures that families have free and easy access to local health services.

Family Hubs (formerly known as Children's Centres) are at the heart of our service and are where we deliver, and coordinate most of our services. There is one main Family Hub in each area and we also reach out from there to provide services from nearby Healthy Family Delivery Sites, which may be closer to home and more convenient to access for some residents.

The Healthy Family Service is made up of a collection of different professionals, including Health Visitors, School Nurses, and Healthy Family Support Workers. We work to promote the health and wellbeing of children in Essex.



## How can we support you?

**Health Visiting:** e.g. Antenatal contact, helping you as a parent, new baby review, maternal mental health, weighing your baby and wellbeing and development of children reviews.

**Parenting Support:** e.g. Support with breastfeeding and **childcare confidence, accessing activities at your Family Hub.**

**School Nursing:** e.g. Support for young people in schools and their families with health and wellbeing and mid-teen health review, physical, emotional or developmental problems, information on specific health issues.

**Family Health:** e.g. Support with substance misuse for parents, contraception advice, nutrition support, mental health (maternal & infant) and smoking cessation.

**Resilience and Development:** Preparing families for their child to go to school, domestic violence support, returning to work and accessing education, training and employment.

**Support for young people with special educational needs and disabilities** up to the age of 25.

## National Child Measurement Programme

Your Healthy Family Team is able to support you with monitoring your child's growth and development; this includes maintaining a healthy weight.

There's more to weight than just a measurement. It involves looking at your child's growth and development, diet, eating habits, portion sizes, fluid intake and physical activity to name a few.

Weight is one measure of wellbeing that can be helpful in identifying health problems both now and in the future.

### Healthy Schools

The Essex Healthy Schools Programme is a school health improvement strategy which builds on the commitment within Essex schools to better the health and wellbeing of children and young people. We provide a strategic framework for schools to reflect on the relationship between health and achievement.

This maximizes the potential for development and innovation at a local level to improve health and wellbeing.