

South West School Age Community Drop-in

The School Age team at Essex Child and Family Wellbeing Services will provide drop-ins for parents/carers and school aged young people across South West Essex. The drop-ins are available for all young people including those who may be home educated or unable to access the support they require in the school environment.

Support offered:

- Emotional health and wellbeing
- Improving sleep
- Nutrition support
- Physical and sexual health
- Personal hygiene
- Managing health conditions
- Signposting, advice and support.

No need to book, just come along

For more information
Tel: 0300 247 0013 (Mon-Fri 9am-5pm)

Northlands Park Family Hub

Davenants, Basildon SS13 1QX

School Age Parent Drop in

9:15 - 10:15

Young People's Drop-in

15:30 - 16:30

1st and 3rd **Monday** of the month

All About Delivery Site

Leinster Road, Laindon SS15 5NX

School Age Parent Drop in

9:15 - 10:15

Young People's Drop-in

15:30 - 16:30

2nd and 4th **Monday** of the month

Sunnyside Delivery Site

Rosebay Avenue, Billericay, CM12 0GH

School Age Parent Drop in

9:30 - 10:30

Young People's Drop in

15:30 - 16:30

1st and 3rd **Thursday** of the month

Larchwood Gardens Family Hub

Larchwood Gardens, Pilgrims Hatch, Brentwood

CM15 9NG

School Age Parent Drop in

9:15 - 10:15

Young People's Drop in

15:30 - 16:30

1st and 3rd **Tuesday** of the month