



Canterbury Family Hubs Timetable

20th April to 22nd May 2026

Closed on Bank Holidays

Herne Bay Family Hubs:

Herne Bay
03000 422889

Memorial Park, Kings Road,
Herne Bay, CT6 5RG

CanterburyFH@kent.gov.uk

Briary
03000 420897

Greenhill Road (West), Herne Bay,
CT6 7RS

CanterburyFH@kent.gov.uk

All of our groups and services are free to attend.

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

Monday

Tuesday

Wednesday

Thursday

Friday

Herne Bay

Stay and Play

10:00am - 11:30am

Monthly

Herne Bay

Housing Hub

10:30am - 12:30pm

Requires
Booking

Herne Bay

Ready for Baby

11:30am - 1:00pm
First Tuesday of the month

Herne Bay

NCT Infant Feeding
Support Groups

1:30pm - 3:30pm

Last Sign
In
3:15pm

Herne Bay

Child Health Clinic

1:30pm - 3:30pm

Monthly

Herne Bay

Parenting Support
and Advice Drop In

9:30am - 11:30am
Third Wednesday of the month

Fort-
nightly

Herne Bay

Talking Walk-in

9:30am - 11:30am
Second and Fourth
Wednesday of the month

Requires
Booking

Herne Bay

Jobcentre Plus
Support Session

9:30am - 11:30am

Herne Bay

Let's Walk

Meet at 10:00am at
the pier entrance

Requires
Booking

Herne Bay

Togetherness:
Understanding Your Child

12:30pm - 2:30pm

Briary

Baby Group

1:00pm - 2:30pm

Requires
Booking

Briary

Baby, Family and You

9:30am - 11:30

Herne Bay

Young Parents Stay and Play

12:30pm - 2:00pm

Requires
Booking

Herne Bay

Strengthening Family
Relationships

12:30pm - 2:30pm

Requires
Booking

Herne Bay

Baby Massage

1:00pm - 2:00pm

@CanterburyFamilyHubs



@CanterburyFamilyHubs



@Canterburyfamilyhubs11to19



Family Hub Sites are run by Kent County Council
www.kent.gov.uk/familyhub

Information

www.kent.gov.uk/familyhub

Please Note:

For Health and Safety reasons there are room capacity limits in place.

Useful Contact Numbers:

Health Visitor
0300 7900 156
Midwife
01227 206737

For more information
about opening times
give your local centre
a call

Kent
Family
Hub

0 - 5
Years
Old

Stay and Play

A relaxed session for families with play, singing, stories and messy fun for children aged 0-5.

Pre-
Walkers
Only

Baby Group

A welcoming space to bond with your baby and meet other parents. Includes songs and sensory play. For babies who are pre-walking.

Ready for Baby

First Tuesday of the month

Ready for Baby is a session for parents to be. It supports you with information and guidance to help you develop a strong bond with your baby. This includes information and advice about how to feed your baby responsively and how to know when feeding is going well.

To book, please email:
kentchft.readyforbabyproject@nhs.net

Jobcentre Plus Support Session

29th April and 27th May

Are you worried about the increasing cost of living? Do you know if you are getting all the benefits you are entitled to? Do you have concerns regarding childcare and work and meeting the costs? We can support if you are looking for skills training, employment or budgeting.

To book, please contact Family Hubs.

Let's Walk

Meet at the entrance to Herne Bay Pier to join our Family Coach for a pram-friendly walk along the seafront.

Young Parents Stay and Play

A support group for parents and parents-to-be up to the age of 20 years. Creative and fun sessions with information, advice and an opportunity to make new friends.

Talking Walk-in

Play-based drop-in sessions for anyone concerned about their pre-school child's speech, language or communication skills led by the Speech and Language Team.

These drop-ins can get very busy, and it is possible you might not be seen. Please call our Family Hub to find out how busy the drop-in is.

Togetherness: Understanding Your Child

10 Week Course

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

Booking Required: Starts 29th April

Parenting Support and Advice Drop In Formerly 'SEND and Parenting Support Drop In'

Herne Bay - Third Wednesday of the month

Drop in for friendly advice on any parenting questions (0-19) – No booking needed.

Child Health Clinic

A drop in clinic for you to come along, have your baby weighed and speak to a member of the Health Visiting Team. Please arrive no later than 15 minutes before the end of the clinic.

NCT Infant Feeding Support Groups

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!

Newborn
to 6
months
old

Baby Massage

5 Week Course

A 5-week course to learn soothing massage techniques to help your baby relax, sleep better and ease colic. Great for bonding.

For babies 0-6 months.

Booking required: Starts 24th April

Baby, Family and You

4 Week Course and follow up contact

A supportive course for expectant and new parents to build positive routines and confidence in baby's first year.

Booking required: Starts 23rd April

Housing Hub

12th May

Canterbury City Council Housing Officers will be on site to answer any questions you might have.

Herne Bay - Second Tuesday of the month

Strengthening Family Relationships

1 Workshop

A Workshop to help parents reduce conflict and build positive family relationships.

Booking Required:
15th May

Introducing Solid Foods Workshop

1 Workshop

A parents & carers session, suitable just before you introduce solid food to your baby from 6 months old. Advice and techniques to support your child through their journey.

Booking Required:
13th May

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:



Family Hub Sites are run by Kent County Council

www.kent.gov.uk/familyhub