

South West Locality Family Hubs and Children's Centres

Cherry Lane, Colham Manor, Oak Farm, Uxbridge, West Drayton and Yiewsley

20th July – 4th September



BEST
START
IN LIFE



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)

Cherry Lane Children's Centre

Sipson Road, West Drayton, UB7 9DL

☎ 01895 250393

@cherrylanecc@hillingsdon.gov.uk

Colham Manor Children's Centre

Violet Avenue, Hillingdon, UB8 3PT

☎ 01895 250211

@colhammanorcc@hillingsdon.gov.uk

Oak Farm Children's Centre

Windsor Avenue, Hillingdon, UB10 9PD

☎ 01895 250865

@oakfarmcc@hillingsdon.gov.uk

Uxbridge Family Hub

Civic centre, High Street, Uxbridge, UB8 1UW

☎ 01895 250258

@uxbridgefamilyhub@hillingsdon.gov.uk

West Drayton Family Hub

Rowlheys Place, West Drayton, UB7 9NQ

☎ 01895 250813

@westdraytonfh@hillingsdon.gov.uk

Yiewsley Children's Centre

Colham Avenue, Yiewsley, UB7 8HF

☎ 01895 558194

@yiewsleycc@hillingsdon.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

🌐 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

Cherry Lane Children's Centre Activities Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Services and Outreach have been relocated to the West Drayton Family Hub. 	Services and Outreach have been relocated to the West Drayton Family Hub.	Stay & Play 0 – 7 Years 9:15am to 10.45am <i>Booking Required.</i> SENDIASS Drop In 9:15am to 10.45am 12 August <i>Drop In.</i> Child Health Clinic 1pm to 3pm <i>Drop In.</i> Baby Group Pop Up 0-12 Months 1:30pm to 2:30pm 13 August & 20 August <i>Booking Required.</i> Online Weaning Party Delivered by the Health Visiting Team via Zoom Weekly 10am to 11am Passcode Weaning Meeting ID 9541018 8033	CAMHS Primary School Service 9am to 4pm <i>By appointment only.</i> Ready to Go 0-5 Years 1:30pm to 3pm 30 July, 6 August & 13 August. <i>By Invitation Only.</i> Stay & Play 0-7 Years 1:30pm to 3pm No Session 27 August <i>Booking Required.</i>	Services and Outreach have been relocated to the West Drayton Family Hub.	Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingsdon.gov.uk/children's-centres-for-more-details Dads Group No Session in August



Five to thrive champions

Colham Manor Children's Centre Activities Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Perinatal Mental Health 9am to 4pm <i>By appointment only.</i> Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i> Stay & Play 0-7 Years 10am to 11:30am <i>Booking required.</i> Story & Rhyme 2pm to 2:45pm <i>Booking required.</i>	Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i> CITS - Speech & Language 9am to 12pm <i>By Invitation Only</i> Neonatal Clinic 9am – 1pm <i>By Invitation Only</i> Baby Group 0-12 Months 10:15am to 11:15am <i>Booking Required</i> Garden Play with Forest School Confident Walkers-7 Years 1:30pm to 2:30pm <i>Booking Required</i> SENDIASS Drop In 9:30am to 11:30am 28 July 25 August <i>Drop In.</i>	Perinatal Mental Health 9am to 4pm <i>By appointment only.</i> Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i> CITS - Speech & Language 9am to 12pm <i>By Invitation Only</i> Child Development Centre Session (CDC) 9am – 1pm <i>By Invitation Only</i> Story & Rhyme 10am to 10:45am 20 July & 27 July 12 August & 26 August <i>Booking required.</i> Your Bump & Beyond 1pm – 3pm Session on 19 August <i>By Invitation Only</i> Parent Space 1:30pm – 2:30pm <i>By Invitation Only</i>	Breastfeeding One to One Clinic 9am – 4pm <i>By appointment Only</i> Infant Feeding Support Drop in Clinic 10am – 11:30am <i>Drop in</i> BCG Clinic 9am – 4pm <i>By Invitation Only</i> Music & Movement Confident Walkers – 5 Years 10am to 11am 30 July, 13 August, 20 August, 27 August <i>Booking Required</i> Play to Learn 2 –5 Years 2pm to 2.45pm 13 August & 20 August <i>Booking Required</i>	Perinatal Mental Health 9am to 4pm <i>By appointment only.</i> Midwife Antenatal and Postnatal 1pm to 4pm <i>By appointment only.</i> Occupational Therapy 9am to 12pm <i>By Invitation Only</i> Autism Parent Support Group 9:30am to 10:30am Session 12 June and 12 July <i>Drop In.</i> Stay & Play Plus 0 – 5 Years 10am to 11am <i>Booking required.</i> Stay & Play (Messy) 0 – 7 Years 1:30pm to 2:30pm <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 Online Weaning Party Delivered by the Health Visiting Team via Zoom Every Wednesday 10am to 11am Passcode Weaning Meeting ID 9541018 8033



