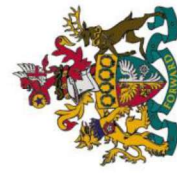


North Locality Children's Centres

Coteford, Harefield and South Ruislip

Monday 5 January to Friday 20 February



HILLINGDON
LONDON

Thriving healthy households

www.hillingdon.gov.uk/family-hubs

Useful information

How to Book

Families can book onto one session per week. Please call a centre to book. If you cannot attend, please call to cancel.

To book additional sessions, please call the centre on the day, to see if any spaces have become available for that day.

Hillingdon family hubs and children's centres

For information on our services, session descriptions, and to view other family hubs and children's centres timetables, please visit www.hillingdon.gov.uk/family-hubs

Hillingdon Youth Offer

There are a variety of programmes and activities available to children and young people aged 8 to 19 (up to 24 years with special educational needs) who live, learn or earn in Hillingdon.

To find out more, please visit www.hillingdon.gov.uk/youth-offer

Centre information

The Centres are open Monday to Friday, from 9am to 4pm for information and support for families (some centres are open later in accordance with the timetable)

Coteford Children's Centre

Fore Street, Pinner, HA5 2HX

☎ 01895 556682

@ cotefordcc@hillingsdon.gov.uk

Harefield Children's Centre

High Street, Harefield UB9 6BT

☎ 01895 277108

@ harefieldcc@hillingsdon.gov.uk

South Ruislip Children's Centre

Wren Building, Queens Walk, HA4 0LR

☎ 01895 558860

@ src@hillingsdon.gov.uk

Health and partner services contacts

Midwifery Community Midwives

☎ 01895 279472

Health Visiting Team

☎ 01895 891302

🌐 www.hillingdoncyp.cnwl.nhs.uk

🌐 www.cnwl.nhs.uk/services/community-services/

🌐 hillingsdon-0-19-health-visiting-service

Hillingdon Talking Therapies

☎ 01895 206800

🌐 talkingtherapies.cnwl.nhs.uk/hillingdon

P3 Navigator Viewsley Advice Centre

(Housing, Education, Training, Employment, Health, Benefits)

☎ 01895 436114

Hillingdon Talks, Moves and Plays

(Children's Integrated Therapies) visit www.cnwl.nhs.uk/children-integrated-therapy-service

☎ 01895 488 200

Other information

Childcare funding

Do you qualify for funded childcare for your child, from nine months to four years old? To find out more, speak to a member of our staff or visit www.hillingdon.gov.uk/funded-childcare.

Start for Life

For more information on Hillingdon's Start for Life, visit www.hillingdon.gov.uk/start-for-life

Healthy Start

Healthy Start helps you buy healthy foods and get free vitamins if you are pregnant or have a child under 4 and claim certain benefits. To apply visit www.hillingdon.gov.uk/healthystart

SEND Local Offer

Our local offer provides information for children and young people with special educational needs and disabilities (SEND) and their parents/carers. www.hillingdon.gov.uk/send

Children, young people and parents

Directory of Services

For information on children, young people and family services in Hillingdon, visit careandsupport.hillingdon.gov.uk

Further support for your family

For further help and support for your family, visit www.hillingdon.gov.uk/stronger-families



