

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.

Early Pregnancy Booking Line – **01634 717755**

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.

Need a bit of extra support?

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

Strood Children and Family Hub and Wellbeing Centres.

Strood Children & Family Hub, Clifton Close, Strood ME2 2HG – *please note new address*

Phone: 01634 335533 – *please note new phone number*

Gun Lane Wellbeing Centre, Gun Lane, Strood, Kent, ME2 4UF – *please note new name*

Hoo Wellbeing Centre, Hundred of Hoo School, Main Road, Hoo. ME3 9HH

Community Venues

Halling Community Centre, High Street, Halling. ME2 1BS

Cuxton Library, Bush Road, Cuxton. ME2 1EY

Grain Village Hall, Chapel Road, Isle of Grain. ME3 0BY

Wainscott Primary School, Wainscott Road, Wainscott. ME2 4JY

ABC Centre, 13 Mercury Close, Borstal. ME1 3AT

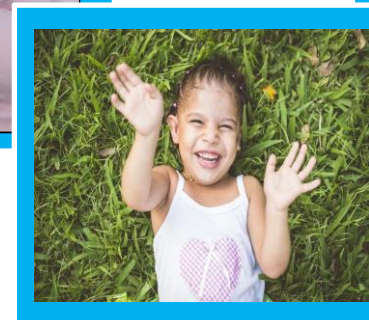
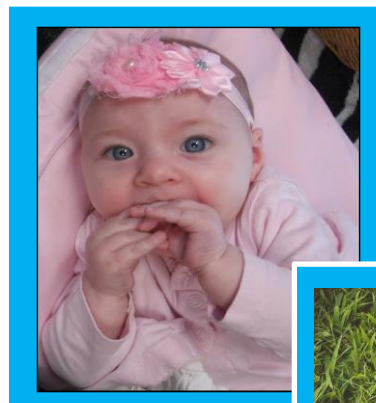
St Helens House, 145 Church Street, Cliffe. ME3 7PY

Allhallows Village Hall, Stoke Road, Allhallows. ME3 9PF

medway.gov.uk/childrenandfamily www.medwayfisd.com

 Medway Children and Family Service

Phone: 01634 335533



Children and Family Hub and Wellbeing Centres

Strood timetable 10 September – 19 October 2018

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 at the centre. This includes talking, texting and taking photographs.



Children and Family Hub

Medway
COUNCIL
Serving You

Strood timetable 10 September – 19 October 2018

Booking only ◆

Invitation only ●

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stay and Play - under 4s 9.15 – 10.30am Grain Village Hall (self weigh available)</p>	<p>Stay and Play ◆ 1 + 2yr olds 9.15 – 10.30am Strood C & F Hub (*note new venue)</p>	<p>Stay and Play - under 4s 9.30 - 10.45am Allhallows Village Hall (self weigh available)</p>	<p>Child Health Clinic 20 September & 18 October 9.30 – 11am Halling Community Centre</p>	<p>Stay and Play – walking to under 4s 9.30 – 10.45am Hoo Wellbeing Centre (* note new day and time)</p>
<p>Stay and Play - under 4s 9.30 – 10.30am Wainscott Primary School (self weigh available)</p>	<p>Child Health Clinic 2 October 10 - 11am St Helens House</p>	<p>You and Your New Baby ◆ 5 week postnatal group 10 - 11.30am Gun Lane Wellbeing Centre To book call: 01634 335533</p>	<p>Child Health Clinic 4 October 9.30 – 11am Cuxton Library</p>	<p>Introduction to Solid Food and Oral Health ◆ 1 – 2.30pm Gun Lane Wellbeing Centre To book call: 01634 335533</p>
<p>Milk Matters ◆ 1 October 9.30 – 11.30am Gun Lane Wellbeing Centre</p>	<p>Stay and Play (0-5 yrs) 9.30 - 11am Delivered by Bo Peeps Preschool Halling Community Centre</p>	<p>Child Health Clinic 12 September & 10 October 1–2.30pm Hoo Wellbeing Centre</p>	<p>NEW - Shake, Rattle & Rhyme including Baby Group - birth to walking only 9.30-11am (No session 4 October) Cuxton Library</p>	<p>Blooming Bumps ◆ Fun, friendly & free stop smoking & relaxation support sessions for mums-to-be Strood C & F Hub To book call 0800 234 6805 or 01634 334800</p>
<p>Child Health Clinic 10, 24 September & 8 October 1 - 3pm Strood C & F Hub (*note new venue)</p>	<p>Baby Group – birth to walking only 1.15 – 2.45pm Hoo Wellbeing Centre (*note new day and time)</p>	<p>Health Visitor Workshops ◆ Sleep/Toileting/Introducing solids 1-2.30pm (various dates to book) Hoo Wellbeing Centre To book call: 01634 335533</p>	<p>You and Your New Baby ◆ 5 week postnatal group 1 – 2.30pm Hoo Wellbeing Centre To book call: 01634 335533</p>	
<p>Little Chefs (2-5 yrs) ◆ 5 week course Hoo Wellbeing Centre To book your place call: 333741 E: change4life@medway.gov.uk</p>		<p>Baby Group – birth to walking only 1.15 – 2.45pm Gun Lane Wellbeing Centre</p>	<p>Stay and Play ◆ walking to under 4s 1.30 – 2.30pm Gun Lane Wellbeing Centre</p>	
		<p>Child Health Clinic 26 September 1.30 – 3.30pm ABC Community Project</p>		
		<p>Little Chefs (2-5 yrs) ◆ 5 week course Gun Lane Wellbeing Centre To book your place call: 333741 E: change4life@medway.gov.uk</p>		

Self weigh is available at all Baby groups

With the exception of Baby Groups, older and younger siblings are welcome to attend sessions. However the activities provided are aimed at the age range stated.