



Sevenoaks Family Hubs Timetable

5th January 2026 - 13th February 2026

Our Family Hubs:

Swanley FH
03000 421545

St Mary's Road
Swanley
BR8 7BU

Sevenoaksfh@kent.gov.uk

Edenbridge FH
03000 420995

High Street
Edenbridge
TN8 5AB

Sevenoaksfh@kent.gov.uk

All of our groups
and services are
free to attend.

Monday

Tuesday

Wednesday

Thursday

Friday

Swanley

Pre Booked Health Visiting Services 8.30am-4.30pm	Communication Tree 1.30pm-2.30pm Invite only		Invite only Time to Shine SEND 12+ 5.00pm - 6.30pm
Stay and Play with Little Book Worms 9.30am - 11.00am	Stay and Play SEND 1.30pm - 2.30pm Invite only	Invite only Time to Shine SEND Under 12 3.30pm - 5.00pm	Speak Out 7.00pm - 8.00pm Monthly every last Tuesday Invite only
Child Health Clinic & Infant Feeding Support 9.15am - 11.15am	Baby Group 9.30am - 11.00am	DCSM Location Assessments Times and Days vary	
Drop In Talking Walk Ins 3rd Thursday Monthly 9.30am - 11.30am	Baby, Family and You 1.00pm - 3.00pm Invite only	Strengthening Family Relationships 12/02/2026 12.30pm - 3:30 pm Invite only	Invite only Compass 5pm - 6.30pm
Compass Virtual Course 4.30pm - 5.30pm Invite only		Little Talkers 10.00am - 11.00am Requires Booking	Invite only Baby Massage 1.30pm - 2.30pm

Edenbridge

Require s Booking Little Talkers 10.00am - 11.00am	Invite only Stay and Play SEND 1.30pm - 2.30pm		Invite only Compass 5.00pm - 6.30pm
Baby, Family and You 10.00am - 12.00pm Invite only	DCSM Location Assessments Times and Days vary		Invite only Speak Out 7.00pm - 8.00pm Monthly every last Tuesday
Pre Booked Health Visiting Services 9.00am-4.00pm	Baby Group 9.30am - 10:30am	Invite only Communication Tree 11.00am - 12.00pm	Invite only Time to Shine SEND 12+ 5.00pm - 6.30pm
Health Visiting Services 9.00am-4.00pm Pre Booked	Stay and Play with Little Book Worms 10.00am - 11.30am	Baby Massage 1.30pm - 2.30pm Invite only	
Child Health Clinic 9.15am - 11.15am	Baby Group 9:30am - 11:00am	Invite only Compass Virtual Course 4.30pm - 5.30pm	



Information

Stay and Play with Little Bookworms

0 - 5
Years
Old

Weekly Group

Our themed play session with a wide range of activities for parents/carers and their children to enjoy together. There is a dedicated baby area. Including free book packs from Bookstart with tips and guidance on reading.

Drop In

Time to Shine SEND

8-11
Years
old

Weekly Group

12+
Years
old

A small, bookable group for children with neurodivergent needs, split into age ranges (8-11 years and 12+).

The group helps children build skills to thrive in a neurotypical world.

It's a safe, sensory-friendly environment where children can play, make friends, and be themselves.

Invite Only

New &
Expectant
Parents

Baby, Family and You

4 Week Course

A course that will give you practical strategies to create the best environment for your babies development. Feel more confident as you begin your parenting journey.

Invite Only

Useful Contact Numbers:

Midwife 01322 428753

Health Visitor 03001 234497

0 - Pre
Mobile

Baby Group

Weekly Group

For expectant parents and carers, until your child is walking. A chance to socialise with others, gain information, support and advice.

Drop In

Little Talkers

2 - 5
Years
Old

6 Week Course

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.

Self referral - requires booking

Talking Walk Ins

2 - 5
Years
Old

3rd Thursday Monthly

Support for children with speech and language, facilitated by Speech and Language Therapist

Drop in session
Limited spaces

Drop In

0 - 11
Years
Old

Sensory Room SEND

Parent
to
attend

We have a sensory room available at Swanley and Edenbridge Family Hub for children with SEND to explore sensory activities, toys and have a calm and peaceful experience.

Each session lasts 45 minutes
Please email Sevenoaksfh@kent.gov.uk for more information and to book

Requires Booking

2 - 5
Years
Old

Communication Tree

4 Week Course

The course will look at different ways children communicate and will teach techniques to encourage communication. It will look at activities and strategies you can do at home.

Invite Only

Child Health Clinic & Infant Feeding Support Group

Family

Weekly

A drop in clinic for you to come along, have your baby weighed and speak to a member of the Health Visiting Team. Breastfeeding information, advice and support is also available. Please see the timetable for clinic times.

Drop In

Stay and Play SEND

0 - 5
Years
Old

Weekly Group

A chance for children with SEND to explore sensory activities and toys. A time for parents to meet and support each other.

Invite Only

Parents

Strengthening Family Relationships

A workshop for parents-in-conflict, giving you the information and practical tools you need to help improve the outcomes for your children, creating a healthier environment for your family

Requires Booking

11 - 18
Years
Old
(25 with
SEND)

Compass

Weekly Group

A weekly wellbeing programme and social group for young people based on Dialectical Behaviour Therapy skills (DBT)

Virtual offer also available on Fridays

Invite Only

13+
Years
Old

Speak Out

Monthly every last Tuesday

Speak Out is all about empowering young people. Whether you're already a Youth Peer Mentor or thinking about becoming one. The group gives you the chance to help shape youth-led projects, support district youth forums, and even get involved in recruiting new staff for KCC. It's a great way to make your voice heard and help drive positive change in your community.

Invite Only

8 Weeks
to
6 Months

Baby Massage

5 Week Course

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.

Invite Only

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:

