

# South West Locality Family Hub and Children's Centres

Cherry Lane, Colham Manor, Oak Farm, Uxbridge and Yiewsley

4 November – 24 December 2024



*Thriving healthy households*



**HILLINGDON**  
LONDON

[www.hillingdon.gov.uk/family-hubs](http://www.hillingdon.gov.uk/family-hubs)

# Useful information

## How to Book

Families can book onto one session per week.

Please call a children's centre to book. If you cannot attend, please call to cancel.

To book additional sessions, please call on the centre on the day, to see if any spaces have become available for that day.

## Hillingdon family hubs and children's centres

To see other family hubs and children's centres timetables across Hillingdon Borough please visit [www.hillingdon.gov.uk/children's-centres](http://www.hillingdon.gov.uk/children's-centres)

To view our range of services, session descriptions and to see other family hubs and children's centres timetables visit [www.hillingdon.gov.uk/family-hubs](http://www.hillingdon.gov.uk/family-hubs)

## Hillingdon Youth Offer

There are a variety of programmes and activities available to children and young people aged 8 to 19 (up to 24 years with special educational needs) who live, learn or earn in Hillingdon.

To find out more, please visit [www.hillingdon.gov.uk](http://www.hillingdon.gov.uk)

## Centre information

The Centres are open Monday to Friday, from 9am to 4pm for information and support for families (some centres are open later in accordance with the timetable)

## Cherry Lane Children's Centre

Sipson Road, West Drayton, UB7 9DL

☎ 01895 250393

@cherrylanecc@hillingdon.gov.uk

## Colham Manor Children's Centre

Violet Avenue, Hillingdon, UB8 3PT

☎ 01895 250211

@colhammanorcc@hillingdon.gov.uk

## Oak Farm Children's Centre

Windsor Avenue, Hillingdon, UB10 9PD

☎ 01895 250865

@oakfarmcc@hillingdon.gov.uk

## Uxbridge Family Hub

Civic centre, High Street, Uxbridge, UB8 1UW

☎ 01895 558190

@uxbridgecc@hillingdon.gov.uk

## Yiewsley Children's Centre

Colham Avenue, Yiewsley, UB7 8HF

☎ 01895 558194

@yiewsleycc@hillingdon.gov.uk

## Health and partner services contacts

### Midwifery Community Midwives

☎ 01895 279472

### Health Visiting Team

☎ 01895 891302

🌐 [www.hillingdoncyp.cnwl.nhs.uk](http://www.hillingdoncyp.cnwl.nhs.uk)

🌐 [www.cnwl.nhs.uk/services/community-services/hillingdon-0-19-health-visiting-service](http://www.cnwl.nhs.uk/services/community-services/hillingdon-0-19-health-visiting-service)

### Hillingdon Talking Therapies

☎ 01895 206800

🌐 [talkingtherapies.cnwl.nhs.uk/hillingdon](http://talkingtherapies.cnwl.nhs.uk/hillingdon)

### P3 Navigator Yiewsley Advice Centre

(Housing, Education, Training, Employment, Health, Benefits)

☎ 01895 436114

## Hillingdon Talks, Moves and Plays

(Children's Integrated Therapies) visit [www.cnwl.nhs.uk/children-integrated-therapy-service](http://www.cnwl.nhs.uk/children-integrated-therapy-service)

☎ 01895 488 200

## Other information

### Childcare funding

Do you qualify for funded childcare for your child, from nine months to four years old? To find out more, speak to a member of our staff or visit [www.hillingdon.gov.uk/funded-childcare](http://www.hillingdon.gov.uk/funded-childcare).

### Start for Life

For more information on Hillingdon's Start for Life, visit [www.hillingdon.gov.uk/start-for-life](http://www.hillingdon.gov.uk/start-for-life)

### Healthy Start

Healthy Start helps you buy healthy foods and get free vitamins if you are pregnant or have a child under 4 and claim certain benefits. To apply visit [www.hillingdon.gov.uk/healthystart](http://www.hillingdon.gov.uk/healthystart) to get help to buy food and milk (Healthy Start) or contact your local Family Hub or Children's Centre.

### SEND Local Offer

Our local offer provides information for children and young people with special educational needs and disabilities (SEND) and their parents/carers.

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

### Further support for your family

For further help and support for your family, visit [www.hillingdon.gov.uk/stronger-families](http://www.hillingdon.gov.uk/stronger-families)

You can also follow us on Facebook and Instagram.



