

## 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.

### Useful Contact Numbers

**Chatham Midwives' Office – 01634 337470**

**Rainham Midwives' Office – 01634 382108**

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

### 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 – 01634 333366 (option 3)**

## Wayfield and Rainham Children and Family Hub and Wellbeing Centres

**Wayfield Hub**, Wayfield Road, Chatham, Kent, ME5 0HH

Phone: 01634 337733

Email: [wayfieldcc@medway.gov.uk](mailto:wayfieldcc@medway.gov.uk)

**Lordswood Well Being Centre**, Lordswood Lane, Chatham, Kent, ME5 8NN

*Please note parking is prohibited in the school grounds, please park outside the school site*

**Riverside Well Being Centre**, St Edmunds Way, Rainham, Kent, ME8 8ET

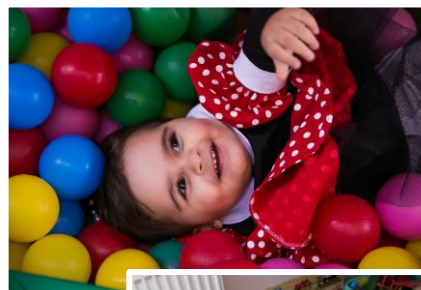
*Please note the car park is priority to staff and parking is very limited*

**Deanwood Well Being Centre**, Long Catlis Road, Rainham, Kent, ME8 9TX

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

 Medway Children and Family Service

Phone: 01634 337733



## Children and Family Hub and Wellbeing Centres

### Wayfield and Rainham

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 at the centre. This includes talking, texting and taking photographs.



**Children and Family Hub**

*Medway*  
COUNCIL  
*Serving You*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Music and Movement</b> ♦ 9.30-10.30am 18 months up to 4 <i>Lordswood</i>	<b>Bump to Breastfeeding Drop-In</b> 9.30-11.30am <i>Deanwood</i>	<b>Music and Movement</b> ♦ 10.00-11.00am 18 months up to 4 <i>Riverside</i>	<b>Introducing Solid Foods</b> ♦ 10.00-11.30 2 <sup>nd</sup> & 4 <sup>th</sup> week of each month <i>Lordswood</i>	<b>Stay and Play</b> 10.00-11.15am 12 months up to 4 <i>Lordswood &amp; Deanwood</i>
<b>Little Chefs *</b> 9.30-11.30am 5 week cooking course <i>Wayfield Hub</i>	<b>Introducing Solid Foods</b> ♦ 10.00-11.30am 1 <sup>st</sup> & 3 <sup>rd</sup> week of each month <i>Riverside</i>	<b>Active Birth</b> ♦ 9.30am – 12.30pm <i>Wayfield Hub</i> Please call 01634 337470 to book	<b>Baby Group and Self-Weigh</b> 10.00-11.30am Birth to 12 months unless walking <i>Deanwood</i>	<b>Little Chefs *</b> 9.30-11.30am 5 week cooking course <i>Riverside</i>
* To book Little Chefs please call 01634 333741 or e-mail <a href="mailto:change4life@medway.gov.uk">change4life@medway.gov.uk</a>	<b>You and Your New Baby</b> ♦ 10.00-11.30am (5 week course) <i>Wayfield Hub</i>	<b>Bump to Breastfeeding Drop-In / 1:1 appointments</b> 9.30-11.30am <i>Lordswood</i>	<b>Healthy Child Clinic</b> 10.00am-11.30am 2 <sup>nd</sup> & 4 <sup>th</sup> week of each month <b>Bump to Breastfeeding Drop-In</b> 10.00am -12.00pm 2 <sup>nd</sup> & 4 <sup>th</sup> week of each month <i>Parkwood Health Centre</i>	* To book Little Chefs please call or e-mail <a href="mailto:change4life@medway.gov.uk">change4life@medway.gov.uk</a>
<b>You and Your New Baby</b> ♦ 10.00-11.30am (5 week course) <i>Riverside</i>	<b>You and Your New Baby</b> ♦ 1.00-2.30pm (5 week course) <i>Deanwood</i>	<b>Baby Group and Self-Weigh</b> 10.00-11.30am Birth to walkers <i>Wayfield Hub</i>	<b>Baby Group and Self-Weigh</b> 10.00am -12.00pm 2 <sup>nd</sup> & 4 <sup>th</sup> week of each month <i>Parkwood Health Centre</i>	<b>Baby Group and Self-Weigh</b> 1.00-2.30pm Birth to 12 months unless walking <i>Lordswood</i>
<b>Stay and Play</b> 1.15-2.30pm 12 months up to 4 <i>Lordswood</i>		<b>You and Your New Baby</b> ♦ 1.00-2.30pm <i>Lordswood</i>	<b>Baby Group and Self-Weigh</b> 1.30-3.00pm Birth to 12 months unless walking <i>Riverside</i>	<b>Stay and Play</b> 1.30-2.45pm 12 months up to 4 <i>Riverside</i>
<b>Messy Play</b> ♦ 1.00-2.15pm <i>Deanwood</i>		<b>Parent Education</b> ♦ 1.00-2.30pm Introducing Solids (2 <sup>nd</sup> & 4 <sup>th</sup> week) Sleep and Toileting <i>Deanwood</i>	<b>Stay and Play</b> 1.30-2.45 12 months up to 4 <i>Wayfield</i>	<b>Mini Youthie</b> 3.30-6.00pm £3.50 afterschool activity based club for 8-11s <i>Parkwood Youth Centre, ME5 8TH</i>
		<b>Stay and Play</b> 1.30-2.45pm – 12 months up to 4 <i>Riverside</i>	<b>Self-weigh is available at all baby groups</b>	<b>Youth Club</b> 6.30-9.00pm £1 activity based club for 12-16s <i>Parkwood Youth Centre, ME8 9PN</i>
<b>Arches Drop-In</b> 5.00-7.30pm Free drop-in for 12-19s <i>Arches Local Building, ME4 5AA</i>	<b>Lordswood Youth Club</b> 6.00-8.00pm £1 youth club with music, sports and games for 8-12s <i>Lordswood Youth Centre, ME5 8TH</i>	<b>Wednesday Squad</b> 6.30-9.00pm £1 session for young people with additional needs <i>Parkwood Youth Centre, ME8 9PN</i>	<b>Lordswood Youth Club</b> 6.00-8.00pm £1 youth club with games, sports and crafts for 13-16s <i>Lordswood Youth Centre, ME5 8TH</i>	<b>Girls Session</b> 5.00-7.00pm Free fun session just for girls 12-19 <i>Arches Local Building, ME4 5AA</i>
Monday	Tuesday	Wednesday	Thursday	Friday

Wayfield and Rainham Youth Sessions