

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.

#### 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	Signposts to local services

For more information call or email:

0300 123 1240

[kentchft.shepwayDutyHV@nhs.net](mailto:kentchft.shepwayDutyHV@nhs.net)

#### 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.

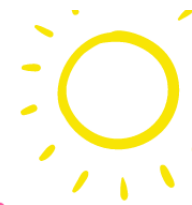
You can use your card to buy:

- 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](http://www.healthystart.nhs.uk)**

#### Change4Life

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



## Folkestone & Hythe District



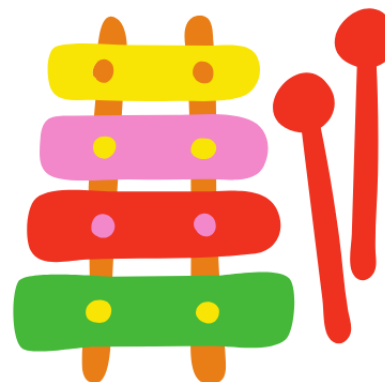
## Children's Centres

## What's On Guide

## April - July 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](mailto:folkestoneandhytheoa@kent.gov.uk)



03000 421167



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



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 Play for Non-Walkers

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.

#### You and Your Baby

'A free 6 week programme for parents with babies under 6 months which will support you to - build your confidence as a new parent, find ways to look after yourself and develop a closer relationship with your baby'

#### 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.

#### 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.

#### First Time Parents Group

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.



#### Music & Movement for Non-Walkers & Music and Movement

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

#### Messy Play 12-36 Months

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

#### WEDNESDAY

Talking Walk-in's Speech & Language Sessions  
(0-5yrs)  
9am - 12:30pm  
4th Wednesday of the month  
  
Messy Play  
(12 + months)  
1:00pm - 2:30pm  
  
After School Fun & Games  
3pm - 4:30pm

Community Activities across rural Villages  
1pm - 2:30pm  
2nd Wednesday of each month  
contact us for locations

Music & Movement  
(0-4 yrs)  
10am - 11am

SEND Sensory Sessions  
9:15am - 12:45pm  
1st Wednesday of each month



#### THURSDAY

Baby Massage  
(From Birth)  
10am - 11am  
**BOOKING ONLY**  
  
SEND Sensory Sessions  
9:15am - 4:45pm  
3rd Thursday of each month

Messy Play  
(12 months +)  
9:15am - 10:45am  
  
Family Lunch Club  
11:30am - 1:30pm  
**BOOKING ONLY**

#### FRIDAY

Music & Movement  
(2+ yrs)  
10am - 11am



Baby Play for Non-Walkers  
9:30am - 10:30am

Messy Play  
(12 months +)  
11am - 12noon



#### First Aid for Families Workshops

9th June: 9:30-11:30 - New Romney  
11th July: 9:30-11:30 - FEYCC  
14th July 9:30-11:30 - Caterpillars  
18th July 9:30-11:30 - The Village

Please note these sessions are for **ADULTS ONLY**  
(although small babes in arms will be allowed if needs be)

To book please contact us or speak to a member of the team when visiting your Children's Centre.

#### Introducing Solids Sessions

Children's Centres and Health Visiting Teams are offering face-to-face and virtual sessions to guide you through the weaning journey.

Contact your local Children's Centre for more information!





	MONDAY	TUESDAY
New Romney Children's Centre Craythorne Lane New Romney TN28 8BL Tel: 03000 420000	Baby Sign & Rhyme (6 months +) 10am - 11am  Baby Play for Non-Walkers 1pm - 2:30pm  Child Health Clinic Drop-in 1pm - 3pm  Breast Feeding Support Group 10am-12noon	Ready for School (3+ yrs) 9:15am- 10:45am  Preparing for Baby 4:30pm - 6pm <b>BOOKING ONLY</b>
Lydd'le Stars Children's Centre Skinner Road Lydd TN29 9HW Tel: 03000 411054	Baby Play for Non-Walkers Followed by Baby Massage (From Birth) 9:30am - 11am <b>BOOKING ONLY</b>  Bookstart in Lydd Library (1-2years) 1:30pm - 2:30pm 4-week course <b>BOOKING ONLY</b>	Stay & Play (Under 5's) 9:15am - 11am  
Dymchurch Children's Centre Country's Field Dymchurch TN29 0NQ Tel: 03000 411055		

**ARE YOU ELIGIBLE FOR  
FREE CHILDCARE  
FOR YOUR TWO YEAR OLD?**



**"When I am in childcare  
I get to play with my  
friends and do lots of  
arts and crafts."**

Apply today:  
[kent.gov.uk/freechildcare](http://kent.gov.uk/freechildcare)  
kccfreechildcare



If you are eligible for the Free Childcare Funding you should be receiving a copy of the postcard 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](http://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. They are also available from any Children's Centre.  
[www.familyfoodbank.org](http://www.familyfoodbank.org)



### 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!

### Ready for School

Information sessions to guide Parents on how to prepare their children for starting primary school.

