




## North Locality Children's Centres: Coteford and Harefield and South Ruislip, Summer Timetable Monday 15 April to Wednesday 24 July

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, families can book onto one session per week, if you cannot attend, please CALL TO CANCEL**

South Ruislip Children's Centre Queens Walk HA4 0LR 01895 556806 srcc@hillington.gov.uk		Harefield Children's Centre High Street, Harefield UB9 6BT 01895 277108 harefieldcc@hillington.gov.uk		Coteford Children's Centre Fore Street, Pinner, HA5 2HX 01895 556682 cotefordcc@hillington.gov.uk	
Monday		Tuesday		Wednesday	
Thursday		Friday			
Morning	<b>Coteford</b> <b>Walk in the Park</b> <b>Eastcote House Gardens</b> 2 to 5 years 10:00am to 11:00am 15 April to 22 July Please call to book	<b>Coteford</b> <b>Stay and Play</b> <b>(Toddler Time)</b> 1 to 2 years 10:00am to 11:15am 16 April to 23 July Please call to book	<b>Coteford</b> <b>ESOL</b> 10:00am to 11:30am 24 April to 3 July Please call to book	<b>Coteford</b> <b>Stay and Play</b> 0 to 5 years 9:45am to 11:15am 18 April to 18 July Please call to book	<b>Coteford</b> <b>Childrens Integrated Therapy</b> <b>Services</b> <i>(Physio)</i> 9:00am to 12:00pm Appointment only
	<b>Harefield</b> <b>Stay and Play Plus</b> <b>for children with SEND</b> 10:30am to 11:30am 15 April to 22 July Invite only	<b>Coteford</b> <b>Volunteering</b> 9:30am to 11:30am 18 June to 2 July Please call to book	<b>Harefield</b> <b>Attention Hillingdon</b> 10:00am to 10:30am 24 April to 19 June Invite/Referral only	<b>Harefield</b> <b>Baby Group</b> <i>(Baby Sensory Play)</i> 6 to 12 months 10:30am to 11:30am 18 April to 18 July (Home Safety Session on 13 June) Please call to book	<b>Coteford</b> <b>Language for Life</b> 10:00am to 11:00am 7 June to 28 June Please call to book
	<b>South Ruislip</b> <b>Attention Hillingdon</b> 10:00am to 10:30am 13 May to 17 July Referral/Invite only	<b>Harefield</b> <b>Health Visitor Clinic – Drop in</b> 9:30am to 10:30am	<b>South Ruislip</b> <b>Breastfeeding One to One</b> 9:00am to 4:00pm Appointment only	<b>South Ruislip</b> <b>Early Bird</b> 9:30am to 11:30am 18 April to 27 June Referral/Invite only	<b>Harefield</b> <b>Forest School</b> 18 months to 5 years 10:00am to 11:30am 19 April to 12 July Please call to book
	<b>South Ruislip</b> <b>Childrens Integrated Therapy</b> <b>Services</b> <i>(Physio, Speech and Language, and Occupational Therapy)</i> 9:30am to 4:00pm Please call CITS to book (01895 488200)	<b>Harefield</b> <b>Baby Group</b> 0 to 12 months 9:30am to 10:30am 16 April to 23 July	<b>South Ruislip</b> <b>Stay and Play Plus</b> <b>for children with SEND</b> 10:00am to 11:00am 17 April to 24 July Please call to book	<b>South Ruislip</b> <b>Little Tasters</b> 10:00am to 11:00am 27 June to 18 July Invite/Referral only	<div style="border: 1px solid purple; padding: 5px;">                     Please use the QR code below for more information on Hillingdon's Start for Life                      </div>
	<b>South Ruislip</b> <b>Breastfeeding - Drop in Group</b> 11:00am to 12:00pm	<b>South Ruislip</b> <b>Baby Massage</b> 10:00am to 11:00am 19 June to 10 July Referral/Invite only	<div style="border: 1px solid purple; padding: 5px;"> <b>Five to Thrive</b>                      Building brains for better futures   </div>		
	<b>South Ruislip</b> <b>Childminder Group</b> 9:30am to 11:00am 16 April to 23 July Please call to book	Please note that all Centres will be closed on Wednesday 12 June for Staff Training			

