




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Community Midwife - Antenatal 9:00am – 4:00pm <i>Appointments made via the Community Midwife Team</i></p> <p>Stay and Play (under 5's) 9:30 – 11:00am Please book at reception</p> <p>Adult Education Keeping up with the Children - in Numeracy 9:30 – 11:30am (crèche available) <i>Provided by LBH Adult Education</i></p> <p>Stay and Play (under 5's) 1:00 – 2:30pm Please book at reception</p> <p>Stepping Stones 1:00 – 3:00pm (no crèche available) <i>Provided by Brilliant Parents</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>COMING SOON:</p> <ul style="list-style-type: none"> Baby Massage Language 4 Life </div>	<p>Dietician 9:00am – 1:00pm referral by your GP <i>Provided by Hillingdon Hospital</i></p> <p>Yiewsley Ward Councillors Surgery 12:00 – 1:00pm Every 3rd week of the month</p> <p>Rollers & Shakers (0 - 12mths) 1:00 – 2:00pm Please book at reception</p> <p>Crawlers & Cruisers (12 - 23mths) 1:00 – 2:00pm Please book at reception</p> <p>Baby Weaning Workshop 1:30 – 3:30pm, Drop-in Last week of month <i>Provided by the Health Visiting Team</i></p> <p>Pathway to Employment 2:00 - 4:00pm Booking required</p> <p>Baby Rhymetime (under 2's) 2:15 – 3:15 @Yiewsley Library <i>Provided by LBH Library services</i></p>	<p>Stay and Play (under 5's) 9:30 – 11:00am Please book at reception</p> <p>Small Talk (speech & Language) 9:30 - 11:30am Appointment only <i>Ask staff about referral process</i> <i>Provided by Speech & Language Team</i></p> <p>Conversation Classes 10:00 – 11:00 @Yiewsley Library <i>Provided by LBH Library services</i></p> <p>Your Bump & Beyond 2:00 – 5:00 pm 28th June to 26th July</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>DAILY DROP IN SERVICES</p> <p>Lads2dads Support available for young dads and expectant dads under 25 years</p> <p>Dads Support available Please contact reception</p> <p>Breast feeding Support including a Male worker for Dads (check for availability)</p> </div>	<p>Health reviews 8 Month & 2 Year olds 9:30am – 1:00pm <i>Appointments made by Health Visiting Team</i></p> <p>Nursery Rhymes (Under 5's) 9:30 – 10:30am @Yiewsley Baptist Church 2nd week of the month (term time only) <i>Provided by Yiewsley Baptist Church</i></p> <p>Advice & Guidance Surgery 9:30 – 12:30pm Appointments Only, every two weeks Please check with reception <i>Provided by P3</i></p> <p>Pathway to Employment 2:00 - 4:00pm Drop In</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>PLEASE NOTE:</p> <p>MOBILE PHONES SHOULD NOT BE USED OR PHOTOS TAKEN WHILST IN THE CENTRE.</p> </div>	<p>Community Midwife - Antenatal 9:00am – 12:00pm <i>Appointments made via the Community Midwife Team</i></p> <p>Childminder's Group 9:30 – 11:30am Come and meet a childminder</p> <p>Baby Clinic (Weigh & Stay) 9:30 – 11:30am Drop-in <i>Partnership with the Health Visiting and Dental Health Teams</i> <i>Dental Health Specialist attending the session on 16st June & 21st July</i></p> <p>Storytime 10:00 – 11:00 @Yiewsley Library (term time only) <i>Provided by LBH Library services</i></p> <p>Community Midwife -Postnatal 1:00pm – 4:00pm <i>Appointments made via the Community Midwife Team</i></p> <div style="text-align: center; margin-top: 10px;">  </div>

A to Z of ACTIVITY DESCRIPTIONS

2 Year old funding	Staff are available to check eligibility and assist in the application process. Families Information Service will be available at specific times
Adult Education	Various courses to improve your knowledge (Under 5s) See reception for latest courses on offer and how to book .
Advice & Guidance	Advice and guidance on benefits, housing, work related issues and much more. Book at reception . <i>Delivered by P3.</i>
Antenatal/Postnatal Clinic	Antenatal/Postnatal appointments for mothers, appointments made via community midwives on 01895 279472.
Baby Clinic (Weigh & Stay)	Baby weighing clinic with local Health Visitors, please bring your red book. A Breastfeeding Advisor is also available.
Baby Massage	Baby massage sessions supported by trained staff. Book at reception
Baby Weaning Party	A monthly advice and guidance drop in group for parents weaning their baby.
Breast Feeding Support	Trained staff can answer any questions and provide support on breastfeeding, drop in or make an appointment. Male worker available for Dads.
Brushing 4 life	Dental hygiene sessions with free toothbrush and toothpaste for under 5's
Bump & Beyond	Free antenatal classes at all children's centres supported by Community Midwife Team and Health Visiting Team
Childminder's Group	Childminders and their mindees as well as parents interested in meeting childminders. Speak to staff for further information.
Crawlers & Cruisers	Stay and Play session for children ages 12-23 months and their grownups to play together. Book at reception .
Conversation Classes	Held at Yiewsley Library every Wednesday. Please contact 01895 558286 for more information. <i>Delivered by Yiewsley Library</i>
Dads Support	Drop in service offering advice, guidance and support for fathers and expectant fathers. Please check with reception for staff availability.
Dietician	Nutritional guidance and support, referral by GP only.
Family Support	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.
Health Reviews	Health reviews for 8 month and 2 year olds. This is managed and appointments communicated directly by the Health Visiting Team.
Lads2dads Support	Drop in service offering advice, guidance and support for fathers and expectant fathers. Please check with reception for staff availability.
Language 4 life	A programme to help your child with any speech and language difficulties. Please contact a member of the team
Nursery Rhyme's	Lets sing and make some sounds for under 5s. <i>Delivered by Yiewsley Baptist Church.</i> Drop In session
Pathway to Employment	Advice on CV writing, interview techniques, job searching and training. Book at reception
Rollers and Shakers	Stay and Play session for children 0-12 months and their grownups with multi-sensory activity. Book at reception .
Small Talk	A speech and language session for the under 5s, ask reception for more details, referral by the team only.
Stay and Play	Play, story time, songs and a snack for under 5s and their grownups. Book at reception .
Storytime	Join with others at Yiewsley Library for storytime. <i>Delivered by Yiewsley Library</i>
Stepping Stones	A parenting course for parents looking after children with additional needs
Talk & Play	A small & supportive under 5s play session, referral from staff only.
Your Bump & Beyond	Free antenatal classes held at all children's centres. Check at reception on how to book .
Ward Councillor Surgery	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

