

South East Locality Family Hub and Children's Centres

Charville, Hayes, Pinkwell and Yeading



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)

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

@ HayesFamilyHub@Hillingdon.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.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

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

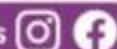
Children, young people and parents Directory of Services

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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Charville Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Midwife 9.00am to 4.00pm Appointment Only</p> <p>.....</p> <p>Wellbeing for Mums (with creche) 10am to 11.30am By Invitation Only</p> <p>.....</p> <p>Stay and Play 0 to 5 years 1.30pm to 3pm Booking required</p>	<p>Parent Space 10am to 11.30am By Invitation Only</p> <p>.....</p> <p>Perinatal Mental Health 9am to 4pm Appointment Only</p> <p>.....</p> <p>Toddler Stay & Play 12 - 30 months 1.30pm to 2.30pm Booking required</p> <p>.....</p> <p>Health Visitor Child Health Reviews 9am to 4pm Appointment Only</p>	<p>Midwife 9.00am to 4.00pm Appointment Only</p> <p>.....</p> <p>CNWL Speech and Language Groups 9.30 to 1pm Appointment Only</p> <p>.....</p> <p>Stay and Play at William Byrd Primary School 0 to 5 years UB3 5EW 9.45am to 11.15am Booking required Only running on 17th 24th Sept, 1st 8th 15th & 22nd Oct</p> <p>.....</p> <p>CAMHS 0 - 5 Service 9am – 4pm By Invitation Only</p> <p>.....</p> <p>SENDIASS DROP IN 1st October 9.30am to 11.30am Drop in</p>	<p>Midwife 9.00am to 4.00pm Appointment Only</p> <p>.....</p> <p>Early Bird (with creche) 9.30am to 11.30am By Invitation Only</p> <p>.....</p> <p>Baby Group Bumps to 12 months 1.30pm to 2.30pm Booking required</p>	<p>Stay and Play 0 to 5 years 9.45am to 11.15am Booking required</p> <p>.....</p> <p>Perinatal Mental Health 9.00am to 4.00pm Appointment Only</p> <p>.....</p> <p>Bedtime Routines 18 months - 5 years 17th October 1.15pm to 2.45pm Booking required</p>	<p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children's-centres for more details</p> <p>.....</p> <p>Online Weaning Delivered by the Health Visiting team via Zoom 10am to 11am Passcode Weaning Meeting ID 954 1018</p>



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Hayes Family Hub Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Child Health Clinic 9.30am to 11.30am Drop in</p> <p>.....</p> <p>2 Year Health Reviews 9am to 12pm Appointment only</p> <p>.....</p> <p>Midwife 9am to 4pm Appointment only</p> <p>.....</p> <p>Perinatal Mental Health 9am to 4pm Appointment only</p> <p>.....</p> <p>Waythrough 9am to 4pm Appointment only</p>	<p>Attention Hillingdon 09.30am to 10.30am Invite only</p> <p>.....</p> <p>Let's Get Active 18 months to 5 years 11am to 12pm 14, 21 and 28 October Booking required</p> <p>.....</p> <p>Physiotherapy 9am to 12pm Appointment only</p> <p>.....</p> <p>CNWL Speech and Language Groups 9.30am to 12pm Appointment Only</p> <p>.....</p> <p>Waythrough 9am to 4pm Appointment Only</p>	<p>Attention Hillingdon 09.30am to 10.30am Invite only</p> <p>.....</p> <p>Parent Space 11am to 12pm Invite Only</p> <p>.....</p> <p>2 Year Health Reviews 9am to 12pm Appointment only</p> <p>.....</p> <p>Midwife 9am to 12pm Appointment only</p> <p>.....</p> <p>Perinatal Mental Health 9am to 4pm Appointment only</p> <p>.....</p> <p>CAMHS 0 - 5 Service 9am to 4pm Appointment only</p>	<p>Ready to go (School Readiness) 2 to 4 years 10am to 11:30am 11 to 25 September Booking required</p> <p>.....</p> <p>Stay and Play 0 to 5 years 10am to 11:30am Starting 9 October Booking required</p> <p>.....</p> <p>CITs 9am to 12pm Appointment only</p> <p>.....</p> <p>Midwife 9am to 12pm Appointment only</p> <p>.....</p> <p>P3 (Advice and support) 11am to 7pm Book direct with P3 on 01895 436 114</p> <p>.....</p> <p>Waythrough 9am to 4pm Appointment only</p>	<p>Baby Group 10 to 17 months 10am to 11.15am Booking required</p> <p>.....</p> <p>Midwife 9am to 4pm Appointment only</p> <p>.....</p> <p>Perinatal Mental Health 9am to 4pm Appointment only</p> <p>.....</p> <p>SENDIASS 10 October 9.30am to 11.30am Drop in</p>	<p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillington.gov.uk/children's-centres for more details</p> <p>.....</p> <p>Hillingdon libraries also run free activities and sessions, scan the QR code below</p> 

