



Dover Family Hubs Timetable

Dates: 23rd February - 2nd April 2026
(Term time only)

Our Family Hubs:

Aycliffe Family Hub

St. Davids Avenue,
Aycliffe, Dover,
CT17 9HJ

03000 420882

Buckland Family Hub

St. Nicholas
Church, The Linces,
Dover, CT16 2BN

03000 414941

Deal Family Hub

Park Avenue, Deal,
CT14 9UU

03000 420008

Email: DoverFamilyHubs@kent.gov.uk

All of our groups
and services are
free to attend.

Monday

Aycliffe Family Hub

Stay and Play SEND Group

10:00am - 11:00am

Requires
Booking

Baby Playground

19/01/2026 - 26/03/2026

1:30pm - 2:15pm

Requires
Booking

Little Talkers

03/03/2026 - 07/04/2026

10:00am - 11:00am

Requires
Booking

Talking Walk-in Drop In

(Run by SALT team)

3rd Wednesday of each month

9:15am - 11:45am

Stay and Play Little Bookworms

1:00pm - 2:00pm

Communication Tree

06/03/2026 - 27/03/2026

10:00am - 11:00am

Referral
Only

Tuesday

Wednesday

Thursday

Friday

Buckland Family Hub

Baby Massage

02/03/2026 - 30/03/2026

10:00am - 11:00am

Requires
Booking

Stay and Play

1:00pm - 2:00pm

Baby Group

10:00am - 11:00am

NCT Infant Feeding

Drop-In

12:00pm - 2:00pm

Talking Walk-in Drop In

(Run by SALT team)

1st and 4th

Wednesday of each month

9:15am - 11:45am

Parent Support

Advice Drop-In

12:30pm - 2pm

Introducing Solids

Workshop

18/03/2026

2:15pm - 3:15pm

Requires
Booking

Togetherness: Understanding Your Child Course

3-11
Years Old

26/02/2026 - 21/05/2026

(excluding 2/4, 9,4 & 16/4)

12:30pm - 2:30pm

Requires
Booking

Infant Feeding Appointments

(Run by Infant Feeding Team)

Fortnightly, by appointment only

9:00am - 4:00pm



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03000 420008

Email: DoverFamilyHubs@kent.gov.uk

All of our groups and services are free to attend.

Monday

Tuesday

Wednesday

Thursday

Friday

Deal Family Hub

Health Visitor Drop-in Clinic
(Run by the Health Visiting Team)
9:30am - 11:30am

NCT Infant Feeding Drop-In
9:30am - 11:30am

Introducing Solids Workshop
23/02/2026
1:00pm - 2:00pm

Introducing Solids Workshop
30/03/2026
1:00pm - 2:00pm

Baby Massage
03/03/2026 - 31/03/2026
1:00pm - 2:00pm

Compass for Young People
4:00pm - 5:30pm

Speak Out
1st Tuesday of the month
6:00pm - 8:00pm

Stay and Play Multiple Births Group
1st Wednesday of each month
10:30am - 12:00pm

Talking Walk-in Drop In
(Run by SALT Team)
2nd Wednesday of each month
9:15am - 11:45am

Stay & Play: Rugrats
Volunteer Led Group
1pm - 2pm

Time to Shine
3:30pm - 4:30pm

Time to Shine Juniors
5:00pm - 6:15pm

Time to Shine Seniors
6:30pm - 8:00pm

Baby Group
1pm - 2pm

Infant Feeding Team
(Run by Infant Feeding Team)
Fortnightly, by appointment only
9:00am - 4:00pm

Strengthening Family Relationships Parents Workshop
27/02/26 - 27/03/26
10:00am - 12:00pm

Additional Sessions:

Community Health Visitor Drop-in Clinic
(Run by the Health Visiting Team)
Aylesham (St Peters Church) every Wednesday, 9:00am - 11:00am
Dover (Salem Church) every Friday, 9:30am - 11:30am

Aylesham Talking Walk-in Drop-In
(Run by SALT Team)
St Peters Church, Aylesham, CT3 3BL
2nd Thursday of each month, 9:30am - 11:30am

Compass for Young People
Crosslinks, 9
Sheridan Road
Dover, CT16 2BZ
Mondays,
4:00pm - 5:30pm

Stay and Play (Outreach)
Charlton Church Hall,
St Alphege Road,
Dover, CT16 2PU
Wednesdays,
1:00pm - 2:15pm

