

North Locality Family Hub and Children's Centres

Coteford, Harefield and South Ruislip

Monday 1 June to Friday 24 July



 **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  



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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 1 June to 20 July 10:30 am to 11:30am <i>Booking required</i></p> <p>.....</p> <p>Stay and Play (Toddler Time) 1 to 2 years 1 June to 20 July 1.30pm to 2.30pm <i>Booking required</i></p> <p>.....</p>	<p>Perinatal Mental Health Service Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Your Bump and Beyond 9 June & 21 July 9.30am to 11.30am <i>Booking required</i></p> <p>.....</p> <p>Vaccination Clinic Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Language for Life 16 June to 7 July 10.00am to 11.00am <i>By appointment only</i></p> <p>.....</p> <p>Musical Babies Fairfield Church, HA6 1PD (Term-Time only) 0 to 12 months 2 June to 21 July 1.30pm to 2.30pm <i>Booking required</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 3 June to 22 July 10.30am to 11.30am <i>Booking required</i></p> <p>.....</p> <p>SENDIASS Session 9.30am to 11.30am 15 July <i>Drop in</i></p> <p>.....</p> <p>Virtual Weaning Party delivered by the Health Visiting team via Zoom Weekly 10am to 11am</p>  <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 4 June to 9 July 12.30pm to 2.30pm <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 5 June to 24 July 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>




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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>	<p>Health Visitor Clinic 9:30am to 10:30am 1st and 3rd Tuesday of the month <i>Drop in</i></p> <p>.....</p> <p>Baby Group 0 to 12 months 2 June to 21 July 9.30am to 10.30am <i>Booking required</i></p> <p>.....</p> <p>Breastfeeding Drop in Group 11am to 12pm <i>Drop in</i></p> <p>.....</p> <p>Breastfeeding One to One 1pm to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Stay and Play Plus For children with SEND 2 June to 21 July 1.30pm to 2.30pm <i>Booking required</i></p> <p>.....</p>	<p>Perinatal Mental Health Service Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Child Development Reviews 1pm to 3.30pm <i>By appointment only</i></p> <p>.....</p> <p>Ready to Go 2 to 5 years 10 June to 1 July 10.00am to 11.30am <i>Booking required</i></p> <p>.....</p> <p>Stay and Play 0 to 5 years 3 June to 22 July 1.30pm to 2.45pm <i>Booking required</i></p> <p>.....</p> <p>Virtual Weaning Party delivered by the Health Visiting team via Zoom Weekly 10am to 11am</p>  <p>.....</p>	<p>Midwifery Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Musical Babies 0 to 12 months 4 June to 23 July 10.30am to 11.30am <i>Booking required</i></p> <p>.....</p>	<p>Midwifery Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>SENDIASS Session 9.30am to 11.30am 17 July <i>Drop in</i></p> <p>.....</p> <p>Forest School Confident walkers to 5 years old 19 June to 10 July 10am to 11.30am <i>Booking required</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</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>



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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>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 2 June to 21 July 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 3 June to 22 July 10am to 11.30am <i>Booking required</i></p> <p>.....</p> <p>Virtual Weaning Party delivered by the Health Visiting team via Zoom Weekly 10am to 11am</p>  <p>.....</p>	<p>Midwifery 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>ESOL 4 June to 2 July 9.15am to 11.15am <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 P3 directly to book on: 01895 436114</i></p> <p>.....</p> <p>Attention Hillingdon 5 to 19 June 10.30am to 11am <i>By invitation only</i></p> <p>.....</p> <p>Ready to Go 2 to 5 years 26 June to 17 July 10.00am to 11.30am <i>Booking required</i></p> <p>.....</p> <p>CAMHS Session Ongoing <i>By appointment only</i></p> <p>.....</p>	<p>Saturday Stay and Play 0 to 8 years 10am to 11.15am 6 June & 4 July <i>Booking required</i></p> <p>.....</p> <p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillington.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>



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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 1 June to 20 July 1.30pm to 2.30pm <i>Booking required</i></p> <p>.....</p> <p>Youth Services Youth Club email for further details youthoffer@hillingsdon.gov.uk</p> <p>.....</p>	<p>Midwifery 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Parent, Carers Forum - SEND Group 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 0 to 4 months New parents & babies 16 June to 21 July 1.30pm to 2.30pm <i>Booking required</i></p> <p>.....</p> <p>SENDIASS Session 23 June & 28 July 1pm to 2.30 pm <i>Drop in</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 3 June to 22 July 1.45pm to 2.45pm <i>Booking required</i></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 4 June to 23 July 2pm to 3pm <i>Booking required</i></p> <p>.....</p> <p>Stay and Play Plus for children with SEND 4 June to 23 July 1.30pm to 2.30pm <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 P3 directly to book on 01895 436114</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 hillingsdon.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 <u>South Ruislip Library - Hillingdon Council</u></p> <p>.....</p>



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