

## 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 a Welcome to Parenthood Course.

**Rainham & Gillingham Midwives' office – 01634 382 108**

**Call the Midwife for any pregnancy concerns 24 hrs – 01634 825 277**

**Delivery Suite – 01634 825 278      Antenatal Clinic – 01634 825 111**

**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. 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. Medway Community Healthcare offer Healthy Child Clinics, You & Your New Baby groups and sessions on Introducing Solid Foods. To book onto any one of these or for general enquiries please ring **0300 123 3444**

### Services offered by our partners:

**SENDIAS drop-ins**

#### —time slots must be booked

Support and advice for parents with children with EHCP's, SEN or disabilities. Contact Medway SENDIAS on 01634 566 303 for more details and to book a time.

17th April 10am-12pm at The Wayfield & Rainham Children and Family Hub (ME5 0HH)

15th May 10am-12pm at The Gillingham Hub (ME7 2BX)

#### **Family Action Medway Small Steps Drop-ins**

9th April & 14th May 10am-12pm at The Gillingham Children and Family Hub (ME7 2BX)

26th April 10am-12pm at The Wayfield & Rainham Children and Family Hub (ME5 0HH)

21st May 1pm-3pm at The Strood Children and Family Hub (ME2 2HG)

#### **Home-Start Medway**

##### Contact your local Hub

**01634 338 833—Chatham Hub**

**01634 337 733—Wayfield & Rainham Hub**

**01634 335 533—Strood Hub**

**01634 338 877—Gillingham Hub**

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



Medway Family Information Hub



#### ◆ Booking on to our sessions

You now need to request a place for you and your child for our sessions online.

Please visit [https://admissions.medway.gov.uk/synergy/fisd\\_welcome.aspx](https://admissions.medway.gov.uk/synergy/fisd_welcome.aspx) or scan this QR code to register with our centres and request places.

You will receive a confirmation email of your booking and then another email if your request has been accepted.

Please remember to cancel your place either online or by calling one of our hubs if you can't attend

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

15th April - 24th May 2024

Please note some sessions are booking only (◆)

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

Monday	Tuesday	Wednesday		Thursday
<b>Baby Group ♦</b> 9.30—11.00am Birth to 12 months (non-walkers) Informal group to meet other new parents <i>Deanwood—ME8 9TX</i>	<b>Stay and Play ♦</b> 9.30-11.00am 12 months—Under 5s A group to support the development of your child <i>Wayfield—ME5 0HH</i>	<b>Baby Group ♦</b> 9.30—11.00am Birth to 12 months (non-walkers) Informal group to meet other new parents <i>Wayfield—ME5 0HH</i>	<b>Stay and Play ♦</b> 9.30-11.00am 12 months—Under 5s A group to support the development of your child <i>Lordswood—ME5 8NN</i>	<b>Stay and Play ♦</b> 1.00-2.30pm 12 months—Under 5s A group to support the development of your child <i>Riverside—ME8 8ET</i>

**Partner and other sessions on various days and times—please call the number listed for more information**

<b>Singing Mamas Medway</b> A friendly well-being singing group for women - singing for connection, not perfection! For all women, any age, any stage (bumps and non-mothers too). Bring babies/children or come on your own. Some charge may apply. Book a taster or find out more at <a href="http://www.flutterbymusic.co.uk/singingmamas">www.flutterbymusic.co.uk/singingmamas</a> or contact Rachel on <a href="mailto:rachel@flutterbymusic.co.uk">rachel@flutterbymusic.co.uk</a>	<b>Sensory Rooms</b> Our Sensory Rooms are now open for bookings for families with under 7's <i>Deanwood—ME8 9TX</i> Please Call 01634 231 901 to book <i>Strood Hub –ME2 2HG</i> Please call 01634 335 533 to book	<b>Breastfeeding Support</b> <a href="https://besideyoumedway.co.uk/">https://besideyoumedway.co.uk/</a> and click on the 'Interactive map' to access local breastfeeding support. Contact 07791 043 190 or e-mail <a href="mailto:medch.mbn@nhs.net">medch.mbn@nhs.net</a> to find out more about dates, venues and to book	<b>Medway Libraries</b> <b>Baby Bounce and Rhyme</b> Rhyme session for parents and carers with babies <b>Toddler Shake and Boogie</b> Energetic activity sessions for pre-schoolers <b>FREE</b> sessions are held regularly at Medway libraries. Please call your local library for details or look on the Medway Council website. <a href="https://www.medway.gov.uk/info/200181/libraries">https://www.medway.gov.uk/info/200181/libraries</a>	<b>Incredible years for Babies</b> A Free and informal 11-week programme for parent/carers with babies under 6 months. Learn about your baby's 1st year of development. Meet other new parents and learn together. For more information, please call 01634 338833
<b>Little food Explorers</b> (6+months old) during Baby Groups For dates/more information please contact 01634 333 741 or email <a href="mailto:change4life@medway.gov.uk">change4life@medway.gov.uk</a>	<b>Medway Adult Education</b> <b>Baby Yoga</b> 6 week, 1.5 hours per session <b>Baby Massage</b> 5 week, 2-hour per session <i>Rochester Adult Education Centre</i> To book a place please contact: Medway Adult Education on: 01634 338400 or visit <a href="http://www.medwayadulthoodeducation.co.uk">www.medwayadulthoodeducation.co.uk</a>	<b>Medway Pregnancy to Three</b> All of our play sessions are by referral only to support families with emotional well-being, anxiety and bonding through play. We accept self-referrals. Please contact <a href="mailto:medwaypregnancytothree@family-action.org">medwaypregnancytothree@family-action.org</a>	<b>Little Chefs</b> A 6 week cookery course for parents and carers with children aged 2-4. To find out more and book your place please call 01634 333 741 or e-mail <a href="mailto:change4life@medway.gov.uk">change4life@medway.gov.uk</a>	<b>Baby Massage</b> Meet other parents in a relaxed atmosphere and learn how to massage your baby. This 5 week course is held at various locations in Medway. For more information, please call 01634 338833