

June-July 2022 at the ABSS Parent, Family & Community Hub

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	9.30 - 11.30 Cuppa & Chat <i>Your Family</i>	10 - 12 Mini Milks <i>Bump to Breast</i>	9am – 4pm Parent Champions Day Main room	9 - 12 Chaos & Calm Sensory session	Family Support Worker Coffee Morning (<i>first Friday of each month</i>)
PM	1 - 3 Mindful Mums (6-week course 13.6.22- 18.7.22)	12.30-4 Young parent's group Chaos and calm Twinkles play session 1-2.30 Pip's playroom		1 - 3 Mindful Mums Drop in session	12.30-2.30 YourFamily Feel good Friday

- **Cuppa & Chat** -A weekly drop-in support and playgroup session, delivered by the YourFamily team. ABSS Partners also support these sessions with guidance and advice for the whole family unit. Families can attend on a weekly or ad hoc basis, and for the whole or part of a session, dependent on needs. Open to ABSS and non ABSS families

- **Mini Milks** - A weekly breastfeeding support and sensory playgroup aimed at those with breastfed toddlers and babies, run by Bump to Breast (Eleanor King Southend YMCA). All families needing support with infant feeding are welcome.
- **Chaos & Calm Activity/Sensory Session-** Thursdays 9.30-12 (two sessions 9.30-10.30 and 10.45-11.45) An activity and sensory session run by Hannah Davies and Elaine Cornwall, open for families (ABSS and non ABSS) with children with disabilities up to the age of 4 years old. The sessions must be booked directly with Chaos and Calm. No drop ins available. Contact Hannah Davies admin@chaosandcalm.org to be added to waiting list
- **Chaos and Calm Twinkles play Sessions-** Tuesdays 1-2.30. A weekly drop-in session for parents with children with disabilities under the age of 2 years old (born since October 2019). Open to ABSS and non ABSS families.
- **Mindful Mums course** - a six-week group course (no drop-ins) delivered by the perinatal mental health team (*Ros Shackleton*)
- **Mindful Mums drop in-** a drop-in sessions for Mums who have attended Mindful Mums course
- **Family Support Worker Coffee Morning** - A monthly coffee morning session delivered by the ABSS Family Support Workers for families living in ABSS ward with children (under 4) with social & communication needs (Laura Pullum/Natalie Chlopas). The sessions must be booked directly with the Family Support Workers. No drop ins available.
- **Young parents' group** -a drop-in session for parents 21 and under ante and post-natal support plus stay and play session contact Emma Fawkes EmmaFawkes@southend.gov.uk
- **HENRY Coffee Afternoon** - a drop-in session twice monthly in Pip's Playroom, run by the HENRY Healthy Families team contact Patrizia Pessenda-Garcia patrizia.pessenda-garcia@henry.org.uk
- **Parenting solo-** a drop-in session for single parents three times monthly in Pip's playroom, run by Parenting on Sea contact Lizzie Start cakeclubcommunity@gmail.com