Thanet Family Hubs

Timetable

1st September - 12th December 2025

Our Family Hubs:

Newlands
03000 411042
Dumpton Lane
Ramsgate
CT11 7AJ
NewlandsFH@kent.gov.uk

Priory
03000 411041
Cannon Road
Ramsgate
CT11 9SQ
PrioryFH@kent.gov.uk

All of our groups and services are free to attend.

Newlands

Monday

- **Midwife Clinic** — All day — **By appointment only**
- **Development Reviews** — 9am - 4pm — **By appointment only**

Tuesday

- **Stay and Play Young Parents** — 9.30am - 11am — **Drop in** — 1st & 3rd Tue of month
- **Family First Aid** — 1pm - 3pm — **Booking Required** — 28th Oct
- **Parenting Support Advice** — 9.30am - 11.30am — **Drop in** — 1st Tue of month

Wednesday

- **Development Reviews** — 9am - 4pm — **By appointment only**
- **Baby Steps** — 10am - 11am — **Drop in**

Thursday

- **Talking Walk-ins** — 9.30am - 11.30am — **Drop in** — 2nd & 4th of the month
- **Stay and Play** — 1pm - 2.30pm — **Drop in**
- **Baby, Family & You** — 10am - 12pm — **Booking Required** — 29th Jan - 19th Feb

Friday

- **Managing Behaviour Strategies** — 9.30am - 11.30pm — **Booking Required** — 12th Dec

Priory

Monday

- **Healthy Child Clinic** — 9.30am - 11am — **Drop in**
- **Infant Feeding Support Group** — 1pm - 3pm — **Drop in**

Tuesday

- **Baby Playground** — 10.30am - 11.30am — **Booking Required** — 30th Sept - 25th Nov
- **Introducing Solids** — 1.30pm - 2.30pm — **Booking Required** — 25th November
- **Sexual Health Drop-in** — 3.30pm - 5.30pm — **Last Tues of the month**

Wednesday

- **Midwife Clinic** — All day — **By appointment only**
- **Infant Feeding Support** — All day — **Invite only**
- **Strengthening Families** — 11am - 1pm — **Booking Required** — 26th Nov

Thursday

- **Midwife Clinic** — All day — **By appointment only**
- **Communication Tree** — 10am - 11am — **Referral Only** — 11th Sept - 16th Oct
- **Little Talkers** — 10am - 11am — **Booking Required** — 6th Nov - 11th Dec

Friday

- **Stay and Play** — 9.30am - 11am — **Drop in**
- **Managing Behaviour Strategies** — 12.30pm - 2.30pm — **Booking Required** — 31st Oct & 27th Feb

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

Thanet Family Hubs

Timetable

1st September - 12th December 2025

Our Family Hubs:

Newington
03000 411043
Princess Margaret Ave
Ramsgate
CT12 6HX
NewingtonFH@kent.gov.uk

All of our groups and services are free to attend.

Newington

Monday

- **Talking Walk-ins** — 9.30am - 11.30am — **Drop in** — 1st & 3rd Mon of mnth
- **Baby Cafe** — 1.00pm - 1.30pm — **Drop in**
- **Baby Steps** — 1.30pm - 2.30pm — **Drop in**
- **Development Reviews** — 9am - 4pm — **By appointment only**

Tuesday

- **Cost of Living** — 9am - 12pm — **Booking Required** — Fortnightly
- **Stay and Play** — 9.30am - 11am — **Drop in**
- **Healthy Child Clinic** — 1pm - 2.45pm — **Drop in**
- **Baby Playground** — 1.30pm - 2.30pm — **Booking Required**

Wednesday

- **Midwife Clinic** — All day — **By appointment only**
- **One You Lifestyles** — 9.30am - 4pm — **By appointment only**
- **COMPASS 12 years +** — 5pm - 6.30pm — **Booking Required** — 8th Oct - 17th Dec
- **Family First Aid** — 9.30am - 11.30am — **Booking Required** — 29th Oct

Thursday

- **Stay and Play SEND** — 9.30am - 11am — **Booking Required**
- **One You Weight Loss Programme** — 1.30pm - 2.30pm — **By appointment only**
- **Midwife Clinic** — All day — **By appointment only**
- **Little Talkers** — 1pm - 2pm — **Booking Required** — 13th Nov - 11th Dec

