FAMILY HUB NETWORK

Early Help

Family Hubs

0 – 19 / 25 years

Small Steps, Lasting Change

Monday 02 June - Friday 18 July 2025

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!

Cedars Hub 020 8736 6222

Hillview Hub 020 8422 4692

Wealdstone Hub 020 8416 8667



Please follow this guide in all of our groups and services.

Note; we have <u>limited space for buggies</u> and for health and safety reasons buggies can not be brought in to groups, <u>where possible please leave your buggies at home.</u> We recommend bringing a buggy lock with you to centres with outdoor buggy bays.

Please arrive only 10mins prior to the group start times. Doors will open at most sites 2 - 5mins prior to the start time for sign in



Mobile phones should be turned to silent or switched off during groups and handheld computers should be switched off. If you would like to take a picture or video of a special moment, ask a member of the team.



You remain responsible for your children at all times.



We provide water in all groups. (Due to allergies, we are unable to agree to families bringing their own food or snacks)



You are responsible for all personal belongings.



There is an expectation that everyone helps to tidy up.



Most importantly PLAY, LEARN and HAVE FUN!

Learn a little bit more about what we do in the centres ...

All Early Support staff have qualifications in Early Years or Youth work, the teams are experienced in working with the Early Years Foundation Stage Curriculum and other relevant curricula. The team have a range of training and specialisms including parenting, social work, health, education & more... The team are here to support you on you parenting journey and have the ethos that you are the first and most influential teacher of your child, we are here to offer some theory and evidence based approaches / tools to help you along. Here are a few of the activities we run & a bit about who leads them and what you can expect

Group Name	More information
Parents As First Teachers (PAFT) Baby Groups & all baby groups	Qualified PAFT practitioners provide evidenced based activities focussing on the neuroscience behind your babies development. The team have a clear focus on you as parents being your child's first and most influential teacher. This is an opportunity to explore your attachment, babies development & fun ideas around how to support your baby to learn & grow. The group has a different focus each week and explores arrange of great home learning ideas. It is also a brilliant opportunity to meet life long friends & socialise with other families
Parents As First Teachers (PAFT) Toddler groups	Qualified PAFT practitioners provide evidenced based activities focussing on the neuroscience behind your child's development. This is a great opportunity to learn fun activities, to get advice around developmental stages & challenges & to meet other families.
Sensory Play	Children learn through sensory exploration. Sensory play is lead by Early Years trained staff who use the Early Years Foundation Stage Curriculum & parenting evidence base to create fun, developmentally challenging sensory play opportunities that parents can recreate at home or that they may not be able to experience elsewhere.
Learning Through Play	Early Years trained staff providing developmentally stimulating activities using the Early Years Foundation Stage Curriculum. Not only is it tons of fun but it is a great chance for your child to explore new things, & for you as parents to pick up tips about activities that will support your child to learn, for example games for numbers in play, colours in play, language development & to help build your child's confidence & self esteem
Imagine & Play	Children thrive on the opportunity to get creative, this groups gives you the chance to support your child's imagination through early year activities. Imagine and play as a theme each week & allows parents an opportunity to support their child to revisit past experiences, explore new experiences & to get creative with their imagination. The Early Years trained staff are available to offer ideas & to answer questions you may have about your child's development
Stories Come Alive	Help your child to become a life long reader & story teller, get them excited about story telling & books. The Early Years trained staff create lovely environments focussed on the story that are available to explore & providing opportunities to create stories of your own.

Learn a little bit more about what we do in the centres.... Continued ...

Group Name	More information
TALK & Play	The team are trained by local speech & language therapists to provide Speech, language & communication support, advice & guidance to parents. All groups & services promote language development however TALK & play has a real focus on communication. Staff are available to share ideas to support develop communication skills & to answer questions or concerns around your child's speech & language. The group focusses on a range of evidenced based speech and language strategies
2 year old checks	Did you know that all 2 year olds are entitled to a health & development check. The Health Visiting Team provide part 1 (ASQ). If your child is in a setting they will carry out part 2 of the check. However if your child is not in a setting (nursery, childminder or school) then this can be carried out by a qualified Early Support team member) Great opportunity to learn ideas around how to support your child's next stage of development & to receive top tips & advice in areas you have questions
Health & Well-being groups	A brilliant group to promote your child's health, an opportunity to learn activities that support building emotional resilience & intelligence, to learn healthy recipes & good games that promote healthy lifestyles & reduce the risks of obesity
Outdoor play	Outdoor learning is essential in the Early Years, the outdoor play groups provide a great opportunity for exploration & learning (especially for those that don't have an outdoor space at home). Activities including, helping to look after our allotments, grow your own, physical play, water play, construction play & much more

Look out for information on other services in the next timetable!

