



Swale Family Hubs

Timetable

2nd September - 12th December 2025

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

All of our groups
and services are
free to attend.

Monday

Tuesday

Wednesday

Thursday

Friday

Bysing Wood Family Hub

Baby Steps

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

Puppet Making

3yrs-5yrs
9:30 - 11:30

Stay and Play with Activity Roundabout Oare Gunpowder Works

2yrs-5yrs
10:00 - 11:00

Baby Massage

2nd Sep for 4 wks
30th Sep for 4 wks
10:00 - 11:00

Young Parents

Up to 25 yrs
10:00 - 11:00

Baby, Family and You

5th Nov for 4 wks
13:00 - 15:00

District Conversations

9:00 - 11:00

Little Talkers

6th Nov for 6 wks
2-4yrs
10:00 - 11:00

Stay and Play

Birth-5yrs
10:00 - 11:00

Leysdown Family Hub

Stay and Play

Birth-5yrs
10:00 - 11:00

Book Worms

1yrs-5yrs
8th Sep for 3 wks
13:30 - 14:30

Baby Massage

8th Sep for 4 wks
13:30 - 14:30

Baby Steps

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

Little Talkers

10th Sep for 6 wks
5th Nov for 6 wks
2-4yrs
13:30 - 14:30

SEND Stay and Play

Birth-5yrs
10:00 - 11:00

District Conversations

12:30 - 14:30

Making It REAL

14th Nov for 4 wks
2-5 yrs
10:00 - 11:00

Confident Parent, Confident Child

7th Nov for 4 wks
12:30 - 14:30
(Creche Available)

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

All of our groups
and services are
free to attend.

Monday

Tuesday

Wednesday

Thursday

Friday

Milton Court Family Hub

Baby Steps

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

Healing Together

3rd Nov for 6 wks
12-16yrs
16:00 - 17:30

District Conversations

10:00 - 12:00

Cooking on a Budget

5-11yrs (adults and children
to attend)
21st Oct
13:30 - 15:30

District Conversations

17:00 - 19:00

Understanding your Teenager

18th Sep for 4 wks
9:30 - 11:30

Compass NEET

16-18yrs
14:00 - 16:00

Compass

11-19yrs (25 with
SEND)
17:00 - 19:00

Stay and Play

Birth-5yrs
10:00 - 11:00

Murston Family Hub

Childminder Group

9:30 - 11:30

Baby Massage

8th Sep for 4 wks
6th Oct for 4 wks
13:30 - 14:30

Book Worms

1-5yrs
1st Dec for 3 wks
13:30 - 14:30

Stay and Play

Birth-5yrs
10:00 - 11:00

Citizens Advice Drop-In

11:30 - 13:30

Baby, Family and You

17th Sep for 4 wks
13:00 - 15:00

District Conversations

13:30 - 15:30

Little Talkers

11th Sep for 6 wks
2-4yrs
10:00 - 11:00

Baby Steps

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

Making It REAL

3rd Oct for 4 wks
2-5 yrs
10:00 - 11:00



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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

All of our groups and services are free to attend.

Monday

Tuesday

Wednesday

Thursday

Friday

Woodgrove Family Hub

District Conversations

9:00 - 11:00

Requires Booking

Book Worms

1-5yrs
6th Oct for 3 wks
13:30 - 14:30

Requires Booking

SEND Stay and Play

Birth-5yrs
10:00 - 11:00

Requires Booking

Healing Together

4th Nov for 6 wks
8-11yrs
16:00 - 17:30

Requires Booking

Baby Massage

3rd Sep for 4 wks
1st Oct for 4 wks
29th Oct for 4 wks
10:00 - 11:00

Requires Booking

Stay and Play

Birth-5yrs
13:30 - 14:30

Baby Steps

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

Strengthening Family Relations

13th Nov
10:00 - 13:00

Requires Booking

Young Parents

Up to 25 yrs
13:30 - 14:30

Requires Booking

Breast-Feeding Support

Drop-in Session
9:30 - 11:30

Making It REAL

5th Sep for 4 wks
2-5 yrs
10:00 - 11:00

Family First Aid

12th Sep for 3 wks
12:30 - 14:30
(Creche Available)

