



Ashford Family Hubs Timetable

13th January 2025- 4th April 2025
Term time only

All of our groups and services are free to attend.

Our Family Hubs:

**Ashford North
Family Hub**
03000 417567
Mabledon Avenue
Ashford
TN24 8BJ

**Bockhanger
Family Hub**
03000 418600
Belmont Road
Kennington
Ashford
TN24 9LS

**Waterside
Family Hub**
03000 418700
Turner Close
Willesborough
Ashford
TN24 0PQ

**The Willow
Family Hub**
03000 418800
Halstow Way
Ashford
TN23 4EY

**Tenterden
Family Hub**
03000 418400
Recreation Ground
Road
Tenterden
TN30 6RA

Email: ashfordfamilyhubs@kent.gov.uk

Monday

Drop In Tenterden
Child Health Clinic
9:30am - 12:30pm
Last admission 12:15pm

Drop In The Willow
Baby Play
10:00am - 11:30am

Drop In Waterside
Child Health Clinic
12:30pm - 2:30pm
Last admission 2:15pm

Booking Only Waterside
Junior Group
School Years 1- 5
3:30pm - 5:00pm

Tuesday

Drop In The Willow
Stay and Play
9:30am - 10:30am or
11:00am - 12:00pm

Booking Only Waterside
**Communication
Tree**
1:00pm - 2:00pm

Booking Only The Willow
**Preparing for Baby
and Parenthood**
4:15pm - 5:45pm

Wednesday

Drop In Waterside
Stay and Play
9:30am - 10:30am or
11:00am - 12:00pm

Booking Only The Willow
Introducing Solids
9:45am - 11:30am or
1:30pm - 2:30pm
2nd Wednesday of the month

Drop In Tenterden
**Stay and Play with
Baby Play**
10:00am - 11:30am

Thursday

Drop In The Willow
SEND Stay and Play
9:30am - 11:00am

Drop In Ashford North
Baby Play
10:00am - 11:30am

Booking Only The Willow
Little Talkers
1:00pm - 2:00pm

Drop In Waterside
Baby Play
1:00pm - 2:30pm

Friday

Drop In The Willow
Child Health Clinic
9:30am - 12:30pm
Last admission 12:15pm

Drop In Bockhanger
**Stay and Play with
Baby Play**
9:15am - 10:45am

Drop In Waterside
Under 25's
10:30am - 12:30pm

**Stanhope
Stanhope Toddler Group**
Parish Rooms TN23 5TG
12:00pm - 2:00pm
Run by Moat Housing



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Halstow Way
Ashford
TN23 4EY

**Tenterden
Family Hub**
03000 418400
Recreation Ground
Road
Tenterden
TN30 6RA

Email: ashfordfamilyhubs@kent.gov.uk

Monday

**Bockhanger
Talking Walk In**
9:30am - 11:00am
4th Monday of the Month

Invite
only

**Bockhanger
Compass Healthy
Relationship**
4:00pm - 5:30pm

Tuesday

Booking
Only

**Ashford North
PASS workshops
(Virtual) (Monthly)**
10:00am - 11:30am

**Bockhanger
Parent Information
Sessions**
10:00am - 12:00pm
see information sheet for dates

Invite
only

**Waterside
Compass Wellbeing
Quiet Group**
4:00pm - 5:30pm

Wednesday

**Waterside
Talking Walk In**
1:00pm - 2:30pm
3rd Wednesday of the Month

**Tenterden
Talking Walk In**
1:00pm - 2:30pm
5th Wednesday of the Month

Invite
only

**Ashford North
Compass Wellbeing**
3:30pm - 5:30pm

Thursday

**The Willow
Talking Walk In**
9:30am - 11:00am
1st Thursday of the Month

**Tenterden
Parent Information
Sessions**
10:00am - 12:00pm
see information sheet for dates

**Ashford North
BeYou Project**
5:00pm - 6:30pm
Run by Porchlight

Friday

**The Willow
Talking Walk in**
1:30pm - 3:00pm
3rd Friday of the Month

Invite
only

**Ashford North
Compass Resilience**
3:30pm - 5:30pm

Monthly Groups

The Willow SEND Drop In (Monthly)

9:30am - 11:00am
30th January 2024
27th February 2024
27th March 2024
24th April 2024

Tenterden SEND Drop In (Monthly)

10:00 - 11:30am
13th February 2025



Booking Only **Communication Tree**

This 6 week course looks at the different ways children communicate and will teach techniques to encourage communication by looking at activities and strategies you can do at home with your child. Suitable for parents/carers of children aged 2-5 years

Weekly Drop In **Talking Walk In**

For pre-school children with their parent. You can speak to a speech and language therapist with your child, if you have concerns with their speech. They will provide you with advice and ideas, signpost you to other services or refer you to their service. Runs weekly at different Family Hubs

Booking Only **Little Talkers**

A six week course for parents/carers and their children, to learn new techniques along with useful hints and tips for developing speech. During the sessions there will be focussed 'fun' activities for parents/carers to do with their child, as well as some group time to improve listening skills and turn taking. Suitable for parents and their children aged 2-5 years

Booking Only **Baby Massage**

A 4 week course suitable for babies from 8 weeks until crawling. Learn different techniques to massage your baby to improve communication, help them to calm and sleep better, aid digestion to help relieve colic and wind.
Please call 03000 418700 or email ashfordfamilyhubs@kent.gov.uk to register your interest

Drop In **Child Health Clinic**

Come along with your baby/child to speak to one of the Health Visiting Team, for information, advice and support, as well as any worries or concerns you may have. Please arrive at least 15 minutes before the end of the session. These run during the School Holidays as well.

