



4-19 Health Drop In Sessions

Drop in sessions across Chelmsford to gain support and advice for your 4-19 year old around a number of topics/ issues which may be concerning you, including;

- Day and night wetting
- Hearing and vision tests
- Weight and dietary issues
- General physical and emotional health problems
- Sleep/behavioural concerns
- Parenting concerns

Location: Chelmsford West Delivery Site, Dixon Avenue, CM1 2AQ

Time: 3.15pm- 4.30pm

Dates: 1st and 4th Monday of the month

Location: Chetwood Delivery Site, Shirebourn Vale, South Woodham Ferrers, CM3 5ZX

Time: 3.15pm- 4.30pm

Dates: 2nd Monday of the month

Location: The School House (opposite Moulsham Junior School), Princes Road, CM2 9DG

Time: 3.15pm- 4.15pm

Dates: 1st Wednesday of the month

Location: St Michaels Junior School, Galleywood, CM2 8RR

Time: 2.00pm – 3.00pm

Dates: 2nd Wednesday of the month

Services commissioned by:

For further information call: 01245 283396
www.essexfamilywellbeing.co.uk

HELP US TO HELP YOU!

Share your experiences of **SEN** and **EHCP** support and help improve services in Essex.

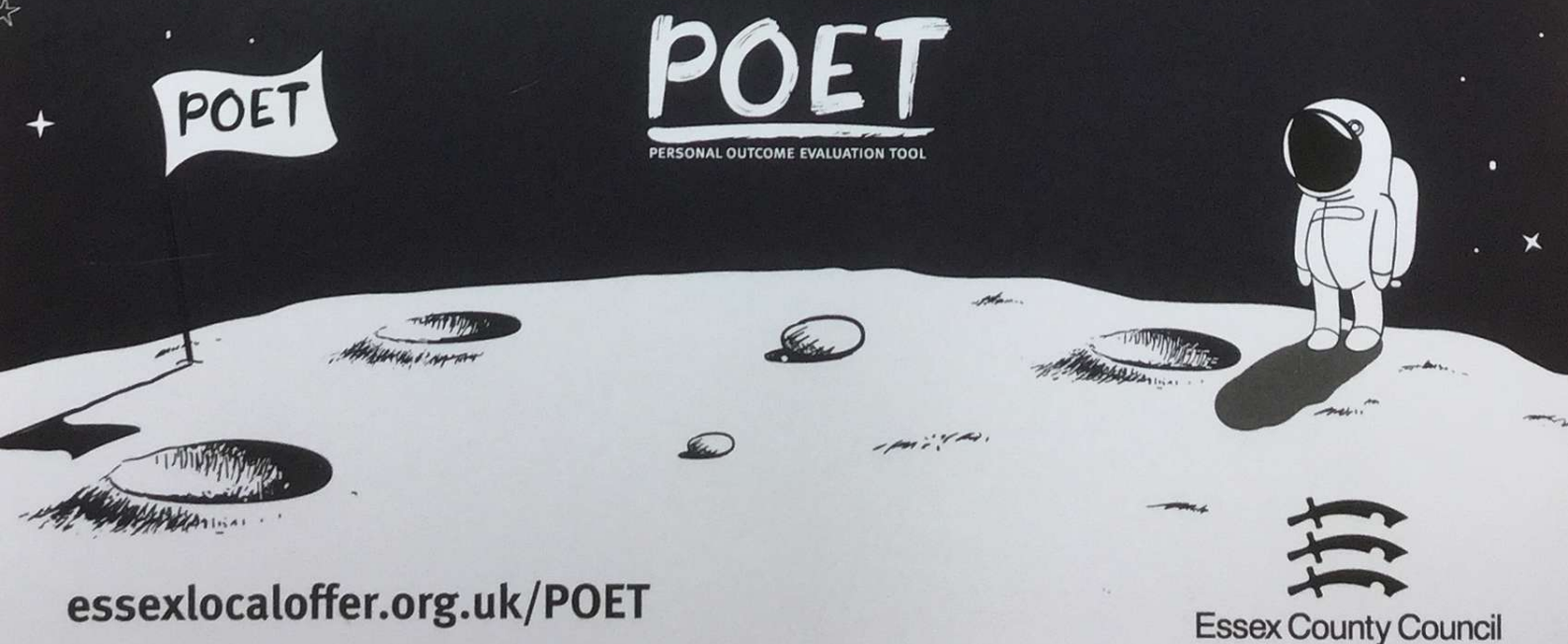
- Do you receive Special Educational Needs (SEN) support for a special educational need or disability?
- Do you have an Education Health and Care Plan (EHCP)?
- Are you a parent, carer or practitioner with children or young people who have an EHCP or SEN support?

If the answer is **YES**, we'd love to hear your thoughts through the **POET SURVEY!** It takes just ten minutes to complete.

People's opinions and experiences transform services
make sure you get involved!

We will use your feedback to improve our services in Essex, based on what matters to you. Your responses will also help to improve the way things are done for others in England. To find out more and take part in the **POET survey** visit:

essexlocaloffer.org.uk/POET or email **POET@essex.gov.uk**



essexlocaloffer.org.uk/POET

Essex County Council