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.

Useful Contact Numbers
Chatham Midwives’ Office – 01634 337470
Rainham Midwives’ Office – 01634 382108
Call the Midwife for any pregnancy concerns 24hrs – 01634 825277

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 – 01634 333366 (option 3)

Wayfield and Rainham Children and Family Hub and Wellbeing Centres

Wayfield Hub, Wayfield Road, Chatham, Kent, ME5 0HH
Phone: 01634 337733 Email: wayfieldcc@medway.gov.uk

Lordswood Well Being Centre, Lordswood Lane, Chatham, Kent, ME5 8NN
*Please note parking is prohibited in the school grounds, please park outside the school site*

Riverside Well Being Centre, St Edmunds Way, Rainham, Kent, ME8 8ET
*Please note the car park is priority to staff and parking is very limited*

Deanwood Well Being Centre, Long Catlis Road, Rainham, Kent, ME8 9TX

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.
### Wayfield and Rainham Timetable 3rd September – 19th October 2018

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Music and Movement</strong></td>
<td><strong>Bump to Breastfeeding Drop-In</strong></td>
<td><strong>Introducing Solid Foods</strong></td>
<td><strong>Healthy Child Clinic</strong></td>
<td><strong>Healthy Child Clinic</strong></td>
</tr>
<tr>
<td>9.30-10.30am</td>
<td>9.30-11.30am</td>
<td>10.00-11.30am</td>
<td>9.30-11.30am</td>
<td>9.30-11.30am</td>
</tr>
<tr>
<td>Walkers up to 4</td>
<td>Walkers up to 4</td>
<td>2nd &amp; 4th week of each month</td>
<td>2nd &amp; 4th week of each month</td>
<td>2nd &amp; 4th week of each month</td>
</tr>
<tr>
<td>Lordswood</td>
<td>Wayfield Hub</td>
<td>Lordswood</td>
<td>Lordswood</td>
<td>Lordswood</td>
</tr>
<tr>
<td><strong>Childminders Group</strong></td>
<td><strong>You and Your New Baby</strong></td>
<td><strong>Baby Group and Self-Weigh</strong></td>
<td><strong>Stocking Group</strong></td>
<td><strong>Little Chefs</strong></td>
</tr>
<tr>
<td>9.30-11.00am</td>
<td>10.00-11.30am (5 week course)</td>
<td>10.00-11.30am</td>
<td>10.00-11.30am</td>
<td>9.30-11.30am</td>
</tr>
<tr>
<td>4th Monday of the month</td>
<td>Wayfield Hub</td>
<td>Birth to walkers</td>
<td>Riverside</td>
<td>Lordswood</td>
</tr>
<tr>
<td>Lordswood</td>
<td></td>
<td>Wayfield Hub</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Little Chefs</strong></td>
<td><strong>You and Your New Baby</strong></td>
<td><strong>Baby Group and Self-Weigh</strong></td>
<td><strong>Healthy Child Clinic</strong></td>
<td><strong>Baby Group and Self-Weigh</strong></td>
</tr>
<tr>
<td>* To book Little Chefs please call 01634 333741 or e-mail <a href="mailto:change4life@medway.gov.uk">change4life@medway.gov.uk</a></td>
<td>9.00-2.30pm (5 week course)</td>
<td>10.00-11.30am</td>
<td>10.00am-11.30am</td>
<td>1.00-2.30pm</td>
</tr>
<tr>
<td><strong>Stay and Play</strong></td>
<td><strong>Bump to Breastfeeding Drop-In / 1:1 appointments</strong></td>
<td><strong>Healthy Child Clinic</strong></td>
<td><strong>Mini Youthie</strong></td>
<td><strong>Youth Club</strong></td>
</tr>
<tr>
<td>1.15-2.30pm</td>
<td>9.30-11.30am</td>
<td>10.00am-12.00pm</td>
<td>3.30-6.00pm £3.50 afterschool activity based club for 8-11s</td>
<td>6.30-9.00pm £1 activity based club for 12-16s</td>
</tr>
<tr>
<td>Walkers up to 4</td>
<td></td>
<td>2nd &amp; 4th week of each month</td>
<td>Parkwood Youth Centre, ME5 8TH</td>
<td>Parkwood Youth Centre, ME8 9PN</td>
</tr>
<tr>
<td>Lordswood</td>
<td></td>
<td>Riverside</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Messy Play</strong></td>
<td><strong>You and Your New Baby</strong></td>
<td><strong>Parent Education</strong></td>
<td><strong>Self-weigh is available at all baby groups</strong></td>
<td><strong>Girls Session</strong></td>
</tr>
<tr>
<td>1.00-2.15pm</td>
<td>10.00-11.30am (5 week course)</td>
<td>9.30-11.30am</td>
<td><strong>You and Your New Baby</strong></td>
<td>5.00-7.00pm</td>
</tr>
<tr>
<td>Starting 24th September</td>
<td>Deanwood</td>
<td>Lordswood</td>
<td>1.00-2.30pm</td>
<td>Free fun session just for girls 12-19</td>
</tr>
<tr>
<td>Lordswood</td>
<td></td>
<td></td>
<td>Starting 26th September</td>
<td>Arches Local Building, ME4 5AA</td>
</tr>
<tr>
<td><strong>Wayfield and Rainham Youth Sessions</strong></td>
<td><strong>Stay and Play</strong></td>
<td><strong>Bump to Breastfeeding Drop-In</strong></td>
<td><strong>Arches Drop-In</strong></td>
<td><strong>Arches Local Building, ME4 5AA</strong></td>
</tr>
<tr>
<td><strong>Arches Drop-In</strong></td>
<td><strong>You and Your New Baby</strong></td>
<td><strong>Introducing Solid Foods</strong></td>
<td><strong>Lordswood Youth Club</strong></td>
<td><strong>Lordswood Youth Club</strong></td>
</tr>
<tr>
<td>5.00-7.00pm</td>
<td>1.00-2.30pm</td>
<td>10.00-11.30am</td>
<td>6.00-8.00pm £1 youth club with music, sports and games for 8-12s</td>
<td>6.00-8.00pm £1 youth club with games, sports and crafts for 13-16s</td>
</tr>
<tr>
<td>Free drop-in for 12-19s</td>
<td></td>
<td></td>
<td>Lordswood Youth Centre, ME4 5AA</td>
<td>Lordswood Youth Centre, ME5 8TH</td>
</tr>
<tr>
<td>Arches Local Building, ME4 5AA</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Contact Information

