

# South East Locality Family Hub and Children's Centres

Charville, Hayes, Pinkwell and Yeading



**BEST  
START  
IN LIFE**

*Thriving healthy households*



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LONDON

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

## 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](http://www.hillingdoncyp.cnwl.nhs.uk)

🌐 [www.cnwl.nhs.uk/services/community-services/hillingdon-0-19-health-visiting-service](http://www.cnwl.nhs.uk/services/community-services/hillingdon-0-19-health-visiting-service)

### Hillingdon Talking Therapies

☎ 01895 206800

🌐 [talkingtherapies.cnwl.nhs.uk/hillingdon](http://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](http://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](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)

Hillingdon Family Hubs  



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# Charville Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Midwife</b> 9.00am to 4.00pm Appointment Only .....</p> <p><b>Stay and Play</b> <b>0 to 5 years</b> <b>30<sup>th</sup> March only</b> 1.45pm to 3.15pm Booking required</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Closed for Bank Holiday's – Friday 3<sup>rd</sup> April &amp; Monday 6<sup>th</sup> April</b></p> </div>	<p><b>Health Visitor</b> <b>Child Health Reviews</b> 9am to 4pm Appointment Only .....</p> <p><b>Parent Space</b> <b>0 to 5 years</b> 10am to 11.30am By Invitation Only .....</p> <p><b>Toddler Stay &amp; Play</b> <b>12 - 30 months</b> 1.30pm to 2.30pm Booking required .....</p> <p><b>Charville Library</b> <b>0 to 5 years</b> Hillingdon libraries also run free activities and sessions, scan the QR code below.</p> 	<p><b>Midwife</b> 9.00am to 4.00pm Appointment Only .....</p> <p><b>CNWL Speech and Language Groups</b> 9.30 to 1pm Appointment Only .....</p> <p><b>HAF</b> <b>4-7 year olds</b> <b>8<sup>th</sup> April</b> 11.00am – 1.00pm Invite only .....</p> <p><b>SENDIASS Drop In</b> 8<sup>th</sup> April 9.30am to 11.30am Drop in .....</p> <p><b>Online Weaning</b> Delivered by the Health Visiting team via Teams. Wednesdays 10am to 11am Meeting ID: 368 693 883 090 7 Passcode: i2as6Xw7</p> 	<p><b>Midwife</b> 9.00am to 4.00pm Appointment Only .....</p> <p><b>Baby Group</b> <b>Bumps to 12 months</b> 1.30pm to 2.30pm Booking required</p>	<p><b>Stay and Play</b> <b>0 to 5 years</b> 9.45am to 11.15am Booking required .....</p> <p><b>Perinatal Mental Health</b> 9.00am to 4.00pm Appointment Only .....</p> <p><b>Your Bump &amp; Beyond - Antenatal workshop 4</b> Booking required. Please call 01895 250360.</p>	<p><b>Online Sessions &amp; Courses</b> We also offer online courses via Microsoft Teams, please see <a href="http://hillingdon.gov.uk/children's-centres">hillingdon.gov.uk/children's-centres</a> for more details</p> <div style="text-align: right; margin-top: 20px;">  <p>Five to thrive champions</p> </div>

# Hayes Family Hub Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Child Health Clinic</b> 9.30am to 11.30am <b>Not running on 6 April</b> Drop in</p> <p>.....</p> <p><b>2 Year Health Reviews</b> 9am to 12pm Appointment only</p> <p>.....</p> <p><b>Midwife</b> 9am to 4pm Appointment only</p> <p>.....</p> <p><b>Perinatal Mental Health</b> 9am to 4pm Appointment only</p> <p>.....</p> <p><b>Waythrough</b> 9am to 4pm Appointment only</p>	<p><b>Attention Hillingdon</b> 09.30am to 10.30am Invite only</p> <p>.....</p> <p><b>Stay and Play 0 to 7 years</b> 10am to 11:30am Running on 7 April Booking required</p> <p>.....</p> <p><b>Physiotherapy</b> 9am to 12pm Appointment only</p> <p>.....</p> <p><b>CNWL Speech and Language Groups</b> 9.30am to 12pm Appointment Only</p> <p>.....</p> <p><b>Waythrough</b> 9am to 4pm Appointment Only</p> <p>.....</p> <p><b>CAMHS 0 - 5 Service</b> 9am to 4pm Appointment only</p>	<p><b>Attention Hillingdon</b> 09.30am to 10.30am Invite only</p> <p>.....</p> <p><b>Parent Space</b> 11am to 12pm Running on 1 April Invite Only</p> <p>.....</p> <p><b>2 Year Health Reviews</b> 9am to 12pm Appointment only</p> <p>.....</p> <p><b>Midwife</b> 9am to 12pm Appointment only</p> <p>.....</p> <p><b>Perinatal Mental Health</b> 9am to 4pm Appointment only</p> <p>.....</p> <p><b>Online Weaning</b> Delivered by the Health Visiting team via Teams. Wednesdays 10am to 11am Meeting ID: 368 693 883 090 7 Passcode: i2as6Xw7</p>	<p><b>Stay and Play 0 to 7 years</b> 10am to 11:30am Booking required</p> <p>.....</p> <p><b>CITs</b> 9am to 12pm Appointment only</p> <p>.....</p> <p><b>Midwife</b> 9am to 12pm Appointment only</p> <p>.....</p> <p><b>P3 (Advice and support)</b> 11am to 7pm Book direct with P3 on 01895 436 114</p>	<p><b>Baby Group 10 to 18 months</b> 10am to 11.15am <b>Not running on 3 April</b> Booking required</p> <p>.....</p> <p><b>Midwife</b> 9am to 4pm Appointment only</p> <p>.....</p> <p><b>Perinatal Mental Health</b> 9am to 4pm Appointment only</p>	<p><b>Online Sessions &amp; Courses</b> We also offer online courses via Microsoft Teams, please see <a href="http://hillington.gov.uk/">hillington.gov.uk/</a> children's 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; width: fit-content;"> <p><b>Closed for Bank Holiday's – Friday 3<sup>rd</sup> April &amp; Monday 6<sup>th</sup> April</b></p> </div>				<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p><b>SEE NEXT PAGE FOR THE AFTERNOON TIMETABLE</b></p> </div>	
				<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p><b>Closed for Bank Holiday's – Friday 3<sup>rd</sup> April &amp; Monday 6<sup>th</sup> April</b></p> </div>	



