





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) 09:30 – 11:00am Please book at reception</p> <p>Stay and Play (under 5's) 1:00 – 2:00pm Please book at reception</p> <p>Pathway to Employment 2:00 - 4:00pm Booking required</p> <p>Adult Education (all Age) 12:30 –14:30pm <i>No Creche available</i> Please book at reception <i>Provided by Hillingdon Adult Education</i></p> <hr/> <p>PLEASE NOTE OUR NEW TELEPHONE NUMBER AND EMAIL ADDRESS</p> 	<p>Dietician 9:00am – 1:00pm referral by your GP <i>Provided by Hillingdon Hospital</i></p> <p>Adult Education <i>Creche available</i> 9:30am –11:30pm Please book at reception <i>Provided by Hillingdon Adult Education</i></p> <p>Yiewsley Ward Councillors</p> <p>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 - 24mths) 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>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) 09:30 – 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> <hr/> <p><u>NEW ADULT EDUCATION COURSES STARTING FROM SEPTEMBER</u></p> <p>ESOL 12th September Literacy & Numeracy 31st October Parent First Aid - 3rd October Diwali Divas 2nd October Just Jhoom toddlers - 13th Nov</p> <p>plus many more check with reception</p>	<p>Health reviews 8 Month & 2 Year olds 9:30am – 1:00pm <i>Appointments made by Health Visiting Team</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>Nursery Rhymes (under 5's) 9:30 – 10:30 @ Yiewsley Baptist Church Every 2nd week of the month <i>Provided by Yiewsley Baptist Church</i></p> <p>Pathway to Employment 2:00 - 4:00pm Drop In</p> <hr/> <p><u>DAILY DROP IN SERVICES</u></p> <p>Lads2dads Support available for young dads and expectant dads under 25 years</p> <p>Dads Support available Please contact reception</p> <p>Breastfeeding Support including a Male worker for Dads (check for availability)</p>	<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 (Weight & Stay) 9:30 – 11:30am Drop-in <i>Partnership with the Health Visiting and Dental Health Teams</i></p> <p>Rhymetime (Under 5's) 10:00 - 11:00 @Yiewsley Library <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> <hr/>  <p>SESSIONS STARTING SOON.</p> <p>Baby Massage and Language 4 life Please contact reception</p>

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	Courses for parents to learn or have some family fun. Please contact reception for details
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 (MUST ATTEND ALL SESSIONS)
Baby Rhymetime	Held at Yiewsley Library . Rhymes for under 2's
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 little people 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	Hillingdon Hospital nutritional guidance and support, referral by GP only.
Family Support	We are able to signpost 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 under 25. 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
Rhymetime	Held at Yiewsley Baptist Church . Musical rhymes for children under 5 and their parents
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	Held at Yiewsley Library . Stories for under 5's
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

