

North Locality Family Hub and Children's Centres

Coteford, Harefield and South Ruislip

Monday 24 July to Friday 4 September 2026



**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 Family Hub

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.cnl.nhs.uk

🌐 www.cnl.nhs.uk/services/community-services/hillingdon-0-19-health-visiting-service

Hillingdon Talking Therapies

☎ 01895 206800

🌐 talkingtherapies.cnl.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.cnl.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
Midwifery Ongoing 9am to 4pm <i>By appointment only</i> Children's Integrated Therapy Services (Speech and Language) 9am to 12pm <i>By appointment only</i> Musical Babies 0 to 12 months 20 July to 24 August 10:00 am to 11:00am <i>Booking required</i> Stay and Play (Toddler Time) 1 to 2 years 20 July to 24 August 1.30pm to 2.30pm <i>Booking required</i> Hillingdon Libraries Please scan below for more information  	Perinatal Mental Health Service Ongoing 9am to 4pm <i>By appointment only</i> Your Bump and Beyond 21 July & 1 September 9.30am to 11.30am <i>Booking required</i> Vaccination Clinic Ongoing 9am to 4pm <i>By appointment only</i> Ready to Go 2 to 5 years 28 July to 18 August 10.00am to 11.30am <i>Booking required</i> 	Midwifery Ongoing 9am to 4pm <i>By appointment only</i> Baby Massage 29 July to 19 August 10.00am to 11.00am <i>Invite Only</i> Walk in the Park Eastcote Gardens All ages welcome 22 July to 2 September (no session 5 August) 10.00am to 11.00am <i>Booking required</i> Virtual Weaning Party delivered by the Health Visiting team via Zoom Weekly 10am to 11am  Meeting ID: 954 1018 8033 Passcode: i2as6Xw7 	Child Development Reviews Ongoing 9.30am to 11am <i>By appointment only</i> Neonatal Clinic Ongoing 1pm to 4pm <i>By appointment only</i> Stay and Play 0 to 7 years 23 July to 3 September (no session 13 August) 9.45am to 11.15am <i>Booking required</i> 	Midwifery Ongoing 9am to 4pm <i>By appointment only</i> Children's Integrated Therapy Services (Physio) 9am to 12pm <i>By appointment only</i> Musical Babies 0 to 12 months 31 July to 4 September 10.00 am to 11:00 am <i>Booking required</i> Healthy Start Scan the QR code to see if you are eligible for weekly food voucher.  Available for families on low income from 10th week of pregnancy to child's 4th birthday 	Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/childrens-centres for more details For <i>Invitation only</i> sessions please ask a member of staff for more information All centres will be closed on Friday 24 July & Monday 31 August for staff training day and Bank Holiday  Five to thrive champions

Harefield Children's Centre Activities Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Centre Closed Please see Coteford, South Ruislip and Uxbridge timetables for activities Hillingdon Libraries Please scan below for more information  	Health Visitor Clinic 9:30am to 10:30am 1st and 3rd Tuesday of the month <i>Drop in</i> Baby Group 0 to 12 months 21 July to 1 September 9.30am to 10.30am <i>Booking required</i> Breastfeeding Drop in Group 11am to 12pm <i>Drop in</i> Breastfeeding One to One 1pm to 4pm <i>By appointment only</i> Stay and Play Plus for children with SEND 21 July to 1 September 1.30pm to 2.30pm <i>Booking required</i>	Perinatal Mental Health Service Ongoing 9am to 4pm <i>By appointment only</i> Stay and Play 0 to 7 years 22 July to 2 September (No session 5 August) 10.00am to 11.30am <i>Booking required</i> Child Development Reviews 1pm to 3.30pm <i>By appointment only</i> Virtual Weaning Party delivered by the Health Visiting team via Zoom Weekly 10am to 11am  Meeting ID: 954 1018 8033 Passcode: i2as6Xw7	Midwifery Ongoing 9am to 4pm <i>By appointment only</i> Musical Babies 0 to 12 months 23 July to 3 September (No session 13 August) 10.00am to 11.00am <i>Booking required</i> Healthy Start Scan the QR code to see if you are eligible for weekly food voucher.  Available for families on low income from 10th week of pregnancy to child's 4th birthday	Midwifery Ongoing 9am to 4pm <i>By appointment only</i> Stay & Play 0 to 7 years 31 July to 4 September 10am to 11.30am <i>Booking required</i>	Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children's-centres for more details For Invitation only sessions please ask a member of staff for more information All centres will be closed on Friday 24 July & Monday 31 August for staff training day and Bank Holiday  Five to thrive champions

