

Summer Term 13 April to 22 May 2026

Monday

Midwives Clinic

Stay & Play 0-2 years
10am to 11.30am

Crafty Tales 1-2 Years
10am to 10.30am

**Health Visitor
Appointments**
By appointment only

Baby Essentials First Aid
11am to 12pm
27 April

**Early Help
Appointments**
1 pm to 3pm

Tuesday

Midwives Clinic

**Bookstart Reading
& Songtime**
9.15am to 10am
21 April & 19 May

Health Visitor Reviews
By appointment only

Baby Massage
11am to 12pm
Starts 21 April

**Getting to Know Your
Baby**
1.30pm to 3pm
Starts 5 May

**After School
Stay & Play**
Reception to Year 4
3.20pm to 4.50pm

Youth Club Session
Year 5 to Year 7
5.15pm to 7.15pm

Wednesday

Midwives Clinic

Stay & Play 0-5 years
9.15am to 10.30am and
11am to 12.15pm

Early Help Appointments
9.30am to 11.30am

**Pre & Post Diagnosis
Workshops**
9.30am to 11.30am
6 May Managing Mealtimes
20 May Sleep

Sensory Stars SEN group
For 4 to 8 year olds
3.30pm to 4.45pm

Health Visitor Reviews
By appointment only

Thursday

Midwives Clinic

**Parenting Support
Appointments**
3rd Thursday of the
month
12.30pm to 2.30pm

Early Help Appointments
1pm to 3pm

Friday

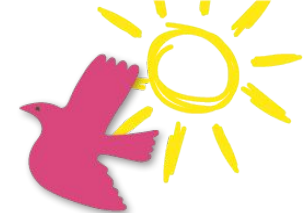
Midwives Clinic

**Fabulous Fridays
Parent Carer Champions
Network
Parents' Cafe**

Drop in for:
Adult Yoga
9.30am to 10.30am
Free for all abilities

Coffee, Cake and Chat
Around all things family life
and parenting
10.30am to 12.30pm

**Fortnightly surgeries and
advice on:**
housing, benefits,
immigration &
employment.



Summer Term 13 April to 22 May 2026

Monday

Midwives Clinic

Junior Jammers
10am to 10.45am
&
Baby Jammers
11am to 11.30am

Tuesday

**Perinatal
Appointments**

Parenting Puzzle
10am to 12pm
10 Week Parenting
Programme
Starts 28 April

**Infant Feeding
Support Drop In**
1pm to 3pm

Well Baby Clinic
1pm to 3pm

Stay & Play
0-18 months
Drop In Session
1pm to 2.30pm

Wednesday

Midwives Clinic

Stay & Play
0-5 years
9.30am to 11.30am

Child Health Reviews
1pm to 4pm

Baby Massage
1.15pm to 2.15pm
Starts 22 April

Thursday

Little Stars
10am to 11am
Starts 16 April

Friday

Midwives Clinic

Sand & Water Play
10am to 11.15am

Mummy & Me Ballet
9.45am to 10.30am

Crafty Tales
0-12 Months
11.30am to 12pm

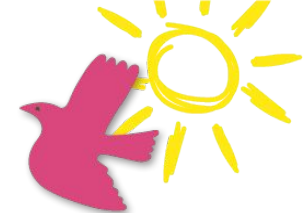
**Bookstart Reading &
Songtime**
2pm to 2.45pm
24 April
15 May

Buckland Road, Chessington, KT9 1JE. 020 8397 2006, option 5.

