

Harrow's Early Support Children's Centres

Early Support Timetable

Pre natal – 9 years

17 April – 02 June 2023

For services for
age 9 – 19 /
25 years go to
[@Wealdstone.youthhub](https://www.instagram.com/wealdstone.youthhub)
on Instagram

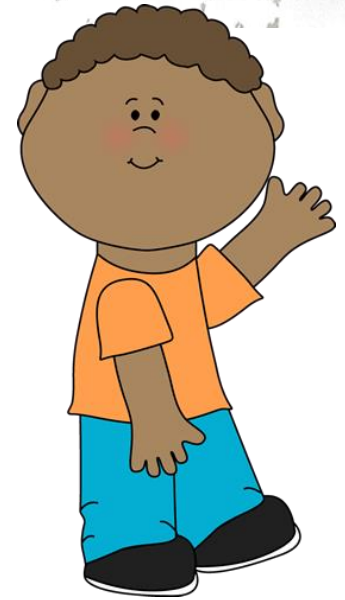
Early Support is a free service available to all those
living in Harrow. (Including NRPF)

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 in to some sessions so please do double
check the timetable

Please note numbers are limited to keep us all safe!



Harrow Council

Early Support

Small Steps - Lasting Change

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

Note; we have limited space for buggies and for health and safety reasons buggies can not be brought in to groups, where possible please leave your buggies at home. 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!**

FREE BABY GROUPS IN HARROW



Parents are their child's first and most influential teachers

Harrow has a range of FREE baby groups for parents & their baby.

The groups are a great opportunity to meet other parents, to get tips and advice (as all parents need advice sometimes) & to learn about your baby's development using the Parents As First Teachers & Early Years Curriculums.

Each group has a different theme that will provide parenting & development advice to parents.

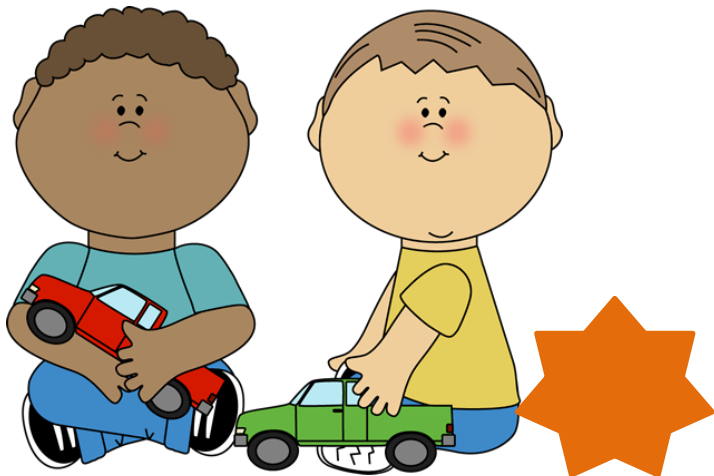
To find out more contact 020 8736 6222

NEW
Learning
Through Play
– Saturdays
at Hillview
10 – 11.30am

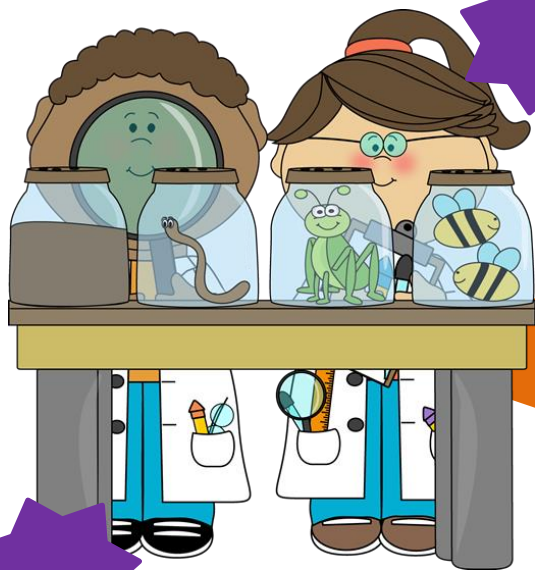
For ages
 Birth – 10
 years



*For more information call
 Hillview on 020 8422 4692*



Saturdays 2023	Focus / key info
1 April	Stories Come Alive (with language development advice)
24 June	Stories Come Alive
15 July	Outdoor Play (with parenting Top Tips)
12 August	Teddy Bears' Picnic
23 September	Den making
21 October	Arts and Crafts
18 November	Imagine and Play
16 December	Fun with Science



Re- launching the...
Father's Group
 Saturdays
 Hillview
 10 – 11.30am

All ages
 welcome



Hillview Children's Centre, 2, Grange Road, Harrow, HA2 0LW

Saturdays 2023	Focus / key info
22 April	Cook and Eat (with Oral health advice)
13 May	Stories Come Alive
10 June	Father's Day
1 July	Lets Get Physical
9 September	Sensory Play (with parenting Top Tips)
7 October	Fun with Science
4 November	Arts and Crafts
2 December	Stories come alive





NEW

CAMHS Under 5's Service

For parents & babies or children from birth – 5 years

Cedars Children's Centre, Whittlesea Road, HA3 6LS

020 8736 6222

Ask a member of the team about the new Free CAMHS under 5 service

An opportunity to meet with a specialist around your child's emotional well-being, attachment, development, relationships & mental health amongst other things

CAMHS under 5 service support families with a child with or on the journey to diagnosis of SEND

The team will be on site at Cedars every Wednesday & Early Support can make a referral or arrange a time for you to talk to a member of the CAMHS under 5 team about whether they can support you & your family

You can also call the centre to find out more on 020 8736 6222

We look forward to hearing from you

Educational and Child Psychologist 'drop-in'

Look out for this
on the timeable
Thursday
morning at
Hillview or
Cedars

Join one of us from the Educational Psychology Service for an informal consultation about your child's development. We can discuss how your child is developing and provide advice to help support their needs.

We can give you guidance about:

- Play activities to promote social and emotional, language and communication, physical and early learning development.
 - Maintaining mental and emotional well-being.
- Understanding and supporting special educational needs.
 - Parental boundary setting.
 - Wake-up, bedtime and mealtime routines.
- Toileting and promoting independence and much more.

We are looking forward to seeing you!

Find out more at Harrow Children's Centres or Facebook

www.facebook.com/harrowcc

0-5
years



Support, advice and guidance from...

Early Support

Small Steps - Lasting Change

Parenting is tough!

We can all do with a little bit of advice and guidance at times

The Early Support staff are trained in the most up to date evidence based approaches to support you as a parent or carer!

Staff are here to....

