

# North Locality Children's Centres

Coteford, Harefield and South Ruislip

Monday 2 September to Friday 20 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)

## 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

Queens Walk HA4 0LR

☎ 01895 556806

@srcc@hillington.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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# Coteford Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Midwifery</b> Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p><b>Let's Get Active for Confident Walkers</b> 18 November to 16 December 10am to 11am <i>Booking required</i></p> <p>.....</p> <p><b>Children's Integrated Therapy Services (Speech and Language)</b> 9 September to 16 December 9am to 12pm <i>By appointment only</i></p> <p>.....</p> <p><b>SENDIASS Session</b> 9.30am to 11.30am 11 November <i>Drop in</i></p> <p>.....</p> <p><b>Musical Babies 0 to 12 months</b> 2 September to 16 December 1.30pm to 2.30pm <i>Booking required</i></p>	<p><b>Stay and Play (Toddler Time) 1 to 2 years</b> 17 September to 17 December 10am to 11.15am <i>Booking required</i></p> <p>.....</p> <p><b>Stay and Play Plus for children with SEND</b> 17 September to 17 December 1.30pm to 2.30pm <i>Booking required</i></p> <p>.....</p>	<p><b>Midwifery</b> Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p><b>Baby Massage</b> 20 November to 11 December 10am to 11am <i>By invitation only</i></p> <p>.....</p> <p><b>Baby Sensory 6 to 12 months</b> 6 November to 4 December 10.30am to 11.30am <i>Booking required</i></p> <p>.....</p> <p><b>Virtual Weaning Party delivered by the Health Visiting team via Zoom</b> Weekly 10am to 11am Passcode Weaning Meeting ID 954 1018</p> <p>.....</p> <p><b>Attention Hillingdon</b> 25 September to 27 November 2pm to 2.30pm <i>By invitation only</i></p>	<p><b>Child Development Reviews</b> Ongoing 9.30am to 11am <i>By appointment only</i></p> <p>.....</p> <p><b>Stay and Play 0 to 5 years</b> 5 September to 19 December 9.45am to 11.15am <i>Booking required</i></p> <p>.....</p>	<p><b>Midwifery</b> Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p><b>Children's Integrated Therapy Services (Physio)</b> 6 September to 20 December 9am to 12pm <i>By appointment only</i></p> <p>.....</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Please Note:</b> All centres will be closed on Friday 8 November for Staff Training</p> </div>	<p><b>Musical Babies Fairfield Church Northwood Hills HA6 1PD</b> <b>0 to 12 months</b> (Term Time only) Tuesday 24 September to Tuesday 10 December 1.30pm to 2.30pm <i>Booking required</i></p> <p>.....</p> <p><b>Virtual Sessions &amp; Courses</b> We also offer online courses via Microsoft Teams, please see <a href="http://hillingdon.gov.uk/children's-centres">hillingdon.gov.uk/children's-centres</a> for more details</p>



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# Harefield Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Stay and Play Plus For children with SEND</b> 2 September to 16 December 10.30am to 11.30am <i>Booking required</i></p> <p>.....</p> <p><b>Language for life 18 to 30 months</b> 4 November to 27 November 10am to 11am <i>Booking required</i></p> <p>.....</p> <p><b>Stay and Play 0 to 5 years</b> 9 September to 16 December 1.30pm to 3.00pm CITS Session on 21 October (OT) <i>Booking required</i></p> <p>-----</p>	<p><b>Health Visitor Clinic</b> 9:30am to 10:30am <i>Drop in</i></p> <p>.....</p> <p><b>Baby Group 0 to 12 months</b> 19 September to 18 December 9.30am to 10.30am <i>Booking required</i></p> <p>.....</p> <p><b>Breastfeeding Drop in Group</b> 11am to 12pm <i>Drop in</i></p> <p>.....</p> <p><b>Breastfeeding One to One</b> 1pm to 4pm <i>By appointment only</i></p> <p>.....</p>	<p><b>Perinatal Mental Health Service</b> Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p><b>Floristry</b> 2 October to 11 December (no session 31 October) 9.30am to 11.30am <i>Invite only</i></p> <p>.....</p> <p><b>Child Development Reviews</b> 1pm to 3.30pm <i>By appointment only</i></p> <p>.....</p> <p><b>Virtual Weaning Party delivered by the Health Visiting team via Zoom</b> Weekly 10am to 11am Passcode Weaning Meeting ID 954 1018 8033</p> <p>-----</p>	<p><b>Midwifery</b> Ongoing 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p><b>Baby Sensory 6 to 12 months</b> 5 September to 19 December 10.30am to 11.30am <i>Booking required</i></p> <p>.....</p> <p><b>Attention Hillingdon</b> 19 September to 14 November (No session 31 October) 2pm to 2.30pm <i>Invite only</i></p> <p>.....</p>	<p><b>Stay and Play 0 to 5 years</b> 15 November to 20 December 10am to 11.30am <i>Booking required</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Please Note:</b> All centres will be closed on Friday 8 November for Staff Training</p> </div>	<p><b>Saturday Stay and Play 0 to 8 years</b> Saturday 2 November Saturday 7 December 11am to 12.15pm <i>Booking required</i></p> <p>.....</p> <p><b>Musical Babies Fairfield Church Northwood Hills HA6 1PD 0 to 12 months</b> (Term Time only) Tuesday 24 September to Tuesday 10 December 1.30pm to 2.30pm <i>Booking required</i></p>



