

## \*\* Groups By Booking/Referral Only

<b>Stepping Stones</b>	4 week workshop supporting families with children who have SEN. No formal diagnosis needed – To book your space contact WestboroughFH@kent.gov.uk.
<b>Baby Massage</b>	4 week programme to learn how to massage your baby and learn more about their development. Attendance is by booking only. Please contact the hubs directly.
<b>Boxing @ 326 The Mall</b>	11- 16yrs Olympia Boxing every Monday term time. To book contact infozonefamilyhub@kent.gov.uk.
<b>Wellbeing Group @ Infozone</b>	11- 17yrs Supporting young people who experience low level social anxiety helping them to increase their confidence and self-esteem. Allowing them to make new friends through arts and crafts, music, table tennis, various workshops information/advice and cooking. To book please contact infozonefamilyhub@kent.gov.uk.
<b>Triple P</b>	Preparing for baby and beyond 0-12mths Antenatal & Postnatal 4 week course face to face. 4 week follow on call. Under 12mths welcome to attend.
<b>Communication Tree &amp; Home Learning Environment (HLE)</b>	Speech and language support for you and your child, referral through NHS services please contact your local health visiting team.

## Information on other groups and partner agencies

<b>Talking Walk Ins - NHS</b>	Speech and Language support for Pre-school age children. 1st & 3rd Friday of the month at Greenfields and every 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday at South Borough – Drop in session. Play-based drop-in sessions where you can speak to a speech and language therapist. See posters for more information.
<b>Kent Portage</b>	Wednesdays at South Borough Family Hub. Term Time only Referral only via portage email: kentportage@kent.gov.uk
<b>Health Visiting and Breast Feeding Support.</b>	If you need advice from your Health Team or would like to discuss a development check Phone: 0300 123 4064 or Email: <a href="mailto:kentchft.maidstone.dutyhv@nhs.net">kentchft.maidstone.dutyhv@nhs.net</a>
<b>Educational Psychology</b>	Kent educational psychology and specialist teaching and learning service for 0-19yrs offering 30 minute 1-1 appointments. Booking only contact <a href="mailto:educational.psychology@kent.gov.uk">educational.psychology@kent.gov.uk</a>
<b>Kent Adult Education</b>	Various courses throughout the year including English as a Second Language (ESOL) Please see posters for further details or contact your local family hub. Various Courses offered by Adult Education—visit <a href="http://www.kentadulteducation.co.uk">www.kentadulteducation.co.uk</a>



## Maidstone Family Hubs

Kent Family Hubs offer support to children, young people and their families. They make it easier for you to get the services you need throughout your family journey - from newborns to 19-year-olds, or up to 25-year olds with special educational needs or disabilities (SEND).

### Timetable

Week Commencing 03-06-24

Weekly Groups	
<b>Stay and Play @ Parkwood and South Borough</b>	For 0-5yrs This includes a variety of activities to support your child's learning and development. Messy activities will also be available for children to explore, we advise wearing old clothing.
<b>Rhyme Time @ Infozone</b>	For 0-18mths – Supporting early speech and language skills, bonding and attachment through songs, stories and activities.
<b>Bumps to Babes @ South Borough</b>	Group to support young parents under 25yrs and their children 0-5yrs Both antenatally and postnatally.
<b>Juniors Club @ Greenfields</b>	5-8yrs Supporting emotional wellbeing, building resilience and social opportunities.
<b>Sensory For Babies @ Greenfields</b>	0-12mths Group to support your babies learning and development exploring their senses.

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Parkwood ME15 9JL 03000412700 Mon—Fri 9:00am to 5:00pm ParkwoodFH@kent.gov.uk</p>	<p><b>Health Visitors Clinic and Breastfeeding</b> Drop-in 9:30 to 11:30</p>		<p><b>**Baby Massage</b> 10:00 to 11:00 (2-6 months)</p>	<p><b>Helping little people with Big Feelings</b> 10:30—12:00 (2-5yrs) <b>Coming Soon</b> <b>Stay &amp; Play</b> 1:00 to 2:30 (0-5yrs)</p>	
<p>Greenfields ME15 8DR 03000412987 Mon—Fri 8:30am to 4:30pm GreenfieldsFH@kent.gov.uk</p>	<p><b>**ESOL</b> English learning for speakers of other languages 12:30 to 2:30</p>	<p><b>Sensory for babies</b> 10:30 to 11:30 (0-1 years) 6 week rolling themes</p>	<p><b>**Triple P</b> 12:30-2:30pm 4 week course face to face 4 week follow on call Antenatal and Postnatal Preparing for baby and beyond 0-12mths</p>	<p><b>Junior's Club</b> Term Time only 3:30 to 5:00 (5 –8 years)</p>	<p><b>Twins group</b> 9:30am –11:30am (0-4yrs) 2nd &amp; 4th Friday <b>Talking Walk Ins</b> 9:30 to 12:00 1st &amp; 3rd Friday</p>
<p>South Borough ME15 6TL 03000417770 Mon—Fri 8:30am to 4:30pm SouthboroughFH@kent.gov.uk</p>	<p><b>Bumps to Babes</b> For young parents and their children (up to 25yrs) 11:30am to 1:30pm</p>	<p><b>Stay &amp; Play</b> 9:30 to 11:00 (0-5 years) <b>**Baby Massage</b> 1:30 to 2:30 (2-6 months) 4 Week Programme</p>	<p><b>'Learn 4 Life'</b> Various workshops and courses with creche facilities <b>Coming soon</b></p>	<p><b>Talking Walk Ins</b> 9:30am –11:00am 2nd &amp; 4th Thursday <b>Health Visitor Clinic and breast feeding. Drop-in</b> 1:30 to 3:30</p>	
<p>West Borough ME16 8TL 03000412987 Wed—Fri 8:30am -4:30pm WestboroughFH@kent.gov.uk</p>	<p>Hub closed</p>	<p>Hub closed</p>	<p><b>Communication Tree</b> Speech and language workshop for children 2-5yrs NHS referral <b>Coming Soon</b></p>	<p><b>**ESOL</b> English learning for speakers of other languages 10:00 to 12:00 <b>Coming Soon</b> <b>**Stepping Stones</b> 12:30 to 2:30 4 week workshop For families who have children with SEN</p>	<p><b>Women's Wellbeing</b> <b>Coming Soon</b></p>
<p>Infozone ME15 6NF 01622755044 Mon—Fri 9:00am—5:00pm &amp; Evening groups available Infozonefamilyhub@kent.gov.uk</p>	<p><b>**Boxing</b> At 326 The Mall 4:30 to 5:30 The Mall (2nd floor next to sports direct) (11-16yrs) Term time only, excluding bank holidays</p>		<p><b>Rhyme Time</b> 10:00 to 11:00 (0 to 18mths) <b>'Moving Up'</b> 3.30 to 5:00pm (8-11 years) Supporting mental health and Transition to secondary school <b>Coming Soon</b></p>	<p><b>'Make Do and Mend</b> (10 yrs + with Parent) <b>Coming Summer 2024</b> <b>**Wellbeing Group</b> 6:00pm to 7.30pm (11-17yrs) Term time only <b>Coming soon</b></p>	