



# Thanet Family Hubs

# Timetable

13th January 2025 - 31st March 2025

## Our Family Hubs:

**Newlands**  
03000 411042  
Dumpton Lane  
Ramsgate  
CT11 7AJ  
NewlandsFH@kent.gov.uk

**Priory**  
03000 411041  
Cannon Road  
Ramsgate  
CT11 9SQ  
PrioryFH@kent.gov.uk

All of our groups and services are free to attend.

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Newlands

**Midwife Clinic**  
All day  
**By appointment only**

**Young Parents Group**  
10am - 11.30am  
**Drop in**

**Development Reviews**  
9am - 4pm  
**By appointment only**

**Talking Walk-ins**  
9.30am - 11.30am  
**Drop in**  
2nd & 4th of the month

**Managing Behaviour Strategies**  
9.30am - 11.30am  
**Requires Booking**  
10th Jan

**Development Reviews**  
9am - 4pm  
**By appointment only**

**Managing Behaviour Strategies**  
9.30am - 11.30am  
**Requires Booking**  
25th March

**Family Fun Time**  
1pm - 2.30pm  
**Drop in**

**Baby, Family & You**  
12.30pm - 2.30pm  
**Requires Booking**  
3rd - 24th March

**Volunteer with Us**  
1pm - 2.30pm  
**Drop in**  
21st January

## Priory

**Healthy Child Clinic**  
9.30am - 11am  
**Drop in**

**Introducing Solids**  
1.30pm - 2.30pm  
**Requires Booking**  
28th Jan

**Midwife Clinic**  
All day  
**By appointment only**

**Midwife Clinic**  
All day  
**By appointment only**

**Development Reviews**  
9am - 4pm  
**By appointment only**

**Infant Feeding Support Group**  
1pm - 3pm  
**Drop in**

**Coffee and Chat**  
9.30am - 10.30am  
**Drop in**  
11th February

**Infant Feeding Support**  
All day  
**Invite only**

**Development Reviews**  
9am - 4pm  
**By appointment only**

**Family Fun Time**  
9.30am - 11am  
**Drop in**

**Autism Awareness**  
9.30am - 11.30am  
**Requires Booking**  
4th - 25th March

**Baby, Family & You**  
12.30pm - 2.30pm  
**Requires Booking**  
23rd Jan - 13th Feb

**SEND Group**  
**12 - 15 years old**  
4.30pm - 6pm  
**Invite only**

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

[www.kent.gov.uk/familyhub](http://www.kent.gov.uk/familyhub)

Family Hub Sites are run by Kent County Council



# Thanet Family Hubs Timetable

13th January 2025 - 31st March 2025

## Our Family Hubs:

**Newington**  
03000 411043  
Princess Margaret Ave  
Ramsgate  
CT12 6HX  
NewingtonFH@kent.gov.uk

All of our groups and services are free to attend.

## Monday

**Talking Walk-ins**  
9.30am - 11.30am  
**Drop in**  
1st & 3rd Mon of month

**Baby Steps & Cafe**  
1.00pm - 2.30pm  
**Drop in**

**Development Reviews**  
9am - 4pm  
**By appointment only**

**Sensory Room**  
Book our sensory room for a free 1 hour slot  
**Tuesdays, Wednesdays or Fridays,**  
**9.30am, 11am or 1.30pm**  
at Newington Family Hub.  
03000 411043  
NewingtonFH@kent.gov.uk