Learn a little bit more about what we do in the centres.... Continued ...

Parenting Programmes – If you feel your family would benefit from one of our more intensive parenting programmes contact 020 89012690 select the option for Harrow Multi- agency Safeguarding Hub (MASH) & request Early Support.

Group Name	More information
Parents As First Teachers (PAFT) For Prenatal – 5 years	"ALL CHILDREN WILL LEARN, GROW & DEVELOP TO REALISE THEIR FULL POTENTIAL." Parents as First Teachers offers a successful research and evidence-based parenting programme. Early Support professionals work on a 1:1 or small group basis with parents and their children pre-birth to five, using the Parents as Teachers Foundation Curriculum
Bespoke parenting	Strengthening Families, Strengthening Communities (SFSC) is an inclusive evidence-based parenting programme, designed to promote protective factors which are associated with good parenting and better outcomes for children.
Behaviour Management – Alternatives to Physical Chastisement	An evidenced based workshop with tools & resources to support parents in responding to challenging behaviours. Techniques in preventing escalation of behaviour and advice on how to reduce frustration when responding to unwanted behaviours.
Co-parenting	Co -parenting sessions are offered to parents/carers who share the care of children, (parents separating/living apart, working opposite work patterns) the quality of the relationship between parents can have a strong influence on a child's emotional wellbeing, the aim of the sessions is to support parents/carers using tools provided to promote positive change to help improve communication, putting the child comes first.
Learn to cook	Children will have fun learning to cook a range of healthy foods. All ingredients provided by the youth centre, please advise staff of allergies when booking a space.
Gym/fitness	The aim of the session is to promote and teach young people about the benefits of living a healthy lifestyle. to improve fitness, increase health education, reduce stress and improve self esteem and confidence.
Junior youth session (9-15 years) + 13-15 youth	A space for fun activities and to hang out and make new friends.
Senior youth session 16+	A space for young people to engage in activities to support health and wellbeing
Harrow Youth parliament	Please call to find out more

Venue	Monday	Tuesday	Wednesday	Thursday	Friday
Wealdstone Youth Centre Age 9-19/25 -SEN 38-42 High Street Wealdstone Harrow HA3 7AE 020 8416 8667	Junior Youth Club 3-5pm (Age 9-15 years) Drop in or Call to secure a space	Learn to cook 3-5pm (All ages) Drop in or Call to secure a space Senior youth club 5-7pm (Age 16-19/25) Drop in or Call to book To secure a space	13-15's Youth club 3-5pm (Age 13-15 years) Drop in or Call to secure a space Harrow Youth Parliament 5-7pm (Age 9-19 years) Please call for more information	Gym sessions Harrow Leisure Centre 3-6pm (11 years +) Please call to book	Games Night 3-5pm (Age 9-15 years) Drop in or Call to secure a space

Young people with SEN / Additional needs are welcome to all of our groups. If a carer/ 1-1 support is needed then please ensure to enquire regarding suitability and attending with your young person

Venues	Monday 2 June 2025	Tuesday 3 June 2025	Wednesday 4 June 2025	Thursday 5 June 2025	Friday 6 June 225
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	Portage Blossom Postnatal Group	Partner service	11-12 pm Baby Stay and play (birth- 18 months) Drop in 1:30-2:30 Sensory play (birth – 4 years)	10 – 11:30am Learning through play (birth - 4 years) Drop in With Educational Psychologist	Blossom baby massage Booking
				Portage	
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12pm Or 12:30-2:30 Homestart Home from Home group stay and play (0-4 years) (please attend only 1 session)	Staff Oral health training	9:30-12 HENRY programme Bookable service 1:30-3pm Explore and learn outdoors (birth – 4 years) Drop in	11-12 Yoga Booking	IMMS CLINIC + Health clinic
Gange Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Staff Planning day Cedars	11-12 Baby group (birth- 18 months) Drop in	Health ASQ's	Child minders group 1-2:30 Let's play together (birth – 4 years) Booking	9:30-10:30am Talk and Play (18 months +)

