

USEFUL CONTACTS

Saxon Way Children's Centre

Church Path,
Gillingham,
Kent.

ME7 1SJ

01634 583646

Text us on: 07950 081061

www.saxon-way-medway.org.uk



Family Information Service

01634 335566

Monday – Thursday 8.30am to 5.50pm

Friday 8.30am to 5pm

Email – familyinfo@medway.gov.uk

Website – www.medway.gov.uk/childcare



Medway Council

01634 306000

Website – www.medway.gov.uk



Citizen Advice Bureau

37-39 Balmoral Road
Gillingham

Kent. ME7 4PF

01634 383760

Email – info@cabmedwayadvice.org.uk

Website – www.medwayadvice.org.uk

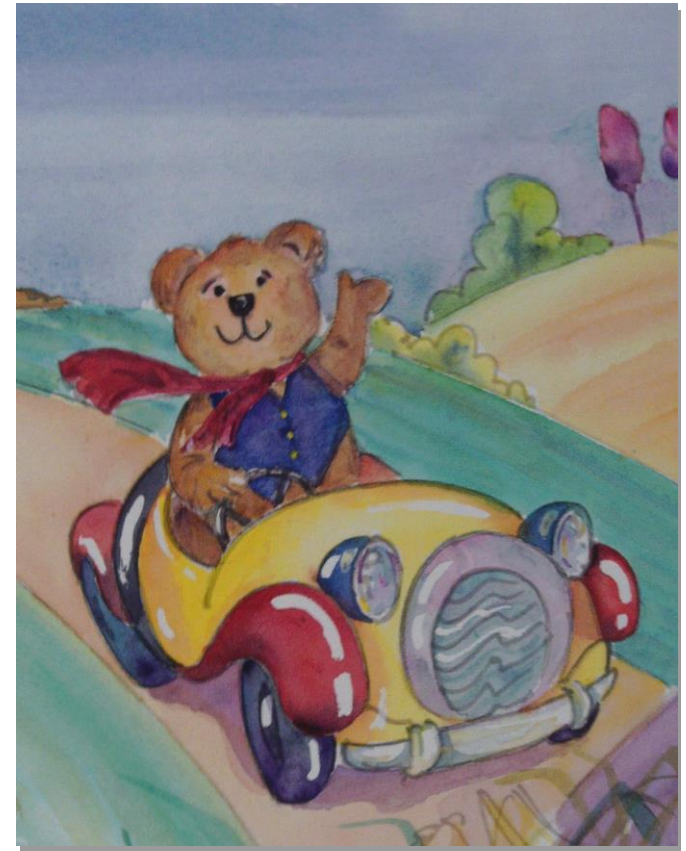


Foundation Years

Website – www.foundationyears.org.uk



SAXON WAY CHILDREN'S CENTRE



Information for Parents

01634 583646

**Sure Start
Children's Centres**
Medway



For more copies of this leaflet please contact
Saxon Way Children Centre.


SERVICES WE CAN PROVIDE

GENERAL SUPPORT FOR PARENTS

If you feel that you would benefit from any of the following services offered by Saxon Way Children's Centre, please call the centre directly or speak to a member of staff at your pre-school/nursery. With your consent your pre-school/nursery will complete a form and send it to us at Saxon Way Children's Centre and we will contact you to arrange help and advice.

BEFORE YOUR BABY IS BORN (ANTENATAL CARE)


Our midwife holds her antenatal clinic at Saxon Way Children's Centre for pregnant mums-to-be. This clinic is held on Tuesday, Wednesday and Thursday. The midwife also runs an 'Early Bird' session every other Tuesday.

 These sessions are by referral only from your GP.



2 ½ YEAR DEVELOPMENT REVIEW

All children aged 2 ½ will receive an invitation to attend the Children's Centre for a review of their development. The review is on a day set to suit your family. There is a questionnaire to fill in with the 'ages and stages', which is discussed with a health care practitioner. There are opportunities to raise concerns such as, speech and language, your child's behaviour and any concerns involving developmental delays. This is held in a relaxed atmosphere and your child will be given age appropriate toys to play with. Children are weighed, measured, and parent/carers are advised about child eye tests, dental care/dentist visits and general health issues.

 Please remember to bring your child's Early Years 2 year check as this will help the health care professional with the 2½ year review.

1st Friends Day Nursery

Scott Hall
2a Ingram Road
Gillingham Kent ME7 1YL
tel: 01634 578396
email:
Suzanne.pigott@hotmail.co.uk or
mary.eleftheriou@yahoo.com
web: <http://www.1stfriends.net>

2J's Pre-school

MSCH Hall
The Strand
Gillingham Kent ME7 1TT
tel: 07842 088 646
email: info@2jspreschool.co.uk
web: <http://www.2jspreschool.co.uk>

Play-a-Way Nursery and Pre-school

Play A Way Activity Centre
Christmas Street,
Gillingham, kent Me7 1td
tel: 01634 280167
email: playaway.ac.mandy@hotmail.co.uk
web: www.playawaychildcare.com

Saxon Way Nursery

Saxon Way Primary School
Church Path,
Gillingham, kent ME7 1SJ
tel: 01634 852320
email: office@saxon-way.medway.sch.uk

HEALTH CONTACTS

MIDWIFERY SUPPORT

Midwives can give advice on smoking cessation, early birds pregnancy group, post natal group and any health issues during pregnancy.

