

South East Locality Family Hub and Children's Centres

Charville, Hayes, Pinkwell and Yeading



Thriving healthy households



HILLINGDON
LONDON

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)

Charville Children's Centre

Bury Avenue, Hayes, UB4 8LF

☎ 01895 250104

@ charvilleecc@hillingsdon.gov.uk

Hayes Family Hub

College Way, Hayes, UB3 3BB

☎ 01895 558850

@ HayesFamilyHub@Hillingdon.gov.uk

Pinkwell Children's Centre

Pinkwell Lane, Hayes, UB3 1PG

☎ 01895 250533

@ pinkwellcc@hillingsdon.gov.uk

Yeading Children's Centre

Carlyon Road, Hayes, UB4 0NR

☎ 01895 250360

@ ycc-enquiries@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/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  



Five to thrive
champions

Charville Children's Centre Activities Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Notes |
|--|--|---|--|---|---|
| <p>Midwife 9.00am to 4.00pm Appointment Only</p> <p>Nurturing Programme (With Creche) 12.45pm to 2.45pm By Invitation Only</p> | <p>Parent Space 0 to 5 years 10am to 11.30am By Invitation Only</p> <p>Perinatal Mental Health 9am to 4pm Appointment Only</p> <p>Toddler Stay & Play 12 - 30 months 1.30pm to 2.30pm Booking required</p> <p>Health Visitor Child Health Reviews 9am to 4pm Appointment Only</p> <p>Charville Library 0 to 5 years Hillingdon libraries also run free activities and sessions, scan the QR code below.</p>  | <p>Midwife 9.00am to 4.00pm Appointment Only</p> <p>CNWL Speech and Language Groups 9.30 to 1pm Appointment Only</p> <p>Maternal Journal Group 10am to 11.30am By Invitation Only</p> <p>Stay and Play at William Byrd Primary School 0 to 5 years UB3 5EW 9.45am to 11.15am Booking required (Starts 4th March)</p> <p>SENDIASS Drop In 8th April 9.30am to 11.30am Drop in</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>All Centre's CLOSED 18 March for staff training.</p> </div> | <p>Midwife 9.00am to 4.00pm Appointment Only</p> <p>Baby Group Bumps to 12 months 1.30pm to 2.30pm Booking required</p> <p>Stay and Play 0 to 5 years 1.45pm to 3.15pm Booking required (Starts 5th March)</p> | <p>Stay and Play 0 to 5 years 9.45am to 11.15am Booking required</p> <p>Perinatal Mental Health 9.00am to 4.00pm Appointment Only</p> <p>Your Bump & Beyond -Antenatal workshop 4 Booking required. Please call 01895 250360.</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>Online Weaning Delivered by the Health Visiting team via Teams. Wednesdays 10am to 11am Meeting ID: 368 693 883 090 7 Passcode: i2as6Xw7</p>  <div style="text-align: center;">  <p>Five to thrive champions</p> </div> |

Hayes Family Hub Activities Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Notes |
|---|---|--|--|---|--|
| <p>Child Health Clinic 9.30am to 11.30am Drop in</p> <p>.....</p> <p>2 Year Health Reviews 9am to 12pm Appointment only</p> <p>.....</p> <p>Midwife 9am to 4pm Appointment only</p> <p>.....</p> <p>Perinatal Mental Health 9am to 4pm Appointment only</p> <p>.....</p> <p>Waythrough 9am to 4pm Appointment only</p> | <p>Attention Hillingdon 09.30am to 10.30am Invite only</p> <p>.....</p> <p>Physiotherapy 9am to 12pm Appointment only</p> <p>.....</p> <p>CNWL Speech and Language Groups 9.30am to 12pm Appointment Only</p> <p>.....</p> <p>Waythrough 9am to 4pm Appointment Only</p> <p>.....</p> <p>CAMHS 0 - 5 Service 9am to 4pm Appointment only</p> | <p>Attention Hillingdon 09.30am to 10.30am Invite only</p> <p>.....</p> <p>Parent Space 11am to 12pm Invite Only</p> <p>.....</p> <p>2 Year Health Reviews 9am to 12pm Appointment only</p> <p>.....</p> <p>Midwife 9am to 12pm Appointment only</p> <p>.....</p> <p>Perinatal Mental Health 9am to 4pm Appointment only</p> <p>.....</p> <p>Online Weaning Delivered by the Health Visiting team via Teams. Wednesdays 10am to 11am Meeting ID: 368 693 883 090 7 Passcode: i2as6Xw7</p>  | <p>Stay and Play 0 to 5 years 10am to 11:30am Not running on 5 March Booking required</p> <p>.....</p> <p>CITs 9am to 12pm Appointment only</p> <p>.....</p> <p>Midwife 9am to 12pm Appointment only</p> <p>.....</p> <p>P3 (Advice and support) 11am to 7pm Book direct with P3 on 01895 436 114</p> | <p>Baby Group 10 to 18 months 10am to 11.15am Booking required</p> <p>.....</p> <p>Midwife 9am to 4pm Appointment only</p> <p>.....</p> <p>Perinatal Mental Health 9am to 4pm Appointment only</p> | <p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/childrens-centres for more details</p> <p>.....</p> <p>Hillingdon libraries also run free activities and sessions, scan the QR code below</p>  <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> <p>All Centre's CLOSED 18 March for staff training.</p> </div>  <p>Five to thrive champions</p> |