Venues	Monday 02 June 2025	Tuesday 03 June 2025	Wednesday 04 June 2025	Thursday 05 June 2025	Friday 06 June 225
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222	Planning Day Cedars	Sensory Play 1 – 2.30pm 0 – 5yrs Staff Oral health training	PAFT Baby Group Prenatal – Crawlers 10 – 11am Drop in	TALK & Play 10 – 11am Drop in 18mths plus Learning Through Play 1.30 – 3pm Drop in 0-5yrs	
The Pinner Centre Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460		TALK & Play 10 – 11am Drop in 18mths plus	Imagine & Play 0-5yrs Drop in 1.30 – 2.30pm	PAFT Baby Group Prenatal – Crawlers 10 – 11.30am Drop in Stories Come Alive 0-5yrs Drop in 1 – 2.30pm	
Chandos Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550		Sensory Baby Group Prenatal – Crawlers 10 – 11.00am Drop in	Stories & Rhymes 0-5yrs Drop in 10 – 11.00am	HENRY Programme bookable service	Islamic Cultural Society
Stanmore Park William Drive, Stanmore, HA7 4FZ. 020 8736 6480		Partner Service AM Imagine & Play 0-5yrs Drop in 1.15 – 2.30pm	TALK & Play 10 – 11am Drop in 18mths plus Healthy Living Stay & Play 0-5yrs Drop in 1.15 – 2.45pm	Partner Service	PAFT baby womb to world Prenatal to Crawlers 10 – 11.30am Drop in

Venues	Monday 9 June 2025	Tuesday 10 June 2025	Wednesday 11 June 2025	Thursday 12 June 2025	Friday 13 June 2025
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	PORTAGE	Partner service	1:30-2:30 Sensory play (birth – 4 years)	10 – 11;30am Learning through play (birth - 4 years)	10-11am Let's get physical (birth– 4 years) Drop in
Healthy living week	1-2:30pm Stories and Rhymes With oral health advice (0-5 years) Drop in			Drop in with EP PORTAGE	Blossom baby massage Booking
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12pm Or 12:30-2:30 Homestart Home from Home group stay and play (0-4 years) (please attend only 1 session)	Clinic Drop in 1:30-3pm Stories come alive With oral health advice (Birth – 4 years)	9:30-12 HENRY programme Bookable service 1:30-3pm Explore and learn outdoors (birth – 4 years) Drop in	CLINICS	IMMS CLINIC + Health clinic
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	10-11:30am Explore and learn outdoors (0-4 years) 1-2:30pm Sensory play (birth- 4 years) Drop in	11-12 Baby group (birth- 18 months)	ASQ's	Childminder group 1-2:30 Let's play together (birth – 4 years) Booking	9:30-10:30am Talk and play 18 months + Drop in Speech and Language Therapist Visiting

Venues	Monday 9 June 2025	Tuesday 10 June 2025	Wednesday 11 June 2025	Thursday 12 June 2025	Friday 13 June 225
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222	Babbling Babies Prenatal – Crawlers 10 – 11.15am Drop in Stories & Rhymes 1 – 2pm Drop in 0-5yrs 2-year checks 130 – 3.30pm Call to book an appointment	Sensory Play 1 – 2.30pm 0 – 5yrs	Sensory Room slots Birth – 5yrs For children with sensory needs, children on the journey to diagnoses or have a diagnosis of SEND Call to book a slot 1.30 – 4pm	TALK & Play 10 – 11am Drop in 18mths plus SALT joining session Learning Through Play 1.30 – 3pm Drop in 0-5yrs CS	Outdoor play – little adventurers 10.30 - 11.30am Drop in 0-5yrs
The Pinner Centre Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460	Babbling Babies Prenatal - Crawlers Drop in any time between 1.30 – 2.30pm With Oral Health Advice	TALK & Play 10 – 11am Drop in 18mths plus	Imagine & Play 0-5yrs Drop in 1 – 2.30pm	Baby Group Prenatal – Crawlers 10 – 11.30am Drop in Stories Come Alive 0-5yrs Drop in 1 – 2.30pm	
Chandos Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550	TALK & Play 10 – 11am Drop in 18mths plus Learning Through play 0-5yrs Drop in 1 – 2.30pm	Sensory Baby Group Prenatal – Crawlers 10 – 11am Drop in	Learning Through Play 0-5yrs Drop in 1.30 – 2.30pm With Oral Health Advice	HENRY Programme bookable service	Islamic Cultural Society
Stanmore Park William Drive, Stanmore, HA7 4FZ. 020 8736 6480	PAFT Toddler Group 0-3yrs Drop in 10 – 11.30am	Partner Service AM Imagine & Play 0-5yrs Drop in 1.15 – 2.45pm	Healthy Living Stay & Play 0-5yrs Drop in With Oral Health Advice 1.15 – 2.45pm	Partner Service	PAFT baby womb to world Prenatal to Crawlers 10 – 11.30am Drop in

