

## 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**

**Chatham Midwives' office - 01634 337470**

**Strood Midwives' office—01634 717755**

**Call the Midwife for any pregnancy concerns 24 hrs – 01634 825277**

**Delivery Suite – 01634 825278**

**Antenatal Clinic – 01634 825111**

### Health Visiting

Health advice, immunisations, screening and routine health reviews are all important parts of the Healthy Child Programme. They are carried out by health professionals usually Doctors, Midwives, Health Visitors, Practice Nurses and School Nurses. 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. Working in the community, the Health Visiting Service aims to educate parents to enable them to prevent childhood illness, whilst promoting family health and wellbeing.

**Health Visiting Team (MCH) General Enquiries – 03001233444**

### Need a bit of extra support?

Talk to a member of staff to see what support is available.

#### How to join sessions using Microsoft Teams

We are now using Microsoft Teams to deliver a variety of sessions online. To join these calls download Microsoft Teams from the App Store, Google Play or on the Microsoft website.

Once you have booked on a session, we will e-mail you a session link to join at the advertised time.

**Please be advised that ALL sessions are carried out virtually if you would like to speak to a member of the team please call:**

**01634 338833—Chatham Hub**

**01634 337733—Wayfield & Rainham Hub**

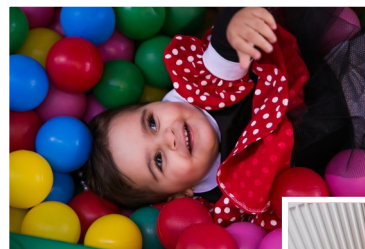
**01634 335533—Strood Hub**

**01634 338877—Gillingham Hub**

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



Medway Children and Family Service Phone: 01634 333821



## Children and Family Hubs and Wellbeing Centres

Medway Children and Family Hubs Virtual Timetable

27th July—21st August 2020

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

# Medway Children and Family Hubs virtual timetable – 27th July – 21st August 2020

Booking only ♦

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1:1 Virtual Support Session</b> ♦ 10.00am—12.00pm For parents with children aged 0—8 years</p> <p>Hannah <b>Please call 01634 335533 to book</b> &amp; Caroline <b>Please call 01634 338833 to book</b></p>	<p><b>Baby Bounce and Rhyme</b> ♦ 10.00-10.45am Birth to 12 months</p> <p>Hannah &amp; Samantha <b>Please call 01634 337733 to book</b> Limited spaces available</p>	<p><b>1:1 Virtual Support Session</b> ♦ 10.00am—12.00pm For parents with children aged 0—8 years</p> <p>Charlie <b>Please call 01634 337733 to book</b> &amp; Caroline <b>Please call 01634 338833 to book</b></p>	<p><b>Story Time</b> ♦ 10.00-10.45am 2+ year olds</p> <p>Danielle &amp; Charlie <b>Please call 01634 335533 to book</b> Limited spaces available</p>	<p><b>1:1 Virtual Support Session</b> ♦ 10.00am—12.00pm For parents with children aged 0—8 years</p> <p>Claire <b>Please call 01634 335533 to book</b> &amp; Caroline <b>Please call 01634 338833 to book</b></p>
<p><b>In the spotlight</b> ♦ 1.00-1:45pm Including sessions with our partners from: Public Health—27th July Health Visiting Team Parenting - 10th August Homestart—17th August <small>(SOME DATES TO BE CONFIRMED)</small> <b>Please call 01634 337733 to book</b></p>	<p><b>Family Song Time</b> ♦ 1.00-1.45pm 1-4 Year olds</p> <p>George &amp; Danielle <b>Please call 01634 338877 to book</b> Limited spaces available</p>	<p><b>Art and Craft</b> ♦ 1.00-1.45pm 2-7 year olds</p> <p>Claire &amp; Danielle <b>Please call 01634 335533 to book</b> Limited spaces available</p>	<p><b>Baby Bounce and Rhyme</b> ♦ 1.00-1.45pm Birth to 12 months</p> <p>Tracey &amp; Julie <b>Please call 01634 338877 to book</b> Limited spaces available</p>	<p><b>In the spotlight</b> ♦ 1.00-1:45pm Including sessions with our partners from: Oral Health Family Action Libraries—7th August Road Safety Team <small>(SOME DATES TO BE CONFIRMED)</small> <b>Please call 01634 338877 to book</b></p>

Check the Medway Council website for details of the activities offered by Medway's Youth Centres and Libraries [www.medway.gov.uk](http://www.medway.gov.uk)

**\*\* Coming Soon \*\***  
**School readiness information sessions for parents**  
**Please visit our Facebook page for more information**  
 Medway Children and Family Service

For more fun and interactive sessions please visit the following Facebook pages:  
Tri for You  
HealthyWay  
A Better Medway  
Medway Libraries  
Medway Youth (8+)

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**Please be advised that ALL sessions are carried out virtually and staff running sessions is subject to change. If you would like to speak to a member of the team please call:**  
01634 338833—Chatham Hub      01634 337733—Wayfield & Rainham Hub      01634 335533—Strood Hub      01634 338877—Gillingham Hub

If you have any health related queries please contact the Health Visiting Team on 03001235005