

THE NEW APP FOR MEDWAY PARENTS

MEDWAY FAMILY HUB APP

Download now for resources, events and more!

www.MedwayFamilyHub.co.uk

Even more free events from local partners can be found on the app!

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 phone **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.

Gillingham Hub: 18 September - 10-12
Chatham Hub: 16 October - 10-12

Home-Start Medway

Home-Start Medway offer a wide range of services from home visiting volunteers to family group support. Please call 01634 570 717 for more information.

Children and Family Hub & Wellbeing Centres

CHATHAM

Magpie Hall Road, Chatham, ME4 5AZ

Group Sessions Timetable

9 September to 18 October 2024



HOW TO BOOK

All of our sessions have limited spaces and so you will need to book your place. You can do this online, just scan the code or visit

[Medway.gov.uk/FamilyHubEvents](https://www.medway.gov.uk/FamilyHubEvents)

or phone the Chatham Hub on **01634 338 833**

Booking confirmation

You'll get two emails — one to say we've received your request, and another to say your booking has been confirmed.

If you can't come, please cancel your booking so another family can attend.

Do this online at **[Medway.gov.uk/FamilyHubEvents](https://www.medway.gov.uk/FamilyHubEvents)**, or phone the Chatham Hub on **01634 338 833**.



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

Little Chefs

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 change4life@medway.gov.uk

Little Food Explorers

For age 6+ months during Baby Groups
For dates/more information please contact 01634 333 741 or email change4life@medway.gov.uk

Sensory Rooms

Our Sensory Rooms are now open for bookings for families with under 7's
Deanwood—ME8 9TX
Please Call 01634 231 901 to book
Strood Hub—ME2 2HG
Please call 01634 335 533 to book
COMING SOON
Chatham – ME5 5AZ

Grow Together

(in collaboration with Family Action)

Pre-school stay and play for children who struggle with sharing/taking turns, socialising and understand age-appropriate play. Please call for more information. 01634 338833
Chatham Hub, Me4 5AZ

Baby Massage

Learn how massage your baby to promote sleep and bonding for under 12 months. This 5-week course is held at various locations in Medway. For more please call 01634 338 833

Singing Mamas Medway

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 www.flutterbymusic.co.uk/singingmamas or contact Rachel on rachel@flutterbymusic.co.uk

Medway Pregnancy to Three

All of Family Action's play sessions are by referral only to support families with emotional well-being, anxiety and bonding through play. We accept self-referrals. Please contact: MedwayPregnancyToThree@family-action.org

Breastfeeding Support

Find your weekly local breastfeeding support groups and friendly locations: BesideYouMedway.co.uk/Interactive-Map or contact 07791 043 190

Incredible Years for Babies

A **FREE** 11-week programme for parents/carers with babies under 6 months. Learn about your baby's first year of development. Meet other new parents and learn together.
Booking now for January 2025
Are you expecting a baby soon?
Give us a call 01634 338 833 or e-mail FsgroupReferrals@medway.gov.uk

For Medway's Youth Centres and Libraries' activities, visit medway.gov.uk

We're 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.**



CHATHAM HUB TIMETABLE

9, September to 18, October 2024

All of our groups are free!

★ All sessions need to be booked as spaces are limited. ★

MONDAYS

Baby Group

Under 12 months (Non walkers)
1-2.30pm
Chatham Hub, ME4 5AZ

Little Food Explorers

For age 6+ months during Baby Groups
23 September 1-2:30
Chatham Hub, ME4 5AZ

TUESDAYS

Stay & Play (Home-Start)

Under 5s

9.30-11am
White Road Community Centre, ME4 5UN

Toddler Play

10 months - under 2s

10-11.30am
Chatham Hub, ME4 5AZ

WEDNESDAYS

Baby Group

Under 12 months (Non walkers)

10-11.30am
Oaklands Wellbeing Centre, ME5 0QS

Stay & Play

Under 5s

1-2.30pm
Delce Wellbeing Centre ME1 2QA

THURSDAYS

Stay & Play

Under 5s

10-11.30am
Chatham Hub, ME4 5AZ

Play and Discover (in collaboration with Family Action)

For parents under 25 years
19 September 1-2.30pm
17 October 1-2.30pm

Chatham Hub, ME4 5AZ
Please call for more information 01634 338 833

FRIDAYS

Stay & Play

Under 5s

10-11.30am
Oaklands Wellbeing Centre, ME5 0QS

Save a Child's Life

20 September 10-12pm

Save a Baby Life

27 September 10-12pm

Please call for more information 01634 338833
Chatham Hub, ME4 5AZ

For full group descriptions visit Medway.gov.uk/FamilyHubEvents