Booking Only **Baby, Family and You**

Using Triple P for Baby this is a 4 week course to help you understand your baby's cues, promote social and cognitive development, learn strategies to cope with crying. Feel confident and enjoy life as a new parent. Suitable for expectant parents and the parents with a baby up to 12 months of age. Parents will need to commit to all 4 face to face and 4 short telephone calls (optional)

Booking Only **Preparing for Baby and Parenthood**

A friendly, relaxed 5 week course for expectant parents from around 25 weeks. Offering advice around child development, attachment and bonding and an opportunity to meet other expectant parents.
To Book: Call 03000 418800 or email ashfordfamilyhubs@kent.gov.uk to book.

Booking Only **Introducing Solids**

Face to face sessions (no siblings please) are aimed to support you in preparation for starting solid food from around 6 months old.
Wednesday 15th January 2025
Wednesday 12th February 2025
Wednesday 12th March 2025
Wednesday 9th April 2025
To book: call 03000 418800 or email: ashfordfamilyhubs@kent.gov.uk

Drop In **Stay and Play with Baby Play**

Enjoy free play activities to support your child's development including active movement, singing and socialising. Suitable for Children aged 0 - 4 years. We will have a small area suitable for babies only

Drop In **Baby Play**

A group for pre-walkers, supporting your baby to make independent choices and respond to new experiences. Providing messy play, sensory experiences and new textures to investigate. Introducing different themes and ideas to support adult and child interaction.

Booking Only **Junior Club**

This group is for Primary School Children in years 1-5. There will be activities and games to enjoy and offering a social and friendly atmosphere, enabling children to make new friendships and have fun.
To book: Call 03000 418700 or email ashfordfamilyhubs@kent.gov.uk

Drop In **Stay and Play**

Enjoy free play activities to support your child's development including active movement, singing and socialising. Suitable for Children aged 0 - 4 years.

Drop In **Under 25's**

This group provides support, advice, activities and information on a variety of subjects tailored to your needs. You can attend antenatally and postnatally and bring someone to support you. Meet friends and enjoy a free lunch together.
For more information call Lou on 03000 413694 or 07803 246448

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 3092
Midwife
ekhft.ashfordmidwives@nhs.net

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

For more information give your local Family Hub a call

Drop In

Parent Information Sessions

These sessions are for parents and carers to come along to learn about Autism and ADHD, anxiety and wellbeing, and behaviour that challenges.

Bockhanger Family Hub
10.00am - 12.00pm

Autism and ADHD - 21st January 2025
Anxiety and Wellbeing - 28th January 2025
Behaviour that Challenges - 4th February 2025
Adolescence behaviour and conflict - 11th February 2025

Tenterden Family Hub
10.00am - 12.00pm

Autism and ADHD - 6th March 2025
Anxiety and Wellbeing - 13th March 2025
Behaviour that Challenges - 20th March 2025
Adolescence behaviour and conflict - 27th March 2025

For more information please email:
ashfordfamilyhubs@kent.gov.uk

BeYou Project

Age 11-19

Porchlight runs the BeYou Project to support LGBTQ+ young people to ensure they feel included, have positive mental health and a bright future. BeYou strives to promote allyship, helping to create an environment where everyone can be themselves.

For more information please email
beyou@porchlight.org.uk or
ashfordfamilyhubs@kent.gov.uk

Invite only

Compass Healthy Relationships Group

Age 11-19

This group for 11-19 year olds, looks at what makes a relationship healthy and how to tell the difference between a healthy relationship and an unhealthy one. Looking at friendships, family and the context and consent of romantic and sexual activity.

For more information please email:
ashfordfamilyhubs@kent.gov.uk

Invite only

Compass Resilience Group

Age 11-19

This group is for 11-19 year olds, is to build their strategies around wellbeing and communication and ideas how to deal with disappointment and challenges in life.

For more information please email:
ashfordfamilyhubs@kent.gov.uk

Invite only

Compass Wellbeing Group

Age 11-19

This group is for 11-19 year olds, is a calm accessible environment for a smaller group of young people to talk, build self-esteem and confidence whilst doing activities.

For more information please email:
ashfordfamilyhubs@kent.gov.uk

Invite only

Compass Wellbeing Quiet Group

Age 11-19

This group is for 11-19 year olds, is a calm accessible environment for a smaller group of young people to talk, build self-esteem and confidence whilst doing activities.

For more information please email:
ashfordfamilyhubs@kent.gov.uk

Booking Only

PASS Workshops

Parenting Adolescent Skills and Support (PASS) themed workshops are for parents who would like to understand the behaviours of their teenager as they move through this development stage and begin their transition to adulthood. One different workshop delivered per month.

To book please email:
ashfordfamilyhubs@kent.gov.uk

Drop In

SEND Drop In

A group to help you with understanding your child's needs, tips and strategies to help at home, signposting to local SEND support services and getting the best from your child's education.

30th January 2025 - The Willow Family Hub
27th February 2025 - The Willow Family Hub
27th March 2025 - The Willow Family Hub
24th April 2025 - The Willow Family Hub

Drop In

SEND Stay and Play

This group is for pre-school children aged 0-4 years with special educational needs and disabilities (SEND). Enjoy free play activities to support your child's development, singing and socialising. Your child does not have to have a diagnosis to attend.

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 3092

Midwife
ekhuft.ashfordmidwives@nhs.net

Please Note:

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For more information give your local Family Hub a call

@ashfordfamilyhubs



@ashfordfamilyhubs



@ashfordfamilyhubs11to19



www.kent.gov.uk/familyhub

Family Hub Sites are run by Kent County Council