



Maidstone Family Hubs Timetable

13 January 2025 - 14 February 2025

Our Family Hubs:

West Borough
03000 419361

Greenway,
Maidstone
ME16 8TL

Westboroughfh
@kent.gov.uk

Infozone
03000 419470

3 Palace Avenue,
Maidstone
ME15 6NF

Infozonefamilyhub
@kent.gov.uk

326 The Mall
03000 419470

2nd Floor The Mall,
Maidstone
ME15 6AT

Infozonefamilyhub
@kent.gov.uk

Monday

Booking
required

326 The Mall

Boxing
4.30-5.30

Term
time only

Tuesday

Drop in

West Borough

Health Visitors Clinic
9.30-11.30

Booking
required

Infozone

Compass SEND
4.30-6.30

Invitation
Only

11+

326 The Mall

Be You
4.45-5.45

See our Social Media for more details

Wednesday

Drop in

Infozone

Rhyme Time
10.00-11.00

0-18 mth

11+

326 The Mall

Unstoppable Girls
3.15-5.30

See our Social Media for more details

Thursday

Drop in

West Borough

Stay & Play
10.00-11.30

Booking
required

326 The Mall

Compass Boys Group
4.00-5.00

Booking
required

Infozone

Compass Wellbeing Group
6.00-7.30

Friday

Booking
required

West Borough

Women's Wellbeing
10.00-11.30

Booking
required

Infozone

Baby Massage
10.00-11.00

2-6
mths

All of our groups and services are free to attend.

Information



11-16 Years Old

Boxing

At 326 The Mall (2nd Floor next to Sports Direct). Term time only, excluding Bank Holidays

Booking Required
infozonefamilyhub@kent.gov.uk

Invite only

Compass SEND

A DBT skills informed course for young people age 11-25 with SEND

Booking Required
infozonefamilyhub@kent.gov.uk

Compass Boys Group

For ages 11-16. Support with healthy relationships, emotional health, self esteem and risk taking behaviour.

Booking Required
infozonefamilyhub@kent.gov.uk

ESOL

English learning for speakers of other languages

Booking Required
greenfieldsfh@kent.gov.uk
westboroughfh@kent.gov.uk

Booking required

Stepping Stones

4 Week Course

A workshop for families who have children with SEN

Booking Required
westboroughfh@kent.gov.uk

Booking required

Women's Wellbeing

6 Week Course

A course for supporting mums with emotional health and mental wellbeing.

Booking Required
westboroughfh@kent.gov.uk

Drop in

Rhyme Time

0-18 mths

Come and join us for a singing session! Learn how to support your child's speech & language development, social skills and attachment. Meet other parents and make new friends.

Drop In

Child Health Clinic & Infant Feeding Support Group

A drop in clinic for you to come along, have your baby weighed and speak to a member of the Health Visiting Team. Breastfeeding information, advice and support is also available. Please arrive 15 minutes before the end of the clinic.

Compass Wellbeing Group

Age 11-17

Targeted group to support young people with communication, anxiety, coping skills, socialization and more. Using strategies learned in the Compass Programme.

Booking Required
infozonefamilyhub@kent.gov.uk

Booking required

Little Talkers

2-4 years

A 6 week course for parent/carers to learn new techniques and useful hints & tips for developing your child's speech. Opportunity for discussion and trying out specific strategies within fun play activities, stories, songs & rhyme.

Booking Required
parkwoodfh@kent.gov.uk
southborough@kent.gov.uk

1-4 years

Bookstart Club

A 2 week rolling programme that helps babies, toddlers and preschoolers to discover the magic of shared reading. It encourages a love for books, stories & rhymes and for them to benefit from the life-changing and positive experience from reading.

Booking Required
parkwoodfh@kent.gov.uk

[@Maidstonefamilyhubs](https://www.facebook.com/Maidstonefamilyhubs)

[@Maidstonefamilyhubs](https://www.instagram.com/Maidstonefamilyhubs)

[@Maidstonefamilyhubs11to19](https://www.instagram.com/Maidstonefamilyhubs11to19)

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 Visiting Team

0300 5550506

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

Family Hub Sites are run by Kent County Council



Maidstone Family Hubs Timetable

13 January 2025 - 14 February 2025

Our Family Hubs:

Parkwood
03000 412700
Furfield Close,
Maidstone
ME15 9JR
Parkwoodfh
@kent.gov.uk

Greenfields
03000 412987
Rutland Way,
Maidstone
ME15 8DR
Greenfieldsfh
@kent.gov.uk

South Borough
03000 417770
Stagshaw Close,
Maidstone
ME15 6TL
Southboroughfh
@kent.gov.uk

All of our groups and services are free to attend.