## Tuesday

**Little Discoverers**  
10am - 11am  
**Drop in**

**Healthy Child Clinic**  
1pm - 3pm  
**Requires Booking**

**SEND Group 9 - 11 years old**  
3.15pm - 5pm  
**Requires Booking**

**Cost of Living**  
9am - 12pm  
**Requires Booking**  
Fortnightly starting 4th February

**Online Fathers Matter**  
7pm - 9pm  
**Requires Booking**  
28th January

## Wednesday

**Midwife Clinic**  
All day  
**By appointment only**

**SEND Cafe**  
12.30pm - 2pm  
**Drop in**  
Last Weds of month

## Thursday

**SEND Superheroes**  
10am - 11.30am  
**Invite only**

**After School Cafe Club Year 1 - Year 6**  
3.15pm - 5pm  
**Drop in**

**Communication Tree**  
1pm - 2pm  
**Referral Only**  
8th Jan - 12th Feb

**Little Talkers**  
1pm - 2pm  
**Requires Booking**  
26th Feb - 2nd April

**One You Weight Loss Programme**  
1.30pm - 2.30pm  
**By appointment only**

## Friday

**Infant Feeding Support**  
All day  
**Invite only**

**Midwife Clinic**  
All day  
**By appointment only**

## Saturday

**Dad's Group**  
10am - 11am  
**Drop in**  
First Sat of month

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

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# Thanet Family Hubs Timetable

13th January 2025 - 31st March 2025

## Our Family Hubs:

**Birchington**  
03000 411210

Park Lane  
Birchington  
CT7 0AS

BirchingtonFH@kent.gov.uk

**Margate**  
03000 411666

201 High Street  
Margate  
CT9 1WH

MargateFH@kent.gov.uk

All of our groups and services are free to attend.

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Birchington

<b>Midwife Clinic</b> All day By appointment only	<b>Little Explorers</b> 10am - 11am Drop in
<b>Development Reviews</b> 9am - 12pm By appointment only	<b>Infant Feeding Support</b> 9am - 2pm Invite only
<b>Midwife Clinic</b> All day By appointment only	
<b>Development Reviews</b> 9am - 4pm By appointment only	
<b>Healthy Child Clinic</b> 9.30am - 11.30am Requires Booking	<b>Midwife Clinic</b> All day By appointment only

## Margate

<b>Development Reviews</b> 9am - 12pm By appointment only	<b>Cost of Living</b> 1pm - 4pm Requires Booking	
<b>SEND Superheroes</b> 10am - 11.30am Invite only Starting 25th Feb	<b>Development Reviews</b> 9am - 4pm By appointment only	<b>Baby, Family &amp; You</b> 10am - 12pm Requires Booking 25th Feb - 18th Mar
<b>Infant Feeding Support Group</b> 9.30am - 11.30am Drop in	<b>One You Smoke Free</b> All day By appointment only	
<b>Young Parents</b> 9.30am - 11am Drop in	<b>Managing Behaviour Strategies</b> 12.30pm - 2.30pm Requires Booking 16th Jan & 6th Mar	<b>Volunteer with Us</b> 9.30am - 11am Drop in 23rd January
<b>Sensory Room</b> Book our sensory room for a free 1 hour slot <b>Mondays - Fridays, 9.30am, 11am or 1.30pm</b> Call: 03000 411666 Email: MargateFH@kent.gov.uk		

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

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# Thanet Family Hubs Timetable

13th January 2025 - 31st March 2025

## Our Family Hubs:

### Cliftonville

03000 421129

26 St Pauls Road  
Cliftonville, Margate  
CT9 2DB

CliftonvilleFH@kent.gov.uk

### Millmead

01843 280555

Dane Valley Road  
Margate  
CT9 3RU

admin@surestartmillmead.org.uk

All of our groups and services are free to attend.

