



# Ashford Family Hubs

# Timetable

9th September 2024 to 13th December 2024  
Term time only

## 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](mailto:ashfordfamilyhubs@kent.gov.uk)

All of our groups and services are free to attend.

## Monday

**Booking only**  
**The Willow Baby Massage**  
1:00pm - 2:00pm

**Waterside Child Health Clinic**  
12.30pm - 2:30pm  
Last admission 2:15pm

**Booking only**  
**Waterside Junior Club**  
3:30pm - 5:00pm  
**School Years 1 - 5**

## Tuesday

**Age 0 - 4**  
**The Willow Stay and Play**  
9.30am - 11:00am

**Pre-walkers only**  
**The Willow Baby Play**  
12:30pm - 2:00pm

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

## Wednesday

**Booking only**  
**The Willow Introducing Solids**  
9:45am - 11:00am or  
1:30pm - 2:30pm  
2nd Wednesday of the Month

**Age 0 - 4**  
**Waterside Stay and Play**  
9:30am - 11:00am

**Age 0 - 4**  
**Tenterden Stay and Play with Baby Play**  
10:00am - 11:30am

## Thursday

**Pre-walkers only**  
**Ashford North Baby Play**  
10:00am - 11:30am

**Pre-walkers only**  
**Waterside Baby Play**  
12:30pm - 2:00pm

## Friday

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

**Age 0 - 4**  
**Bockhanger Stay and Play with Baby Play**  
9:30am - 11:00am

**Waterside Under 25's Parents Group**  
10:30am - 12:30pm

**Stanhope Stanhope Toddler Group**  
Parish rooms TN23 5TG  
12:00pm - 2:00pm



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Email: [ashfordfamilyhubs@kent.gov.uk](mailto:ashfordfamilyhubs@kent.gov.uk)

All of our groups and services are free to attend.

## Monday

**Age 0 - 4**  
**Waterside SEND Stay and Play Support Group**  
10:00am - 11:30am

**Monthly**  
**Waterside SEND Drop In**  
10:30am - 11:30am  
4th Monday of the Month

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

**Invite only**  
**Ashford North Compass Healthy Relationship Group**  
**Age 11 - 19**  
3:30pm - 5:30pm

## Tuesday

**Ashford North Parent Information Sessions**  
10:00am - 11:30am  
See information sheet for details

**Booking only**  
**Ashford North PASS Workshop (Virtual)**  
10:00am - 11:30am

**Invite only**  
**Waterside Compass Wellbeing Quiet Group**  
**Age 11 - 19**  
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 Group**  
**Age 11 - 19**  
3:30pm - 5:30pm

## Thursday

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

**Invite only**  
**Ashford North BeYou Project**  
**Age 11 - 19**  
5:00pm - 6:30pm

## Friday

**Invite only**  
**Ashford North Compass Resilience Group**  
**Age 11 - 19**  
3:30pm - 5:30pm



## Parent Information Sessions

These sessions are for parents and carers to come along to learn about Autism and ADHD, anxiety and wellbeing, behaviour that challenges, and behaviour and conflict (aged 10+)

See Dates below:

**All at Ashford North Family Hub  
10:00am - 11:30am**

Autism and ADHD - 17th September 2024  
Anxiety and Wellbeing - 24th September 2024  
Behaviour that Challenges - 1st October 2024  
Questions and Chat - 8th October 2024

Adolescent behaviour and conflict  
15th October 2024  
10:00am - 12:00pm

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Autism and ADHD - 12th November 2024  
Anxiety and Wellbeing - 19th November 2024  
Behaviour that Challenges - 26th November 2024  
Questions and Chat - 3rd December 2024

Adolescent behaviour and conflict  
10th December 2024  
10:00am - 12:00pm

Invite only

## 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 to 19 years olds, is to build their strategies around wellbeing and communication and ideas on 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: email  
ashfordfamilyhubs@kent.gov.uk**

Monthly

## 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.

Pre-school

## SEND Stay and Play Support Group

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.

@ashfordfamilyhubs



@ashfordfamilyhubs



@ashfordfamilyhubs11to19



## 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 Contacts:

**Health Visitor**

0300 123 3092

**Midwife**

**Email:**

ekhft.ashfordmidwives@nhs.net

## Please Note:

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

**For more information please give your local Family Hub a call**

[www.kent.gov.uk/familyhub](http://www.kent.gov.uk/familyhub)

Family Hub Sites are run by Kent County Council



**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 calm and sleep better, aid digestion to help relieve colic and wind.  
**Please call 0300 418700 to register your interest**

**Pre-walkers only**

### 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

### 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**

### Introducing Solids

Face-to-face sessions for babies (no siblings please) are aimed to support you in preparation for starting solid food from around 6 months old.

Wednesday 11 September 2024  
 Wednesday 9th October 2024  
 Wednesday 13th November 2024  
 Wednesday 11th December 2024

Virtual sessions are available if you are unable to attend in person.  
**To book : call 0300 418800 or email: ashfordfamilyhubs@kent.gov.uk**

**Booking only**

### Junior Club

**School Years 1 - 5**

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 03000418700**

**Booking only**

### Preparing for Baby and Parenthood

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

**Age 0 - 4**

### 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

**Age 0 - 4**

### 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.

**Monthly**

### 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.

**Booking only**

### Triple P

This course is 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). The aim is to prepare parents for a positive transition to parenthood and the first year with baby.

### Under 25's Parents Group

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 413964 or 07803 246448**

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### Free for 2

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 For more information and how to apply:

### Useful Contacts:

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 0300 123 3092  
**Midwife**  
**Email:**  
 ekhuft.ashfordmidwives@nhs.net

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