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# South Ruislip Children's Centre Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Breastfeeding One to One</b> 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p><b>Children's Integrated Therapy Services (Physio, Speech and Language, and Occupational Therapy)</b> 9 September to 16 December 9.30am to 4pm <i>Please call CITS to book 01895 488200</i></p> <p>.....</p> <p><b>Attention Hillingdon</b> 16 September to 18 November 10am to 10.30am <i>By invitation only</i></p> <p>.....</p> <p><b>P3 Advice</b> 1:00pm to 4:00pm <i>Please call to book</i></p> <p>.....</p> <p><b>Baby Group 0 to 12 months</b> 1.30pm to 2.30pm 2 September to 16 December 1.30pm to 2.30pm</p>	<p><b>Midwifery</b> 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p><b>Child Development Reviews</b> 9.30am to 11.30am <i>By appointment only</i></p> <p>.....</p> <p><b>Childminder Group</b> 17 September to 22 October 9.30am to 11am <i>Booking required</i></p> <p>.....</p> <p><b>Child Development Reviews</b> 9.30am to 11am <i>By appointment only</i></p> <p>.....</p> <p><b>Play to Learn 18 months to 5 years</b> 19 and 26 November 1.30pm to 2.30pm <i>Please call to book</i></p> <p>.....</p>	<p><b>Stay and play plus for children with SEND</b> 6 November to 18 December 10am to 11am <i>Booking required</i></p> <p>.....</p> <p><b>Breastfeeding Drop in group</b> 1pm to 2.30pm (No session 11 December)</p> <p>.....</p> <p><b>Stay and play (Toddler Time)</b> 6 November to 18 December (No session 11 December) 1.45pm to 2.45pm <i>Booking required</i></p> <p>.....</p> <p><b>Music and Movement 4 years to 7 years</b> 6 November to 18 December (No session 11 December)</p>	<p><b>Midwifery</b> 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p><b>Family Links</b> 19 September to 5 December 9.30am to 11.30am <i>Booking required</i></p> <p>.....</p> <p><b>Signalong Storytime at Ruislip Manor library</b> 5 December 2.15pm to 2.45PM Please call 01895 556262 to book</p> <p>.....</p> <p><b>Postnatal Group/Nurturing Beginnings 0 to 4 months old</b> 10 October to 21 November (No session 31 October) 1pm to 2.30pm <i>Booking required</i></p> <p>.....</p>	<p><b>Midwifery</b> 9am to 4pm <i>By appointment only</i></p> <p>.....</p> <p><b>Your Bump and Beyond</b> 29 November 9.30am to 12pm <i>Booking required</i></p> <p>.....</p> <p><b>Stay and Play 0 to 5 years</b> 1pm to 2.30pm 6 September to 20 December <i>Booking required</i></p>	<p><b>SENDDIASS Session (Special educational needs information advice and support service)</b> Wednesday 27 November 10am to 11am <i>Drop in</i></p> <p>.....</p> <p><b>Virtual Sessions &amp; Courses</b> We also offer online courses via Microsoft Teams, please see <a href="http://hillingdon.gov.uk/childrens-centres">hillingdon.gov.uk/childrens-centres</a> for more details <i>Booking required</i></p>

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