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Hillingdon Family Hubs  

Coteford Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Midwifery Ongoing 9am to 4pm <i>By appointment only</i> Children's Integrated Therapy Services (Speech and Language) 9am to 12pm <i>Please call CITS to book 01895 488200. By appointment only</i> Musical Babies 0 to 12 months 5 January to 16 February 10.30am to 11.30am <i>Booking required</i> Stay and Play (Toddler Time) 1 to 2 years 5 January to 16 February 1.30pm to 2.30pm 	Perinatal Mental Health Service Ongoing 9am to 4pm <i>By appointment only</i> Your Bump and Beyond 20 January 17 February 17 March 9.30am to 12pm <i>Booking required</i> Vaccination Clinic Ongoing 9am to 4pm <i>By appointment only</i> GROW – Build confidence and get support to succeed. 27 January to 10 February 9.30am to 11.30am <i>Booking required</i> Stay and Play Plus for children with SEND 6 January to 17 February 1.30pm to 2.30pm <i>Booking required</i>	Midwifery Ongoing 9am to 4pm <i>By appointment only</i> Baby Sensory 6 to 12 months 7 January to 18 February 10.30am to 11.30am <i>Booking required</i> Wellbeing for Mums 25 February to 25 March 1pm to 3pm <i>By appointment only</i> SENDIASS Session 9.30am to 11.30am 11 February <i>Drop in</i> Postnatal Group 0 to 4 months 7 January to 11 February 1.30pm to 2.45pm <i>Booking required</i> 	Child Development Reviews Ongoing 9.30am to 11am <i>By appointment only</i> Stay and Play 0 to 5 years 8 January to 19 February 9.45am to 11.15am <i>Booking required</i> Neonatal Clinic Ongoing 1pm to 4pm <i>By appointment only</i> <i>Closure date</i> Whole Service Day Wednesday 18	Midwifery Ongoing 9am to 4pm <i>By appointment only</i> Children's Integrated Therapy Services (Physio) 9am to 12pm <i>By appointment only</i> Attention Hillingdon 23 January to 20 March 9.30am to 10.00am <i>By invitation only</i> 	Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/ children's centres for more details For Invitation only sessions please ask a member of staff for more information For local library services and groups please use the link below <u>Eastcote Library - Hillingdon Council</u>  Five to thrive champions

Harefield Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Stay and Play 0 to 5 years 12 January to 16 February 10am to 11.30am <i>Booking required</i> SENDIASS Session 19 January 9.30am to 11.30am <i>Drop in</i> Postnatal group 0 to 4 months 12 January to 16 February 1.30pm to 2.30pm <i>Booking required</i> 	Health Visitor Clinic 9:30am to 10:30am First and third Tuesday of the month <i>Drop in</i> Baby Group 0 to 12 months 6 January to 17 February 9.30am to 10.30am <i>Booking required</i> Breastfeeding Drop in Group 11am to 12pm <i>Drop in</i> Breastfeeding One to One 1pm to 4pm <i>By appointment only</i> Stay and Play Plus For children with SEND 6 January to 17 February 1.30pm to 2.30pm <i>Booking required</i> 	Perinatal Mental Health Service Ongoing 9am to 4pm <i>By appointment only</i> Child Development Reviews 1pm to 3.30pm <i>By appointment only</i> Family Links 5 November to 21 January 9.30am to 11.30am <i>Booking required</i> Ready to go 2 years to 4 years 28 January to 11 February 10 am to 11am <i>Booking required</i> Language for life 18 months to 30 months 25 February to 18 March 10am to 11am <i>Booking required</i> 	Midwifery Ongoing 9am to 4pm <i>By appointment only</i> Musical babies 0 to 12 months 8 January to 19 February 10.30am to 11.30am <i>Booking required</i> Attention Hillingdon 16 January to 13 March 2pm to 2.30pm <i>Invite only</i> Closure date Whole Service Day Wednesday 18 March	Midwifery Ongoing 9am to 4pm <i>By appointment only</i> Stay and Play 0 to 5 years 9 January to 20 February 10am to 11.30am <i>Booking required</i> 	Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children's-centres for more details For Invitation only sessions please ask a member of staff for more information For local library services and groups please use the link below Harefield Library - Hillingdon Council



