



# Gravesham Family Hubs

# Timetable

2<sup>nd</sup> June 2025 - 22<sup>nd</sup> July

## Our Family Hubs:

**Riverside**  
03000 422342  
Dickens Road,  
Gravesend,  
DA12 2JY  
[riversidefh@kent.gov.uk](mailto:riversidefh@kent.gov.uk)

**Chantry**  
03000 420007  
Ordnance Road,  
Gravesend,  
DA12 2RL  
[chantryfh@kent.gov.uk](mailto:chantryfh@kent.gov.uk)

**Kings Farm**  
03000 413838  
Cedar Avenue,  
Gravesend,  
DA12 5JT  
[kingsfarmfh@kent.gov.uk](mailto:kingsfarmfh@kent.gov.uk)

**Northfleet**  
01474 351451  
Hall Road,  
Northfleet,  
DA11 8AJ  
[northfleetfh@kent.gov.uk](mailto:northfleetfh@kent.gov.uk)

**Shears Green**  
03000 420895  
Packham Road,  
Northfleet,  
DA11 7JF  
[shearsgreenfh@kent.gov.uk](mailto:shearsgreenfh@kent.gov.uk)

**Lawn**  
03000 421125  
Lawn Road,  
Northfleet,  
DA11 9HB  
[lawnfh@kent.gov.uk](mailto:lawnfh@kent.gov.uk)

All of our groups and services are free to attend.

## Monday

<b>Chantry</b> Talking Walk in (KCHFT) 9.30am - 11.30am <small>Drop in</small>	<b>Chantry</b> Stay & Play inc Bookstart 1.00pm - 2.30pm	<b>Shears Green</b> Baby Massage 2 - 23 June 9.30am - 10.30am <small>Fully Booked</small> <small>Requires Booking</small>	<b>Northfleet</b> IAG 3.30pm - 4.30pm	<b>Northfleet</b> Adolescent Parenting 5pm - 6pm <small>Drop in</small>	<b>Lawn</b> Community Led Baby Group 9.30am - 11.00am	<b>Lawn</b> Child Health Clinic (KCHFT) 9.30am - 11.30am <small>Drop in</small>
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## Tuesday

<b>Kings Farm</b> Bumps to Babies Group 9.30am - 10.30am	<b>Kings Farm</b> Child Health Clinic (KCHFT) 9.30am - 11.00am <small>Drop in</small>	<b>Kings Farm</b> Breastfeeding Support (KCHFT) 9.30am - 11.00am <small>Drop in</small>	<b>Northfleet</b> BeYou (LGBT+) 4.30pm - 6pm <small>Requires Booking</small>	<b>Northfleet</b> Compass 12-16 years 4.30pm - 6pm <small>Invite only</small>	<b>Northfleet</b> Gravesend Street Cricket Club 5pm - 6pm	<b>Lawn</b> Stay & Play inc Bookstart 9.30am - 11.00am
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## Wednesday

<b>Riverside</b> Bumps to Babies Group 9.30am - 10.30am	<b>Chantry</b> Community Led Stay & Play 9.30am - 11.00am	<b>Kings Farm</b> Community Led Music Group 9.30am - 10.30am	<b>Shears Green</b> Stay & Play inc Bookstart 1.00pm - 2.30pm
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## Thursday

<b>Riverside</b> Child health clinic (KCHFT) 9.30am - 12noon <small>Drop in</small>	<b>Riverside</b> Childminders Session 9am - 11am	<b>Riverside</b> Breastfeeding Support (KCHFT) 9.30am - 11.30am <small>Drop in</small>	<b>Riverside</b> Stay & Play inc Bookstart 1pm - 2.30pm	<b>Chantry</b> Baby Massage 26 June - 12 July 9.30am - 10.30am <small>Fully Booked</small> <small>Requires Booking</small>	<b>Kings Farm</b> Baby, Family & You 9.30am - 11.30am <small>Fully Booked</small> <small>Requires Booking</small>	<b>Kings Farm</b> Baby Massage 5 - 26 June 9.30am - 10.30am <small>Fully Booked</small> <small>Requires Booking</small>
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## Friday

