

# Online Family Hub Timetable

6 April to 30 May 2026



**BEST  
START  
IN LIFE**

*Thriving healthy households*



**HILLINGDON**  
LONDON

[www.hillingdon.gov.uk/family-hubs](http://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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://careandsupport.hillingdon.gov.uk)

### Further support for your family

For further help and support for your family, visit [www.hillingdon.gov.uk/stronger-families](http://www.hillingdon.gov.uk/stronger-families)



# Online Family Hub Activities Timetable

## Toilet Training

Supporting your child to use the toilet independently.

- **21 April 10 to 11am**
- **11 May 11am to 12pm**

## Behaviour Strategies

Supporting family life and challenging behaviour.

- **23 April 10 to 11am**
- **19 May 7pm to 8pm**

## Fussy Eating

Encouraging positive mealtimes.

- **30 April 1pm to 2pm**
- **11 May 7pm to 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

- **20 April 10am to 11am**
- **6 May 7pm to 8pm**

## Sleep Matters

### (1 to 5-Year-Olds)

Promoting positive bedtime space.

- **22 April 10am to 11am**
- **12 May 7pm to 8pm**



Five to thrive  
champions