

North Locality Family Hub and Children's Centres

Coteford, Harefield and South Ruislip

Monday 7 September to Friday 30 October 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



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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 7 September to 26 October 10:30 am to 11:30am <i>Booking required</i> Stay and Play (Toddler Time) 1 to 2 years 7 September to 26 October 1.30pm to 2.30pm <i>Booking required</i> 	Your Bump and Beyond 13 October 9.30am to 11.30am <i>Booking required</i> Vaccination Clinic Ongoing 9am to 4pm <i>By appointment only</i> Musical Babies Fairfield Church HA6 1PD 0 to 12 months 8 September to 20 October <i>(Term-Time only)</i> 1.30pm to 2.30pm <i>Booking required</i> 	Midwifery Ongoing 9am to 4pm <i>By appointment only</i> Early Words Together 16 September to 21 October 10.30am to 11.30am <i>Invite only</i> Attention Hillingdon 2pm to 2.30pm 16 September to 11 November 2pm to 2.30pm <i>Invite only</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> 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 Outreach <i>See other timetables for sessions times</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> SENDIASS Session 25 September 1pm to 3pm <i>(Advise and support for parents / carers of children with SEND)</i> <i>Drop in</i> Stay and Play 0 to 5 years 11 September to 30 October 9.45am to 11.15am <i>Booking required</i> 	Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillington.gov.uk/childrens-centres-for-more-details <i>For Invitation only sessions please ask a member of staff for more information</i>



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Harefield Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Centre Closed Please see Coteford and South Ruislip timetables for other sessions Hillingdon Libraries Please scan below for more information  	Health Visitor Clinic 9:30am to 10:30am 1st and 3rd Tuesday of the month Drop in Baby Group 0 to 12 months 8 September to 27 October 9.30am to 10.30am Booking required Breastfeeding Drop in Group 11am to 12pm Drop in Breastfeeding One to One 1pm to 4pm By appointment only Stay and Play Plus for children with SEND 8 September to 27 October 1.30pm to 2.30pm Booking required	Child Development Reviews 1pm to 3.30pm By appointment only Stay and Play 0 to 5 years 9 September to 28 October 9.30am to 11am Booking required 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 By appointment only Musical Babies 0 to 12 months 10 September to 29 October 10.30am to 11.30am Booking required 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 Outreach See other timetables for sessions times	Midwifery Ongoing 9am to 4pm By appointment only Forest School Confident walkers 18 September to 23 October No session 25 Sept 10am to 11.30am Booking required SENDIASS Session 2 October 1pm to 3pm Advise and support for parents / carers of children with SEND Drop in	Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingsdon.gov.uk/childrenscentres for more details For Invitation only sessions please ask a member of staff for more information



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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) Ongoing 9am to 12pm <i>Please call CITS to book 01895 488200</i> 	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> Childminder Group Ongoing 9.45am to 11.15am <i>Booking required</i> Postnatal Group For new parents and babies of 0 to 4 months 15 September to 20 October 1.30pm to 2.30pm <i>Booking required</i> 	Breastfeeding One to One 9am to 4pm <i>By appointment only</i> Stay and Play 0 to 5 years 9 September to 28 October 10am to 11.30am <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> Nurturing Programme (with Creche) 17 September to 3 December 9.30am to 11.30am <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 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> Stay and Play (Toddler Time) 1 to 2 years 11 September to 30 October 10am to 11.00am <i>Booking required</i> 	Saturday Stay and Play 0 to 7 years 5 September 3 October <i>Booking required</i> For Invitation only sessions please ask a member of staff for more information Hillingdon Libraries Please scan below for more information 



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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> Attention Hillingdon 21 September - Stay and play 28 September to 2 November (No session 26 October) 12.30pm to 1pm <i>Booking required</i> Baby Group 0 to 12 months 7 September to 26 October 1.30pm to 2.30pm <i>Booking required</i> Youth Services Youth Club https://pre.hillingdon.gov.uk/youth-offer or email for further details: youthoffer@hillington.gov.uk	Midwifery 9am to 4pm <i>By appointment only</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 	Breastfeeding One to One 9am to 4pm <i>By appointment only</i> Breastfeeding Drop in Group 12pm to 1pm <i>Drop in</i> Baby Massage 23 September to 14 October 2.30pm to 3.30pm <i>Invite 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 9am to 4pm <i>By appointment only</i> Stay and Play Plus for children with SEND 10 September to 22 October 1.30pm to 2.30pm <i>Booking required</i> Musical Babies Ruislip Young Peoples Centre, HA4 7SX 0 to 12 months 10 September to 22 October (Term-Time only) 2pm to 3pm <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:</i> 01895 436114 CAMHS Session Ongoing <i>By appointment only</i> SENDIASS Session 30 October 1pm to 3pm Advise and support for parents / carers of children with SEND <i>Drop in</i> Hillingdon Libraries Please scan below for more information  	Saturday Stay and Play 0 to 8 years 5 September 3 October <i>Booking required</i> Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillington.gov.uk/childrens-centres for more details <i>Booking required</i> For Invitation only sessions please ask a member of staff for more information



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