Booking can be made online by completing the referral form on the NHS Medway website.

HEALTH VISITORS

Health visitor make regular checks on you and your baby from birth until your child attends school. Health visitors give advice on healthy life choices, feeding, weight, height and help with issues such as potty training and sleep.

The health visiting team can be contacted on: 01634 382863

ORAL HEALTH

We can advise you and your family about oral health or how to find an NHS dentist. If your child is approaching 6 months old we can give you a free toothbrush and a dental passport.

MEND 2-4

If you require advice on healthy eating or healthy lifestyles for you and your family we can signpost you to one of our health sessions or to our colleagues at MEND - Mind, Exercise, Nutrition, Do it!



TWO'S ON TUESDAY'S

These sessions are in school term times only, they run at Saxon Way Children's Centre 10.00am to 11.00am. These stay and play sessions are for those parents and 2 year olds who have not yet decided which nursery provision they want their child to attend.

SMOKING CESSATION

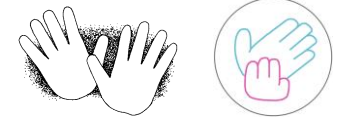
For any parent/carer who wants to quit smoking

We can refer you to a professional who will give you support and guide you through the process.

Please ask a member of staff at your pre-school/nursery or at the Children Centre for further information.



UNDER ONES 'S PATHWAY



You and Your New Baby - A drop in session for parents and carers of babies up to the age of six months to weigh your baby, have a chat with Health Visitors and get information about a range of topics including introducing solids and baby development.

These sessions will be held between Saxon Way and Burnt Oak Children's Centres (see timetable for details).

Baby massage - This 3 week course enables parent/carers to develop a strong bond with their baby through gentle massage in a relaxing, friendly environment. This course is for babies up to approx 6 months old or until they can roll over or are mobile.

Baby sign - A 6 week course to learn sign language to support your child's learning and development.

You and Your Baby - This is a single session for parent/carers that explores the issues of bathing, changing nappies and how to care for a newborn baby. Our health care professionals are on hand to guide you through and prepare you for looking after your new baby.

NEW! Baby Clinic

Drop in session so you can weigh your baby and speak to Health Visitors on site. No need to book.

This session is held at Saxon Way Children's Centre every Friday 12.00-1.30pm.

FAMILY INFORMATION

COUNSELLING

We have a counselling service for parent/carers with personal issues relating to emotional health, family, bereavement, relationship issues, isolation etc. The sessions are in blocks of 9 weeks. Childcare can be provided if necessary with a registered Child Minder. If you feel you would benefit from the support of our counsellor, please speak to your Health Visitor who will arrange support for you.



Please note this is a referral only service.

ENTRY INTO SCHOOL



If you need help to complete the forms for entry to school or you require assistance with an appeal for your child's allocated place. Contact us at Saxon Way Children's Centre or a member of staff at your pre-school/nursery.

HEALTHY CHILD CLINIC

This drop in clinic is held every Friday morning 9.00am to 12pm at The Salvation Army Hall, Green Street, Gillingham. The health team support parents, answer health related questions and weigh and measure children up to 5 years.



Please note: Self-weigh is also available at Saxon Way

HEALTHY START VITAMINS



Healthy Start Vitamins are for mums-to-be, new mums and children up to 4 years old. Parent/carers can collect healthy start vitamins from the Children's Centre, which are allocated free by producing a voucher. A form relating to vitamin vouchers is available for your GP, Midwife, Health Visitor or Children's Centre.

FAMILY SESSIONS

We run family fun sessions on a regular basis for the whole family. These sessions run at the Children's Centre and are based on feedback from parents. Cooking and crafts have been a popular choice of families so our sessions and activities are currently planned along these themes.

PARENTING GROUPS

We run an 8-week parenting group called 'Understanding Your Child'. If you are interested in joining please contact us at the Children's Centre. Courses run regularly on a Thursday afternoon at Saxon Way Children's Centre.

ADULT EDUCATION

We are running a series of Adult Education and Family Learning courses at Saxon Way Children's Centre. If you require a maths or literacy skills assessment or are interested in learning a new skill, contact us and we will send you a list of our forthcoming courses.

VOLUNTEERING

We are recruiting volunteers to join our fantastic team at Saxon Way Children's Centre. If you are willing to donate your time to help support our families, we will train you. Please contact us at the Children's Centre for further details.

CITIZENS ADVICE BUREAU

Citizens Advice Bureau has a drop in session at St. Mary's Magdalene Church on Monday 6pm and Friday 9.30am. CAB can give advice on issues such as housing, legal matters and benefits.

MOBILE LIBRARY

An opportunity to borrow library books from the mobile bus, on a monthly basis at Saxon Way Children's Centre. Parents can also take siblings along to borrow books. Please check with your preschool/nursery or the Children's Centre for a list of dates.

