



Maidstone Family Hubs Timetable

14th September 2026 - 23rd October 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 10am - 5pm
Tue-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

Infozone
Understanding Your Child
Parents of Adolescents
4.30-6.00
Referral only

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
Booking required
2nd Tuesday of the month

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

Infozone
Strengthening Family
Relationships
Referral only
10.00-12.00

Wednesday

Virtual
Online Safety for
Parents
10.00-11.00

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
Booking required
7-11 years

Infozone
Compass (11-19)
4.30-5.30
Referral only
11+ years

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
Booking required
7-11 years

Infozone
Youth Peer Mentoring
4.30-6.00
Booking required
14-19 years

Friday

South Borough
NCT Infant Feeding
Clinic
9.30-11.30

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

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.

Referral only

Compass (11-19)

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

Referral only
infozonefamilyhub@kent.gov.uk

Booking required

Youth Peer Mentoring

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

14-19 years
Please contact maidstonefh@kent.gov.uk for booking information
Volunteer with Family Hub - Kent County Council

@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.
Please note we hold 2 workshops a month:
Parkwood & South Borough.
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

Referral only

Understanding Your Child - Parents of Adolescents

For parent/carers that would like to know more about sensitive and effective parenting. For parents with children aged 11+. Exploring positive relationships, adolescent brain development, emotional containment, behaviour as. communication and more.

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.

Booking required
southboroughfh@kent.gov.uk

Booking required

Virtual Online Safety

6 sessions for parents on supporting children to stay safe online and using technology responsibly

Booking required.
southboroughfh@kent.gov.uk

Referral only

Strengthening Family Relationships

A Workshop to help parents reduce conflict and build positive family relationships.
Tue 22 and 29 September.

Referral only.
infozonefamilyhub@kent.gov.uk

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

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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 & Tue 8.30am - 4.30pm
Wed 8.30am - 12.00pm
Closed Fridays
Westboroughfh
@kent.gov.uk

Monday

Parkwood
Health Visitor &
NCT Infant Feeding Clinic
9.30-11.30

Greenfields
Stay & Play
9.30-11.00

West Borough
Little Bookworms
10.00-11.30
1-4 years

Parkwood
Introducing Solids
1.30-2.30
Booking required
1st Monday of the month

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

West Borough
NCT Infant Feeding
Clinic
1.00-3.00

Wednesday

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

West Borough
Baby, Family & You
10.00-12.00
Booking required

West Borough
Closed From 12pm

Thursday

West Borough
Stay & Play
10.00-11.30

Greenfields
Understanding Your Child
10.00-12.00
Booking required

Parkwood
Stay & Play
1.00-2.30

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

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 2-6 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 of your child aged 0-11.

@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

Are you eligible for 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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