



Swale Family Hubs

Timetable

5th January - 31st March 2026

Excluding Bank Holidays

All of our groups
and services are
free to attend.

Monday

Tuesday

Wednesday

Thursday

Friday

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

**Leysdown
Family Hub**

Warden Bay Road
Leysdown
Sheppey
ME12 4NA

03000 421277

Bysing Wood Family Hub

Baby Group

For expectant parents until
walking
10:00 - 11:00

Requires
Booking

Time to Shine

4yrs - 7yrs
12th Jan
16:00 - 17:00

Requires
Booking

Little Talkers

13th Jan - 17th Feb
24th Feb - 31st Mar
10:00 - 11:00

Requires
Booking

Stay and Play

Birth - 5yrs
13:30 - 14:30

Leysdown Family Hub

Stay and Play

Birth - 5yrs
10:00 - 11:00

Baby Group

For expectant parents until
walking
10:00 - 11:00

Requires
Booking

Time to Shine

8yrs - 11yrs
13th Jan
16:00 - 17:30

Requires
Booking

Book Worms

14th Jan - 4th Feb
25th Feb - 18th Mar
10:00 - 11:00

SEND Stay and Play

Birth - 5yrs
10:00 - 11:00

Requires
Booking

Parenting Support Advice

14th Jan & 4th Mar
13:00 - 15:00

Stay and Play

Birth - 5yrs
13:30 - 14:30

Infant Feeding Support

Drop in Session
Starting 18th Feb
13:00 - 15:00

Requires
Booking

Compass

15th Jan for 12 wks
11yrs +
17:00 - 19:00



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:

**Milton Court
Family Hub**
Brewery Road
Sittingbourne
ME10 2EE
03000 420899

**Murston
Family Hub**
Tonge Road
Murston
ME10 3NT
03000 420896

Milton Court Family Hub

Stay and Play

Birth - 5yrs
10:00 - 11:00

Baby Group

For expectant parents until
walking
13:30 - 14:30

Book Worms

13th Jan - 3rd Feb
24th Feb - 17th Mar
10:00 - 11:00

Compass

13th Jan
11yrs +
17:00 - 19:00

Baby Family & You

4th Mar - 25th Mar
10:00 - 12:00

Time to Shine

12yr +
14th Jan
17:00 - 19:00

Baby Massage

22nd Jan - 12th Feb
26th Feb - 12th Mar
10:00 - 11:00

Stay and Play

Birth - 5yrs
10:00 - 11:00

Parenting Support Advice

5th Feb & 26th Mar
13:00 - 15:00

Making It REAL

27th Feb - 20th Mar
2 - 5 yrs
13:30 - 14:30

Murston Family Hub

Childminding Group

9:30 - 11:30

Baby Massage

12th Jan - 2nd Feb
23rd Feb - 16th Mar
13:30 - 14:30

Stay and Play

Birth-5yrs
10:00 - 11:00

Citizens Advice Drop-In

11:30 - 13:30

Infant Feeding Support

Drop in Session
Starting 17th Feb
13:00 - 15:00

Baby Group

For expectant parents until
walking
10:00 - 11:00

Book Worms

15th Jan - 5th Feb
26th Feb - 19th Mar
10:00 - 11:00

Stay and Play

Birth - 5yrs
13:30 - 14:30

Healing Together

4yrs - 7yrs 15th Jan - 19th Feb
8yrs - 11yrs 26th Feb - 2nd Apr
16:00 - 17:30

Parenting Support Advice

9th Jan & 27th Feb
10:00 - 12:00

Introducing Solids

Friday 20th March
10:00 - 11:30

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Monday

Parenting Support Advice

19th Jan & 9th Mar
09:00 - 11:00

Requires
Booking

SEND Stay and Play

Birth - 5yrs
10:00 - 11:00

Requires
Booking

Baby Massage

14th Jan - 4th Feb
25th Feb - 18th Mar
10:00-11:00

Stay and Play

Birth - 5yrs
13:30 - 14:30

Stay and Play

Stepping Up

8yrs - 11yrs 14th Jan - 18th Feb
5yrs - 7yrs 25th Feb - 1st Apr
16:00 - 17:30

Requires
Booking

Baby Group

For expectant parents
until walking
10:00 - 11:00

Little Talkers

15th Jan - 19th Feb
26th Feb - 2nd Apr
13:30 - 14:30

Requires
Booking

Requires
Booking

Infant Feeding Support

Drop in Session
9:30 - 11:30

Friday

For more information or to book email:

