

Look out for....

Midwives

Following confirmation of your pregnancy you will be given an appointment with a Midwife. A team of Midwives provide antenatal and postnatal support including the provision of Early Bird and Active Birth Sessions.

Rainham & Gillingham Midwives' office – 01634 382108

Chatham Midwives' office - 01634 973141

Strood Midwives' office—01634 717755

Call the Midwife for any pregnancy concerns 24 hrs – 01634 825277

Delivery Suite – 01634 825278 Antenatal Clinic – 01634 825111

Self referral for midwifery services:

<https://www.medway.nhs.uk/services/maternity/self-referral-form.htm>

Health Visiting

Health advice, immunisations, screening and routine health reviews are all important parts of the Healthy Child Programme. They are carried out by health professionals usually Doctors, Midwives, Health Visitors, Practice Nurses and School Nurses. The role of the Health Visitor and team members is to improve the health of families and children in the crucial first few years of life. Working in the community, the Health Visiting Service aims to educate parents to enable them to prevent childhood illness, whilst promoting family health and wellbeing.

Health Visiting Team (MCH) General Enquiries – 03001233444

Attending Sessions COVID-19 Guidelines

In order to ensure the safety of parents and carers accessing our services, we ask that you:

- Please use the hand sanitiser provided when entering our buildings.
- Please do not arrive early for sessions as waiting areas are limited.
- Please do not attend sessions if you are awaiting a COVID-19 test result or are feeling unwell.

Thank you

01634 338833—Chatham Hub

01634 337733—Wayfield & Rainham Hub

01634 335533—Strood Hub

01634 338877—Gillingham Hub

medway.gov.uk/childrenandfamily www.medwayfisd.com



Medway Children and Family Service Phone: 01634 333821



Children and Family Hubs and Wellbeing Centres

Medway Children and Family Hubs Timetable

26th July – 27th August 2021

Please note some sessions are booking only (♦)

Medway Council is committed to recruiting with care and safeguarding, and promoting the welfare of children and young people. We expect all parents/carers, staff and volunteers to share this commitment.

As part of our Safeguarding Policy, we ask you not to use your mobile phone during sessions. This includes talking, texting, social media, emails and taking photographs.



Children and Family Hub

Medway
COUNCIL

Serving You

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Baby Group ◆ 9.30—10.30am Birth to 12 months 26th July 2nd, 9th, 16th & 23rd August Informal group to see other new parents <i>Deanwood Wellbeing Centre, Rainham</i> Please call (01634) 337733 to book</p>	<p>Stay and Play - under 5s ◆ (and older siblings up to 7yrs) 9:30-10:30am 27th July 10th, 24th August <i>Burnt Oak Wellbeing Centre, Gillingham</i> Please call (01634) 338877 to book</p>	<p>Summer Dayz 18 August 1-3pm Cliffe Recreation Ground, Church Street ME3 7QJ Free fun activities in your local park for all ages. Just turn up! Under 8s must be with an adult</p>	<p>Stay and Play - under 5s ◆ (and older siblings up to 7yrs) 9:30-10:30am 5th & 19th August <i>Saxon Way Wellbeing Centre, Gillingham</i> Please call (01634) 338877 to book</p>	<p>Baby Group ◆ Birth to 12 months 9:30-10:30am 6th & 20th August Informal group to see other new parents <i>Saxon Way Wellbeing Centre, Gillingham</i> Please call (01634) 338877 to book</p>
<p>Summer Dayz 26th July 12-3pm Lordswood Green ME5 8TH Free fun activities in your local park for all ages. Just turn up! Under 8s must be with an adult</p>	<p>Stay and Play - under 5s ◆ (and older siblings up to 7yrs) 10 – 11.30am 3 August – ‘If you’re happy and you know it’ 1.30-3pm 24 August – ‘Under the sea’ <i>Gun Lane Wellbeing Centre, Strood</i> Please call (01634) 335533 to book</p>	<p>Baby Group ◆ Birth to 12 months 1:30-2:30pm 28th July 11th, 25th Aug Informal group to see other new parents <i>Twydall Wellbeing Centre, Twydall</i> Please call (01634) 338877 to book</p>	<p>Stay and Play - under 5s ◆ (and older siblings up to 7yrs) 10 – 11.30am 12 August – ‘Animal Fun’ <i>Gun Lane Wellbeing Centre, Strood</i> Please call (01634) 335533 to book</p>	<p>Summer Dayz 20th August 12-3pm Chatham—Chalk Pit Hill Park ME4 5TA 27th August 3-6pm Chatham—Millennium Green ME4 5DR Free fun activities in your local park for all ages. Just turn up! Under 8s must be with an adult</p>
<p>Breastfeeding Support Please visit: https://www.wearebesideyou.co.uk/looking-for-support/ and click on ‘Medway’ to access local breastfeeding support</p>	<p>Summer Dayz 3rd August 12-3pm Rainham Rec ME8 7PR 3rd, 17th, 31st August 2-4pm Chatham—Hook Meadow ME5 0TZ 10th August 12-3pm Chatham—Barnfield ME5 0BG 10 August 1-3pm Grain – Recreation ground, Pintail Close ME3 0DW Free fun activities in your local park for all ages. Just turn up! Under 8s must be with an adult</p>	<p>Stay and Play ◆ 1.00-2.30pm 28th July, 4th, 11th, 18th and 25th August Birth up to 4yrs <i>Chatham Hub</i> Please call (01634) 338833 to book</p>	<p>Stay and Play ◆ 1.00-2.00pm 5th & 19th August 12 months up to 8 <i>Riverside Wellbeing Centre, Rainham</i> Please call (01634) 337733 to book</p>	<p>For more fun and interactive sessions please visit the following Facebook pages: Tri for You HealthyWay A Better Medway Medway Libraries Medway Youth (8+) MedwayGo</p>
		<p>You and Your New Baby A free 5 week post natal course run by the Health Visiting Team. Various days and times available. Please call 03001233444 to book your place</p>	<p>Summer Dayz 2pm—4pm 12th & 26th August Rochester—Priestfields Park ME1 3AE Free fun activities in your local park for all ages. Just turn up! Under 8s must be with an adult</p>	

Bookings for sessions:

Please note that most sessions are booking only, please call the relevant number stated with the session you are interested in.

If you are unable to attend please cancel your booking to enable us to offer your space to another family.

Please ensure that you bring a drink of water for yourself and your child to our sessions.