Five to thrive champions

Oak Farm Children's Centre Activities Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Midwife Antenatal Clinic 9am to 12pm <i>By appointment only.</i> Health Visitor reviews 9am to 12pm <i>By appointment only.</i> CITS - Speech & Language 2pm to 4pm <i>By appointment only.</i> Stay & Play 0-7 Years 10am to 11:30am <i>Booking required.</i> Baby Group 0-12 Months 1:30pm to 2:30pm <i>Booking required.</i>	Perinatal Mental Health 9am to 4pm <i>By appointment only.</i> Perinatal Baby Massage 10am to 12pm <i>By appointment only.</i> Stay & Play Plus 0-5 Years 10am to 11am. No Session 25 August <i>Booking required.</i> Walk in the Park 0-5 Years 10am to 11am. 4 August & 11 August <i>Booking required.</i> Little Cooks 1:30pm to 2:30pm 25 August <i>Booking required</i>	Perinatal Mental Health 9am to 4pm <i>By appointment only.</i> Baby Massage 10am to 11am 12 August-2 September <i>By Invitation Only.</i> Stay & Play 12-24 Months 1:30pm to 2:30pm <i>Booking required.</i> Online Weaning Party Delivered by the Health Visiting Team via Zoom Weekly 10am to 11am Passcode Weaning Meeting ID 9541018 8033	Health Visitor 9am to 12pm <i>By appointment only.</i> Child Health Clinic Drop In 9:30am to 11:30am <i>Drop in.</i> Health Visitor Reviews 12pm to 4pm <i>By appointment only.</i> Parent Space 1:30pm – 2:30pm <i>By Invitation Only</i>	Midwife Postnatal Clinic 9am to 12pm <i>By appointment only.</i> Baby Group 0-12 Months 10:30am to 11:30am <i>Booking Required</i> Stay & Play 0-5 Years 1:30pm to 2:30pm <i>Booking required.</i> SENDIASS Drop In 9:30am to 11:30am 31 July 28 August <i>Drop In.</i>	Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children's-centres for more details



Five to thrive champions

Uxbridge Family Hub Activities Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Notes
MAPS 9am to 5pm <i>By invitation only.</i>	MAPS 9am to 5pm <i>By invitation only</i>	MAPS 9am to 5pm <i>By invitation only.</i>	MAPS 9am to 5pm <i>By invitation only.</i>	MAPS 9am to 5pm <i>By invitation only.</i>	Hillingdon Youth Offer 7 to 24 Years (25 with SEND) 10am to 2pm Various programmes include: Counselling, Mentoring, Transition, Support, LGBTQ+, Sexual Health information and advice, Substance Use and Misuse support, Programmes for girls, young women, boys and young men. <i>Use links below for programmes available</i> Targeted programmes for children and young people - Hillingdon Council Young people's centres, mobile and detached team - Hillingdon Council
Midwife Antenatal Clinic 9am to 12pm <i>By appointment only.</i>	CITS - Small Talk (Speech & Language) 9am to 12pm <i>By appointment only.</i>	Midwife Clinic 9am to 3pm <i>By appointment only.</i>	Health Visitor Reviews 9am to 12pm <i>By appointment only.</i>	Midwife Antenatal Clinic 9am to 12pm <i>By appointment only.</i>	
Play to Learn 0-5 Years 9:30am to 10:30am <i>Booking required.</i>	Health Visitor reviews 9am to 12pm <i>By appointment only.</i>	Stay & Play 0 to 5 Years 9:30am to 10.45am No Session 8 August <i>Booking required.</i>	Chattertots 9am to 12pm <i>By invitation only.</i>	Baby Walk & Talk (Fassnidge Park) 0 to 18 Months 9:45am to 10:30am <i>Booking required</i>	
The Confederation Hillingdon 1pm to 7:30pm <i>By Invitation Only</i>	Post Natal Baby Group 0-4 Months 9:30am to 10:45am 21 July – 25 August <i>By Invitation Only</i>	The Confederation Hillingdon 12pm to 4pm <i>By Invitation Only</i>	CITS – Speech & Language (More Than Play) 9am to 12pm <i>By Invitation Only</i>	Hillingdon Parent Carer Forum 10am to 1pm 12 June & 10 July <i>By Invitation Only.</i>	
The Confederation Hillingdon 1pm to 7:30pm <i>By Invitation Only</i>	Garden Play 0-7 Years 10am to 11am No Session 11 August & 1 September <i>Booking required.</i>	Health Visitor Reviews 1pm to 2pm <i>By appointment only.</i>	Cooking 2-7 Years 9:30am to 10:45am No Session 6 & 13 August <i>Booking required.</i>	Stay & Play 0 to 5 Years 1:30pm to 2.30pm <i>Booking required.</i>	
Story & Rhyme 0-5 Years 1:30pm to 2:30pm <i>Booking required.</i>	P3 Family Advice 11am to 7pm <i>Booking required.</i>	Baby Group 0-12 Months 1:30pm to 2.30pm No Session 5 August <i>Booking required.</i>	The Confederation Hillingdon 2pm to 7:30pm <i>By Invitation Only</i>		Online Weaning Party Delivered by the Health Visiting Team via Zoom Weekly 10am to 11am Passcode Weaning Meeting ID 9541018 8033
	SENDIASS Drop In 1pm to 3pm 14 July & 18 August <i>Drop In.</i>		Stay & Play Plus 0-7 Years 1:30pm to 2:30pm <i>By Invitation Only</i>		
	Ready to Go 0-5 Years 1:30pm to 3pm 28 July – 18 August <i>Invite Only.</i>				