SwaleFH@kent.gov.uk

Our Family Hubs and locations:

Woodgrove Family Hub

Johnson Road
Sittingbourne
ME10 1JS
03000 420898

Sheppey Gateway

38-42 High Street
Sheerness
ME12 1NL
01795 417850

Sittingbourne Library

Central Avenue
Sittingbourne
ME10 4AH
03000 413131

Sheppey Gateway / Sittingbourne Library

Parenting Support Advice

Sheppey Gateway

Mon 9th Feb & Mon 30th Mar
13:00 - 15:00

Requires
Booking

Parenting Support Advice Sittingbourne Library

Starting Wednesday 21st Jan
10:00 - 12:00

Requires
Booking

Baby Group Sheppey Gateway

For expectant parents
until walking
10:00 - 11:00

Requires
Booking

Baby Family & You Sheppey Gateway

16th Jan - 6th Feb
12:30 - 14:30

Requires
Booking

Book Worms Sittingbourne Library

Fri 23rd Jan - Fri 13th Feb
Fri 27th Feb - Fri 20th Mar
13:30 - 14:30



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Sensory Room

Bysing Wood FH, Leysdown FH and Woodgrove FH
Available from 9:00 - 16:00

Requires
Booking

Later slots available on request - please contact us to arrange.
Contact swalefh@kent.gov.uk to book a free 45 minute slot

Be You - Sittingbourne

Requires
Booking

A weekly meet-up for LGBTQ+ young people aged 13yrs - 17yrs across Kent. These are places that are safe, welcoming and non-judgmental where they can socialise, have fun and help each other.

thebeyouproject.co.uk
To book contact Darren on 07966 368528

Drop-In Clinics

Healthy Child

Come along for advice, information and support for you and your child's health and development from your local Health Visiting Team.

Monday Woodgrove Family Hub 13:30 - 15:30
Tuesday Seashells Children and Families Centre 09:15 - 11:30
Thursday Bysing Wood Family Hub 9:30 - 11:30

Infant Feeding

NCT Kent Infant Feeding Peer Support offers friendly, non-judgemental, free infant feeding support for parents during pregnancy through to the early stages of parenthood, run by parents who understand the challenges it can bring.

Home Learning Environment

Making it REAL

A targeted HLE intervention aimed at children aged 2-5 years.

The Make it Real approach is designed to increase parental confidence in supporting their child's literacy development in and around their home, with the aim of getting the parent and child prepared for when they start school.

For 2yrs - 5yrs old
Booking required

Little Talkers

A 6 week course that sits within the Balanced System. It is for those children who may have difficulties understanding, using language or where their speech is unclear. This may include weak attention skills.

