

Timetable

Early Help & Support Family Hubs

04 November –
31 December 2024

0 – 19 / 25 years

Small Steps, Lasting Change



Cedars Hub

020 8736 6222

Hillview Hub

020 8422 4692

Wealdstone Hub

020 8416 8667

Early Support is a free service available to all those living in Harrow. (Including NRPF)

Early Support groups are drop in unless stated otherwise.

Check out the timetable to see what sessions you can drop in to!

You will still need to call & book into some sessions so please do double check the timetable.

Please note numbers are limited to keep us all safe!



New Look timetable



Thank you to the families that shared feedback around the timetable format we have listened to what was said & designed a new look timetable – it may take some time to get used to however we hope over time it makes it easier for families to get the information they need about services they want to access – we will continue to review & improve.

Guide for Groups & Services pre-natal – 19 years

Hub details

Centres in the Cedars Hub	Address and contact details	Centres in the Hillview Hub	Address and contact details
Cedars Hub Children's Centre	Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222 8am – 6pm	Hillview Hub Children's Centre	2 Grange Road, South Harrow, HA2 0LW. 020 8422 4692
The Pinner Centre	Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460	Kenmore Park Delivery Site	Warneford Road, Kenton, HA3 9HZ. 020 8416 8400
Whitefriars Delivery Site	Whitefriars Avenue, Harrow, HA3 5RQ. 020 8424 1066	Gange Delivery Site	68 Canning Road, Wealdstone, HA3 7SN. 020 8427 0134
Chandos Delivery Site	Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550		
Stanmore Park Delivery Site	William Drive, Stanmore, HA7 4FZ. 020 8736 6480	Wealdstone Youth Hub The Wealdstone Youth Centre, 38 – 42 High Street, Wealdstone, HA3 7AE 020 8416 8667	

Please remember, all our timetables can be found in the photo sections on Facebook:



www.facebook.com/harrowcc

Baby Groups - Prenatal – Crawlers

Venue	Group	Time	Dates & Staffing
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	Babbling Babies <i>The importance of communication with baby from bump onwards</i>	Drop in any time between 9.30 – 11am	Monday 11 November 2024 Monday 18 November 2024 Monday 25 November 2024 Monday 09 December 2024
	PAFT Baby Group	10 – 11am	Wednesday 06 November 2024 Wednesday 13 November 2024 Wednesday 20 November 2024 Wednesday 27 November 2024 Wednesday 04 December 2024 Wednesday 18 December 2024
Chandos Chandos Crescent, Edgware, HA8 6HL 020 8726 6550	Sensory Baby Group	10 – 11.30am	Tuesday 12 November 2024 Tuesday 19 November 2024 Tuesday 26 November 2024 Tuesday 03 December 2024 Tuesday 10 December 2024 Tuesday 17 December 2024
Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460	PAFT Baby Group	10 – 11.30am	Thursday 07 November 2024 Thursday 14 November 2024 Thursday 21 November 2024 Thursday 28 November 2024 Thursday 05 December 2024 Thursday 12 December 2024 Thursday 19 December 2024
Stanmore Park William Drive, Stanmore HA7 4FZ 020 8736 6480	PAFT baby –womb to world	10 – 11.30am	Friday 08 November 2024 Friday 15 November 2024 Friday 22 November 2024 Friday 29 November 2024 Friday 06 December 2024 Friday 13 December 2024
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Baby Stay and Play (birth – 18 months)	11am – 12pm	Tuesday 12 November 2024 Tuesday 19 November 2024 Tuesday 26 November 2024 Tuesday 03 December 2024 Tuesday 10 December 2024 Tuesday 17 December 2024
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	Baby Stay and Play (birth – 18 months)	9.30 - 10.30am Or 11am – 12pm Please only attend one group	Wednesday 06 November 2024 Wednesday 13 November 2024 Wednesday 27 November 2024 Wednesday 04 December 2024 Wednesday 11 December 2024 Wednesday 18 December 2024
Kenmore Park Warneford Road, Kenton, HA3 9HZ, 020 8416 8400	Sensory Play (birth – crawlers)	10 – 11am	Every Thursday from Thursday 07 November 2024 to Thursday 19 December 2024

