



Canterbury Family Hubs Timetable

20th April to 22nd May 2026

Closed on Bank Holidays

Whitstable Family Hub:

03000 421554

Tower Parade, Whitstable, CT5 2BJ

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

Whitstable

Baby Group

10:00am - 11:30am

Requires Booking

Whitstable

KAE First Aid For Babies

10:00am - 12:00pm

Tuesday

Monthly

Whitstable

Parenting Support and Advice Drop In

9:30am - 11:30am
Second Tuesday of the month

Monthly

Whitstable

Talking Walk-in

9:30am - 11:30am
First Tuesday of the month

Fort-nightly

Whitstable

Speak Out Youth

6:00pm - 8:00pm

Wednesday

Requires Booking

Whitstable

Healing Together

5:00pm - 6:30pm

Thursday

Whitstable

Stay and Play

10:00am - 11:30am

Requires Booking

Whitstable

Baby Massage

1:00pm - 2:00pm

Requires Booking

Whitstable

Time To Shine

Evening Sessions

Friday

Last Sign In 11:15am

Whitstable

Child Health Clinic

9:30am - 11:30am

Fort-nightly

Whitstable

Food Bank Drop In
10:00am - 11:00am
Every 2 weeks from 24th April

Requires Booking

Whitstable

Jobcentre Plus Support Session
9:30am - 11:30am



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.

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.

Parenting Support and Advice Drop In

Formerly 'SEND and Parenting Support Drop In'

Whitstable - Second Tuesday of the month

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

11-19yrs
(25 with
SEND)

Speak Out Youth

1 Session

Youth-led projects where young people design and deliver community initiatives and build leadership skills.

Booking Required: 21st April
5th May
19th May

11-19
Years
Old

Healing Together

6 Week Course

A 6 week trauma-informed programme for young people aged 11-19 to support emotional wellbeing and recovery.

Booking Required: Starts 29th April

Kent Adult Education: First Aid For Babies

1 Session

Join in our practical and supportive workshop to learn vital first aid techniques to confidently care for your baby in an emergency.

Booking Required: 11th May

Food Bank Drop In

Come along and meet a member of the Food Bank Team to find out how they can support you. For families with children and young people aged 0-19 years (25 with SEND).

Every 2 weeks from 24th April

Time To Shine

Small, supportive groups for children in school years 3 to 6 and 7 to 11+ with SEND to build confidence and social skills through fun activities.

Booking Required School Years 3-6: 4pm - 5pm
School Years 7-11: 5:30pm - 7:00pm

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 23rd April

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!

Jobcentre Plus Support Session

15th 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.

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