



Maidstone Family Hubs Timetable

20th April 2026 - 22nd May 2026

All of our groups and services are free.
For groups requiring booking at all
Hubs, see our web site
<https://www.kent.gov.uk/education-and-children/kent-family-hub>

Our Family Hubs:

South Borough
03000 417770
Stagshaw Close,
Maidstone
ME15 6TL
Southboroughfh
@kent.gov.uk

Infozone
03000 419470
3 Palace Avenue,
Maidstone
ME15 6NF
infozonefamilyhub
@kent.gov.uk

Infozone will be closed for building works between 27th April 2026 - 15th May 2026

Monday

South Borough
Young Parents
11.30-1.30
Booking required

South Borough
Stepping Up: 4.00-5.30
7-11 years
Next course starts after Easter. If
interested please contact:
maidstonefh@kent.gov.uk
Booking required

Tuesday

South Borough
Stay & Play
9.30-11.00

South Borough
Introducing Solids
1.30-2.30
2nd Tuesday of every month
Booking required

South Borough
Baby Massage
1.30-2.30
2-6 months
Booking required

Infozone
Time to Shine Seniors
4.30-6.30
11-19 years
Booking required

Wednesday

Infozone
Baby Group Musical
10.00-11.00
0-18 months

South Borough
Time To Shine Juniors
4.00-5.30
8-11years
Booking required

Infozone
Speak Out (Youth)
5.00-6.30
11-19 years
Booking required

Infozone
NCT Infant Feeding
Clinic
1.00-3.00

Thursday

South Borough
Talking Walk Ins
9.30-11.30
2nd Thur of the month

South Borough
Health Visitor Clinic
1.30-3.30

South Borough
Time To Shine Juniors
4.00-5.30
8-11 years
Booking required

Infozone
Compass
6:00-7:30
For booking enquiries, please
email maidstonefh@kent.gov.uk
Booking required

Friday

South Borough
NCT Infant Feeding
Clinic
9.30-11.30

Infozone
Baby Massage
10.00-11.00
2-6 months
Booking required

Information

Booking required

Time to Shine Seniors

Small, supportive groups for children 12+ with SEND to build confidence and social skills through fun activities.

Booking required

Compass

A 10 session course helping children 11+ manage emotions and develop skills to cope with life's challenges.

Please contact maidstonefh@kent.gov.uk for booking information

@MaidstoneFamilyHubs



@Maidstonefamilyhubs



@Maidstonefamilyhubs11to19



Booking required

Young Parents

For parents and parents-to-be up to the age of 25 and is a great way to meet other families and build friendships in a fun, educational and stimulating environment to explore and play.

Booking required

Introducing Solids

A workshop run by the Health Visiting team to guide you through the weaning journey. Book when baby is 4-6 months. Every second Tuesday of the month.

Booking Required
Family.kentcht.nhs.uk/introducingsolids

Booking required

Stepping Up

A 6-week programme for 7-11 year olds to boost confidence, manage emotions and make friends.

To express an interest please email Southboroughfh@kent.gov.uk

Booking required

Speak Out (Youth)

Youth-led projects where young people design and deliver community initiatives and build leadership skills.

To express an interest please email Infozonefamilyhub@kent.gov.uk

Baby Group Musical

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

Booking required

Time To Shine Juniors

Small, supportive groups for children aged 8-11 years with SEND to build confidence and social skills through fun activities.

Booking required

Mid-Kent MIND Baby Massage and Perinatal Wellbeing Course

Being a new parent is an incredible journey but it can also feel overwhelming at times. A supportive space for you and a chance to bond with your baby. For parents with babies aged 8 weeks to 6 months.

Booking Required
<https://midkentmind.org.uk/adult-services/perinatal-support/>

Healthy Start Vitamins

Are you eligible for Healthy Start Vitamins?

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



Free Early Education

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 Visiting Team:
0300 013 2204

Please Note:

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

For more information about opening times give your local Hub a call



www.kent.gov.uk/familyhub

Family Hub Sites are run by Kent County Council



Maidstone Family Hubs Timetable

20th April 2026 - 22nd May 2026

Our Family Hubs:

Parkwood
03000 412700
Furfield Close,
Maidstone
ME15 9JR
Parkwoodfh
@kent.gov.uk

Greenfields
03000 412987
Rutland Way,
Maidstone
ME15 8DR
Greenfieldsfh
@kent.gov.uk

West Borough
03000 419361
Greenway,
Maidstone
ME16 8TL
Westboroughfh
@kent.gov.uk

Monday

Parkwood
Health Visitor Clinic & NCT
Infant Feeding Clinic
9.30-11.30

Greenfields
Stay & Play
9.30-11.00

Greenfields
Solihull Togetherness
24/4/26 - 3/7/26
If interested please contact:
maidstonefh@kent.gov.uk

West Borough
Closed

Tuesday

West Borough
Health Visitor Clinic
9.30-11.30

Greenfields
Baby Group Sensory
10.30-11.30
0-12 months

Parkwood
Little Talkers
10.00-11.00

Greenfields
Little Bookworms
1.00-2.30
1-4 years

West Borough
NCT Infant Feeding
Clinic
1pm-3pm

Wednesday

Parkwood
Baby Massage
10.00-11.00
2-6 months

Parkwood
Stay & Play
1.00-2.30

West Borough
Stay & Play
10.00-11.30

Greenfields
Baby, Family & You
10.00-12.00
30 April - 28 May

Friday

Greenfields
Twins Group
9.30-11.30
0-4 years
2nd & 4th Fri of the month

Greenfields
Talking Walk Ins
9.30-12.00
1st & 3rd Fri of the month

Information



Baby Group Sensory

4 Week rolling themes

Exploring all the senses such as sight, sound, touch, taste and smell.
0-12 months

Booking required

Baby Massage

A 4-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.

Please note we have 3 Baby Massage sessions.

NCT Infant Feeding Clinic

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.

Please note we hold 4 Infant Feeding clinics a week: Parkwood, South Borough, West Borough & Infozone

Booking required

Solihull Togetherness

A 10-week course helping parents understand behaviour and emotions from toddler to teen years.

Talking Walk Ins

Play-based session where you can speak to a speech and language therapist. Early Years Practitioners including childminders are welcome to attend alongside an adult who has parental responsibility. 2-4 years
Please note numbers are limited. We host 2 sessions: Greenfields & South Borough.

Booking required

Little Talkers

A playful 6-week course for 2-5 year olds to build speech, language and attention skills.

Health Visitor 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 15 minutes before the end of the clinic.

Please note we hold 3 Health Visitor clinics a week: Parkwood, South Borough & West Borough.

Booking required

Baby, Family & You

5 Week Course face to face

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

To express an interest please email Greenfieldsfh@kent.gov.uk

Twins Group

Group run by parents for families with multiple births. 0-5 years

2nd & 4th
Friday of the month

Little BookWorms

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

Stay & Play

A relaxed session for families with play, singing, stories and messy fun for children aged 0-5.

Please note we have 4 Stay & Play sessions: Greenfields, Parkwood, South Borough & West Borough.

@MaidstoneFamilyHubs



@Maidstonefamilyhubs



@Maidstonefamilyhubs11to19



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