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Cliftonville

### Introducing Solids

10.30am - 11.30am

#### Requires Booking

31st March

### Communication Tree

9.30am - 10.30am

#### Referral Only

6th Jan - 10th Feb

### Little Talkers

1.30pm - 2.30pm

#### Referral Only

24th Feb - 31st Mar

### Development Reviews

9am - 4pm

#### By appointment only

### Confident Parent

#### Confident Child

9.30am - 11.30am

#### Requires Booking

22nd Apr - 13th May

### Sensory Room for Under 1's

Book our new sensory room for a free 1 hour slot

**Mondays or Tuesdays,  
9.30am, 11am or 1.30pm**

at Cliftonville Family Hub

03000 421 129

CliftonvilleFH@kent.gov.uk

## Millmead

### Introducing Solids

10.30am - 11.30am

#### Requires Booking

24th Feb

### Talking Walk-ins

9.30am - 11.30am

#### Drop in

3rd Tues of the month

### Healthy Child Clinic

9.30am - 11.30am

#### Drop in

### Infant Feeding Support

9.30am - 4.30pm

#### Invite only

For more information on other activities running across Millmead Family Hub, please visit their Facebook page:

[www.facebook.com/@millmeadchildrenscentre](http://www.facebook.com/@millmeadchildrenscentre)



# Thanet Family Hubs Timetable

13th January 2025 - 31st March 2025

## Our Family Hubs:

Northdown Road

03000 414363

Zion Place  
Margate  
CT9 1RP

NorthdownRoadFH@kent.gov.uk

All of our groups and services are free to attend.

## Monday

**Talking Walk-ins**  
9.30am - 11.30am  
**Drop in**  
2nd & 4th Mon of month

**Infant Feeding Cafe**  
12pm - 1.30pm  
**Drop in**  
Last Mon of Month

**Sports Connect Free Sports Session**  
**11 years old +**  
4pm - 5.30pm  
**Drop in**

**Young Lives Foundation**  
6.30pm - 8.15pm  
**Invite Only**

**First Aid**  
1pm - 3pm  
**Requires Booking**  
17th Feb

**Coffee and Chat**  
1.30pm - 2.30pm  
**Drop in**  
10th February

## Tuesday

**Midwife Clinic**  
All day  
**By appointment only**

**Baby Steps & Cafe**  
10.30am - 11.30am  
**Drop in**

**SEND Group**  
**5 - 8 years old**  
3.15pm - 5pm  
**Requires Booking**

**SEND Group**  
**12 - 15 years old**  
5pm - 6.30pm  
**Invite only**

**SEND Cafe**  
3.15pm - 6.30pm  
**Drop in**  
First Tues of Month

**Cooking on a Budget**  
9.30am - 11.30am  
**Requires Booking**  
25th Feb - 18th Mar

## Wednesday

**Development Reviews**  
9am - 4pm  
**By appointment only**

**Family Fun Time**  
1pm - 2.30pm  
**Drop in**

**SEND Group**  
**16 years old +**  
6pm - 8pm  
**Invite only**

## Thursday

**Healthy Child Clinic**  
9.30am - 11.15am  
**Drop in**

**United Mothers**  
9.30am - 11am  
**Invite only**

**Thanet Lionesses Basket Ball**  
**7 - 11 year olds**  
4pm - 5pm  
**Drop in**

**Thanet Lionesses Girls Basket Ball**  
**12 - 16 year olds**  
5pm - 6pm  
**Drop in**

**Thanet Lionesses Women's Basket Ball**  
**18 year +**  
6pm - 7pm  
**Drop in**

**Yo Streetzone Community Street Football**  
**11 - 16 years old**  
7.30pm - 9.30pm  
**Drop in**

## Friday

**United Mothers Wellbeing Group**  
11.45am - 2.15pm  
**Invite only**

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

[www.kent.gov.uk/familyhub](http://www.kent.gov.uk/familyhub)

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# Information



Year 1 -  
Year 6

## After School Cafe Club

Come and join us after school for a free tea, coffee and biscuit whilst your child takes part in some fun activities. Please note the activities will be suitable for school aged children only and younger children will need to stay with their parents. Suitable for primary aged children.

**Drop in**

## Baby, Family and You

A 4-week course, for expectant parents and those with babies under 12 months. Giving you practical strategies to create the best environment for your baby's development and feel more confident on your parenting journey.