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon	<p><b>Coteford Baby Group (Musical Babies)</b> 0 to 12 months 1:30pm to 2:30pm 15 April to 22 July Please call to book</p> <p><b>Harefield Stay and Play</b> 0 to 5 years 1:30pm to 3:00pm 15 April to 22 July Please call to book</p> <p><b>South Ruislip Breastfeeding One to One</b> 9.30am to 4:00pm Appointment only</p> <p><b>South Ruislip P3 Advice</b> 1:00pm to 4:00pm Please call to book</p> <p><b>South Ruislip Baby Group</b> 0 to 12 months 1:30pm to 2:30pm 15 April to 22 July (Home Safety Session on 10 June) Please call to book</p>	<p><b>Coteford Stay and Play Plus for children with SEND.</b> 1:30pm to 2:30pm 16 April to 23 July Invite only</p> <p><b>Harefield Ready to Go (Transitions)</b> 1:30pm to 2:30pm 11 June to 16 July Please call to book</p> <p><b>Harefield Breastfeeding One to One</b> 12:00pm to 16:00pm 16 April to 23 July Appointment only</p> <p><b>South Ruislip Ready to Go (Transitions)</b> 1:30pm to 2:30pm 11 June to 16 July Please call to book</p> <p><b>Virtual Group Ducklings For children with ASD</b> Various dates and times available Please call to book</p>	<p><b>Coteford Ready to Go (Transitions)</b> 1:30pm to 2:30pm 19 June to 17 July Please call to book</p> <p><b>Harefield Child Development Reviews</b> 1:00pm to 3:30pm Invite only</p> <p><b>Harefield Baby Group (Musical Babies)</b> 0 to 12 months 17 April to 23 July 1:30pm to 2:30pm Please call to book</p> <p><b>South Ruislip Breastfeeding Drop in Group</b> 1:00pm to 2:30pm</p> <p><b>South Ruislip Stay and Play (Toddler Time)</b> 1 to 2 years 1:30pm to 2:30pm 17 April to 24 July Please call to book</p>	<p><b>Coteford Wellbeing for Mums</b> 0 to 5 years 6 June to 11 July 1:00pm to 3:00pm Please call to book</p> <p><b>Harefield Stay and Play (Toddler Time)</b> 1 to 2 years 1:30pm to 2:30pm 6 June to 18 July Please call to book</p> <p><b>South Ruislip Postnatal group</b> 0 to 4 months 1:30pm to 2:30pm 20 June to 18 July Please call to book</p> <div style="border: 1px solid orange; padding: 5px; text-align: center;">  <p><i>We also deliver Virtual Groups and Sessions via Microsoft Teams. We have a range of online sessions and workshops offering advice and support. Please ask a member of staff for more details or pick up a leaflet in the Children's Centre</i></p> </div>	<p><b>Coteford Attention Hillingdon</b> 26 April to 28 June 1:30pm to 2:00pm Please call to book</p> <div style="border: 1px solid purple; padding: 5px; text-align: center;"> <p><b>Harefield Saturday Stay and Play At Harefield Children's Centre</b> Next Session on Saturday 6 July 11:00am to 12:15pm Please call to book</p> </div>
	<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) Perinatal Mental Health (CCC) <u>Appointment only</u></p>	<p>Midwifery (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>





*We also deliver Virtual Groups and Sessions via Microsoft Teams. We have a range of online sessions and workshops offering advice and support. Please ask a member of staff for more details or pick up a leaflet in the Children's Centre*

**Harefield Saturday Stay and Play At Harefield Children's Centre**  
Next Session on Saturday 6 July  
11:00am to 12:15pm  
Please call to book



Please call for more info

**Navigator Yiewsley Advice Centre**  
(Housing, Education, Training, Employment, Health, Benefits)  
T: 01895 436114

Virtual Oral Health Education Session for Parents & Carers via ZOOM  
Please call 01895 558194 for more information

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](http://www.hillingdon.gov.uk/freechildcare)

With **Healthy Start**, you get free vouchers every week to spend on milk, fresh, frozen, and tinned fruit and vegetables, dried, and tinned pulses, and infant formula milk. You can also get free vitamins.