- listen
- to support you to make the best decision for your family
- to offer advice and support from a friendly professional
 - to reassure
- to support access to any services you may need or want and
 - to do what ever they can to offer support!

These topics will help with starting school

You can get support through any of the virtual sessions however you can also call 020 8736 6222 and ask to be put in contact with a member of the team

Ask about sleep routines

Ask about toilet learning

Ask about meal times or feeding

Ask about behaviour

NEW

S.E.N.D Workshops

If your child has S.E.N.D you may need some more specific advice and strategies



Toilet learning for children with S.E.N.D

15 May 2023 – 12 - 12.45pm

Please call 020 8424 1460

Behaviour workshop for children with S.E.N.D

15 May 2023 - 9.30 - 10.30am

Please call 020 8736 6222 to book



Both workshops will be virtual



Specialist Feeding party

Are you struggling to move your older baby on from puree?

Did you need to start introducing solid foods later? Does your baby have additional needs?



We can offer support and advice, and you can try out some foods in a range of textures /consistencies

Parents of babies & children aged 6 – 30 months



Date & Time	Venue
Friday 5 May 2023 1 - 2 pm	Cedars Children's Centre, Whittlesea road, HA3 6LS
Friday 15 September 2023 1 – 2 pm	Cedars Children's Centre, Whittlesea road, HA3 6LS

Please ring 020 8736 6222 to book a place for the specialist weaning party

Early Support
Small Steps - Lasting Change

Toilet Learning

Don't wait for the summer!

Is your child showing signs of knowing when they need the toilet?
Are they curious about the process?
Are they asking to use the toilet?
Are you asking yourself are they ready?



If yes, your child may be showing signs of readiness, we call this a 'window of opportunity' contact the centres or ask a member of the team during groups about Early Supports toilet learning workshops or for top tips & advice around toilet learning

You can also call to book on to one of the workshops directly



Toilet Learning Workshop

Virtual

Call - 020 8424 1460 to book
24 April 2023 - 12 pm - 12.45pm
22 May 2023 12 -12.45pm



Toilet Learning workshop

Virtual

Call - 020 8422 4692
26 April 2023 - 10 -11am

Behaviour Workshop

Virtual

Call 020 8736 6550 to book
24 April 2023 - 1.30 - 2.30pm
(Focus on parents of 3 - 9 years olds)



Call 020 8736 6480 to book
03 May 2023 - 1.30 - 2.30pm
(focus on parents of 2 - 4 year olds)

10 May 2023 - 1.30 - 2.30pm
(focus on alternates to physical chastisement)

31 May 2023 - 1 - 2pm
(Focus on parents of 3 - 9 years olds)

Call 200 8736 6222 to book
22 May 2023 - 9.30 - 10.30am
(focus on alternates to physical chastisement)



Managing Emotions Workshop

Virtual

Call to book - 020 8736 6222
10 May 2023 - 12- 12.45pm



Oral Health Workshop

Call - 020 8736 6550 to book
27 April 2023 - 1- 2 pm

Early Support Parenting Workshops

We all need advice sometimes....
Appointment only



Healthy Eating & meal times Workshop

Virtual

Call to book - 020 8736 6222
03 May 2023 - 12 - 12.45 pm

Parenting Top Tips & Advice Appointments

Virtual / Face to Face at Cedars

Call to book - 020 8736 6222

20 April 2023

27 April 2023

04 May 2023

11 May 2023

18 May 2023

25 May 2023

01 June 2023



Sleep Workshop

Virtual

Call to book - 020 8736 6480

26 April 2023 1.30 - 2.30pm



Toilet Learning Workshop

Virtual

Call - 020 8424 1460 to book
24 April 2023 - 12 pm - 12.45pm
22 May 2023 12 -12.45pm



Behaviour Workshop
24 April 2023
Elmgrove Delivery Site
9.30 - 10.30am
(2-4 years)

12 May
Virtual
1.30 - 2.30pm
(5-9 years)

Book your place by calling
020 8907 4941

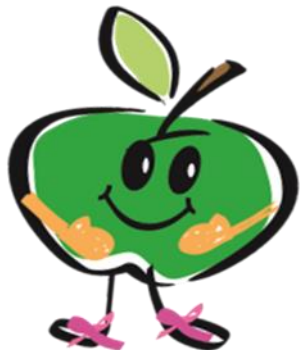
Sleep workshop
15 May 2023
Virtual
9.30-10.30am
(0-6 months)
11-12.00
(6 months +)

Book your place by calling
020 8907 4941



Early Support Parenting Workshops

We all need advice sometimes....
Appointment only



**Family meal times
workshop**
2 May 2023
Gange Delivery site
10 -11am
Book your place by calling
020 8427 0134

Toilet Learning workshop
26 April 2023
Virtual
10 -11am
Book your place by calling
020 8422 4692



Behaviour Workshops

All parents feel challenged at times by their child's behaviour... it's part of everyday parenting & it is normal to get frustrated!

You don't have to deal with it alone!

Is your child testing boundaries?

Does your child love the word 'No'?

Does your child question everything you ask them to do?

Are routines a challenge?

Does your child do things you ask them not to?

Are you finding it hard to stay calm & set consistent boundaries?



If yes, contact the centres or ask a member of the team during groups about Early Supports behaviour workshops or for top tips & advice around behaviour – the team have some great tools to support you as a parent

You can also call to book on to one of the workshops directly

Behaviour Workshop

Virtual

Call 020 8736 6550 to book
24 April 2023 - 1.30 - 2.30pm
(Focus on parents of 3 - 9 years olds)

Call 020 8736 6480 to book - Virtual
03 May 2023 - 1.30 - 2.30pm
(focus on parents of 2 - 4 year olds)

Call 020 8736 6480 to book
10 May 2023 - 1.30 - 2.30pm - Virtual
(focus on alternates to physical chastisement)
Call 020 8736 6480 to book
31 May 2023 - 1 - 2pm - Virtual
(Focus on parents of 3 - 9 years olds)

Call 200 8736 6222 to book Virtual
22 May 2023 - 9.30 - 10.30am
(focus on alternates to physical chastisement)

Elmgrove Delivery Site
9.30 - 10.30am
(2-4 years)
24 April 2023

1.30 - 2.30pm
(5-9 years)
Call - 020 8907 4941 -Virtual
12 May 2023

Sibling relationships

Support and advice around sibling rivalry

Routines

Boundaries & consistency

Parenting tips

Ideas on special play times



Being a parent of siblings can be tough, balancing your time, supporting their well-being, meeting their needs that often differ & questioning yourself about whether you are doing enough ... not to mention any challenges around sibling relationships! If you would like to talk things through or get some ideas give us a call & book on to our top tips session or our sibling relationships workshop



Thursday 05 May 2023

PM – Virtual 1.45-2.45pm

Call to book your place – 020 8736

6480

Parents & carers.....

