

Summer Term 1 June to 17 July 2026

Monday

Midwives Clinic

Crafty Tales 1-2 Years
10am to 10.30am

Baby & Child First Aid
10am to 12pm
6 July

Health Visitor
Appointments
By appointment only

Early Help
Appointments
1 pm to 3pm

Tuesday

Midwives Clinic

Antenatal Infant Feeding
Session
9.30am to 11.30am
9 June

Stay & Play 0-2 years
10am to 11.30am
Starts 23 June

Health Visitor Reviews
By appointment only

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
3 June Understanding ADHD
& Autism
17 June Understanding Behaviour
15 July Sleep

Baby Massage
1.30pm to 2.30pm
Starts 3 June

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

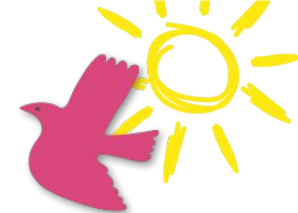
Fabulous Fridays
Parent Carer Champions
Network
Parents' Cafe (Adults Only)

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

Fabulous Fridays are for adults
only, regretfully we are unable to
accommodate children

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



Summer Term 1 June to 17 July 2026

Monday

Midwives Clinic

Junior Jammers
10am to 10.45am
&

Baby Jammers
11am to 11.30am

Baby Essentials First Aid
11am to 12pm
13 July

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

Little Stars
10am to 11am
Starts 10 June

Child Health Reviews
1pm to 4pm

Baby Massage
1.15pm to 2.15pm
Starts 17 June

Thursday

Getting To Know Your Baby
10am to 11.30am
Starts 4 June

Friday

Midwives Clinic

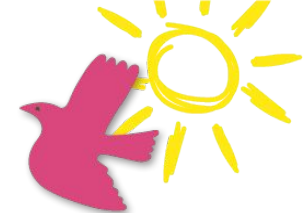
Sand & Water Play
10am to 11.15am

Mummy & Me Ballet
9.45am to 10.30am

Crafty Tales
0-12 Months
11.30am to 12pm

HENRY Starting Solids
1.30pm to 3.30pm
5 June

Bookstart Reading & Songtime
2pm to 2.45pm



Summer Term 1 June to 17 July 2026

Monday

**Midwives
Postnatal Clinic**

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

Monday Mums
10am to 12pm
1 June to 20 July

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

Sleep Talk
0-12 Months
1pm to 2.30pm
30 June

Wednesday

Midwives Clinic

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

Baby Massage
10.30am to 11.30am
Starts 3 June

Well Baby Clinic
1.30pm to 2.45pm

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

Thursday

Midwives Clinic

**Perinatal
Appointments**

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

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



Family Hubs

Kingston Town Children Centre



Summer Term 1 June to 17 July 2026

Monday

Midwives Clinic

Stay & Play

0-2 years

10am to 11.30am

Starts 8 June

Sling Clinic

Appointments

1pm to 2.30pm

8 June

6 July

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 2 June

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

Bookstart Reading &

Songtime

2pm to 2.45pm

After School

Stay & Play

Reception to Year 4

3.30pm to 5pm

Starts 10 June

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 1 June to 17 July 2026

Monday

Rhymetime
New Malden Library
10.15am to 10.45m

Online Family Information Service Childcare Options Workshops
12pm to 1pm
15 June
13 July

Starting Reception Online Workshop
12pm to 1pm
8 June

Online Intro to Solids
1pm to 2.30pm
22 June

Sleep Workshop Online
3-5 years
1pm to 2pm
13 July

Tuesday

Stay & Play 0-5 years at Kings Oak Primary School
9.30am to 10.40am
No booking required
Starts 9 June

Online Intro to Solids
10am to 11.30am
14 July

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
2pm to 3pm
14 July

Wednesday

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

Little Stars Online
12.30pm to 1.30pm
8 July

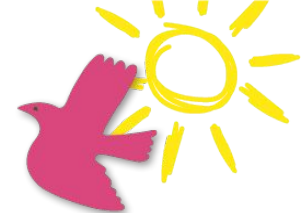
Thursday

Rhymetime
Old Malden Library
10.15am to 10.45am

Starting Reception Online Workshop
12pm to 1pm
2 July

Friday

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



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 & Child First Aid

Basic family first aid skills including CPR, choking, meningitis, anaphylaxis, shock, burns, seizures, broken bones and more. £20 per person. 2 hour course. Babies under 2 months may attend with parents/carers. £15 per person. Booking essential via 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

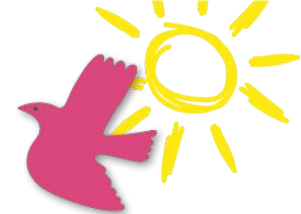
Perfect for babies, toddlers, and their grown-ups! We'll share a lovely story together and enjoy singing cheerful nursery rhymes that little ones love.

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.

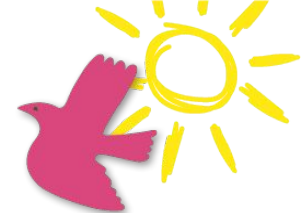
Housing Surgery Drop In

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 or parent workshop. 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

A drop in support group for mums with babies under 1 year. Contact your health visitor for further details.

Mummy & Me Ballet

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

Contact emma@ehta.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.

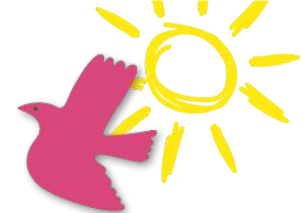
Online Intro to Solids

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.

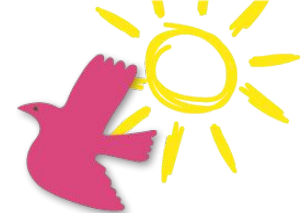
Sand and Water Play

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 via booking platform.

Sleep Workshop Online

Join this online workshop with certified sleep practitioner Sam for practical tips, tools and strategies for 3-5 year olds. Book via qr code or link or bookings page.

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.

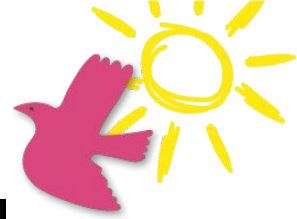
Youth Club Session

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:

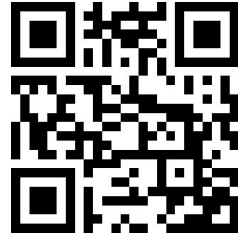
youth.service@achievingforchildren.org.uk



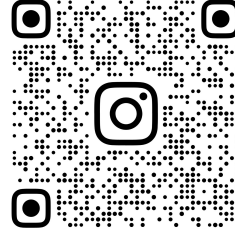
Links and Booking Information



[Activity
Booking
Platform](#)



[Facebook](#)



AFC_KINGSTONFH

[Instagram](#)



[AfC Info](#)



[Online
Registration
Form](#)



[HENRY](#)



[Junior &
Baby
Jammers](#)



[Little Stars](#)

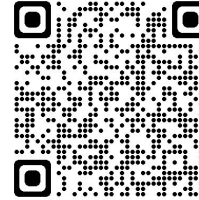




[Online FIS Workshops](#)



[Online Intro to Solids](#)



[Online Toilet Training Workshops](#)



[Sleep Workshop Online 3-5 years](#)



[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.