

South West Locality Family Hub and Children's Centres

Cherry Lane, Colham Manor, Oak Farm, Uxbridge and Yiewsley

5th January – 20th February 2026



Thriving healthy households



HILLINGDON
LONDON

www.hillingdon.gov.uk/family-hubs

Useful information

How to Book

To book a session, please ensure you are already registered with the Family Hubs or Children's Centres. You can book a session by contacting your local Family Hub or Children's Centre, or by emailing familyhubnetwork@hillingdon.gov.uk.

Please include the course title, the date you would like to book, your full name, and your date of birth.

For more information or to register, visit www.hillingdon.gov.uk/family-hubs.

Please note that all online sessions are available through Microsoft Teams.

Hillingdon family hubs and children's centres

To view our range of services, session descriptions and to see other family hubs and children's centres timetables 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)

Cherry Lane Children's Centre

Sipson Road, West Drayton, UB7 9DL

☎ 01895 250393

@cherrylanecc@hillingdon.gov.uk

Colham Manor Children's Centre

Violet Avenue, Hillingdon, UB8 3PT

☎ 01895 250211

@colhammanorcc@hillingdon.gov.uk

Oak Farm Children's Centre

Windsor Avenue, Hillingdon, UB10 9PD

☎ 01895 250865

@oakfarmcc@hillingdon.gov.uk

Uxbridge Family Hub

Civic centre, High Street, Uxbridge, UB8 1UW

☎ 01895 250258

@uxbridgefamilyhub@hillingdon.gov.uk

Yiewsley Children's Centre

Colham Avenue, Yiewsley, UB7 8HF

☎ 01895 558194

@yiewsleycc@hillingdon.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/hillingdon-0-19-health-visiting-service

Hillingdon Talking Therapies

☎ 01895 206800

🌐 talkingtherapies.cnwl.nhs.uk/hillingdon

P3 Navigator Yiewsley 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

Hillingdon Family Hubs  



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Cherry Lane Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>School Counsellor 9am to 3pm <i>By appointment only.</i></p> <p>.....</p> <p>Midwife Antenatal & Postnatal 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Multi-Disciplinary Team (MDT) 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Baby Group 0 to 12 Months 1.30pm to 2.30pm <i>Booking Required.</i></p>	<p>School Counsellor 9am to 3pm <i>By appointment only.</i></p> <p>.....</p> <p>Health Visitor reviews 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Attention Hillingdon 10am to 10:45am 15 January – 12 February <i>By Invitation Only.</i></p> <p>.....</p> <p>Stay & Play 12 to 24 Months 1.30pm to 2.30pm <i>Booking Required.</i></p>	<p>School Counsellor 9am to 3pm <i>By appointment only.</i></p> <p>.....</p> <p>Health Visitor 2 Year Check 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play 0 to 5 Years 9.15am to 10.45am No Session 4 February <i>Booking Required.</i></p> <p>.....</p> <p>Child Health Clinic 1pm to 3pm No Session 4 February <i>Drop In.</i></p> <p>.....</p> <p>Online Weaning Party Delivered by the Health Visiting Team via Zoom Weekly 10am to 11am Passcode Weaning Meeting ID 9541018 8033</p>	<p>School Counsellor 9am to 3pm <i>By appointment only.</i></p> <p>.....</p> <p>Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Attention Hillingdon 10am to 10:45am 15 January – 12 February <i>By Invitation Only.</i></p> <p>.....</p> <p>Stay & Play 0 to 5 Years 1pm to 2.30pm <i>Booking Required.</i></p>	<p>School Counsellor 9am to 3pm <i>By appointment only.</i></p> <p>.....</p> <p>Perinatal Mental Health 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Music & Movement Confident Walkers to 5 Years 10am to 11am No Session 8 August <i>Booking Required.</i></p> <p>.....</p> <p>Story & Rhyme Time 0 to 5 Years 1:30pm to 2:30pm No Session 20 February <i>Booking Required.</i></p>	<p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children's-centres for more details</p> <p>.....</p> <p>Dads Group 0 to 5 Years 10am to 11:30am 10 January 14 February <i>Booking Required.</i></p>