Venues	Monday 16 June 2025	Tuesday 17 June 2025	Wednesday 18 June 2025	Thursday 19 June 2025	Friday 20 June 2025
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	1-2:30pm Stories and Rhymes (0-5 years) Drop in	Partner service	11-12 pm Baby Stay and play With Oral health advice (birth- 18 months) Drop in 1:30-2:30 Sensory play (birth – 4 years)	10 – 11:30am Learning through play (birth - 4 years) Drop in	10-11am Let's get physical (birth– 4 years) Drop in Blossom baby massage Booking
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12pm Or 12:30-2:30 Homestart Home from Home group stay and play (0-4 years) (please attend only 1 session)	Cedars 12:30-2:30pm Co parenting 1:30-3pm	9:30-12 HENRY programme Bookable service 1:30-3pm Explore and learn outdoors With oral health advice (birth – 4 years) Drop in	9:30-10:30 IMMS clinic k4 all day	IMMS CLINIC + Health clinic
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	10-11:30am Explore and learn outdoors (0-4 years) 1-2:30pm Sensory play With oral health advice With oral (birth- 4 years) Drop in		Health ASQ's	Child minder group 1-2:30 Let's play together (birth – 4 years) Booking	9:30-10:30am Talk and play 18 months + Drop in

Venues	Monday 16 June 2025	Tuesday 17 June 2025	Wednesday 18 June 2025	Thursday 19 June 2025	Friday 20 June 2025
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222	Babbling Babies Prenatal – Crawlers 10 – 11.15am Drop in Stories & Rhymes		PAFT Baby Group Prenatal – Crawlers With Oral Health Advice 10 – 11am Drop in	TALK & Play 10 – 11am Drop in 18mths plus EP joining session Learning Through Play	Outdoor play – little adventurers 10.30 - 11.30am Drop in 0-5yrs
	1 – 2pm Drop in 0-5yrs		Managing Emotions Virtual Workshop Call Cedars to book a space 10 – 11.30am	1.30 – 3pm Drop in 0-5yrs	
The Pinner Centre Chapel Lane Car Park, Pinner	Bespoke Parenting Bookable Service Babbling Babies	TALK & Play 10 – 11am Drop in 18mths plus	Learning Through Play 0-5yrs Drop in 10 – 11.30am	PAFT Baby Group Prenatal – Crawlers 10 – 11.30am Drop in	
HA5 1AA 020 8424 1460	Prenatal - Crawlers Drop in any time between 1.30 – 2.30pm		Imagine & Play - 0-5yrs Drop in 1 – 2.30pm	Stories Come Alive 0-5yrs Drop in 1 – 2.30pm	
Chandos Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550	TALK & Play 10 – 11am Drop in 18mths plus Learning Through play 0-5yrs Drop in	Sensory Baby Group Prenatal – Crawlers With Oral Health Advice 10 – 11.00am Drop in	Learning Through Play 0-5yrs Drop in 1.30 – 2.30pm	HENRY Programme bookable service	Islamic Cultural Society
Stanmore Park William Drive, Stanmore, HA7 4FZ. 020 8736 6480	1 – 2.30pm PAFT Toddler Group 0-3yrs Drop in 10 – 11.30am	Partner Service AM	TALK & Play 10 – 11am Drop in 18mths plus Healthy Living Stay & Play 0-5yrs Drop in	Partner Service Stories & Rhymes 0-5yrs Drop in 1.15 – 2.45pm	PAFT baby womb to world Prenatal to Crawlers 10 – 11.30am Drop in
			1.15 – 2.45pm		

