



Maidstone Family Hubs Timetable

1st June 2026 - 17th July 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

Mon - Fri 8.30am - 4.30pm

Southboroughfh
@kent.gov.uk

Infozone
03000 419470
3 Palace Avenue,
Maidstone, ME15 6NF

Mon - Thur 9am - 5pm
Fri 9am - 4.30pm

infozonefamilyhub
@kent.gov.uk

Monday

South Borough
Young Parents
11.30-1.30
Booking required

South Borough
Stepping Up:
4.00-5.30
7-11 years
Booking required

Tuesday

South Borough
Stay & Play
9.30-11.00

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

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

South Borough
Online Safety
4.00 -5.00
7 - 11 years
Booking required

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

Wednesday

Infozone
Baby Group
10.00-11.00
Pre walking 0-12 months

Infozone
NCT Infant Feeding
Clinic
1.00-3.00

South Borough
Time To Shine Juniors
4.00-5.30
7-11years
Booking required

Infozone
Youth Peer Mentoring
4.30-5.30
14+
Booking required

Infozone
Speak Out (Youth)
5.30-6.30
14+
Booking required

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
7-11 years
Booking required

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

Friday

South Borough
NCT Infant Feeding
Clinic
9.30-11.30

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

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

www.kent.gov.uk/familyhub

Family Hub Sites are run by Kent County Council

Information

Booking required

Time to Shine Seniors

Small, supportive groups for children 12+ with neurodiverse needs 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

Booking required

Youth Peer Mentoring

Confidence Building, face-to-face training, learn new skills for life. 14+.

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. 14+

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

Baby Group

A welcoming space to bond with your baby and meet other parents. Includes songs and sensory play. For babies who are 0 - 12 months pre-walking.

Please note we hold 2 Baby Groups a week: Greenfields & Infozone.

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.

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

Online Safety

6 fun interactive sessions for children aged 7-11 years covering key online safety support.

Booking required.
southboroughfh@kent.gov.uk

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Our Family Hubs:

Parkwood
03000 412700

Furfield Close,
Maidstone, ME15 9JR
Mon - Fri 8.30am - 4.30pm

Parkwoodfh
@kent.gov.uk

Greenfields
03000 412987

Rutland Way,
Maidstone, ME15 8DR
Mon - Fri 8.30am - 4.30pm

Greenfieldsfh
@kent.gov.uk

West Borough
03000 419361

Greenway,
Maidstone, ME16 8TL
Mon - Fri 8.30am - 4.30pm

Westboroughfh
@kent.gov.uk

Monday

Parkwood

Health Visitor &
NCT Infant Feeding Clinic
9.30-11.30

Greenfields

Stay & Play
9.30-11.00

Greenfields

Understanding Your Child

If interested please contact:
maidstonefh@kent.gov.uk

Booking
required

West Borough

Closed All Day

Tuesday

West Borough

Health Visitor Clinic
9.30-11.30

Greenfields

Baby Group
10.30-11.30
0-12 months, pre-walking

Parkwood

Little Talkers
10.00-11.00

Booking
required

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

Booking
required

West Borough

Closed From 12pm

Thursday

Parkwood

Stay & Play
1.00-2.30

West Borough

Stay & Play
10.00-11.30

Greenfields

Baby, Family & You
10.00-12.00

Booking
required

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
2-4 years
1st & 3rd Fri of the month

West Borough

Closed All Day

Parkwood

Stay & Play Taster Session
9.30 - 11.00
12th June and 10th July 2026

Booking
required

Information



Baby Group

A welcoming space to bond with your baby and meet other parents. Includes songs and sensory play. For babies who are 0 - 12 months pre-walking.

Please note we hold 2 Baby Groups a week: Greenfields & Infozone.

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. Parkwood, Infozone & South Borough.

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

Understanding Your Child

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

@MaidstoneFamilyHubs



@Maidstonefamilyhubs



@Maidstonefamilyhubs11to19



Talking Walk Ins

Play-based session where you can speak to a speech and language therapist. Only an adult who has parental responsibility can attend. 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.

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

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Some 2 year olds can get up to 15 hours of free childcare per week!

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