Friday

- **Infant Feeding Support** — All day — **Invite only**
- **Midwife Clinic** — All day — **By appointment only**
- **Supporting Your Childs Anxiety** — 10am - 12pm — **Booking Required** — 7th Nov
- **Managing Sleep** — 10am - 12pm — **Booking Required** — 14th Nov
- **Autism Awareness** — 10am - 12pm — **Booking Required** — 21st Nov - 12th Dec

Sensory Room
Book our free sensory room for a 1 hour slot.
Tuesdays, Wednesdays or Fridays,
9.30am, 11am or 1.30pm .

NEW Tuesday afternoon slot, 3.30pm - 4.15pm

Saturday

- **Stay and Play Dad's Group** — 10am - 11am — **Drop in** — First Sat of mnth

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

www.kent.gov.uk/familyhub

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Thanet Family Hubs

Timetable

1st September - 12th December 2025

Our Family Hubs:

Birchington
03000 411210
Park Lane
Birchington
CT7 0AS
BirchingtonFH@kent.gov.uk

Margate
03000 411666
201 High Street
Margate
CT9 1WH
MargateFH@kent.gov.uk

All of our groups and services are free to attend.

Birchington

Monday

- **Midwife Clinic** — All day — **By appointment only**
- **Stay and Play Messy Play** — 10am - 11am — **Booking Required**

Tuesday

- **Development Reviews** — 9am - 12pm — **By appointment only**
- **Infant Feeding Support** — 9am - 2pm — **Invite only**

Wednesday

- **Baby, Family & You** — 12.30pm - 2.30pm — **Booking Required** — 1st - 22nd Oct
- **Spooky Crafts** — 10am - 11.30am — **Booking Required** — 22nd Oct
- **Family First Aid** — 9.30am - 11.30am — **Booking Required** — 12th Nov

Thursday

- **Strengthening Families** — 10am - 12pm — **Booking Required** — 16th Oct

Friday

- **Healthy Child Clinic** — 9.30am - 11.30am — **Booking Required** — 03000 134740
- **Midwife Clinic** — All day — **By appointment only**
- **Little Bookworms** — 1pm - 2pm — **Drop in** — 28th Nov - 12th Dec

Margate

- **Development Reviews** — 9am - 12pm — **By appointment only**
- **Cost of Living** — 1pm - 4pm — **Booking Required**
- **Baby Steps** — 1.30pm - 2.30pm — **Drop in** — Starting 27th Oct
- **Parenting Support Advice** — 9.30am - 11.30am — **Drop in** — Last Tue of month
- **Talking Walk-ins** — 9.30am - 11.30am — **Drop in** — 3rd Tues of the month
- **Little Bookworms** — 1pm - 2pm — **Drop in** — 28th Oct - 11th Nov
- **Infant Feeding Support Group** — 9.30am - 11.30am — **Drop in**
- **Stay and Play SEND** — 9.30am - 11am — **Booking Required**
- **Managing Behaviour Strategies** — 9.30am - 11.3am — **Booking Required** — 24th Sept & 28th Jan
- **Stay and Play** — 9.30am - 11am — **Drop in** — Starting 30th Oct
- **Stay and Play Young Parents** — 1pm - 2.30pm — **Drop in** — 2nd & 4th Thurs of month — Starting 30th Oct
- **Sensory Room** — Book our free sensory room for a 1 hour slot. **Mondays - Fridays, 9.30am, 11am or 1.30pm** — NEW Tuesday afternoon slot, 3.30pm - 4.15pm

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

Thanet Family Hubs

Timetable

1st September - 12th December 2025

Our Family Hubs:

Northdown Road
03000 414363
Zion Place
Margate
CT9 1RP
NorthdownRoadFH@kent.gov.uk

All of our groups and services are free to attend.

