













29 October - 21 December 2018

The Centre is open Monday - Friday (9:00am - 4:00pm) for information and support for families with children up to 5 years of age.



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

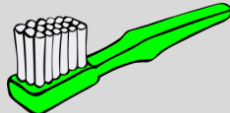



	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<p><b>Stay and Play</b> 09:30am - 11:00am (under 5's) <b>Please book</b></p>  <p><b>Have Your Say</b> <b>26 November!!!</b> (Please ask the team for more information)</p>	<p><b>ESOL: Speaking &amp; Listening</b> (Provided by Hillingdon Adult Education) 9:30am - 11:30am 25 September - 27 November (Crèche Available) <b>Fully booked</b></p>  <p><b>Christmas Craft pop up sessions</b> 10:00am - 11:00am 4 &amp; 11 December <b>Please book</b></p>	<p><b>Stay and Play</b> 09:30am - 11:00am (under 5's), <b>Please book</b></p> <p><b>Mini Rollers</b> <sup>NEW</sup> 10:30am - 11:30am (pregnancy - 6months) <b>Please book</b></p>  <p><b>Under 5's Christmas Party</b> 10:00am-12:00am <b>19 December</b> <u>Booking starts 19 November</u></p> 	<p><b>Crawlers &amp; Cruisers AM</b> 09:30am - 10:30am (12 - 23 months) <b>Please book</b></p> 	<p><b>Baby Clinic (Weigh &amp; Stay)</b> 9:30am - 11:30am (Dental Health Team visit once a month 30 November &amp; 14 December) <b>Drop-in</b></p> <p><b>Childminder's Group</b> 9:30am - 11:00am <b>Drop in</b></p>  <p><i>ChildMinder</i> CARE, DEVELOPMENT &amp; PLAY</p>
AFTERNOON	<p><b>I Can....</b> 1:00pm - 2:00pm (18mths - 5years) 29 October - 3 December <b>Please book</b></p> 	<p><b>Rollers &amp; Shakers</b> 1:00pm - 2:15pm (4 - 12mths) <b>Please book</b></p> <p><b>Under 2's Christmas Party</b> 1:00pm - 2:30pm <b>18 December</b> <u>Booking starts 19 November</u></p> 	<p><b>Wellbeing for Mums</b> 1:00pm - 2:30pm 31 October - 5 December Referral/Invite only (Crèche Available)</p> <p><b>Wellbeing</b> Pop up session (Please book) 1:00pm - 2:00pm 12 December</p>	<p><b>Crawlers &amp; Cruisers PM</b> 1:00pm - 2:00pm (12 - 23 months) <b>Please book</b></p> 	<p><b>Language for Life</b> 1:30pm - 2:30pm 2 November - 14 December Referral/Invite only</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. If you arrive 15 minutes, or more, late for a session, your place may be given to a waiting family.



Ask our team about Five to Thrive for your child 'Building brains for better futures'



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Midwifery Clinic</b>	<b>Antenatal</b> (9:00am - 4:00pm)				<b>Antenatal</b> (9:00am - 12:00pm) <b>Postnatal</b> (1:00pm - 4:00pm)
<b>Other services</b>	<b>Brushing 4 Life</b> Free children's toothbrushes and paste. Ask a member of staff 	<b>Dietician</b> 9:00am - 1:00pm <b>Referral Only</b>  <b>Weaning Workshop</b> 1:30pm - 3:00pm <b>30 October &amp; 27 November</b> <b>Please book</b> 	<b>Perinatal Clinic</b> 9:00am - 4:00pm <b>Referral Only</b>  <b>Small Talk</b> 9:30am - Midday <b>7 November &amp; 19 December</b> <b>Referral Only</b> 	<b>8 Month &amp; 2 Year Health Reviews</b> 9:30am - 1:00pm <b>Appointments made by Health Visiting Team.</b> 	<b>2 year old funding</b> 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: <a href="http://www.hillingdon.gov.uk/freechildcare">www.hillingdon.gov.uk/freechildcare</a>
<b>Yiewsley Library</b>		<b>Baby Rhyme time</b> 2:15pm - 3:15pm (under 2's)	<b>Conversation Classes</b> 10:00 - 11:00am		<b>Rhyme time</b> 10:00am - 11:00am (Under 5's)
<b>Useful information</b>	<b>Families Information Service - 01895 556489, Community Midwives - 01895 279472, Hillingdon Health Visiting Team - 01895 891302, P3 Advice and guidance on benefits, housing, work related issues and much more - 01895 436114, Hillingdon Talking Therapies - 01895 206 800</b>				

<b>Mini Rollers</b>	A supportive group for parents from pregnancy to 6 months of age. Please book or just turn up.
<b>Baby Clinic (Weigh &amp; Stay)</b>	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.
<b>Baby Weaning Workshop</b>	A monthly advice and guidance session for parents weaning their baby, provided by the Health Visiting Team
<b>Childminder's Group</b>	Childminders support group, as well as parents who are looking for childcare. Please ask at reception for more information.
<b>Crawlers &amp; Cruisers</b>	Stay and Play session for children ages 12 - 23 months and their grownups to play together. Please book.
<b>I Can.....</b>	Challenging physical activities to give children the opportunity to explore a range of activities that promote both fine & gross motor skills. Please book.
<b>ESOL Speaking &amp; Listening</b>	Provided by Hillingdon Adult Education. A course to develop speaking & listening skills for adults whose first language is not English.
<b>Rollers and Shakers</b>	Stay and Play session for children 0-12 months and their grownups with multi-sensory activity. Please book.
<b>Small Talk</b>	A speech and language session for the under 5's. If you have concerns about your child's speech and language please speak to members of staff at the Children's Centre. Referrals by Hillingdon hospital.
<b>Stay and Play</b>	Play, story time, songs and a snack for under 5's and their grownups. Please book.
<b>Language for Life</b>	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.
<b>Wellbeing for Mums</b>	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.
<b>Family Support</b>	Our family development worker is available for parenting support and advice. Please speak to a member of the team for more information.
<b>Have Your Say</b>	A chance for parents to share opinions, ideas & give feedback about our children's centre.
<b>Pop up sessions</b>	Fun activity sessions covering a range of topics.

**ALSO CHECK OUT CHERRY LANE AND COLHAM MANOR CHILDREN CENTRES TIMETABLES AT [www.hillingdon.gov.uk/childrenscentres](http://www.hillingdon.gov.uk/childrenscentres)**