

# South East Locality Family Hub and Children's Centres

Charville, Hayes, Pinkwell and Yeading

2 January to 4 April 2025



*Thriving healthy households*



**HILLINGDON**  
LONDON

[www.hillingdon.gov.uk/family-hubs](http://www.hillingdon.gov.uk/family-hubs)

# Useful information

## How to Book

Families can book onto one session per week.

Please call a children's centre to book. If you cannot attend, please call to cancel.

To book additional sessions, please call on the centre on the day, to see if any spaces have become available for that day.

## Hillingdon family hubs and children's centres

To see other family hubs and children's centres timetables across Hillingdon Borough please visit [www.hillingdon.gov.uk/children's-centres](http://www.hillingdon.gov.uk/children's-centres)

To view our range of services, session descriptions and to see other family hubs and children's centres timetables visit [www.hillingdon.gov.uk/family-hubs](http://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](http://www.hillingdon.gov.uk)

## 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)

## Charville Children's Centre

Bury Avenue, Hayes, UB4 8LF

☎ 01895 250104

@ charvillecc@hillington.gov.uk

## Hayes Family Hub

College Way, Hayes, UB3 3BB

☎ 01895 558850

@ hayesendfamilyhub@hillington.gov.uk

## Pinkwell Children's Centre

Pinkwell Lane, Hayes, UB3 1PG

☎ 01895 250533

@ pinkwellcc@hillington.gov.uk

## Yeading Children's Centre

Carlyon Road, Hayes, UB4 0NR

☎ 01895 250360

@ ycc-enquiries@hillington.gov.uk

## Health and partner services contacts

### Midwifery Community Midwives

☎ 01895 279472

### Health Visiting Team

☎ 01895 891302

🌐 [www.hillingdoncyp.cnl.nhs.uk](http://www.hillingdoncyp.cnl.nhs.uk)

🌐 [www.cnl.nhs.uk/services/community-services/hillingdon-0-19-health-visiting-service](http://www.cnl.nhs.uk/services/community-services/hillingdon-0-19-health-visiting-service)

### Hillingdon Talking Therapies

☎ 01895 206800

🌐 [talkingtherapies.cnl.nhs.uk/hillingdon](http://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](http://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](http://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](http://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](http://www.hillingdon.gov.uk/healthystart) to get help to buy food and milk (Healthy Start) or contact your local Family Hub or Children's Centre.

### 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](http://www.hillingdon.gov.uk/send)

### Further support for your family

For further help and support for your family, visit [www.hillingdon.gov.uk/stronger-families](http://www.hillingdon.gov.uk/stronger-families)

You can also follow us on Facebook and Instagram.



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# Charville Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Stay and Play</b> <b>0 to 5 years</b> 9.45am to 11.15am Booking required</p> <p>.....</p> <p><b>Midwife</b> 9am to 4pm Appointment Only</p> <p>.....</p> <p><b>Ducklings</b> Online 1.30pm to 3.00pm By Invitation Only</p>	<p><b>Parent Space</b> 10am to 11.30am By Invitation Only</p> <p>.....</p> <p><b>Perinatal Mental Health</b> 9am to 4pm Appointment Only</p> <p>.....</p> <p><b>Toddler Stay &amp; Play</b> <b>12-30 months</b> 1.30pm to 2.30pm Booking required</p> <p>.....</p> <p><b>Health Visitor</b> <b>Child Health Reviews</b> 9am to 4pm Appointment Only</p>	<p><b>Speech and Language Therapy</b> 9.00am to 12.00pm Appointment Only</p> <p>.....</p> <p><b>Midwife</b> 9.00am to 4.00pm Appointment Only</p> <p>.....</p> <p><b>Stay and Play at William Byrd Primary School</b> <b>0 to 5 years</b> (Will not run 5<sup>t</sup> Feb, 5<sup>th</sup> &amp; 12<sup>th</sup> March) UB3 5EW Stay and Play 10.00am to 12.00pm Booking required Term Time Only</p> <p>.....</p> <p><b>Virtual Weaning Party delivered by the Health Visiting team via Zoom</b> 10am to 11am Passcode Weaning Meeting ID 954 1018</p>	<p><b>Family Links Parenting Programme with creche</b> 9.30am to 11.30am By Invitation Only</p> <p>.....</p> <p><b>Midwife</b> 9.00am to 4.00pm Appointment Only</p> <p>.....</p> <p><b>Baby Group Bumps to 12 months</b> 1.30 to 2.30pm Booking required</p> <p>.....</p> <p><b>Attention Hillingdon</b> Term time only 2.00pm to 2.45pm Invitation only</p>	<p><b>Stay and Play</b> <b>0 to 5 years</b> 9.45am to 11.15am Booking required</p> <p>.....</p> <p><b>Perinatal Mental Health</b> 9.00am to 4.00pm Appointment Only</p>	<p><b>Yeading Dad's and Male Carers Group</b> <b>0 to 5 years</b> 10am to 11.30am 25<sup>th</sup> January 22<sup>nd</sup> February 29<sup>th</sup> March Booking required</p> <p>.....</p> <p><b>Online Sessions &amp; Courses</b> We also offer online courses via Microsoft Teams, please see <a href="http://hillingdon.gov.uk/children's-centres">hillingdon.gov.uk/children's centres</a> for more details</p> <p>.....</p> <p><b>Please ask about additional sessions during the half term</b></p>
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p><b>ALL Centres are CLOSED on 5<sup>th</sup> March</b></p> </div>					



