

South West Locality Family Hub and Children's Centres

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

24 February – 4 April 2025



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 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

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

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

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@hillingdon.gov.uk

Colham Manor Children's Centre

Violet Avenue, Hillingdon, UB8 3PT

☎ 01895 250211

@colhammanorcc@hillingdon.gov.uk

Oak Farm Children's Centre

Windsor Avenue, Hillingdon, UB10 9PD

☎ 01895 250865

@oakfarmcc@hillingdon.gov.uk

Uxbridge Family Hub

Civic centre, High Street, Uxbridge, UB8 1UW

☎ 01895 558190

@uxbridgecc@hillingdon.gov.uk

Yiewsley Children's Centre

Colham Avenue, Yiewsley, UB7 8HF

☎ 01895 558194

@yiewsleycc@hillingdon.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

(Children's Integrated Therapies) visit 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 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

Further support for your family

For further help and support for your family, visit www.hillingdon.gov.uk/stronger-families

You can also follow us on Facebook and Instagram.



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Cherry Lane Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Midwife Antenatal & Postnatal 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Multi-Disciplinary Team (MDT) 9am to 12.45pm <i>By appointment only.</i></p> <p>.....</p> <p>Baby Group 0 to 12 Months 24 February to 31 March 1.30pm to 2.30pm <i>Booking Required.</i></p>	<p>Attention Hillingdon 10am to 10.45am Introduction Session 6 March 11 March to 3 April <i>By Invitation only.</i></p> <p>.....</p> <p>Stay & Play 12 to 24 Months 25 February to 1 April 1.30pm to 2.30pm No Session 11 March <i>Booking Required.</i></p> <p>.....</p> <p>Your Bump & Beyond Workshop 11 March 1pm to 3.30pm <i>By Invitation only.</i></p>	<p>Health Visitor 2 Year Check 9am to 4pm No Clinic on 5 March <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play 0 to 5 Years 26 February to 2 April 9.15am to 10.45am No Session 5 March <i>Booking Required.</i></p> <p>.....</p> <p>Child Health Clinic 1pm to 3pm No Clinic on 5 March <i>Drop In.</i></p>	<p>Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Attention Hillingdon 10am to 10.45am Introduction Session 6 March 11 March to 3 April <i>By Invitation only.</i></p> <p>.....</p> <p>Stay & Play 0 to 5 Years 6 March to 3 April 1pm to 2.30pm No Session 27 February <i>Booking Required.</i></p>	<p>Perinatal Mental Health 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Music & Movement Confident Walkers to 5 Years 28 February to 4 April 10am to 11am No Session 28 March <i>Booking Required.</i></p>	<p>All Children's Centres & Family Hubs in the London Borough of Hillingdon will be closed all day on Wednesday 5 March.</p> <p>.....</p> <p>Dad's Stay & Play 0 to 5 Years Saturday 8 March 10am to 11.30am <i>Booking Required.</i></p>



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Colham Manor Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Perinatal Mental Health Appointments 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play 0 to 5 Years 24 February to 31 March 10am to 11.30am <i>Booking Required.</i></p> <p>.....</p> <p>Attention Hillingdon 1.30pm to 2.15pm Introduction Session 25 February 3 March to 25 March <i>By Invitation only.</i></p>	<p>Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Neonatal Clinic 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Speech & Language Therapy Services (SLT) 9am to 1pm <i>By appointment only.</i></p> <p>.....</p> <p>Baby Group 0 to 12 Months 25 February to 4 April 10.15am to 11:15am <i>Booking Required.</i></p> <p>.....</p> <p>Attention Hillingdon 1.30pm to 2.15pm Introduction Session 25 February 3 March to 25 March <i>By Invitation only.</i></p>	<p>Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Speech & Language Therapy Services (SLT) 9am to 1pm <i>By appointment only.</i></p> <p>.....</p> <p>Children Development Centre Services (CDC) 9.30am to 11.30am <i>By Invitation only.</i></p> <p>.....</p> <p>Story Time 0 to 5 Years Various dates available, please call for more information. 9.30am to 10.15am No Session 5 March <i>Booking Required.</i></p> <p>.....</p> <p>Stay & Play 12 to 24 Months 26 February to 4 April 1.30pm to 2.30pm No Session 5 March <i>Booking Required.</i></p>	<p>Music & Movement Confident Walkers to 5 Years 27 February to 4 April 10am to 11am No Session 27 February No Session 27 March <i>Booking Required.</i></p> <p>.....</p> <p>BCG Clinic 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Breastfeeding Support Clinic Appointments 9am to 1pm <i>By appointment only.</i></p> <p>.....</p> <p>Breastfeeding Support Clinic Walk In 10am to 11.30am <i>Drop In.</i></p> <p>.....</p> <p>Perinatal Mental Health Appointments 9am to 4pm <i>By appointment only.</i></p>	<p>Perinatal Mental Health Appointments 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Autism Parent Support Group 9.30am to 11am 14 March <i>Drop In.</i></p> <p>.....</p> <p>Stay & Play 0 to 5 Years 28 February to 4 April 10am to 11.30am No Session 14 March <i>Booking Required.</i></p>	<p>All Children's Centres & Family Hubs in the London Borough of Hillingdon will be closed all day on Wednesday 5 March.</p>