Infant feeding & Weaning

Venue	Group	Time	Dates
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	Weaning Party Call to book	2 – 3 PM	Wednesday 27 November 2024
			Wednesday 18 December 2024
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	Saturday Weaning Party	10 – 11 AM	Saturday 16 November 2024
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	Specialist weaning/feeding party- For older babies/toddlers struggling with feeding and solid foods	1-2pm	Friday 29 November 2024
Virtual	Weaning Workshop	12 – 1pm	Tuesday 12 November 2024 Tuesday 10 December 2024

Mixed ages (Best suited for 0 – 5 years – siblings welcome)

Venue	Group	Time	Dates
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	Stories & Rhyme Time	1 – 2pm	Monday 11 November 2024 Monday 18 November 2024 Monday 25 November 2024
	Let's Get Physical	10 – 11.30am	Tuesday 12 November 2024 Tuesday 19 November 2024 Tuesday 26 November 2024 Tuesday 03 December 2024 Tuesday 10 December 2024 Tuesday 17 December 2024
	Sensory Play & Sensory Room	1 – 2.30pm	Tuesday 19 November 2024 Tuesday 26 November 2024 Tuesday 03 December 2024 Tuesday 10 December 2024 Tuesday 17 December 2024
	Learning Through Play	1.30 – 3pm	Thursday 07 November 2024 Thursday 14 November 2024 Thursday 21 November 2024 Thursday 28 November 2024 Thursday 05 December 2024 Thursday 12 December 2024 Thursday 19 December 2024
	Outdoor play – little adventurers	10.30 - 11.30am	Friday 08 November 2024 Friday 15 November 2024 Friday 22 November 2024 Friday 29 November 2024 Friday 06 December 2024 Friday 13 December 2024 Friday 20 December 2024
Chandos Chandos Crescent, Edgware, HA8 6HL 020 8726 6550	Learning Through play	1 – 2.30pm	Monday 11 November 2024 Monday 18 November 2024 Monday 25 November 2024 Monday 09 December 2024 Monday 16 November 2024
	Stay & Play – Pre-writing skills	10 – 11.30am	Wednesday 06 November 2024
	Fun with Numbers	10 – 11.30am	Wednesday 13 November 2024
	Stay & Play – Gross Motor Skills	10 – 11.30am	Wednesday 20 November 2024
	Stay & Play – Story Time	10 – 11.30am	Wednesday 27 November 2024
	Arts & Crafts	10 – 11.30am	Wednesday 04 December 2024
	Stay & Play – Small World	10 – 11.30am	Wednesday 18 December 2024
HENRY Programme Appointment only	AM	Up to 21 November 2024	

Mixed ages (Best suited for 0 – 5 years – siblings welcome)

Venue	Group	Time	Date
Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460	Stories and Rhyme Time	1.30 – 2.30pm	Monday 09 December 2024 Monday 16 December 2024
	Parents As First Teachers Birth – 3 years	10 – 11.30am	Tuesday 05 November 2024 Tuesday 19 November 2024 Tuesday 03 December 2024 Tuesday 17 December 2024
	Learning Through Play	10 – 11.30am	Wednesday 06 November 2024 Wednesday 13 November 2024 Wednesday 20 November 2024 Wednesday 27 November 2024 Wednesday 04 December 2024 Wednesday 11 December 2024 Wednesday 18 December 2024
	Imagine & Play	1 – 2.30pm	Wednesday 06 November 2024 Wednesday 13 November 2024 Wednesday 20 November 2024 Wednesday 27 November 2024 Wednesday 04 December 2024 Wednesday 11 December 2024 Wednesday 18 December 2024
Stanmore Park William Drive, Stanmore HA7 4FZ 020 8736 6480	Toddler Group	10 – 11.30am	Monday 11 November 2024 Monday 25 November 2024 Monday 16 December 2024
	Imagine & Play	1 – 2.30pm	Tuesday 12 November 2024 Tuesday 19 November 2024 Tuesday 26 November 2024 Tuesday 03 December 2024 Tuesday 10 December 2024 Tuesday 17 December 2024
	Healthy Living Stay & Play	1 – 2.30pm	Wednesday 06 November 2024 Wednesday 13 November 2024 Wednesday 27 November 2024 Wednesday 11 December 2024

