GROUPS BY REFERRAL ONLY

Baby Massage: 5 week programme to learn how to massage your baby and learn more about their development. Attendance is by referral only. Please speak to group facilitators regarding referrals.

Introducing Solids: This session is to learn how to introduce solids to your baby when they are 6 months. To book please call Oakfield Children's Centre on 03000 411049

Adult Education: Please contact Tracy on 03000 418992 to find out more or book a place.

INFORMATION ON OTHER GROUPS AND PARTNER AGENCIES

We are Beams Family Advice Clinic Drop In : For parents/Carers of children with Special Educational Needs and Disabilities. Term Time Only.

Homestart Groups:

Little Buddies 12:00 - 2.30pm 1st Monday of every month Multiple Birth Group 12:00 - 2pm 2nd and 4th Monday of every month Please call 01322 225100 for further information.

Free Childcare Entitlement: You may be eligible to claim up to 30 hours free childcare a week for your child (Eligibility criteria will apply). Please speak to a member of staff for friendly help and advice.

Midwifery: Antenatal and postnatal services provided by community midwives. Appointment only through Midwifery Office at Darent Valley on 01322 428753 (9.00am - 3pm only)

Health Visiting Services: Includes 6-8 week checks and Development Reviews by appointment only. For any support regarding your child's development contact 0300 123 2075 or kentchft.dartfordhv@nhs.net or attend the Drop-in Clinic to get your baby weighed and speak to a member of the Health Team.

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Tax Free Childcare

Tax free childcare pays 20% of childcare cost up to a maximum of £2,000 each year for working families with children under 12 (or 17 disabled).

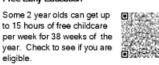
Born to Move

Laying the foundation for healthy, confident children in Kent. Download the free Born to Move app to support your child on their journey.

Healthy Start If you're at least 10 weeks pregnant or have a child under 4 years old, you could get help to buy milk, fruit and vegetables. Check to see if you are eligible.

Free Early Education

eligible.



Sure Start **Children's Centres**

Dartford

Dartford Children's Centre Timetable

Beginning Monday 4th September 2023

At your local Children Centre your child can make friends as they play with others of a similar age. Parents and carers can also get professional advice and support.

WEEKLY GROUPS

Stay & Play: 0-5 years. This includes a variety of activities to support your child's learning and development. 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 that comfortable clothing is worn and all footwear will need to be removed for this session.

Music Group: 2 sessions available, first session 14 months to 5 years and second session 0-14 months. For parents and children to be active and join in with our musical sessions. Can we please ask that you do not arrive later than 10 minutes after the start time, so as not to disrupt the structure of the session.

Messy play 0-5 years A range of fun and messy activities for children to explore. We advise wearing old clothes for this session.

Bookstart: Come along to our weekly storytellers 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 Bookstart pack.

There is a 'No Mobile Phones' policy in all of our groups

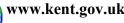
DARTFORD YOUTH HUB

For more information about Dartford Youth Hub activities, please call The Bridge on 03000 420691









www.kent.gov.uk (search Children's Centres)

	Monday	Tuesday	Wednesday	Thursday	Friday
Brent DA1 1UP 03000 420400	Midwifery Service 8:30am - 4:30pm Health Visiting Service 8:30am-4:30pm	We are Beams Drop in 9:30am - 2:00pm (Term Time only) Midwifery Service 8:30am - 4:30pm Health Visiting Service 8:30am-4:30pm -	Baby Group 9:30am - 11:00am Midwifery Service 8:30am - 4:30pm Health Visiting Service 8:30am-4:30pm	Music Group - 2 aged sessions 9:30am - 10:00am (14months - 5 years) 10:30am - 11:00am (0-14 months) Midwifery Service 8:30am - 4:30pm Health Visiting Service 8:30am - 4:30pm	Stay & Play 9:30am - 11:00am and 1:00pm - 2:30pm
			Introducing Solids 1 session Bi-monthly (please see reverse for details)		Midwifery Service 8:30am - 4:00pm Health Visiting Service 8:30am-4:00pm
Darenth DA2 8DH 03000 412567 Open Weds & Friday		Midwifery Service 8:30am - 4:30pm	Stay & Play 9:30am -11:00am Midwifery Service 8:30am - 4:30pm Health Visiting Service 8:30am-4:30pm	Midwifery Service 8:30am - 4:30pm	Midwifery Service 8:30am - 4:00pm Health Visiting Service 8:30am-4:00pm
Knockhall DA9 9HD 03000 419900 Open Mon & Weds	Drop-in Clinic & Breastfeeding Support 9:30am - 11:15am		Stay & Play 9:30am - 11:00am		
	Midwifery Service 8:30am - 4:30pm Health Visiting Service 8:30am-4:30pm	Midwifery Service 8:30am - 4:30pm	Baby Group 1:00pm - 2:30pm Midwifery Service 8:30am - 4:30pm Health Visiting Service 8:30am-4:30pm	Midwifery Service 8:30am - 4:30pm	Midwifery Service 8:30am - 4:00pm
Oakfield DA1 2SW 03000 411049	Baby Group 9:30am - 11:00am	Midwifery Service 8:30am - 4:30pm	Midwifery Service 8:30am - 4:30pm Health Visiting Service 8:30am-4:30pm	Active Tots 9:30am - 10:30am and 11:00am - 12:00pm	Baby Massage (Please See reverse) 9:30am-11:00am 1:30pm-3:00pm
	Messy Play 1:00pm - 2:00pm Midwifery Service 8:30am - 4:30pm			Baby Massage (Please see reverse) 1:30pm –3:00pm Midwifery Service 8:30am - 4:30pm	Midwifery Service 8:30am - 4:00pm Health Visiting Service 8:30am-4:00pm
Swanscombe DA10 0BS 03000 415600	Stay & Play 9:30am - 11:00am	Midwifery Service 8:30am - 4:30pm Health Visiting Service 8:30am-4:30pm	Midwifery Service 8:30am - 4:30pm	Music Group - 2 aged sessions 9:30am - 10:00am (14months– 5 years) 10:30am - 11:00am (0-14 months)	Midwifery Service 8:30am - 4:00pm
	Baby Group 1.00pm -2.30pm Midwifery Service 8:30am - 4:30pm Health Visiting Service 8:30am-4:30pm	Bookstart at Swanscombe Library 9.30am– 10.30am (Beginning 14th November)	SCBU Group Last Wednesday of the month. Delivered by Darent Valley Hospital)	Introducing Solids 1 session Bi-monthly (please see reverse for details) Midwifery Service 8:30am - 4:30pm Health Visiting Service 8:30am-4:30pm	 Baby Group Music Group Active Tots Baby Massage
Temple Hill DA1 5ND 03000 421443 Open Mon & Tues	Homestart Groups (Please see reverse for details)	Stay & Play 9:30am - 11:00am and 1:00pm - 2:30pm	Virtual Adult Education (Please see reverse for details)		Messy Play Bookstart