

Online Family Hub Timetable

1 April – 30 June 2025



Thriving healthy households



HILLINGDON
LONDON

www.hillingdon.gov.uk/family-hubs

Useful information

How to Book

To book a session, please ensure you are already registered with the Family Hubs or Children's Centres. You can book a session by contacting your local Family Hub or Children's Centre, or by emailing familyhubnetwork@hillingdon.gov.uk.

Please include the course title, the date you would like to book, your full name, and your date of birth.

For more information or to register, visit www.hillingdon.gov.uk/family-hubs.

Please note that all online sessions are available through Microsoft Teams.

Hillingdon family hubs and 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/youth-offer

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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Online Family Hub Activities Timetable

Toilet Training Supporting your child to use the toilet independently. <ul style="list-style-type: none"> • 24 April, 11am-12pm • 9 May, 10-11am • 14 May, 7.30-8.30pm • 4 June, 7-8pm • 17 June, 11-12pm 	Fussy Eating Encouraging positive mealtimes. <ul style="list-style-type: none"> • 17 April, 11am-12pm • 1 May, 11am-12pm • 21 May, 7.30-8.30pm • 4 June, 7-8pm • 18 June, 10-11am 	Sleep Matters Promoting positive bedtimes. <ul style="list-style-type: none"> • 30 April, 7.30-8.30pm • 8 May, 10am-12pm • 29 May, 7.30-8.30pm • 23 June, 10-11am
Transition 0-2yrs Preparing for childcare for babies and children up to 2 yrs. <ul style="list-style-type: none"> • 13 June, 10-11am • 18 June, 7-8pm 	Exploring Parenting Together A fun five-week course to help parents to improve their relationship and behaviour with their children. <ul style="list-style-type: none"> • 7,14, 28 April & 12,19 May, 10-11.30am • 16, 23, 30 June & 7, 14 July, 7-8:30pm 	Ducklings A 4-week course to support parents who have a child who is newly diagnosed with autism spectrum condition or is awaiting an assessment with the Child Development Centre. <ul style="list-style-type: none"> • 29 April- 20 May 9.30-11am • 29 April- 20 May 7-8.30pm • 1 May to 22 May, 1-2.30pm • 17,18, 24, 25 June 9:30-11am
Transition 2yrs+ Preparing for childcare and school readiness for children 2yrs+. <ul style="list-style-type: none"> • 20 June, 10-11am • 25 June, 7-8pm 	Behaviour Strategies Supporting family life and challenging behaviour. <ul style="list-style-type: none"> • 29 April, 7-8pm • 28 May, 7.30-8.30pm • 29 May, 11am-12pm • 5 June, 8-9pm 	



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