


North Locality Children's Centres: Coteford and Harefield and South Ruislip, Autumn Timetable 5 September to 28 October 2022


The Centres are open Monday - Friday (9am to 4pm) for information and support for families with children up to 5 years

HOW TO BOOK – Please call a children's centre to book the working day before the session. Calls will be taken from 10:00am.
If you cannot attend, please CALL To CANCEL as soon as you know

<p>South Ruislip Children's Centre Queens Walk HA4 0LR 01895 556806 srcc@hillingdon.gov.uk</p>	<p>Harefield Children's Centre High Street, Harefield UB9 6BT 01895 277108 harefieldcc@hillingdon.gov.uk</p>	<p>Coteford Children's Centre Fore Street, Pinner, HA5 2HX 01895 556682 cotefordcc@hillingdon.gov.uk</p>
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To see other Children's Centres timetables across Hillingdon Borough please visit www.hillingdon.gov.uk/childrenscentres

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<p>Coteford Story and Rhyme 2 to 4 years 10:15am to 11:00am 3 October to 17 October Please call to book</p> <p>Harefield Stay and Play 0 to 5 years 9:45am to 11:15am 12 September to 24 October Please call to book</p> <p>South Ruislip Baby Group 0 to 12 months 9:45am to 11:00am 12 September to 24 October Please call to book</p> 	<p>Coteford Volunteering Course 9.30am to 11.30am 4, 11 and 18 October</p> <p>Coteford Stay and Play Plus 10:15am to 11:30am 6 September to 25 October Referral/Invite Only</p> <p>Harefield Breastfeeding Drop In 10.30am to 11.30am Starting 27 September</p> <p>Harefield Baby Group 0 to 12 months 10:15am to 11:30am 6 September to 25 October Please call to book</p> <p>Virtual Workshop ICan Workshop (Speech and Language) 10:00am to 11:00am 11 October Please call to book</p>	<p>Coteford Stay and Play 0 to 5 years 09:45am to 11:15am 14 September to 26 October Please call to book</p> <p>Virtual Workshop Ducklings 10:00am to 11:30am 28 September to 19 October Referral/Invite only</p> <p>Harefield Musical Babies 0 to 12 months 10:30am to 11:15am 7 September to 26 October Please call to book</p> <p>South Ruislip Toddler Time 1 to 2 years 10:30am to 11:45am 7 September to 26 October Please call to book</p> <p>Virtual Workshop Fussy Eating 10:00am to 11:00am 5 October Please call to book</p>	<p>Coteford Toddler Time 1 to 2 year olds 10:15am to 11:30am 8 September to 27 October Please call to book</p> <p>Harefield Parent Space 10:30am to 11:30am Invite only</p> <p>Virtual Workshop Be Inspired 10:00am to 11:30am 15 September to 20 October Please call to book</p> <p>South Ruislip Stay and Play 0 to 5 years 9:30am to 11:00am 8 September to 27 October Please call to book</p> <p>Virtual Workshop Toilet Training Workshop 10.00am to 11.00am 15 September Please call to book</p>	<p>Harefield Forest School Steady walkers to 5 years old 6 week Programme 9:45am to 11:15am 9 September to 21 October (No class 23 September) Please call to book</p> <p>RAF Northolt Held at the Link Stay and Play Drop In Forces Families 0 – 5 years 10:00am to 11:00am Starting 23 September</p> <p>South Ruislip Baby Massage 10:30am to 11:30am 30 September to 21 October Invite only</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon	<p>Coteford Nurturing Beginnings 1:00pm to 2.30pm 19 September to 17 October Referral/Invite only</p> <p>Harefield Little Cooks 1:15pm to 2:45pm 26 September to 17 October Please call to book</p> <p>South Ruislip P3 Advice 1:00pm to 4:00pm 5 September Please call to book</p> <p>South Ruislip Attention Hillingdon 2:00pm to 2.30pm 19 September to 10 October Referral/Invite only</p>	<p>Coteford Baby Massage 1:30pm to 2:30pm 6 September to 27 September Referral/Invite only</p> <p>Harefield Toddler Time 1 to 2 years 1:30pm to 2:45pm 6 September to 25 October Please call to book</p> <p>South Ruislip Attention Hillingdon 2:00pm to 2.30pm 20 September to 11 October Referral/Invite only</p> <p>Coteford Parent Space 1:30pm to 2:30pm Invite only</p>	<p>Coteford Parent Space 1:30pm to 2:30pm Invite only</p> <p>Harefield Attention Hillingdon 1.30pm to 2.30pm 7 September to 19 October Referral/Invite only</p> <p>South Ruislip Breastfeeding Drop in 1:00pm to 2:30pm 7 September to 26 October</p> 	<p>Coteford Baby Group 0 to 12 months old 1:30pm to 2:45pm Starting 8 September Please call to book</p> <p>Harefield Stay and Play Plus 1:00pm to 2:15pm 6 October to 20 October Please call to book</p> <p>South Ruislip Nurturing Programme (Parenting) 12:30pm to 2:30pm 29 September to 8 December (No session 27 October) Invite only</p>	<p>Coteford Your Bump and Beyond (Antenatal Programme) 1:30pm to 3:30pm 16 September to 14 October Please call to book</p> <p>Virtual Workshop Transition for Toddlers 1:00pm to 2:00pm 14 October Please call to book</p> <p>South Ruislip Parent Space 1:30pm to 2:30pm Invite only</p>
	<p>Virtual Weaning Party delivered by the Health Visiting Team via Zoom Meeting ID: 954 1018 8033 Passcode: Weaning 10:00am to 11:00am</p>				
	<p>Midwifery (CCC) Breast Feeding 1-1 (SRCC) Health Visitor's Clinic (CCC) <u>Appointment only</u></p>	<p>Midwifery (SRCC) Breast Feeding 1-1 (HCC) Health Visitor's Clinic (HCC) <u>Appointment only</u></p>	<p>Midwifery (CCC) Perinatal Mental Health (CCC) Breast Feeding Specialist Clinic (SRCC) Health Visitor's Clinic (HCC) <u>Appointment only</u></p>	<p>Midwifery (HCC) Midwifery (SRCC) Health Review's (CCC) <u>Appointment only</u></p>	<p>Midwifery (SRCC) Physio (CCC) <u>Appointment only</u></p>

