



Canterbury Family Hubs

Timetable

2nd November to 18th December 2026

Closed on Bank Holidays

Whitstable Family Hub:

03000 421554

Tower Parade, Whitstable, CT5 2BJ

CanterburyFH@kent.gov.uk

Monday

Monthly

Whitstable

Talking Walk-in
9:30am - 11:30am
First Monday of the month

Whitstable

Baby Group
10:00am - 11:30am

Tuesday

Monthly

Whitstable

Parenting Support and
Advice Drop In
9:30am - 11:30am
Second Tuesday of the month

Whitstable

Stay and Play
10:00am - 11:30am

Requires
Booking

Whitstable

Little Talkers
1:00pm - 2:00pm

Wednesday

Requires
Booking

Whitstable

Introducing Solid Foods
12:30pm - 2:00pm

Requires
Booking

Whitstable

Baby Massage
1:30pm - 2:30pm

Requires
Booking

Whitstable

Ready For Baby
5:00pm - 6:00pm
Second Wednesday of the month

Thursday

Requires
Booking

Whitstable

Time To Shine Juniors
4:00pm - 5:00pm

Requires
Booking

Whitstable

Time To Shine Seniors
5:30pm - 7:30pm

Friday

Last Sign
In
11:15am

Whitstable

Child Health Clinic
9:30am - 11:30am

Whitstable

NCT Infant Feeding
Support Groups
9:30am - 11:30am

Fort-
nightly

Whitstable

Food Bank Drop In
10:00am - 11:00am

@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

Second Tuesday of the month

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

2 - 4
Years
Old

Little Talkers

6 Week Course

A playful 6-week course for 2 - 4 year olds to build speech, language and attention skills.

Booking Required: Starts 10th Nov

0 - 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 18th Nov

Introducing Solid Foods

1 Workshop

Find out more on choosing first foods and making mealtimes fun and safe for your little one.

Booking Required: 11th Nov

To book, please visit:

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

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).

Time To Shine Juniors

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

Booking Required: Starts 5th Nov

• School Years 3-6: 4:00pm - 5:00pm

Time To Shine Seniors

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

Booking Required: Starts 5th Nov

• School Years 7-11: 5:30pm - 7:30pm

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

Second Wednesday 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

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