



Even more free events from local partners can be found on the app!

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 a Welcome to Parenthood Course.

Castle Team Midwives office 01634 717 755

Call the Midwife for any pregnancy concerns 24 hrs – 01634 825 277

Delivery Suite – 01634 825 278

Antenatal Clinic – 01634 825 111

Self-referral for midwifery services:

www.medway.nhs.uk/services/maternity

Health visiting

Health advice, immunisations, screening and routine health reviews are all important parts of the Healthy Child Programme. 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.

Medway Community Healthcare offer Healthy Child Clinics, You & Your New Baby groups and sessions on Introducing Solid Foods.

To book onto any one of these or for general enquiries please phone **0300 123 3444**

Services offered by our partners

SENDIAS drop-ins —time slots must be booked

Support and advice for parents with children with EHCP's, SEN or disabilities. Contact Medway SENDIAS on **01634 566 303** for more details and to book a time.

Family Action Medway Small Steps Drop-ins

Call **01634 913 219** for details of the next session

Home-Start Medway

Home-Start Medway offer a wide range of services from home visiting volunteers to family group support. Please call **01634 570 717** for more information.

Inclusion Team (SEND)

If you wish to speak to someone directly from the Inclusion Team (SEND, education) you can visit one of our weekly local hub Inclusion drop-in sessions on:
Mondays, 9.15-11.15am, Chatham Hub, ME4 5AZ
Tuesdays, 1.00-3.00pm, Strood Hub, ME2 2HG
Thursdays, 1.00-3.00pm, Wayfield Hub, ME5 0HH
Fridays, 10.00am-12.00pm, Gillingham Hub, ME7 2BX

Children and Family Hub & Wellbeing Centres

STROOD

Clifton Close, Rochester, ME2 2HG

Group Sessions Timetable

21, July to 29, August 2025



HOW TO BOOK

Our sessions have limited spaces and so you will need to book your place. You can do this online, just scan the code or visit

Medway.gov.uk/FamilyHubEvents

or call the Strood Hub on **01634 331 122**

Booking confirmation

You'll get two emails — one to say we've received your request, and another to say if your booking has been confirmed. Please check the venue on the app or website

If you can't come, please cancel your booking so another family can attend.

Do this online at **Medway.gov.uk/FamilyHubEvents**, or phone the Strood Hub on **01634 331 122 option 2**



Summer Fun Day and Welcome to Medway event

13 Aug, 11am - 2pm
Gun Lane Wellbeing Centre, ME2 4UF

Free fun activities including games and crafts for the whole family – no need to book, just come along.

Meet local partner agencies and find out about the help and support available to all families in Medway

Breastfeeding Support

Find your weekly local breastfeeding support groups and friendly locations: BesideYouMedway.co.uk/Interactive-Map
Or contact 07791 043 190
medch.mbn@nhs.net for more info

Medway Libraries

Free sessions are held regularly at Medway Libraries.
Please call your local library for details or look on the Medway Council Website for more information.
Medway.gov.uk/Libraries

Sensory Rooms

Our Sensory Rooms are now open for bookings for families with under 7's
Deanwood - ME8 9TX
Strood Hub - ME2 2HG
Chatham - ME4 5AZ

Please call 01634 331 122 to book

We're 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.



STROOD HUB TIMETABLE

21, July to 29, August 2025

★ All sessions need to be booked as spaces are limited. ★



MONDAYS

Holiday Activity
The Very Hungry Caterpillar theme
Under 8s
21 July, 10-11.30am
Gun Lane Wellbeing Centre, ME2 4UF

Holiday Activity
Under the Sea theme
Under 8s
28 July, 1-2.30pm
Gun Lane Wellbeing Centre, ME2 4UF

Holiday Activity
Build it! theme
Under 8s
4 Aug, 10-11.30am
Gun Lane Wellbeing Centre, ME2 4UF

Holiday Activity
Down on the Farm theme
Under 8s
18 Aug, 1-2.30pm
Gun Lane Wellbeing Centre, ME2 4UF

TUESDAYS

Holiday Activity
Ooey Gooley Messy play theme
Under 8s
26 Aug, 10-11.30am
Gun Lane Wellbeing Centre, ME2 4UF

WEDNESDAYS

Holiday Activity
Bugs, Butterflies and Creepy Crawlies theme
All ages
July 30, 10-11.30am
Strood Hub, ME2 2HG

Summer Fun Day and Welcome to Medway event
All ages
13 Aug, 11am -2pm
Gun Lane Wellbeing Centre, ME2 4UF

THURSDAYS

Holiday Activity
Out of this World! (Space) theme
All ages
July 24, 1-2.30pm
Strood Hub, ME2 2HG

Holiday Activity
Let's get moving! theme
All ages
August 21, 10-11.30am
Strood Hub, ME2 2HG

Holiday Activity
Mermaids and Pirates theme
All ages
28 Aug, 1-2.30pm
Strood Hub, ME2 2HG

FRIDAYS

Holiday Activity
I can see a Rainbow theme
Under 8s
1 Aug, 9.30-11am
Cuxton Library, ME2 1EY

Holiday Activity
Animal Planet theme
Under 8s
8 Aug, 9.30-11am
Hoo Wellbeing Centre, ME3 9HH

Holiday Activity
Diggers and Dinosaurs theme
Under 8s
15 Aug, 9.30-11am
Cuxton Library, ME2 1EY

Holiday Activity
Things that move theme
Under 8s
22 Aug, 9.30-11am
Hoo Wellbeing Centre, ME3 9HH

For full group descriptions visit Medway.gov.uk/FamilyHubEvents