

Online Family Hub Timetable

Monday 1 June – Friday 31 July 2026



**BEST
START
IN LIFE**

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



Online Family Hub Activities Timetable

Toilet Training

Supporting your child to use the toilet independently.

- **18 June 7-8pm**
- **1 July 10-11am**

Behaviour Strategies

Supporting family life and challenging behaviour.

- **24 June 10-11am**
- **9 July 1.30-2.30pm**

Fussy Eating

Encouraging positive mealtimes.

- **26 June 10-11am**
- **7 July 7-8pm**

Exploring Parenting Together

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

- **8 June to 6 July 7pm to 8.30pm**

Hillingdon Children's Integrated Therapy Service (CITS)

Hillingdon Talks, Moves, Plays: 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 advice.

Sleep Matters

(0 to 1-Year-Olds)

Promoting positive bedtime space.

- **9 June 7-8pm**
- **7 July 10-11am**

Sleep Matters

(1 to 5-Year-Olds)

Promoting positive bedtime space.

- **5 June 10-11am**
- **22 July 7-8pm**



Five to thrive
champions