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# Hayes Family Hub Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Child Health Clinic</b> 9.30am to 11.30am Drop in .....</p> <p><b>2 Year Health Reviews</b> 9am to 12pm Appointment only .....</p> <p><b>Breastfeeding Support</b> 9.30am to 11.30am Drop in .....</p> <p><b>Midwife</b> 9am to 4pm Appointment only .....</p> <p><b>Perinatal Mental Health</b> 9am to 4pm Appointment only .....</p> <p><b>Waythrough</b> 9am to 4pm Appointment only</p>	<p><b>Attention Hillingdon</b> Term time only 9.30am to 10.30am Invitation only .....</p> <p><b>Stay and Play</b> <b>0 to 5 years</b> 9.30am to 10.30am 11, 18, 25 February 4 March Booking required .....</p> <p><b>Stay and Play</b> <b>0 to 5 years</b> 11.00am to 12pm 11, 18, 25 February 4 March Booking required .....</p> <p><b>Physiotherapy</b> 9am to 12pm Appointment only .....</p> <p><b>CAMHS 0-5 Service</b> 9am to 4pm Appointment only .....</p> <p><b>Midwife</b> 9am to 4pm Appointment only .....</p> <p><b>Waythrough</b> 9am to 4pm Appointment Only</p>	<p><b>Attention Hillingdon</b> Term time only 9.30am to 10.30am Invitation only .....</p> <p><b>Stay and Play</b> <b>0 to 5 years</b> 9.30am to 10.30am 12, 19, 26 February Booking required .....</p> <p><b>Brush for Life and Bottle to Cup Workshop</b> 9.45am to 10.45am 12 February Booking required .....</p> <p><b>Parent Space</b> 11am to 12pm Invitation Only .....</p> <p><b>CAMHS 0-5 Service</b> 9am to 4pm Appointment only .....</p> <p><b>2 Year Health Reviews</b> 9am to 12pm Appointment only .....</p> <p><b>Perinatal Mental Health</b> 9am to 12pm Appointment only .....</p> <p><b>Midwife</b> 9am to 4pm Appointment only</p>	<p><b>Postnatal Baby Group</b> <b>0 to 4 months</b> 6-week course 10am to 11.15am Booking required .....</p> <p><b>Baby Group</b> <b>0 to 8 months</b> 10.30am to 11.30am Booking required .....</p> <p><b>CAMHS over 5s</b> 9am to 4pm Appointment only .....</p> <p><b>CITs</b> 9am to 12pm Appointment only .....</p> <p><b>Midwife</b> 9am to 4pm Appointment only .....</p> <p><b>Waythrough</b> 9am to 4pm Appointment only</p>	<p><b>Baby Group</b> <b>9 to 17 months</b> 10am to 11.15am Booking required .....</p> <p><b>Language for Life</b> Term time only 10.30am to 11.30am Invitation only .....</p> <p><b>Midwife</b> 9am to 4pm Appointment only .....</p> <p><b>Perinatal Mental Health</b> 9am to 4pm Appointment only .....</p> <p><b>SENDIASS</b> 28 February 9.30am to 11.30am Drop in</p>	<p><b>Please ask about additional sessions during the half term</b> .....</p> <p><b>Yeading Dad's and Male Carers Group</b> 10am to 11.30am 25 January 22 February 29 March Booking required .....</p> <p><b>Online Sessions &amp; Courses</b> We also offer online courses via Microsoft Teams, please see <a href="http://hillington.gov.uk/children's-centres">hillington.gov.uk/children's-centres</a> for more details</p>
			<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>ALL Centres are CLOSED on 5<sup>th</sup> March</b></p> </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>SEE NEXT PAGE FOR THE AFTERNOON TIMETABLE</b></p> </div>	