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Colham Manor Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Perinatal Mental Health 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Antenatal Programme 9am to 4pm <i>By Invitation Only</i> Session starts 9 June</p> <p>.....</p> <p>Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play 0 – 5 Years 10am to 11:30am <i>Booking required.</i></p> <p>.....</p> <p>Baby Massage 0 – 6 Months 1:30pm to 2:30pm 12 January – 2 February <i>By Invitation Only.</i></p>	<p>Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>CITS - Speech & Language 9am to 12pm <i>By Invitation Only</i></p> <p>.....</p> <p>Neonatal Clinic 9am – 1pm <i>By Invitation Only</i></p> <p>.....</p> <p>SENDIASS Drop In 9:30am – 11:30am 27 January & 24 February <i>Drop In.</i></p> <p>.....</p> <p>Baby Group 0 to 12 Months 10:15am to 11:15am <i>Booking Required</i></p> <p>.....</p> <p>Attention Hillingdon 1:30pm to 2:15pm 15 January – 12 February <i>By Invitation Only.</i></p> <p>.....</p> <p>Your Bump & Beyond Workshop 1pm to 3pm 10 February <i>By Invitation Only.</i></p>	<p>Perinatal Mental Health 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Child Development Centre Session (CDC) 9:30am – 11:30am <i>By Invitation Only</i></p> <p>.....</p> <p>Parent Space 1:30pm to 2:30pm No Session 4 February <i>By Invitation Only.</i></p> <p>.....</p> <p>Your Bump & Beyond Workshop 1pm to 3pm 7 January <i>By Invitation Only.</i></p> <p>.....</p> <p>Online Weaning Party Delivered by the Health Visiting Team via Zoom Weekly 10am to 11am Passcode Weaning Meeting ID 9541018 8033</p>	<p>Infant Feeding Support Clinic 9am – 4pm <i>By appointment Only</i></p> <p>.....</p> <p>CITS - Speech & Language 9am to 12pm <i>By Invitation Only</i></p> <p>.....</p> <p>Infant feeding Support Drop in Clinic 10am – 11:30am <i>Drop in</i></p> <p>.....</p> <p>BCG Clinic 9am – 4pm <i>By Invitation Only</i></p> <p>.....</p> <p>Music & Movement Confident Walkers – 5 Years 10am to 11am <i>Booking required.</i></p> <p>.....</p> <p>Attention Hillingdon 1:30pm to 2:15pm 15 January – 12 February <i>By Invitation Only.</i></p>	<p>Perinatal Mental Health 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Midwife Antenatal and Postnatal 1pm to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Occupational Therapy 9am to 12pm <i>By Invitation Only</i></p> <p>.....</p> <p>Stay & Play 0 –5 Years 10am to 11:30am No Session 9 January & 13 February <i>Booking required.</i></p> <p>.....</p> <p>Autism Parent Support Group 9:30am – 11:30am 9 January & 13 February <i>Drop In.</i></p> <p>.....</p> <p>Stay & Play (Messy) 0 –5 Years 1:30pm to 2:45pm <i>Booking required.</i></p>	<p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children's-centres for more details</p>



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Oak Farm Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Midwife Antenatal Clinic 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Health Visitor 10 Month Check 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play 0 – 5 Years 10am to 11:30am <i>Booking required.</i></p> <p>.....</p> <p>Baby Sensory Non-Movers 1:30pm to 2:30pm No Session 9 February <i>Booking required.</i></p> <p>.....</p> <p>CITS - Speech & Language 2pm to 4pm <i>By appointment only.</i></p>	<p>Perinatal Mental Health 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Perinatal Baby Massage 10am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play Plus 0 – 5 Years 10am to 11am <i>Booking required.</i></p> <p>.....</p> <p>Early Bird 1pm to 3pm 6 January – 10 February <i>By Invitation Only.</i></p>	<p>Perinatal Mental Health 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Food Explorers 10am to 11am 14 January – 11 February No Session 4 February <i>By Invitation Only.</i></p> <p>.....</p> <p>Stay & Play 12– 24 Months 1:30pm to 2:30pm No Session 4 February <i>Booking required.</i></p> <p>.....</p> <p>Online Weaning Party Delivered by the Health Visiting Team via Zoom Weekly 10am to 11am Passcode Weaning Meeting ID 9541018 8033</p>	<p>Child Health Clinic Drop In 9.30am to 11.30am <i>Drop in.</i></p> <p>.....</p> <p>Health Visitor reviews 12pm to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Parent Space 1:30pm to 2:30pm <i>By Invitation Only.</i></p>	<p>Midwife Postnatal Clinic 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>SENDIASS Drop In 9:30am – 11:30am 23 January <i>Drop In.</i></p> <p>.....</p> <p>Baby Group 0 to 12 Months 10:30am to 11:30am <i>Booking Required</i></p> <p>.....</p> <p>Stay & Play (Messy) 0 – 5 Years 1:30pm to 2:30pm <i>Booking required.</i></p>	<p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children's-centres for more details</p>