Mixed ages (Best suited for 0 – 5 years – siblings welcome)

Venue	Venue	Venue	Venue
Hillview 2 Grange Road South Harrow HA2 0LW 020 84224692	Stories come alive	1 – 2.30pm	Every Monday from Monday 11 November 2024 to Monday 23 December 2024
	Sensory play	1.30 – 2.30pm	Wednesday 06 November 2024 Wednesday 13 November 2024 Wednesday 20 November 2024 Wednesday 04 December 2024 Wednesday 11 December 2024 Wednesday 18 December 2024
	Learning through play Educational psychologist 21 November 2024	10 – 11.30am	Every Thursday from Thursday 07 November 2024 to Thursday 19 December 2024
	Let's get Physical	10 – 11am	Every Friday from Friday 08 November 2024 to Friday 20 December 2024
Hillview 2 Grange Road South Harrow HA2 0LW 020 84224692	Saturday Sessions	10 – 11.30am	Saturday 02 November 2024 Fathers Group Saturday 16 November 2024 Learning through Play Saturday 07 December 2024 Learning through Play
Kenmore Park Warneford Road Kenton HA3 9HZ 020 84168400	Homestart Home from Home Stay and play	10am – 12pm Or 1 – 3pm	Every Monday from Monday 04 November 2024 to Monday 16 December 2024
	Stories come alive	2 – 3pm	Every Tuesday from Tuesday 12 November 2024 to Tuesday 17 December 2024
	HENRY programme Appointment only	AM	Up to Wednesday 27 November 2024
	Learning through play	1.30 – 2.30pm	Every Wednesday from Wednesday 20 November 2024 to Wednesday 18 December 2024
Gange 68 Canning Road Wealdstone HA3 7SN 020 8427 0134	Sensory play	1 – 2.30pm	Monday 11 November 2024 Monday 25 November 2024 Monday 2 December 2024 Monday 9 December 2024 Monday 16 December 2024
	Learning through play	1.30 – 2.30pm	Every Tuesday from Tuesday 12 November 2024 to Tuesday 24 December 2024
	Stories come alive	1.30 – 2.30pm	Every Thursday from Thursday 07 November 2024 to Thursday 19 December 2024

Speech & Language Focussed Groups - 18 months +
(siblings welcome in school holidays)

Venue	Group	Time	Dates
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	TALK & Play With Educational Psychologist 07 November 2024 & 05 December 2024	10 – 11am	Thursday 07 November 2024 Thursday 14 November 2024 Thursday 28 November 2024 Thursday 05 December 2024 Thursday 12 December 2024 Thursday 19 December 2024
Chandos Chandos Crescent, Edgware, HA8 6HL 020 8726 6550	TALK & Play	10 – 11am	Monday 11 November 2024 Monday 18 November 2024 Monday 25 November 2024 Monday 09 December 2024 Monday 16 December 2024
Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460	TALK & Play	10 – 11am	Tuesday 12 November 2024 Tuesday 26 November 2024 Tuesday 10 December 2024
Stanmore Park William Drive, Stanmore HA7 4FZ 020 8736 6480	TALK & Play	1.30 – 2.30pm	Wednesday 20 November 2024 Wednesday 04 December 2024 Wednesday 18 December 2024
Gange 68 Canning Road Wealdstone	TALK & Play	10 - 11am	Friday 08 November 2024 Friday 15 November 2024 Friday 22 November 2024 Friday 29 November 2024 Friday 06 December 2024 Friday 13 December 2024 Friday 20 December 2024

