



Charlotte and Adam at Cedars Hub; below, Adam in his favourite place, the sensory room

Child's play

Charlotte Augustus has been bringing her young son to Cedars children's centre since he was two months old – but it isn't just baby Adam who benefits from the early support offered at our three hubs.

"I had postnatal depression, so the young parents group was really good; it got me out of the house and talking to other mums," Charlotte said. "Most of my friends don't have children, so they didn't know what I was going through. The parents meet up and stay in touch through our WhatsApp group, so it's really helpful."

Our Children's Services were upgraded to 'Good' in April after an Ofsted inspection which praised the "sharp focus on improving outcomes for children". The Early Support hubs mean there's a one-stop shop for supporting Adam at every stage of his development.

'I don't know what I'd do without this place'
– Charlotte Augustus

"I started bringing Adam to the music group as a baby, and then messy play. Now he's a bit older, 18 months, he loves the sensory room – it's peaceful and calm. He learns so much here. It's so good for his development.

"There's a health visitor, so I get him weighed every month and it's a chance to talk about anything I'm worried about."



As well as supporting Adam in his early years, the hub is helping 24-year-old Charlotte with her professional development.

"The young parents group has a careers adviser who helped me figure out what I wanted to do – I'm going to train to be a primary school teacher, which will fit in with term times. I also have a mentor, who is lovely. She's helped me look for work and also given me more confidence. When I go back to work my mum will continue bringing Adam here.

"The staff are so friendly and helpful. I don't know what I'd do without this place."

Adam is also impressed. "As soon as we turn the corner into the road he knows where he's going and gets excited."

● **To find out more about our Early Support hubs, search 'Harrow Early Support' online.**