

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

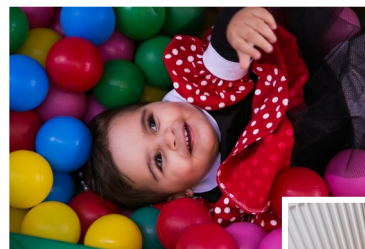
01634 335533—Strood Hub

01634 338877—Gillingham Hub

medway.gov.uk/childrenandfamily 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

2nd November — 18th December 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 – 2nd November – 18th December 2020 Booking only, spaces are limited ♦

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Music and Movement ♦</p> <p>10.00-10:45am</p> <p>For parents with children aged 2+</p> <p>Fun movement and singing session</p> <p>Please call (01634) 337733 to book</p>	<p>Baby and Me ♦</p> <p>10.00-10:45am</p> <p>Birth to 5 months</p> <p>Learn about being a new parent and understanding your babies development</p> <p>5 week course from 10/11/2020</p> <p>Please call (01634) 337733 to book</p>	<p>Music and Movement ♦</p> <p>10.00-10:45am</p> <p>For parents with children aged 2+</p> <p>Fun movement and singing session</p> <p>Please call (01634) 338877 to book</p>	<p>Story Time ♦</p> <p>10.00-10.45am</p> <p>Under 5's</p> <p>Free books available each week to collect from The Wayfield Hub once booked</p> <p>Please call (01634) 337733 to book</p>	<p>Baby and Me ♦</p> <p>10.00-10:45am</p> <p>Birth to 5 months</p> <p>Learn about being a new parent and understanding your babies development</p> <p>5 week course from 20/11/2020</p> <p>Please call (01634) 338877 to book</p>
<p>Baby Bounce and Rhyme ♦</p> <p>10.00-10.45am</p> <p>Songs and fun for you and your under 1</p> <p>To book please call (01634) 338877</p>	<p>Little Chefs at Home ♦</p> <p>10.30 - 11.30am</p> <p>To book Little Chefs please call 01634 333741 or e-mail change4life@medway.gov.uk</p>	<p>Little Chefs at Home ♦</p> <p>10.30 - 11.30am</p> <p>To book Little Chefs please call 01634 333741 or e-mail change4life@medway.gov.uk</p>	<p>Baby Massage ♦</p> <p>1:00—2:15pm</p> <p>Birth to 5 months</p> <p>5 week course</p> <p>Please call (01634) 337733 to book</p>	<p>Babbling Babies ♦</p> <p>1.-1:45pm</p> <p>6-12 months</p> <p>5 week course from 20/11/2020</p> <p>Fun ideas to promote early language</p> <p>Please call (01634) 338877 to book</p>
<p>Understanding Your Child ♦</p> <p>1:00-2:15pm</p> <p>10 week parenting programme for parents with children aged 2-5 years (term time only)</p> <p>Please call (01634) 337733 to book on to the next course</p>	<p>Make and Play ♦</p> <p>1.00-1:45pm</p> <p>Under 5's</p> <p>01/12/2020—Making playdough</p> <p>08/12/2020— Christmas cloud dough</p> <p>15/12/2020—Salt dough tree Decoration</p> <p>Please call (01634) 338877 to book</p>	<p>Baby Bounce and Rhyme ♦</p> <p>1.00-1.45pm</p> <p>Songs and fun for you and your under 1</p> <p>To book please call (01634) 337733</p>	<p>If you would like to speak to a member of the team, please call:</p> <p>(01634) 338877 for the Gillingham Hub</p> <p>(01634) 337733 for the Wayfield Hub</p>	<p>For more fun and interactive sessions please visit the following Facebook pages:</p> <p>Tri for You</p> <p>HealthyWay</p> <p>A Better Medway</p> <p>Medway Libraries</p> <p>Medway Youth (8+)</p>
<p>Breastfeeding Support</p> <p>Please visit:</p> <p>https://www.wearebesideyou.co.uk/looking-for-support/</p> <p>and click on 'Medway' to access local breastfeeding support</p>	<p>Little Chefs at Home ♦</p> <p>1.30 - 2.30pm</p> <p>To book Little Chefs please call 01634 333741 or e-mail change4life@medway.gov.uk</p>	<p>Young Parents Group ♦</p> <p>1.00-1.45pm</p> <p>For parents aged up to 21 years</p> <p>Meet other parents to chat and play.</p> <p>To book please call (01634) 338877</p>		

Check the Medway Council website for details of the activities offered by Medway's Youth Centres and Libraries www.medway.gov.uk