



Swale Family Hubs

Timetable

7th September - 23rd October 2026

Term Time Only and Excluding Bank Holidays

For more information or to book email:

SwaleFH@kent.gov.uk

Our Family Hubs:

Milton Court Family Hub

Brewery Road
Sittingbourne
ME10 2EE
03000 420899

Murston Family Hub

Tonge Road
Murston
ME10 3NT
03000 420896

All of our groups
and services are
free to attend.

Monday

Tuesday

Wednesday

Thursday

Friday

Milton Court Family Hub

Little Book Worms

3 week course starting
7th Sept
1 - 4 yrs 10:00 - 11:00

Requires
Booking

Baby Massage

5 week course starting
7th Sept
8wks - 6mths 13:30 - 14:30

Requires
Booking

Baby Group

For expectant parents/carers
and babies until walking
10:00 - 11:00

Compass

10 week course starting
8th Sept
11+ yrs 16:30-18:30

Requires
Booking

Parenting Support Advice

7th Oct
12:00 - 14:00

Requires
Booking

Time to Shine

6 week course starting
9th Sept
12+ yrs 16:30 - 18:30

Requires
Booking

Speak Out Youth

10th Sept & 8th Oct
16:30 - 18:30

Requires
Booking

Stay and Play

Birth - 5yrs
10:00 - 11:00

Murston Family Hub

Childminding Group

9:30 - 11:30

Little Book Worms

3 week courses starting
7th Sept & 28th Sept
1 - 4 yrs 13:30 - 14:30

Requires
Booking

Stay and Play

Birth - 5yrs
10:00 - 11:00

Citizens Advice Drop-In

11:30 - 13:30

Infant Feeding Support

Drop in Session
13:00 - 15:00

Baby Group

For expectant parents/carers and
babies until walking
10:00 - 11:00

Baby Massage

5 week courses starting
10th Sept
8wks - 6mths 10:00 - 11:00

Requires
Booking

Stay and Play

Birth - 5yrs
13:30 - 14:30

Parenting Support Advice

25th Sept
9:00 - 11:00

Requires
Booking

Please Note: Signing in will not be available until 10 minutes before the session starts.

www.kent.gov.uk/familyhub

Family Hub Sites are run by Kent County Council



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For more information or to book email:

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Our Family Hubs:

Woodgrove Family Hub

Johnson Road
Sittingbourne
ME10 1JS
03000 420898

Sittingbourne Library & Family Hub

Central Avenue
Sittingbourne
ME10 4AH
03000 413131

All of our groups and services are free to attend.

Monday

Tuesday

Wednesday

Thursday

Friday

Woodgrove Family Hub

Baby Group

For expectant parents/carers and babies until walking
12:30 - 13:30

Healthy Child Clinic

Advice, support & baby weigh in clinic
13:30 - 15:30

SEND Stay and Play

Birth - 5yrs
10:00 - 11:00

Requires Booking

Time to Shine

6 week course starting 8th Sept
5 - 7 yrs 16:00 - 17:00

Requires Booking

Infant Feeding Support

Drop in Session
09:30 - 11:30

Stay and Play

Birth - 5yrs
13:30 - 14:30

Parenting Support Advice

22nd Oct
09:00 - 11:00

Requires Booking

Infant Feeding Support

Drop in Session
9:30 - 11:30

Baby Massage

5 week course starting 11th Sept
8wks - 6mths 13:30 - 14:30

Requires Booking

Sittingbourne Library & Family Hub

Parenting Support Advice

Virtual starting 8th Sept
19:00 - 19:30

Requires Booking

Little Book Worms

3 week course starting 9th Sept
1 - 4 yrs 10:15 - 11:15

Requires Booking

Baby Massage

4 week course starting 30th Sept
8wks - 6mths 10:15 - 11:15

Requires Booking

Baby Group

For expectant parents/carers and babies until walking
10:15 - 11:15

Parenting Support Advice

Weekly drop-in
11:00 - 13:00

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Our Family Hubs:

Leysdown Family Hub

Warden Bay Road
Leysdown
Sheppey
ME12 4NA
03000 421277

Queenborough Library & Family Hub

3 Railway Terrace
Queenborough
ME11 5AY
03000 413131

All of our groups and services are free to attend.

Monday

Stay and Play

Birth - 5yrs
10:00 - 11:00

Tuesday

Baby Massage

5 week courses starting
8th September
8wks-6mths 10:00-11:00

Wednesday

Baby Group

For expectant
parents/carers and
babies until walking
10:00 - 11:00

Stay and Play

Birth - 5yrs
13:30 - 14:30

Online Safety

6 week course starting
9th Sept - 7 - 11 yrs
16:00 - 17:00

Thursday

Parenting Support Advice

10th Sept
10:00 - 12:00

Little Talkers

6 week course starting
10th Sept
2 - 5yrs 13:30 - 14:30

Friday

Queenborough Library & Family Hub

Parenting Support Advice

12th Oct
10:00 - 12:00

Baby Group

For expectant
parents/carers and
babies until walking
13:30 - 14:30

Little Book Worms

3 week courses
starting 9th & 30th Sept
1 - 4 yrs 10:00 - 11:00

Togetherness

10 week course
starting 30th Sept
12:30 - 14:30

Healing Together

6 week course
starting 16th Sept
5 - 7 yrs 16:00 - 17:30

Compass

10 week course
starting 10th Sept
11-19 yrs 16:30 - 18:30



Swale Family Hubs Timetable

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For more information or to book email:

SwaleFH@kent.gov.uk

Our Family Hubs:

Bysing Wood Family Hub

Lower Road
Faversham
ME13 7NU
03000 417740

Sheppey Gateway

38-42 High Street
Sheerness
ME12 1NL
01795 417850

All of our groups
and services are
free to attend.