Do you feel that your child's behaviour is a challenge sometimes?

Do you feel that your children don't listen to you?

Is it difficult to put boundaries in place?

Do your children find it hard to manage their feelings?

You are invited to 4 bespoke virtual workshops



We will be talking about:
Positive parenting strategies
Managing feelings
Modelling
Praise
Special time
Setting boundaries

To book a place, email -

EarlySupportHUB earlysupporthub@harrow.gov.uk

Early Support
Small Steps - Lasting Change

Harrow
Children's
Centres

This session is for parents of children aged between 3 -10 years



Dates:

08 June 2023

15 June 2023

22 June 2023

29 June 2023

Time:

9.30 – 11:30am



Womb to World Service

"The journey from bump to baby"

Pre natal - 4 months

Working together to improve the journey for Harrow parents



Preparing for baby and beyond focussing on neuroscience behind your babies development

Feeding support

Benefit Entitlement advice

For more information inbox our Face book page or email earlysupporthub@harrow.gov.uk

Gange drop in
4 May 2023
10-11am
Bonding and Attachment

Kenmore Park drop in
25 May 2023
10-11am
Talking to your baby

Harrow Childminders Group

We are very happy to welcome
Harrow childminders to their own
group

Thursdays 9.30 - 11.30am

at

Whitefriars Delivery Site

Whitefriars Avenue

HA3 5RQ

Please book a place by emailing

lcookson@virginmedia.com



Free Baby Feeding Support Groups in Harrow All welcome

Central and North West London **NHS**
NHS Foundation Trust



Monday 11 am – 5pm

Cedars Children's Centre, Whittlesea Road, Harrow Weald, HA3 6LS

Wednesday 10am - 12pm

Virtual Group

Thursday 9am - 3.30pm

Kenmore Park Children's Centre, Warneford Road, Kenton, HA3 9HZ

Book a space to get some support with feeding your baby or have a chat with other mothers.

A Health Visitor and Lactation Consultant will be at each group.

To book a space at any of the groups please email Julie Peris on j.peris@nhs.net

Weaning workshops

From 5 months we would suggest you join an online weaning workshop for top tips and advice on how to introduce solid foods with your baby!

To book a place on the workshop, please message the Facebook inbox

www.facebook.com/harrowcc

or email Early Support at earlysupporthub@harrow.gov.uk



Early Support

Small Steps - Lasting Change

Weaning workshops / parenting sessions (for parents of babies from 5 months plus for advice around beginning weaning at 6 months)

Date & Time

Venue

11 April 2023
09 May 2023
13 June 2023
12.30 – 1.30pm

Remote group on Teams

Saturday weaning parties

Between 6 – 9 months you can attend weaning parties at the Centres!
This is a great opportunity to get recipe ideas, get reassurance around suitable foods and practice weaning.



Dates 2023
13 May
17 June
15 July

Early Support

Small Steps - Lasting Change

10 – 11am at

**Cedars Children's Centre,
Whittlesea Road, HA3 6LS**

Please ring 020 8736 6222 to book a place for the weaning party

Weaning parties

From 6 months we would suggest you book and come along to a weaning party, to get recipe ideas, get reassurance about suitable foods and practice with some homecooked finger foods.



This baby is 6 months, enjoying finger foods from the start

Baby's a little older here - you can see the progression in her hand skills



Date & Time	Venue
26 April 2023 24 May 2023 2 – 3 pm	Cedars Children's Centre, Whittlesea road, HA3 6LS

Please ring 020 8736 6222 to book a place for the weaning party

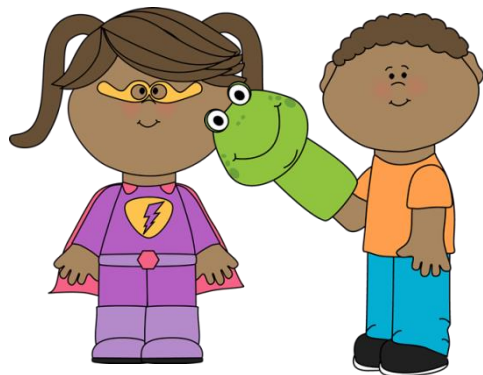
Early Support
Small Steps - Lasting Change

Calling out to parents of 2 year olds.....

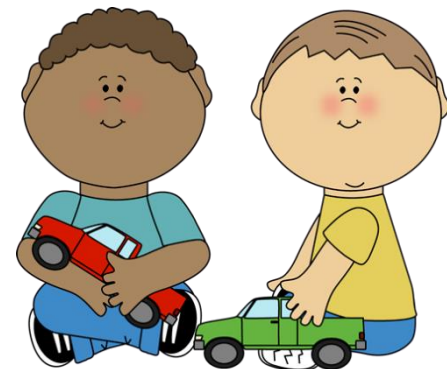
Did you know that your child is entitled to a health & development check?

We are offering parents of two year olds a two year health and development progress check which would be completed remotely & face to face;
A practitioner would contact you on an agreed appointment date/time and complete progress check. You would be emailed completed progress check and offered support, advice and guidance where necessary.

The Two year health and development progress check is a great opportunity to;
*Learn about your child's development, including communication & physical development.
To get top tips on toilet learning, behaviour, sleep, saying bye bye to the dummy & bottle.
To ask questions and address any concerns that you have.
To support access to any other professionals that you would like support from.*



How to book a two year Check?
Cedars – call - 020 8736 6222 – (Across the week)
DATES AVAILABLE ON CONTACT WITH THE
CENTRE



FREE RELATIONSHIP COURSES

Families in Harrow can access more support through challenging times thanks to a range of online relationship courses designed to help parents, whether they are together or separated.

As part of its ongoing commitment to reducing parental conflict in Harrow, Harrow Council has commissioned relationship charity One Plus One to provide access to three evidence-based digital courses for families with a child/parent that lives in Harrow.

Families will be able to access three online courses:

- **Me, You and Baby Too** – designed to help new and expectant parents cope with the changes that could happen in their relationship when they become parents and learn how to cope with stress and conflict constructively.
- **Arguing Better** – designed to raise awareness of the impact parental conflict can have on children and help parents develop better ways of managing stress and arguments together.
- **Getting it Right for Children** – designed to support separated parents, helping them to avoid the harmful situation of their children getting caught up in the middle of their conflict.