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# Hayes Family Hub Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Stay and Play Plus</b> <b>0 to 5 years</b> 1.45pm to 2.45pm Booking required</p> <p>.....</p> <p><b>Baby Health Reviews</b> 1.30pm to 3pm Appointment only</p> <p>.....</p> <p><b>SENDIASS</b> 20 January 31 March 1pm to 3pm Drop in</p> <p>.....</p> <p><b>Hillingdon Youth Offer</b> (various programmes) <b>11 to 19 years</b> 4pm to 7pm *See notes section for more details.</p>	<p><b>Baby Group</b> <b>0 to 8 months</b> 2pm to 3pm Booking required</p> <p>.....</p> <p><b>Stop Smoking</b> 1pm to 4pm Appointment only</p> <p>.....</p> <p><b>Hillingdon Youth Offer</b> (various programmes) <b>8 to 19 years</b> 4pm to 7pm Term time only *See notes section for more details.</p> <p>.....</p> <p><b>Hillingdon Youth Offer</b> <b>Girl's Drop-in</b> <b>School years 10+</b> 4.45pm to 6.30pm Drop-in (50p charge)</p>	<p><b>Baby Health Reviews</b> 1.30pm to 3pm Appointment only</p> <p>.....</p> <p><b>Stay and Play</b> <b>0 to 5 years</b> 1.30pm to 3pm Booking required</p> <p>.....</p> <p><b>Hillingdon Youth Offer</b> (various programmes) <b>8 to 19 years</b> 4pm to 8pm *See notes section for more details.</p>	<p><b>Your Bump and Beyond - Antenatal Workshop</b> 23 January 1pm to 3.30pm Booking required</p> <p>.....</p> <p><b>Families Seeking Sanctuary in Hillingdon</b> 1.30pm to 3.30pm 20 February Appointment only</p> <p>.....</p> <p><b>Stay and Play</b> <b>0 to 5 years</b> 1.30pm to 2.45pm Booking required <b>Not running 20 February</b></p> <p>.....</p> <p><b>The Hub Club</b> <b>4 to 7 years</b> Term time only 3.45pm to 4.45pm Booking required</p> <p>.....</p> <p><b>Hillingdon Youth Offer</b> <b>13 to 24 years</b> 4.30pm to 7.30pm *See notes section for more details.</p>	<p><b>Baby Advice and Support</b> <b>0 to 12 months</b> 1.30pm to 2.30pm Drop in</p> <p>.....</p> <p><b>Let's Get Active</b> <b>18 months to 5 years</b> 1.45pm to 2.45pm Booking required</p> <p>.....</p> <p><b>Free Computer and Wifi Session</b> <b>Must have a child under 19 or 25 years with SEND</b> 1.15pm to 3.15pm Booking required</p> <p>.....</p> <p><b>Hillingdon Youth Offer</b> (various programmes) <b>8 to 11 years</b> 4pm to 5.30pm *See notes section for more details.</p>	<p><b>*Hillingdon Youth Offer 8 to 25 years</b> Various programs includes counselling, mentoring, transition support, sexual health information and advice, substance use and misuse support, programs for girls and young women and programs for boys and young men and LGBTQ+. For more information visit <a href="http://www.hillingdon.gov.uk/targeted-programmes">www.hillingdon.gov.uk/targeted-programmes</a></p>



