

# South West Locality Family Hub and Children's Centres

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

2 January – 21 February 2025



*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@hillington.gov.uk

## Colham Manor Children's Centre

Violet Avenue, Hillingdon, UB8 3PT

☎ 01895 250211

@colhammanorcc@hillington.gov.uk

## Oak Farm Children's Centre

Windsor Avenue, Hillingdon, UB10 9PD

☎ 01895 250865

@oakfarmcc@hillington.gov.uk

## Uxbridge Family Hub

Civic centre, High Street, Uxbridge, UB8 1UW

☎ 01895 558190

@uxbridgecc@hillington.gov.uk

## Yiewsley Children's Centre

Colham Avenue, Yiewsley, UB7 8HF

☎ 01895 558194

@yiewsleycc@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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# 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> 6 January to 17 February 1.30pm to 2.30pm <i>Booking Required.</i></p>	<p><b>Attention Hillingdon</b> 10am to 10.45am 21 January to 13 February <i>By Invitation only.</i></p> <p>.....</p> <p><b>Stay &amp; Play 12 to 24 Months</b> 7 January to 18 February 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 to 5 Years</b> 8 January to 19 February 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 21 January to 13 February <i>By Invitation only.</i></p> <p>.....</p> <p><b>Stay &amp; Play 0 to 5 Years</b> 2 January to 20 February 1pm to 2.30pm No Session 30 January <i>Booking Required.</i></p>	<p><b>Perinatal Mental Health</b> 9am to 4pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Music &amp; Movement Confident Walkers to 5 Years</b> 3 January to 21 February 10am to 11am <i>Booking Required.</i></p>	<p><b>Dad's Stay &amp; Play 0 to 5 Years</b> Saturday 11 January Saturday 8 February Saturday 8 March 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>Perinatal Mental Health Appointments</b> 9am to 4pm <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>Baby Group 0 to 12 Months</b> 6 January to 17 February 10.15am to 11.15am <i>Booking Required.</i></p> <p>.....</p> <p><b>Attention Hillingdon</b> 1.30pm to 2.15pm 13 January to 4 February <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>Story Time 0 to 5 Years</b> 9.30am to 10:15am 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 13 January to 4 February <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 12 to 24 Months</b> 8 January to 19 February 1.30pm to 2.30pm <i>Booking Required.</i></p> <p>.....</p> <p><b>Play to Learn 0 to 5 Years</b> Various dates available, please call for more information. <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>Music &amp; Movement Confident Walkers to 5 Years</b> 2 January to 20 February 10am to 11am <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 10 January 14 February <i>Drop In.</i></p> <p>.....</p> <p><b>Stay &amp; Play 0 to 5 Years</b> 3 January to 21 February 10am to 11.30am No Session 10 January &amp; 14 February <i>Booking Required.</i></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> 6 January to 17 February 10am to 11.30am <i>Booking Required.</i></p> <p>.....</p> <p><b>Health Visitor</b> 9am to 11am <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> 20 January to 11 February 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>Little Tasters</b> <b>0 to 5 Years</b> 14 January to 4 February 10am to 11am <i>By Invitation only.</i></p> <p>.....</p> <p><b>Perinatal Mental Health Baby Massage</b> <b>0 to 6 Months</b> 7 January to 18 February 10:30am to 11:30am <i>By Invitation only.</i></p> <p>.....</p> <p><b>Attention Hillingdon</b> 20 January to 11 February 1.30pm to 2.30pm <i>By Invitation only.</i></p> <p>.....</p> <p><b>Your Bump &amp; Beyond Workshop</b> 21 January 1pm to 3.30pm <i>By Invitation only.</i></p>	<p><b>Breastfeeding Support</b> 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Baby Massage</b> <b>0 to 6 Months</b> 15 January to 5 February 10am to 11am <i>By Invitation only.</i></p> <p>.....</p> <p><b>Stay &amp; Play</b> <b>12 to 24 Months</b> 8 January to 19 February 1.30pm to 2.30pm</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>Early Birds with Creche</b> <b>0 to 5 Years</b> 16 January to 27 March 12.30pm to 2.30pm <i>By Invitation Only.</i></p>	<p><b>Baby Group</b> <b>0 to 12 Months</b> 3 January to 21 February 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 No Session on 3 January &amp; 31 January <i>Booking Required.</i></p>	