### Family Lunch Club at Lydd'le Stars

An opportunity to create a healthy lunch together and encourage children to eat new foods.

### 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!

### Community Activities across rural Villages

We will be popping up on the 2nd Wednesday of each month in a range of outdoor spaces across rural villages. We will bring a range of activities for families with children under 5yrs.

Keep an eye out on our Facebook page or contact us for details.



### 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.

### Lunch Club at FEYCC

An opportunity to come along and share lunch together!

### After School Fun & Games

After school fun and games: For families with primary school children (younger siblings can come too) A light snack will be offered alongside some table top games and some outdoor play.

### FREE Saturday Brunch Sessions

Once a month come along and share breakfast with other families at The Village Children's Centre.

Contact us for dates and more details!





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Folkestone Early Years Children's Centre Dover Road Folkestone CT20 1QF Tel: 03000 419727	Toddler Soft Play (12+ months) 10am - 11am <b>BOOKING ONLY</b> Toddler Soft Play Bookable Sessions (12+ months) 12noon - 4:30pm <b>BOOKING ONLY</b> Bookstart (1-2years) 1:30-2:30pm 4-week course <b>BOOKING ONLY</b>	Baby Play for Non-Walkers 10am – 11:30am 	Talking Walk-in's Speech & Language Sessions (0-5yrs) 9am - 12:30pm 2nd Wednesday of the month  Lunch Club and Family Stay & Play (0-5 yrs) 12noon - 2pm  You and Your Baby 1pm – 3pm <b>BOOKING ONLY</b>	Music & Movement (2+ years) 1:30pm - 2:30pm 	Stay & Play (0-5 years) 10am – 11:30am
The Village Children's Centre Denmark Street Folkestone CT19 6EQ Tel: 03000 420893	Talking Walk-in's Speech & Language Sessions (0-5yrs) 9am - 12:30pm 3rd Monday of the month  Baby Sign & Rhyme (From 6 months) 1:30-2:30pm <b>BOOKING ONLY</b>	Baby Massage (From Birth) 10am–11am <b>BOOKING ONLY</b>	Toddler Messy Play (12+ months) 10am - 11:30am	First Time Parents Group (Under 1 yrs) 10am -11am  Baby Play for Non-Walkers 1pm - 2:30pm  Preparing for Baby 4:30pm - 6pm <b>BOOKING ONLY</b>	Music & Movement for Non-Walkers 10am - 11am  Child Health Clinic Drop-in 9:30am – 11:30am
Caterpillars Children's Centre Chart Road Folkestone CT19 4PN Tel: 03000 416444	Stay & Play (0-5 yrs) 10am – 11:30am  Music & Movement for Non-Walkers 1:30pm – 2:30pm	Baby Massage (From Birth) 10am - 11am 5-week course <b>BOOKING ONLY</b>  Talking Walk-in's Speech & Language Sessions (0-5 years) 9am - 12:30pm 1st Tuesday of the month	Child Health Clinic Drop-In 9:30am – 11:30am  Breast Feeding Support Group 10am–12noon	Baby Play for Non-Walkers 10am – 11:30am  Music & Movement for Walkers 1:30pm – 2:30pm 	Baby Massage (From Birth) 10am – 11am <b>BOOKING ONLY</b>
Hawkinge Children's Centre Canterbury Road Hawkinge CT18 7BS Tel: 03000 411046 			Baby Play for Non-Walkers 10am - 11:30am  Baby Massage (From Birth) 1pm - 2pm <b>BOOKING ONLY</b>		Stay & Play (0-5 yrs) 9:30am - 11am  Music & Movement for Non-Walkers 1pm – 2pm
Hythe Children's Centre Cinque Ports Avenue Hythe CT21 6HS		Baby Massage (From Birth) 5-week course 9:30am - 10:30am <b>BOOKING ONLY</b>  Baby Play for Non-Walkers 10:45am - 12noon			