



Thanet Family Hub

Kent Family Hubs offer support to children, young people, and their families. They provide a single place to go for information and make it easier for you to get the services you need throughout your family journey - from newborns to 19-year-olds, or up to 25-year-olds with special educational needs or disabilities (SEND).

Timetable

Week Commencing 03/06/2024 to 28/07/2024

Weekly Groups	
My First Year and Me Term Time Only	A group for parents/carers with babies from birth to 12 months, provides a friendly and welcoming environment to socialise and join in with play activities which you can recreate at home.
Family Fun Time / Stay and Play Term Time Only	A stay and play group for families with children aged birth - 5 years. The chance to meet other families, make new friends and participate in fun activities with your children, whilst learning how they play.
Dad's Together Monthly	Running on the first Saturday of the month (Excluding January). A stay and play group for male carers with children aged birth - 5 years. The chance to meet other families, make new friends and participate in fun activities with your children.
Little Bookworms (Booking Required)	Join our 4-week Book Start programme where you and your children will get the chance to explore stories and rhymes. This group is for families with children aged 1 - 4 years and you will receive a free Book Start pack.
Community Led Café	For expectant parents and those with babies up to one year old. Join us for a chat over a cuppa and a biscuit.
Little Discoverers Term Time Only	A group for families with children from birth to 5 years, where you can explore and make discoveries through play. The last session of each month will be all outdoor play! Join the fun, meet other families, and make new friends.
Little Explorers (Booking Required)	Explore the world with your senses, experience a different theme each week and gives you the opportunity to introduce your little one to fun, creative and sensory experiences. Suitable for families with children 6 months - 4 years.

Groups By Referral Only	
Little Talkers	This is a 6-week course to learn new techniques and useful hints and tips for developing your child's speech. There will be some focused, fun and some group activities to support listening and turn-taking. Session for ages 2-5. Book by contacting the hub where the session is running.
Baby Massage	Baby Massage will enhance and develop the bond between parent and child as well as benefit baby's health by reducing digestive problems such as colic and wind, which can improve sleep patterns and relaxation. Suitable for babies from 8 weeks until actively moving. Book by contacting the hub where the session is running.
Managing Behaviour Strategies	Book your space on our session where we can explore behaviours and strategies with you in an informal and friendly group. Leave feeling more informed and confident with techniques you can use straight away. Book by calling 03000 411210
Beyond The Page	This ESOL group supports women to improve their English in a supportive environment with a tutor with lived experience of moving to the UK. Book by calling 07516 552928 or email admin@beyondthepage.org.uk
Triple P Baby	A 4-week course, suitable for expectant parents and those with babies under 12 months. Giving you practical strategies to create the best environment for your baby's development and feel more confident as you begin your parenting journey. Book by contacting the hub where the session is running.
SEND Superhero's	A group for families with children open to The Childrens Care Coordination Team (CCCT). A welcoming, informal, non-judgemental environment where you and your child can access activities available to support a wide range of needs. With on-the-spot support. For more information, call 03000 134740
Cygnnet	For parents/carers of children, 5 - 18 years with a diagnosis, or on the referral pathway of ASC (Autistic Spectrum Condition). The course gives you an opportunity to develop your understanding of autism and look at practical solutions to support your children. Please speak to a professional who knows you and your child.
Young Lives Foundation	Referral to group only from YLF intervention and mentoring scheme which takes place to support young people 1:1 with emotional wellbeing and resilience building and supports into a group setting. Invite/Referral only for a specifically targeted criteria
Compass Group & Compass SEND Groups	DBT informed workshops and social group aimed at supporting young people's wellbeing. Group run weekly. Compass main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others. Session ages 11 – 18. Invite/Referral only for a specifically targeted criteria Compass SEND Group - This is a safe space for Young People living with a neurodiverse diagnosis or are displaying similar traits and behaviours. YPs attending this group must be able to support themselves and regulate their behaviour without 1:1 care or support and be able to participate in a group setting. Group aims and delivery as above. Invite/Referral only for a specifically targeted criteria