There is a wealth of evidence demonstrating the long-term negative effect parental conflict can have on the development and wellbeing of children. The past few years have seen families forced to face new challenges, increasing stresses in the home and creating a climate where conflict could be more likely to occur.

Register for any of the FREE courses above at www.oneplusone.org.uk/parent-resources-for-england

Or for Further information/support contact Harrow's Golden Number on **0208 901 2690**

Venue	Monday 17 April 2023	Tuesday 18 April 2023	Wednesday 19 April 2023	Thursday 20 April 2023	Friday 21 April 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	9.30 – 10.30am Find Your Voice We Are Family Music Session Call to register your interest	10 – 11.30am Let's Get Physical – drop in	10 – 11am Parents As First Teachers Baby Group - Birth – Crawlers – drop in	10 – 11am TALK & Play -18 months + drop in	10.30 – 11.30am Outdoor Play 'Little Adventurers' Drop in
	11am – 5pm Breastfeeding Peer Support	1 – 2.30pm Children's Sensory Team Pre School Group – appointments	Harrow Under 5's CAMHS service – Call for more information / to ask for a call back	1.30 – 3pm Learning Through Play – Numbers - drop in	Did you know we run a Specialist Weaning Party <i>Are you struggling to move your older baby on from puree? Did you need to start introducing solid foods later? Does your baby have additional needs? If yes book your place or find out more by calling Cedars</i>
	STAFF PLANNING DAY	1 – 2.30pm Sensory Play – drop in Sensory room time	PM - Sensory Room – small group bookings – 2 – 6 months, 6 – 12 months & 1 – 2 years slots	12 – 3pm Parenting advice session Support around behaviour, sleep, feeding, toileting, family relationships, managing anger & more - Call to book a place	
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480			10 – 11am TALK & Play -18 months + - drop in	Partner agencies	10 – 11am Baby Group Womb to World Pre natal – Crawlers Tummy Time – drop in
			PM – Baby Massage Call centre for more information	<i>Parenting Programme</i>	
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460		10 – 11am TALK & Play – drop in 18 months +	10 – 11.30am Learning Through Play - Fairy Tales – drop in	10 – 11am Stories Come Alive – drop in	Partner agencies
	11.30am – 12.30pm We Are Family Music Session Call to register your interest	1.30 – 2.30pm Parents As First Teachers Group Birth – 3 years – drop in		1.30 – 2.30pm Parents As First Teachers Baby Group – drop in Birth – Crawlers	Partner agencies
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066		10 – 11.30am PAFT Baby Group – Birth – Crawlers – drop in	10 – 11.30am Health & Well – being Stay & Play – drop in	9.30 – 11.30am Childminders' Group Book your place by emailing cookson@virginmedia.com	10 – 11am TALK & Play – 18 months + - Drop in
		1 – 2.30pm Stories Come Alive - Drop in	1 – 2.30pm Learning Through Play - Phonics – Drop in	1.30 – 2.30pm Indoor & Outdoor Play - drop in	
Chandos Chandos Crescent HA8 6HL 020 8736 6550		10 – 11am Stories Come Alive – drop in 12 months +	10 – 11am Sensory Baby Group – drop in Birth - Crawlers	10 – 11.30am Imagine & Play – Dinosaurs - drop in	Partner agencies
	Partner agencies	1 – 2pm Fun with Phonics – drop in	1 – 2.30pm Learning Through Play – Small world – Drop in	1 – 2.30pm Sensory Play - Drop in	Islamic Cultural Society

Venues	Monday 17 April 2023	Tuesday 18 April 2023	Wednesday 19 April 2023	Thursday 20 April 2023	Friday 21 April 2023
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692 Healthy living week	10 -11.30am Portage group (bookings)	11am - 12.15pm Learn harrow baby massage Bookings	10 -11am Baby stay and play (birth –crawlers) Drop in	10 - 11am Learning through play (birth- 4 years) Drop in	10 - 11am Talk and play (18 months+) Bookings
	1 - 4pm Health Visiting Appointments			1 - 2.30pm Portage Appointments (<i>Bookings</i>)	1-2pm Sensory play (0-4 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10am - 12pm Homestart Home from Home Stay and play (0-4 Years) drop in	9.15 - 11.15am Healthy Child Clinic Appointments	10-11am Stories come Alive (birth - 4 years) Drop in	9am - 3.30pm Breastfeeding peer support bookings	9.15am - 3.30pm Health clinic Appointments
		1 - 4pm Health Visiting Appointments		Perinatal team Baby massage	1-2pm Sensory Play (birth - crawlers) Drop in
Elmgrove Kenmore Ave, Kenton, HA3 8LU 020 8907 4941	10am-12pm Co parenting Bookings		10-11am Learning through play (birth-4years) Drop in	Partner service	9.30-10.30am Stories come alive (birth-4 years) Drop in
		Partner service		Partner Services	Partner service
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Partner service		10 -11am Baby PAFT (birth- crawlers) Drop in	9.30 - 11.30am Parenting advice (Booking)	Partner service
	Partner service			1 - 2.30pm Explore and learn outdoors (birth-4 years) Drop in 26	Partner service

