

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

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. 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 in. Support and advice for parents with children with EHCP's, SEN or disabilities

Time slots must be booked

Contact Medway SENDIAS on 01634 566 303 for more details and to book a time.

Next sessions are:

10.00-12.00pm Wayfield 17th April, 21st Aug, 11th Dec.

10.00-12.00pm Gillingham 15th May, 18th Sept.

10.00-12.00pm Strood 13th Mar, 17th July, 13th Nov.

10.00-12.00 Chatham Hub 12th June, 16th Oct

Contact your local Hub

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



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 or scan the QR code to register with our centres and request a place.

Children and Family Hubs and Wellbeing Centres

Gillingham Children and Family Hub Timetable

19 February - 28 March 2024

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
<p>Baby Group and Stay and Play ♦</p> <p>9.30—11.00am</p> <p>Under 5's</p> <p>A group to support the development of your child</p> <p><i>Woodlands ME7 2BX</i></p>	<p>Stay and Play ♦</p> <p>9.30—11.00am</p> <p>12 months—Under 5s</p> <p>A group to support the development of your child</p> <p><i>Burnt Oak ME7 1LS</i></p>	<p>Baby Group ♦</p> <p>1.00—2.30pm</p> <p>Birth to 12 months (non-walkers)</p> <p>Informal group to meet other new parents</p> <p><i>Twydall ME8 6JS</i></p>	<p>Baby Group and Stay and Play ♦</p> <p>1.00-2.30pm</p> <p>Under 5s</p> <p>A group to support the development of your child</p> <p><i>Woodlands ME7 2BX</i></p>



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All of our groups are FREE!

Incredible Years for Babies

An informal 11 week programme for parent/carers with babies under 6 months. Learn about your baby's 1st year of development. Babies attend the session with parent/carer.

Held at various locations across Medway. Are you pregnant? Go on a waiting list until baby arrives.

For more information please call 01634338833

Little Food Explorers

(6+months old) during Baby Groups

For dates/more information please contact 01634 333 741 or email change4life@medway.gov.uk

FREE! BABY MASSAGE CLASSES ♦

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.

Baby massage supports:

Attachment and bonding

Sleep

Wellbeing for parent/carer and baby

For more information or to book a place call the Chatham Children and Family Hub

01634 338833

Breastfeeding Support

<https://besideyoumedway.co.uk/>

and click on the 'Interactive map' to access local

breastfeeding support.

Contact 07791 043 190 or e-mail

medch.mbn@nhs.net