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# Cherry Lane Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Midwife Antenatal &amp; Postnatal</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Multi-Disciplinary Team (MDT)</b> 9am to 12.45pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Baby Group 0 to 12 months</b> 4 November to 23 December 1.30pm to 2.30pm <i>Booking Required.</i></p>	<p><b>Attention Hillingdon</b> 10am to 10.45am 12 November to 3 December <i>By Invitation only.</i></p> <p>.....</p> <p><b>Stay &amp; Play 12 Months – 24 Months</b> 5 November to 17 December 1.30pm to 2.30pm <i>Booking Required.</i></p>	<p><b>Health Visitor 2 Year Check</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Stay &amp; Play 0 – 5 Years</b> 6 November to 18 December 9.15am to 10.45am <i>Booking Required.</i></p> <p>.....</p> <p><b>Child Health Clinic</b> 1pm to 3pm <i>Drop In.</i></p>	<p><b>Midwife Antenatal and Postnatal</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Attention Hillingdon</b> 10am to 10.45am 14 November to 5 December <i>By Invitation only.</i></p> <p>.....</p> <p><b>Stay &amp; Play 0 – 5 Years</b> 14 November to 19 December 1pm to 2.30pm No Session 7 November <i>Booking Required.</i></p>	<p><b>Perinatal Mental Health</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Let's Get Active Confident Walkers – 5 Years</b> 8 November to 20 December 10am to 11am No Session 22 November <i>Booking Required.</i></p>	<p><b>All Centres will be closed all day on Monday 18 November and for the Afternoon on Wednesday 11 December</b></p> <p>.....</p> <p><b>Dad's Stay &amp; Play 0 – 5 Years</b> Saturday 9 November Saturday 14 December 10am to 11.30am <i>Booking Required.</i></p>



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# Colham Manor Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Midwife Antenatal and Postnatal</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Baby Group</b> <b>0 to 12 months</b> 4 November to 23 December 10.15am to 11.15am No Session 2 December <i>Booking Required.</i></p> <p>.....</p> <p><b>Attention Hillingdon</b> 1.30pm to 2.15pm 25 November to 17 December <i>By Invitation only.</i></p>	<p><b>Midwife Antenatal and Postnatal</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Neonatal Clinic</b> 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Speech &amp; Language Therapy Services (SLT)</b> 9am to 1pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Baby Sensory 0 to 12 months</b> 10am to 11am Various dates available, please call for more information. <i>Booking Required.</i></p> <p>.....</p> <p><b>Attention Hillingdon</b> 1.30pm to 2.15pm 25 November to 17 December <i>By Invitation only.</i></p>	<p><b>Midwife Antenatal and Postnatal</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Speech &amp; Language Therapy Services (SLT)</b> 9am to 1pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Children Development Centre Services (CDC)</b> 9.30am to 11.30am <i>By appointment only.</i></p> <p>.....</p> <p><b>Stay &amp; Play</b> <b>12 Months – 24 Months</b> 6 November to 18 December 1.30pm to 2.30pm No Session 6 November &amp; 11 December <i>Booking Required.</i></p>	<p><b>BCG Clinic</b> 9am to 4pm <i>By Invitation only.</i></p> <p>.....</p> <p><b>Speech &amp; Language Therapy Services (SLT)</b> 9am to 1pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Breastfeeding Support Clinic Appointments</b> 9am to 1pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Breastfeeding Support Clinic Walk In</b> 10am to 11.30am <i>Drop In.</i></p> <p>.....</p> <p><b>Perinatal Mental Health Appointments</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Let's Get Active</b> <b>Confident Walkers – 5 Years</b> 8 November to 20 December 10am to 11am No Session 14 November <i>Booking Required.</i></p>	<p><b>Perinatal Mental Health Appointments</b> 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Midwife Antenatal and Postnatal</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Autism Parent Support Group</b> 9.30am to 11am 14 November 12 December <i>Booking Required.</i></p> <p>.....</p> <p><b>Stay &amp; Play</b> <b>0 – 5 Years</b> 8 November to 20 December 10am to 11.30am No Sessions 14 November &amp; 12 December <i>Booking Required.</i></p>	<p>All Centres will be closed all day on <b>Monday 18 November</b> and for the Afternoon on <b>Wednesday 11 December</b></p>