Venues	Monday 23 June 2025	Tuesday 24 June2025	Wednesday 25 June 2025	Thursday 26 June 2025	Friday 27 June 2025
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	Portage	Partner service	11-12 pm Baby Stay and play (birth- 18 months) Drop in	10 – 11:30am Learning through play (birth - 4 years) Drop in	10-11am Let's get physical (birth– 4 years) Drop in
	1-2:30pm Stories and Rhymes With Healthy snack (0-5 years) Drop in		1:30-2:30 Sensory play (birth – 4 years)	Portage	Blossom baby massage Booking
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12pm Or 12:30-2:30 Homestart Home from Home group stay and play (0-4 years) (please attend only 1 session)	1:30-3pm Stories come alive With healthy snack (Birth – 4 years)	9:30-12 HENRY programme Bookable service 1:30-3pm Explore and learn outdoors (birth – 4 years)	CLINICS	IMMS CLINIC + Health clinic
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	10-11:30am Explore and learn outdoors With healthy snack (0-4 years) 1-2:30pm Sensory play (birth- 4 years) Drop in	11-12 Baby group (birth- 18 months)	Health ASQ's	Child minders group 1-2:30pm Let's play together (birth – 4 years) Booking Parenting advice 9-12	9:30-10:30am Talk and Play (18 months plus)

Venues	Monday 23 June 2025	Tuesday 24 June 2025	Wednesday 25 June 2025	Thursday 26 June 2025	Friday 27 June 2025
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222	Babbling Babies Prenatal – Crawlers 10 – 11.15am Drop in Stories & Rhymes 1 – 2pm Drop in 0-5yrs 2-year checks 1.30 – 3.30pm	Parenting top tips & advice (AM) Call to book an appointment Sensory Play & Sensory Room Slots 1 – 2.30pm 0 – 5yrs	PAFT Baby Group Prenatal – Crawlers 10 – 11am Drop in Weaning Party Call to book a place 2 – 3pm	TALK & Play 10 – 11am Drop in 18mths plus Learning Through Play 1.30 – 3pm Drop in 0-5yrs With Oral Health Advice	Outdoor play – little adventurers 10.30 - 11.30am Drop in 0-5yrs
The Pinner Centre Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460	Bespoke Parenting Bookable Service Babbling Babies Prenatal - Crawlers Drop in any time between 1.30 – 2.30pm	TALK & Play 10 – 11am Drop in 18mths plus	Learning Through Play 0-5yrs Drop in 10 – 11.30am Imagine & Play 0-5yrs Drop in 1 – 2.30pm With Oral Health Advice	PAFT Baby Group Prenatal – Crawlers 10 – 11.30am Drop in Stories Come Alive 0-5yrs Drop in 1 – 2.30pm	
Chandos Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550	TALK & Play 10 – 11am Drop in 18mths plus Learning Through play 0-5yrs Drop in 1 – 2.30pm	Sensory Baby Group Prenatal – Crawlers 10 – 11.30am Drop in		HENRY Programme bookable service	Islamic Cultural Society
Stanmore Park Delivery Site William Drive, Stanmore, HA7 4FZ. 020 8736 6480	PAFT Toddler Group 0-3yrs Drop in 10 – 11.30am With Oral Health Advice	Partner Service AM Imagine & Play 0-5yrs Drop in 1.15 – 2.45pm	TALK & Play 10 – 11am Drop in 18mths plus Healthy Living Stay & Play 0-5yrs Drop in 1.15 – 2.45pm	Partner Service	Baby Group womb to world Prenatal to Crawlers 10 – 11.30am Drop in

Venues	Monday 30 June 2025	Tuesday 1 July 2025	Wednesday 2 July2025	Thursday 3 July 2025	Friday 4 July 2025
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692			Baby first aid Course Bookable Service	10 – 11;30am Learning through play With oral health advice (birth - 4 years)	10-11am Let's get physical (birth— 4 years) Drop in
020 0422 4092	Blossom Postnatal	Partner service	1 – 2 pm Sensory play (birth – 4 years) Drop in	Drop in	Blossom baby massage Booking
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12pm Or 12:30-2:30 Homestart Home from Home group stay and play (0-4 years) (please attend only 1 session)	1:30-2:30pm Toilet learning workshop	9:30-12 HENRY programme Bookable service	11-12 Yoga Booking	IMMS CLINIC + Health clinic
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	10-11:30am Explore and learn outdoors (0-4 years) 1-2:30pm Sensory play (birth- 4 years) Drop in	11-12 Baby group With oral health advice (birth- 18 months)	ASQ's	9:30-11:30 Childminders group	9:30-10:30am Talk and Play (18 months +)