South Ruislip Family Hub Activities Timetable (Morning)



Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Breastfeeding One to One 9am to 4pm <i>By appointment only</i> Children's Integrated Therapy Services (Physio, Speech and Language, and Occupational Therapy) 2 June to 21 July 9.30am to 4pm <i>Please call CITS to book 01895 488200</i> Youth Services Youth Club Email for further details youthoffer@hillingdon.gov.uk 	Midwifery 9am to 4pm <i>By appointment only</i> Child Development Reviews 9.30am to 10.30am <i>By appointment only</i> CAMHS Session Ongoing <i>By appointment only</i> Post-Natal group 28 July to 25 August 10.30am to 11.30am <i>Booking required</i> SENDIASS Session 28 July & 25 August 1pm to 2.30pm <i>Drop in</i> Walk in the Park Northwood Rec All ages welcome 11 August 10.00am to 11.30am <i>Booking required</i> 	Breastfeeding One to One 9am to 4pm <i>By appointment only</i> Stay and Play 0 to 7 years 22 July to 2 September 10am to 11.30am <i>Booking required</i> Play Day All ages welcome 5 August 10.00am to 2pm Hillingdon Sports and Leisure Complex, UB8 1ES <i>Please book via QR code required:</i>  	Midwifery 9am to 4pm <i>By appointment only</i> Young Carers Use the link below for more information Hillingdon Young Carers Services Hillingdon Directory Ruislip Library Barn Event 2 to 4 years 13 August <i>Please contact Library for details</i> Baby Massage 0 to 6 months 6 August to 27 August 10.00am to 11.00am <i>Invite only</i> 	Midwifery 9am to 4pm <i>By appointment only</i> P3 Advice 9am to 4pm <i>Please call P3 directly to book on: 01895 436114</i> CAMHS Session Ongoing <i>By appointment only</i> Ready to go 2 to 4 years 31 July to 14 August 10.00am to 11.0am <i>Booking required</i> Hillingdon Libraries Please scan below for more information  	Saturday Stay and Play 0 to 7 years 10am to 11.15am 4 July, 1 August & 5 September <i>Booking required</i> For Invitation only sessions please ask a member of staff for more information All centres will be closed on Friday 24 July & Monday 31 August for staff training day and Bank Holiday  Five to thrive champions

South Ruislip Family Hub Activities Timetable (Afternoon)



Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Breastfeeding One to One 9am to 4pm <i>By appointment only</i> Children's Integrated Therapy Services (Physio, Speech and Language, and Occupational Therapy) 2 June to 21 July 9.30am to 4pm <i>Please call CITS to book 01895 488200</i> Baby Group 0 to 12 months 20 July to 24 August 1.30pm to 2.30pm <i>Booking required</i> Youth Services Youth Club Email for further details youthoffer@hillingdon.gov.uk 	Midwifery 9am to 4pm <i>By appointment only</i> SENDIASS Session 28 July 1pm to 2.30pm <i>Drop in</i> CAMHS Session Ongoing <i>By appointment only</i> Musical Babies 0 to 12 months 21 July to 1 September 2pm to 3pm <i>Booking required</i> 	Breastfeeding One to One 9am to 4pm <i>By appointment only</i> Breastfeeding Drop in Group 12pm to 1pm <i>Drop in</i> Stay and Play (Toddler Time) 1 to 2 years 22 July to 2 September (No session 5 August) 1.45pm to 2.45pm <i>Booking required</i> Virtual Weaning Party delivered by the Health Visiting team via Zoom Weekly 10am to 11am  Meeting ID: 954 1018 8033 Passcode: i2as6Xw7 	Midwifery 9am to 4pm <i>By appointment only</i> Stay and Play Plus for children with SEND 23 July to 3 September (no session 29 July & 13 August) 1.30pm to 2.30pm <i>Booking required</i> Young Carers Use the link below for more information Hillingdon Young Carers Services Hillingdon Directory	Midwifery 9am to 4pm <i>By appointment only</i> P3 Advice 9am to 4pm <i>Please call P3 directly to book on: 01895 436114</i> CAMHS Session Ongoing <i>By appointment only</i> Healthy Start Scan the QR code to see if you are eligible for weekly food voucher.  Available for families on low income from 10th week of pregnancy to child's 4th birthday 	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> For Invitation only sessions please ask a member of staff for more information All centres will be closed on Friday 24 July & Monday 31 August for staff training day and Bank Holiday  Five to thrive champions