Northdown Road

Monday

- **Talking Walk-ins**, 9.30am - 11.30am, **Drop in**, 2nd & 4th Mon of mnth
- **Infant Feeding Cafe**, 12pm - 1.30pm, **Drop in**, Last Mon of Month
- **Young Lives Foundation 7 - 10 Years Old**, 4.30pm - 5.45pm, **Referral only**
- **Young Lives Foundation 11 - 17 Years Old**, 6.30pm - 8.15pm, **Referral only**

Tuesday

- **Midwife Clinic**, All day, **By appointment only**
- **Baby Steps**, 10am - 11am, **Drop in**
- **Stepping Up 5 - 10 yrs**, 3.30pm - 5pm, **Booking Required**, 28th Oct - 2nd Dec
- **COMPASS 12 years +**, 5pm - 6.30pm, **Booking Required**, 7th Oct - 16th Dec

Wednesday

- **Stay and Play**, 1pm - 2.30pm, **Drop in**

Thursday

- **Healthy Child Clinic**, 9.30am - 11.15am, **Drop in**
- **United Mothers, Family Group**, 9.30am -11am, **Invite only**
- **Thanet Lionesses Basketball 7 - 11 year olds**, 4pm - 5pm, **Drop in**
- **Thanet Lionesses Girls Basketball 12 - 16 year olds**, 5pm - 6pm, **Drop in**
- **Yo Streetzone Community Street Football 11 - 16 years old**, 7.30pm - 9.30pm, **Drop in**

Friday

- **Baby, Family & You**, 9.30am - 11.30am, **Booking Required**, 21st Nov - 12th Dec

Community Pantry

Our Community Pantry makes the cost of living a little easier! Sign up for either a family or single membership and receive groceries each week at our Northdown Road Family Hub. Our service will provide you with either 10 or 20 products, depending on the membership type you choose. We aim to provide you with a wide selection of fresh fruit, veg, bakery products, dairy, meat, hygiene and non-food products subject to availability.
This is an amazing service and membership starts from as little as £17 a month!

Contact your local Family Hub to sign up.

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

Thanet Family Hubs

Timetable

1st September - 12th December 2025

Our Family Hubs:

Cliftonville
03000 421129
26 St Pauls Road
Cliftonville, Margate
CT9 2DB
CliftonvilleFH@kent.gov.uk

All of our groups and services are free to attend.

Monday

Tuesday

Wednesday

Thursday

Friday

Cliftonville

Introducing Solids
10.30am - 11.30am
Booking Required
29th Sept & 20th Oct

Communication Tree
1pm - 2pm
Referral Only
8th Sept - 13th Oct

Little Talkers
1pm - 2pm
Booking Required
3rd Nov - 8th Dec

Supporting Your Childs Anxiety
9.30am - 11.30am
Booking Required
16th Sept

Managing Sleep
9.30am - 11.30am
Booking Required
28th Oct

Strengthening Families
10am - 12pm
Booking Required
13th Jan

United Mothers Wellbeing Group
12.30pm - 2.30pm
Invite only
Starting 29th Oct

Managing Behaviour Strategies
9.30am - 11.30am
Booking Required
26th Nov

Sensory Room for Under 1's
Book our free sensory room for a 1 hour slot
Mondays & Tuesdays,
9.30am, 11am or 1.30pm

Outreach Venues

Millmead Community Centre
Healthy Child Clinic
9.30am - 11.30am
Drop in
Wednesdays

Broadstairs Library
Saturday Chill and Chat
10am - 12pm
Drop in
6th & 27th Sept, 25th Oct, 29th Nov

Turner Contemporary
Turnips 0 - 5
10.30am - 11.30am
Booking Required Online
Thursday 25th Sept & 30th Oct

Turner Contemporary
Tiny Turnips 0 - 2
10.30am - 11.30am
Booking Required Online
Friday 5th & 19th Sept, 3rd & 17th Oct

Powell Cotton Museum
Lions
11am - 2pm
Drop in
Friday 19th September

Powell Cotton Museum
Gorillas
11am - 2pm
Drop in
Friday 10th October

Sports Connect 11 - 17 yrs old
Dane Park Margate
3.30pm - 5pm
Drop in
Mondays

Sports Connect 11 - 17 yrs old
Ramsgate High Street
2.30pm - 4.30pm
Drop in
Wednesdays

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

Baby, Family and You

A 4-week course, for expectant parents and those with babies under 12 months. Giving you practical strategies to create the best environment for your baby's development and feel more confident on your parenting journey.

Booking Required

Birth - 12 mnths — Baby Cafe

We would love you and your baby to join us for a cuppa and a chat at our Baby Steps Cafe. Relax and meet other parents and let your baby enjoy our tummy time area.