Buckland Road is a [School Street](#) 8.00-9.00am and 2.30-3.30pm

familyhubkingston@achievingforchildren.org.uk

Advance booking essential
see bookings page for details



Summer Term 13 April to 22 May 2026

Monday

**Midwives
Postnatal Clinic**

**Stay & Play
0-5 years
10am to 11.30am**

**Monday Mums
10 am to 12pm**

**Let's Nurture
1pm to 2.15pm**

Tuesday

Midwives Clinic

**BCG Clinic
2nd and 4th
Tuesday of each
month**

**Let's Play
9.30am to 11am**

Wednesday

Midwives Clinic

**Bookstart Reading & Songtime
10am to 10.45am**

**Baby Massage
10am to 11am
Starts 15 April**

**Well Baby Clinic
1.30pm to 2.45pm**

**Stay & Play Under 18 Months
Drop In Session
1.30pm to 3pm**

**Housing Surgery Drop In
11am to 1pm**

Thursday

Midwives Clinic

**Perinatal
Appointments**

**Stay & Play
0-5 years
10am to 11.30am**

**Getting to Know
Your Baby
10am to 11.30am
Starts 9 April**

Friday

Midwives Clinic

**Infant Feeding
Support Drop In
9.30am to 11.30am**

**Junior Jammers
10am to 10.45am
&**

**Baby Jammers
11am to 11.30am**

**HENRY Starting Solids
Workshop
1pm to 3pm
17 April**



Family Hubs

Kingston Town Children Centre



Summer Term 13 April to 22 May 2026

Monday

Midwives Clinic

Stay & Play

0-2 years

10am to 11.30am

Sling Clinic

Appointments

1pm to 2.30pm

13 April

11 May

Tuesday

Midwives Clinic

Well Baby Clinic

9.30am to 11.30am

Home-Start Play

& Support

Session

10am to 11.30am

Child Health

Reviews

1pm to 3.30pm

Baby Massage

1pm to 2pm

Starts 14 April

Wednesday

Midwives Clinic

Infant Feeding Support

Drop In

1pm to 2.30pm

Child Health Reviews

9.30am to 12.30pm

Crafty Tales

0-12 Months

9.30am to 10am

Thursday

Midwives Clinic

Stay & Play

0-5 years

9.15am to 10.30am

& 11am to 12.15pm

Child Health

Reviews

9am to 12pm

Friday

Midwives Clinic

Family Learning

ESOL

9.30am to 11.30am



Summer Term 13 April to 22 May 2026

Monday

**Rhymetime
New Malden
Library
10.15am to 11am**

**Online Family
Information
Service
Childcare Options
Workshops
12pm to 1pm
13 April
18 May**

Tuesday

**Stay & Play 0-5 years at
Kings Oak Primary School
9.30am to 10.40am
No booking required**

**Online Intro to Solids
10am to 11.30am
5 May**

**Rhymetime
Surbiton Library
0-5 Years
10.15am to 10.45am
Under 12 months
11am to 11.30am**

**Rhymetime Tudor Drive
Library
1.30pm to 2pm**

**Online Toilet Training
Workshop
1.30pm to 2.30pm
5 May**

Wednesday

**Advice and Information
with
Family Hub Lead
Coordinator at
Growbaby
10am to 12.30pm
Alternate weeks from
6 May**

Thursday

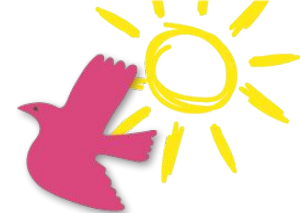
**Rhymetime
Old Malden
Library
10.15am to 10.45am**

**Starting Reception
Online Workshop
12pm to 1pm
30 April
14 May**

Friday

**Stay & Play 0-5
years at
Dickerage Sports &
Community Centre
10am to 11.30am
No booking required**

**Online Intro to
Solids
1pm to 2.30pm
22 May**



Advice & Information with Family Hub Lead Coordinator

Advice, information, support and signposting regarding all aspects of parenting and family life. At Growbaby on alternate Wednesdays. Growbaby @ The Hub, 38 Surbiton Road, Kingston, KT1 2JR.

After School Stay & Play

For children in school years Reception to Year 4 with parents or carers. Includes arts & crafts, games, messy play, cookery and much more. £2.50 per session. Bookable in advance via our booking platform.

Antenatal Infant Feeding Workshop

Our face to face infant feeding workshops are held once per term and aim to help you get off to the best start with feeding, as well as answer any questions you may have. Bookable in advance via our booking platform.

Baby Essentials First Aid

1 hour baby essentials first aid course for infants under 12 months. Includes: recovery position, CPR, febrile seizures and choking. £15 per person. Babies under 12 months welcome to attend with parents and carers. Booking essential via our booking platform.

Baby Massage Courses

5 week course promoting bonding, attachment, muscle and brain development. £25 per course. Online booking essential via our booking platform.

BCG Clinic

Immunisation clinic for pre booked appointments only

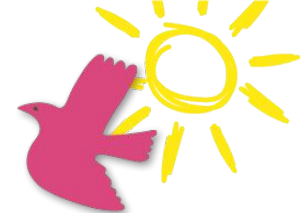
Bookstart Reading & Songtime

Perfect for babies, toddlers, and their grown-ups! We'll share a lovely story together and enjoy singing cheerful nursery rhymes that little ones love. This friendly, relaxed session encourages early reading, language development, and bonding through books and music. As part of the Bookstart initiative, every family who attends will receive a Bookstart pack to take home, filled with resources to help you continue the fun and nurture a love of reading from the very beginning. Free session. Bookable in advance via our booking platform

Child Health Reviews

Child health & developmental reviews. By invitation or appointment only. Speak to your health visitor or call the number in your red book for further information.