Venues	Monday 30 June 2025	Tuesday 01 July 2025	Wednesday 02 July 2025	Thursday 03 July 2025	Friday 04 July 2025
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222	Babbling Babies Prenatal – Crawlers 10 – 11.15am Drop in Stories & Rhymes 1 – 2pm Drop in 0-5yrs	Parenting top tips & advice (AM) Call to book an appointment Sensory Play and sensory room slots 1 – 2.30pm 0 – 5yrs	PAFT Baby Group Prenatal – Crawlers 10 – 11am Drop in With Oral Health Advice Learn Harrow First Aid Course Bookable Spaces PM session	TALK & Play 10 – 11am Drop in 18mths plus Learning Through Play 1.30 – 3pm Drop in 0-5yrs	Outdoor play – little adventurers 10.30 - 11.30am Drop in 0-5yrs
The Pinner Centre Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460	Bespoke Parenting Bookable Service Babbling Babies Prenatal - Crawlers Drop in any time between 1.30 – 2.30pm	TALK & Play 10 – 11am Drop in 18mths plus	Learning Through Play 0-5yrs Drop in 10 – 11.30am Imagine & Play 0-5yrs Drop in 1 – 2.30pm	Baby Group Prenatal – Crawlers 10 – 11.30am Drop in Stories Come Alive 0-5yrs Drop in 1 – 2.30pm	
Chandos Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550	TALK & Play 10 – 11am Drop in 18mths plus With Oral Health Advice Learning Through play 0-5yrs Drop in 1 – 2.30pm	Sensory Baby Group Prenatal – Crawlers 10 – 11.30am Drop in	Learning Through Play 0-5yrs Drop in 1.30 – 2.30pm Cover	HENRY Programme bookable service	Islamic Cultural Society
Stanmore Park William Drive, Stanmore, HA7 4FZ. 020 8736 6480	PAFT Toddler Group 0-3 yrs Drop in 10 – 11.30am	Partner Service AM Imagine & Play 0-5yrs Drop in 1.15 – 2.45pm	TALK & Play 10 – 11am Drop in 18mths plus Healthy Living Stay & Play 0-5yrs Drop in 1.15 – 2.45pm With Oral Health Advice	Partner Service	PAFT baby womb to world Prenatal to Crawlers 10 – 11.30am Drop in

Venues	Monday 7 July 2025	Tuesday 8 July 2025	Wednesday 9 July 2025	Thursday 10 July 2025	Friday 11 July 2025
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	Portage 1-2:30pm Stories and Rhymes (0-5 years) Drop in	Partner services		10 – 11:30 am Learning through play (birth - 4 years) Drop in	10-11am Let's get physical (birth– 4 years) Drop in Blossom baby massage Booking
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12pm Or 12:30-2:30 Homestart Home from Home group stay and play (0-4 years) (please attend only 1 session)	1:30-3pm Stories come alive (Birth – 4 years)	9:30-12 HENRY programme Bookable service 1:30-3pm Explore and learn outdoors (birth – 4 years)	CLINICS	IMMS CLINIC + Health clinic
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	10-11:30am Explore and learn outdoors (0-4 years) 1-2:30pm Sensory play (birth- 4 years) Drop in	11-12pm Baby group (birth- 18 months)	Health ASQ's	9:30-11:30 Childminders group	9:30-10:30am Talk and Play (18 months +)

Venues	Monday 07 July 2025	Tuesday 08 July 2025	Wednesday 09 July 2025	Thursday 10 July 2025	Friday 11 July 2025
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222	Babbling Babies Prenatal – Crawlers 10 – 11.15am Drop in Stories & Rhymes 1 – 2pm Drop in 0-5yrs	Sensory Play 1 – 2.30pm 0 – 5yrs		TALK & Play 10 – 11am Drop in 18mths plus Learning Through Play 1.30 – 3pm Drop in 0-5yrs Virtual Behaviour Workshop Call to book a space 1.30 – 3pm	Outdoor play – little adventurers 10.30 - 11.30am Drop in 0-5yrs
The Pinner Centre Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460	Bespoke Parenting Bookable Service Babbling Babies Prenatal - Crawlers Drop in any time between 1.30 – 2.30pm	TALK & Play 10 – 11am Drop in 18mths plus	Imagine & Play 0-5yrs Drop in 1.30 - 3pm	Baby Group Prenatal – Crawlers 10 – 11.30am Drop in Stories Come Alive 0-5yrs Drop in 1 – 2.30pm With Oral Health Advice	
Chandos Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550	TALK & Play 10 – 11am Drop in 18mths plus Learning Through play 0-5yrs Drop in 1 – 2.30pm -	Sensory Baby Group Prenatal – Crawlers 10 – 11.30am Drop in With Oral Health Advice		Stories & Rhymes 0-5yrs Drop in 10 – 11.30am	
Stanmore Park William Drive, Stanmore, HA7 4FZ. 020 8736 6480	Toddler Group 0-3 yrs Drop in 10 – 11.am	Partner Service AM Imagine & Play 0-5yrs Drop in 1.15 – 2.45pm	Healthy Living Stay & Play 0-5yrs Drop in 1.15 – 2.45pm		PAFT baby womb to world Prenatal to Crawlers 10 – 11.30am Drop in

