

North Locality Family Hub and Children's Centres

Coteford, Harefield and South Ruislip

Monday 30 March to Friday 22 May



 **BEST
START
IN LIFE**

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)

Coteford Children's Centre

Fore Street, Pinner, HA5 2HX

☎ 01895 556682

@cotefordcc@hillington.gov.uk

Harefield Children's Centre

High Street, Harefield UB9 6BT

☎ 01895 277108

@harefieldcc@hillington.gov.uk

South Ruislip Children's Centre

Wren Building, Queens Walk, HA4 0LR

☎ 01895 558860

@srcc@hillington.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

Coteford Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Midwifery Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Children's Integrated Therapy Services (Speech and Language) 9am to 12pm <i>By appointment only</i></p> <p>.....</p> <p>Musical Babies 0 to 12 months 30 March to 18 May 10:30am to 11:30am <i>Booking required</i></p> <p>.....</p> <p>Stay and Play (Toddler Time) 1 to 2 years 30 March to 18 May 1.30pm to 2.30pm <i>Booking required</i></p> <p>.....</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>All centres will be closed on the following Bank Holidays Monday 4 and 25 May</p> </div>	<p>Perinatal Mental Health Service Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Your Bump and Beyond 28 April 9 June 21 July 9.30am to 11.30am <i>Booking required</i></p> <p>.....</p> <p>Musical Babies Fairfield Church, HA6 1PD (Term Time only) 0 to 12 months 14 April to 19 May 1.30pm to 2.30pm <i>Booking required</i></p> <p>.....</p> <p>Vaccination Clinic Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p>	<p>Midwifery Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Baby Sensory 6 to 12 months 1 April to 20 May 10.30am to 11.30am <i>Booking required</i></p> <p>.....</p> <p>SENDIASS Session 9.30am to 11.30am 15 April <i>Drop in</i></p> <p>.....</p> <p>Baby Massage 29 April to 20 May 1.30pm to 2.30pm <i>Invite only</i></p> <p>.....</p> <p>Virtual Weaning Party delivered by the Health Visiting team via Zoom 10am to 11am Weekly</p> <div style="text-align: center;">  </div> <p>.....</p>	<p>Child Development Reviews Ongoing 9.30am to 11am <i>By appointment only</i></p> <p>.....</p> <p>Neonatal Clinic Ongoing 1pm to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Early Bird 16 April to 21 May 12.45pm to 2.45pm <i>Booking required</i></p> <p>.....</p>	<p>Midwifery Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Children's Integrated Therapy Services (Physio) 9am to 12pm <i>By appointment only</i></p> <p>.....</p> <p>Stay and Play 0 to 5 years 10 April to 22 May No session 8 May 9.45am to 11.15am <i>Booking required</i></p> <p>.....</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>For Invitation only sessions please ask a member of staff for more information</p> <p>.....</p> <p>For local library services and groups please use the link below</p> <p><u>Eastcote Library - Hillingdon Council</u></p> <p>.....</p> <div style="text-align: right;">  <p>Five to thrive champions</p> </div>

Harefield Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Centre Closed Please see Coteford, South Ruislip, and Uxbridge timetables for activities</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>All centres will be closed on the Bank Holidays Monday 4 and 25 May</p> </div>	<p>Health Visitor Clinic 9:30am to 10:30am 1 and 3 Tuesday of the month Drop in</p> <p>.....</p> <p>Baby Group 0 to 12 months 31 March to 19 May 9.30am to 10.30am Booking required</p> <p>.....</p> <p>Breastfeeding Drop in Group 11am to 12pm Drop in</p> <p>.....</p> <p>Breastfeeding One to One 1pm to 4pm By appointment only</p> <p>.....</p> <p>Stay and Play Plus For children with SEND 31 March to 19 May 1.30pm to 2.30pm Booking required</p> <p>.....</p>	<p>Perinatal Mental Health Service Ongoing 9am to 4pm By appointment only</p> <p>.....</p> <p>Child Development Reviews 1pm to 3.30pm By appointment only</p> <p>.....</p> <p>Post-Natal group 15 April to 20 May 10.30am to 11.30am Booking required</p> <p>.....</p> <p>Stay and Play 0 to 5 years 1.30pm to 2.45pm Booking required</p> <p>.....</p> <p>Virtual Weaning Party delivered by the Health Visiting team via Zoom 10am to 11am Weekly</p> <div style="text-align: center; margin-top: 10px;">  </div> <p>.....</p>	<p>Midwifery Ongoing 9am to 4pm By appointment only</p> <p>.....</p> <p>Musical Babies 0 to 12 months 2 April to 21 May 10.30am to 11.30am Booking required</p> <p>.....</p>	<p>Midwifery Ongoing 9am to 4pm By appointment only</p> <p>.....</p> <p>Forest School Confident walkers to 5 years old 17 April to 22 May 10am to 11.30am 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> <p>.....</p> <p>For Invitation only sessions please ask a member of staff for more information</p> <p>.....</p> <p>For local library services and groups please use the link below Harefield Library - Hillingdon Council</p> <p>.....</p> <div style="text-align: right; margin-top: 20px;">  <p>Five to thrive champions</p> </div>

