

Online Family Hub Timetable

1 February-3 April 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

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



Toilet Training

Supporting your child to use the toilet independently.

- 23 February 1-2pm
- 17 March 7-8pm

Behaviour Strategies

Supporting family life and challenging behaviour.

- 12 February 10-11am
- 25 March 7:30-8:30pm

SEND Sleep Matters

A workshop for parents with children with additional needs.

- 3 March 1-3pm

Fussy Eating

Encouraging positive mealtimes.

- 25 February 7-8pm
- 3 March 10-11am

Exploring Parenting Together

A fun five-week course to help parents to improve their relationship and behaviour with their children.

- 14, 21, 28 January-4, 11 February 2026

SEND-Tooth Brushing.

A workshop for parents with children with additional needs.

- 25 February 1:30-2:30pm

Sleep Matters 0–1-Year

Promoting positive bedtime space

- 24 February 10-11am
- 10 March 7:30-8:30pm

Sleep Matters 1–5-Years

Promoting positive bedtime space.

- 20 February 10-11am
- 5 March 7-8pm

Hillingdon Children's Integrated Therapy Service (CITS)

CITS support families with children and young people with additional needs through assessment, therapy, training, and advice. Please use the link above for further details.

