

South West Locality Family Hubs and Children's Centres

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

7th September – 30th October



The logo for 'BEST START IN LIFE' features three colored squares (yellow, pink, and blue) stacked vertically to the left of the text. The text is in a bold, sans-serif font, with 'BEST' on the top line, 'START' on the middle line, and 'IN LIFE' on the bottom line.



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@hillington.gov.uk

Colham Manor Children's Centre

Violet Avenue, Hillingdon, UB8 3PT
☎ 01895 250211

@colhammanorcc@hillington.gov.uk

Oak Farm Children's Centre

Windsor Avenue, Hillingdon, UB10 9PD

☎ 01895 250865

@oakfarmcc@hillington.gov.uk

Uxbridge Family Hub

Civic centre, High Street, Uxbridge, UB8 1UW

☎ 01895 250258

@uxbridgefamilyhub@hillington.gov.uk

West Drayton Family Hub

Rowlheys Place, West Drayton, UB7 9NQ

☎ 01895 250813

@westdraytonfh@hillington.gov.uk

Yiewsley Children's Centre

Colham Avenue, Yiewsley, UB7 8HF

☎ 01895 558194

@yiewsleycc@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

🌐 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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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 – 5 Years 9:15am to 10.45am <i>Booking Required.</i> Occupational Therapy 9:15am to 10.45am 23 September <i>Booking Required.</i> Child Health Clinic 1pm to 3pm <i>Drop In.</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> Stay & Play 0 – 5 Years 1pm to 2:30pm <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 0-5 Years 10am – 11.30am 12 September 10 October <i>Booking Required.</i>



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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 – 5 Years 10am to 11:30am <i>Booking required.</i> Story & Rhyme 1:30pm to 2:15pm 7 September – 5 October <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 – 5 Years 1:30pm to 2:30pm <i>Booking Required</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> Your Bump & Beyond Session on 23 September <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> CITS - Speech & Language 9am to 12pm <i>By Invitation Only</i> BCG Clinic 9am – 4pm <i>By Invitation Only</i> Music & Movement Confident Walkers – 5 Years 10am to 11am No Session 10 September <i>Booking Required</i> Early Words Together 2 –5 Years 1:30pm to 2.30pm 10 September – 8 October <i>By Invitation Only</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> Stay & Play Plus 0 – 5 Years 10am to 11am <i>Booking required.</i> Stay & Play with Messy 0 – 5 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



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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 – 5 Years 10am to 11:30am <i>Booking required.</i> Attention Hillingdon 1:30pm to 2:30pm 14 September - 13 October <i>By Invitation Only</i>	Perinatal Mental Health 9am to 4pm <i>By appointment only.</i> Perinatal Baby Massage 10am to 12pm <i>By appointment only.</i> Musical Babies 0 - 12 Months 10:30am to 11:30am <i>Booking Required.</i> Attention Hillingdon 1:30pm to 2:30pm 14 September - 13 October <i>By Invitation Only</i> Parent Space 1:30pm – 2:30pm <i>By Invitation Only</i>	Oak Farm Children's Centre will be closed on Wednesdays from September until the end of October Half Term. Outreach Services Online Weaning Party Delivered by the Health Visiting Team via Zoom Weekly 10am to 11am Passcode Weaning Meeting ID 9541018 8033	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> Stay & Play 12 - 24 Months 1:30pm to 2:30pm <i>Booking Required.</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>	Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children's-centres for more details



