



Coxheath Primary School Newsletter

12.09.2025

Dates for the diary



TERM 1

01 Oct Individual and Sibling Photos

07 Oct Year 3 Wakehurst Trip

Year R and Year 6 National Child Measurement Programme

14 Oct Parents Evening – 3.40 – 6:30pm

16 Oct Parents Evening – 3.40 – 6:30pm

16 Oct Last Day of Term for Children

17 Oct Trust Inset Day

TERM 2

03 Nov First Day of Term

Flu Immunisations – all school

04 Nov New parent Tours 9.30-10.30am and 1.30-2.30pm

05 Nov New parent Tours 9.30-10.30am and 1.30-2.30pm

13 Nov New parent Tours 9.30-10.30am and 1.30-2.30pm and 5.30-6.30pm

19 Nov Last Day of Term

School Contact Information

OFFICE@COXHEATH.KENT.SCH.UK -General enquiries

ATTENDANCE@COXHEATH.KENT.SCH.UK - All absence related matters

SENCO@COXHEATH.KENT.SCH.UK -All matters for senco

CASC@COXHEATH.KENT.SCH.UK - Extended services booking enquiries and requests

School Phone Number 01622 745553

Head Teacher News

It is hard to believe that we are already at the end of Week 2. Spending time in classrooms, I have been so impressed with how quickly the children have settled into their new routines and environments.

I am delighted to announce that, following the PTA AGM held last night, a new committee has been formed. I cannot thank enough the parents who attended the AGM and volunteered for the various roles required to enable the PTA to run effectively. The impact the PTA has on the resources available to children, as well as the experiences they enjoy, is significant. I hope you will join me in thanking them for giving their time so generously.

Over the next couple of weeks, the new committee will meet to plan fundraising activities for the year. This will mean children will once again be able to enjoy some of the events,

such as discos, that they missed out on last year. Many exciting new ideas were also shared during the meeting, and these will be communicated to you over the coming weeks.

Please can I ask that, whenever an event is planned and volunteers are requested, you consider giving even just 30 minutes of your time. Without this support, the PTA cannot run events.

Whilst the committee welcomes feedback, I would ask that you consider how this is communicated. In previous years, some feedback has come across as criticism, which can be disheartening given the number of voluntary hours committed to organising events and meetings. Constructive and thoughtful feedback helps ensure that the PTA continues to thrive.

Have a lovely weekend.

Giacomo

Houses of Parliament

On Tuesday this week, Miss Ryan and Mrs Webber were privileged to take a group of pupils representing some of the different councils we have in school on a trip to the Houses of Parliament. Travelling on the train we were very excited about what we might learn about and what we were going to see. On arriving, we had to go through the security checks before heading off first of all to see the House of Lords. We even saw the sniffer dogs checking everything was ready for them in the afternoon. We then headed to the House of Commons and got to see some questions being asked of Rachel Reeves, the Chancellor of the Exchequer. Finally, we got to meet with Esme, who works with our local MP for Coxheath and she answered lots of our questions as well as asking us about the issues that we were concerned about. The children were all exceptional representatives for the school and even after walking around 14,000 steps didn't moan once! Thanks go to Mrs Baker, Mrs Hill and Mrs Jacques for coming with us as well.



Dinner Menu

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1		Cheese & Tomato Pizza Slab (V)	Southern Baked Chicken & Wedges	Roast Chicken, with Roast Potatoes & Gravy	Pasta Bolognese, Garlic Bread	Fish Fingers with Chips
	MAIN 2	Farmhouse Hash (VE)	(N) Chili Bean Tortilla Stack, Wedges (V)	Hearty Quorn Roast with Roast Potatoes & Gravy (V)	Sweet Potato, Leek & Cheese Catzone (V)	Crispy Quorn Nuggets & Chips (VE)
SIDE OPTION	VEG	Green Beans (VE)	Fresh Broccoli (VE)	Carrots & Cabbage (VE)	Sweetcorn (VE)	Peas or Baked Beans (VE)
		Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings
DESSERT		Freshly Baked Chocolate Cookie (VE)	Plum Sponge Pudding & Custard (V)	Beetroot Brownie	Fruity Jelly Pot (VE)	Lime & Coconut Cake (VE)

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), Seasonal yoghurts (V) as well as freshly baked bread (VE) & seasonal salad bar (VE). Third option includes vegan and vegetarian items.

