

North Locality Children's Centres

Coteford, Harefield and South Ruislip

Thursday 2 January to Friday 28 March 2025



Thriving healthy households



HILLINGDON
LONDON

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

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

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

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)

Coteford Children's Centre

Fore Street, Pinner, HA5 2HX

☎ 01895 556682

@cotefordcc@hillington.gov.uk

Harefield Children's Centre

High Street, Harefield UB9 6BT

☎ 01895 277108

@harefieldcc@hillington.gov.uk

South Ruislip Children's Centre

Wren Building, Queens Walk, HA4 0LR

☎ 01895 558860

@srcc@hillington.gov.uk

Health and partner services contacts

Midwifery Community Midwives

☎ 01895 279472

Health Visiting Team

☎ 01895 891302

🌐 www.hillingdoncyp.cnwl.nhs.uk

🌐 www.cnwl.nhs.uk/services/community-services/hillingdon-0-19-health-visiting-service

Hillingdon Talking Therapies

☎ 01895 206800

🌐 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

☎ 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.

Start for Life

For more information on Hillingdon's Start for Life, visit 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 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

Further support for your family

For further help and support for your family, visit www.hillingdon.gov.uk/stronger-families

You can also follow us on Facebook and Instagram.



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Coteford Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Midwifery Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Let's Get Active For Confident walkers 6 January to 24 March (No session 17 March) 10am to 11am <i>Booking required</i></p> <p>.....</p> <p>Children's Integrated Therapy Services (Speech and Language) 6 January to 24 March 9am to 12pm <i>By appointment only</i></p> <p>.....</p> <p>SENDIASS Session 9.30am to 11.30am 17 March <i>Drop in</i></p> <p>.....</p> <p>Musical Babies 0 to 12 months 6 January to 24 March 1.30pm to 2.30pm <i>Booking required</i></p>	<p>Perinatal Mental Health Service Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Stay and Play (Toddler Time) 1 to 2 years 7 January to 25 March 10am to 11.15am <i>Booking required</i></p> <p>.....</p> <p>Stay and Play Plus for children with SEND 7 January to 25 March 1.30pm to 2.30pm <i>Booking required</i></p> <p>.....</p> <p>Musical Babies Fairfield Church Northwood Hills HA6 1PD 0 to 12 months (Term Time only) Tuesday 21 January to Tuesday 18 March 1.30pm to 2.30pm <i>Booking required</i></p>	<p>Midwifery Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Baby Sensory 6 to 12 months 8 January to 26 March (No session 5 March) 10.30am to 11.30am <i>Booking required</i></p> <p>.....</p> <p>Ruislip Manor Library Messy Play 0 to 5 years 19 February 10am to 11.30am <i>Booking required – call 01895556262</i></p> <p>.....</p> <p>Language for life 18 to 30 months 15 January to 5 February 1.30pm to 2.30pm <i>Booking required</i></p>	<p>Child Development Reviews Ongoing 9.30am to 11am <i>By appointment only</i></p> <p>.....</p> <p>Stay and Play 0 to 5 years 2 January to 27 March 9.45am to 11.15am <i>Booking required</i></p> <p>.....</p> <p>Wellbeing for Mums (Talking therapies) 0 to 5 years 9 January to 13 February 1.30pm to 3.00pm <i>Booking required</i></p>	<p>Midwifery Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Children's Integrated Therapy Services (Physio) 10 January to 28 March 9am to 12pm <i>By appointment only</i></p> <p>.....</p> <p>Attention Hillingdon 24 January to 21 March 9.30am to 10.00am <i>By invitation only</i></p> <p>.....</p> <p>Baby Massage 21 February to 14 March 11am to 12pm <i>By invitation only</i></p>	<p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children's-centres for more details</p> <p>-----</p> <p>For Invitation only sessions please ask a member of staff for more information</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>All centres will be closed on Wednesday 5 March for Staff Training</p> </div>