SEE NEXT PAGE FOR
THE AFTERNOON
TIMETABLE



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Hayes Family Hub Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Stay and Play Plus 0 to 5 years 1.45pm to 2.45pm Booking required</p> <p>.....</p> <p>Baby Health Reviews 1.30pm to 3pm Appointment only</p> <p>.....</p> <p>Hillingdon Youth Offer (various programmes) 11 to 19 years 4pm to 7pm *See notes section for more details.</p> <p>.....</p> <p>SENDIASS 8 September 1pm to 3pm Drop in</p>	<p>Baby Group 0 to 12 months 2pm to 3pm Booking required</p> <p>.....</p> <p>Exploring Nature Norman Leddy Gardens 0 to 5 years Meet at Norman Leddy Gardens entrance UB3 2RJ 1.30pm to 2.30pm Booking required</p> <p>.....</p> <p>Midwife 1pm to 4pm Appointment only</p> <p>.....</p> <p>Stop Smoking 1pm to 4pm Appointment only</p> <p>.....</p> <p>Hillingdon Youth Offer (various programmes) 8 to 19 years 4pm to 7pm Term time only *See notes section for more details</p>	<p>Stay and Play 0 to 5 years 1.30pm to 3pm Booking required</p> <p>.....</p> <p>Baby Health Reviews 1.30pm to 3pm Appointment only</p> <p>.....</p> <p>DWP/Jobcentre Plus Advice and Support 1pm to 3pm Fortnightly sessions 17 September, 1, 15 and 29 October Drop-in</p> <p>.....</p> <p>Hillingdon Youth Offer (various programmes) 8 to 19 years 4pm to 8pm</p>	<p>Postnatal Group 0 to 4 months 1.30pm to 2.45pm Booking required</p> <p>.....</p> <p>Perinatal Mental Health Support Groups 1pm to 2.15pm Invitation Only</p> <p>.....</p> <p>Hillingdon Youth Offer 13 to 24 years 4.30pm to 7.30pm</p>	<p>Language for Life 1.30pm to 2.30pm Invite only</p> <p>.....</p> <p>Tooth Fairy Party First tooth – 5 years 24 October 1.30pm to 3.00pm Booking required.</p> <p>.....</p> <p>Hillingdon Youth Offer (various programmes) 8 to 11 years 4pm to 5.30pm *See notes section for more details.</p>	<p>*Hillingdon Youth Offer 8 to 25 years 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 www.hillingdon.gov.uk/targeted-programmes</p>



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Pinkwell Children's Centre activities timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>P3 (Advice and support) Alternating Mondays 9am – 4pm Book direct with P3 on 01895 436 114 Attention Hillingdon 10.30am to 11.30am 15 September to 7 October Invite Only Ready to Go (School Readiness) 2 to 4 years 3 Week Programme 8, 15 and 22 September 1.30pm to 3pm Booking Required POP UP Stay and Play 0 to 5 Years <u>ONLY ON:</u> 29 September 6 October 1.30pm to 3pm Booking Required</p>	<p>Child Health Reviews 9am to 3.30pm By appointment Midwifery Clinic 9am to 4pm By appointment Attention Hillingdon 10.30am to 11.30am 15 September to 7 October Invite Only Outreach - Stay City 0 to 5 years First Tuesday of every month 1.30pm to 3pm Booking required</p>	<p>Midwifery Clinic 9am to 4pm By appointment Stay and Play Plus 0 to 5 years 10am – 11am Booking required Stay and Play 0 to 5 years 1.30pm to 3pm Booking required</p>	<p>Breastfeeding Drop-in Group 10.00am – 11.30am Toddler Stay & Play 12 – 30 months 10.30am to 11.30am Booking required Health Visitor Child Health Clinic 1pm-3pm Drop in Parent Space 1pm to 2.30pm Invite only</p>	<p>Midwife Clinic 9am to 4pm Health Visitor Reviews 9am to 3.30pm Invite only Baby Group 0 – 12 months (Bumps welcome) 10am to 11am Booking required</p>	<p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillington.gov.uk/children's-centres for more details</p>



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Yeading Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>P3 (Advice and support) (Housing, Education, Training, Employment, Health, Benefits) 9:00am – 4pm Book direct with P3 on: 01895 436 114</p> <p>.....</p> <p>Twinkle Twinkle (A Portage group for young children with Downs Syndrome) 10.15am to 11.30am 6th October Booking required</p> <p>.....</p> <p>Baby Group Bumps to 12 months 1.30pm to 2.30pm Booking required</p>	<p>Midwife 9am to 4pm Appointment Only</p> <p>.....</p> <p>Toddler Stay and Play 12 to 30 months 0 to 5 years 10am to 11.00am Booking required</p> <p>.....</p>	<p>Child Health Clinic 9.30am to 11.30am Drop in</p> <p>.....</p> <p>Midwife 9am to 4pm Appointment Only</p> <p>.....</p> <p>Tooth Fairy Party First tooth – 5 years 8th October 10am to 11.30am Booking required.</p> <p>.....</p> <p>Health Visitor Child Health Reviews 1pm to 4pm Appointment Only</p> <p>.....</p> <p>Stay and Play 0 to 5 years 1.30pm to 3.00pm Booking required</p> <p>.....</p> <p>Online Weaning Delivered by the Health Visiting team via Zoom 10am to 11am Passcode Weaning Meeting ID 954 1018</p>	<p>CNWL Speech and Language Groups 9am to 4pm Appointment Only</p> <p>.....</p> <p>Midwife 1pm to 4pm Appointment Only</p> <p>.....</p> <p>Parent Space 1.30pm to 3pm By Invitation Only</p>	<p>Midwife 9am to 4pm Appointment Only</p> <p>.....</p> <p>Stay and Play Plus 0 to 5 years 10am to 11am Booking required.</p> <p>.....</p> <p>Your Bump & Beyond Antenatal workshops 9.30am to 11.30am 12.30am to 2.30pm Booking required</p> <p>.....</p> <p>Stay and play 0 to 5 years 1.30pm to 3pm Booking required</p> <p>.....</p> <p>SENDIASS DROP IN 19th September 1pm to 3pm Drop in</p> <p>.....</p>	<p>Yeading Dad's and Male Carers Group 0 to 5 years 10am to 11.30am 27th September 25th October Booking required</p> <p>.....</p> <p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillington.gov.uk/children's-centres for more details</p>



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