For 2yrs - 4 yrs old
Booking required

Information



<p>Baby Massage</p> <p>8 Weeks to 6 Months</p> <p>A course where parents learn a new set of massage strokes to perform on their baby, each week.</p> <p>Parents learn the benefits of baby massage including helping baby to relax and sleep better, alleviating colic, constipation and teething as well as most importantly, bonding with their baby.</p> <p>Booking required</p>	<p>Until Walking</p> <p>Baby Group</p> <p>The main focus of this group is on peri-natal mental health, parent infant relationship, attachment and bonding and healthy child development.</p> <p>It provides activities for babies that cover the 3 prime areas of the EYFS: Personal, Social & Emotional, Physical, Communication & Language, all with sensory elements.</p>	<p>0 - 5 Years Old</p> <p>Book Worms</p> <p>Introduces a story and a range of fun activities to allow your child to explore their imagination.</p> <p>Booking required</p>	<p>0-5 Years Old</p> <p>Childminding Group</p> <p>Welcoming all childminders within Swale to come along and explore our playroom.</p> <p>For children aged 0-5</p>
<p>Speak Out Parents</p> <p>Come and join our parent session, helping us to hear the voices of families, giving families meaningful opportunities to offer feedback</p> <p>Booking required</p>	<p>0-5 Years Old</p> <p>SEND Stay and Play</p> <p>A Stay and Play session for children with Special Educational Needs and Disabilities. An opportunity for parents and carers to receive support and advice.</p> <p>Booking required</p>	<p>0-5 Years Old</p> <p>Stay and Play</p> <p>A group to encourage socialisation, play and interaction with others. Includes singing, story, developmentally appropriate activities and opportunities to explore different areas and new experiences e.g. messy, outdoor/active play.</p>	<p>4-12+ Years Old</p> <p>Time to Shine</p> <p>This group, running for up to 12 weeks, is to support children with neurodivergent needs develop skills for thriving in a neurotypical world. A safe social space for children to play, interact and build on their personal skills.</p> <p>Booking required</p>
<p>Citizens Advice Drop-In</p> <p>Struggling with the cost of living?</p> <p>Need support to access services?</p> <p>Facing discrimination?</p> <p>No appointment needed</p>	<p>Introducing Solids</p> <p>Family Hub and Swale Health Visitors run a workshop for parents/carers with babies that will be starting to introduce solids to their little ones.</p> <p>Booking required</p>		

Healthy Start Vitamins

Are you eligible for Healthy Start Vitamins?

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

www.kent.gov.uk/apply-for-healthy-start-vitamins

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:

www.kent.gov.uk/apply-for-free-childcare

Useful Contact Numbers:

Health Visitor
0300 123 4014

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

Seashells provides services for families in Sheerness:

www.children-families.org/seashells-family-hub.html

01795 889233

www.kent.gov.uk/familyhub
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Information

Compass

This Compass programme is 12 weeks and is based round Dialectical Behaviour Therapy informed workshops and social groups aimed at supporting young people's wellbeing. The main goals are to supply young people with skills on how to live in the moment, develop healthy ways to cope with stress, regulate their emotions and improve their relationships with others.

Booking Required

Parenting Support Advice

Book a slot to speak with a Family Hub Practitioner either in the Family Hub or receive a phone call.

Bring any questions or worries and we'll be happy to listen and help. Available for parents/carers of children aged 0-19 (25 years with SEND), or young people aged 13-19 (25 years with SEND)

If none of these time slots work for you or you are a professional asking for advice on behalf of a family, please email swalefh@kent.gov.uk and a member of the team will be in touch.

Strengthening Family Relationships

When stress builds, disagreements with your partner or your child's other parent can happen more often. This is completely normal. However, when arguments regularly escalate, they can affect your child's emotional well being. Children thrive when their caregivers are calm and supportive, even during challenging times. Our local support services are here to help.

We provide practical guidance and tools to manage conflict, reduce stress, and create a healthier environment for your family. You're not alone—every family has its ups and downs. With the right support, you can navigate these challenges and build a stronger, happier future for your child.

Thursday 15th Jan 09:30am till 11:30am - Virtual

Thursday 12th March 9:30am till 11:30am - Leysdown

Booking Required

Baby, Family and You

This is an evidence based course open to all parents who are either expecting a baby or who have a baby in its first year.

The target areas of the course are Positive Parenting Skills, Partner and Social Support and Reducing the Risk of Mental Health Problems Developing.

Booking Required

Stepping Up

Stepping up is a 6-week activity-based course to encourage and support children aged 5 - 11 years with confidence, socialisation and managing in a group.

This group focuses on emotional regulation and managing and understanding our emotions and feelings, and how we can help ourselves.

Booking Required

Togetherness

Understanding your child: from toddler to teenager, a 10-week parent group aimed at anyone with a child/teenager aged from 1 years old. (Excluding half-term)

Tuesdays 13th Jan to 17th March 10am till 12pm - Woodgrove

Wednesdays 25th Feb to 13th May 12:30pm till 14:30pm - Murston

Thursdays 26th Feb to 14th May 12:30pm till 14:30pm - Leysdown

Booking Required

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



www.kent.gov.uk/familyhub

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<https://www.children-families.org/seashells-family-hub.html>