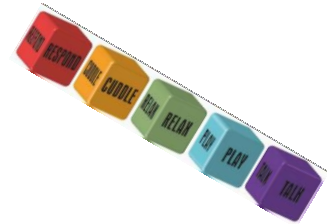














Yiewsley Children's Centre

Colham Avenue, Yiewsley, Middlesex, UB7 8HF Tel:01895 558 194 Email: yiewsleycc@hillingsdon.gov.uk



16 April - 25 May 2018 - The Centre is open Monday - Friday (9:00am-4:00pm) for information and support for families with children up to 5 yrs old.

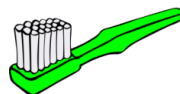
	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<p>Stay and Play 9:30am - 11:00am (under 5's) Please book</p>  <p>La Leche  (Breastfeeding Support) 11:00am - Midday 16 April & 22 May, Drop in</p>	<p>Breastfeeding Peer Support Volunteer Training 9:30am - 11:30am (Crèche available)</p>  <p>To apply, please speak to a member of staff</p>	<p>Stay and Play 9:30am - 11:00am (under 5's) Please book</p>  <p>Small Talk 9:30am - Midday, 23rd May Referral Only</p>	<p>Pebbles 9:30am - 11:00am (under 5's) Invite only</p> 	<p>Baby Clinic (Weigh & Stay) 9:30am - 11:30am, Drop-in Dental Health Team visit once a month</p> <p>Childminder's Group 9:30am - 11:30am, Drop in</p> 
AFTERNOON	<p>Fitness Fun 1:00pm - 2:00pm (18mths - 5years) Please book</p> 	<p>Rollers & Shakers 1:00pm - 2:15pm (0 - 12mths) Please book</p>  <p>Family Support Drop-in 2:30pm - 3:00pm</p>	<p>Wellbeing for Mums 1:00 - 2:30pm (Crèche available) For more information, please speak to a member of staff</p> 	<p>Crawlers & Cruisers 1:00pm - 2:00pm (12 - 24mths) Please book</p>  <p>Bump and After 2:00pm - 3:00pm (0 - 4mths), Drop-in</p> 	<p>Language for Life 1:00pm - 2:00pm For more information, please speak to a member of staff</p> 
Other Services	<p>Antenatal 9:00am - 12:00pm</p> <p>Antenatal 1:00pm - 4:00pm</p>	<p>Dietitian 9:00am - 1:00pm Referral by your GP</p> <p>Yiewsley Ward Councillor Midday - 1:00pm, 17 April & 15 May, Drop in</p>	<p>Perinatal Clinic 9:00am - 4:00pm Referral Only</p>	<p>Health reviews 8 Month & 2 Year olds 9:30am - 1:30pm Appointments via Health Visiting Team</p>	<p>Antenatal 9:00am - Midday</p> <p>Postnatal 1:00pm - 4:00pm</p>

PLEASE NOTE: Due to capacity we would ask you to please arrive on time and please cancel your booking if you no longer need it. Only one Stay and Play session per week can be booked



Breastfeeding support is available from our team every day; please call to make an appointment

Brushing 4 Life



Free children's toothbrushes and paste. Ask a member of staff

Coming Up



Baby Weaning Workshop
29 May 1:30pm - 3:00pm

2 Year old Funding

Do you qualify for FREE childcare for your two-year old child? To find out more, please speak to a member of our staff team or visit: www.hillingdon.gov.uk/freechildcare

Session/Service	Description
Baby Clinic (Weigh & Stay)	Baby weighing clinic with local Health Visitors, please bring your red book. A Breastfeeding Advisor is also available. Partnership with the Health Visiting and Dental Health Teams
Baby Weaning Workshop	A monthly advice and guidance drop in group for parents weaning their baby, provided by the Health Visiting Team
Breastfeeding Peer Support Training	This is a 12 week course for women who have breastfed and would like to expand their knowledge and support other mothers in breastfeeding
Bump and After	A supportive group for 1 st time parents and babies. Breastfeeding advice available
Childminder's Group	Childminders support group, as well as parents interested in meeting childminders.
Crawlers & Cruisers	Stay and Play session for children ages 12-24 months and their grownups to play together.
Family Support Drop In	These sessions are for parents wishing to speak with the Family Development Worker on a one to one basis, offering support, advice or guidance on a range of issues including parenting, finance, health or anything that could affect the family
Fitness Fun	An engaging fitness session to give children the opportunity to explore a range of activities that promote physical development.
La Leche	A mother-to-mother breastfeeding support group run by La Leche League
Language for Life	A 6-week course designed specifically for parents to learn the skills needed to support language, communication and cognitive development, within a fun play session. Speak to a member of staff for more information.
Pebbles	Stay & play session for parents and children to learn through play, planned around the Early Years Foundation Stage
Rollers and Shakers	Stay and Play session for children 0-12 months and their grownups with multi-sensory activity.
Small Talk	A speech and language session for the under 5s. If you have concerns about your child's speech and language please call to speak to someone at the Children's Centre.
Stay and Play	Play, story time, songs and a snack for under 5s and their grownups, planned around the Early Years Foundation Stage
Ward Councillor Surgery	Yiewsley Ward Councillor's Surgery to assist residents with any issues.
Wellbeing for Mums	A six-week programme for mums who are feeling low, isolated, anxious or emotionally overwhelmed. A chance to meet other mums, build a network and learn new skills to help you cope.

Yiewsley Library Sesssions	<ul style="list-style-type: none"> • Baby Rhymetime (under 2's)- Tuesday's 2:15pm - 3:15pm • Conversation Classes- Wednesday's 10:00am - 11:00am • Rhymetime (Under 5's)- Friday's 10:00am - 11:00am
Useful information	Families Information Service - 01895 556489, Community Midwives - 01895 279472, Yiewsley Health Visitors - 01895 452000, P3 Advice and guidance on benefits, housing, work related issues and much more -01895 436114, Hillingdon Talking Therapies - 01895 206 800

PLEASE ALSO HAVE A LOOK AT CHERRY LANE AND COLHAM MANOR CHILDREN CENTRES TIMETABLES AT www.hillingdon.gov.uk/childrenscentres