Information on other Groups and Partner Agencies

Healthy Child Clinic	See the Health Visiting Team who offer health, advice, and guidance, including support with infant feeding. For children under 5. If booking required, call Health Visitor Duty Line on 03000 134740, option 1.
Introducing Solids Workshop	A one-off session, suitable for babies from 5 - 8 months old. Run with the Health Visiting Team, learn tips on how to introduce solids. Book by calling 03000 411210.
Breastfeeding Support Group	To access professional support with infant feeding.
Cost of Living Session	Get help to support you with the rising costs you might be facing. Meet with one of the friendly advisors and see what help is available for your family. • Margate Family Hub – Mondays, running weekly. Booking required by emailing thanetfamilyhubs@kent.gov.uk • Millmead Family Hub - 1st Tuesday of each month – Booking required by emailing thanetfamilyhubs@kent.gov.uk
Citizens Advice Clinic	Running on the 1st and 3rd Tuesday of each month. Gain support on housing, money, relationships, and benefits. Booking required by emailing thanetfamilyhubs@kent.gov.uk

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birchington Family Hub, Park Lane, Birchington, CT7 0AS 03000 411210	Introducing Solids (Booking Required) 24 th June 10.30am – 11.30am	-----	Family Fun Time 1.45pm – 2.45pm	-----	Healthy Child Clinic (Booking Required) 9.00am – 11.30am	-----
Cliftonville Family Hub, 26 St Paul's Road, Cliftonville, CT9 2DB 03000 421129	Family Fun Time 1.30pm – 2.30pm	Baby Massage (Booking Required) 11 th June – 9 th July 9.30am – 10.30am	My First Year and Me 10.00am – 11.00am	Healthy Child Clinic (Drop in) 9.30am – 11.15am ----- Beyond The Page (Booking Required) 10.00am – 11.00am	-----	-----
Margate Family Hub, 201 High Street, Margate, CT9 1WH 03000 411666	Cost of Living (Booking Required) 1.00pm – 4.00pm ----- My First Year and Me 1.30pm – 2.30pm	-----	Breastfeeding Support Group (Drop in) 9.30am – 11.30am	Managing Behaviour Strategies (Booking Required) 6 th June 12.30pm – 2.30pm ----- Little Explorers (Booking Required) 27 th June – 25 th July 1.30pm – 2.30pm	Triple P Baby (Booking Required) 28 th June – 19 th July 9.30am – 11.30am	-----
Millmead Family Hub, Dane Valley Road, Margate, CT9 3RU 01843 280555	Little Talkers (Booking Required) 9.30am – 10.30am	Triple P Baby (Booking Required) 25 th June – 16 th July 9.30am – 11.30am ----- Cost of Living (Booking Required) 9.30am – 12.00pm ----- Citizens Advice Clinic (Booking Required) 9.30am – 12.00pm	Healthy Child Clinic (Drop in) 9.30am – 11.15am ----- Breastfeeding Support (Referral only) 9.30am – 4.30pm	Baby Massage (Booking Required) 27 th June – 18 th July 9.30am – 10.30am	Stay and Play 10.00am – 11.30am	-----