<b>Riverside</b> Pathway Play (SEND) 1pm - 2.30pm <small>Referral only</small>	<b>Kings Farm</b> Stay & Play inc Bookstart 9.30am - 11am	<b>Shears Green</b> Bumps to Babies Group 1.30pm - 2.30pm	<b>Northfleet</b> Sports on your doorstep 6 June - 11 July 4.30pm - 6pm
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# Information



## Stay & Play inc Bookstart

A group for parents and carers with children aged 0-5 years. This group provides children with a chance to play, learn and explore. There is also a dedicated baby area. Bookstart aims to encourage a love of books, sharing stories and rhymes in a fun way using various activities and recognising text in the environment preparing children for school readiness.

## The Communication Tree

The course will look at different ways children communicate and will teach techniques to encourage communication. It will look at activities and strategies that you can do at home.

Contact [graveshamfh@kent.gov.uk](mailto:graveshamfh@kent.gov.uk) for further details

## Baby, Family and You

Requires Booking

Are you a parent-to-be or a new parent with a baby up to 12 months of age? This Programme, delivered in a group setting, gives you practical strategies to create the best environment for your baby's development and feel more confident as you begin your parenting journey. Contact Northfleet Family Hub on 01474 351451.

## Baby Massage

Requires Booking

4-week course to learn basic baby massage strokes and techniques, to support your baby's physical development whilst building a bond together. It can also help with colic discomfort. For babies from 8 weeks to 6 months old. Contact Chantry Family Hub on 03000 420007 or email [chantryfh@kent.gov.uk](mailto:chantryfh@kent.gov.uk).

## Bumps to Babies Group

A group for expectant parents to form support networks and for parents and carers with babies who are not yet walking. This includes a variety of activities to support your baby's learning and development as they reach key milestones.

## Community Led Group

Join other parents in an interactive session and learn skills to aid your child's development through active play. These sessions are designed to encourage peer support and reduce isolation.

## Little Talkers

For ages 2 years and over. Course to learn new techniques and useful hints and tips for developing a child's speech.

Contact [graveshamfh@kent.gov.uk](mailto:graveshamfh@kent.gov.uk) for further details

## Adolescent Parenting

An open session for all parents with teenagers who feel they could benefit from some advice and guidance over things like dealing with conflict, understanding emotional wellbeing, respecting boundaries and more.

## BeYou (LGBT+)

Requires Booking

A fortnightly meet-up for LGBT+ young people. These are places that are safe, welcoming and non-judgemental where they can socialise, have fun and help each other. For joining information please email [beyou@porchlight.org.uk](mailto:beyou@porchlight.org.uk)

## Pathway Play (SEND)

Referral only

Stay & Play for children on the Pathway for diagnosis of SEND needs.

## Compass

Invite only

A wellbeing programme for young people, based on Dialectical Behaviour therapy (DBT) skills for young people aged 12 -16yrs.

## IAG

Information, Advice and Guidance drop in for young people 11-19 years (25 SEND) to access support from 11-19 Practitioners.

## Gravesend Street Cricket Club

Tape Ball Cricket. Free coaching. No equipment needed. All genders and abilities welcome. Drop in session for children age 8-16. For more information email: [warren.bull@kentcricket.co.uk](mailto:warren.bull@kentcricket.co.uk) or call 07956 438473

## Sports on your doorstep

Improve fitness, build confidence and make friends. Qualified sports coaches. Just turn up and play. Age 11-19.

Last session on Friday 11<sup>th</sup> July

## Childminder Session

For local childminders to meet and for the children in their care to play and socialise together. Led by local childminders.

## 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 Contact Numbers:

**Health Visitor**  
0300 123 2076

**Midwife**  
01322 428753

## Please Note:

For Health and Safety reasons there are room capacity limits in place.

**For more information about opening times give your local centre a call**

@Graveshamfamilyhubs



@Graveshamfamilyhubs



@Graveshamfamilyhubs11-19



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

Family Hub Sites are run by Kent County Council