SEE NEXT PAGE FOR THE AFTERNOON TIMETABLE

Hayes Family Hub Activities Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Notes |
|---|---|---|--|---|---|
| <p>Stay and Play Plus 0 to 5 years 1.45pm to 2.45pm Booking required</p> <p>.....</p> <p>Baby Health Reviews 1.30pm to 3pm Appointment only</p> <p>.....</p> <p>Hillingdon Youth Offer (various programmes) 11 to 19 years 4pm to 7pm *See notes section for more details.</p> <p>.....</p> <p>SENDIASS 16 March 1pm to 3pm Drop in</p> | <p>Baby Group 0 to 12 months 2pm to 3pm Not running on 24 March Booking required</p> <p>.....</p> <p>Exploring Nature Walk 0 to 5 years 1.30pm to 2.30pm Norman Leddy Gardens UB4 8EJ Not running on 24 March Booking required</p> <p>.....</p> <p>Midwife 1pm to 4pm Appointment only</p> <p>.....</p> <p>Stop Smoking 1pm to 4pm Appointment only</p> <p>.....</p> <p>Hillingdon Youth Offer (various programmes) 8 to 19 years 4pm to 7pm Term time only *See notes section for more details</p> | <p>CAMHS 0 - 5 Service 9am to 4pm Appointment only</p> <p>.....</p> <p>Stay and Play 0 to 5 years 1.30pm to 3pm Not running on 11, 18, 25 March Booking required</p> <p>.....</p> <p>Baby Health Reviews 1.30pm to 3pm Appointment only</p> <p>.....</p> <p>DWP/Jobcentre Plus Advice and Support 1pm to 3pm Fortnightly sessions 4, 18 March Drop-in</p> <p>.....</p> <p>Hillingdon Youth Offer (various programmes) 8 to 19 years 4pm to 8pm</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> <p>All Centre's CLOSED 18 March for staff training.</p> </div> | <p>Waythrough 9am to 4pm Appointment only</p> <p>.....</p> <p>Postnatal Baby Group 0 to 4 months 1.30pm to 2.45pm 5 March to 16 April Booking required</p> <p>.....</p> <p>Perinatal Mental Health Support Groups 1pm to 2.15pm Invitation Only</p> <p>.....</p> <p>Hillingdon Youth Offer 13 to 24 years 4.30pm to 7.30pm</p> | <p>Language for Life 1.30pm to 2.30pm 27 February to 20 March Invite only</p> <p>.....</p> <p>Hillingdon Youth Offer (various programmes) 8 to 11 years 4pm to 5.30pm *See notes section for more details.</p> | <p>*Hillingdon Youth Offer 8 to 25 years Various programs includes counselling, mentoring, transition support, sexual health information and advice, substance use and misuse support, programs for girls and young women and programs for boys and young men and LGBTQ+. For more information visit www.hillingdon.gov.uk/targeted-programmes</p> |