Venue	Monday 24 April 2023	Tuesday 25 April 2023	Wednesday 26 April 2023	Thursday 27 April 2023	Friday 28 April 2023
<p>Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222</p>	<p>9.30 – 10.30am Find Your Voice We Are Family Music Session Call to register your interest</p>	<p>10 – 11.30am Let’s Get Physical – drop in Indoors & outdoors including allotment time</p>	<p>10 – 11am Parents As First Teachers Baby Group - Birth – Crawlers – drop in</p>	<p>10 – 11am TALK & Play -18 months + drop in</p>	<p>10.30 – 11.30am Outdoor Play ‘Little Adventurers’ Drop in</p>
	<p>Call to book a 2, 3 / 4 year old health & development check</p>	<p>1 – 2.30pm Children’s Sensory Team – appointments</p>	<p>Harrow Under 5’s CAMHS service – Call for more information / to ask for a call back</p>	<p>1.30 – 3pm Learning Through Play – Construction - drop in</p>	<p>Did you know we run a Specialist Weaning Party <i>Are you struggling to move your older baby on from puree? Did you need to start introducing solid foods later? Does your baby have additional needs? If yes book your place or find out more by calling Cedars</i></p>
	<p>11am – 5pm Breastfeeding Peer Support</p>				
	<p>1 – 2.30pm Imagine & Play – Gruffalo – Drop in</p>	<p>1 – 2.30pm Sensory Play – drop in Sensory room time</p>			
<p>Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480</p>	<p>10 – 11am Parents As First Teachers Group Birth – 3 years – drop in</p>	<p>10 – 11.30am Imagine & Play – World Penguin Day - drop in</p>	<p>10 – 11am TALK & Play -18 months + - drop in</p>	<p>Partner agencies</p>	
	<p>1 – 2pm Learning Through Play – Gross Motor – drop in</p>	<p>1 – 2pm Messy Play – drop in <i>Do all those activities you fear doing at home!</i></p>	<p>PM – Baby Massage Call centre for more information</p>	<p><i>Parenting Programme</i></p>	
			<p>1.30 – 2.30pm Virtual - Sleep workshop – Call to book</p>		
<p>The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460</p>	<p>9 – 10am Sensory Baby Group – Birth – 18months – drop in</p>	<p>10 – 11am TALK & Play – drop in 18 months +</p>	<p>10 – 11.30am Learning Through Play - Pre- writing skills – drop in</p>	<p>10 – 11am Stories Come Alive – drop in</p>	<p>10 – 11.30am Let's Get Physical – drop in</p>
	<p>12 – 12.45pm Lunch Time Toilet Learning Workshop</p>	<p>1.30 – 2.30pm Parents As First Teachers Group Birth – 3 years – drop in</p>	<p>1.30 – 2.30pm Imagine & Play – Science - drop in</p>	<p>1.30 – 2.30pm Parents As First Teachers Baby Group – drop in Birth – Crawlers</p>	<p>Partner agencies</p>
<p>Whitefriars Children’s Centre Whitefriars Avenue HA3 5RQ 020 8424 1066</p>		<p>10 – 11.30am PAFT Baby Group – Birth – Crawlers – drop in</p>	<p>10 – 11.30am Health & Well – being Stay & Play – drop in</p>	<p>9.30 – 11.30am Childminders' Group Book your place by emailing cookson@virginmedia.com</p>	<p>10 – 11am TALK & Play – 18 months + - Drop in</p>
	<p>1 – 2.30pm Imagine & Play Dinosaurs – drop in</p>	<p>1.30 – 2.30pm TALK Focus Appointments only</p>	<p>1 – 2.30pm Learning Through Play - Schemas – Drop in</p>	<p>1.30 – 2.30pm Indoor & Outdoor Play – drop in</p>	
<p>Chandos Chandos Crescent HA8 6HL 020 8736 6550</p>	<p>10 – 11am TALK & Play – drop in 18 months +</p>	<p>10 – 11am Stories Come Alive – drop in 12 months +</p>	<p>10 – 11am Sensory Baby Group – drop in Birth - Crawlers</p>	<p>10 – 11.30am Imagine & Play – Superheroes - drop in</p>	<p>Partner agencies</p>
	<p>1.30 – 2.30pm Virtual Behaviour workshop parents of 3 – 9 year olds - Call to book</p>	<p>1 – 2pm Fun with Numbers – drop in</p>	<p>1 – 2.30pm Learning Through Play – Letters & Numbers in my world – Drop in</p>	<p>1 – 2pm Oral Health Workshop Call to book</p>	<p>Islamic Cultural Society</p>

Venues	Monday 24 April 2023	Tuesday 25 April 2023	Wednesday 26 April 2023	Thursday 27 April 2023	Friday 28 April 2023
Hillview 2 Grange Road, South Harrow, HA2 OLW 020 8422 4692 Healthy living week	10 - 11.30am Portage group (bookings)	11am - 12.15pm Learn harrow baby massage Bookings	10 - 11am Baby stay and play (birth –crawlers) Drop in	10 - 11am Learning through play (Birth- 4 years) Drop in with EP	10 - 11am Talk and play (18 months+) Bookings
	1 - 4pm Health Visiting Appointments	1.30 - 2.45pm Lets play together (birth - 4 years) Bookings	Virtual Toilet Leaning 10 -11am Bookings 11.30am - 1pm Explore and learn outdoors Drop in	1 - 2.30pm Portage Appointments (<i>Bookings</i>)	1-2pm Sensory play Healthy eating advice (0-4 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10am - 1pm Homestart Home from Home Stay and play (0-4 Years) drop in	9.15 - 11.15am Healthy Child Clinic Appointments	10-11am Stories come Alive Healthy eating advice (birth - 4 years) Drop in	9- 3.30pm Breastfeeding peer support bookings	9.15am - 3.30pm Health clinic Appointments
	1.30 - 3pm Explore and Learn outdoors (0-4 years) Drop in	1 - 4pm Health Visiting Appointments	1.30 - 2.30pm Baby stay and Play (birth-18 months) Drop in	Perinatal team Baby massage	1-2pm Baby sensory (Birth - crawlers) Drop in
Elmgrove Kenmore Ave, Kenton, HA3 8LU 020 8907 4941	9.30 - 10.30am Behaviour workshop (advice for 2-4 years) Bookings	10 - 11.30am Explore and learn outdoors (birth-4 years) Drop in	10 - 11am Learning through play (birth-4years) Drop in	Partner service	9.30-10.30am Stories come alive Healthy eating advice Drop in
	1 - 2pm Sensory play (Birth crawlers) Drop in	Partner service	1 - 2pm Lets get physical Healthy eating advice (0-4 years) Drop in	Partner service	Partner service
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Partner services		10 -11am Baby PAFT (birth- crawlers) Drop in	9.30 - 11.30am Parenting advice (Booking)	Partner service
	Partner service	1 - 2.30pm Learning through play (birth-4 years) Drop in		1-2.30pm Explore and learn outdoors (birth-4 years) drop in	Partner service