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## Uxbridge Family Hub 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>Baby Sensory Newborn to non-Movers</b> 10.30am to 11.30am 20 January – 21 February <i>Booking required.</i></p> <p>.....</p> <p><b>MAPS</b> 9am to 5pm <i>By invitation only.</i></p>	<p><b>Health Visitor Child Health Reviews</b> 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p><b>P3 Family Advice</b> 9am to 12pm <i>Booking required.</i></p> <p>.....</p> <p><b>CITS - Small Talk (Speech &amp; Language)</b> 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p><b>MAPS</b> 9am to 5pm <i>By invitation only.</i></p>	<p><b>Midwife Antenatal Clinic</b> 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Stay &amp; Play 0 to 5 Years</b> 8 January – 19 February 10:00am to 11.30am <i>Booking required.</i></p> <p>.....</p> <p><b>MAPS</b> 9am to 5pm <i>By invitation only.</i></p>	<p><b>Health Visitor Child Health Reviews</b> 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Chattertots</b> 9am to 12pm <i>By invitation only.</i></p> <p>.....</p> <p><b>Music &amp; Movement– Pop Up</b> <b>Confident Walkers to 5 Years</b> 10am to 11am Various dates available <i>Booking required.</i></p> <p>.....</p> <p><b>Parent Participation Group (With Creche)</b> 16 January &amp; 20 February <i>By invitation only.</i></p> <p>.....</p> <p><b>MAPS</b> 9am to 5pm</p>	<p><b>Midwife Antenatal Clinic</b> 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p><b>CITS - More Than Play (Speech &amp; Language)</b> 9am to 12pm <i>By appointment only.</i></p> <p>.....</p> <p><b>MAPS</b> 9am to 5pm <i>By invitation only.</i></p>	<p><b>SATURDAY ONLY</b> <b>Hillingdon Youth Offer 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>



# AFTERNOON

## Uxbridge Family Hub Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<p><b>Stay &amp; Play</b> <b>0 to 5 Years</b> 6 January – 17 February 1:15pm to 2.30pm <i>Booking required.</i></p> <p>.....</p> <p><b>SENDIASS Drop In</b> <b>0 to 5 Years</b> 6 January – 17 February 1pm to 3pm <i>Booking required.</i></p> <p>.....</p> <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>Hillingdon Youth Offer</b> <b>Various programmes</b> <b>7 to 24 Years</b> <i>See notes section for more details</i></p> <p>.....</p> <p><b>Stay &amp; Play Plus</b> <b>0 to 5 Years</b> 7 January – 18 February 1:30pm to 2.30pm <i>Booking required.</i></p>	<p><b>Midwife</b> <b>Postnatal Clinic</b> 1pm to 3pm <i>By appointment only.</i></p> <p>.....</p> <p><b>Baby Group</b> <b>0 to 12 Months</b> 8 January – 19 February 1:30pm to 2.30pm <i>Booking required.</i></p> <p>.....</p> <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> 9 January – 13 February 1pm to 2.15pm <i>By invitation only.</i></p> <p>.....</p> <p><b>Hub Club (Stay &amp; Play)</b> 9 January – 13 February <b>4 to 7 Years</b> <b>School Children Only</b> <b>Term Time Only</b> 3.30pm to 4.30pm No Session 2 January <i>Booking required.</i></p> <p>.....</p> <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> 3 January – 21 February 1.30pm to 2.30pm <i>Booking required.</i></p>	<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> <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> 6 January to 17 February 10am to 11am <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>Musical Babies</b> <b>Non-Moving to 6 Months</b> 6 January to 17 February 1.30pm to 2.30pm <i>Booking Required.</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> 21 January to 11 February 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> 8 January to 19 February 1.30pm to 2.30pm <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 Plus</b> <b>0 to 5 Years</b> 2 January to 20 February 1.30pm to 2.30pm <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> 3 January to 21 February 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> 3 January to 21 February 1pm to 2:30pm <i>Booking Required.</i></p>	



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