Five to thrive champions

Pinkwell Children's Centre activities timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Notes |
|---|---|---|--|--|--|
| <p>P3 (Advice / support) Alternating Mondays 9am – 4pm Call 01895 436114 to book appointment</p> <p>.....</p> <p>SENDIASS DROP IN 30 March 9.30am to 11am</p> <p>.....</p> <p>Attention Hillingdon 9.45am to 10.45am 2 March to 23 March Invite Only</p> <p>.....</p> <p>Ready to Go 2 March to 23 March 2 to 5 Years Invite Only 1.30pm to 3pm</p> | <p>Child Health Reviews 9am to 3.30pm By appointment</p> <p>.....</p> <p>Midwifery Clinic 9am to 4pm By appointment</p> <p>.....</p> <p>Attention Hillingdon 9.45am to 10.45am 2 March to 23 March Invite Only</p> <p>.....</p> <p>Stay & Play 0 – 5 years 1.30pm to 3pm Booking required</p> <p>.....</p> <p>Outreach Stay City First Tuesday of every month 0 to 5 years</p> | <p>Midwifery Clinic 9am to 4pm By appointment</p> <p>.....</p> <p>Stay and Play Plus 0 to 5 years 10am to 11am Booking required</p> <p>.....</p> <p>Parent Space 1.30pm to 2.30pm Invite only</p> <p>.....</p> <div style="border: 1px solid black; padding: 5px; text-align: center; color: red; font-weight: bold;"> <p>All Centre's CLOSED 18 March for staff training.</p> </div> | <p>Breastfeeding Drop-in Group 10.30am – 11.30am</p> <p>.....</p> <p>Toddler Stay & Play 13 – 30 months 10am to 11am Booking required</p> <p>.....</p> <p>Health Visitor Child Health Clinic 1pm to 3pm Drop in</p> <p>.....</p> <p>Cranford Country Park – lots of free activities for families – scan the QR code below</p> <div style="text-align: center;">  </div> <p>.....</p> <p>Hillingdon Libraries: pre.hillingdon.gov.uk/libraries</p> | <p>Midwife Clinic 9am to 4pm</p> <p>.....</p> <p>Health Visitor Reviews 9am to 3.30pm Invite only</p> <p>.....</p> <p>Baby Group (Expectant parents also welcome) 0 – 12 months 10am to 11am Booking required</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>Yeading Dad's and Male Carers Group 0 to 5 years 10am to 11.30am Saturday 31st January</p> |



Five to thrive
champions

Yeading Children's Centre Activities Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Notes |
|---|--|--|---|--|--|
| <p>P3 Advice and support (Housing, Education, Training, Employment, Health, Benefits) 9:00am – 4pm Book direct with P3 on: 01895 436 114</p> <p>.....</p> <p>Twinkle Twinkle (A Portage group for young children with Downs Syndrome) 10.15am to 11.30am 2nd March Booking required</p> <p>.....</p> <p>Stay and play 0 to 5 years 9.30am to 11.00am Booking required 9th, 16th & 23rd March</p> <p>.....</p> <p>Baby Group Bumps to 12 months 1.30pm to 2.30pm Booking required (Starts 2nd March)</p> | <p>Midwife 9am to 4pm Appointment Only</p> <p>.....</p> <p>Toddler Stay and Play 12 to 30 months 10am to 11.00am Booking required</p> <p>.....</p> <p>Yeading Library 0 to 5 years Hillingdon libraries also run free activities and sessions, scan the QR code below.</p>  | <p>Child Health Clinic 9.30am to 11.30am Drop in</p> <p>.....</p> <p>Midwife 9am to 4pm Appointment Only</p> <p>.....</p> <p>Health Visitor Child Health Reviews 1pm to 4pm Appointment Only</p> <p>.....</p> <p>Stay and Play 0 to 5 years 1.30pm to 3.00pm Booking required</p> <p>.....</p> <p>Online Weaning Delivered by the Health Visiting team via Teams. Wednesdays 10am to 11am Meeting ID: 368 693 883 090 7 Passcode: i2as6Xw7</p>  | <p>CNWL Speech and Language Groups 9am to 4pm Appointment Only</p> <p>.....</p> <p>Midwife 1pm to 4pm Appointment Only</p> <p>.....</p> <p>Parent Space 1.30pm to 3pm By Invitation Only</p> | <p>Midwife 9am to 4pm Appointment Only</p> <p>.....</p> <p>Stay and Play Plus 0 to 5 years 10am to 11am Booking required.</p> <p>.....</p> <p>Your Bump & Beyond Hospital Antenatal workshops Booking required</p>  <p>Your Bump & Beyond Children's Centre Antenatal workshop Please ask a staff member to book.</p> <p>.....</p> <p>SENDIASS DROP IN 6th March 9.30am to 11.30am Drop in</p> | <p>Yeading Dad's and Male Carers Group 0 to 5 years 10am to 11.30am Saturday 28th Feb Saturday 28th March Booking required</p> <p>.....</p> <p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/childrens-centres for more details</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>All Centre's CLOSED 18 March for staff training.</p> </div>  <p>Five to thrive champions</p> |