

Canterbury Summer Timetable

20th July - 28th August, 2026

Our Activities

Baby Groups

Child Health Clinics

NCT Infant Feeding Support Groups

Parenting Support Advice Drop-Ins

Strengthening Family Relationships

Introducing Solid Foods

Talking Walk Ins



Contact us

CanterburyFH@kent.gov.uk

Family Hub Sites are run by Kent County Council

Find us on Facebook or
Instagram at Canterbury
Family Hubs



Canterbury Family Hubs



Talking Walk Ins

Concerned about your pre-school child's speech, language or communication skills? Talking Walk-Ins are play-based drop-in sessions where you can speak to a speech and language therapist or other staff. Available for preschool-aged children only.

9:30am - 11:30am

Herne Bay FH: 22/07/2026

Kingsmead FH: 24/07/2026

Whitstable FH: 04/08/2026

Wincheap FH: 06/08/2026

Herne Bay FH: 12/08/2026

Kingsmead FH: 14/08/2026

Herne Bay FH: 26/08/2026

Kingsmead FH: 28/08/2026

Baby Groups

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

Mondays

10:00am -
11:30am

Whitstable
Family Hub,
Tower Parade,
Whitstable,
CT5 2BJ

Tuesdays

1:00pm -
2:30pm

Kingsmead
Family Hub,
Kingsmead
Road,
Canterbury,
CT2 7PH

Wednesdays

1:00pm -
2:30pm

Briary Family
Hub,
Greenhill Road
(West),
Herne Bay,
CT6 7RS

Thursdays

1:00pm -
2:30pm

Wincheap
Family Hub,
Hollowmede,
Wincheap,
Canterbury,
CT1 3SD

Fridays

10:00am -
11:30am

Herne Bay
Family Hub,
Memorial
Park,
Herne Bay,
CT6 5RG

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!

Tuesdays Wednesdays Fridays

1:30pm -
3:30pm

9:30am -
11:30am

9:30am -
11:30am

Whitstable

Herne Bay
Family Hub,
Memorial
Park,
Herne Bay,
CT6 5RG

Kingsmead
Family Hub,
Kingsmead
Road,
Canterbury,
CT2 7PH

Family
Hub,
Tower
Parade,
Whitstable,
CT5 2BJ

Introducing Solid Foods Workshop

Join our health visiting-led face-to-face session 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/>

12:30pm - 2:30pm

Kingsmead FH:
12/08/2026

**Requires
Booking**

Strengthening Family Relationships



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

10:30pm - 12:30pm

Whitstable FH:
28/07/2026
Wincheap FH:
17/08/2026

**Requires
Booking**

Parenting Support Advice Drop-ins

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

9:30am - 11:30am

Kingsmead FH: 07/08/2026

Whitstable FH: 11/08/2026

Herne Bay FH: 19/08/2026

Healthy Child Clinics

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.

Tuesdays

1:30pm - 3:30pm

Herne Bay Family Hub,
Memorial Park,
Herne Bay,
CT6 5RG

Thursdays

1:30pm - 3:30pm

Kingsmead Family Hub,
Kingsmead Road,
Canterbury,
CT2 7PH

Fridays

9:30am - 11:30am

Whitstable Family Hub,
Tower Parade,
Whitstable,
CT5 2BJ