MENU KEY: V Vegetarian, VE Vegan, N Non-Dairy, N New Dish

Logos for Quorn, and other brands are visible at the bottom.

LUNCH Week 2



W/C 08/09, 29/09, 20/10, 10/11, 01/12, 12/01, 02/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Creamy Mac n Cheese (V)	Chicken Burger & Wedges	Roast Chicken with Roast Potatoes & Gravy	Sausage Penne Pasta Bake	Battered Fish & Chips
MAIN 2	Roasted Tomato & Basil Pasta (VE)	Southern Baked Halloumi Burger & Wedges (V)	Teriyaki Noodles (V)	Hearty Sausage Pasta Bake (VE)	Onion Bhaji Wrap & Slaw with Chips (VE)
VEG	Garlic Bread & Peas (VE)	Sweetcorn (VE)	Fresh Roast Carrots (VE)	Broccoli (VE)	Peanut or Baked Beans (VE)
HALF PORTION	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings
DESSERT	Chocolate Cornflake Cake (VE)	Mousse	Ginger Cake (VE)	(N) Autumn Fruit Crumble & Custard (V)	Ice Cream

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), **Decadent** yoghurts (V) as well as freshly baked bread (VE) & seasonal salad bar (VE). Third option includes vegan and vegetarian items.

MENU KEY V Vegetarian VE Vegan and Plant Based N New Dish

LUNCH Week 3



W/C 15/09, 06/10, 27/10, 17/11, 08/12, 19/01, 09/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese & Tomato Pizza Slab (V)	Beef Burger with ColeSlaw	Roast Chicken with Roast Potatoes & Gravy	Traditional Lasagne	Fish Fingers & Chips
MAIN 2	Creamy Leek & Cheese Pie (V)	Authentic Chickpea & Spinach Curry, Rice (V)	Fishy Puff Pastry Wellington & Roast Potatoes (VE)	Hearty Spaghetti & Meatballs (VE)	Jerk Hot Dog & Chips (VE)
VEG	Sweetcorn (VE)	Seasonal Vegetables (VE)	Seasonal Vegetables (VE)	Focaccia & Green Beans (VE)	Peanut or Baked Beans (VE)
HALF PORTION	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings	Jacket Potato with a choice of toppings
DESSERT	Apple & Cinnamon Flapjack (VE)	(N) Chocolate Mousse (V)	(N) Pear & Ginger Cake (VE)	Berry Cake	Freshly Baked Vanilla Cookie (VE)

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), **Decadent** yoghurts (V) as well as freshly baked bread (VE) & seasonal salad bar (VE). Third option includes vegan and vegetarian items.

MENU KEY V Vegetarian VE Vegan and Plant Based N New Dish

Special Diet Menu

SPECIAL DIETS LUNCH MENU Week 1

W/C 01/09, 22/09, 13/10, 03/11, 24/11, 15/12, 05/01, 26/01

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Lentil and Tomato Pasta Bake	— Select —	Roast Chicken with Roast Potatoes and Gravy	Chicken and Vegetable Stew with Rice	Crispy Chicken Nuggets with Chips
VEGETARIAN	Baked Sweet Potato with Baked Beans, Vegan Cheese	Chicken and Vegetable Rice	Jacket Potato with Baked Beans and Vegan Cheese	Dhansak Curry with Mixed Rice	Jacket Potato with Baked Beans and Vegan Cheese
3rd OPTION	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans and Vegan Cheese	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw
VEG	Broccoli	Swetstem	Carrots	Green Salad and Garden Peas	Garden Peas and Baked Beans
DESSERT	Raspberry and Lime Cake	Fresh Fruit Salad	Fruit Jelly	Fresh Fruit Salad	Shortbread Biscuit
	Fresh Fruit				

WHILST RIGOROUS CONTROLS ARE IN PLACE TO MANAGE THE RISK OF CROSS CONTAMINATION, SODEXO CANNOT GUARANTEE ABSENCE OF ANY SPECIFIC ALLERGEN. OUR STAFF WILL BE HAPPY TO TALK TO YOU ABOUT WHAT WE DO IN THE KITCHEN TO REDUCE RISKS OF ALLERGEN CROSS-CONTAMINATION.

