

## 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 333821**

**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**

#### How to join sessions using Microsoft Teams

We are now using Microsoft Teams to deliver a variety of sessions online. To join these calls download Microsoft Teams from the App Store, Google Play or on the Microsoft website.

Once you have booked on a session, we will e-mail you a session link to join at the advertised time.

**Please be advised that ALL sessions are carried out virtually if you would like to speak to a member of the team please call:**

**01634 338833—Chatham Hub**

**01634 337733—Wayfield & Rainham Hub**

**01634 335533—Strood Hub**

**01634 338877—Gillingham Hub**

[medway.gov.uk/childrenandfamily](http://medway.gov.uk/childrenandfamily)    [www.medwayfisd.com](http://www.medwayfisd.com)



Medway Children and Family Service Phone: 01634 333821



## Children and Family Hubs and Wellbeing Centres

Medway Children and Family Hubs Timetable

**CHATHAM AND STROOD**

**11th January — 12th February 2021**

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
<b>Virtual Sessions using Microsoft Teams</b>				
<p><b>Baby Bounce and Rhyme</b> ♦</p> <p>10.00-10.45am</p> <p>Songs and fun Birth to 18mths</p> <p>Please call (01634) 335533 to book</p>	<p><b>Understanding Your Child</b> ♦</p> <p>9.30-11am</p> <p>10 week course starting 19.01.21 for parents of children aged 2-5 yrs (term time only)</p> <p>Please call (01634) 335533 to book a place as <i>spaces are limited</i></p>	<p><b>Babbling Babies</b> ♦</p> <p>10-10:45am</p> <p>for 6-12 month olds</p> <p>5 week course from 13.01.21</p> <p>Fun ideas to promote early language</p> <p>Please call (01634) 335533 to book</p>	<p><b>Baby Bounce and Rhyme</b> ♦</p> <p>10.00-10.45am</p> <p>Songs and fun Birth to 18 months</p> <p>Please call (01634) 338833 to book</p>	<p><b>Talking Toddlers</b> ♦</p> <p>10.00-10.45am</p> <p>18mths to 3 yrs</p> <p>5 week course from 15.01.21 with activities to build toddlers' language development</p> <p>Please call (01634) 335533 to book</p>
<p><b>Baby and Me</b> ♦</p> <p>10.00-10:45am</p> <p>Birth to 5 months</p> <p>5 week course from 11.01.21</p> <p>Learn about being a new parent and understanding your babies development</p> <p>Please call (01634) 338833 to book</p>	<p><b>Baby Massage</b> ♦</p> <p>10.30—11.15am</p> <p>Birth to 5 months</p> <p>5 week course from 12.01.21</p> <p>Please call (01634) 338833 to book</p>	<p><b>Story Time and Craft</b> ♦</p> <p>1.30-2.15pm</p> <p>Under 5's</p> <p>Free book and craft resources available each week to collect from the Strood Hub once booked</p> <p>Please call (01634) 335533 to book</p>	<p><b>Baby Group</b> ♦</p> <p>10.00—11am</p> <p>Informal group to see other new parents, explore play ideas to do at home and get support around having a new baby.</p> <p>Birth to 12 months</p> <p>Please call 01634 335533 to book</p>	<p><b>Story Time</b> ♦</p> <p>1:00-1:45pm</p> <p>Under 5's</p> <p>Free book for the session available each week to collect from the Chatham Hub once booked</p> <p>Please call (01634) 338833 to book</p>
<p><b>Baby Massage</b> ♦</p> <p>1—1.45pm</p> <p>Birth to 5 months</p> <p>5 week course from 11.01.21</p> <p>Please call (01634) 338833 to book</p>	<p><b>Baby and Me</b> ♦</p> <p>12-1pm</p> <p>Birth to 5 months</p> <p>5 week course 12.01.21</p> <p>Learn about being a new parent and understanding your baby</p> <p>Please call (01634) 335533 to book</p>	<p><b>Little Chefs at Home</b></p> <p>6 weeks of cooking fun from the comfort of your own home. With ingredients delivered to your door!</p> <p>To book please call 01634 333741 or e-mail <a href="mailto:change4life@medway.gov.uk">change4life@medway.gov.uk</a></p>	<p><b>Baby and Me</b> ♦</p> <p>1.00-1:45pm</p> <p>Birth to 5 months</p> <p>5 week course from 14.01.21</p> <p>Learn about being a new parent and understanding your babies development</p> <p>Please call (01634) 338833 to book</p>	<p><b>For more fun and interactive sessions please visit the following Facebook pages:</b></p> <p>Tri for You HealthyWay A Better Medway Medway Libraries Medway Youth (8+)</p>
				<p><b>Breastfeeding Support</b></p> <p>Please visit:</p> <p><a href="https://www.wearebesideyou.co.uk/looking-for-support/">https://www.wearebesideyou.co.uk/looking-for-support/</a></p> <p>and click on 'Medway' to access local breastfeeding support</p>