0 – 5 years only

Venue	Group	Time	Dates
Stanmore Park William Drive, Stanmore HA7 4FZ 020 8736 6480	Find your Voice 0 – 5 years BOOKED PLACES – CALL TO BOOK	Wednesdays 10 – 11am	Starting From 13 November 2024 for 5 weeks

Special Educational Needs – Support

Venue	Group	Time	Dates
<p style="text-align: center;">Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222</p>	<p style="text-align: center;">Sensory Room slots Birth – 5 years For children with sensory needs, children on the journey to diagnoses or have a diagnosis of SEND - Call to book a slot</p>	PM	<p style="text-align: center;">Wednesday 06 November 2024 Wednesday 20 November 2024 Wednesday 04 December 2024</p>
	<p style="text-align: center;">SEND 1:1 practical support appointment – advice on activities in the home, toilet learning tips, support around services available – call to book</p>	PM	<p style="text-align: center;">Wednesday 13 November 2024 Wednesday 27 November 2024 Wednesday 11 December 2024</p>
<p style="text-align: center;">Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222</p>	<p style="text-align: center;">Specialist Weaning party- For toddlers 10 - 30 months struggling with eating solid foods</p>	1 - 2pm	Friday 29 November 2024
<p style="text-align: center;">Stanmore Park William Drive, Stanmore HA7 4FZ 020 8736 6480</p>	<p style="text-align: center;">SEND Special Play times STAY & PLAY With sensory room <i>For all parents and children on the journey to or with a diagnosis of special needs</i></p>	AM	Starting January 2024 Contact for more information
<p style="text-align: center;">Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222 Virtual or face to face</p>	<p style="text-align: center;">S.E.N.D toilet learning workshop</p>	9.30 - 11am	Friday 15 November 2024

2-year-Old Health & Development Checks or Transitional Checks

Venue	Group	Time	Dates
<p style="text-align: center;">Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222</p>	<p style="text-align: center;">2-year health & development check</p>	<p style="text-align: center;">Various slots throughout the day call to book</p>	<p style="text-align: center;">Monday 11 November 2024 Monday 25 November 2024 Monday 09 December 2024 Monday 23 December 2024</p>

Workshops / Parenting Advice

Venue	Group	Time	Dates
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	Parenting Advice session Face to Face / Virtual	8am – 12.30pm	Thursday 07 November 2024 Wednesday 20 November 2024 Wednesday 04 December 2024 Wednesday 18 December 2024
	S.E.N.D toilet learning workshop	9.30 - 11am	Friday 15 November 2024
	Managing challenging behaviour 3 - 9 years – avoiding physical chastisement	9.30 - 11am	Monday 09 December 2024
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	Fathers RPC Group (Bookings)	10am – 12pm	Monday 04 November 2024 Monday 11 November 2024 Monday 18 November 2024 Monday 25 November 2024 Monday 02 December 2024
	S.E.N.D behaviour workshop Virtual	9:30 - 11am	Tuesday 19 November 2024
	Educational psychologist visiting groups –see timetable for dates	10 – 11.30am	Thursday 21 November 2024
Gange 68 Canning Road Wealdstone HA37SN 020 84270134	Positive behaviour management 3-9 years –avoiding physical chastisement	1 – 2.30pm	Monday 18 November 2024
Wealdstone 38-42 High St, Harrow HA3 7AE 020 8416 8667	Triple P: Virtual positive parenting group (children/teenagers ages 9+)	6 – 7.30pm	10 September- 1 October 2024 29 October - 19 November 2024
	Healing Together (children ages 11+) :		19 September - 24 October 2024
	Mental Toughness (Children 9 - 16 years olds)		30 October - 20 November 2024
	Health and Fitness sessions (Harrow Leisure Centre)		Girls on Tuesday Boys on Thursday 12, 19, 26 Nov 3, 10, 17 Dec 2024 <u>14, 21, 28 Nov 5, 12, 19 Dec 2024</u>

