



Gravesham Family Hubs

Timetable

13th January - 14th February 2025

Our Family Hubs:

Riverside 03000 422342 Dickens Road, Gravesend, DA12 2JY riversidefh@kent.gov.uk	Chantry 03000 420007 Ordnance Road, Gravesend, DA12 2RL chantryfh@kent.gov.uk	Kings Farm 03000 413838 Cedar Avenue, Gravesend, DA12 5JT kingsfarmfh@kent.gov.uk	Northfleet 01474 351451 Hall Road, Northfleet, DA11 8AJ northfleetfh@kent.gov.uk	Shears Green 03000 420895 Packham Road, Northfleet, DA11 7JF shearsgreenfh@kent.gov.uk	Lawn 03000 421125 Lawn Road, Northfleet, DA11 9HB lawnfh@kent.gov.uk
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All of our groups and services are free to attend.

Monday

Chantry Talking Walk in (KCHFT) 9.30am - 11.30am <small>Drop in</small>	Chantry Stay & Play inc Bookstart 1.00pm - 2.30pm <small>Drop in</small>	Northfleet YAG 3.30pm - 5pm <small>Drop in</small>	Northfleet Adolescent Parenting 5pm - 7pm <small>Drop in</small>	Northfleet Self-defence for girls 4pm - 5.15pm <small>Requires Booking</small>	Lawn Community Led Baby Group 9.30am - 11.00am <small>Drop in</small>	Lawn Child Health Clinic (KCHFT) 1st & 3rd Monday of the month 9.30am - 11.30am <small>Drop in</small>
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Tuesday

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

Riverside Bumps to Babies Group 9.30am - 10.30am <small>Drop in</small>	Chantry Community Led Stay & Play 9.30am - 11.00am <small>Drop in</small>	Shears Green Baby, Family and You 10am - 12noon <small>Requires Booking</small>	Shears Green Stay & Play inc Bookstart 1.00pm - 2.30pm <small>Drop in</small>
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Thursday

Riverside Child health clinic (KCHFT) 9.30am - 12noon <small>Drop in</small>	Riverside Childminders Session 9.30am - 11am <small>Drop in</small>	Riverside Breastfeeding Support (KCHFT) 9.30am - 11.30am <small>Drop in</small>	Riverside Stay & Play inc Bookstart 1pm - 2.30pm <small>Drop in</small>	Chantry Baby Massage 9.30am - 10.30am <small>Requires Booking</small>	Kings Farm Stay & Play inc Bookstart & Rhyming 9.30am - 10.30am <small>Invite only</small>	Northfleet Compass 8-11 years 4pm - 6pm <small>Invite only</small>	Lawn Community Led Stay & Play 9.30am - 11.00am <small>Drop in</small>
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Friday

Riverside Pathway Play (SEND) 1pm - 2.30pm <small>Referral only</small>	Kings Farm Stay & Play inc Bookstart 9.30am - 11am <small>Drop in</small>	Shears Green Baby Massage 9.30am - 10.30am <small>Drop in</small>	Shears Green Bumps to Babies Group 1.30pm - 2.30pm <small>Requires Booking</small>	Lawn Baby, Family and You 10am - 12noon <small>Requires Booking</small>
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Information

Kent
Family
Hub

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.

Stay & Play inc Bookstart & Rhyming

A group for parents and carers with children aged 0-5 years. This group provides children a chance to develop their speech and language skills through songs, music and stories using books, puppets, instruments and parachute play. Bookstart aims to encourage a love of books, sharing stories and rhymes. An opportunity to prepare your child for school.

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.

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.

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 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 weekly 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

Self-Defence for girls

Requires
Booking

A free 6 week programme for girls aged 12-18 years. Build awareness and confidence with self-defence classes that are easy to learn, safe and effective. Call 01474 351451 to book or for further information.

Compass

Invite
only

A wellbeing programme for young people, based on Dialectical Behaviour therapy (DBT) skills for young people aged 8 -19yrs (25 with SEND).

Pathway Play (SEND)

Referral
only

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

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 or call 07956 438473

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 for further details

Childminder Session

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

YAG

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

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

Family Hub Sites are run by Kent County Council