Venue	Monday 01 May 2023	Tuesday 02 May 2023	Wednesday 03 May 2023	Thursday 04 May 2023	Friday 05 May 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	Bank Holiday	10 – 11.30am Let's Get Physical – drop in Indoors & outdoors including allotment time	10 – 11am Parents As First Teachers Baby Group - Birth – Crawlers – drop in	10 – 11am TALK & Play -18 months + drop in	10.30 – 11.30am Outdoor Play 'Little Adventurers' Drop in
		1 – 2.30pm Children's Sensory Team – appointments	Harrow Under 5's CAMHS service – Call for more information / to ask for a call back	1.30 – 3pm Learning Through Play – Gross motor skills - drop in	Specialist Weaning Party <i>Are you struggling to move your older baby on from puree? Did you need to start introducing solid foods later? Does your baby have additional needs? If yes book your place or find out more by calling Cedars</i>
		1 – 2.30pm Sensory Play – drop in Sensory room time	12 – 12.45pm Virtual – Lunch time healthy eating workshop – Call to book	1.30 – 3.30pm Parenting advice session Support around behaviour, sleep, feeding, toileting, family relationships, managing anger & more - Call to book a place	
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480		10 – 11.30am Imagine & Play – Transport - drop in	10 – 11am TALK & Play -18 months + - drop in	Partner agencies	10 – 11am Baby Group Womb to World Pre natal – Crawlers Sleep Advice – drop in
		1 – 2pm Messy Play – drop in <i>Do all those activities you fear doing at home!</i>	PM – Baby Massage Call centre for more information	<i>Parenting Programme</i>	
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460		10 – 11am TALK & Play – drop in 18 months +	10 – 11.30am Learning Through Play - Phonics – drop in	10 – 11am Stories Come Alive – drop in	10 – 11.30am Let's Get Physical – drop in
		1.30 – 2.30pm Parents As First Teachers Group Birth – 3 years – drop in	1.30 – 2.30pm Imagine & Play – Under the sea - drop in	1.30 – 2.30pm Parents As First Teachers Baby Group – drop in Birth – Crawlers	Partner agencies
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066		10 – 11.30am PAFT Baby Group – Birth – Crawlers – drop in	10 – 11.30am Health & Well – being Stay & Play – drop in	9.30 – 11.30am Childminders' Group Book your place by emailing lcookson@virginmedia.com	10 – 11am TALK & Play – 18 months + - Drop in
		1.30 – 2.30pm TALK Focus Appointments only	1 – 2.30pm Learning Through Play - Pre- writing skills – Drop in	1.30 – 2.30pm Indoor & Outdoor Play – drop in	
Chandos Chandos Crescent HA8 6HL 020 8736 6550		10 – 11am Stories Come Alive – drop in 12 months +	10 – 11am Sensory Baby Group – drop in Birth - Crawlers	10 – 11.30am Imagine & Play – Dear Zoo - drop in	Partner agencies
		1 – 2pm Fun with Science – drop in	1 – 2.30pm Learning Through Play – Schemas – Drop in	1.45 – 2.45pm Virtual - Sibling Relationships Workshop - Call to book	Islamic Cultural Society

Venues	Monday 01 May 2023	Tuesday 02 May 2023	Wednesday 03 May 2023	Thursday 04 May 2023	Friday 05 May 2023
Hillview 2 Grange Road, South Harrow, HA2 OLW 020 8422 4692	BANK HOLIDAY	10 -11am Talk Focus (bookings)	10 -11am Baby stay and play (birth –crawlers) Drop in	10 -11am Learning through play With Oral health advice (Birth- 4 years) drop in	10 - 11am Talk and play (18 months+) bookings
		1.30 - 2.45pm Lets play together (birth - 4 years) Booking	11.30am - 1pm Explore and learn outdoors Drop in	1 - 2.30pm Portage Appointments (Bookings)	1-2pm Sensory play (0-4 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400		9.15 - 11.15am Healthy Child Clinic Appointments	10-11am Stories come Alive (birth - 4 years) With Oral health advice Drop in	9- 3.30pm Breastfeeding peer support bookings	9.15am - 3.30pm Healthy Clinic Appointments
		1 - 4pm Health clinic Appointments	1.30 - 2.30pm Baby stay and Play (birth-18 months) Drop in		1-2pm Sensory baby With Oral health advice (birth crawlers) Drop in
Elmgrove Kenmore Ave, Kenton, HA3 8LU 020 8907 4941		10 -11.30am Explore and learn outdoors (birth-4 years) Drop in	9.30-11am Learning through play (birth- 4years) Drop in	Partner service	9.30-10.30am Stories come alive Drop in
		Partner service	1-2pm Lets get physical With Oral health advice (0-4 years) Drop in	Partner service	1 - 2pm Womb to World Pre natal- 6 months Drop in
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134		10 -11am Family meal times workshop (bookings)	10 - 11am Baby PAFT (birth- crawlers) Drop in	9.30 - 11.30am Parenting advice (Booking)	Partner service
		1 - 2.30pm Learning through play (birth-4 years) Drop in		1-2.30pm Explore and learn outdoors (birth-4 years) drop in 30	Partner services

Venue	Monday 08 May 2023	Tuesday 09 May 2023	Wednesday 10 May 2023	Thursday 11 May 2023	Friday 12 May 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	Bank Holiday	10 – 11.30am Let's Get Physical – drop in Indoors & outdoors including allotment time	10 – 11am Parents As First Teachers Baby Group - Birth – Crawlers – drop in	10 – 11am TALK & Play -18 months + drop in	10.30 – 11.30am Outdoor Play 'Little Adventurers' Drop in
		1 – 2.30pm Children's Sensory Team – appointments	Harrow Under 5's CAMHS service – Call for more information / to ask for a call back	1.30 – 3pm Learning Through Play – Gross motor skills - drop in	Specialist Weaning Party <i>Are you struggling to move your older baby on from puree? Did you need to start introducing solid foods later? Does your baby have additional needs? If yes book your place or find out more by calling Cedars</i>
		1 – 2.30pm Sensory Play – drop in Sensory room time	12 – 12.45pm Virtual – Lunch time emotions workshop – Call to book	1.30 – 3.30pm Parenting advice session Support around behaviour, sleep, feeding, toileting, family relationships, managing anger & more - Call to book a place	
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480		10 – 11.30am Imagine & Play – <i>Dinosaurs</i> - drop in	10 – 11am TALK & Play -18 months + - drop in	Partner agencies	10 – 11am Baby Group <i>Womb to World</i> Pre natal – Crawlers – drop in
		1 – 2pm Messy Play – drop in <i>Do all those activities you fear doing at home!</i>	PM – Baby Massage Call centre for more information	<i>Parenting Programme</i>	
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460		10 – 11am TALK & Play – drop in 18 months +	10 – 11.30am Learning Through Play - <i>Schemas</i> – drop in	10 – 11am Stories Come Alive – drop in	10 – 11.30am Let's Get Physical – drop in
		1.30 – 2.30pm Parents As First Teachers Group Birth – 3 years – drop in	1.30 – 2.30pm Imagine & Play – <i>Transport</i> - drop in	1.30 – 2.30pm Parents As First Teachers Baby Group – drop in Birth – Crawlers	Partner agencies
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066		10 – 11.30am PAFT Baby Group – Birth – Crawlers – drop in	10 – 11.30am Health & Well – being Stay & Play – drop in	9.30 – 11.30am Childminders' Group Book your place by emailing lcookson@virginmedia.com	10 – 11am TALK & Play – 18 months + - Drop in
		1.30 – 2.30pm TALK Focus Appointments only		1.30 – 2.30pm Indoor & Outdoor Play – drop in	
Chandos Chandos Crescent HA8 6HL 020 8736 6550		10 – 11am Stories Come Alive – drop in 12 months +	10 – 11am Sensory Baby Group – drop in Birth - Crawlers	10 – 11.30am Imagine & Play – <i>Fairy Tales</i> - drop in	Partner agencies
		1 – 2pm Making Music – drop in	1 – 2.30pm Learning Through Play – <i>Construction</i> – Drop in		Islamic Cultural Society

