



Maidstone Family Hubs Timetable

15th September 2025 - 17th October 2025

Our Family Hubs:

South Borough
03000 417770

Stagshaw Close,
Maidstone
ME15 6TL

Southboroughfh
@kent.gov.uk

Infozone
03000 419470

3 Palace Avenue,
Maidstone
ME15 6NF

Infozonefamilyhub
@kent.gov.uk

Monday

South Borough
Young Parents
11.30-1.30

Tuesday

South Borough
Stay & Play
9.30-11.00

Infozone
Strengthening Family
Relationships
11.00-1.00
30th September

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

South Borough
Baby Massage
1.30-2.30

Infozone
Compass SEND
4.30-6.00

Wednesday

Infozone
Baby Steps Musical
10.00-11.00

Infozone
Baby, Family and You
12.30-2.30

South Borough
Compass Home Education
1.00-2.00

Thursday

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

South Borough
Health Visitor Clinic
1.30-3.30

South Borough
Resilience Group
4.00-5.30

Friday

South Borough
Breastfeeding Clinic
9.30-11.30

Infozone
Baby Massage
10.00-11.00

South Borough
Little Talkers
1.00-2.00

All of our groups and services are free. For groups requiring booking at all Hubs, see our booking page
<https://outlook.office.com/book/FamilyHubActivitiesMaidstone@KentCountyCouncil.onmicrosoft.com/>

Information



Booking required

Compass SEND

This course features the 4 core elements of the original Compass material but has been reframed to include additional resources such as Zones of Regulation, Sensory Profiling and Strategies, Stimming and more. This course will be adaptable and tailored to the cohort on sign up. Please note young people do not require a formal diagnosis
ages 11-25 with SEND

Booking required

Strengthening Family Relationships

A workshop for parents-in-conflict, giving you the information and practical tools you need to help improve the outcomes for your children. crating a healthier environment for your family

Booking Required

<https://www.kent.gov.uk/education-and-children/kent-family-hub/mental-health-and-family-relationships/reducing-arguments-and-conflict-between-parents/strengthening-family-relationships>

Booking required

Young parents

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

Booking required

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

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

Drop In

Stay & Play

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

Please note we have 4 Stay & Play sessions.
Greenfields, South Borough,
Parkwood & West Borough

0-5 years

Drop in

Baby Steps Musical

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.
'formerly Baby Rhyme Time'

0-18 mths

Drop in

Resilience Group

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

5-8 years

Booking required

Compass Home Education

This Compass course has been designed for young people who are being home educated. Compass provides young people with practical tools to help navigate emotions, relationships and challenges that they face on a daily basis, as well as building resilience, self-esteem and confidence. The course is delivered in a group-based setting and will run over 10 weeks.

11-16 years

@Maidstonefamilyhubs



@Maidstonefamilyhubs



@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

15th September 2025 - 17th October 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

West Borough
03000 419361

Greenway,
Maidstone
ME16 8TL
Westboroughfh
@kent.gov.uk

Monday

Drop in **Parkwood**
Health Visitor Clinic
9.30-11.30

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

Drop in **Parkwood**
Breastfeeding Clinic
1.00 - 3.00

Tuesday

Drop in **West Borough**
Health Visitor Clinic
9.30-11.30

0-1 year **Greenfields**
Baby Steps Sensory
10.30-11.30

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

Drop in **West Borough**
Breastfeeding Clinic
1.00-3.00

Wednesday

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

Booking required **Greenfields**
Neuro Navigators
3.30-5.00

8-11 years

Term Time

Thursday

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

Drop in **West Borough**
Stay & Play
10.00-11.30

Booking required **Greenfields**
Compass
6.00 - 7.30

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

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

www.kent.gov.uk/familyhub

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Information



Drop In

Baby Steps Sensory

6 Week rolling themes

Exploring all the senses such as sight, sound, touch, taste and smell.

0-1 year

Booking required

Compass

Compass helps you to navigate emotions, relationships and life's challenges by teaching you dialectical behaviour therapy (DBT) skills. The course is an evidence-based approach to help you cope with all sorts of problems in life. It's suitable for young people aged 11 to 19-years old. The course is 10 weeks and will support young people to building their confidence, resilience and self-esteem in a group environment.

Booking required

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.

Please note we have 3 Baby Massage sessions.

8 Weeks to 6 Months

Drop In

Talking Walk Ins

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

Please note only 15 families are seen a session.

We host 2 sessions:
Greenfields & South Borough.

2 - 4 Years

Booking required

Little Talkers

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.

Drop In

Health Visitor Clinic &/or Breastfeeding Clinic

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 clinic. Please arrive 15 minutes before the end of the clinic.

Please note we hold 3 Health Visitor and 3 Breastfeeding clinics a week:
Parkwood, South Borough & West Borough.

Drop In

Twins Group

Group run by parents for families with multiple births.

2nd & 4th
Friday of the month

0-5 years

Booking required

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.

8-11 years

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!

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