

## 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.

**Castle Team Midwives office 01634 717 755**

**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 in. 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 **10am to 12pm 13 March 2024 at our Strood Hub ME2 2HG**

#### **Homestart Financial Fitness**

Support and guidance around money matters with a financial advisor from Homestart. \* Families must have a child under 8 years old Please call 01634 570717 for more information

#### 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 a place.

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

## Strood Children and Family Hub and Wellbeing Centres timetable

19 February to 28 March 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   | Wednesday  | Thursday  | Friday  |
|--|--|---|---|
| <p><b>◆ Stay and Play</b></p> <p>10.00 to 11.30am<br/>Birth to under 5 years<br/>Supporting the development of your child through socialisation and play<br/>Gun Lane Wellbeing Centre, Strood ME2 4UF</p>                         | <p><b>◆ Step into a story</b></p> <p>10.30am to 12pm<br/>2 to 4 years<br/>Activities and crafts based on a different favourite book each week.<br/>Strood Children and Family Hub, Clifton Close ME2 2HG</p> | <p><b>◆ Toddler play</b></p> <p>9.30 to 11am<br/>Birth to under 2 years<br/>Supporting your toddler through socialisation and play<br/>Strood Children and Family Hub, Clifton Close ME2 2HG</p>  | <p><b>◆ Stay and Play</b></p> <p>9.30 to 11am<br/>Birth to under 5 years<br/>A free group supporting the development of your child through socialisation and play<br/>Cuxton Library ME2 1EY</p>  |
| <p><b>◆ Stay and Play</b></p> <p>9.30 to 11am<br/>Birth to under 5 years<br/>A free group supporting the development of your child through socialisation and play<br/>Hoo Wellbeing Centre, Hundred of Hoo school site ME3 9HH</p> |  |   |   |
| <p><b>◆ Homestart Stay and Play</b></p> <p>Under 5 years<br/>1 to 2.30pm<br/>Strood Children and Family Hub, Clifton Close ME2 2HG<br/>Please contact 01634 570 717 for more information</p>                                       |  | <p><b>◆ Baby Group</b></p> <p>1.00 to 2.30pm<br/>Birth to 12 months (non-walkers)<br/>Free informal group to meet other new parents<br/>Strood Children and Family Hub, Clifton Close ME2 2HG</p> | <p><b>◆ Postnatal fitness with your baby</b></p> <p>1.15 to 2pm<br/>You must be 12 weeks postnatal. Join a small group of parents to exercise with your baby (non crawlers). The free class will be tailored to suit individual fitness levels. <b>Places must be booked.</b><br/>Strood Children and Family Hub, Clifton Close ME2 2HG</p> |

**Partner and other sessions on various days and times—please use contact details listed for more information**

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|---|---|--|---|
| <p><b>New! Baby Massage</b></p> <p>Birth to 12 months<br/>Learn how to massage your baby to promote sleep, bonding and wellbeing. To book your place please call 01634 338 833</p>                            | <p><b>Medway Youth Service</b> - For more information on Youth activities across Medway see the Medway Council website</p>  | <p><b>Little Chefs</b></p> <p><b>Free</b> 6 week cookery course for parents and carers with children aged 2 and a half to 4 years<br/>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></p>    | <p><b>Breastfeeding Support</b></p> <p>Please visit <a href="https://besideyoumedway.co.uk/">https://besideyoumedway.co.uk/</a> and click on the 'Interactive map' to access local breastfeeding support, or contact 07791 043 190</p>  |
| <p><b>Baby Bounce and Rhyme and Toddler Shake and Boogie</b></p> <p><b>FREE</b> sessions regularly at Medway libraries. Please call your local library for details or look on the Medway Council website.</p> | <p><b>Medway Adult Education</b></p> <p><b>Baby Yoga</b><br/>6 week, 1.5 hours per session</p> <p><b>Baby Massage</b><br/>5 week, 2-hour per session</p> <p><i>Rochester Adult Education Centre</i><br/>For more information please contact: Medway Adult Education on: 01634 338 400 or visit <a href="http://www.medwayadulthoodeducation.co.uk">www.medwayadulthoodeducation.co.uk</a></p> | <p><b>Little food Explorers</b><br/>(from 6 months old) in Baby Groups<br/>For dates/more information please contact 01634 333 741 or email <a href="mailto:change4life@medway.gov.uk">change4life@medway.gov.uk</a></p>   | <p><b>Incredible Years for Babies</b></p> <p>A <b>FREE</b> 11 week programme for parent/carers with babies under 6 months. Babies attend the session with parent/carer.<br/>Learn about your baby's first year of development with other new parents and learning together.<br/>Are you expecting a baby soon? Call to register your details and we'll invite you when your baby arrives.<br/>For more information please call <b>01634 338 833</b></p> |
|   |   | <p><b>Sensory Rooms</b></p> <p>We have two free Sensory Rooms available to book for families with children under 7 years old. To arrange your induction please call :</p> <p><i>Deanwood Wellbeing Centre</i><br/>ME8 9TX 01634 231 901</p> <p><i>Strood Hub ME2 2HG</i><br/>01634 335 533</p> | <p><b>Medway Pregnancy to Three</b></p> <p>Various activity sessions across Medway supporting families with emotional well-being, anxiety and bonding through play.</p> <p>Please contact <a href="mailto:medwaypregnancytothree@family-action.org.uk">medwaypregnancytothree@family-action.org.uk</a></p>  |