<p>Please call your local Children's Centre for more info on Food Bank</p> 	<p>Virtual Oral Health Education Session for Parents & Carers via ZOOM Please call 01895 558194 for more information</p> 	<p>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</p>	<p>With Healthy Start, you get free vouchers every week to spend on milk, fresh, frozen, and tinned fruit and vegetables, fried, and tinned pulses, and infant formula milk. You can also get free vitamins.</p> 	<p>SEND Local Offer https://www.hillingdon.gov.uk/send "Our local offer provides information for children and young people with special educational needs and disabilities (SEND) and their parents/carers."</p>	<p>We have a new Facebook page Just log onto Facebook and search Hillingdon Children's Centres North</p> 
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Other services at the centres	Midwifery Clinics, Health Visitor Clinics, Breastfeeding Support Clinics, Perinatal Mental Health Clinics, Physiotherapy, Speech and Languages These are all booked by appointment with the service only or call one of the Children's Centres for more information
Useful information	Families Information Service - 01895 556489, Community Midwives - 01895 279472, delivered Hillingdon Health Visiting Team - 01895 891302, Hillingdon Talking Therapies - 01895 206800

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Health & Partner Services

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Coteford Midwifery Services 9:00am to 4:00pm Appointment only</p> <p>Coteford Health Visitors Clinic 9:00am to 12:30pm Appointment only</p> <p>South Ruislip Breast Feeding 1-1 9:00am to 4:00pm Appointment only</p> <p>South Ruislip P3 Advice 1pm to 4pm Please call to book</p> <p>South Ruislip Children’s Integrated Therapy Service 12 Sept (Speech and Language) 19 Sept (Occupational Therapy) 26 Sept (Physio) 9:00am to 12:00pm Please call to book</p>	<p>Harefield Health Visitors Clinic 9:00am to 1:00pm Appointment only</p> <p>Harefield Breastfeeding 1-1 1.30pm to 4:00pm Appointment only</p> <p>South Ruislip Midwifery Services 9:00am to 4:00pm Appointment only</p> <p>South Ruislip 8 month Development Reviews 9.30am to 11.30am Invite only</p>	<p>Coteford Midwifery Services 9:00am to 4:00pm Appointment only</p> <p>Coteford Perinatal Mental Health Clinic 9:00am to 1:00pm Invite only</p> <p>Harefield 2 Year Development Checks 1:00pm to 4:00pm Invite only</p> <p>South Ruislip Breastfeeding Specialist Clinic 9:00am to 4:00pm Appointment only</p> <p>Virtual Weaning Party delivered by the Health Visiting Team via Zoom Meeting ID: 954 1018 8033 Passcode: Weaning 10:00am to 11:00am</p>	<p>Coteford Health Reviews 9:00am to 1:00pm Appointment only</p> <p>Harefield Midwifery Services 9:00am to 4:00pm Appointment only</p> <p>South Ruislip Midwifery Services 9:00am to 4:00pm Appointment only</p>	<p>Coteford Children’s Integrated Therapy Service (Physio) 9:00am to 1:00pm Please call to book</p> <p>South Ruislip Midwifery Services 9:00am to 4:00pm Appointment only</p> <div data-bbox="1780 837 2150 1045" data-label="Image">  </div>

Midwifery Community Midwives	Health Visiting Team	Hillingdon Talking Therapies
01895 279472	01895 891302	01895 206800