DISHES MADE WITHOUT FISH, SULPHITES, GLUTEN, DAIRY, EGG, SOYA, PEANUTS, TREE NUTS, MOLLUSCS, CRUSTACEANS, SESAME, MUSTARD, LUPIN, AND CELERY CONTAINING INGREDIENTS.

SPECIAL DIETS LUNCH MENU Week 2

W/C 08/09, 29/09, 20/10, 10/11, 01/12, 12/01, 02/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Jacket Potato with Baked Beans and Vegan Cheese	Buffalo Chicken with Mashed Potatoes	Roast Chicken with Roast Potatoes and Gravy	— Select —	Crispy Chicken Nuggets with Chips
VEGETARIAN	Roasted Tomato and Lentil Pasta	Jacket Potato with Baked Beans and Vegan Cheese	Lentil Tomato Sauce with Pasta	Jacket Potato with Baked Beans and Vegan Cheese	Margherita Pizza with Chips
3rd OPTION	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw	Lentil and Tomato Pasta	Jacket Potato with Baked Beans and Vegan Cheese	Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Coleslaw
VEG	Swetstem	Broccoli	Roasted Vegetables	Green Beans	Garden Peas and Baked Beans
DESSERT	Vanilla Cookies	Fresh Fruit Salad	Fruit Jelly	Fresh Fruit Salad	Ginger Cake
	Fresh Fruit				

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SPECIAL DIETS LUNCH MENU

Week 3

W/C 15/09, 06/10, 27/10, 17/11, 08/12, 19/01, 09/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Tomato and Lentil Pasta Bake	Lemon and Garlic Chicken with Half Jacket Potatoes	Roast Chicken with Roast Potatoes and Gravy	Cottage Pie	Crispy Chicken Gargone with Chips
VEGETARIAN	Jacket Potato with Baked Beans and Vegan Cheese	Chicken and Vegetable Rice	Lentil and Tomato Pasta	Jacket Potato with Baked Beans and Vegan Cheese	Jacket Potato with Baked Beans and Vegan Cheese
3rd OPTION	Jacket Potato with Baked Beans, Vegan Cheese or Colislaw	Lentil and Tomato Pasta	Jacket Potato with Baked Beans and Vegan Cheese	Lentil and Tomato Pasta	Jacket Potato with Baked Beans, Vegan Cheese or Colislaw
VEG	Roasted Cauliflower	Green Beans	Cabbage and Garden Peas	Sweetcorn	Garden Peas and Baked Beans
DESSERT	Spelt Summer Cake	Fruit Jelly	Fresh Fruit Salad	Fresh Fruit Salad	Chocolate Shortbread
	Fresh Fruit				

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External Clubs held at Coxheath School

External Clubs

Gymnastics Club Monday

Sama Karate Club Thursday

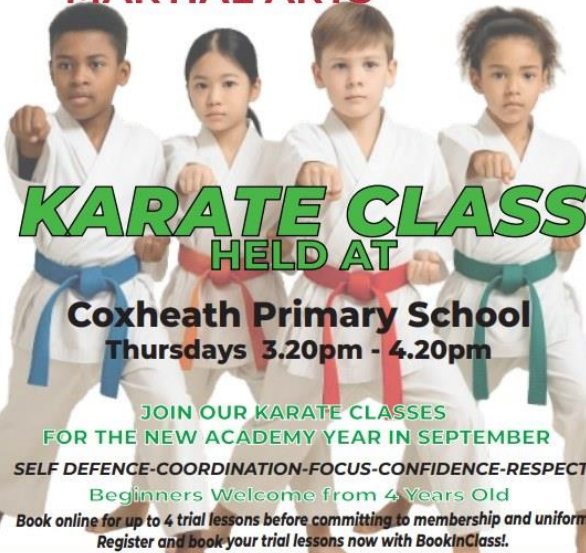
Irish Dancing Friday

Make Time for Music

Rock Steady

Please see Coxheath school website or notice board for more information.