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South Ruislip Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Breastfeeding One to One 9am to 4pm <i>By appointment only</i> Children's Integrated Therapy Services (Physio, Speech and Language, and Occupational Therapy) 9.30am to 4pm <i>Please call CITs to book 01895 488200</i> 	Midwifery 9am to 4pm <i>By appointment only</i> Child Development Reviews 9.30am to 10.30am <i>By appointment only</i> Childminder Group 6 January to 17 February 9.45am to 11.15am <i>Booking required</i> CAMHS Session Ongoing <i>By appointment only</i> 	Stay and Play Plus for children with SEND 7 January to 18 February 10.30am to 11.30am <i>Booking required</i> Breastfeeding One to One 9am to 4pm <i>By appointment only</i> Baby Massage 18 February to 11 March 9.15am to 10.15am <i>Invite only</i> Virtual Weaning Party delivered by the Health Visiting team Weekly 10am to 11am  	Midwifery 9am to 4pm <i>By appointment only</i> ESOL 15 January to 26 March 9.45am to 11.45am <i>Booking required</i> CAMHS Session Ongoing <i>By appointment only</i> Closure date Whole Service Day Wednesday 18 March	Midwifery 9am to 4pm <i>By appointment only</i> Stay and Play 0 to 5 years 9 January to 20 February 10am to 11.30am <i>Booking required</i> P3 Advice 9am to 4pm Please call to book direct on 01895 436114 NAS - Early Bird Autism parent course Ongoing dates of courses available. See link for details for how to book National Autistic Society Early Bird Parent Programme- Hillingdon waiting list 	Saturday Stay and Play 0 to 8 years 10am to 11.15am 7 February 7 March <i>Booking required</i> Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children's-centres for more details <i>Booking required</i> For Invitation only sessions please ask a member of staff for more information  Five to thrive champions

South Ruislip Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Breastfeeding One to One 9am to 4pm <i>By appointment only</i> SENDIASS Session 27 January 1pm to 2.30pm <i>Drop in</i> Parent, Carers Forum - SEND Group 3 February, 3 March 1pm to 2pm <i>Drop in</i> CAMHS Session Ongoing <i>By appointment only</i> Musical Babies Fairfield Church, HA6 1PD (Term Time only) 0 to 12 months 6 January to 10 February 1.30pm to 2.30pm <i>Booking required</i> Youth Services Youth Club email for further details youthoffer@hillingdon.n.gov.uk	Midwifery 9am to 4pm <i>By appointment only</i> SENDIASS Session 27 January 1pm to 2.30pm <i>Drop in</i> Parent, Carers Forum - SEND Group 3 February, 3 March 1pm to 2pm <i>Drop in</i> CAMHS Session Ongoing <i>By appointment only</i> Musical Babies Fairfield Church, HA6 1PD (Term Time only) 0 to 12 months 6 January to 10 February 1.30pm to 2.30pm <i>Booking required</i> Youth Services Youth Club email for further details youthoffer@hillingdon.n.gov.uk	Breastfeeding One to One 9am to 4pm <i>By appointment only</i> Breastfeeding Drop in Group 12pm to 1pm <i>Drop in</i> Stay and Play (Toddler Time) 1 to 2 years 7 January to 18 February 1.45pm to 2.45pm <i>Booking required</i> Youth Services LGBTQ+ email for further details youthoffer@hillingdon.gov.uk Closure date Whole Service Day Wednesday 18 March	Midwifery 9am to 4pm <i>By appointment only</i> Ready to go 2 years to 4 years 8 January to 29 January 1.45pm to 2.45pm <i>Booking required</i> Musical Babies at Ruislip Young People's Centre, Bury Street, HA4 7SX 0 to 12 months 8 January to 19 February 2pm to 3pm <i>Booking required</i> Attention Hillingdon 5 February to 26 March 2pm to 2.30pm <i>By invitation only</i> Young Carers Use the link below for more information Hillingdon Young Carers Services Hillingdon Directory	Midwifery 9am to 4pm <i>By appointment only</i> P3 Advice 9am to 4pm Please call to book direct on 01895 436114 CAMHS Session Ongoing <i>By appointment only</i>	Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/childrens-centres for more details <i>Booking required</i> For Invitation only sessions please ask a member of staff for more information For local library services and groups please use the link below South Ruislip Library - Hillingdon Council



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