Supporting parents and nurturing learning timetable

September to December 2026







BEST START IN LIFE

HILLINGDON
LONDON

www.hillingdon.gov.uk/family-hubs

What we offer

We offer parenting programmes, workshops and courses for parents and carers across Hillingdon. Sessions are available in family hubs and children's centres, in person or online via Microsoft Teams, with daytime and evening options available.

Our support provides practical strategies to help you understand your child's development, strengthen family relationships and manage everyday challenges.

Sessions also offer opportunities to connect with other parents and carers in a supportive environment. View our timetable for details of upcoming courses and workshops:

Understanding your child's needs:

To help you understand your child's development, behaviour and individual needs, look at:

- Early Bird
- The Nurturing Programme
- SEND: What Do I Do Now?
- Behaviour strategies
- Your Bump and Beyond (YBB)
- Triple P Group
- Cygnets.

Building positive relationships:

To help you strengthen your relationship with your child, try:

- The Nurturing Programme
- Togetherness
- Behaviour Strategies
- Parenting Apart Programme (PAP).

Play, chat and learn together:

To support your child's learning, development, speech, language and communication skills through everyday interactions, look for:

- Early Words Together at Two
- Stay and Play sessions at your local family hub or children's centre
- Family hub and children's centre support.

Feelings, emotions and wellbeing:

To support emotional wellbeing, resilience and healthy family relationships, we offer:

- Togetherness
- The Nurturing Programme
- Wellbeing for Mums
- Parenting Apart Programme (PAP).

Everyday parenting:

For practical support for everyday family life, try one of the following:

- Togetherness
- Toilet Training
- Fussy Eating
- Behaviour Strategies
- Your bump and beyond.

SEND support and advice:

This service offers practical information and support if your child has additional needs or disabilities, through the following friendly workshops:

- Early Bird
- SEND Toothbrushing
- SEND Sleep
- SEND Toileting
- SEND: What Do I Do Now?
- Cygnets
- Triple P Stepping Stones.

How to book:

To book a session, you will need to be registered with a family hub or children's centre.

Fill in a registration form at: www.hillingdon.gov.uk/family-hubs

Once registered, you can book face-to-face or online sessions by contacting your local hub or centre.

For online sessions only, you can email familyhubnetwork@hillingdon.gov.uk.

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

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

For further information and support, see our Care and Support Directory

careandsupport.hillingdon.gov.uk

ParentingHLE@Hillingdon.gov.uk

Togetherness – build everyday emotional resilience

Hillingdon Council gives families free access to Togetherness online resources to support wellbeing.
For parents, carers, grandparents, and young people. Learn from NHS clinical psychologists, practitioners and other parents.
The pathways will help you and your family understand and manage emotions in everyday life.

Togetherness Pathways

For parents and carers

Learn about your child's development and build your confidence in parenting.

Pathways cover the stages of a child's development and offer helpful advice and ideas.

For grandparents

For grandparents who want to understand the needs of children growing up in the modern world.

Pathways introduce ideas to respond to different behaviours and help your child thrive.

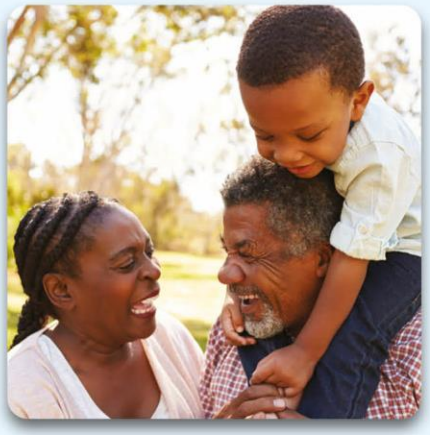
For teenagers

Just for teenagers to help understand and thrive in adolescence.

Have you ever wondered why making decisions becomes so hard or why emotions seem bigger and more intense? The pathways for teens explain how brain development impacts how we feel and behave.

Follow 'for teenagers only' pathways for private, self-paced learning.







TOGETHERNESS

To access the Togetherness programme, visit togetherness.co.uk/mul/hillingdon/ and enter your postcode and access code 'LearnTogether'.

Early Words Together at Two

Five 45-minute, face-to-face sessions supporting your child's communication, language and early learning through play-based activities and everyday interactions.

Colham Manor Children's Centre
Thursdays 10th September to 8th October
1.30 pm - 2.30 pm
Phone number: 01895 250211
Email address:
colhammanorcc@hillingdon.gov.uk

Uxbridge Family Hub
Mondays 9th November to 7th December
10 am to 11 am
Phone number: 01895 250258
Email address:
uxbridgefamilyhub@hillingdon.gov.uk

Hayes Family Hub
Thursdays 17th September to 22nd October
10 am - 10.50 am
Thursdays 5th November to 10th December
10 am - 10.50 am
Phone number: 01895 558850
Email address
hayesfamilyhub@hillingdon.gov.uk

Charville Children's Centre
Thursdays 5th November to 10th December
9.45 am to 10.45 am
Phone number: 01895 250104
Email address:
charvillecc@hillingdon.gov.uk

Yiewsley Children's Centre
Wednesdays 16th September to 14th October
10.00 am to 11.00 am
Phone number: 01895 558194
Email address:
yiewsleycc@hillingdon.gov.uk

Coteford Children's Centre
Wednesdays 16th September to 21st October
10 am – 11 am
Phone number: 01895 556682
Email address
cotefordcc@hillingdon.gov.uk

South Ruislip Family Hub
Wednesdays 4th November to 9th December
1.30 pm – 2.30 pm
Phone number: 01895 558860
Email address:
srcc@hillingdon.gov.uk

Contact your local hub or centre.