SAMA SOUTHEAST MARTIAL ARTS



KARATE CLASS HELD AT

Coxheath Primary School
Thursdays 3.20pm - 4.20pm

JOIN OUR KARATE CLASSES
FOR THE NEW ACADEMY YEAR IN SEPTEMBER

SELF DEFENCE-COORDINATION-FOCUS-CONFIDENCE-RESPECT

Beginners Welcome from 4 Years Old

Book online for up to 4 trial lessons before committing to membership and uniform
Register and book your trial lessons now with BookInClass!

Limited Space available class needs to be pre-booked

 SAMASOUTHEAST.CO.UK / SAMAKARATE.COM
 0333 444 5100

Make Time for Music Bringing Music To Life

There is an opportunity for your child to start piano or guitar lessons at School with Make Time for Music in September 2025.

If you are interested in him/her learning to play an instrument, please complete our application form by visiting the link below:

[Click Here to Apply for Lessons](#)

If you have any questions please email:

office@maketimeformusic.org

or call James on: 01303 894178

Why Choose Make Time for Music?

- All our teachers are music specialists, qualified and experienced in their field, to ensure your child gets the best start to their musical journey.
- Our teachers are checked regularly to ensure quality lessons are delivered.
- Students are encouraged to perform, join ensembles, and take graded examinations.
- We deliver written reports on each student's progress, and parents have the opportunity to discuss lessons with us at any time.
- Students can take advantage of special rates for woodwind, brass, and string instrument rental.



www.maketimeformusic.org

Music Lessons
available at
your school



Tuition Fees

For a term of 10 lessons

Group Lessons £73

Individual Lessons:

20-minute individual lessons £130

30-minute individual lessons £190

Beginners Group package

Includes your first tuition book along with your

first block of group lessons £85

Instruments:

Make Time for Music students can take advantage of a rent/buy scheme from our partners at Ackerman Music for all woodwind, brass and string instruments.

Guitars and keyboards are not available for hire, but we are happy recommend to you what to purchase at the best price if you contact our office.

Make Time for Music in Schools

Learning an instrument is a fantastic skill to have and the best time to start to learn is in childhood.

As well as being a valuable creative outlet it can help build confidence and dedication, and is recognised that students learning an instrument perform better in the rest of their schoolwork

We can offer tuition on; piano/keyboard, guitar (electric and acoustic), drum kit, ukulele, violin, clarinet, flute and brass *

Most students start with group lessons and enjoy learning with their friends, but we are happy to move students on to individual lessons at any time if they prefer.

We regularly arrange opportunities for students to perform in school and many of our teachers have contacts with local ensembles that they can join.

Lessons normally take place during the school day. Sometimes we do arrange for lessons to run outside of school hours. If you have any queries regarding our lessons please contact James at our office on: **01303 894178**

*Please check page 1 for which instrument options are available at your school

www.maketimeformusic.org

**Guitar
Drum Kit
Piano
Keyboard
Violin
Clarinet
Flute
Brass**



Let's Dance UK

Let's
DANCE
Uk

Come and join our dance family.

Book your 3 free trial classes

This September

To Book: Letsdanceuk@live.co.uk

New Acro classes




Community News



[Community News](#)



Join us for a free discovery day at one of our Early Stages classes on a Saturday at Coxheath Primary School. Early Stages classes are for children aged 4-6yrs old. There are two class times 9.30am - 11am and 11.15am - 12.45pm. Each session is 90 minutes of jam packed singing, dance, drama and fun! If you would like to join us for a free discovery day this September please email Sarah at maidstonewest@stagecoach.co.uk or call 01622 535307.




Email Becky on becky.thecat@btopenworld for more details and to book your child's place. Only 20 places available.....

BIBLE BUILDERS

New Club starting

Date - Thursday 2nd October
Where - Holy Trinity Church, Coxheath
Time - After school until 5pm

Suitable for children in school years 1-6



EXPLORING THE BIBLE BRICK BY BRICK

MAIDSTONE RUGBY CLUB

Interested in trying rugby?