Monday

Drop in **Parkwood**
HV Clinic & Breastfeeding
9.30-11.30

Drop in **Greenfields**
Stay & Play
9.30-11.00

Booking required **South Borough**
Bumps to Babes
11.30-1.30

Booking required **Greenfields**
ESOL
12.30-2.30

Tuesday

0-1 year **Greenfields**
Sensory for babies
10.30-11.30

Drop in **South Borough**
Stay & Play
9.30-11.00

Booking required **Parkwood**
Little Talkers
10.00-11.00

Booking required **South Borough**
Baby Massage
1.30-2.30

Booking required **South Borough**
Introducing Solids
1.30-2.45
Second Tuesday of the month

Wednesday

Booking required **Parkwood**
Baby Massage
10.00-11.00

Booking required **South Borough**
Learn 4 Life
1.00-3.00
Creche available

Booking required **Parkwood**
Neuro Navigators
3.30-5.00 term time
Age 8-11

Thursday

Booking required **Parkwood**
Bookstart Club
Age 1-4 years
9.30-10.30

Drop in **Parkwood**
Stay & Play
1.00-2.30

South Borough
Talking Walk Ins
9.30-11.30
2nd Thur of the month

5-8 yrs **South Borough**
Resilience Group
4.00-5.30 term time
Age 5-8

South Borough
HV Clinic & Breastfeeding
1.30-3.30

South Borough
Baby, Family & You
Booking required 10.00-12.00

Friday

0-4 yrs **Greenfields**
Twins Group
9.30-11.30
2nd & 4th Fri of the month

Greenfields
Talking Walk Ins
9.30-12.00
1st & 3rd Fri of the month

South Borough
Breastfeeding drop in
9.30-11.30

Booking required **South Borough**
Little Talkers
1.00-2.00

Information



0-1 year **Sensory for babies**

6 Week rolling themes
Exploring all the senses such as sight, sound, touch, taste and smell

Drop in

Bumps to Babes

For young parents and their children (up to 25 yrs). Lunch provided.

Booking Required
Southboroughfh@kent.gov.uk

Invite only **Learn 4 Life**

Various workshops and courses with creche facilities. See our social media for information on upcoming courses.

Booking Required
Southboroughfh@kent.gov.uk

ESOL

English learning for speakers of other languages

Booking Required
Greenfieldsfh@kent.gov.uk

0-5 years **Stay & Play**

Fun activities providing learning opportunities through play and helping you to bond with your child. Just drop in!

Drop in

8-11 years **Neuro Navigators**

A group for Neurodivergent children to learn skills that teach independence and support them to be ready for the transition to secondary school. Supporting building confidence, self esteem & encouraging outside school friendships with a range of activities.

Booking Required
Parkwoodfh@kent.gov.uk

Pre-school children only **Talking Walk Ins**

Play-based session where you can speak to a speech and language therapist or other staff. If you do not have parental responsibility please bring written consent with you.

Drop in

Baby, Family & You

4 Week Course face to face & 4 week follow on call

Antenatal and postnatal preparing for baby and beyond 0-12 mths

Booking Required
Southboroughfh@kent.gov.uk

8 Weeks to 6 Months **Baby Massage**

4 Week Course

Baby Massage enables you to learn about and respond to your baby's body language. It is also a wonderful way to make your baby feel safe and secure.

Booking Required

5-8 years **Resilience Group**

After school fun! Support building confidence, self esteem and encouraging outside school friendship with a range of activities.

Drop in

Introducing Solids

A workshop run by the Health Visiting team to guide you through the weaning journey. Book when baby is 4-6 months. Every second Tuesday of the month.

Booking Required
Southboroughfh@kent.gov.uk

Child Health Clinic & Infant Feeding Support Group

A drop in clinic for you to come along, have your baby weighed and speak to a member of the Health Visiting Team. Breastfeeding information, advice and support is also available. Please arrive 15 minutes before the end of the clinic.

Drop in

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