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Harefield Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Stay and Play Plus For children with SEND 6 January to 24 March 10.30am to 11.30am <i>Booking required</i></p> <p>.....</p> <p>SENDIASS Session (Special educational needs information advice and support service) 27 January 9.30am to 11.30am <i>Drop in</i></p> <p>.....</p> <p>Stay and Play 0 to 5 years 6 January to 24 March 1.30pm to 3.00pm <i>Booking required</i></p>	<p>Health Visitor Clinic 9:30am to 10:30am <i>Drop in</i></p> <p>.....</p> <p>Baby Group 0 to 12 months 7 January to 25 March 9.30am to 10.30am <i>Booking required</i></p> <p>.....</p> <p>Breastfeeding Drop in Group 11am to 12pm <i>Drop in</i></p> <p>.....</p> <p>Breastfeeding One to One 1pm to 4pm <i>By appointment only</i></p>	<p>Perinatal Mental Health Service Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Be Inspired 26 February to 2 April (No session 5 March) 9.30am to 11.30am <i>Booking required</i></p> <p>.....</p> <p>Little Tasters 15 January to 5 February 9.30am to 11.00am <i>Booking required</i></p> <p>.....</p> <p>Child Development Reviews 1pm to 3.30pm <i>By appointment only</i></p> <p>.....</p> <p>Virtual Weaning Party delivered by the Health Visiting team via Zoom Weekly 10am to 11am Passcode Weaning Meeting ID 954 1018 8033</p>	<p>Midwifery Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Baby Sensory 6 to 12 months 2 January to 27 March 10.30am to 11.30am <i>Booking required</i></p> <p>.....</p> <p>Attention Hillingdon 16 January to 13 March 2pm to 2.30pm <i>Invite only</i></p>	<p>Stay and Play 0 to 5 years 3 January to 28 March 10am to 11.30am <i>Booking required</i></p>	<p>Saturday Stay and Play 0 to 8 years Saturday 1 February Saturday 1 March 11am to 12.15pm <i>Booking required</i></p> <p>.....</p> <p>For Invitation only sessions please ask a member of staff for more information</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>All centres will be closed on Wednesday 5 March for Staff Training</p> </div>



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South Ruislip Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p>Breastfeeding One to One 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Children's Integrated Therapy Services (Physio, Speech and Language, and Occupational Therapy) 6 January to 24 March 9.30am to 4pm <i>Please call CITS to book 01895 488200</i></p> <p>.....</p> <p>P3 Advice 1:00pm to 4:00pm <i>Please call to book</i></p> <p>.....</p> <p>Baby Group 0 to 12 months 1.30pm to 2.30pm 6 January to 24 March 1.30pm to 2.30pm <i>Booking required</i></p>	<p>Midwifery 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Child Development Reviews 9.30am to 10.30am <i>By appointment only</i></p> <p>.....</p> <p>Childminder Group 14 January to 25 March (No session 18 February) 9.45am to 11.15am <i>Booking required</i></p> <p>.....</p> <p>Attention Hillingdon 21 January to 25 March (No session 18 February) 2.00pm to 2.30pm <i>By invitation only</i></p>	<p>Stay and Play Plus for children with SEND 8 January to 26 March (No session 5 March) 10am to 11am <i>Booking required</i></p> <p>.....</p> <p>Breastfeeding One to One 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Breastfeeding Drop in Group 1pm to 2.30pm (No session 5 March) <i>Drop in</i></p> <p>.....</p> <p>Stay and Play (Toddler Time) 1 to 2 years 15 January to 26 March (No session 5 March) 1.45pm to 2.45pm <i>Booking required</i></p> <p>.....</p> <p>Music and Movement 4 to 7 years 22 January to 26 March (No session 5 March) 3.30pm to 4.15pm <i>Booking required</i></p>	<p>Midwifery 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Let's Get Active For Confident walkers 27 February to 27 March 10am to 11am <i>Booking required</i></p> <p>.....</p> <p>GROW – Build confidence and get support to succeed. 23 January to 6 February 9.30am to 11.30am <i>Booking required</i></p> <p>.....</p> <p>Postnatal Group/Nurturing Beginnings 0 to 4 months old 30 January to 13 March (No session 20 February) 1.30pm to 3.00pm <i>Booking required</i></p>	<p>Midwifery 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p>Your Bump and Beyond 31 January and 21 March 9.30am to 12pm <i>Booking required</i></p> <p>.....</p> <p>SENDDIASS Session (Special educational needs information advice and support service) 21 February and 28 March 10am to 11am <i>Drop in</i></p> <p>.....</p> <p>Stay and Play 0 to 5 years 1pm to 2.30pm 3 January to 28 March <i>Booking required</i></p>	<p>Online Sessions & Courses We also offer online courses via Microsoft Teams, please see hillingdon.gov.uk/children's-centres for more details <i>Booking required</i></p> <p>.....</p> <p>For Invitation only sessions please ask a member of staff for more information</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>All centres will be closed on Wednesday 5 March for Staff Training</p> </div>



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