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Uxbridge Family Hub Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>MAPS <i>By invitation only.</i></p> <hr/> <p>Midwife Antenatal Clinic 9am to 12pm <i>By appointment only.</i></p> <hr/> <p>Stay & Play 12 – 24 Months 10am to 11am No Session 16 February <i>Booking required.</i></p>	<p>MAPS <i>By invitation only.</i></p> <hr/> <p>CITS - Small Talk (Speech & Language) 9am to 12pm <i>By appointment only.</i></p> <hr/> <p>Health Visitor reviews 9am to 12pm <i>By appointment only.</i></p> <hr/> <p>P3 Family Advice 11am to 7pm <i>Booking required.</i></p> <hr/> <p>DWP Employment & Job Skills Support 10am to 1pm 13 January 27 January 10 February <i>Drop In.</i></p>	<p>MAPS <i>By invitation only.</i></p> <hr/> <p>CAMHS for Under Fives 9am to 5pm <i>By invitation only.</i></p> <hr/> <p>Midwife Antenatal Clinic 9am to 12pm <i>By appointment only.</i></p> <hr/> <p>Stay & Play 0 to 5 Years 10am to 11.30am No Session 4 February <i>Booking required.</i></p> <hr/> <p>Online Weaning Party Delivered by the Health Visiting Team via Zoom Weekly 10am to 11am Passcode Weaning Meeting ID 9541018 8033</p>	<p>MAPS <i>By invitation only.</i></p> <hr/> <p>Health Visitor reviews 9am to 12pm <i>By appointment only.</i></p> <hr/> <p>Chattertots 9am to 12pm <i>By invitation only.</i></p> <hr/> <p>Family Hub Parent Group 10am to 11:30am 8 January 12 February <i>By invitation only.</i></p> <hr/> <p>Musical Babies 0 to 12 Months 10am to 11am 15 January & 29 January 12 February & 19 February <i>Booking required.</i></p>	<p>MAPS <i>By invitation only.</i></p> <hr/> <p>CITS - Speech & Language 9am to 12pm <i>By appointment only.</i></p> <hr/> <p>Midwife Antenatal Clinic 9am to 12pm <i>By appointment only.</i></p> <hr/> <p>Hillingdon Parent Carer Forum 10am to 1pm 9 January & 13 February</p>	<p>Hillingdon Youth Offer 7 to 24 Years (25 with SEND) Various programmes include: Counselling, Mentoring, Transition, Support, LGBTQ+, Sexual Health information and advice, Substance Use and Misuse support, Programmes for girls, young women, boys and young men. <i>Use links below for programmes available</i> Targeted programmes for children and young people - Hillingdon Council Young people's centres, mobile and detached team - Hillingdon Council</p> <hr/> <p>Uxbridge Library https://discover.hillingdon.gov.uk/uxbridgelibrary</p>