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."

Like and follow us on Facebook  
Hillingdon Children's Centre's North




Other services delivered 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

## Health & Partner Services

North Locality Children's Centres: Coteford and Harefield and South Ruislip  
Summer Timetable Monday 15 April to Wednesday 24 July

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: center;"><b>Coteford</b> <b>Midwifery Services</b> 9:00am to 4:00pm Appointment only</p> <p style="text-align: center;"><b>South Ruislip</b> <b>Breast Feeding</b> <b>One to One</b> 9:00am to 4:00pm Appointment only</p> <p style="text-align: center;"><b>South Ruislip</b> <b>Childrens Integrated Therapy</b> <b>Services</b> (Physio, Speech and Language, and Occupational Therapy) 9:30am to 4:00pm Please call CITS to book (01895 488200)</p> <p style="text-align: center;"><b>South Ruislip</b> <b>P3 Advice</b> 1pm to 4pm Please call to book</p>	<p style="text-align: center;"><b>Coteford</b> <b>Midwifery Services</b> 9:00am to 4:00pm Appointment only</p> <p style="text-align: center;"><b>Coteford</b> <b>Perinatal Mental Health Clinic</b> 9:00am to 1:00pm Appointment only</p> <p style="text-align: center;"><b>Harefield</b> <b>Health Visitors Clinic</b> 9:30am to 10:30am</p> <p style="text-align: center;"><b>Harefield</b> <b>Breastfeeding</b> <b>Drop in Group</b> 9:30am to 10:30am Appointment only</p> <p style="text-align: center;"><b>Harefield</b> <b>Breastfeeding</b> <b>One to One</b> 12:00pm to 4:00pm Appointment only</p> <p style="text-align: center;"><b>South Ruislip</b> <b>Midwifery Services</b> 9:00am to 4:00pm Appointment only</p> <p style="text-align: center;"><b>South Ruislip</b> <b>Health Reviews</b> 9.30am to 11.30am Invite only</p>	<p style="text-align: center;"><b>Coteford</b> <b>Midwifery Services</b> 9:00am to 4:00pm Appointment only</p> <p style="text-align: center;"><b>Harefield</b> <b>Talking Therapies</b> 9:00am to 16:00pm Appointment only</p> <p style="text-align: center;"><b>Harefield</b> <b>Health Reviews</b> 1:00pm to 4:00pm Invite only</p> <p style="text-align: center;"><b>South Ruislip</b> <b>Breastfeeding</b> <b>One to One</b> 9:00am to 4:00pm Appointment only</p> <p style="text-align: center;"><b>South Ruislip</b> <b>Breastfeeding Drop in</b> 1pm to 2.30pm Appointment only</p>	<p style="text-align: center;"><b>Coteford</b> <b>Health Reviews</b> 9:00am to 1:00pm Appointment only</p> <p style="text-align: center;"><b>Harefield</b> <b>Midwifery Services</b> 9:00am to 4:00pm Appointment only</p> <p style="text-align: center;"><b>South Ruislip</b> <b>Midwifery Services</b> 9:00am to 4:00pm Appointment only</p> <div style="text-align: center; border: 1px solid purple; padding: 5px; margin: 10px 0;"> <p style="font-size: small;">Five to Thrive Building brains for better futures</p>  </div>	<p style="text-align: center;"><b>Coteford</b> <b>Childrens Integrated</b> <b>Therapy Services</b> (Physio) 9:00am to 12:00pm Appointment only</p> <p style="text-align: center;"><b>Coteford</b> <b>Midwifery Services</b> 9:00am to 4:00pm Appointment only</p> <p style="text-align: center;"><b>South Ruislip</b> <b>Midwifery Services</b> 9:00am to 4:00pm Appointment only</p>
	<p><b>Midwifery Community Midwives</b> 01895 279472</p>	<p><b>Health Visiting Team</b> 01895 891302</p>		<p><b>Hillingdon Talking Therapies</b> 01895 206800</p>	