

Children's Centres are part of KCC's Early Help & Preventative Services which offer opportunities for all children, young people and their families. We also work with a number of other organisations to bring you and your family the very best support.

Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

For more information and to apply visit: www.healthystart.nhs.uk

Child Health Clinic

If you would like advice or information for your child or baby, drop in to speak with a member of the Health Visiting Team for advice on:

Infant Feeding	Immunisations
Healthy eating	Toileting
Development or behaviour concerns	Sleep
You and your baby/child's emotional well being	Accident prevention
Signposts to local services	

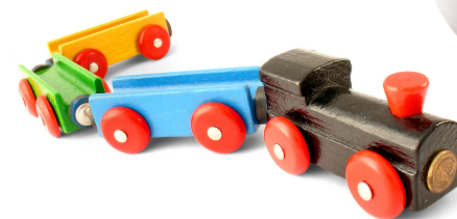
For more information call or email:
0300 123 1240
kentchft.shepwayDutyHV@nhs.net

Folkestone & Hythe District Children's Centres What's On Guide January - April 2023

We have a number of Children's Centres located across the Folkestone & Hythe District including Romney Marsh

All of our groups are
FREE of charge

There is no need to
book to attend groups,
unless otherwise
stated



folkestoneandhytheoa@kent.gov.uk



03000 421167



[folkestonehytheCC](https://www.facebook.com/folkestonehytheCC)



	Monday	Tuesday
Folkestone Early Years Children's Centre Dover Road Folkestone CT20 1QF Tel: 03000 419727	Breakfast Club followed by Toddler Soft Play (12+ months) 9am - 11am BOOKING ONLY Bookstart (1-2years) 1:30-2:30pm 4-week course BOOKING ONLY	Sensory Play for Under 1's 10am – 11:30am
The Village Children's Centre Denmark Street Folkestone CT19 6EQ Tel: 03000 420893	Messy Play (12 months +) 10am – 11:30am Baby Sign & Rhyme (From 6 months) 1:30-2:30pm BOOKING ONLY	Baby Massage (From Birth) 9:30am – 10:30am or 10:30am – 11:30am BOOKING ONLY
Caterpillars Children's Centre Chart Road Folkestone CT19 4PN Tel: 03000 416444	Messy Play (12 months +) 10am – 11:30am Baby Music & Movement for under 1's 1:30pm – 2:30pm	Baby Massage (From Birth) 10am - 11am 5-week course BOOKING ONLY
Hawkinge Children's Centre Canterbury Road Hawkinge CT18 7BS Tel: 03000 411046		
Hythe Children's Centre Cinque Ports Avenue Hythe CT21 6HS		

Change4Life

For top tips on how to look after your teeth and how to eat healthier visit:
www.nhs.uk/healthier-families/



Stay & Play

In a world where children can explore indoors and outdoors safely, whatever the weather. An environment where your child can expand their learning through play and engage socially with others to help with their development. Clothes for all weathers recommended & a change of clothes for the messy area!

Messy Play 12-36 Months

A safe place for toddlers to play, learn and explore. Bring some spare clothes and prepare to get messy!

Little Athletes — run by The Sports Trust at Three Hills Sports Park CT195JU

Little Athletes is a session for children aged 5 and under where they can experience fun activities and try new sports with their parents and carers in a relaxed, safe and supportive Environment between 10am -11am, followed by refreshments upstairs between 11am -12noon. You don't have to book for these sessions, just turn up!

Preparing for School Stay & Play

This is a 6 week rolling programme that allows your child to learn different skills that will help them prepare for starting school whilst having fun at the same time. Fun ideas that you can also take home to do.
Snack included!

Bookstart 1-2yrs

An opportunity for sharing stories and rhymes together. 4 Week Programme to include a visit to your Local Library and a FREE pack of books to take home.

Toddler Soft Play at FEYCC 12+ Months

Come along and try our new Soft play room where your child will have the freedom to climb, jump and explore in a safe and fun environment. Active play helps children to develop their co-ordination, balance and large muscle movements - plus they use up lots of energy!



Here is a little more information about what to expect when attending our Centres. We are very fortunate to have highly experienced, trained professionals deliver our sessions, who arrive each day with bundles of enthusiasm and lots of creative activities to inspire your children.

Parents, Carers and Grandparents are welcome,
and all of our groups are free.

Come and join us!

Baby Massage 0-6 Months

Baby Massage is something you do with your baby, not something you do to your baby. It can relax baby & aid with sleeping, can reduce colic & helps to develop a good digestive system. It provides a pleasurable activity & interaction for parents/carers & young babies.

Baby Sign and Rhyme From 6 months

A chance to learn signs along with singing and rhymes, this is a great way to help communicate with your baby and support early language development.