Maidstone Spitfires U8s are recruiting girls and boys to join our team in September.

3-week free trial for new players.

Every Sunday 10:00 - 11:30

E: maidstonespitfires@gmail.com
T: 07960 281483



Maidstone Rugby Club
The Mote
Willow Way
Maidstone
Kent, ME15 7DN
www.maidstonerugby.com



@MaidstoneSpitfires



COXHEATH & FARLEIGH JFC RISING STARS RETURNS SATURDAY 13/09/25



Learn the skills & fundamentals of the game in a safe and friendly environment.

Your pathway into Coxheath & Farleigh JFC Grassroots Football Teams, starting at U8's. We are an FA Accredited Club, Established in 1974

All coaches are FA Approved & hold appropriate certification including Safeguarding & 1st Aid Qualification.

Rising Stars Coach - **Daniel Smith** assisted by other coaches on a weekly basis.

ONLY £4.00 A SESSION

- ✔ Boys & Girls Welcome
- ✔ Introduction to Football
- ✔ Skill & Ball Techniques
- ✔ Teamwork, Exercise, Fun & Games
- ✔ Rising Stars T Shirts Available to Purchase



SATURDAY MORNING SESSION

Age : From 4 to 7 years - (Boys & Girls)
Time: 9 am till 10am
Location: As below

MIDDLE FIELD - THE BEACONS COXHEATH

Location: Off Linden Road Coxheath ME17 4QS

More Details

Coxheath & Farleigh Junior Football Club

More Information

Contact: Neil Hadley or Brady Dodd
Mobile : 07812 004513 or 07777 510571



Sutton Valence Hockey Club Juniors

Sutton Valence Prep School, Chart Sutton, ME17 3RF

We welcome all abilities for fun, games & skills
From Reception upwards

Every Sunday
9:30am
Mini's, U8's, U10's
11:00am
U12's, U14's, U16's
Returning:
14th September 2025

For further details, please contact:
Juniors at SVHC Tel: 07845112514, Email: svhc.juniors@gmail.com

Wellbeing



[Wellbeing](#)



DROP IN SESSIONS

WeClick CIC

Unit 101, Lower Ground,

The Mall, Maidstone

10am – 12.30pm

Monday 18th August

Monday 8th September

Monday 6th October

Monday 3rd November

Monday 8th December

Come along and find out more about the college!

At the Recovery and Wellbeing College we value people:

- As experts in their own lives
- That everyone has strengths and skills
- Can make their own life choices
- Can share their expertise for the benefit of others
- Connectedness, collaboration and co-production.

A place for everyone.



Want to improve your wellbeing?

We provide health-related educational courses for adults **free of charge** in supportive and accessible learning spaces. Through education, people can make sense of their experiences and learn how to take care of themselves.

Join our **free** courses in Maidstone

Course	Date	Time	Venue
Introduction to Recovery College	Mon, 15 Sept	1 to 3pm	Maidstone Community Support Centre
Autumn Wellbeing	Wed, 24 Sep	10 to 12 midday	Greensand Health Centre
Goodbye to Clutter	Tues, 30 Sep & 7 Oct	10 to 12 midday	Fusion Healthy Living Centre
Wilder Wellbeing	Tues 30 Sep, 7, 14 Oct, 4, 11, 18 Nov	1.45 to 3.45pm	Tyland Barn
Living Well on a Budget	Mon, 13 Oct	1 to 3pm	Maidstone Community Support Centre
Caring for Carers	Tues 4, 11 Nov	10 to 12 midday	Fusion Healthy Living Centre
Reading for Wellbeing	Mon, 17 Nov	1 to 3pm	Maidstone Community Support Centre
Winter Wellbeing	Wed, 26 Nov	10 to 12 midday	Greensand Health Centre
Student Connect	Tues, 2 Dec	10 to 12 midday	Fusion Healthy Living Centre

To enrol, scan the QR code, or visit:

<https://www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/>

To book call 07407 826920 or email kmpt.maidstonerc@nhs.net



Kent and Medway
NHS and Social Care Partnership Trust

STARTING
15th September 2025
 (10:00-12:00)



**10 x 2hr wellbeing course
 for parents
 'Healthy Parent Carers'**

A health and wellbeing programme for parent carers of children with special educational needs and disability (SEND) or parents facing other tough challenges in their life.