Sheppey Gateway

Our Family Scrapbook

3rd Nov for 4 wks
12:30 - 14:30
(Creche Available)

Requires Booking

Baby Massage

28th Oct for 4 wks
10:00 - 11:00

Requires Booking

Compass

Seashells Family and Children's Centre
11-19yrs (25yrs with SEND)
16:00 - 17:30

Requires Booking

Stay and Play

with Activity Roundabout
Barton's Point Coastal Park
2-5yrs
10:00 - 11:00

Requires Booking

District Conversations

10:30 - 12:30

Young Parents

Up to 25 yrs
13:30 - 14:30

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Sensory Room:

Bysing Wood FH, Leysdown FH and Woodgrove FH

Available from 9:00 - 16:00

First two Wed of the month: **Leysdown FH: 4pm and 5pm**

Last two Wed of the month: **Woodgrove FH: 4pm and 5pm**

Contact swalefh@kent.gov.uk to book a free 45 minute slot

Requires
Booking

Be You - Sittingbourne

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

thebeyouproject.co.uk

To book contact Darren on 07966 368528

Requires
Booking

Healthy Child Clinic (Drop-In):

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

Woodgrove Family Hub
Every Monday (except Bank Holidays)
13:30 - 15:30

Home Learning Environment

Making it REAL:

A targeted HLE intervention aimed at children aged 3-4 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 2-5 years 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 2-4 years old
Booking required.

Information



2-5
Years
Old

Activity Roundabout

An outdoor group that introduces weekly themes to support your child's development and building their confidence.

Please dress weather appropriate.

8 Weeks
to 6
Months

Baby Massage

A course where parents learn a new set of massage strokes to perform on their baby, each week.

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.

Booking required.

Until
Walking

Baby Steps

The main focus of this group is on peri-natal mental health, parent infant relationship, attachment and bonding and healthy child development.

It provides activities for babies that cover the 3 prime areas of the EYFS: Personal, Social & Emotional, Physical, Communication & Language, all with sensory elements.

1-5
Years
Old

Book Worms

Introduces a story and a range of fun activities to allow your child to explore their imagination.

Booking required.

0-5
Years
Old

Childminder Group

Welcoming all childminders within Swale to come along and explore our playroom.

For children aged 0-5.

0-5
Years
Old

SEND Stay and Play

A Stay and Play session for children with Special Educational Needs and Disabilities. An opportunity for parents and carers to drop in and receive support and advice.

Booking required.

0-5
Years
Old

Stay and Play

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.

Citizens Advice Drop-In

Struggling with the cost of living?

Need support to access services?

Facing discrimination?

No appointment needed.

Young Parents

This drop-in group provides a safe space for young parents to learn and flourish with the support of professionals.

It aims to reduce social anxiety, enable friendships and social connections and enable young parents to build their networks across the Family Hub Network and beyond.

For up to 25 years old.

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

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-](http://www.children-families.org/seashells-family-hub.html)

[families.org/seashells-family-](http://families.org/seashells-family-hub.html)

hub.html

01795 889233

www.kent.gov.uk/familyhub

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Information



Compass

The Compass programme 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.

NEET refers to young people who are not in education, employment or training.

Booking Required

District Conversations

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.

Healing Together

A 6 week programme for 5-16 year olds who have been impacted by domestic abuse. The programme is designed to help children learn how their body and brain can work together to help them feel safe and calm. Children will not be asked to talk about their experiences.

There will be a pre-assessment appointment as part of the programme. We hope to run courses for 5-7 years in the future.

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.

Strengthening Family Relations

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 wellbeing. 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.

Booking Required

Parent Carer Panel

Your views matter. Become a part of our parent and carer forum today and help shape services for families across Swale.

Sharing your perspective could improve support for families, children and young people.

Booking required

@SwaleFamilyHubs



@SwaleFamilyHubs



@SwaleFamilyHubs11to19



www.kent.gov.uk/familyhub

Family Hub Sites are run
by Kent County Council

Seashells provides services for families in Sheerness:
<https://www.children-families.org/seashells-family-hub.html>

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.