

## 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**

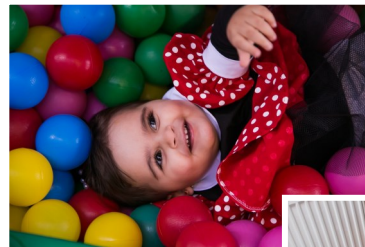
**01634 335533—Strood Hub**

**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 Virtual Timetable

**GILLINGHAM AND WAYFIELD**

**14th September—23rd October 2020**

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

**Medway Children and Family Hubs virtual timetable GILLINGHAM & WAYFIELD – 14th September – 23rd October 2020** Booking only ♦

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1:1 Virtual Support Session</b> ♦ 10.00am—12.00pm For parents with children aged 0—5 years For support around development and behaviour</p> <p>Please call (01634) 338877 to book with Charlie Please call (01634) 338833 to book with Ty</p>	<p><b>Baby and Me</b> ♦ 10.00-10:45am Birth to 5 months 5 week course from 22/09/2020 Please call (01634) 337733 to book <i>Spaces are limited</i></p>	<p><b>Return to School Virtual Support Sessions</b> ♦ 10.00am-12.00pm For parents with children aged 4+ Please e-mail laurenhocking1@medway.gov.uk to book</p>	<p><b>Story and Craft</b> ♦ 10.00-10.45am 2+ year olds 4 week course from 24/09/2020 Please call (01634) 337733 to book <i>Spaces are limited</i></p>	<p><b>1:1 Virtual Support Session</b> ♦ 10.00am—12.00pm For parents with children aged 0—5 years For support around development and behaviour</p> <p>Please call (01634) 338833 to book with Caroline or (01634) 335533 to book with Claire</p>
<p><b>Understanding Your Child</b> ♦ 1:00-2:15pm 10 week parenting programme for parents with children aged 0-5 years From 28/09/2020 (term time only)</p> <p>Please call (01634) 335533 to book <i>Spaces are limited</i></p>	<p><b>Little Chefs at Home</b> ♦ 10.30 - 11.30am To book Little Chefs please call 01634 333741 or e-mail change4life@medway.gov.uk <i>Spaces are limited</i></p>	<p><b>Music and Movement</b> ♦ 1.00-1:45pm For parents with children aged 2+ Fun movement and singing session Please call (01634) 338877 to book <i>Spaces are limited</i></p>	<p><b>Baby Bounce and Rhyme</b> ♦ 10:00-10.45am Birth to 12 months To book please call (01634) 338877 <i>Spaces are limited</i></p>	<p><b>Virtual Baby Massage</b> ♦ 1:00—2:15pm Birth to 5 months 5 week course from 24/09/2020 Please call (01634) 337733 to book <i>Spaces are limited</i></p>
<p><b>Breastfeeding Support</b> Please visit: <a href="https://www.wearebesideyou.co.uk/looking-for-support/">https://www.wearebesideyou.co.uk/looking-for-support/</a> and click on 'Medway' to access local breastfeeding support</p>	<p><b>Baby Bounce and Rhyme</b> ♦ 10.00-10.45am Birth to 12 months To book please call (01634) 338877 <i>Spaces are limited</i></p>	<p><b>Young Parents Group</b> ♦ 1.00-1.45pm For parents aged up to 21 years Meet other parents to chat and play. To book please call (01634) 338877 <i>Spaces are limited</i></p>	<p><b>Music and Movement</b> ♦ 1.00-1:45pm For parents with children aged 2+ Fun movement and singing session Please call (01634) 338877 to book <i>Spaces are limited</i></p>	<p><b>For more fun and interactive sessions please visit the following Facebook pages:</b> Tri for You HealthyWay A Better Medway Medway Libraries Medway Youth (8+)</p>
<p><i>Check the Medway Council website for details of the activities offered by Medway's Youth Centres and Libraries</i> <a href="http://www.medway.gov.uk">www.medway.gov.uk</a></p>	<p><b>Lego Challenge</b> ♦ 4.00-4.45pm 5-8 years Join us in the challenge! To book please call (01634) 338877 <i>Spaces are limited</i></p>		<p><b>Crafty Creations</b> ♦ 4:00—4:45pm 5-8 years Complete a creation in one session! To book please call (01634) 338877 <i>Spaces are limited</i></p>	