Newington Family Hub, Princess Margaret Avenue, Ramsgate, CT12 6HX 03000 411043	Community Led Café 12.30pm – 1.30pm My First Year and Me 1.30pm – 2.30pm	Little Discoverers 10.00am – 11.00am Healthy Child Clinic (Booking Required) 1.00pm – 3.00pm	Baby Massage (Booking Required) 5 th June – 26 th June 10.00am – 11.00am	SEND Superhero's 10.00am – 11.30am Cygnnet (Referral) 13 th June – 18 th July 12.30pm – 2.30pm	-----	-----
Newlands Family Hub, Dumpton Lane, Ramsgate, CT11 7AJ 03000 411042	Little Talkers (Booking Required) 17 th June – 22 nd July 9.30am – 10.30am	Managing Behaviour Strategies (Booking Required) 25 th June 9.30am – 11.30am	----	Family Fun Time (Starting 13 th June) 1.30pm – 2.30pm	-----	-----
Northdown Road Family Hub, Zion Place, Cliftonville, CT9 1RP 03000 414363	Young Lives Foundation 6.15pm – 8.00pm	Cygnnet (Referral) 4 th June – 9 th July 6.00pm – 8.00pm	Compass Group Young people 11 - 18 years 6.00pm – 7.00pm	Compass SEND Group Young people 11 - 15 years 4:00pm – 5.30pm Young people 16 years + 6.00pm – 7.30pm	-----	-----
Priory Family Hub, Cannon Road, Ramsgate, CT11 9SQ 03000 411041	Healthy Child Clinic (Drop in) 9.30am – 11.00am Breastfeeding Support Group 1.00pm – 3.00pm	Introducing Solids (Booking Required) 16 th July 1.30pm – 2.30pm	----	Little Bookworms 6 th June – 18 th July 10.00am – 11.00am	Family Fun Time 10.00am – 11.00am	Dad's Together 1 st June and 6 th July 10.00am – 11.00am

Sensory Room's

Suitable for families with pre-school children

All sessions are for 1 hour and have to be booked by calling your chosen Hub.

Cliftonville Family Hub,
26 St Paul's Road, Cliftonville,
CT9 2DB

03000 421129

COMING SOON!

Margate Family Hub,
201 High Street, Margate,
CT9 1WH

03000 411666

Monday: 9.30am, 11.00am and 1.30pm
Tuesday: 9.30am and 11.00am
Wednesday: 9.30am, 11.00am and 1.30pm
Thursday: 9.30am, 11.00am and 1.30pm
Friday: 9.30am, 11.00am and 1.30pm

Newington Family Hub,
Princess Margaret Avenue,
Ramsgate,
CT12 6HX

03000 411043

Tuesday: 9.30am and 11.00am
Wednesday: 9.30am, 11.00am and 1.30pm
Friday: 9.30am, 11.00am and 1.30pm

Family Food Bank

Our food parcel services are available for families who may be struggling with finances for a variety of reasons.

You can collect from

- Cliftonville Family Hub
- Margate Family Hub
- Northdown Road Family Hub
- Newington Family Hub
- Newlands Family Hub
- Priory Family Hub

To access this service the following criteria applies:

- * You must have at least one child living with you
- * Bring your proof of ID (drivers' licence, passport, birth certificate)
- * Bring proof of children (this can be birth certificate or red books)
- * Show evidence of need (this can be a bank statement showing no funds, a letter from the job centre or by showing us your online banking)

Collection Monday – Friday, between the hours of 09:00 - 12:00 and 13:00 - 15:30. We advise you phone before attending to check stock.

Family Learning

All our courses are free and require booking by contacting your local hub.

Family First Aid

There are no childcare facilities for this course, babies 6 months and under can attend the session.

A 3-week, basic first aid course with parents/carers of babies and young children.

Monday 10th June – Monday 24th June

12.30pm – 2.30pm

Margate Family Hub, CT9 1WH

Little Gardener's

This course is for both parents/carers and their children from the ages of 20 months – 5 years.

A 3-week course where you can learn how gardening benefits your child's development, how to garden on a budget and how to plant seeds and cuttings.

Tuesday 9th July – Tuesday 23rd July

9.30am – 11.30am

Birchington Family Hub, CT7 0AS

Baby First Aid

There are no childcare facilities for this course, babies 6 months and under can attend the session.

A 1-off session where you can learn choking techniques, baby and toddler safety tips, recognising signs of head injury and how to place a baby into the recovery position.

Monday 15th July

12.30pm – 2.30pm

Birchington Family Hub. CT7 0AS

Supporting ADHD in the Home

A 4-week virtual course which gives parents and carers an understanding of ADHD behaviours and offers practical advice on how to support children in the home.

Tuesday 2nd July – Tuesday 23rd July

7.00pm – 9.00pm

Run on zoom