Early Bird

Six sessions help you better understand your child's communication, behaviour and development. If your child is aged two to six and has, or is awaiting, an autism diagnosis, you will gain practical strategies and connect with other families.

Charville Children's Centre
Thursdays 17th September to 22nd October
9.30 am to 11.30 am
Phone number: 01895 250104
Email address: charvillecc@hillingdon.gov.uk

Yeading Children's Centre
Tuesdays 3rd November to 8th December
9.30 am to 11.30 am
Phone number: 01895 250360
Email address: ycc-enquiries@hillingdon.gov.uk

Virtual sessions
Wednesdays 16th September to 21st October
7.00 pm to 9.00 pm

Virtual sessions
Tuesdays 3rd November to 8th December
7.00pm to 9.00pm

To book, contact your local hub or children's centre or email familyhubnetwork@hillingdon.gov.uk.
Please include course title, date you would like to book, full name and date of birth.

The Nurturing Programme

Two hour face-to-face sessions which help you build a positive relationship with your child and better understand their feelings and behaviour. You will gain practical strategies to support emotional wellbeing, improve communication and build parenting confidence.

South Ruislip Family Hub
Thursdays 10th September to 3rd December
9:30 am to 11:30 am
Phone number: 01895 558860
Email address: srcc@hillingdon.gov.uk

Contact your local hub or centre.

Online timetable

Friendly, practical advice and simple strategies to help you feel more confident with everyday parenting challenges.

Sleep Matters 0-1 years
Promoting positive bedtime space.

24th September 10 am to 11 am
19th October 7:30 pm to 8:30 pm
2nd November 7:30 pm to 8:30 pm
10th December 11 am - 12pm

Behaviour Strategies
Supporting family life and managing challenging behaviour.

16th September 7pm to 8 pm
6th October 10 am to 11 am
17th November 7 pm to 8 pm
3rd December 1:30 pm to 2:30 pm

Toilet Training
Supporting your child to use the toilet independently.

21st September 7:30 pm to 8:30 pm
14th October 11 am to 12 pm
16th November 7:30 pm to 8:30 pm
15th December 11 am to 12 pm

Sleep Matters 1-8 years
Promoting positive bedtime space.

7th September 7:30 pm to 8:30 pm
12th October 7 pm to 8 pm
3rd November 10 am to 11 am
7th December 7:30 pm to 8:30 pm

Fussy Eating
Encouraging positive mealtimes.

22nd September 9:30 am to 10:30 am
5th October 7:30 pm to 8:30 pm
3rd November 10 am to 11 am

To book, you can email: familyhubnetwork@hillingdon.gov.uk.
Please include course title, date you would like to book, full name and date of birth.

SEND online timetable

Join our online workshops to gain practical advice, information and support to help you meet the needs of your child under five with SEND.

SEND Toothbrushing

Learn positive strategies to support your child brushing their teeth.

22nd September 1.00 pm to 2.00 pm
6th November 9.30 am to 10.30 am

SEND What do I do Now?

Join our workshop to learn more about Autism and the support available to you and your child

10th September 9.30 am to 11 am
18th November 1.00 pm to 2.30 pm

SEND Toileting

Join us to learn why toileting can be challenging and explore strategies that can help.

18th September 9.45 am to 11.00 am
4th November 1.00 pm to 2.15 pm

To book, you can email: familyhubnetwork@hillingdon.gov.uk.

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

Additional support for parents

Your Bump and Beyond (YBB)

Overview	Detail	How to book
For parents to be, after your first scan.	In person. 2-hour workshops, over 4 sessions.	Call 01895 279 442 or visit: thh.nhs.uk/antenatal-classes

Triple P Group

Overview	Detail	How to book
For parents/carers of children aged five to 11 years.	In person and online. Weekly 2-hour sessions over 6 weeks.	Contact Family Lives on 07949 890749 or email: annmarief@familylives.org.uk

Triple P for Teens

Overview	Detail	How to book
For parents/carers of children aged 12 to 16 years.	In person and online. Weekly 2-hour sessions over 6 weeks.	Contact Family Lives on 07949 890 749 or email: annmarief@familylives.org.uk

Parenting Apart Programme (PAP)

Overview	Detail	How to book
Support for parents navigating conflict, separation, or divorce.	In person and online. 4-week programme.	Visit: www.hillingdon.gov.uk/stronger-families or call 01895 556006.

Triple P Stepping Stones

Overview	Detail	How to book
For parents/carers of children aged five to 11 who are neurodivergent.	In person and online. Weekly 2-hour sessions over 8 weeks.	Contact Family Lives on 07949 890749 or email: annmarief@familylives.org.uk

Cygnets

Overview	Detail	How to book
For parents and carers of children aged five to 18 with or awaiting a diagnosis of autism.	In person and/or online. Weekly 3-hour sessions over 6 weeks.	Register at Cygnets Registration of Interest

Workshops

For parents and carers of children with SEND, additional workshops are delivered by the SEND Advisory Service (SAS) within participating schools. Please contact your child's school if you are interested in attending.

For more information about parenting support available, including one-to-one advice, please contact your local family hub or children's centre or visit www.hillingdon.gov.uk/stronger-families.

Can't find what you're looking for?
Please contact the Parenting and Home Learning Team for friendly support: ParentingHLE@Hillingdon.gov.uk

For further information and support, see our Care and Support Directory
careandsupport.hillingdon.gov.uk
ParentingHLE@Hillingdon.gov.uk