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# Pinkwell Children's Centre activities timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Immunisation Clinic</b> 9.30am to 4pm By appointment .....</p> <p><b>Toddler Stay &amp; Play</b> <b>12 - 30 months</b> 10am to 11am Booking required Till 17 Feb Only .....</p> <p><b>Wellbeing for Mums with Creche</b> 10am to 11:30am 24 Feb - 31 March .....</p> <p><b>Attention Hillingdon</b> 1.30pm to 2.30pm 13 Jan - 4 Feb By invitation .....</p> <p><b>Little Tasters</b> 1.30pm to 2.30pm 24 Feb - 17 March By invitation .....</p> <p><b>Attention Hillingdon</b> <b>Pinkwell School Children</b> By invitation 3.30pm to 4pm</p>	<p><b>Child Health Reviews</b> 9am to 4pm By appointment .....</p> <p><b>Midwifery Clinic</b> 9am to 4pm By appointment .....</p> <p><b>Outreach Community Walk</b> <b>Stay City hotel</b> 10am – 11:30am <b>For Residents Only</b> .....</p> <p><b>Attention Hillingdon</b> 1.30pm to 2.30pm 13 Jan - 4 Feb By invitation .....</p> <p><b>Let's Get Active</b> <b>18 Months – 5 Years</b> 1:30pm – 2:15pm 25 Feb – 1 April Booking required</p>	<p><b>Midwifery Clinic</b> 9am to 4pm By appointment .....</p> <p><b>Stay and Play Plus</b> 11am – 12pm Booking required .....</p> <p><b>Parent Space</b> 9:30am – 10:30am By invitation .....</p> <p><b>Stay and Play</b> <b>0 to 5 years</b> 1.30pm to 3pm Booking required .....</p> <p><b>Online Weaning Party</b> delivered by the Health Visiting team via Zoom Weekly 10am to 11am Passcode Weaning Meeting ID 9541018 8033</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> <p><b>ALL Centres are CLOSED on 5<sup>th</sup> March</b></p> </div>	<p><b>P3 (Advice and support)</b> 9:30am – 1pm Booking required .....</p> <p><b>Baby Group</b> <b>Bumps to 12 months</b> 10am – 11am Booking required .....</p> <p><b>Breastfeeding Drop-in Group</b> 10:30am – 11:30am .....</p> <p><b>Health Visitor Drop-in Clinic</b> 1pm-3pm .....</p> <p><b>Online Workshops</b> 1:30pm – 2:30pm Booking required</p> <p><b>16 Jan –Fussy Eating</b> <b>23 Jan –Toilet Training</b> <b>20 Jan -Sleep Matters</b></p>	<p><b>Midwifery Clinic</b> 9am to 4pm By appointment .....</p> <p><b>Child Health Reviews</b> 9am to 3:30pm By appointment .....</p> <p><b>Stay and Play</b> <b>0 to 5 years</b> 10am to 11:30am Booking required .....</p> <p><b>Baby Group</b> <b>Bumps to 12 months</b> 1.30pm to 2.30pm Booking required</p>	<p><b>Please ask about additional sessions during the half term</b> .....</p> <p><b>Yeading Dad's and Male Carers Group</b> <b>0 – 5 Years</b> 10am – 11:30am 25<sup>th</sup> January 22<sup>nd</sup> February 29<sup>th</sup> March Booking required .....</p> <p><b>Online Sessions &amp; Courses</b> We also offer online courses via Microsoft Teams, please see <a href="http://hillingdon.gov.uk/children's-centres">hillingdon.gov.uk/children's-centres</a> for more details</p>



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# Yeading Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Let's Get Active</b>  <b>1 to 5 years</b>            10am to 11am            Booking required.</p> <p>.....</p> <p><b>Twinkle Twinkle</b>            (A Portage group for young children with Downs Syndrome)            10.15am to 11.30am            6<sup>th</sup> January            3<sup>rd</sup> February            3<sup>rd</sup> March            Booking required</p> <p>.....</p> <p><b>Baby Group</b>  <b>Bumps to 12 months</b>            1.30pm to 2.30pm            Booking required</p>	<p><b>Stay and play</b>  <b>0 to 5 years</b>            10am to 11.30am            Booking required.</p> <p>.....</p> <p><b>Volunteering Course</b>            12.30pm to 2.30pm            By Invitation Only</p> <p>.....</p> <p><b>P3 (Advice and Support)</b>            (Housing, Education, Training, Employment, Health, Benefits)            1pm to 4pm            Booking required</p>	<p><b>Child Health Clinic</b>            9.30am to 11.30am            Drop in</p> <p>.....</p> <p><b>Midwife</b>            9am to 4pm            Appointment Only</p> <p>.....</p> <p><b>Online Weaning</b>            Party delivered by the Health Visiting team via Zoom            10am to 11am            Passcode Weaning Meeting ID 954 1018</p> <p>.....</p> <p><b>Health Visitor</b>  <b>Child Health Reviews</b>            1pm to 4pm            Appointment Only</p> <p>.....</p> <p><b>Stay and play</b>  <b>0 to 5 years</b>            1.30pm to 3.00pm            Booking required.</p>	<p><b>Speech and Language Therapy</b>            9am to 4pm            Appointment Only</p> <p>.....</p> <p><b>Midwife</b>            1pm to 4pm            Appointment Only</p> <p>.....</p> <p><b>Parent Space</b>            1.30pm to 3pm            By Invitation Only</p>	<p><b>Stay and Play Plus</b>  <b>0 to 5 years</b>            10am to 11am            Booking required.</p> <p>.....</p> <p><b>Toddler Stay and Play</b>  <b>12 to 30 months</b>            1.30 to 2.30pm            Booking required</p> <p>.....</p> <p><b>Midwife</b>            9am to 4pm            Appointment Only</p>	<p>Please ask about additional sessions during the half term</p> <p>.....</p> <p><b>Yeading Dad's and Male Carers Group</b>            10am to 11.30am            25<sup>th</sup> January            22<sup>nd</sup> February            29<sup>th</sup> March            Booking required</p> <p>.....</p> <p><b>Online Sessions &amp; Courses</b>            We also offer online courses via Microsoft Teams, please see <a href="http://hillingdon.gov.uk/children's-centres">hillingdon.gov.uk/children's-centres</a> for more details</p>
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