If you find life tough to cope with this course is for you!

This course supports long term changes to improve YOUR health and wellbeing.

Sign Up Now!
 EMAIL: INFO@KENTPACT.ORG.UK

Healthy PARENT CARERS
 University of Exeter
 Health School

WWW.HEALTHYPARENTCARERS.ORG

"A genuinely life changing experience that not only benefits me, but everyone around me"



Neurodiversity Day



~~Thursday September 11th 2025~~

**October
 16th**

Detling Showground, ME14 3JF

- For families with SEND children
- Market place exhibitors
- Guest speakers
- Your chance to talk to experts in their field
- Come along with friends and family
- Children who are out of school are welcome

Book workshops here:



forms.office.com/e/2kNvyZEAQj

pinfo@kentpact.org.uk



Maidstone Family Hubs Timetable

8th September 2025 - 17th October 2025

Our Family Hubs:

South Borough 03000 417770 Heathrow Close, Maidstone ME15 8FL Southborough@kent.gov.uk	Infozone 03000 419470 3 Palace Terrace, Maidstone ME15 6BT infozonefamilyhub@kent.gov.uk	326 The Mall 03000 419470 326 The Mall, Maidstone ME15 6AT infozonefamilyhub@kent.gov.uk
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Monday	South Borough Young Parents 11.30-1.30				
Tuesday	South Borough Stay & Play 9.30-11.00	Infozone Strengthening Family Relationships 11.00-1.00 30 th September	South Borough Introducing Solids 1.30-2.45 Second Tuesday of the month	South Borough Baby Massage 1.30-2.30	Infozone Compass SEND 4.30-6.00
Wednesday	Infozone Baby Steps Musical 10.00-11.00	Infozone Baby, Family and You 12.30-2.30	South Borough Compass Home Education 1.00-2.00		
Thursday	South Borough Talking Walk Ins 9.30-11.30 2nd Tues of the month	South Borough Health Visitor Clinic 1.30-3.30	South Borough Resilience Group 4.00-5.30		
Friday	South Borough Breastfeeding Clinic 9.30-11.30	Infozone Baby Massage 10.00-11.00	South Borough Little Talkers 1.00-2.00		

Please Note: Signing in will not be available until 10 minutes before the session starts. www.kent.gov.uk/familyhub Family Hub Sites are run by Kent County Council

All of our groups and services are free. For groups requiring booking at all Hubs, see our booking page [@KentCountyCouncil.com/microsoft.com/](https://book.office.com/book/familyhub/venues/maidstone)

Information

Compass SEND

This course features the 4 core elements of the original Compass national but has been enhanced to include additional resources such as Zones of Regulation, Sensory Profiling and Strategies, Skimming and more. This course will be adaptable and tailored to the cohort on sign up. Please note young people must not have a formal diagnosis age **11-25 with SEND**

Strengthening Family Relationships

A workshop for parents-in-conflict, giving you the information and practical tools you need to help improve the outcomes for your children, creating a healthier environment for your family.

Booking Required

<https://www.kent.gov.uk/education-and-children/kent-family-hub/mental-health-and-family-relationships/reduce-arguments-and-conflict-between-parents-to-strengthen-family-relationships>

Young parents

For young parents (up to 25 yrs) and their children.

A workshop run by the Health Visiting team to guide you through the weaning journey from when your baby is 6 weeks. Every second Tuesday of the month.

Introducing Solids

4 Week Course face to face & 4 week follow on call

Antenatal and postnatal prep for baby and beyond 9-12 mths

Baby, Family & You

Fun activities providing learning opportunities through play and helping you to bond with your child. Join drop in!

Please note we have 4 Stay & Play sessions. One at each of our Hubs: South Borough, Parkwood & West Borough

Stay & Play

Fun activities providing learning opportunities through play and helping you to bond with your child. Join drop in!

Please note we have 4 Stay & Play sessions. One at each of our Hubs: South Borough, Parkwood & West Borough

Baby Steps Musical

Come and join us for a singing session! Learn how to support your child's speech and language development, social skills and attachments. Meet other parents and make new friends.

