

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 their 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 – 03001235005 (option 2 then 3)

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

Phone: 01634 335533

Gun Lane Wellbeing Centre, Gun Lane, Strood, Kent, ME2 4UF

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

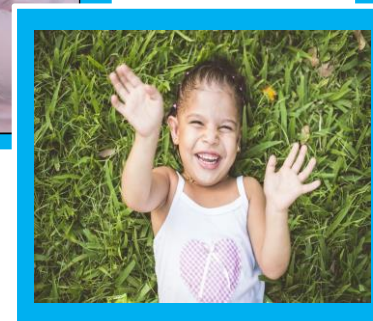
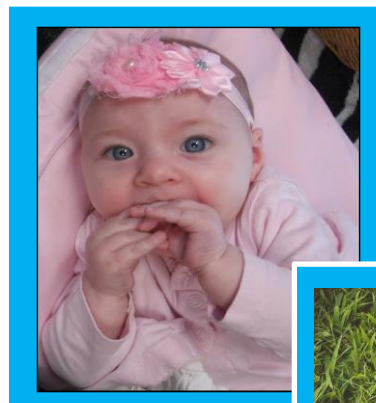
St Helens House, 145 Church Street, Cliffe. ME3 7PY

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

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

 Medway Children and Family Service

Phone: 01634 731560



Children and Family Hub and Wellbeing Centres

Strood timetable 24 July – 6 September 2019

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 24 July – 6 September 2019

◆ These sessions are booking **only**. Please call the Hub on 01634 335533 to book your place

Monday	Tuesday	Wednesday	Thursday	Friday
<p>◆ Milk Matters Expecting a baby? Information session on all infant feeding. 5 August & 2 September 9.30 – 11.30am Strood Children and Family Hub</p>	<p>◆ Just crafting around - 5-12 year olds (and younger siblings) Step into summer and get messy with the all the family. Come along and find your inner arty self! (Please dress appropriately for art activities) 10am-12pm Strood Children and Family Hub 30 July – ‘The beach’ 6 August – ‘Messy play’ 13 August – ‘Big art’ 20 August – ‘Let’s get crafty’</p>	<p>Strood Hub Fun Day Strood Youth Centre 28 August 11am-2pm All ages welcome to join in the free games and fun activities. Why not bring a picnic?</p>	<p>Chatham Hub Fun Day Magpie Hall Road, Chatham 1 August 12-3pm All ages welcome to join in the free games and fun activities.</p>	<p>◆ Stay and Play - under 5s (and older siblings up to 7yrs) 9.30 – 10.45am <i>Hoo Wellbeing Centre</i> 2 August – ‘Step into a story’ 16 August – ‘Fun in the sun’ 30 August – ‘Under the sea’</p>
<p>Wainscott – Chancel Drive (Liberty Park) 19 August Free fun activities in your local park for all ages. Strood Hub and Youth Centre – under 8s must be with an adult 12.15-2.45pm</p>	<p>Child Health Clinic 6 August & 3 September 9.30 – 11.30am <i>St Helens House</i></p>	<p>◆ ‘Project Play Wild’ 11am-1pm 31 July – Strood Youth Centre 7 August – Strood C&F Hub 21 August - Strood C&F Hub Fun, exciting outdoor activities for the whole family to enjoy together. Wear suitable clothes!!</p>	<p>◆ Games and more....! 5-10 year olds (and younger siblings) Games, competitions and good old fashioned fun! 10-11.30am Strood Children and Family Hub 8 August – Games! 15 August – Building challenge! 22 August – Make things that fly! 29 August – Games!</p>	<p>Family picnic and fun 9 August 12-2pm <i>Gun Lane Wellbeing Centre</i> All ages welcome to join in the free games and fun activities. Bring a healthy picnic.</p>
<p>◆ Stay and Play - under 5s (and older siblings up to 7yrs) 1.15 – 2.30pm <i>Gun Lane Wellbeing Centre</i> (self weigh available) 29 July – ‘Fun in the sun’ 5 August – ‘Under the sea’ 12 August – ‘Build and explore’ 19 August – ‘Step into a story’</p>	<p>Wayfield Hub Fun Day Deanwood Primary School 6 August 10am-1pm All ages welcome to join in the free games and fun activities. Why not bring a picnic?</p>	<p>Allhallows Beach 31 July 10am-12pm Meet for some fun at your local beach! Park on Avery Way and walk through Haven Holiday Park</p>	<p>Cliffe Park, Church Street (by Social Club ME3 7PT) 22 August Free fun activities in your local park for all ages. Strood Hub and Youth Centre – under 8s must be with an adult 1.30-4pm</p>	<p>◆ Blooming Bumps Fun, friendly and free stop smoking and relaxation support sessions for mums-to-be <i>Strood C & F Hub</i> <i>To book call 0800 234 6805 or 01634 334800</i></p>
	<p>Grain – Recreation ground, Green Lane 20 August Free fun activities in your local park for all ages. Strood Hub and Youth Centre – under 8s must be with an adult 12.15-2.45pm</p>	<p>Bligh Park, Bligh Way 14 August Free fun activities in your local park for all ages. Strood Hub and Youth Centre – under 8s must be with an adult 12.15-2.45pm</p>	<p>◆ You and Your New Baby FREE 5 week group for families with a new baby covering a different topic each week. <i>Various dates/times/venues</i> <i>For more information and to book call: 01634 335533</i></p>	<p>◆ Introduction to Solid Food and Oral Health 1 - 3pm Strood Children and Family Hub <i>To book call: 01634 335533</i></p>
		<p>Child Health Clinic 14 August 12.30 – 1.45pm <i>Hoo Wellbeing Centre</i></p>		<p>Gillingham Hub Fun Day 23 August 9.30-11am All ages welcome to join in the free games and fun activities.</p>

◆ Sensory Room

The sensory room at the Hub is available to use FREE of charge by families within our reach area (ME2, ME3 and some ME1).The room is suitable for families with under 5s and siblings up to 7 yrs old after an initial induction. *Call: 01634 335533 for more information or to book.*

Check the Medway Council website for details of the activities offered by Medway’s Youth Centres and Libraries this summer too! www.medway.gov.uk