Five to thrive
champions

West Drayton Family Hub Activities Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Antenatal Clinic 9am to 12pm <i>By appointment only.</i> Postnatal Clinic 12pm to 3pm <i>By appointment only.</i> Multi-Disciplinary Team (MDT) 9am to 12:45pm <i>By invite only.</i> Baby Group 0-12 Months 1.30pm to 2.30pm <i>Booking Required.</i>	Health Visitor reviews 9am to 4pm <i>By appointment only.</i> Baby Massage 10:30am to 11:30am 28 July, 4 August & 25 August, 1st September <i>By Invitation Only.</i> Stay & Play 12-24 Months 1.30pm to 3pm <i>Booking Required.</i>	Health Visitor 2 Year Check 9am to 12pm <i>By appointment only.</i> CITS – Speech & Language 9.30am to 12pm <i>By appointment only.</i> Arts & Crafts 0 to 5 Years 1.30pm to 2.30pm No Session 5 August <i>By Invitation Only.</i> Online Weaning Party Delivered by the Health Visiting Team via Zoom Weekly 10am to 11am Passcode Weaning Meeting ID 9541018 8033	Antenatal Clinic 9am to 12pm <i>By appointment only.</i> Postnatal Clinic 12pm to 3pm <i>By appointment only.</i> Language for Life 10am to 11am Session on 30 July & 6 August <i>By Invitation Only.</i> New Beginnings Peer Support Group 1pm to 3pm <i>By invite only.</i> Baby Box Launch 2pm to 4pm 27 August <i>By invite only.</i> Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children's-centres for more details	Perinatal Mental Health 9am to 4pm <i>By appointment only.</i> Antenatal Clinic 9am to 12pm <i>By appointment only.</i> Postnatal Clinic 12pm to 3pm <i>By appointment only.</i> Story Time 0-5 Years 10am to 11am <i>Booking Required.</i> Construction Session 2.5 –7 Years 1:30pm to 2:30pm 31 July, 7 August & 28 August, 4 September <i>Booking Required.</i>	Hillingdon Youth Offer 7 to 24 Years (25 with SEND) 10am to 2pm Various programmes include: Counselling, Mentoring, Transition, Support, LGBTQ+, Sexual Health information and advice, Substance Use and Misuse support, Programmes for girls, young women, boys and young men. <i>Use links below for programmes available</i> Targeted programmes for children and young people - Hillingdon Council Young people's centres, mobile and detached team - Hillingdon Council



Five to thrive champions

Yiewsley Children's Centre Activities Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Health Visitor 2 Year Check 9am to 4pm <i>By appointment only.</i> Perinatal Mental Health 9am to 4pm <i>By appointment only.</i> Stay & Play 12-24 Months 10am to 11am <i>Booking Required.</i> Stay & Play 0-5 Years 1pm to 2:30pm <i>Booking Required.</i>	Child Health Clinic Drop In 9.30am to 11.30am <i>Drop in.</i> Perinatal Mental Health 1pm to 4pm <i>By appointment only.</i> Music & Movement Confident Walkers-5 Years 1.30pm to 2.30pm <i>Booking Required.</i>	Cared for Children Clinic 9am to 4pm <i>By appointment only.</i> Storytime 0-5 Years 10am to 10.45am Session on 29 July, 19 & 26 August & 2 September <i>Booking Required.</i> Baby Group 0-12 Months 1.30pm to 2.30pm <i>Booking Required.</i> Online Weaning Party Delivered by the Health Visiting Team via Zoom Weekly 10am to 11am Passcode Weaning Meeting ID 9541018 8033	Pop Up Stay and play 0-5 Years 09.30am to 10.45am <i>By Invitation Only.</i> Musical Babies 0-12 Months 10am to 11am <i>Booking Required.</i> Perinatal Mental Health 1pm to 4pm <i>By appointment only.</i> Parent Space 1:30pm – 2:30pm <i>By Invitation Only</i>	Antenatal Clinic 9am to 12pm <i>By appointment only.</i> Stay & Play 0 to 7 Years 9:30am to 11am <i>Booking Required.</i> Health Visitor 10 Months Check 10am to 11am <i>By appointment only.</i> Postnatal Clinic 12pm to 3pm <i>By appointment only.</i> Stay & Play 0 to 7 Years 1pm to 2:30pm <i>Booking Required.</i> SENDIASS Drop In 1pm to 2:30pm 14 August <i>Drop In.</i>	Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children's-centres for more details



Five to thrive champions