Crafty Tales

Music, Storytelling and BSL signing sessions for children 0-12 months and 1-2s, Meet Boo-Boo the pop-up puppet, enjoy bubbles, parachute fun, hands-on instruments, and twirly lights with stardust to finish. Learn why it doesn't matter if you can't sing in tune, how party lights support early reading skills, why wiggling your fingers promotes early speech, why signing boosts your child's brain development, and so much more! Bookable in advance via our booking platform.

Early Help Appointments

Facing challenges in family life? Our Family Support Worker is here to help- whether you need a quick chat or ongoing guidance. We offer face-to-face/online support tailored to your unique needs, helping you navigate family life with confidence.

By appointment only. Email to book:

familyhubkingston@achievingforchildren.org.uk

Fabulous Fridays

A space exclusively for parents where everything is complimentary including the welcoming smiles. Start the day with a wellbeing activity, then enjoy light refreshments, speak with like-minded people or obtain professional advice.

Family Learning ESOL

A course for learners with English as a second language delivered by Kingston Adult Education.

<https://www.kingston.gov.uk/schools-and-learning/kingston-adult-education>

Getting to Know Your Baby

A 4 week postnatal group. Covers attachment, sleep, bonding & attachment, play & baby massage. Please speak to your health visitor to book.

HENRY Healthy Families Programme

Topics within the programme include whole-family nutrition, physical activity, screen time, looking after ourselves, exploring feelings and managing challenging behaviour. A parent toolkit or workshop resource pack is included in the offer. Further information about the HENRY approach can be found on the HENRY website www.henry.org.uk. Scan QR Code or visit [HENRY](#) to express interest

HENRY Starting Solids Workshop

Advice, information and support when your baby is ready to move on from milk alone. Babies welcome to attend. Book via our expression interest form.

Home-Start Play & Support Session

A safe, nurturing and creative session for families to play, explore and experiment. Invitation only.

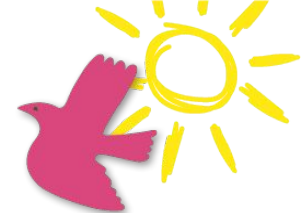
Housing Surgery Drop In

Advice to RBK tenants and leaseholders that have issues relating to housing matters

Infant Feeding Support Drop In

Advice and support for feeding and expectant mums who are living in Kingston. Drop in session, no need to book.





Junior Jammers & Baby Jammers

Spark your child's imagination in this jumping, jiggling, learning & wiggling magical, musical singing group. Advance booking required via Jammers website.

Let's Explore

Social, sensory and discovery play and early learning for children aged 1-2 years. Drop in session at TCC, no booking required.

Let's Nurture

A small group play session for children under 5 years who need a calm environment. Please speak to a member of the team if you have concerns about your child's social & communication development.

Let's Play

Small group play sessions for families who would benefit from additional support. Contact your local children's centre for an invitation.

Little Stars

A five week course. Learn speech therapy approved strategies alongside songs, stories and play to support your child's speech, language & communication development. Suitable for children aged 18-36 months who are not already on a speech and language pathway. Register via expression of interest form.

Midwives Clinic

By appointment only.

Monday Mums

An emotional health & wellbeing group for new mums. Contact your health visitor for support.

Mummy & Me Ballet

Explore music and dance, fun props and games. Age 16 months to 2.5 years. £7 per child.

Contact emma@eha.co.uk for further information and to book.

Online FIS Childcare Options Workshops

Online session providing advice, support and information on: childcare options, how to find suitable childcare, understanding your childcare entitlements from 9 months to school age, other financial support for childcare costs including tax free childcare and 30 hours free childcare from 9 months. Complete expression of interest form to book.

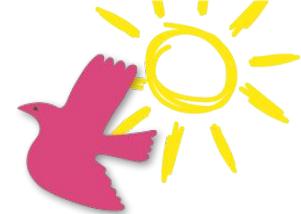
Online Intro to Solids

Advice, information & support when your baby is ready to move on from milk alone. Session includes child development. Delivered by health visiting & children's centre staff. Sessions available online and in person. Complete expression of interest to book.

Online Toilet Training Workshop

All you need to know about how and when to prepare your child for toilet training. Complete expression of interest form to book.