Baby Group
The Beacon Church,
Beaconsfield Road,
CT16 2LJ
Fridays,
10am - 11am

Ready for Baby
Room 39, Dover Health Centre,
Maison Dieu Road, CT16 1RH
18/03/26 and 15/04/26
1:00pm - 2:30pm
Also available virtually
Booking via Kent Baby Website

Read, Play, Grow
Aylesham Library, Ackholt Road, CT3 3AJ
1st Saturday of each month, term time only
Starts Saturday 7th March
10am - 11am

Information



Baby Group

A welcoming space to bond with your baby and meet other parents. Includes songs and sensory play.

For babies who are pre-walking.

0-6 months old

Requires Booking

Baby Massage

A 5-week course to learn soothing massage techniques to help your baby relax, sleep better and ease colic. Great for bonding.

For babies 0-6 months.

0-6 months old

Requires Booking

Stay & Play: 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.

1-4 Years Old

Parent Support Advice Drop-In

Drop in for friendly advice on any parenting questions (0-19) – no booking needed.

Compass for Young People

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

Referral Only

Speak Out

Youth-led projects where young people design and deliver community initiatives and build leadership skills.

Referral Only

Together: Understanding Your Child

A 10-week course helping parents understand behaviour and emotions from toddler to teen years.

3-19 Years Old

Requires Booking

Stay and Play SEND Group

Stay & Play (SEND) sessions are for children with additional needs such as disabilities or social communication needs. The group numbers are lower to meet the needs of everyone attending and to create a calmer environment.

Requires Booking

Baby Playground

A group session run by artists and musicians for parents/carers to interact 1:1 with their baby (0 - 18 months) with support, incorporating sounds and rhythm.

Requires Booking

Talking Walk In Drop-In

Drop-in session if you are worried about your pre-school child's speech, language, or communication development. An opportunity to ask questions and discuss concerns with a Speech and Language Therapist.

Little Talkers

A playful 6-week course for 2-5 year olds to build speech, language and attention skills.

2-5 Years Old

Requires Booking

Read, Play, Grow

Monthly story-themed drop-in for children aged 0-5 and their parents, with fun activities, support, and signposting for families.

0-5 Years Old

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 Contact Numbers:

Health Visiting Team
0300 123 3018

Midwife
01304 222523

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

**Book your place through our website:
Kent Family Hub**

www.kent.gov.uk/familyhub

Family Hub Sites are run by Kent County Council

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Strengthening Family Relationships

A Workshop to help parents reduce conflict and build positive family relationships.



Stay & Play

A relaxed session for families with play, singing, stories and messy fun for children aged 0-5.

Stay & Play: Multiple Births

A monthly group for families with twins or multiple births, aged 0 - 4 years, to get together and share experiences and participate in fun play activities.

Making It Real

Practical tips and activities to help parents support early reading and writing at home. For children aged 2-4.



Communication Tree

A 4-week course to understand how communication develops. For children aged 2 years plus, including fun activities to boost your child's communication skills.



Time to Shine

Small, supportive groups for children aged 4-7 years, 8-11 years and 12+ years with SEND to build confidence and social skills through fun activities.



Stay & Play: Rugrats

A group led by Family Hub Volunteers to encourage socialisation, play and interaction with others.

Includes singing, story, developmentally appropriate activities and opportunities to explore different areas and new experiences e.g. messy, outdoor/active play.

Sensory Rooms

Book our free Sensory Rooms for a one hour slot. Available at Aycliffe Family Hub and Deal Family Hub.

Aycliffe Family Hub

Monday - Friday, 10am - 4pm

Deal Family Hub

Monday PM, Tuesday, Wednesday AM, Thursday, Friday

NCT Infant Feeding Drop-In

Delivered by the National Childbirth Trust (NCT), this service is here to help pregnant and new parents with all feeding choices - whether that's breastfeeding, expressing, bottle feeding, mixed feeding, introducing solids, and more.

Speak Out Parents (Parent Carer Panels)

Join other parents to share feedback and help shape Family Hub services.

Introducing Solids Workshops

Join a workshop led by Health Visitors to get trusted NHS advice on choosing the right first foods and making mealtimes safe and fun.



Booking via Kent Family Website.

@DoverDistrictFamilyHubs



@DoverDistrictFamilyHubs



@DoverDistrictFamilyHubs11to19



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