



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:

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.

Family Action Medway Small Steps Drop-ins

For more information contact Medway Small Steps on 01634 913 219

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.

Inclusion Team (SEND)

If you wish to speak to someone directly from the Inclusion Team (SEND, education) you can visit one of our weekly local hub Inclusion drop-in sessions on:
 Monday, 9.15-11.15am, Chatham Hub, ME4 5AZ
 Tuesday, 1.00-3.00pm, Strood Hub, ME2 2HG
 Thursday, 1.00-3.00pm, Wayfield Hub, ME5 0HH
 Friday, 10.00am-12.00pm, Gillingham Hub, ME7 2BX

Children and Family Hub & Wellbeing Centres

WAYFIELD & RAINHAM

Wayfield Road, Chatham, ME5 0HH

Group Sessions Timetable

22, April to 23, May 2025



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

or phone the Wayfield Hub on **01634 33 11 22**

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, or phone the Wayfield Hub on **01634 331 122 option 4**



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

Little Food Explorers

For age 6+ months during some Baby Groups.

Little Chefs

A 6-week cookery course for parents and carers with children aged 2-4.

To find out dates, information or book your place please call 01634 333 741 or e-mail change4life@medway.gov.uk

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 331 122

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

Breastfeeding Support

Find your weekly local breastfeeding support groups and friendly locations:

BesideYouMedway.co.uk/Interactive-Map

Or contact 07791 043 190

medch.mbn@nhs.net for more info

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. Please contact:

MedwayPregnancyToThree@family-action.org

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.

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 Universal Parenting Programme

Understanding Your Baby (0-6 Months)
FREE six-week program invites parents and caregivers to develop a nurturing bond with their babies.

Understanding Your Child (6-14 Months)
FREE six-week program is created to help you nurture and support your toddler while building relationships that help them flourish though out their lives.

To find out more please email us: medwayupp@family-action.org.uk

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.

For more info, please call 01634 338833 or e-mail fsgroupreferrals@medway.gov.uk



WAYFIELD & RAINHAM TIMETABLE

22, April to 23, May 2025

All of our
groups
are free!

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

MONDAYS

Baby Group

Birth to 12 months (non-walkers)

9.30-11am

Deanwood Wellbeing Centre, ME8 9TX

TUESDAYS

Stay and Play

12 months – Under 5s

9.30-11am

Wayfield Hub, ME5 0HH

WEDNESDAYS

Music and Movement

12 months – Under 5s

10-11am

Wayfield Hub, ME5 0HH

THURSDAYS

Stay and Play

12 months – Under 5s

1-2.30pm

Riverside Wellbeing Centre, ME8 8ET

FRIDAYS

Pop –Up Mini Nucleus Messy Play

Under 5s

1.30-2.30pm

Wayfield Hub, ME5 0HH

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