



Canterbury Family Hubs

Timetable

2nd November to 18th December 2026

Closed on Bank Holidays

City Family Hubs:

Kingsmead
03000 413999

Kingsmead Road, Canterbury,
CT2 7PH

CanterburyFH@kent.gov.uk

Wincheap
03000 410014

Hollowmede, Wincheap, Canterbury,
CT1 3SD

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

Requires
Booking

Wincheap

Baby Massage

10:00am - 11:00am

Tuesday

Wincheap

SEND Stay and Play

9:30am - 11:00am

Requires
Booking

Wincheap

Baby, Family and You

10:00am - 12:00pm

Requires
Booking

Wincheap

Ready for Baby

12:15pm - 1:45pm
Third Tuesday of the month

Kingsmead

Baby Group

1:00pm - 2:30pm

Wednesday

Referral
Only

Kingsmead

The Communication Tree

10:00am - 11:00am

Requires
Booking

Kingsmead

Introducing Solid Foods

12:30pm - 2:30pm

Requires
Booking

Kingsmead

Art At The Start

1:00pm - 2:00pm

Requires
Booking

Kingsmead

Little Bookworms

1:00pm - 2:00pm

Thursday

Monthly

Wincheap

Talking Walk-in

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

Wincheap

Baby Group

1:00pm - 2:30pm

Last Sign
In 3:15pm

Kingsmead

Child Health Clinic

1:30pm - 3:30pm

Kingsmead

NCT Infant Feeding
Support Groups

1:30pm - 3:30pm

Friday

Monthly

Kingsmead

Parenting Support
and Advice Drop In

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

Monthly

Kingsmead

Talking Walk-in

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

Wincheap

Stay and Play

10:00am - 11:30am

Monthly

**Canterbury
Salvation Army Hall**

Tots to Teens Emporium
10:00am - 11:30am

@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

03000 132204

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

Kingsmead - First Friday of the month

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

0 - 3
Years
Old

Art At The Start

3 Week Course

A 3-week course using art and sensory play to support bonding, communication and your child's early development.

Booking Required: Starts 4th Nov

0 - 1
Years
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.

Booking Required: Starts 9th Nov

Tots To Teens Emporium

Pop Up date posted on our Facebook page monthly

Please come and browse our ever changing donations. We have a range of items available, such as, clothes (newborn to teen), books, games, toys, baby and toddler equipment.

Salvation Army Hall, Whitehorse Lane, Canterbury, CT1 2RU

SEND Stay and Play

Come along and enjoy play, songs, stories and messy fun in a friendly, safe environment for children aged 0-5 years with SEND.

These sessions are a great chance to spend time with your child, meet other families, and support early learning through play.

2 - 4
Years
Old

The Communication Tree

4 Week Course

A 4-week course to understand how communication develops. For children aged 2 years plus, including fun activities to boost your child's communication skills.

Referral Only: Contact us for information

Introducing Solid Foods Workshop

1 Session: 9th December 2026

Join one of our health visiting-led virtual or face-to-face sessions to get trusted NHS advice on everything from choosing the right first foods to making mealtimes fun and safe for your little one.

To book, please visit:

<https://family.kentcht.nhs.uk/baby/>

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!

Ready For Baby

Third 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

1 - 4
Years
Old

Little Bookworms

3 Week Course

Step into the magical world of books! 3 Fun sessions with stories and activities. Free book packs included. For children aged 1- 4.

Booking Required: Starts 25th Nov

0 - 6
Months
Old

Baby, Family and You

4 Week Course

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

Booking Required: Starts 3rd Nov

Healthy Start Vitamins

Are you eligible for Healthy Start Vitamins?

If so, complete this form to order Healthy Start Vitamins to your door:



Early Learning for 2 year olds

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