

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 Children and Family Hubs and Wellbeing Centres

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

Phone: 01634 337733

Email: 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

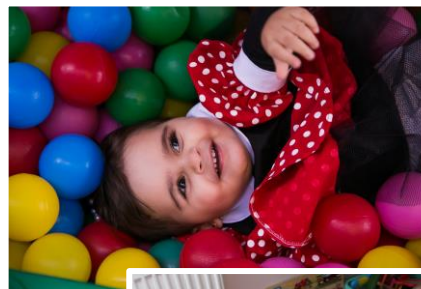
Please note the car park is priority to staff and parking is very limited

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

medway.gov.uk/childrenandfamily www.medwayfisd.com

 Medway Children and Family Service

Phone: 01634 337780



Children and Family Hubs 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

Wayfield and Rainham Timetable 16th April – 20th July 2018

Booking only ◆

Invitation only ●

Monday	Tuesday	Wednesday	Thursday	Friday
Specialist Breast Feeding Drop-In 9.00am-12.00pm Wayfield Hub	Breastfeeding Drop-In 9.30-11.30am Deanwood	Music and Movement ● 9.30-10.30am (until 23 rd May) 1-2 years Riverside	Introducing Solid Foods ◆ 9.30-11.30 2 nd & 4 th week of each month Lordswood **	Healthy Child Clinic 9.30-11.30am 2 nd & 4 th week of each month Wayfield Hub
Childminders Group 9.30-11.00am 4 th Monday of the month Lordswood	Music and Movement ● 9.30-10.30am 1-2 years Lordswood	Sharing Stories ● 9.30 – 10.30am (from 6 th June) 1 – 2 years Riverside	Baby Group and Self-Weigh 10.00-11.30am with Little Food Explorers on the 2 nd Thursday Deanwood	Little Chefs ◆ 9.30-11.30am 5 week cooking course Riverside *
Little Chefs ◆ 9.30-11.30am 5 week cooking course Wayfield Hub *	Breastfeeding Drop-In ◆ 10.00am-12.00pm Lordswood	Healthy Child Clinic 9.30-11.30am 1 st and 3 rd week of each month Lordswood	Healthy Child Clinic 10.00am-12.00pm 2 nd & 4 th week of each month Parkwood Health Centre	Baby Group and Self-Weigh 1.00-2.30pm with Little Food Explorers on the 2 nd Wednesday Lordswood
You and Your New Baby ◆ 9.30-11.30am (5 week course) Riverside**	You and Your New Baby ◆ 10.00am-12.00pm 5 week course Wayfield Hub**	Active Birth ◆ 9.30am – 12.30pm Wayfield Hub (from 4 th July) Please call 01634 337470 to book	Baby Group and Self-Weigh 1.30-3.00pm with Little Food Explorers on the 4 th Thursday Riverside	*To book Little Chefs please call 01634 333741 or e-mail change4life@medway.gov.uk
Stay and Play ◆ 1.30-2.30pm Lordswood Please call 01634 337733 to book	Introducing Solid Foods ◆ 9.30-11.30am 1 st & 3 rd week of each month Riverside**	Baby Group and Self-Weigh 10.00-11.30am with Little Food Explorers on the 2 nd Wednesday Wayfield Hub	Stay and Play ◆ 1.30-2.30pm Wayfield Hub Please call 01634 337733 to book	
**To book 'Introducing Solid Foods' or 'You and Your New Baby' sessions please call 01634 333366 (Option 3)	You and Your New Baby ◆ 1.00 -3.00pm (5 week course) Deanwood **	Parent Information Sessions ◆ Introducing Solid Foods (Weeks 2 & 4), Sleep and Toileting 1.00-3.00pm	Please note changes to the frequency of Healthy Child Clinics start the 1st May – they will remain weekly until then	
	Self weigh is available at all baby groups	You and Your New Baby ◆ 1.00-3.00pm Lordswood		