Venues	Monday 14 July 2025	Tuesday 15 July 2025	Wednesday 16 July 2025	Thursday 17 July 2025	Friday 18 July 2025
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	Portage	Partner services	Staff training	10 – 11:30 am Learning through play (birth - 4 years) Drop in	PLANNING/TIDY UP DAY
	1-2:30pm Stories and Rhymes (0-5 years) Drop in			Portage	Blossom baby massage Booking
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12pm Or 12:30-2:30 Homestart Home from Home group stay and play (0-4 years) (please attend only 1 session)	1:30-3pm Stories come alive (Birth – 4 years)	9:30-12 HENRY programme Bookable service		IMMS clinic
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	10-11:30am Explore and learn outdoors With oral health advice (0-4 years) 1-2:30pm Sensory play (birth- 4 years) Drop in	Co parenting virtual 10-11:30am 11-12pm Baby group With oral health advice (birth- 18 months)	Health ASQ's	9:30-11:30 Childminders group	PLANNING/TIDY UP DAY

Venues	Monday 14 July 2025	Tuesday 15 July 2025	Wednesday 16 July 2025	Thursday 17 July 2025	Friday 18 July 2025
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222	Babbling Babies Prenatal – Crawlers 10 – 11.15am Drop in	Parenting top tips & advice (AM) Call to book an appointment	Staff training	TALK & Play 10 – 11am Drop in 18mths plus	Planning Day, Team are preparing for
	Stories & Rhymes 1 – 2pm Drop in 0-5yrs With Oral Health Advice 2-year checks 1.30 – 3.30pm Call to book an appointment	Sensory Play & Sensory Room Slots 1 – 2.30pm 0 – 5yrs	Weaning Party Call to book a place 2 – 3pm	Learning Through Play 1.30 – 3pm Drop in 0-5yrs	Summer timetable
The Pinner Centre Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460	Babbling Babies Prenatal - Crawlers Drop in any time between 1.30 – 2.30pm	TALK & Play 10 – 11am Drop in 18mths plus	Imagine & Play 0-5yrs Drop in 1.30 - 3pm	Baby Group Prenatal – Crawlers 10 – 11.30am Drop in Stories Come Alive 0-5yrs Drop in 1 – 2.30pm	Planning Day, Team are preparing for Summer timetable
Chandos Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550	TALK & Play 10 – 11am Drop in 18mths plus Learning Through play 0-5yrs Drop in 1 – 2.30pm	Sensory Baby Group Prenatal – Crawlers 10 – 11.30am Drop in	Learning Through Play 0-5yrs Drop in 1.30 – 2.30pm		Planning Day, Team are preparing for Summer timetable
Stanmore Park William Drive, Stanmore, HA7 4FZ. 020 8736 6480	PAFT Toddler Group 0-3 yrs Drop in 10 – 11.30am	Partner Service AM Imagine & Play 0-5yrs Drop in 1.15 – 2.45pm	Healthy Living Stay & Play 0-5yrs Drop in With Oral Health Advice 1.15 – 2.45pm	Stories and Rymes 0 – 5yrs Drop in 1 – 2.30 pm	Planning Day, Team are preparing for Summer timetable

Partner Delivery					
Group	Dates	Times			
Portage group	Monday	10-11:30am			
Blossom baby massage	Friday	1-2:30pm			
Homestart Stay and play (0-4) See timetable	Monday	10-12am Or 12:30-2:30pm			
Healthy visitor Weighing drop in Clinic	Tuesday	9:30am - 11:30pm			
Health ASQ's (Please note the nearest parking is Peel House Car Park HA3 7AE)	Wednesday	9am -3pm			
Childminders group	Thursday	9:30-11:30am			
Health Visitor Clinic	Thursdays	9.30 – 11.30am			
Baby Feeding Clinic	Thursdays	9.30am – 12.30pm			
Children's Sensory Team	Tuesdays	By appointment only			
Health Visitor Clinics	Dates are stated within appointment	By appointment only			
Midwifery Appointments	Across the week	By Appointment only			
CAMHS Under 5	Wednesdays Mondays	Call to find out more			
	Portage group Blossom baby massage Homestart Stay and play (0-4) See timetable Healthy visitor Weighing drop in Clinic Health ASQ's (Please note the nearest parking is Peel House Car Park HA3 7AE) Childminders group Health Visitor Clinic Baby Feeding Clinic Children's Sensory Team Health Visitor Clinics	Portage group Monday Blossom baby massage Friday Homestart Stay and play (0-4) See timetable Healthy visitor Weighing drop in Clinic Health ASQ's (Please note the nearest parking is Peel House Car Park HA3 7AE) Childminders group Thursday Health Visitor Clinic Baby Feeding Clinic Thursdays Thursdays Thursdays Thursdays Thursdays Thursdays Thursdays Thursdays Thursdays Across the week CAMHS Under 5 Wednesdays			

