

**Spangles Family Hub**, Lower Street, Stansted, CM24 8LR **t: 0300 247 0122** **Opening Times: Monday to Friday: 9.00 to 5.00pm**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Ready, Steady, Learn age 2</b> 10.00am – 11.00am <b>Face to Face @ Spangles Family Hub, CM24 8LR</b> Next course commencing 24<sup>th</sup> April 2022 (3-week workshop)</p> <p>To promote the Home Learning Environment and Parent/Carer as Primary Educator in prime areas of learning. (By professional referral)</p> <p><b>First Time Parents Virtual Support</b> 1.30pm – 2:30pm (6-week Workshop)</p> <p>A great chance to meet other new parents. We shall cover topics on, play, interaction, safety, teething, childhood illness &amp; more.</p> <p><b>Free Early Education Entitlement Funding for 2-year-olds:</b> Your child may be eligible for FEEE2 and 15 hours of free early education a week until the term after their third birthday. For more information, visit <a href="#">Essex County Council's website</a> or speak to a member of our staff from your local Healthy Family Team on 0300 247 0122</p>	<p><b>Stay, Play and Learn 0-5</b> 09:30 – 10.30 <b>Face to Face @ Carver Barracks Village Hall - Outdoor Walk</b> weather permitting. A socially distanced playtime listening to stories. Please bring your own drinks. <b>Booking is essential</b></p> <p><b>Assisted Weigh at Carver Barracks</b> 1<sup>st</sup> Tuesday in month 09:30 – 10:30 <b>Bookable by Appointment</b></p> <p><b>Baby Beginnings / New parents</b> 10.00 – 11.00 <b>Face to Face @ Little Goslings</b> For children aged 0 – 6 months 10-week rolling programme. A chance to meet other parents/carers to talk about your experiences and share ideas.</p> <p><b>SEND Virtual Coffee Morning</b> 11.15am – 12.15am <b>Virtual Support- weekly</b> except last Tuesday in the month then <b>Face to Face @ Spangles, CM24 8LR</b> A friendly &amp; welcoming group for families and carers of children with additional needs, with or without a diagnosis</p> <p><b>Introducing Solids</b> <b>Face to Face @ Spangles, CM24 8LR</b> 12:30 – 1:30 <b>Bookable by Appointment</b> 5/4, 3/5, 7/6</p>	<p><b>Infant Feeding Support</b> 10am – 12 noon <b>Face to Face @ Spangles Family Hub, CM24 8LR</b> Providing support and advice on infant feeding. <b>Booking essential</b></p> <p><b>Spangles Assisted Weigh</b> <b>Bookable by Appointment</b> 09:30 – 13:00 One weighing station</p> <p><b>Healthy Start Vitamins</b> In West Essex FREE Healthy Start Vitamins are available for eligible families to collect. For more information or to check eligibility please speak to your Midwife or contact the Healthy Family Team on 0300 247 0122 option 1 <a href="http://www.healthystart.nhs.uk">www.healthystart.nhs.uk</a></p> <p><b>Duty Practitioner</b> We have a duty practitioner (Health Visitor, Support Practitioner, School Nurse) available <b>9am – 5pm Monday to Friday.</b> They will be able to offer support and guidance around a wide range of topics to access please call on <b>0300 247 0122 option 1.</b></p>	<p><b>Saffron Walden Community Hospital Assisted Weigh</b> <b>Bookable by Appointment:</b> 09:30 – 12.00</p> <p><b>School Readiness with HomeStart.</b> 10 – 11.30am <b>Face to Face Little Goslings</b> Opportunities for you and your child to start getting ready for school, learning new skills, new words and routines. <b>Booking essential through HomeStart &amp; professional referral.</b></p> <p><b>Ready, Steady, Learn age 1 Virtual Support</b> 1.30pm – 2.30pm (3-week workshop) To promote the Home Learning Environment and Parent/Carer as Primary Educator in prime areas of learning. (By professional referral)</p> <p><b>All groups must be pre booked please contact the number below</b> 0300 247 0122 Option 1 For all Face to Face groups please bring your own drinks</p>	<p><b>Newport Village Hall Assisted Weight</b> <b>Bookable by Appointment</b> 9:15 – 11:15 Last Friday in the month</p> <p><b>Preparing for Baby Workshop (monthly) Virtual Support</b> 9.30am – 11.00am A workshop for parents-to-be. Covering topics such as infant feeding, safe sleep, responding to baby's cues, support available in the community and more.</p> <p><b>Infant Feeding Support (Run by our trained Volunteer Supporters) Virtual Support</b> 10.00am– 11.30am A chance to meet other mums and for support and advice on infant feeding.</p> <p><b>Talk Together Virtual Support</b> 10.00am to 11.00am (3-week workshop) A chance to learn about and practice early language development and communication interaction strategies. For families with children aged 18-36 months.</p> <p><b>Stay, Play and Learn 0 – 5 Face to Face @ Spangles Family Hub Outdoor Walk</b> weather permitting. 11.00am A socially distanced Story and playtime listen to stories. Please bring your own drinks.</p>