

Dartford Family Hubs

Timetable

13th Jan 2025 - 14th Feb 2025

Our Family Hubs:

Dartford
03000 411049
Address: Oakfield Lane, Dartford DA1 2SW

Swanscombe
03000 415600
Address: Coopers Road, Swanscombe DA10 0BS
(Pedestrian access only)

Knockhall
03000 419900
Address: Abbey Road, Greenhithe DA9 9HD



All of our groups and services are free to attend.

Monday

Dartford
Stay & Play
09.30am-11.00am

Swanscombe
Stay & Play
09.30am-11.00am

Knockhall
Drop-in Clinic & Breastfeeding Support
09.30am-11.30am

Swanscombe
Baby Group
1.00pm-2.30pm

Dartford
Communication Tree
1.30pm-2.30pm

Swanscombe
Resilience Information, Advice & Guidance
4.00pm-6.00pm

Tuesday

Dartford
Talking Walk-ins
09.30am-11.30am

Knockhall
Emotional Well-being
10.00am-11.30am

Swanscombe
Drop-in Clinic & Breastfeeding Support
1.00pm-3.00pm

Dartford
Pathway Play
1.30pm-2.30pm

Virtual
Adolescent Parenting
5.00pm-6.00pm

Wednesday

Knockhall
Stay & Play
09.30am-11.00am

Dartford
Communication Tree
09.30am-10.30am

Swanscombe
Little Talkers
1.30pm-2.30pm

Dartford
Resilience Information, Advice & Guidance
4.00pm-6.00pm

Thursday

Dartford
Active Tots
09.30am-10.30am
11.00am-12.00pm

Swanscombe
Baby Massage
10.00am-11.00am

Dartford
Baby Group
1.30pm-3.00pm

Swanscombe
Baby Massage
1.00pm-2.00pm

Friday

Swanscombe
Little Talkers
09.30am-10.30am

Dartford
Baby Massage
10.00am-11.00am

Knockhall
Baby, Family and You
10.00am-12.00pm

Swanscombe Library
Book Start
1.30pm-2.30pm

Information



0 - 5 Years Old

Stay & Play

This includes a variety of activities to support your child's learning and development with Bookstart. Messy activities will also be available for children to explore, we advise wearing old clothing.

Baby Group

For parents with babies who are not yet walking. This includes a variety of activities to support your babies learning and development as they reach key milestones such as rolling, sitting and crawling.

Active Tots

From crawling until their second birthday. This session is to support your child's physical development in a fun and stimulating environment. We advise comfortable clothing is worn and all footwear will need to be removed for this session.

Book Start

Come along to our weekly Book Start session. We will be introducing different ways for you and your child to enjoy books together, exploring the benefits of reading for your child's development. Each child will receive a Book Start pack.

Requires Booking

Baby Massage

4 week programme

Learn how to massage your baby and more about their development. Please contact Dartford Family Hub for booking information.

Requires Booking

Communication Tree

4 Weekly sessions

This is aimed at families with 2-4 year olds with a social and communication delay.

Requires Booking

Emotional Well-being

6 Weekly sessions

This course is led by Kent Community Health Foundation staff to support mothers with babies under 1 year to maintain positive emotional well-being.

Talking Walk-ins

For families to bring their children to see a speech and language therapist without needing to complete a referral. This is a drop in session however there is a limited capacity each week.

Requires Booking

Pathway Play

6 Weekly sessions

Pathway Play offers an opportunity for children aged 2-5 year olds who are awaiting assessment to learn and develop in a safe environment that will be adapted to their needs, this group will have reduced numbers to create a quieter space for the children.

Requires Booking

Baby, Family and You

8 Sessions

New (0-12 months old) and expectant parents (due within 3 months of course). This is a combination of five group sessions and three individual consultations. You will be introduced to a range of strategies to help create a positive foundation for your baby.

Requires Booking

Adolescent Parenting

This is a virtual session for all parents with teenagers who feel they could benefit from some advice and guidance over things like dealing with conflict, understanding emotional well being, respecting boundaries and more.

Requires Booking

Little Talkers

4 Weekly sessions

These sessions aim to support parents support their child and confidently use responsive interaction strategies where the child may have difficulty understanding, using language, weak attention skills or where their speech is unclear. 2+ years.

Resilience, Information, Advice & Guidance

This drop-in session offers guidance and information over a range of topics. 11-19 years.

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 2075

Midwife
01322 428753

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 or email

Dartfordfh@kent.gov.uk

[@DartfordFamilyHubs](https://www.facebook.com/DartfordFamilyHubs)

[@Dartfordfamilyhubs_](https://www.instagram.com/Dartfordfamilyhubs_)

[@Dartfordfamilyhubs11to19](https://www.instagram.com/Dartfordfamilyhubs11to19)

www.kent.gov.uk/familyhub

Family Hub Sites are run by Kent County Council