

### 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.dartfordhvf@nhs.net](mailto:kentchft.dartfordhvf@nhs.net) or attend the Drop-in Clinic to get your baby weighed and speak to a member of the Health Team.

#### **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).



#### **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.



#### **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.



#### **Free Early Education**

Some 2 year olds can get up to 15 hours of free childcare per week for 38 weeks of the year. Check to see if you are eligible.



## **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**











@DartfordCC



@bridge4yp



[www.kent.gov.uk](http://www.kent.gov.uk) (search Children's Centres)

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