



Welcome to our first Area Meeting Newsletter—in the future we will hopefully be able to bring this to you virtually

## Children and Family Area Hubs

Children and Family Area Hubs are still operating with the staff either working from home or some are even working at the Hubs. Hubs are still very proactive in supporting families in need. Foodbank vouchers are either issued or workers are collecting/delivering the food parcels to people. The Hubs are also open for essential visits e.g. midwife or can be a place of safety if DA concerns arise. Professionals/Families can continue to call the Hubs with queries or for signposting, listed below are all the contact information:

### Strood, Peninsula & Rochester West

Tel: 01634 335533  
 Email: [stroodhub@medway.gov.uk](mailto:stroodhub@medway.gov.uk)  
 EHC: Kate Andreou

### Rochester East, Chatham & Walderslade

Tel: 01634 338833  
 Email: [chathamhub@medway.gov.uk](mailto:chathamhub@medway.gov.uk)  
 EHC: Lisa Rushton  
 EHPO: Kelly Croucher

### Gillingham & Twydall

Tel: 01634 338877  
 Email: [gillinghamhub@medway.gov.uk](mailto:gillinghamhub@medway.gov.uk)  
 EHC: Gill Ransley & Lynda Jackaman

### Luton & Rainham

Tel: 01634 337733  
 Email: [wayfieldhub@medway.gov.uk](mailto:wayfieldhub@medway.gov.uk)  
 EHC: Angela Bostock  
 EHPO: Michelle Kagan



Do you need further support? Please see these other wellbeing services available

⇒ Children refusing school?

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-school-refusal/>

⇒ Loneliness and relationships • Self-image and self-esteem • Sleep • Online trolling and bullying

<https://www.rsph.org.uk/.../fr.../looking-after-your-selfie.html>

⇒ North Kent Mind Aspirations project

<https://northkentmind.co.uk/aspirations/>

⇒ Adult Mental Health

<https://www.medwayccg.nhs.uk/local-services>



⇒ Kooth—Your online mental wellbeing community for ages 11-25 years

<https://www.kooth.com>

## Helping you and your family stay well and feel good



### Monday

10.30am Mindfulness  
 2pm Exercise at home

### Tuesday

10am Healthy walks  
 Routes across Medway  
 12noon Alcohol, drugs and sexual health advice

### Wednesday

12noon Stop Smoking **LIVE**  
 From Wednesday, 24 June  
 2pm Little Food Explorers **LIVE**

### Thursday

4pm Family goals

### Friday

10.30am Breastfeeding advice **LIVE**  
 12noon Family cooking  
 Three-way recipes  
 4pm Weekend picnic ideas

@abettermedway

[medway.gov.uk/staywellathome](http://medway.gov.uk/staywellathome)



## **Housing Support** - General enquiries

If you are experiencing financial difficulties or struggling to pay rent then contact Housing now.

We can provide practical help and support with rent and housing issues. Phone 01634 333600 or email: [housing@medway.gov.uk](mailto:housing@medway.gov.uk)

Council Housing Tenants

Medway Council Housing Services is dedicated to supporting our residents if they have been affected by Coronavirus, working with tenants to protect their tenancies.

If you are struggling to pay your rent please call us on 01634 333344 to let us know your situation and how we may be able to help or email: [housingofficers@medway.gov.uk](mailto:housingofficers@medway.gov.uk)

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## **Parenting Support** - Anthony Pallett - [anthony.pallett@medway.gov.uk](mailto:anthony.pallett@medway.gov.uk)

\*We will be delivering parenting groups via Microsoft teams (virtual).

\*Due to current restrictions and capacity the majority of parenting support delivered will be Triple P.

\*This will be under 5s (**2-4 years**) Triple P Primary (**5-11 years**) Triple P ADHD (**5-11 years**) Triple P Teens (**12-17 years**) Incredible Years (**5-11 years**)

\*Complete a referral form as normal, and they will then be allocated to the next appropriate group.

\*Capacity depending we will continue with phone consultations.

\*For parents that are willing and able our Intention is to continue the delivery as above through the summer holidays.

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## **Public Health Medway Council** - [suzanne.ward@medway.gov.uk](mailto:suzanne.ward@medway.gov.uk)

Check out Facebook Tri for You Page - our regular sessions for the Early Years are:

Wednesday 2pm- **Little Food Explorers Live!** – Introducing solids

Friday at 10am- **Breastfeeding support** - on the Beside You Facebook page

Friday 12pm- **Tri it 3 ways** – family cooking focusing on a different food each week

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## **Family Action** - [www.family-action.org.uk](http://www.family-action.org.uk)

Referrals are still being accepted, albeit only telephone support is available at the moment. A lot of families are making use of WhatsApp so that video calls can be made.

Stay and play sessions, baby massage, and Solihull via Zoom to families are still being delivered.

Facebook group is open to all families in Medway with a child under 2.

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## **Active Families** - [Tobin.May@family-action.org.uk](mailto:Tobin.May@family-action.org.uk)

Active Families help disadvantaged families be more physically active and eat more healthily and are looking to recruit for September 2020. The service is usually an after school club run in the Medway area but are at present operating in a virtual way.. If any of your agencies have families that they think might benefit then please make contact.

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## **Young Carers** - Steve Ribbens - [www.carersfirst.org.uk](http://www.carersfirst.org.uk)

Our referral process is open as usual and we are happy to take referrals via email and phone.