"Totally Baby Brains Time"

Resilience Group

After school 4x4 Support building confidence, self-esteem and making friends outside school friendship with a range of activities.

Compass Home Education

This Compass course has been designed for young people who are home educated. Parents, carers, guardians, grandparents, siblings, family members, friends and other adults are welcome to attend. The course is delivered in a group, face-to-face, for 10 weeks.

Healthy Start Vitamins

Are you eligible for Healthy Start Vitamins? Find out more and apply today!

Free for 2

Some 2 year olds can get up to 15 hours of free childcare per week. Find out more and apply today!

Useful Contact Numbers:

Health Visiting Team 0300 5550506

Please Note:

For Health and Safety reasons there are room capacity limits in place.

For more information about opening times give your local Hub a call

www.kent.gov.uk/familyhub
Family Hub Sites are run by Kent County Council

[@Maidstonefamilyhubs](https://www.facebook.com/Maidstonefamilyhubs)
[@Maidstonefamilyhubs](https://www.instagram.com/Maidstonefamilyhubs)
[@Maidstonefamilyhubs11019](https://www.instagram.com/Maidstonefamilyhubs11019)



Maidstone Family Hubs Timetable

8th September 2025 - 17th October 2025

Our Family Hubs:

Parkwood 03000 412700 Furford Close, Maidstone ME15 8FL Parkwood@kent.gov.uk	Greenfields 03000 412887 Furford Way, Maidstone ME15 8FL Greenfields@kent.gov.uk	West Borough 03000 419361 Greenway, Maidstone ME15 8FL Westborough@kent.gov.uk
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Monday	Parkwood Health Visitor Clinic 9.30-11.30	Greenfields Stay & Play 9.30-11.00	Parkwood Breastfeeding Clinic 1.00-3.00
Tuesday	West Borough Health Visitor Clinic 9.30-11.30	Greenfields Baby Steps Sensory 10.30-11.30	West Borough Little Talkers 10.00-11.00
Wednesday	Parkwood Baby Massage 10.00-11.00	Greenfields Neuro Navigators 3.30-5.00	
Thursday	Parkwood Stay & Play 1.00-2.30	West Borough Stay & Play 10.00-11.30	Greenfields Compass 6.00-7.30
Friday	Greenfields Twins Group 9.30-11.30 2 nd & 4 th Fri of the month	Greenfields Talking Walk Ins 9.30-12.00 1 st & 3 rd Fri of the month	

Information

Baby Steps Sensory

6 Week rolling themes

Exploring all the senses such as sight, sound, touch, taste and smell.

Compass

Compass helps you to navigate emotions, relationships and life's challenges by teaching you dialectical behaviour therapy (DBT) skills. The course is an evidence-based approach to help you cope with all sorts of problems in life. It's suitable for young people aged 11 to 19 years old. The course is 10 weeks and will support young people to building their confidence, resilience and self-esteem in a group environment.

Baby Massage

4 Week Course

Baby Massage enables you to learn about and respond to your baby's body language. It's also a wonderful way to make your baby feel safe and secure.

Please note we have 3 Baby Massage sessions. 1 hour 15 minutes.

Talking Walk Ins

Play-based session where you can speak to a speech and language therapist. If you do not have a parent responsible for your child, bring written consent with you.

Please note only 10 families are welcome a session. We have 2 sessions. Greenfields & South Borough.

Little Talkers

A 6 week course for parents/carers to learn new techniques and useful hints & tips for encouraging your child's speech. Opportunities for discussion and trying out specific strategies within fun play activities. Music, songs & rhyme.

Health Visitor Clinic 2/or Breastfeeding Clinic

A drop in clinic for you to come along, have your baby weighed and speak to a member of the Health Visiting Team. Strengthening information, advice and support clinic.

Please note we have 2 Health Visitor and 3 Breastfeeding Clinic a week. Parkwood, South Borough & West Borough.

Twins Group

Group run by parents for families with multiple births.