Venues	Monday 08 May 2023	Tuesday 09 May 2023	Wednesday 10 May 2023	Thursday 11 May 2023	Friday 12 May 2023
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	BANK HOLIDAY	10 - 11am Talk Focus (bookings)	10 - 11am Baby stay and play (birth –crawlers) Drop in	10 - 11am Learning through play (Birth- 4 years) Drop in Safety in the home advice	10 - 11am Talk and play (18 months+) (bookings)
		1.30 - 2.45pm Lets play together (birth - 4 years) Bookings	11.30am - 1pm Explore and learn outdoors Drop in	1 - 2.30pm Portage Appointments (Bookings)	1 - 2pm Sensory play (0-4 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400		9.15 - 11.15am Healthy Child Clinic Appointments	10 - 11am Stories come Alive (birth - 4 years) With Oral health advice Drop in	9am - 3.30pm Breastfeeding peer support (bookings)	9.15am - 3.30pm Healthy Child Clinic
		1 - 4pm Health Visiting Appointments	1.30 - 2.30pm Baby stay and Play (birth-18 months) Drop in		1- 2pm Sensory baby (birth crawlers) drop in
Elmgrove Kenmore Ave, Kenton, HA3 8LU 020 8907 4941		10 - 11.30am Explore and learn outdoors (birth-4 years) Drop in	9.30 - 11am Learning through play (birth- 4years) Drop in	Partner Services	9.30 -10.30am Stories come alive Drop in
		Partner service	1 - 2pm Lets get physical (0-4 years) Drop in	Partner Services	
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134			10 -11am Baby PAFT (birth- crawlers) Drop in Safety in the home advice	9.30 - 11.30am Parenting advice (Booking)	Partner service
		1 - 2.30pm Learning through play (birth-4 years) Drop in		1 - 2.30pm Explore and learn outdoors (birth-4 years) drop in safety in the home advice	Partner service

Venue	Monday 15 May 2023	Tuesday 16 May 2023	Wednesday 17 May 2023	Thursday 18 May 2023	Friday 19 May 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	9.30 – 10.30am We Are Family Music Session Call to register your interest	Family wellbeing Call centre for more information	10 – 11am Parents As First Teachers Baby Group - Birth – Crawlers – drop in	10 – 11am TALK & Play -18 months + drop in	We are working with Cedars Manor School we look forward to seeing you next week
	9.30 – 10.30am SEND Behaviour Workshop Call to book	10 – 11.30am Child development & parenting advice session – call to book	Harrow Under 5’s CAMHS service – Call for more information / to ask for a call back	12 – 3pm Parenting advice session Support around behaviour, sleep, feeding, toileting, family relationships, managing anger & more - Call to book a place	Did you know we run a Specialist Weaning Party Are you struggling to move your older baby on from puree? Did you need to start introducing solid foods later? Does your baby have additional needs? If yes book your place or find out more by calling Cedars
	11am – 5pm Breastfeeding Peer Support	1 – 2.30pm Children’s Sensory Team – appointments	PM - Sensory Room – small group bookings – 2 – 6 months, 6 – 12 months & 1 – 2 years slots		
	1 – 2.30pm Imagine & Play – Health & well-being with Oral health advice – Drop in	1 – 2.30pm Sensory Play – drop in Sensory room time			
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480	10 – 11am Parents As First Teachers Group Birth – 3 years – drop in	10 – 11.30am Imagine & Play – People Who Help Us - drop in	10 – 11am TALK & Play -18 months + - drop in	Partner agencies	
	1 – 2pm Learning Through Play – Healthy Lunch times – ideas on what to pack in a lunch box drop in	1 – 2pm Messy Play – drop in <i>Do all those activities you fear doing at home!</i>	PM – Baby Massage Call centre for more information	<i>Parenting Programme</i>	
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460	9 – 10am Sensory Baby Group – Birth – 18months – drop in	10 – 11am TALK & Play – drop in 18 months +	10 – 11.30am Learning Through Play - Fun with numbers – drop in	1.30 – 2.30pm Parents As First Teachers Baby Group – drop in Birth – Crawlers	10 – 11.30am Let's Get Physical – drop in
	12 – 12.45pm Lunch Time Virtual SEND Toilet Learning Workshop	1.30 – 2.30pm Parents As First Teachers Group Birth – 3 years – drop in	1.30 – 2.30pm Imagine & Play – Snack Attack - drop in		Partner agencies
Whitefriars Children’s Centre Whitefriars Avenue HA3 5RQ 020 8424 1066	10 – 11am PAFT Baby Group – Crawlers – 18 months - drop in	10 – 11.30am PAFT Baby Group – Birth – Crawlers – drop in	10 – 11.30am Health & Well – being Stay & Play – with oral health advice drop in	9.30 – 11.30am Childminders' Group Book your place by emailing cookson@virginmedia.com	10 – 11am TALK & Play – 18 months + - Drop in
	1 – 2.30pm Imagine & Play <i>Plant & Grow – drop in</i>	1.30 – 2.30pm TALK Focus Appointments only	1 – 2.30pm Learning Through Play - National Numeracy Day – Drop in	1.30 – 2.30pm Indoor & Outdoor Play – drop in	
Chandos Chandos Crescent HA8 6HL 020 8736 6550	10 – 11am TALK & Play – drop in 18 months +	10 – 11am Stories Come Alive – drop in 12 months +	10 – 11am Sensory Baby Group – drop in Birth - Crawlers	10 – 11.30am Imagine & Play – Dentist & Oral health advice - drop in	Partner agencies
		1 – 2pm Healthy Living Stay & Play – drop in	1 – 2.30pm Learning Through Play – People Who Help Us – Drop in		Islamic Cultural Society