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# Hayes Family Hub Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Stay and Play Plus</b>  <b>0 to 5 years</b>                      1.45pm to 2.45pm  <b>Not running on 6 April</b>                      Booking required</p> <p>.....</p> <p><b>Baby Health Reviews</b>                      1.30pm to 3pm                      Appointment only</p> <p>.....</p> <p><b>Hillingdon Youth Offer</b>                      (various programmes)  <b>11 to 19 years</b>                      4pm to 7pm                      *See notes section for more details.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Closed for Bank Holiday's – Friday 3<sup>rd</sup> April &amp; Monday 6<sup>th</sup> April</b></p> </div>	<p><b>Baby Group</b>  <b>0 to 12 months</b>                      2pm to 3pm                      Booking required</p> <p>.....</p> <p><b>Exploring Nature Walk</b>  <b>0 to 7 years</b>                      1.30pm to 2.30pm                      Norman Leddy Gardens UB4 2RJ                      Booking required</p> <p>.....</p> <p><b>Midwife</b>                      1pm to 4pm                      Appointment only</p> <p>.....</p> <p><b>Stop Smoking</b>                      1pm to 4pm                      Appointment only</p> <p>.....</p> <p><b>Hillingdon Youth Offer</b>                      (various programmes)  <b>8 to 19 years</b>                      4pm to 7pm                      Term time only                      *See notes section for more details</p>	<p><b>CAMHS 0 - 5 Service</b>                      9am to 4pm                      Appointment only</p> <p>.....</p> <p><b>Stay and Play</b>  <b>0 to 7 years</b>                      1.30pm to 3pm                      Running on 1 April                      Booking required</p> <p>.....</p> <p><b>HAF</b>  <b>4-7 year olds</b>                      Running on 8 April                      Charville Children's Centre                      11.00am – 1.00pm                      Invite only</p> <p>.....</p> <p><b>Baby Health Reviews</b>                      1.30pm to 3pm                      Appointment only</p> <p>.....</p> <p><b>DWP/Jobcentre Plus Advice and Support</b>                      1pm to 3pm                      Fortnightly sessions                      4, 18 March                      Drop-in</p> <p>.....</p> <p><b>Hillingdon Youth Offer</b>                      (various programmes)  <b>8 to 19 years</b></p>	<p><b>Waythrough</b>                      9am to 4pm                      Appointment only</p> <p>.....</p> <p><b>Perinatal Mental Health Support Groups</b>                      1pm to 2.15pm                      Invitation Only</p> <p>.....</p> <p><b>Hillingdon Youth Offer</b>  <b>13 to 24 years</b>                      4.30pm to 7.30pm</p>	<p><b>Let's Get Active</b>                      1.30pm to 2.30pm                      Running 10 April                      Booking required</p> <p>.....</p> <p><b>Hillingdon Youth Offer</b>                      (various programmes)  <b>8 to 11 years</b>                      4pm to 5.30pm                      *See notes section for more details.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Closed for Bank Holiday's – Friday 3<sup>rd</sup> April &amp; Monday 6<sup>th</sup> April</b></p> </div>	<p><b>*Hillingdon Youth Offer</b>  <b>8 to 25 years</b>                      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 <a href="http://www.hillingdon.gov.uk/targeted-programmes">www.hillingdon.gov.uk/targeted-programmes</a></p>