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Uxbridge Family Hub Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Hillingdon Youth Offer Various programmes 7 to 24 Years <i>See notes section for more details</i></p> <p>.....</p> <p>Storytime 0 – 5 Years 1:30pm to 2:30pm No Session 16 February <i>Booking required.</i></p> <p>.....</p> <p>The Confederation Hillingdon 1pm to 7:30pm <i>By invitation only.</i></p>	<p>Hillingdon Youth Offer Various programmes 7 to 24 Years <i>See notes section for more details</i></p> <p>.....</p> <p>SENDIASS Drop In 1pm – 3pm 20 January & 17 February <i>Drop In.</i></p> <p>.....</p> <p>Ready to Go 0 to 5 Years 1:30pm to 3pm 20 January – 10 February <i>Booking required.</i></p> <p>.....</p> <p>Post Natal Baby Group 0 to 4 Months 1:30pm to 2.45pm 6 January – 10 February <i>By invitation only.</i></p> <p>.....</p> <p>Tooth Fairy Party 0 – 5 Years 1:30pm to 2:30pm 17 February <i>Booking required.</i></p>	<p>Midwife Postnatal Clinic 1pm to 3pm <i>By appointment only.</i></p> <p>.....</p> <p>Hillingdon Youth Offer Various programmes 7 to 24 Years <i>See notes section for more details</i></p> <p>.....</p> <p>Health Visitor reviews 1pm to 2:30pm <i>By appointment only.</i></p> <p>.....</p> <p>Baby Group 0 to 12 Months 1:30pm to 2.30pm No Session on 4 February <i>Booking required.</i></p> <p>.....</p> <p>The Confederation Hillingdon 12pm to 4pm <i>By invitation only.</i></p>	<p>Hillingdon Youth Offer Various programmes 7 to 24 Years <i>See notes section for more details</i></p> <p>.....</p> <p>Language for Life 0 to 5 Years 1:30pm to 2:30pm 15 January – 5 February <i>By invitation only.</i></p> <p>.....</p> <p>Play to Learn 0 to 5 Years 1:30pm to 2:30pm 12 February - 19 February <i>Booking required.</i></p> <p>.....</p> <p>The Confederation Hillingdon 2pm to 7:30pm <i>By invitation only.</i></p>	<p>Music & Movement Confident Walkers - 5 Years 1:30pm to 2:15pm <i>Booking required.</i></p> <p>.....</p> <p>Outreach Various dates and times available, please call to enquire.</p>	<p>Hillingdon Youth Offer 7 to 24 Years (25 with SEND) Various programmes include: Counselling, Mentoring, Transition, Support, LGBTQ+, Sexual Health information and advice, Substance Use and Misuse support, Programmes for girls, young women, boys and young men. <i>Use links below for programmes available</i></p> <p>Targeted programmes for children and young people - Hillingdon Council</p> <p>Young people's centres, mobile and detached team - Hillingdon Council</p> <p>.....</p> <p>Uxbridge Library https://discover.hillingdon.gov.uk/uxbridgelibrary</p>



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Viewsley Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Health Visitor 2 Year Check 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Perinatal Mental Health 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play 12 to 24 Months 10am to 11am <i>Booking Required.</i></p> <p>.....</p> <p>Stay & Play 0 – 5 Years 1pm to 2:30pm <i>Booking Required.</i></p>	<p>Perinatal Mental Health 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Child Health Clinic Drop In 9.30am to 11.30am <i>Drop in.</i></p> <p>.....</p> <p>Musical Babies Non movers – 1 Years 1:30pm to 2:30pm No Session 20 January <i>Booking Required.</i></p>	<p>Looked After Children (LAC) 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>CITS – Speech & Language 9.30am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Story & Rhyme Time 1 to 5 Years 10am to 11am No Session 4 February <i>Booking Required.</i></p> <p>.....</p> <p>Baby Group 0 to 12 Months 1.30pm to 2.30pm No Session 4 February <i>Booking Required.</i></p> <p>.....</p> <p>Online Weaning Party Delivered by the Health Visiting Team via Zoom Weekly 10am to 11am Passcode Weaning Meeting ID 9541018 8033</p>	<p>Perinatal Mental Health 1pm to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Parent Space 9:30am to 10:30am <i>By Invitation Only.</i></p> <p>.....</p> <p>Stay & Play Plus 0 to 5 Years 1:30pm to 2:30pm <i>Booking Required.</i></p>	<p>Health Visitor 10 Months Check 10am to 11am <i>By appointment only.</i></p> <p>.....</p> <p>Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play 0 to 5 Years 9:30am to 11am <i>Booking Required.</i></p> <p>.....</p> <p>Stay & Play 0 to 5 Years 1pm to 2:30pm <i>Booking Required.</i></p>	<p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/ children's centres for more details</p>



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