2nd & 4th Friday of the month

Neuro Navigators

A group for Neurodivergent children to learn skills that teach independence and support them to be ready for the transition to secondary school. Supporting building confidence, self-esteem & encouraging outside school friendships with a range of activities.

11 weeks

Healthy Start Vitamins

Are you eligible for Healthy Start Vitamins? Find out more and apply today!

Free for 2

Some 2 year olds can get up to 15 hours of free childcare per week. Find out more and apply today!

Useful Contact Numbers:

Health Visiting Team 0300 5550506

Please Note:

For Health and Safety reasons there are room capacity limits in place.

For more information about opening times give your local Hub a call

www.kent.gov.uk/familyhub
Family Hub Sites are run by Kent County Council

[@Maidstonefamilyhubs](https://www.facebook.com/Maidstonefamilyhubs)
[@Maidstonefamilyhubs](https://www.instagram.com/Maidstonefamilyhubs)
[@Maidstonefamilyhubs11019](https://www.instagram.com/Maidstonefamilyhubs11019)



OSI COULD HELP YOU

OSI (Online Support and Intervention) is an online platform designed to help parents to learn tools and techniques to help their child (aged 5 to 12 years old) to overcome difficulties with anxiety.

Parents work through weekly online modules that contain videos, quizzes, and interactive worksheets. Parents are also supported by a weekly telephone/videocall appointment with a practitioner.

You can access OSI at a convenient time for you using any electronic device!



HOW TO ACCESS OSI

If your child attends one of our schools and you feel OSI would be helpful for you and your child, please scan the QR code which will take you to our website and the OSI self-referral form.

Alternatively, if you would like to discuss this further with someone or would like to consider alternative support, please speak with the Senior Mental Health Lead in your child's school.



Did you know children aged four to six should have no more than 19 grams of sugar a day?

Find the sugar with our sugar smart app

Could you promote the FREE sugar free app with your parents and carers. Maybe create your own social media post and direct them to the healthier family's campaign on [Healthier Families - Home - NHS](#)

Which foods/drinks to [watch out for](#) and tips how to reduce sugar at home

[Reducing sugar - Food facts - Healthier Families - NHS](#)

Added sugar:

When we talk about added sugar, we mean sugar that has been added to food and drink to sweeten it.

This could be added by the manufacturer, by you if you're cooking at home, or by the chef or cook if you're eating out.

It's not just the white sugar you might think of on a teaspoon either: it includes fruit juice, honey, syrups and nectars too.

You do not need to worry about sugar in: Plain milk, plain yoghurt, whole fruit and whole vegetables. This is not added sugar but remember to keep dried sticky fruit to mealtimes to protect teeth!



Check out our Webpage below for even more tips and resources!
www.kentcht.nhs.uk/happyteeth

We will be holding FREE live Q&A sessions online with our team of dental professionals on 3.4.2025 & 10.6.2025

Contact us via email for more information!

Plus, a FREE training session with CPD on 15.4.2025

Click the link below to join:

[Join the meeting now](#)

Funded by Kent County Council's Helping Hands Scheme

Household and Financial Support

Kent County Council
kent.gov.uk

<p>Money Helper</p>  <ul style="list-style-type: none"> *Free & impartial money & pensions guidance online or by phone *Online benefits calculator *Online Budget Planner 	<p>Kent Money Advice Hub</p> <p>Money worries support by phone, video call, or at a kiosk</p>  <p>CALL 0808 175 6406 Mon—Fri 9am—5pm</p>
<p>DIGITAL KENT</p> <ul style="list-style-type: none"> *Digital Skills *Online access *Device Recycling *Social Broad-band Tariffs 	<p>Kent Together Support in our communities</p> <ul style="list-style-type: none"> *Urgent Help & Support, inc. voucher *Benefits Checker *Advice on reducing energy bills 
<p>Help for Households</p> <ul style="list-style-type: none"> *Cost of Living Payments (eligibility applies) *Help with Child-care costs *Money Saving Advice 	<p>Healthy Start <small>NHS</small></p> <p>Support to buy food, milk and vitamins, for those pregnant or have children under 4 (eligibility applies)</p> 

PLEASE NOTE: Eligibility may apply

[Coxheath X Account](#) - @coxheathprimary