Monday

Tuesday

Wednesday

Thursday

Friday

Bysing Wood Family Hub

Baby Group

For expectant parents/carers
and babies until walking
10:00 - 11:00

Requires
Booking

Little Book Worms

3 week courses starting
7th Sept & 28th Sept
1 - 4 yrs 13:30 - 14:30

Baby Massage

5 week course starting
8th September
8wks - 6mths 10:00 - 11:00

Requires
Booking

Healthy Child Clinic

Advice, support & baby
weigh in clinic
9:30 - 11:30

Requires
Booking

Stepping Up

6 week course starting
10th Sept
8 - 11 yrs 16:00 - 17:30

Parenting Support Advice

25th Sept
13:00 - 15:00

Requires
Booking

Stay and Play

Birth - 5yrs
10:00 - 11:00

Sheppey Gateway

Baby Family & You

4 week course starting
14th Sept
12:30 - 14:30

Requires
Booking

Baby Group

For expectant
parents/carers and babies
until walking
10:00 - 11:00

Parenting Support Advice

2nd Oct
13:00 - 15:00

Requires
Booking

Please Note: Signing in will not be available until 10 minutes before the session starts.

www.kent.gov.uk/familyhub

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Information



Baby Group

A welcoming space to bond with your baby and meet other parents. Includes songs and sensory play. For expectant parents and babies who are pre-walking.

Requires Booking

Baby Massage

5 week course to learn soothing massage techniques to help your baby relax, sleep better and ease colic. Great for bonding. For babies 8 wks - 6 mths.

Childminding Group

Welcoming all childminders within Swale to come along and explore our playroom.

For children from birth - 5yrs

Citizens Advice Drop-In

Get support with cost of living, discrimination, and service access.

No appointment needed

Speak Out Youth

Youth-led projects where young people design and deliver community initiatives and build leadership skills - email for more information.

email: swalefh@kent.gov.uk

Requires Booking

Introducing Solids

Workshop run with Health Visitors for families preparing to start solids.

email: swalefh@kent.gov.uk

Requires Booking

Little Book Worms

Step into the magical world of books! 3 Fun sessions with stories and activities. Free book packs included.

from 1 - 4yrs

Requires Booking

Sensory Room

Bysing Wood, Leysdown, Woodgrove.

Available from 9am - 4pm. Contact to book a free 45 minute slot.

Requires Booking

SEND Stay and Play

A Stay and Play session for children with Special Educational Needs and Disabilities. An opportunity for parents and carers to receive support and advice. Birth - 5 yrs

Stay and Play

A relaxed session for families with play, singing, stories and messy fun for children from Birth - 5yrs.

Healthy Child Clinic

Come along for advice, information and support for you and your child's health and development from your local Health Visiting Team. Also available at Seashells Children & Families Centre Tuesday 9:15-11:30

Requires Booking

Time to Shine

Small, supportive groups for children with SEND to build confidence and social skills through fun activities. Courses available for 8 - 11 yrs and 12+ yrs

Healthy Start Vitamins

Are you eligible for Healthy Start Vitamins?

If so, complete this form to order Healthy Start Vitamins to your door:



Free for 2

Some 2 year olds can get up to 15 hours of free childcare per week!

For more information and how to apply:



Useful Contact Numbers:

Health Visitor
03000 132 204

Midwife:
Sittingbourne & Sheppey
01795 879 100 ext 5223
Faversham
01227 864 152

Family Food Bank:

For support or to donate, please visit:

www.familyfoodbank.org



Family Food Bank

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Information



Requires
Booking

Baby, Family and You

A supportive course for expectant and new parents to build positive routines and confidence in baby's first year.

Be You - Sittingbourne

A weekly meet-up for LGBTQ+ young people aged 13 - 17 yrs. Welcoming and non judgmental where they can socialise, have fun and help each other.

thebeyouproject.co.uk
contact Darren on 07966 368528

Requires
Booking

Compass

10 session course helping children aged 11+ yrs manage emotions and develop skills to cope with life's challenges.

Requires
Booking

Healing Together

6 week trauma-informed programme for children aged 5 – 16 yrs to support emotional wellbeing and recovery.

Requires
Booking

Little Talkers

A playful 6 week course for 2 – 5 yr olds to build speech, language and attention skills.

Requires
Booking

Making It Real

Practical tips and activities to help parents support early reading and writing at home.
Available for 2 - 4yrs

NCT Infant Feeding Support

Friendly, free infant feeding support from pregnancy through early parenthood.
Trained peer supporters help you feel supported and connected.
A great way to meet other parents!

Requires
Booking

Parenting Support Advice

Drop in for friendly advice on any parenting questions (Birth - 19 yrs).

Requires
Booking

Online Safety

6 fun interactive sessions for children covering key online safety support. Courses available for 7 - 11 yrs and 11 - 19 yrs
Also available - 6 session course for parents on supporting children to stay safe online and using technology responsibly.

Requires
Booking

Stepping Up

6 week programme for 8 – 11 yr olds to boost confidence, manage emotions and make friends.

Strengthening Family Relationships

A Workshop to help parents reduce conflict and build positive family relationships.
email: swalefh@kent.gov.uk

Requires
Booking

Togetherness

10-week course helping parents to understand behaviour and emotions from toddler to teen years.

Please note:

For Health and Safety reasons there are room capacity limits in place.
For more information about opening times, give your local Hub a call.

@SwaleFamilyHubs



@SwaleFamilyHubs



@SwaleFamilyHubs11to19



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