Citizens Advice Harrow is part of Harrow digizens Family Hub Network



Harrow's Family Hubs are improving the way families and young people access support, information, and advice. These Hubs bring together the support and services a family and a young person may need, when they need it.



You can access Citizens Advice Harrow's advice service at the following hubs:

Cedars, Chandos, Hillview, Kenmore, Pinner, Wealdstone Youth Club and Whitefriars.

Please contact us on 0808 250 5705 to make an appointment.

Citizens Advice Harrow is the operating name of Harrow Citizens Advice Bureaux Service Ltd, a charity and company limited by guarantee. Registered office address: 4 Gayton Road, Harrow, HA1 2FB Charity registration number: 1060926. Company registration number: 03090292 (England and Wales). Authorised and regulated by the Financial Conduct Authority. FCA Authorisation Number: 617626





Let's Play Together Stay and Play

A 4-week stay and play group

Offering:

Guidance and support with

Parenting advice

Positive behaviour strategies

Child development

Setting boundaries and routines

Playing together

Safety in the home

Managing screen time

Reading together

*Receive a book for your child on completion of the 4 weeks.

Thursday 1 - 2:30pm

5 June

12 June

19 June

26 June

Gange
68 Canning Road
Wealdstone
HA3 7SN

To register your interest please call 020 8427 0134



	Workshops					
Venue	Theme	Time	Dates			
Virtual Workshop Call 020 8427 0134 to book	Managing challenging behaviour 3-9 years –avoiding physical chastisement	10 – 11.30am	10 June 2025			
Kenmore Park Warneford Road, Kenton, HA3 9HZ Call 020 8427 0134 to book	Toilet Learning workshop	1:30-2:30pm	1 July 2025			
Virtual Workshop Call Cedars to book on 020 8736 6222	Managing challenging behaviour 3-9 years –avoiding physical chastisement	1.30 – 3pm	10 July 2025			
Virtual Workshop Call Cedars to book on 020 8736 6222	Managing Emotions	10 – 11.30am	18 June 2025			
Kenmore Park Warneford Road, Kenton, HA3 9HZ Call 020 8427 0134 to book	Co parenting workshop	1-2:30pm face to face 10-11:30am Virtual	17 June 2025 15 July 2025			
Wealdstone Youth Centre 38-40 High Street Harrow HA3 7AE Call 020 8420 9430 or email Wealdstonehubyouthoffer@ harrow.gov.uk for more information or to book Walks in welcome	Parenting advice (for ages 9 years +)	10-11:30am	Every Wednesday Term time only			

	Weaning					
Venue	Theme	Time	Dates			
Virtual Weaning Workshop Call Cedars on 020 8736 6222	Weaning Workshop	12 – 1pm	11 June 2025 09 July 2025			
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222 Call to book	Wednesday Weaning Party	2 – 3pm	25 June 2025 16 July 2025			
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222 Call to book	Saturday Weaning Party	10 – 11am	28 June 2025			

	Saturday Offer					
Venue	Theme	Time	Dates			
Hillview	Fathers Group	10 – 11.30am	07 June 2025			
2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	Learning through Play	10 – 11.30	19 July 2025			

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

Centres	Address and contact details	Centres	Address and contact details
Cedars	Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222 8am – 6pm	Hillview	2 Grange Road, South Harrow, HA2 OLW. 020 8422 4692
The Pinner Centre	Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460	Kenmore Park	Warneford Road, Kenton, HA3 9HZ. 020 8416 8400
Chandos	Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550	Gange	68 Canning Road, Wealdstone, HA3 7SN. 020 8427 0134
Stanmore Park	William Drive, Stanmore, HA7 4FZ. 020 8736 6480	Wealdstone 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