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# Oak Farm Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Midwife Antenatal Clinic</b> 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Stay &amp; Play</b> <b>0 to 5 years</b> 4 November to 23 December 10am to 11.30am No session 2 December <i>Booking Required.</i></p> <p>.....</p> <p><b>Health Visitor</b> 1pm to 3pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Midwife Postnatal Clinic</b> 12.30pm to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Attention Hillingdon</b> 25 November to 17 December 1.30pm to 2.30pm <i>By Invitation only.</i></p>	<p><b>Perinatal Mental Health</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Ducklings</b> <b>0 to 5 years</b> 26 November to 4 December 9.30am to 11am <i>By Invitation only.</i></p> <p>.....</p> <p><b>Attention Hillingdon</b> 25 November to 17 December 1.30pm to 2.30pm <i>By Invitation only.</i></p>	<p><b>Breastfeeding Support</b> 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Little Tasters</b> 20 November to 18 December 10am to 11am <i>By Invitation only.</i></p> <p>.....</p> <p><b>Ducklings</b> <b>0 to 5 years</b> 26 November to 4 December 9.30am to 11am <i>By Invitation only.</i></p> <p>.....</p> <p><b>Let's Get Active</b> <b>Confident Walkers to 5 Years</b> 6 November to 18 December No session 11 December 1.30pm to 2.30pm <i>Booking Required.</i></p>	<p><b>Child Health Clinic</b> 9.30am to 11.30am <i>Drop in.</i></p> <p>.....</p> <p><b>Health Visitor</b> <b>2 Year Reviews</b> 12pm to 3pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Stay &amp; Play</b> <b>12 to 24 months</b> 7 November to 19 December 1.30pm to 2.30pm No session 28 November <i>Booking Required.</i></p> <p>.....</p> <p><b>Your Bump &amp; Beyond Workshop</b> 28 November 1pm to 3:30pm <i>By Invitation only.</i></p>	<p><b>Baby Group</b> <b>0 to 12 months</b> 8 November to 20 December 10.30am to 11.30am <i>Booking Required.</i></p> <p>.....</p> <p><b>Midwife Postnatal Clinic</b> 12.30pm to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Stay &amp; Play</b> <b>0 to 5 years</b> 1.30pm to 2.30pm Various dates available <i>Booking Required.</i></p>	<p><b>All Centres will be closed all day on Monday 18 November and for the Afternoon on Wednesday 11 December</b></p>



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## Uxbridge Family Hub Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Midwife</b> <b>Antenatal Clinic</b> 9am to 12pm <i>By appointment only.</i></p> <hr/> <p><b>Baby Sensory</b> <b>Newborn to Non-movers</b> 10.30am to 11.30am <i>Booking required.</i></p>	<p><b>Health Visitor</b> <b>Child Health Reviews</b> 9am to 12pm <i>By appointment only.</i></p> <hr/> <p><b>P3 Family Advice</b> 9am to 12pm <i>Booking required.</i></p> <hr/> <p><b>CITS - Small Talk</b> <b>(speech and language)</b> 9am to 12pm <i>By appointment only.</i></p>	<p><b>Midwife</b> <b>Antenatal Clinic</b> 9am to 12pm <i>By appointment only.</i></p> <hr/> <p><b>Stay &amp; Play</b> <b>0 to 5 years</b> 10am to 11.30am <i>Booking required.</i></p>	<p><b>Health Visitor</b> <b>Child Health Reviews</b> 9am to 12pm <i>By appointment only.</i></p> <hr/> <p><b>Chattertots</b> 9am to 12pm <i>By invitation only.</i></p> <hr/> <p><b>Let's Get Active – Pop Up</b> <b>Confident Walkers to 5 Years</b> 10am to 11.15am Various dates available <i>Booking required.</i></p>	<p><b>Midwife</b> <b>Antenatal Clinic</b> 9am to 12pm <i>By appointment only.</i></p> <hr/> <p><b>CITS - More Than Play</b> <b>(speech and language)</b> 9am to 12pm <i>By appointment only.</i></p>	<p>All Children Centres will be closed all day on <b>Monday 18 November</b> and for the <b>Afternoon on Wednesday 11 December</b></p> <hr/> <p><b>SATURDAY ONLY</b> <b>Hillingdon Youth Offer</b> <b>13 to 24 years</b> 10am to 2pm</p> <p>Various programmes include: Counselling, Mentoring, Transition, Support, LGBTQ+, Sexual Health information and advice, Substance Use and Misuse support, Programmes for girls, young women, boys and young men. <i>Use links below for programmes available</i> <a href="#">Targeted programmes for children and young people - Hillingdon Council</a> <a href="#">Young people's centres, mobile and detached team - Hillingdon Council</a></p>