**Booking Required**

8 Weeks  
to  
6 Months

## Baby Massage

### 4 week course

Baby Massage enables you to learn about and respond to your baby's body language. It is also a wonderful way to make your baby feel safe and secure.

**Booking required**

**Contact any hub to register your interest**

Birth -  
12  
months

## Baby Steps & Cafe

### Term Time Only

A group for parents/carers with babies. Providing a friendly and welcoming environment to socialise and join in with play activities which you can recreate at home.

**Drop in**

2 - 5  
years  
old

## Communication Tree

A 6 week course for parents/carers with their children, being gaining useful knowledge around the different types of communication and how they can support and develop this.

**Referral only, speak to a professional who knows your child.**

## Coffee and Chat

Chance to meet other families, make new friends, and have an informal chat with Family Hub staff. Refreshments available

**Drop in**

## Cooking on a Budget

A free 4- week course to learn new cooking skills and pick up tips and tricks for stretching your food budget and enjoy making tasty dishes to take home.

**Booking Required**

## Cost of Living

Get help to support you with the rising costs you might be facing. Meet with one of the friendly advisors and see what help is available for your family.

**Booking required by emailing**  
[ThanetFHEvents@kent.gov.uk](mailto:ThanetFHEvents@kent.gov.uk)

## Confident Parent, Confident Child

In this empowering 4 week course, parents and caregivers will have the opportunity to reflect on their own level of confidence in various aspects of parenting and personal interactions and explore how this impacts their children

**Booking required**

## Cygnets

6 week course for parents of 5 - 18 yrs with a diagnosis, or on the pathway of ASC. Develop your understanding of autism and look at practical solutions for you.

**Referral only, speak to a professional who knows your child.**

0 - 5  
Years  
Old

## Dads Group

### First Saturday of each month (excluding January)

A stay and play group for male carers with children aged birth - 5 years (older siblings welcome too). The chance to meet other families, meet other dads and participate in fun activities with your children.

**Drop in**

0 - 5  
Years  
Old

## Family Fun Time

### Term Time Only

A group for families with children up to 5 years old.

The chance to meet other families, make new friends and participate in fun activities with your children, whilst learning how they play.

**Drop in**

[www.kent.gov.uk/familyhub](http://www.kent.gov.uk/familyhub)

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# More Information



## Healthy Child Clinics & Infant Feeding Support Groups

See the Health Visiting Team who offer health, advice and guidance, including support with infant feeding. For children under 5. If booking required, call Health Visitor Duty Line on 03000 134740, option 1.

**Birchington & Newington clinics require booking**

5 - 8 months old

## Introducing Solids

A one-off session, suitable for babies from 5 - 8 months old. Run with the Health Visiting Team, learn tips on how to introduce solids.

**Book by calling 03000 411210**

## First Aid

Learn choking techniques, safety tips, recognising signs of head injury and how to place someone into the recovery position. There are no childcare facilities. Babies 6 months and under can attend the session.

**Booking required**

0 - 5 Years Old

## Little Discoverers

### Term Time Only

A drop in group for families to come to explore and make discoveries through play. The last session of each month will be all outdoor play! Join the fun, meet other families, and make new friends.

**Drop in**

6 months - 5 years

## Little Explorers

### Term Time Only

Explore the world with your senses and introduce your little one to fun, creative and sensory experiences through edible messy play. With a focus on different themes.

Resources will be dairy free and vegetarian friendly. If you have any other allergies please speak to a member of our team.

**Drop in**

2 - 4 Years Old

## Little Talkers

A course for parents/carers to learn new techniques and useful hints and tips for developing your child's speech, involving fun activities and turn taking.

**Booking Required**

Adult only

## Managing Behaviour Strategies

Join a one off session where we can explore behaviours and strategies with you in an informal and friendly group. Leave feeling more informed and confident with techniques you can use straight away.