- Medway Children and Family Service
- ME4 5AA
- Phone: 01634 337733
- E-mail: change4life@medway.gov.uk

*Please call (01634) 337733 to book*

## Medway Children and Family Service

- **Stay and Play - Free drop-in for 12-19s**
  - **Arches Local Building, ME4 5AA**

- **Wayfield Drop-In**
  - **Lordswood Youth Centre, ME4 5AA**
  - **Parkwood Youth Centre, ME5 8TH**
  - **Lordswood Youth Centre, ME8 9PN**

- **Little Chefs**
  - **Lordswood Youth Centre, ME5 8TH**

- **Bump to Breastfeeding**
  - **Wayfield Hub**
  - **Lordswood Youth Centre, ME4 5AA**
  - **Parkwood Health Centre**

- **Introducing Solid Foods**
  - **Wayfield Hub**
  - **Lordswood Youth Centre, ME8 9PN**

- **You and Your New Baby**
  - **Wayfield Hub**
  - **Lordswood Youth Centre, ME4 5AA**
  - **Parkwood Youth Centre, ME5 8TH**
  - **Lordswood Youth Centre, ME8 9PN**

- **Healthy Child Clinic**
  - **Wayfield Hub**
  - **Lordswood Youth Centre, ME4 5AA**
  - **Parkwood Health Centre**

- **Parent Education**
  - **Wayfield Hub**
  - **Lordswood Youth Centre, ME4 5AA**

- **Mini Youthie**
  - £3.50 afterschool activity based club for 8-11s
  - **Parkwood Youth Centre, ME5 8TH**

- **Youth Club**
  - £1 activity based club for 12-16s
  - **Parkwood Youth Centre, ME8 9PN**

- **Girls Session**
  - Free fun session just for girls 12-19
  - **Arches Local Building, ME4 5AA**

---

*Wayfield and Rainham Youth Sessions*

- **Arches Drop-In**
  - **Arches Local Building, ME4 5AA**

- **Lordswood Youth Club**
  - **Lordswood Youth Centre, ME4 5AA**
  - **Parkwood Youth Centre, ME5 8TH**

- **Wednesday Squad**
  - **Parkwood Youth Centre, ME5 8TH**

- **Lordswood Youth Club**
  - **Lordswood Youth Centre, ME5 8TH**

---

**Booking only please call (01634) 337733 ♦ Invitation only ●**