Drop in - Term Time Only

8 weeks to 6 mnths — Baby Massage

Baby Massage enables you to learn about and respond to your baby's body language. It is also a wonderful way to make your baby feel safe and secure.

5 week course- Booking required

Birth - 18 mnths — Baby Playground

Join the Playground team for an engaging sensory journey, creating a magical experience for you to share with your baby.

Booking Required - Term Time Only

Birth - 12 mnths — Baby Steps

Our Baby Steps groups provide the perfect space for your baby to explore and develop with our wide range of themed baby friendly activities. Watch them learn and grow through tummy time, sensory play and songs and save the memories for a lifetime.

Drop in - Term Time Only

0 - 2 yrs old — Chill and Chat

Join us for a free, relaxed and friendly Saturday drop-in session. Bring your little ones along and make new friends!

For expectant families and those with children under 2 years.

Drop in

2 - 5 yrs old — Communication Tree

A 6 week course for parents/carers with their children, being gaining useful knowledge around the different types of communication and how they can support and develop this.

Referral only, speak to a professional who knows your child.

Cost of Living

Get help to support you with the rising costs you might be facing. Meet with one of the friendly advisors and see what help is available for your family.

Booking required by emailing ThanetFHEvents@kent.gov.uk

12 yrs + — COMPASS

Young people can attend a 10 week programme, to be supported to learn a DBT based therapy toolkit for life, around building resilience and communication. Using a variety of different activities to support.

Booking required

Family Learning — Autism Awareness / Supporting Anxiety

Join our 5 week course where you can gain tips so help support your child's anxiety and gain awareness around autism, including tips and strategies you can use at home.

(Babies under 6 months can attend the session with parent/carer.)

Call 03000 411210 to book

Family Learning — Family First Aid

Join our one off workshop designed to equip you with life saving skills including the recovery position, chocking techniques and looking at basic CPR.

(Babies under 6 months can attend the session with parent/carer.)

Call 03000 411210 to book

Family Learning — Managing Sleep

Join our one off workshop designed to explore various barriers to bedtime and look at healthy sleep habits, strategies and techniques to promote better sleep for both children and parents.

(Babies under 6 months can attend the session with parent/carer.)

Call 03000 411210 to book

More Information

Healthy Child Clinics & Infant Feeding Support Groups

See the Health Visiting Team who offer health, advice and guidance, including support with infant feeding. For children under 5. If booking required, call Health Visitor Duty Line on 03000 134740, option 1.

Birchington clinic requires booking by calling 03000 134740

5 - 8 months old — Introducing Solids

A one-off session, suitable for babies from 5 - 8 months old. Run by the Health Visiting Team, this is your chance to learn tips on how to introduce your baby to solid foods.

Booking Required

2 - 4 yrs old — Little Talkers

A course for parents/carers to learn new techniques and useful hints and tips for developing your child's speech, involving fun activities and turn taking.

Booking Required

1 - 4 yrs old — Little Bookworms

Step into the magical world of books!
Each week is themed around a well-loved story with lots of exciting activities for you and your little one to explore.

A FREE Book Start pack is given to every child who attends all three sessions.

Drop in

Managing Behaviour Strategies

Join a one off, adult only session where we can explore behaviours and strategies in an informal and friendly group.

Leave feeling more informed and confident with techniques you can use right away!

Booking Required

Under 5's — Online Book Club

Get your little one reading with Family Hubs!

Join us as we explore a different book each month. We encourage you to share your thoughts on our social media pages.

Monthly

0 - 5 yrs old — Powell Cotton Museum Lions / Gorillas

Join us in the museum for two fun themed sessions, with arts and crafts, story time and themed play activities.

Pick up your free Powell Cotton Card from your local family hub to get discounted entry.

Drop in

Sexual Health Drop-in

Come along and meet Gilly, our friendly Sexual Health Nurse where you can receive support with pregnancy, contraception (including emergency contraception) or Sexually Transmitted Infections and advice on other clinics and services?

Drop in - Last Tuesday of the month

11 yrs + — Sports Connect Free Sports Sessions

Join Sports Connect in the local community for some free, fun sports sessions running outdoors, weather dependent. For young people 11 years old +.