**Booking Required**

Adult only

## SEND Cafe

**Northdown Rd - First Tues of the month**  
**Newington - Last Weds of the month**

A drop in cafe for parents/carers. With staff on hand to help you with understanding your child's needs, tips and strategies to help at home, signposting to local SEND Support Services and getting the best from your child's education.

## SEND Group 5 - 8 years old SEND Group 9 - 11 years old

A safe, welcoming, informal, non-judgemental environment where your child can access activities available to support a wide range of additional needs.

**Booking required**  
Email [newingtonfh@kent.gov.uk](mailto:newingtonfh@kent.gov.uk)

## SEND Group 12 - 15 years old SEND Group 16 years old +

### Term Time Only

Have fun and make new friends in a safe and supportive environment. Try new activities - arts and crafts, sports, music and receive physical, emotional and mental wellbeing support.

**Invite Only - Please email**  
[thanetfamilyhubs@kent.gov.uk](mailto:thanetfamilyhubs@kent.gov.uk) for more information

Under 5's

## SEND Superheroes

A group for families with children open to Children's Care Coordination Team. A welcoming, informal, non-judgemental environment where you and your child can access activities available to support a wide range of needs, with on-the-spot support. For more information, call 03000 134740

**Invite Only**

11 yrs +

## Sports Connect Free Sports Sessions

Come and join Sports Connect for free sports sessions run for young people 11 years old +.

**Drop in**

[www.kent.gov.uk/familyhub](http://www.kent.gov.uk/familyhub)

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# More Information



## 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.

Each session has a maximum number dependent upon available staffing. If when you arrive the talking walk-in session has reached capacity we will provide you with details of other sessions you can access.

**Drop in**

## Thanet Lionesses Basketball

4 - 5pm Primary session for all children aged 7 - 11 years old

5 - 6pm 12 - 16 years old, girls only session

6 - 7pm Beginner women and non-binary 18 years plus

Suitable clothing: leggings, shorts, joggers, T-shirt and trainers

## Virtual Fathers Matter

A one off session for Fathers to: Recognise how important it is to grow with our children, learn ideas for activities and discover the benefits of learning through play.

**Book by emailing**  
[thanetfhevents@kent.gov.uk](mailto:thanetfhevents@kent.gov.uk)

## The Infant Feeding Cafe

**Last Monday of each month**

Join us for our monthly infant feeding cafe to meet other parents and receive support and advice.

**Drop in**

## United Mothers

This ESOL group supports women to improve their English in a supportive environment with a tutor with lived experience of moving to the UK.

For more information please call 07516 552928 or email [admin@beyondthepage.org.uk](mailto:admin@beyondthepage.org.uk)

**Invite Only**

## Volunteer With Us!

Drop in and have a cuppa and a chat with our friendly Community Development Worker to find out what volunteering opportunities are available for you!

**Drop in**

11 - 18 years

## Young Lives Foundation

Referral to group only from YLF intervention and mentoring scheme which takes place to support young people 1:1 with emotional wellbeing and resilience building and supports into a group setting. Session ages 11 - 18 years

**Invite Only**

## Young Parents

A support group for parents and parents-to-be up **to the age of 22 years**. Creative and fun sessions with information, advice and an opportunity to make new friends.

**Drop in**

11 - 16 years

## Yo Streetzone Community Street Football

5 a side football for 11 - 16 year olds. YO Streetzone specialise in the art of street football - skills, ball control, freestyle and panna.

**Drop in**

@ThanetFamilyHubs



@Thanet\_Family\_Hubs



@Thanet\_Family\_Hubs\_11\_to\_19



## 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:



## Useful Contacts:

**Health Visitor**  
03000 134740

**Midwife**  
EKHUFT.ThanetMidwives@nhs.net

## Please Note:

For Health and Safety reasons, there are room capacity limits in place. Unfortunately we may have limit numbers.

**For more information about opening times and booking, give your friendly local hub a call**

[www.kent.gov.uk/familyhub](http://www.kent.gov.uk/familyhub)

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