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Oak Farm Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Midwife Antenatal Clinic 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play 0 to 5 Years 24 February to 4 April 10am to 11.30am No Session 24 March <i>Booking Required.</i></p> <p>.....</p> <p>Health Visitor 9am to 11am <i>By appointment only.</i></p> <p>.....</p> <p>Midwife Postnatal Clinic 12.30pm to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Parent Space 1.30pm to 2.30pm 24 February to 31 March <i>Drop in.</i></p>	<p>Perinatal Mental Health 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Ducklings 25 February to 18 March <i>By Invitation only.</i></p> <p>.....</p> <p>Musical Babies 0 to 12 Months 11 March 25 March 1 April 1.30pm to 2.30pm <i>Booking Required</i></p>	<p>Breastfeeding Support 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Baby Massage 0 to 6 Months 19 March to 9 April 10am to 11am No Session 5 March <i>By Invitation only.</i></p> <p>.....</p> <p>Stay & Play 12 to 24 Months 26 February to 4 April 1.30pm to 2.30pm No Session 5 March <i>Booking Required</i></p>	<p>Child Health Clinic 9.30am to 11.30am <i>Drop in.</i></p> <p>.....</p> <p>Health Visitor 2 Year Reviews 12pm to 3pm <i>By appointment only.</i></p> <p>.....</p> <p>Early Birds with Creche 0 to 5 Years 16 January to 27 March 12.30pm to 2.30pm <i>By Invitation Only.</i></p>	<p>Baby Group 0 to 12 Months 28 February to 4 April 10.30am to 11.30am <i>Booking Required.</i></p> <p>.....</p> <p>Midwife Postnatal Clinic 12.30pm to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play 0 to 5 Years 28 February to 4 April 1.30pm to 2.30pm No Session on 7 March <i>Booking Required.</i></p>	<p>All Children's Centres & Family Hubs in the London Borough of Hillingdon will be closed all day on Wednesday 5 March.</p>



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Uxbridge Family Hub Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Midwife Antenatal Clinic 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Baby Sensory Newborn to non-Movers 10.30am to 11.30am 24 February to 4 April <i>Booking required.</i></p> <p>.....</p> <p>Story & Rhyme 0 to 3 Years 10am to 11am 24 February to 4 April <i>Booking required.</i></p> <p>.....</p> <p>MAPS 9am to 5pm <i>By invitation only.</i></p>	<p>Health Visitor Child Health Reviews 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>P3 Family Advice 9am to 12pm <i>Booking required.</i></p> <p>.....</p> <p>CITS - Small Talk (Speech & Language) 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>MAPS 9am to 5pm <i>By invitation only.</i></p> <p>.....</p> <p>Cooking Club – Pop Ups 2 to 5 Years 10am to 11:15am Various dates available, please call Uxbridge Family Hub to book. <i>Booking required.</i></p>	<p>Midwife Antenatal Clinic 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play 0 to 5 Years 26 February to 4 April 10:00am to 11.30am No Session 5 & 12 March <i>Booking required.</i></p> <p>.....</p> <p>MAPS 9am to 5pm <i>By invitation only.</i></p> <p>.....</p> <p>All Children’s Centres & Family Hubs in the London Borough of Hillingdon will be closed all day on Wednesday 5 March.</p>	<p>Health Visitor Child Health Reviews 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>Chattertots 9am to 12pm <i>By invitation only.</i></p> <p>.....</p> <p>Play to Learn - Pop Ups 0 to 5 Years 10am to 11am Various dates available, please call Uxbridge Family Hub to book. <i>Booking required.</i></p> <p>.....</p> <p>Parent Participation Group (With Creche) 20 March <i>By invitation only.</i></p> <p>.....</p> <p>MAPS 9am to 5pm <i>By invitation only.</i></p> <p>.....</p> <p>Perinatal Mental Health Peer Support Group 20 March to 8 May <i>By invitation only.</i></p>	<p>Midwife Antenatal Clinic 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>CITS - More Than Play (Speech & Language) 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p>MAPS 9am to 5pm <i>By invitation only.</i></p>	<p>SATURDAY ONLY BCG Clinic 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Hillingdon Youth Offer 13 to 24 Years 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</p>