Online Starting Reception Workshop

Online workshop to support your child before starting school. Includes Preparation of the practical things, Preparing them emotionally, socially and physically, Helping your child be ready to learn, Developing their independence skills, Sleep and routines, Healthy snacks and lunchboxes & Oral Health. Booking essential

Parenting Courses & Workshops

We offer a variety of parenting courses and workshops. Please contact Karen Williams, Parenting Lead for further information. parenting.team@achievingforchildren.org.uk

Parenting Support Appointments

Our Parenting Lead is here to offer helpful guidance on a range of topics— from positive parenting approaches to creating routines and managing behaviour. Whether you're looking for tips or ongoing support, we're here to help you strengthen family life.

parenting.team@achievingforchildren.org.uk

Pre & Post SEND Diagnosis Workshops

Are you looking for support with toileting, behaviour, sleep, eating, accessing services in the borough, parent & carer wellbeing? The SEND Support team can help with this series of parent/carer workshops. Children under the age of welcome to attend. Contact sendsupport@yourhealthcare.org for more info

Real Nappies for London Events

Reusable nappy meet and pop-up shop.
• Learn about reusable nappies, ask questions, and understand the Real Nappies for London voucher incentive scheme.
<https://www.realnappiesforlondon.org.uk/kingston/>

Rhymetime

Songs stories and rhymes for under 5s held at libraries around the borough. Booking essential for sessions in children's centres and Surbiton library. Other sessions no booking required.

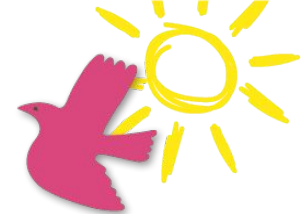
Sand and Water Play

Join us for a variety of sand and water play activities both indoors and outdoors. Supporting motor skills, encouraging speech & language, sparking creativity and introducing STEM concepts. Suitable for children aged 0-5 years. Booking essential via our online platform.

Sensory Stars SEN Group

Supporting Growth Through Play & Interaction. This group is designed for children aged 4-8 years, including those both pre and post-diagnosis of additional needs. A supportive space for children to engage in sensory and free play activities, encouraging interaction, socialisation, and developmental growth in a fun, inclusive environment. This session is free of charge, but advance booking required via our booking platform.
3.30pm-3.45pm for snacks.
3.45pm-4.45pm for sensory activities and play.





Sleep Talk

An in-person workshop to offer advice in supporting normal sleep development in babies under 12 months. Babies welcome to attend with parents. Online booking required.

Sling Clinic

For enquiries and to book contact sheenslings@gmail.com

Small World Explorers

A session to encourage children to use their imagination, creating both everyday and fantasy worlds using a variety of tools and resources to inspire their play. Booking essential via our online platform.

Stay & Play 0-5 Years

Our stay & play sessions include a variety of indoor and outdoor activities for you and your child to have fun and learn together, and promote early development and school readiness.. Sessions include toys, activities and singing. Online booking essential for sessions in centres via our booking platform. No booking required for outreach sessions.

Stay & Play 0-12 months, 0-18 months & 0-2 years

Designed to support new parents. Meet others, share experiences and have lots of age-appropriate play. Social, sensory and discovery play. Online booking essential for KTCC and OMFH. Sessions at CCC and TCC are drop ins, so no booking required.

Well Baby Clinic

Health visitors clinic. Drop in sessions. Please bring your red book.

Youth Club Session

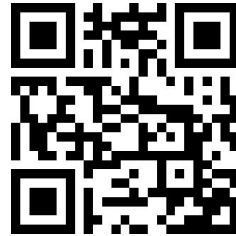
For children is school years 5 to 7. A safe place where you can play games, chill with friends, learn cooking skills, listen to music and more. Drop in session. For more information contact:

youth.service@achievingforchildren.org.uk

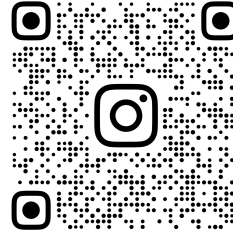
Links and Booking Information



[Activity
Booking
Platform](#)



[Facebook](#)



AFC_KINGSTONFH

[Instagram](#)



[AfC Info](#)



[Online
Registration
Form](#)



[HENRY](#)



[Junior &
Baby
Jammers](#)



[Little Stars](#)

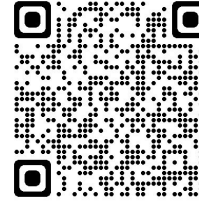




[Online FIS Workshops](#)



[Online Intro to Solids](#)



[Online Toilet Training Workshops](#)



[Online Sleep Talk](#)



[Online Starting Reception](#)



[Baby Massage Expression of Interest Form](#)



[Let's Nurture Expression of Interest](#)



[Essential Child Health Information](#)

Rhymetime

Surbiton library bookings can be made in branch, by calling 020 8547 5006 or via email at surbiton.library@kingston.gov.uk

Bookings can be made from 12pm on the Tuesday before each session.

Due to limited space, advanced booking is advised.