Contact info@sportsconnect.uk

Drop in

0 - 5 yrs old — Stay and Play

Children love to play!

Our Stay and Play groups are the perfect place for you and your children to explore different activities and socialise with other families in a relaxed and safe environment.

Drop in - Term Time Only

0 - 5 yrs old — Stay and Play Dads Group

A stay and play group for male carers with children aged birth - 5 years (older siblings welcome too).
The chance to meet other families, meet other dads and participate in fun activities with your children.

Drop in - First Saturday of each month
(excluding January)

6 mnths - 5 yrs — Stay and Play Messy Play

Explore the world with your senses and introduce your little one to fun, creative and sensory experiences through edible messy play. With a focus on different themes.

Resources will be dairy free and vegetarian friendly If you have any other allergies please speak to a member of our team.

Booking Required - Term Time Only

More Information

Kent Family Hub

Stay and Play SEND

Under 5's

A welcoming, informal, non-judgemental environment where you and your child can access activities available to support a wide range of needs, with on-the-spot support.

Suitable for families with SEND needs.

Booking required - Term Time Only

Stay and Play Young Parents

0 - 5 yrs old

A support group for parents and parents-to-be up **to the age of 19**. Creative and fun sessions with information, advice and an opportunity to make new friends.

Drop in - Term Time Only

Stepping Up

5 -10 yrs old

6 week, activity based course to encourage and support children aged 5 - 10 (school years 1 - 5) with confidence, socialisation and managing in a group. This group focuses on emotion regulation, managing and understanding our emotions and feelings and how we can help ourselves.

Booking Required - Term Time Only

Talking Walk-ins

Concerned about your pre-school child's speech, language or communication skills? Talking Walk-ins are play-based drop-in sessions where you can speak to a speech and language therapist or other staff.

Each session has a maximum number dependent on staffing . If when you arrive the session has reached capacity, we will provide you dates of the next sessions.

Drop in

Strengthening Families

Take part in a supportive workshop designed to help parents reduce conflict and build healthier family dynamics and learn how to recognise and understand different levels of conflict.

Book via the QR code

Thanet Lionesses Basketball

Primary session for children aged 7 - 11 yrs.

5 - 6pm 12 - 16 yrs, girls only session.

Suitable clothing: leggings, shorts, joggers, T-shirt and trainers.

Contact Thanetlionesses@gmail.com for more information.

Drop in

The Infant Feeding Cafe

Drop in and join us for our monthly infant feeding cafe to meet other parents and receive support and advice.

Last Monday of each month

Tiny Turnips / Turnips

Join in with a free morning of creative fun, exploring a range of materials and activities to engage and learn with your baby/child.

Tiny Turnips 0 - 2 years / Turnips 0 - 5 years

Book by visiting
www.turnercontemporary.org/turnips

The Parenting Support Advice Drop-ins

Are you looking for advice or guidance on managing your child's behaviour? Maybe you're worried about your teenager and need to speak to someone for some tips? Our new sessions give parents and carers the chance to meet with one of our Family Hub Team and get simple suggestions to try at home.

Drop in

United Mothers & United Mothers Wellbeing

This ESOL group supports women to improve their English in a supportive environment with a tutor with lived experience of moving to the UK.

For more info, call 07516 552928 or email admin@beyondthepage.org.uk

Invite Only

Young Lives Foundation

YLF Legends Programme provides a fun, supportive & safe setting for young people to engage in new, exciting opportunities and experiences. Group activities can help support young people with emotional wellbeing and resilience building.

Referral Only - Email

youthprogrammes@ylf.org.uk

Yo Streetzone Community Street Football

11 - 16 years

5 a side football for 11 - 16 year olds. YO Streetzone specialise in the art of street football - skills, ball control, freestyle and panna.

Drop in

New Booking App

Book your place now through our website -

https://www.kent.gov.uk/education-and-children/kent-family-hub/your-local-family-hub

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!

To check eligibility and how to apply:

Useful Contacts:

Health Visitor
03000 134740

Midwife
EKHUFT.ThanetMidwives@nhs.net

Please Note:

For Health and Safety reasons, there are room capacity limits in place. Unfortunately we may have limit numbers.

For more information about opening times and booking, give your friendly local hub a call