As soon as guidance from Government is clear and assessed we will be looking to extend our activities and support back from virtual to actual.

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Building stronger families

SEN and Disability Information, Advice and Support

Medway sendias



## Family Action Medway SENDIAS Service

The SENDIAS service is here to empower parents/ carers, children and young people with special educational needs and disabilities by providing free impartial information, advice and support.

What can we offer?

- Free impartial and confidential information, advice and support in relation to education, health and social care
- Support to express your views, wishes and feelings
- Support at meetings with schools and the Local Authority
- Help to complete SEND related paperwork
- Signposting to other support services

Telephone: 01634 566 303

Email: [medwaysendias@family-action.org.uk](mailto:medwaysendias@family-action.org.uk)

Website: [www.medway-sendias.org.uk](http://www.medway-sendias.org.uk)

Registered as a Charity in England & Wales: 264713

## Home-Start Medway

- \*Open for business
- \*Non- judgemental help and support for families
- \*Currently offering volunteer led telephone befriending support
- \*Recruiting and training new volunteers
- \*Hardship and crisis support

More information available from:

Email: [manager@home-startmedway.org.uk](mailto:manager@home-startmedway.org.uk)

Web: [www.home-startmedway.org.uk](http://www.home-startmedway.org.uk)

Facebook: [www.facebook.com/HomeStartMed/](https://www.facebook.com/HomeStartMed/)

Twitter: [www.twitter.com/HomeStartMedway](https://www.twitter.com/HomeStartMedway)



## Domestic abuse - 24/7 specialist support is available from Choices, Medway Domestic Abuse Service

Help is always here: The coronavirus (COVID-19) outbreak means we're all having to stay at home to keep safe, but that doesn't mean you won't be heard if you have an abusive partner or family member who you're living with, or you know someone who is...



All of the links and contact details are available here;

[www.medway.gov.uk/onlineyouthwork](http://www.medway.gov.uk/onlineyouthwork)

Or email

[youth.enquiries@medway.gov.uk](mailto:youth.enquiries@medway.gov.uk)



## Drug and Alcohol Referral Information

YP referrals and 1-1 support - [Lisa.Colquhoun@openroad.org.uk](mailto:Lisa.Colquhoun@openroad.org.uk)

Groups Young people - <https://www.openroad.org.uk/medway-young-peoples-centre>

DUST training [Nicha.Dyett@openroad.org.uk](mailto:Nicha.Dyett@openroad.org.uk)



Men's Mental Health Talk Club

The group allows Men to meet and chat and support each other through difficult times and one of the Coordinators works for the Mental Health Charity PorchLight. Please do encourage any male family members or friends who might need support to join the group.

For more information there is a video and face book page;

<https://m.youtube.com/watch?v=R4pewJKJ-JU>

<https://www.facebook.com/groups/289453978697272?ref=share>

## **NSPCC Gillingham** - General enquiries

Are currently accepting referrals to the following services. Please note that due to the Covid-19 pandemic, the service centre is currently closed but please contact us on 01634 564688 where a duty worker will be able to help you with queries/referrals for our services:

**Seeking Solutions** – 1:1 service for 7-18 year olds where the young person is able to identify goals they would like to work on.

**DART** (Domestic abuse recovering together) - Domestic abuse group for children aged 7-14 years and their mother who are no longer in domestically abusive relationships.

**LTFI** (Letting the Future In) – 1:1 support for children aged 4-17 years whom have disclosed sexual abuse.

**InCtrl** – New service launching on 3<sup>rd</sup> August 2020 - group work programme to work with children aged 9-13 yrs to prevent sexual abuse online.

There is further information regarding these service on our website: <https://www.nspcc.org.uk/keeping-children-safe/our-services/childrens-services/>

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## **Children and Family Hubs**

Children and Family Hubs will be delivering virtual groups/1:2:1 support via teams to families over the summer. We also hope to launch webinars for parents with children transitioning into nursery or pre-school and from nursery/pre-school to reception in September. More information on these sessions will be available soon. Please check <https://www.facebook.com/medwayfamily/> <https://www.medway.gov.uk/familyhubs> for details

These sessions will be limited, priority will be given to vulnerable families.

Targeted Groups Team Leaders.

Nicky Silby – Chatham 01634 338833

Alison Peake – Rainham and Wayfield 01634 337733

Sue Toman – Gillingham 01634 33773

Anita Smith – Strood 01634 335533

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## **Strengthening Minds - 07933 872615—supporting local residents and families**

**Zoom Coffee mornings— Gillingham: Thursday 11 am- 12 pm**

<https://us02web.zoom.us/j/85963109502?pwd=VHdSRVhaVmFHNHAWdHhRVG0yZlRmUT09>

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**All Saints Community Project Trust**—supports Chatham community with a range of things including free food



& financial help

Facebook Page/[www.allsaintscommunityproject.org.uk](http://www.allsaintscommunityproject.org.uk)

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## **Update from ASSA—christine.clarke@medway.gov.uk**

ASSA will be following up any school attendances going back 6 months before the lock-down period, and will still consider prosecution even if the child has been removed for home schooling. (This does not include the time period where the government made the decision to close schools).

There is no follow up with students in years 12 and 13 as these year groups are not statutory.

September will see the beginning of following new cases where children are not attending school.