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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Community Midwife - Antenatal</b> 9:00am – 4:00pm <i>Appointments made via the Community Midwife Team</i></p> <p><b>Stay and Play</b> (under 5's) 10:00 – 11:00am Please book at reception</p> <p><b>Stay and Play</b> (under 5's) 1:00 – 2:00pm Please book at reception</p> <p><b>Pathway to Employment</b> 2:00 - 4:00pm Booking required</p> <hr/> <p><b>PLEASE NOTE OUR NEW TELEPHONE NUMBER AND EMAIL ADDRESS (above) FROM 1st JULY</b></p> <p><b>01895 558194</b></p> 	<p><b>Dietician</b> 9:00am – 1:00pm referral by your GP <i>Provided by Hillingdon Hospital</i></p> <p><b>Baby Massage</b> <b>10:30 - 11:30</b> Booking required <i>starting 1st Aug for 4 weeks</i></p> <p><b>Yiewsley Ward Councillors Surgery</b> 12:00 – 1:00pm Every 3<sup>rd</sup> week of the month</p> <p><b>Rollers &amp; Shakers</b> (0 - 12mths) 1:00 – 2:00pm Please book at reception</p> <p><b>Crawlers &amp; Cruisers</b> (12 - 23mths) 1:00 – 2:00pm Please book at reception</p> <p><b>Baby Weaning Workshop</b> 1:30 – 3:30pm, Drop-in Last week of month <i>Provided by the Health Visiting Team</i></p> <p><b>Baby Rhymetime</b> (under 2's) 2:15 – 3:15</p> <p><b>@Yiewsley Library</b> <i>Provided by LBH Library services</i></p>	<p><b>26th July</b> <b>Stay and Play</b> (under 5's) 9:30 – 11:00</p> <p><b>2nd August</b> <b>Creative Space</b> (All Age) 10:00 - 11:30</p> <p><b>9th August</b> <b>Sports Day</b> (All Age) 10:00 - 12:00 Yiewsley Rec</p> <p><b>16th August</b> <b>SUMMER PICNIC</b> (All Age) 11:00 - 2:00 Yiewsley Rec</p> <p><b>23rd August</b> <b>Cooking</b> (All Age) 10:00 - 11:30</p> <p><b>30th August</b> <b>Busy Little Fingers</b> (All Age) 10:00 - 11:30 Please book at reception</p> <p><b>Small Talk</b> (speech &amp; Language) 9:30 - 11:30am Appointment only <i>Ask staff about referral process</i> <i>Provided by Speech &amp; Language Team</i></p> <p><b>Conversation Classes</b> 10:00 – 11:00</p> <p><b>@Yiewsley Library</b> <i>Provided by LBH Library services</i></p>	<p><b>Health reviews</b> <b>8 Month &amp; 2 Year olds</b> 9:30am – 1:00pm <i>Appointments made by Health Visiting Team</i></p> <p><b>Advice &amp; Guidance Surgery</b> 9:30 – 12:30pm Appointments Only, every two weeks Please check with reception <i>Provided by P3</i></p> <p><b>Pathway to Employment</b> 2:00 - 4:00pm Drop In</p>  <hr/> <p><b>DAILY DROP IN SERVICES</b></p> <p><b>Lads2dads</b> Support available for young dads and expectant dads under 25 years</p> <p><b>Dads</b> Support available Please contact reception</p> <p><b>Breast feeding Support</b> including a Male worker for Dads (check for availability)</p>	<p><b>Community Midwife - Antenatal</b> 9:00am – 12:00pm <i>Appointments made via the Community Midwife Team</i></p> <p><b>Childminder's Group</b> 9:30 – 11:30am Come and meet a childminder</p> <p><b>Baby Clinic (Weigh &amp; Stay)</b> 9:30 – 11:30am Drop-in <i>Partnership with the Health Visiting and Dental Health Teams</i></p> <p><b>Community Midwife -Postnatal</b> 1:00pm – 4:00pm <i>Appointments made via the Community Midwife Team</i></p>  <hr/> <p><b>NEW ADULT EDUCATION COURSES STARTING SEPTEMBER IN A VARIETY OF SUBJECTS</b></p> <p><b>Contact reception for more details</b></p>

## A to Z of ACTIVITY DESCRIPTIONS

<b>2 Year old funding</b>	Staff are available to check eligibility and assist in the application process. Families Information Service will be available at specific times
<b>Advice &amp; Guidance</b>	Advice and guidance on benefits, housing, work related issues and much more. <a href="#">Book at reception</a> . <i>Delivered by P3.</i>
<b>Antenatal/Postnatal Clinic</b>	Antenatal/Postnatal appointments for mothers, appointments made via community midwives on 01895 279472.
<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.
<b>Baby Massage</b>	Baby massage sessions supported by trained staff. <a href="#">Book at reception (MUST ATTEND ALL SESSIONS)</a>
<b>Baby Weaning Party</b>	A monthly advice and guidance drop in group for parents weaning their baby.
<b>Breast Feeding Support</b>	Trained staff can answer any questions and provide support on breastfeeding, drop in or make an appointment. Male worker available for Dads.
<b>Brushing 4 life</b>	Dental hygiene sessions with free toothbrush and toothpaste for under 5's
<b>Bump &amp; Beyond</b>	Free antenatal classes at all children's centres supported by Community Midwife Team and Health Visiting Team
<b>Childminder's Group</b>	Childminders and their mindees as well as parents interested in meeting childminders. Speak to staff for further information.
<b>Crawlers &amp; Cruisers</b>	Stay and Play session for children ages 12-23 months and their grownups to play together. <a href="#">Book at reception</a> .
<b>Conversation Classes</b>	Held at Yiewsley Library every Wednesday. Please contact 01895 558286 for more information. <i>Delivered by Yiewsley Library</i>
<b>Dads Support</b>	Drop in service offering advice, guidance and support for fathers and expectant fathers. Please check with reception for staff availability.
<b>Dietician</b>	Nutritional guidance and support, referral by GP only.
<b>Family Support</b>	We are able to sign post you to our neighbouring centres for any family support. Check with a staff member first as we may be able to assist.
<b>Health Reviews</b>	Health reviews for 8 month and 2 year olds. This is managed and appointments communicated directly by the Health Visiting Team.
<b>Lads2dads Support</b>	Drop in service offering advice, guidance and support for fathers and expectant fathers. Please check with reception for staff availability.
<b>Language 4 life</b>	A programme to help your child with any speech and language difficulties. Please contact a member of the team
<b>Pathway to Employment</b>	Advice on CV writing, interview techniques, job searching and training. <a href="#">Book at reception</a>
<b>Rollers and Shakers</b>	Stay and Play session for children 0-12 months and their grownups with multi-sensory activity. <a href="#">Book at reception</a> .
<b>Small Talk</b>	A speech and language session for the under 5s, ask reception for more details, referral by the team only.
<b>Stay and Play</b>	Play, story time, songs and a snack for under 5s and their grownups. <a href="#">Book at reception</a> .
<b>Your Bump &amp; Beyond</b>	Free antenatal classes held at all children's centres. Check at reception on <a href="#">how to book</a> .
<b>Ward Councillor Surgery</b>	Yiewsley Ward Councillors available to assist residents with any issues.

**DUE TO DEMAND, BOOKING FOR ACTIVITIES IS ESSENTIAL. PLEASE FOLLOW THE BOOKING REQUIREMENTS ABOVE.**

**Have you any spare time and would like to volunteer at the Children's Centre? Contact reception for details.**

[www.hillingdon.gov.uk/childrenscentres](http://www.hillingdon.gov.uk/childrenscentres)