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# Pinkwell Children's Centre activities timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>P3 (Advice / support)</b>  <b>Alternating Mondays</b>            9am – 4pm  <b>Call 01895 436114 to book appointment</b></p> <p>.....</p> <p><b>Attention Hillingdon</b>  <b>30<sup>th</sup> &amp; 31<sup>st</sup> March</b>            9:45am- 10:45am</p> <p>.....</p> <p><b>Ready to Go</b>  <b>0 – 5 years</b>  <b>30<sup>th</sup> March Only</b>            1.30pm to 3pm            Invite Only</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Closed for Bank Holiday's –</b>  <b>Friday 3<sup>rd</sup> April &amp;</b>  <b>Monday 6<sup>th</sup> April</b></p> </div>	<p><b>Health Visitor Reviews</b>            9am to 3.30pm            By appointment</p> <p>.....</p> <p><b>Midwifery Clinic</b>            9am to 4pm            By appointment</p> <p>.....</p> <p><b>Attention Hillingdon</b>  <b>30<sup>th</sup> &amp; 31<sup>st</sup> March</b>            9:45am- 10:45am</p> <p>.....</p> <p><b>Messy Play</b>  <b>2 – 5 years</b>            10am-11am  <b>Not running on 31<sup>st</sup> March</b>            Booking required</p> <p>.....</p> <p><b>Stay &amp; Play</b>  <b>0 – 5 years</b>  <b>31<sup>st</sup> March &amp; 7<sup>th</sup> April Only</b>            1.30pm to 3pm            Booking required</p>	<p><b>Midwifery Clinic</b>            9am to 4pm            By appointment</p> <p>.....</p> <p><b>Story Time</b>  <b>2 – 5 years</b>  <b>1<sup>st</sup> &amp; 8<sup>th</sup> April</b>            10am to 10.45am            Booking required</p> <p>.....</p> <p><b>Parent Space</b>            1.30pm to 2.30pm  <b>1<sup>st</sup> April</b>            Invite only</p> <p>.....</p> <p><b>Hillingdon Libraries:</b></p>  <p style="font-size: small; text-align: center;">pre.hillingdon.gov.uk/libraries</p>	<p><b>Breastfeeding Drop-in Group</b>            10.30am – 11.30am</p> <p>.....</p> <p><b>Health Visitor Drop-in</b>  <b>Child Health Clinic</b>            1pm to 3pm            Drop in</p>	<p><b>Midwife Clinic</b>            9am to 4pm</p> <p>.....</p> <p><b>Health Visitor Reviews</b>            9am to 3.30pm            Invite only</p> <p>.....</p> <p><b>Baby Group</b>            Expectant parents also welcome  <b>0 – 12 months</b>            10am to 11am            Booking required</p>	<p><b>Online Sessions &amp; Courses</b>            We also offer online courses via Microsoft Teams, please see <a href="http://hillingdon.gov.uk/children's-centres">hillingdon.gov.uk/children's-centres</a> for more details</p>



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# Yeading Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>P3 Advice and support</b> (Housing, Education, Training, Employment, Health, Benefits) 9:00am – 4pm Book direct with P3 on: <b>01895 436 114</b></p> <p>.....</p> <p><b>Stay and play</b> <b>0 to 5 years</b> 9.30am to 11.00am Booking required <b>30<sup>th</sup> March Only</b></p> <p>.....</p> <p><b>Baby Group</b> <b>Bumps to 12 months</b> 1.30pm to 2.30pm Booking required <b>30<sup>th</sup> March Only</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p><b>Closed for Bank Holiday's – Friday 3<sup>rd</sup> April &amp; Monday 6<sup>th</sup> April</b></p> </div>	<p><b>Midwife</b> 9am to 4pm Appointment Only .....</p> <p><b>Toddler Stay and Play</b> <b>12 to 30 months</b> 10am to 11.00am Booking required .....</p> <p><b>Yeading Library</b> <b>0 to 5 years</b> Hillingdon libraries also run free activities and sessions, scan the QR code below.</p> 	<p><b>Child Health Clinic</b> 9.30am to 11.30am Drop in .....</p> <p><b>Midwife</b> 9am to 4pm Appointment Only .....</p> <p><b>Health Visitor</b> <b>Child Health Reviews</b> 1pm to 4pm Appointment Only .....</p> <p><b>HAF</b> (Charville Children's Centre) <b>4-7 year olds</b> <b>8<sup>th</sup> April</b> 11.00am – 1.00pm Invite only .....</p> <p><b>Stay and play</b> <b>0 to 5 years</b> 1.30pm to 3.00pm Booking required <b>1<sup>st</sup> April Only</b></p>	<p><b>CNWL Speech and Language Groups</b> 9am to 4pm Appointment Only .....</p> <p><b>Midwife</b> 1pm to 4pm Appointment Only .....</p> <p><b>Parent Space</b> 1.30pm to 3pm By Invitation Only</p>	<p><b>Midwife</b> 9am to 4pm Appointment Only .....</p> <p><b>Your Bump &amp; Beyond Hospital Antenatal workshops</b> Booking required</p> 	<p><b>Online Sessions &amp; Courses</b> We also offer online courses via Microsoft Teams, please see <a href="http://hillingdon.gov.uk/children's-centres">hillingdon.gov.uk/children's-centres</a> for more details</p>



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