Sensory Play for Under 1's

A chance for your baby to play and learn with opportunities to work on their own individual skills, express themselves in diverse ways, and explore sensory play activities that engage your babies senses.

First Time Parents Group

Becoming a new parent can be fun and exciting but also scary, worrying and can raise lots of questions.

Are you expecting a baby or have a child under 1 year who is not yet walking?

Then please come along and meet other new parents, share your experiences, learn about baby Development.... And play.

Baby Music & Movement for the Under 1's & Music and Movement

A fun session filled with songs and actions that will help support your child's all-round development.

Preparing for Baby Antenatal Sessions

Free sessions for parents to be and their partners offering practical tips and advice aimed at helping you prepare for life with your new born.



Wednesday	Thursday	Friday
Lunch Club followed by Family Stay & Play (0-4years) 12noon - 2pm	Time For Me 9:30am – 11:30am BOOKING ONLY Music & Movement (2 years +) 1:30pm – 2:30pm	Stay & Play (0-4 years) 10am – 11:30am
Bookstart (1-2years) 10am - 11am 4-week course BOOKING ONLY	First Time Parents Group 10am - 11am Sensory Play for Under 1's 1pm – 2:30pm Preparing for Baby Antenatal Sessions 4:30pm - 6pm BOOKING ONLY	Baby Music & Movement for Under 1's 10am - 11am Child Health Clinic Drop-in 9:30am – 11:30am
Little Athletes (0-5 years) 10am – 11am followed by Refreshments 11am – 12noon Three Hills Leisure Centre Child Health Clinic Drop-In 9:30am – 11:30am Breast Feeding Support Group 10am—12noon	Sensory Play for Under 1's 10am – 11:30am Music & Movement (1 year +) 1:30pm – 2:30pm	Baby Massage (From Birth) 10am – 11am BOOKING ONLY
Sensory Play for Under 1's 10am – 11:30am Baby Massage (From Birth) 1pm – 2pm BOOKING ONLY		Stay & Play (12 months +) 9:30am - 11am Baby Music & Movement for Under 1's 1pm – 2pm
Baby Massage (From Birth) 5-week course 9:30am – 10:30am BOOKING ONLY Bookstart (1-2yrs) 11am – 12noon 4-week course BOOKING ONLY Sensory Play for Under 1's 1:30pm – 2:30pm	<div> Free Family Fun Brunch Saturday mornings 10am - 11:30am Village Children's Centre Please call for dates! </div>	

	Monday	Tuesday	Wednesday	Thursday	Friday
New Romney Children's Centre Craythorne Lane New Romney TN28 8BL Tel: 03000 420000	Baby Sign & Rhyme (6 months +) 10am - 11am Child Health Clinic Drop-in 1pm - 3pm Breast Feeding Support Group 1pm - 3pm	Sensory Play for Under 1's 10am - 11am Preparing for Baby 4:30pm - 6pm BOOKING ONLY	Preparing for School Stay & Play (3 years +) 9:15am - 10:45am Messy Play (12 + months) 1:00pm - 2:30pm	Baby Massage (From Birth) 10am - 11am BOOKING ONLY SEND Sensory Sessions 9:15am - 4:45pm 3rd Thursday of each month Time for Me 12:45pm - 2:15pm BOOKING ONLY	Music & Movement (2 - 4 years) 10am - 11am
Lydd'le Stars Children's Centre Skinner Road Lydd TN29 9HW Tel: 03000 411054	Sensory Play for Under 1's Followed by Baby Massage (From Birth) 9:30am - 11am BOOKING ONLY Bookstart in the Library (1-2years) 1:30pm - 2:30pm 4-week course BOOKING ONLY	Stay & Play (Under 5's) 9:15am - 11am	Outreach Brew at 32 2pm - 3pm BOOKING ONLY	Messy Play (12 months +) 9:15am - 10:45am Family Lunch Club 11:30am - 1:30pm	
Dymchurch Children's Centre Country's Field Dymchurch TN29 0NQ Tel: 03000 411055			Music & Movement (0-4 years) 10am - 11am SEND Sensory Sessions 9:15am - 12:45pm 1st Wednesday of each month		Sensory Play for Under 1's 9:30am - 10:30am Messy Play (12 months +) 11am - 12noon

If you are eligible for the Free Childcare Funding you should be receiving the above postcards soon!

If you haven't received it yet or want to check if you're eligible for the funding, please go to the Kent County Council website and search "Free Childcare". Please see the link below:

www.kent.gov.uk/education-and-children/childcare-and-pre-school/free-childcare



A sudden drop in finances can happen to any of us for a number of reasons.

There are a number of local Family Food Bank Distribution Points which can help you.

www.familyfoodbank.org

Available
from any
Children's
Centre