Parenting advice and top tips within groups

Advice	Venue	group	Time	date
Toilet learning	Stanmore Park	Healthy living	1 – 2.30pm	Weds 27 November
	Cedars	Learning through play	1.30 - 3pm	Thursday 12 December
	Hillview	Learning through play	10 – 11.30am	Thursday 05 December
Fussy Eating	Gange	Stories come alive	1.30 – 2.30pm	Thursday 21 November
	Chandos	Stay and play story time	10 – 11.30	Weds 27 November 2024
Oral Health	Cedars	Let's get physical	10 - 11.30 am	Tues 12 November
	Chandos	Learning through play	1 – 2.30pm	Monday 18 November
	Pinner centre	Let's get physical	10 - 11.30am	Weds 04 December
	Kenmore Park	Stories come alive	2 - 3pm	Tuesday 19 November
	Hillview	Stories come alive	1 – 2.30pm	Monday 25 November
	Gange	Learning through play	1.30 – 2.30pm	Tuesday 10 December

Partner Services			
Group	Venue	Time	Dates
Homestart Stay and play (0-4) See timetable	Kenmore Park	10am - 12pm Or 1 - 3pm	Mondays
Health Visitor clinic	Gange	9.30 - 11.30am	Mondays
Health Visitor clinic	Kenmore Park	9.30 - 11.30am	Tuesdays
Health Clinic Drop in	Hillview	1 – 3pm	Fridays
Health Visitor (bookings)	Kenmore Park	1 – 4pm	Tuesdays
Health Visitor ASQ clinic (bookings)	Gange	9 – 3pm	Wednesdays
Health Visitor Clinics ASQs & Antenatal	Chandos Stanmore Park Pinner Centre	By appointment only	Dates are stated within appointment
Health Visitors Clinic Drop in	Cedars	9.30 – 11.30am	Thursdays
Portage bookings	Hillview	1 - 2pm	Thursdays
Baby Feeding Group	Kenmore Park	12 – 2.30pm	Thursdays (not in the Month of Dec) Contact your health visitor for advice
Infant Feeding Group	Cedars	12 – 2.30pm	Mondays (not in the Month of Dec) Contact your health visitor for advice
Immunization clinic (bookings)	Kenmore Park	9am – 12pm	Thursdays
Immunization clinic (bookings)	Kenmore Park	9am – 3:30pm	Fridays
Blossom Baby Massage (bookings)	Hillview	1 - 2.30pm	Fridays
Blossom Antenatal (bookings)	Hillview	1 – 3pm	Fridays
Midwifery	Cedars Whitefriars Kenmore Park The Pinner Centre	By appointment only	Across the week
CAMHS Under 5	Cedars Whitefriars	Call to find out more	Tuesdays & Wednesdays Mondays
Children’s Sensory Team	Cedars	By appointment only	Tuesdays - Term Time only
Childminders Group	Gange	9.30 – 11.30am	Thursdays – Term Time Only
Portage Harrow Horizons Compass Tutoring CAMHS	Various centres	By appointment only	Dates are stated within appointment

Safeguarding is EVERYONE'S RESPONSIBILITY

If you are concerned about a child call
020 8901 2690 on weekends or after 5pm call
020 8424 0999

Domestic Abuse Support and Advice

If you are feeling unsafe or are experiencing domestic violence you can seek support by calling the Golden Number 020 8901 2690 or the DA helpline on 020 8907 8148 24 hrs 0808 2000 247 Stay safe!

CALLING ALL PARENTS & YOUNG PEOPLE

If you are interested in volunteering, becoming a parent / Young person's ambassador, creating the newsletter, or sharing your views please contact 020 736 6222 & ask for more information about opportunities in Harrow Early Support & Family Hubs