Swale Family Hubs

Timetable

2nd November - 18th December 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.

Milton Court Family Hub

Monday

Little Talkers (Requires Booking)
6 week course starting
2nd Nov
2 - 5 yrs 10:00 - 11:00

Baby Massage (Requires Booking)
5 week course starting
9th Nov
Birth - 6mths 13:30 - 14:30

Tuesday

Baby Group
For expectant parents/carers & babies until walking
10:00 - 11:00

Wednesday

Parenting Support Advice (Requires Booking)
2nd Dec
12:00 - 14:00

Time to Shine (Requires Booking)
6 week course starting
4th Nov
12+ yrs 16:30 - 18:30

Thursday

Speak Out Youth (Requires Booking)
19th Nov & 17th Dec
16:30 - 18:30

Friday

Stay and Play
Birth - 5yrs
10:00 - 11:00

Murston Family Hub

Monday

Childminding Group
09:30 - 11:30

Art at the Start (Requires Booking)
3 week course starting
23rd Nov Birth - Pre-walkers
13:30 - 14:30

Tuesday

Stay and Play
Birth - 5yrs
10:00 - 11:00

Citizens Advice Drop-In
11:30 - 13:30

Wednesday

Infant Feeding Support
Drop in Session
09:30 - 11:30

Baby Group
For expectant parents/carers & babies until walking
10:00 - 11:00

Thursday

Baby Massage (Requires Booking)
5 week course starting
5th Nov
Birth - 6mths 10:00 - 11:00

Stay and Play
Birth - 5yrs
13:30 - 14:30

Friday

Parenting Support Advice (Requires Booking)
13th Nov
09:00 - 11:00

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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Our Family Hubs:

Woodgrove Family Hub
Johnson Road
Sittingbourne
ME10 1JS
03000 420898

Sittingbourne Family Hub
Central Avenue
Sittingbourne
ME10 4AH
03000 413131

All of our groups and services are free to attend.

Woodgrove Family Hub

Monday

Little Book Worms
3 week course starting
9th Nov 1 - 4 yrs
10:00 - 11:00

Baby Group
For expectant parents/carers & babies until walking
12:30 - 13:30

Healthy Child Clinic
Advice, support & baby weigh clinic
13:30 - 15:30

Tuesday

SEND Stay and Play (Requires Booking)
Birth - 5yrs
10:00 - 11:00

Infant Feeding Support
Drop in Session
13:00 - 15:00

Time to Shine (Requires Booking)
6 week course starting
3rd Nov 7 - 11 yrs
16:00 - 17:15

Wednesday

Stay and Play
Birth - 5yrs
13:30 - 14:30

Thursday

Parenting Support Advice (Requires Booking)
17th Dec
09:00 - 11:00

Friday

Baby Massage (Requires Booking)
5 week course starting
6th Nov Birth - 6mths
13:30 - 14:30

Sittingbourne Family Hub

Tuesday

Parenting Support Advice (Requires Booking)
Virtual
19:00 - 19:30

Wednesday

Baby Family and You (Requires Booking)
4 week course starting
4th Nov
12:30 - 14:30

Little Book Worms (Requires Booking)
3 week course starting
4th Nov 1 - 4 yrs
13:30 - 14:30

Thursday

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

Friday

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 Family Hub
3 Railway Terrace
Queenborough
ME11 5AY
03000 413131

All of our groups and services are free to attend.

Leysdown Family Hub

Monday

Infant Feeding Support
Drop in Session
09:30 - 11:30

Stay and Play
Birth - 5yrs
10:00 - 11:00

Tuesday

Art at the Start (Requires Booking)
3 week courses starting
3rd Nov Walking - 3 yrs
24th Nov Birth - Pre-walkers
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 (Requires Booking)
6 week course starting
4th Nov - 11 - 19 yrs
16:30 - 17:30

Thursday

Parenting Support Advice (Requires Booking)
5th Nov
10:00 - 12:00

Dad's Stay & Play (Requires Booking)
Come along and enjoy play, songs, stories & messy fun for children birth - 5 yrs.
Saturday 5th Dec
09:30 - 11:00

Friday

Queenborough Family Hub

Parenting Support Advice (Requires Booking)
7th Dec
10:00 - 12:00

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

Art at the Start (Requires Booking)
3 week course starting 4th Nov
Birth - Pre-walkers
10:00 - 11:00

Healing Together (Requires Booking)
6 week course starting
4th Nov 8 - 11 yrs
16:00 - 17:30

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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.

Bysing Wood Family Hub

Monday

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

Art at the Start (Requires Booking)
3 week course starting 2nd Nov
Walking - 3 yrs
13:30 - 14:30

Tuesday

Baby Massage (Requires Booking)
5 week course starting 10th Nov
Birth - 6mths
10:00 - 11:00

Wednesday

Thursday

Healthy Child Clinic
Advice, support & baby weigh clinic
09:30 - 11:30

SATEDA
Domestic abuse support drop-in session
13:00 - 16:00

Stepping Up (Requires Booking)
6 week course starting 5th Nov
5 - 7 yrs
16:00 - 17:00

Friday

Stay and Play
Birth - 5yrs
10:00 - 11:00

Parenting Support Advice (Requires Booking)
20th Nov
13:00 - 15:00

Sheppey Gateway

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

Parenting Support Advice (Requires Booking)
27th Nov
13:00 - 15:00

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

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Information

Kent Family Hub

Introducing Solids

Requires Booking

Workshop run with Health Visitors for families preparing to start solids.
Booking via:
family.kentcht.nhs.uk/baby/

Baby Massage

Requires Booking

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

Time to Shine

Requires Booking

Small, supportive groups for children with SEND to build confidence and social skills through fun activities.
Courses available for 5 - 7 yrs and 12+ yrs

Healing Together

Requires Booking

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

Speak Out Youth

Requires Booking

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

email: swalefh@kent.gov.uk

Little Book Worms

Requires Booking

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

from 1 - 4yrs

Baby, Family and You

Requires Booking

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

Parenting Support Advice

Requires Booking

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

SEND Stay and Play

Requires Booking

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

Sensory Room

Requires Booking

Bysing Wood, Leysdown, Woodgrove.
45 minute sessions available from 9am - 4pm.
Out of hours bookings may be available upon request.

Compass

Requires Booking

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

Little Talkers

Requires Booking

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

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

Kent Family Hub

Online Safety

Requires Booking

6 fun interactive sessions for children & young people covering key online safety support. Courses available for 7-11yrs & 11-19yrs.
Parent courses also available.

Stepping Up

Requires Booking

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

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!

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 & help each other
thebeyouproject.co.uk
contact Darren on 07966 368528

Making it Real

Requires Booking

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

Stay and Play

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

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

Togetherness

Requires Booking

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

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 Tuesdays 09:15-11:30

Strengthening Family Relationships

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

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.

Art at the Start

Requires Booking

Art at the Start offers the opportunity to connect with your child while having fun together. Join us for a messy, sensory art-making experience! 3 sessions of fun activities, be prepared to get messy! For Children from birth - 3 yrs.

www.kent.gov.uk/familyhub

If a course is available but not currently offered for the relevant age range, please register your interest via the Kent Family Hub website.
Your feedback helps us shape future programme delivery.

Please Note

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

@SwaleFamilyHubs

@SwaleFamilyHubs

@SwaleFamilyHubs11to19

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