

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

CHATHAM AND STROOD

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 **CHATHAM & STROOD** – 14th September – 23rd October 2020

Booking only ♦

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1:1 Virtual Support Session ♦ 10.00am—12.00pm For parents with children aged 0—5 years For support around development and behaviour Please call (01634) 338877 to book with Charlie or (01634) 338833 to book with Ty</p>	<p>Music and Movement ♦ 10:00-10:45am 12 months + Fun movement and singing session 4 week course from 22/09/2020 Please call (01634) 338833 to book <i>Spaces are limited</i></p>	<p>Return to School Virtual Support Sessions ♦ 10.00am-12.00pm For parents with children aged 4+ Please e-mail laurenhocking1@medway.gov.uk to book</p>	<p>Baby and Me ♦ 10.00-10:45am Birth to 5 months 5 week course from 24/09/2020 Please call (01634) 335533 to book <i>Spaces are limited</i></p>	<p>1:1 Virtual Support Session ♦ 10.00am—12.00pm For parents with children aged 0—5 years For support around development and behaviour Please call (01634) 338833 to book with Caroline or (01634) 335533 to book with Claire</p>
<p>Baby Bounce and Rhyme ♦ 10.00-10.45am Birth to 12 months To book please call (01634) 335533 <i>Spaces are limited</i></p>	<p>Art and Craft ♦ 10.00-10:45am Fun, easy craft for under 5s To book please call (01634) 335533 <i>Spaces are limited</i></p>	<p>Babbling Babies ♦ 10.-10:45am 6-12 months 5 week course from 23/09/2020 Activities to promote early language Please call (01634) 335533 to book <i>Spaces are limited</i></p>	<p>Baby Bounce and Rhyme ♦ 10.00-10.45am Birth to 12 months To book please call (01634) 338833 <i>Spaces are limited</i></p>	<p>Story Time ♦ 1:00-1:45pm 2+ year olds 4 week course from 25/09/2020 Please call (01634) 338833 to book Read together, sing and learn ways of engaging children in stories. <i>Spaces are limited</i></p>
<p>Understanding Your Child ♦ 1:00-2:15pm 10 week parenting programme for parents with children aged 0-5 years From 28/09/2020 (term time only) Please call (01634) 335533 to book <i>Spaces are limited</i></p>	<p>Little Chefs at Home ♦ 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>Story and Craft ♦ 1.00-1:45pm 2-5 year olds Make stories come alive To book please call (01634) 335533 <i>Spaces are limited</i></p>	<p>Family sing a long ♦ 1.30-2:15pm Under 5's Please call (01634) 335533 to book <i>Spaces are limited</i></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>Baby Group ♦ 1:00—2:00pm Informal group to meet new parents and get support around having a new baby. Birth to 12 months Please call 01634 338833 to book <i>Spaces are limited</i></p>	<p>Make and Play ♦ 11.00-11:45am 1 and 2 year old's Make a sensory bottle or dancing wand and much more Please call (01634) 335533 to book <i>Spaces are limited</i></p>	<p>Fun with Craft ♦ Learn how to make fun and easy crafts for the Early Years 1:00-1.45pm 2+ year olds 4 week course from 23/09/2020</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+)</p>	<p><i>Check the Medway Council website for details of the activities offered by Medway's Youth Centres and Libraries www.medway.gov.uk</i></p>