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# Uxbridge Family Hub Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Signalong with creche (Portage)</b> 12.30pm to 2.30pm 4 November <i>By invitation only.</i></p> <hr/> <p><b>Stay &amp; Play</b> <b>0 to 5 Years</b> 1.15pm to 2.30pm Starts 11 November <i>Booking required.</i></p> <hr/> <p><b>Baby Massage</b> 1.30pm to 2.30pm 14 October to 11 November <i>By invitation only.</i></p> <hr/> <p><b>Hillingdon Youth Offer</b> <b>Various programmes</b> <b>7 to 24 years</b> <i>See notes section for more details</i></p>	<p><b>Wellbeing for Mums (with creche)</b> 5 November to 10 December 12.30pm to 2.30pm <i>By invitation only.</i></p> <hr/> <p><b>Hillingdon Youth Offer</b> <b>Various programmes</b> <b>7 to 24 years</b> <i>See notes section for more details</i></p>	<p><b>Midwife Postnatal Clinic</b> 1pm to 3pm <i>By appointment only.</i></p> <hr/> <p><b>Baby Group</b> <b>0 to 12 months</b> 1.30pm to 2.30pm <i>Booking required.</i></p> <hr/> <p><b>Hillingdon Youth Offer</b> <b>Various programmes</b> <b>7 to 24 years</b> <i>See notes section for more details</i></p>	<p><b>Postnatal Baby Group</b> <b>0 to 4 months</b> 14 November to 12 December 1pm to 2.15pm <i>By invitation only.</i></p> <hr/> <p><b>Hub Club (Stay &amp; Play)</b> <b>4 to 7 years</b> (school children only) 3.30pm to 4.30pm <i>Booking required.</i></p> <hr/> <p><b>Hillingdon Youth Offer</b> <b>Various programmes</b> <b>7 to 24 years</b> <i>See notes section for more details</i></p>	<p><b>Story &amp; Rhyme</b> <b>0 to 3 years</b> 1.30pm to 2.30pm <i>Booking required.</i></p>	<p>All Children Centres will be closed all day on <b>Monday 18 November</b> and for the <b>Afternoon on Wednesday 11 December</b></p> <hr/> <p><b>Hillingdon Youth Offer</b> Various programmes include: Counselling, Mentoring, Transition, Support, LGBTQ+, Sexual Health information and advice, Substance Use and Misuse support, Programmes for girls, young women, boys and young men. <i>Use links below for programmes available</i></p> <p><a href="#">Targeted programmes for children and young people - Hillingdon Council</a></p> <p><a href="#">Young people's centres, mobile and detached team - Hillingdon Council</a></p>



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# Yiewsley Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Health Visitor</b> <b>2 Year Check</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Stay &amp; Play</b> <b>12 to 24 months</b> 04 November to 23 December 10am to 11am No Session 11 November <i>Booking Required.</i></p> <p>.....</p> <p><b>Perinatal Mental Health</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Little Tasters</b> <b>2 to 5 years</b> 11 November to 2 December 1.30pm to 2.30pm <i>By Invitation only.</i></p>	<p><b>Perinatal Mental Health</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Baby Health Clinic</b> 9.30am to 11.30am <i>Drop in.</i></p> <p>.....</p> <p><b>Baby Massage</b> <b>Non-Moving to 6 months</b> 5 November to 26 November 1.30pm to 2.30pm <i>By Invitation only.</i></p>	<p><b>Looked After Children (LAC)</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>SLT - More Than Play</b> 9.30am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Baby Group</b> <b>0 to 12 months</b> 6 November to 18 December 1.30pm to 2.30pm No Session 11 December <i>Booking Required.</i></p>	<p><b>Perinatal Mental Health</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Stay &amp; Play+</b> <b>2 to 5 years</b> 7 November to 19 December 1.30pm to 2.30pm No Session 7 November <i>Booking Required.</i></p>	<p><b>Health Visitor</b> <b>10 Months Check</b> 10am to 11am <i>By appointment only.</i></p> <p>.....</p> <p><b>Stay &amp; Play</b> <b>0 to 5 years</b> 8 November to 20 December 9.30am to 11am <i>Booking Required.</i></p> <p>.....</p> <p><b>Midwife</b> <b>Antenatal and Postnatal</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Stay &amp; Play</b> <b>0 to 5 years</b> 8 November to 20 December 1pm to 2.30pm <i>Booking Required.</i></p>	<p>All Centres will be closed all day on <b>Monday 18 November</b> and for the Afternoon on <b>Wednesday 11 December</b></p>



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