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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>	CAMHS 9am to 5pm <i>By invitation only.</i>	Health Visitor Reviews 9am to 12pm <i>By appointment only.</i>	Midwife Antenatal Clinic 9am to 12pm <i>By appointment only.</i>	
Pop Up Play to Learn 0 – 5 Years 10am to 11am 26 October <i>Booking required.</i>	Health Visitor reviews 9am to 12pm <i>By appointment only.</i>	Midwife Clinic 9am to 3pm <i>By appointment only.</i>	Chattertots 9am to 12pm <i>By invitation only.</i>	ESOL with Creche 9:30am to 11:30am 25 September - 4 December <i>By Invitation Only</i> No Session 30 October	
Wellbeing For Mums 0 – 5 Years 10am to 11:30am 14 September - 19 October <i>Booking required.</i>	Garden Play 0 - 5 Years 10am to 11am <i>Booking required.</i>	Stay & Play 0 to 5 Years 10am to 11:30am No Session 7 October <i>Booking required.</i>	CITS – Speech & Language (More Than Play) 9am to 12pm <i>By Invitation Only</i>	Pop up Baby Gym 8 Months to Walkers 10am to 10:45am 30 October <i>Booking required.</i>	
The Confederation Hillingdon 1pm to 7:30pm <i>By Invitation Only</i>	P3 Family Advice 11am to 7pm <i>Booking required.</i>	The Confederation Hillingdon 12pm to 4pm <i>By Invitation Only</i>	Baby Walk & Talk (Fassnidge Park) 0 – 18 Months 10am to 10:45am No Session 24 September <i>Booking required</i>	Hillingdon Parent Carer Forum 10am to 1pm 11 September & 9 October <i>By Invitation Only.</i>	
Story & Rhyme 0 - 5 Years 1:30pm to 2:30pm <i>Booking required.</i>	Attention Hillingdon 1:30pm to 2:15pm 29 September – 24 November <i>By Invitation Only</i> No Session 27 October	Health Visitor Reviews 1pm to 2pm <i>By appointment only.</i>	The Confederation Hillingdon 2pm to 7:30pm <i>By Invitation Only</i>	Stay & Play 0 to 5 Years 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
		Baby Group 0 - 12 Months 1:30pm to 2.30pm <i>Booking required.</i>	Stay & Play Plus 0–7 Years 1:30pm to 2:30pm <i>By Invitation Only</i>		



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West Drayton Family Hub Activities Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Multi-Disciplinary Team (MDT) 9am to 12:45pm <i>By invite only.</i> Midwife Antenatal & Postnatal Clinic 9am to 4pm <i>By appointment only.</i> Stop Smoking Clinic 9am to 1pm <i>By appointment only</i> Perinatal Mental Health 9am to 4pm <i>By appointment 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> Attention Hillingdon 10am to 11am 17 September & 16 October <i>By Invitation Only</i> Bonding and Attachment session 0 - 12 Months 10am to 11am 20 October <i>Booking Required</i> Stay & Play 12 - 24 Months 1.30pm to 3pm No Session 15 September <i>Booking Required.</i>	Health Visitor 2 Year Check 9am to 12pm <i>By appointment only.</i> Perinatal Mental Health 9am to 4pm <i>By appointment only.</i> CITS – Speech & Language 9.30am to 12pm <i>By appointment only.</i> Perinatal Baby Group 0 to 4 Months 1.30pm to 2.45pm 9 September – 21 October <i>By Invitation Only.</i> No Session 23 September Mobile Library (Platinum Jubilee Leisure Centre) 3:10pm to 3:30pm <i>Drop In.</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> P3 Family Advice 9am to 4pm <i>Booking required.</i> New Beginnings 9am to 12pm <i>Booking required.</i> Attention Hillingdon 10am to 11am 17 September & 15 October <i>By Invitation Only</i> New Beginnings Peer Support Group 1pm to 3pm <i>By invite only.</i> Communication Drop in 0 – 5 Years 1.30pm to 3pm <i>Drop in</i>	Midwife Antenatal & Postnatal Clinic 9am to 4pm <i>By appointment only.</i> Perinatal Mental Health 9am to 4pm <i>By appointment only.</i> Story Time 0 – 5 Years 10am to 11am <i>Booking Required.</i> Musical Babies 0 - 12 Months 1:30pm to 2:30pm <i>Booking Required.</i> SENDIASS Drop In 1pm to 3pm 11 September <i>Drop In.</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



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Viewsley 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> Storytime 0 – 5 Years 1.30pm to 2.30pm <i>Booking Required.</i>	Cared for Children Clinic 9am to 4pm <i>By appointment only.</i> Childcare Funding Session 0 – 5 Years 9:30am to 10:15am 9 September <i>Booking Required.</i> Early Words Together 2 – 3 Years 10am to 11.15am 16 September – 14 October <i>By Invitation Only</i> Baby Group 0 - 12 Months 1.30pm to 2.30pm No Session 16 September <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	Perinatal Mental Health 1pm to 4pm <i>By appointment only.</i> Stay & Play Plus 0 – 5 Years 10am to 11am Starts 24 September <i>Booking Required.</i> Music & Movement Confident Walkers – 5 Years 1:30pm to 2:30pm <i>Booking Required</i>	Antenatal Clinic 9am to 12pm <i>By appointment only.</i> Stay & Play 0 to 5 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 4pm <i>By appointment only.</i> Stay & Play 0 to 5 Years 1pm to 2:30pm <i>Booking Required.</i> SENDIASS Drop In 1pm to 3pm 13 November <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



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