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Breastfeeding One to One 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Children’s Integrated Therapy Services (Physio, Speech and Language, and Occupational Therapy) 9.30am to 12pm <i>Please call CITS to book 01895 488200</i></p> <p>.....</p> <p>Youth Services Youth Club Email for further details youthoffer@hillingdon.gov.uk</p> <p>.....</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>All centres will be closed on the following Bank Holidays 4 and 25 May</p> </div>	<p>Midwifery 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Child Development Reviews 9.30am to 10.30am <i>By appointment only</i></p> <p>.....</p> <p>Childminder Group 14 April to 19 May 9.45am to 11.15am <i>Booking required</i></p> <p>.....</p> <p>CAMHS Session Ongoing <i>By appointment only</i></p> <p>.....</p>	<p>Breastfeeding One to One 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Stay and Play 0 to 5 years 1 April to 20 May 10am to 11.30am <i>Booking required</i></p> <p>.....</p> <p>SENDIASS Session 31 March 1pm to 2.30pm 29 April 10am to 11.30am <i>Drop in</i></p> <p>.....</p> <p>Virtual Weaning Party delivered by the Health Visiting team via Zoom Weekly 10am to 11am</p> <div style="text-align: center; margin-top: 10px;">  </div> <p>.....</p>	<p>Midwifery 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>ESOL 23 April to 2 July 9.15am to 11.15am <i>Booking required</i></p> <p>.....</p> <p>Young Carers Use the link below for more information Hillingdon Young Carers Services Hillingdon Directory</p> <p>.....</p> <p>HAF Programme 2 April 11am to 1pm <i>Booking required</i></p> <p>.....</p>	<p>Midwifery 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>P3 Advice 9am to 4pm <i>Please call to book: 01895 436 114</i></p> <p>.....</p> <p>CAMHS Session Ongoing <i>By appointment only</i></p> <p>.....</p> <p>Attention Hillingdon (Stay and Play 17 April 10.30am to 11.30am) 24 April to 19 June 10.30am to 11am <i>By invitation only</i></p> <p>.....</p>	<p>Saturday Stay and Play 0 to 8 years 10am to 11.15am 2 May <i>Booking required</i></p> <p>.....</p> <p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children’s-centres for more details <i>Booking required</i></p> <p>.....</p> <p>For Invitation only sessions please ask a member of staff for more information</p> <p>.....</p> <div style="text-align: right; margin-top: 20px;">  <p>Five to thrive champions</p> </div>

South Ruislip Family Hub Activities Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Breastfeeding One to One 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Baby Group 0 to 12 months 30 March to 18 May 1.30pm to 2.30pm <i>Booking required</i></p> <p>.....</p> <p>Youth Services Youth Club email for further details youthoffer@hillingdon.gov.uk</p> <p>.....</p>	<p>Midwifery 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Parent, Carers Forum - SEND Group 5 May 2 June 1pm to 2pm <i>Drop in</i></p> <p>.....</p> <p>CAMHS Session Ongoing <i>By appointment only</i></p> <p>.....</p> <p>Post-Natal group 21 April to 19 May 1.30pm to 2.30pm <i>Booking required</i></p> <p>.....</p>	<p>Breastfeeding One to One 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Breastfeeding Drop in Group 12pm to 1pm <i>Drop in</i></p> <p>.....</p> <p>Stay and Play (Toddler Time) 1 to 2 years 1 April to 20 May 1.45pm to 2.45pm <i>Booking required</i></p> <p>.....</p> <p>Youth Services LGBTQ+ Email for further details youthoffer@hillingdon.gov.uk</p> <p>.....</p>	<p>Midwifery 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Musical babies Ruislip Young Peoples Centre, HA4 7SX 0 to 12 months 16 April to 21 May 2pm to 3pm <i>Booking required</i></p> <p>.....</p> <p>Stay and Play Plus for children with SEND 16 April to 21 May 1.30pm to 2.30pm <i>Booking required</i></p> <p>.....</p> <p>Young Carers Use the link below for more information Hillingdon Young Carers Services Hillingdon Directory</p> <p>.....</p>	<p>Midwifery 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>P3 Advice 9am to 4pm <i>Please call to book: 01895 436 114</i></p> <p>.....</p> <p>CAMHS Session Ongoing <i>By appointment only</i></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 <i>Booking required</i></p> <p>.....</p> <p>For Invitation only sessions please ask a member of staff for more information</p> <p>.....</p> <p>For local library services and groups please use the link below South Ruislip Library - Hillingdon Council</p> <p>.....</p>



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