Uxbridge Family Hub Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Garden Play 0 to 5 Years 24 February to 4 April 1:15pm to 2.30pm <i>Booking required.</i></p> <hr/> <p>Hillingdon Youth Offer Various programmes 7 to 24 Years <i>See notes section for more details</i></p>	<p>Hillingdon Youth Offer Various programmes 7 to 24 Years <i>See notes section for more details</i></p> <hr/> <p>Stay & Play Plus 0 to 5 Years 25 February to 4 April 1:30pm to 2.30pm <i>Booking required.</i></p>	<p>Midwife Postnatal Clinic 1pm to 3pm <i>By appointment only.</i></p> <hr/> <p>Baby Group 0 to 12 Months 26 February to 4 April 1:30pm to 2.30pm No Session 5 March <i>Booking required.</i></p> <hr/> <p>Hillingdon Youth Offer Various programmes 7 to 24 Years <i>See notes section for more details</i></p> <hr/> <p>All Children's Centres & Family Hubs in the London Borough of Hillingdon will be closed all day on Wednesday 5 March.</p>	<p>Postnatal Baby Group 0 to 4 Months 27 February – 3 April 1pm to 2.15pm <i>By invitation only.</i></p> <hr/> <p>Hub Club (Stay & Play) 27 February to 4 April 4 to 7 Years School Children Only Term Time Only 3.30pm to 4.30pm <i>Booking required.</i></p> <hr/> <p>Hillingdon Youth Offer Various programmes 7 to 24 Years <i>See notes section for more details</i></p> <hr/> <p>Baby Gym 27 February – 13 March 9 Months to Non-Walkers 1:30pm to 2:30pm <i>Booking required.</i></p>	<p>Music & Movement Confident Walkers - 5 Years 28 February to 4 April 1.30pm to 2.30pm <i>Booking required.</i></p>	<p>SATURDAY ONLY BCG Clinic 9am to 4pm <i>By appointment only.</i></p> <hr/> <p>Hillingdon Youth Offer 13 to 24 Years 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</p>



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Yiewsley Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Health Visitor 2 Year Check 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play 12 to 24 Months 24 February to 31 March 10am to 11am <i>Booking Required.</i></p> <p>.....</p> <p>Perinatal Mental Health 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Little Tasters 24 February to 17 March 1.30pm to 2.30pm <i>By Invitation only.</i></p>	<p>Perinatal Mental Health 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Baby Health Clinic 9.30am to 11.30am <i>Drop in.</i></p> <p>.....</p> <p>Language For Life 4 March to 25 March 1pm to 2pm <i>By Invitation only.</i></p>	<p>Looked After Children (LAC) 9am to 4pm No Session 5 March <i>By appointment only.</i></p> <p>.....</p> <p>SLT - More Than Play 9.30am to 12pm No Session 5 March <i>By appointment only.</i></p> <p>.....</p> <p>Baby Group 0 to 12 Months 26 February to 2 April 1.30pm to 2.30pm No Session 5 March <i>Booking Required.</i></p>	<p>Be Inspired 27 February to 3 April 9.30am to 11am <i>By Invitation only.</i></p> <p>.....</p> <p>Stay & Play Plus 0 to 5 Years 27 February to 3 April 1.30pm to 2.30pm <i>Booking Required.</i></p>	<p>Health Visitor 10 Months Check 10am to 11am <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play 0 to 5 Years 28 February to 4 April 9.30am to 11am <i>Booking Required.</i></p> <p>.....</p> <p>Midwife Antenatal and Postnatal 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p>Stay & Play 0 to 5 Years 28 February to 4 April 1pm to 2:30pm <i>Booking Required.</i></p>	<p>All Children's Centres & Family Hubs in the London Borough of Hillingdon will be closed all day on Wednesday 5 March.</p>



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