Swale Family Hubs

Timetable

20th April - 17th July 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

Milton Court Family Hub

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

Little Book Worms (Requires Booking)
4 week courses starting
20th Apr / 1st Jun / 29th Jun
Birth - 4 yrs 13:30 - 14:30

Murston Family Hub

Childminding Group
9:30 - 11:30

Baby Massage (Requires Booking)
4 week courses starting
20th Apr / 1st Jun / 29th Jun
8wks - 6mths 13:30 - 14:30

Tuesday

Milton Court Family Hub

Compass (Requires Booking)
10 week course starting
21st April
11+ yrs 16:00-18:00

Murston Family Hub

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

Wednesday

Milton Court Family Hub

Parenting Support Advice (Requires Booking)
20th May and 1st July
13:00 - 15:00

Time to Shine (Requires Booking)
6 week courses starting
22nd April and 3rd June
12+ yrs 16:00 - 18:00

Murston Family Hub

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

Little Talkers (Requires Booking)
6 week course starting
10th June
2 - 5 yrs 13:30 - 14:30

Healing Together (Requires Booking)
6 week courses starting
22nd April 12+ yrs
10th June - 8 - 11 yrs
16:00 - 17:30

Thursday

Milton Court Family Hub

Speak Out Youth
23rd Apr, 21st May, 18th Jun & 16th Jul
16:00 - 18:00

Murston Family Hub

Parenting Support Advice (Requires Booking)
23rd April and 4th June
9:00 - 11:00

Little Book Worms (Requires Booking)
4 week courses starting
23rd Apr / 4th Jun / 2nd Jul
Birth - 4 yrs 13:30 - 14:30

Friday

Milton Court Family Hub

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

Baby Massage (Requires Booking)
4 week courses starting
24th Apr / 5th Jun / 3rd Jul
8wks - 6mths 13:30-14:30

Murston Family Hub

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

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 Hub and Co location:

Woodgrove Family Hub
Johnson Road
Sittingbourne
ME10 1JS
03000 420898

Sittingbourne Co Location
Central Avenue
Sittingbourne
ME10 3AH
03000 413131

All of our groups and services are free to attend.

Woodgrove Family Hub

Monday

Baby Family and You (Requires Booking)
4 week course starting 8th June
10:00 - 12:00

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

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

Tuesday

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

Time to Shine (Requires Booking)
6 week courses starting
21st April and 9th June
8 - 11 yrs 16:00 - 17:15

Wednesday

Baby Massage (Requires Booking)
4 week courses starting
22nd Apr / 3rd Jun / 1st Jul
8wks - 6mths 10:00 - 11:00

Little Talkers (Requires Booking)
6 week course starting
22nd Apr
2 - 5 yrs 13:30 - 14:30

Online Safety (Requires Booking)
6 week courses starting
22nd Apr - 7 - 11 yrs
10th Jun - 11 - 19 yrs
16:00 - 17:00

Thursday

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

Stepping Up (Requires Booking)
6 week courses starting
23rd April (8 - 11yrs)
11th June (year 6 only)
16:00 - 17:30

Friday

Infant Feeding Support
Drop in Session
9:30 - 11:30

Parenting Support Advice (Requires Booking)
8th May and 19th June
13:00 - 15:00

Sittingbourne Library and Family Hub Co Location

Togetherness (Requires Booking)
10 week course starting
22nd April
10:30 - 12:30

Little Book Worms (Requires Booking)
4 week courses starting
22nd April / 3rd June / 1st July
Birth - 4 yrs 13:30 - 14:30

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

Parenting Support Advice
Weekly drop-in from 24th April
11:00 - 13:00

Making It REAL
4 week courses starting
24th April and 3rd July
2 - 4 yrs 13:30 - 14:30

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For more information or to book email:
SwaleFH@kent.gov.uk

Our Family Hub and Co locations:

Leysdown Family Hub
Warden Bay Road
Leysdown
Sheppey
ME12 4NA
03000 421277

Sheppey Gateway
38-42 High Street
Sheerness
ME12 1NL
01795 417850

Queenborough Co Location
3 Railway Terrace
Queenborough
ME11 5AY
03000 413131

All of our groups and services are free to attend.

Leysdown Family Hub

Monday

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

Tuesday

Baby, Family and You (Requires Booking)
4 week course
starting on 28th April
10:00 - 12:00

Little Book Worms (Requires Booking)
4 week course starting
2nd June
Birth - 4 yrs 10:00 - 11:00

Wednesday

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

Baby Massage (Requires Booking)
4 week courses starting
22nd April / 3rd Jun / 1st Jul
8wks-6mths 13:30-14:30

Infant Feeding Support
Drop in Session
13:30 - 15:30

Thursday

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

Parenting Support Advice (Requires Booking)
14th May and 25th June
13:00 - 15:00

Friday

Queenborough Library and Family Hub Co Location

Parenting Support Advice (Requires Booking)
11th May, 15th Jun, 20th Jul
10:00 - 12:00

Baby Group (Starting 11th May)
For expectant parents/carers and babies until walking
13:30 - 14:30

Little Book Worms (Requires Booking)
4 week courses starting
6th May / 3rd June/ 1st July
Birth - 4 yrs 10:00 - 11:00

Sheppey Gateway

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

Parenting Support Advice (Requires Booking)
15th May and 26th June
13:00 - 15:00

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

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For more information or to book email:
SwaleFH@kent.gov.uk

Our Family Hub:

Bysing Wood Family Hub

Lower Road
Faversham
ME13 7NU

03000 417740

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

Tuesday

Parenting Support Advice (Requires Booking)
28th April, 9th Jun, 14th Jul
09:30 - 11:00

Wednesday

Little Book Worms (Requires Booking)
3 & 4 week courses starting
22nd Apr / 3rd Jun /1st Jul
Birth - 4 yrs 10:00 - 11:00

Baby Massage (Requires Booking)
4 week courses starting
22nd Apr / 3rd Jun
8wks - 6mths 13:30 - 14:30

Thursday

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

Friday

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

Dad's Stay and Play Saturday Groups

Requires Booking

Murston Family Hub
9th May
Birth - 5 yrs
9:30 - 11:00

Bysing Wood Family Hub
6th June
Birth - 5 yrs
9:30 - 11:00

Leysdown Family Hub
4th July
Birth - 5 yrs
9:30 - 11:00

Dad's Come along and enjoy play, songs, stories and messy fun in a friendly, safe environment for children birth - 5 years. These sessions are a great chance to spend time with your child, meet other Dad's, and support early learning through play.

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

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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.

Baby Massage

Requires Booking

4 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

Introducing Solids

Requires Booking

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

email: swalefh@kent.gov.uk

Little Book Worms

Requires Booking

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

from Birth - 4yrs

Sensory Room

Requires Booking

Bysing Wood, Leysdown, Woodgrove.
Available from 9am - 4pm.
Contact to book a free 45 minute slot.

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

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

Time to Shine

Requires Booking

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

www.kent.gov.uk/familyhub

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Information

Kent Family Hub

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.

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

Compass

Requires Booking

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

Healing Together

Requires Booking

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

Little Talkers

Requires Booking

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

Making It Real

Requires Booking

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!

Parenting Support Advice

Requires Booking

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

Online Safety

Requires Booking

6 fun interactive sessions for children covering key online safety support.
Courses available for 7 - 11 yrs and 11 - 19 yrs

Stepping Up

Requires Booking

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

Togetherness

Requires Booking

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

@SwaleFamilyHubs

@SwaleFamilyHubs

@SwaleFamilyHubs11to19

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.

www.kent.gov.uk/familyhub

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