Venues	Monday 15 May 2023	Tuesday 16 May 2023	Wednesday 17 May 2023	Thursday 18 May 2023	Friday 19 May 2023
Hillview 2 Grange Road, South Harrow, HA2 OLW 020 8422 4692	10 - 11.30am Portage group (Bookings)	10 - 11am Talk Focus (bookings)	10 - 11am Baby stay and play (birth –crawlers) Drop in	10 - 11am Learning through play (Birth -4 years) Drop in Safety in the home advice	10 - 11am Talk and play (18 months+) (bookings)
	1 - 4 pm Health Visitor Appointments	1.30 - 2.45pm Lets play together (birth - 4 years) Bookings	11.30am - 1pm Explore and learn outdoors Drop in	1 - 2.30pm Portage Appointments (Bookings)	1-2pm Sensory play (0-4 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10am - 12pm Homestart Home from Home Stay and play (0-4 Years) drop in	9.15 - 11.15am Healthy Child Clinic Appointments	10 - 11am Stories come Alive (birth - 4 years) Drop in	9- 3.30pm Breastfeeding peer support (bookings)	9.15am - 3.30pm Healthy Child Clinic
	1.30 - 3pm Explore and Learn outdoors (0-4 years) Drop in	1 - 4pm Health Visiting Appointments	1.30 - 2.30pm Baby stay and Play (birth-18 months) Drop in		1-2pm Sensory baby (birth crawlers) drop in
Elmgrove Kenmore Ave, Kenton, HA3 8LU 020 8907 4941	Sleep Workshop Virtual (Bookings) 9.30 - 10.30am (0-6 months) 11am - 12pm (6 months +)	10 - 11.30am Explore and learn outdoors (birth-4 years) Drop in	9.30 - 11am Learning through play (birth- 4years) Drop in	Partner Services	9.30 -10.30am Stories come alive Drop in
	1 - 2pm Sensory play (Birth crawlers) Drop in	Partner service	1 - 2pm Lets get physical (0-4 years) Drop in	Partner Services	
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Partner service		10 - 11am Baby PAFT (birth- crawlers) Drop in Safety in the home advice	9.30 - 11.30am Parenting advice (Booking)	Partner service
	Partner service	1 - 2.30pm Learning through play (birth-4 years) Drop in		1 -2.30pm Explore and learn outdoors (birth-4 years) drop in safety in the home advice	Partner service

Venue	Monday 22 May 2023	Tuesday 23 May 2023	Wednesday 24 May 2023	Thursday 25 May 2023	Friday 26 May 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	9.30 – 10.30am We Are Family Music Session Call to register your interest	Family wellbeing Call centre for more information	Team training day	10 – 11am TALK & Play -18 months + With Speech & language therapist - drop in	10.30 – 11.30am Outdoor Play ‘Little Adventurers’ Drop in
	9.30 – 10.30am Virtual - Behaviour workshop – alternatives to physical chastisement Workshop Call to book			Harrow Under 5’s CAMHS service – Call for more information / to ask for a call back	1.30 – 3pm Learning Through Play – <i>Small world play - drop in</i>
	11am – 5pm Breastfeeding Peer Support	1 – 2.30pm Children’s Sensory Team – appointments	PM – Weaning Party 6 months + Call to book your place	12 – 3pm Parenting advice session Support around behaviour, sleep, feeding, toileting, family relationships, managing anger & more - Call to book a place	
	1 – 2.30pm Imagine & Play – Dinosaurs – Drop in	1 – 2.30pm Sensory Play – drop in Sensory room time			
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480	10 – 11am Parents As First Teachers Group Birth – 3 years – drop in	10 – 11.30am Imagine & Play – Down in the jungle - drop in		Partner agencies	10 – 11am Baby Group Womb to World Pre natal – Crawlers Face to face play – drop in
	1 – 2pm Learning Through Play – Schemas - drop in	1 – 2pm Messy Play – drop in <i>Do all those activities you fear doing at home!</i>	PM – Baby Massage Call centre for more information	<i>Parenting Programme</i>	
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460	9 – 10am Sensory Baby Group – Birth – 18months – drop in	10 – 11am TALK & Play – drop in 18 months +		10 – 11am Stories Come Alive – drop in	10 – 11.30am Let's Get Physical – drop in
	12 – 12.45pm Lunch Time Virtual Toilet Learning Workshop	1.30 – 2.30pm Parents As First Teachers Group Birth – 3 years – drop in		1.30 – 2.30pm Parents As First Teachers Baby Group – drop in Birth – Crawlers	Partner agencies
Whitefriars Children’s Centre Whitefriars Avenue HA3 5RQ 020 8424 1066	10 – 11am PAFT Baby Group – Crawlers – 18 months - drop in	10 – 11.30am PAFT Baby Group – Birth – Crawlers – drop in		9.30 – 11.30am Childminders' Group Book your place by emailing cookson@virginmedia.com	10 – 11am TALK & Play – 18 months + - Drop in
	1 – 2.30pm Imagine & Play <i>Superheroes – drop in</i>	1.30 – 2.30pm TALK Focus Appointments only		1.30 – 2.30pm Indoor & Outdoor Play – drop in	
Chandos Chandos Crescent HA8 6HL 020 8736 6550	10 – 11am TALK & Play – drop in 18 months +	10 – 11am Stories Come Alive – drop in 12 months +		10 – 11.30am Imagine & Play – Under the Sea - drop in	Partner agencies
	Partner agencies	1 – 2pm Arts & Crafts – drop in			Islamic Cultural Society

Venues	Monday 22 May 2023	Tuesday 23 May 2023	Wednesday 24 May 2023	Thursday 25 May 2023	Friday 26 May 2023
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	10 - 11.30am Portage group (Bookings)	10 - 11am Talk Focus (bookings)	10 - 11am Baby stay and play (birth –crawlers) Drop in	10 - 11am Learning through play (Birth -4 years) Drop in Safety in the home advice	10 - 11am Talk and play (18 months+) (bookings)
	1 - 4 pm Health Visitor Appointments		11.30am - 1pm Explore and learn outdoors Drop in	1 - 2.30pm Portage Appointments (Bookings)	1- 2pm Sensory play (0-4 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10am - 12pm Homestart Home from Home Stay and play (0-4 Years) drop in	9.15 - 11.15am Healthy Child Clinic Appointments	10 - 11am Stories come Alive (birth - 4 years) With Oral health advice Drop in	9am - 3.30pm Breastfeeding peer support (bookings)	9.15am - 3.30pm Healthy Child Clinic
	1.30 - 3pm Explore and Learn outdoors (0-4 years) Drop in	1 - 4pm Health Visiting Appointments	1.30 - 2.30pm Baby stay and Play (birth-18 months) Drop in		1- 2pm Sensory baby (birth crawlers) drop in
Elmgrove Kenmore Ave, Kenton, HA3 8LU 020 8907 4941		10 - 11.30am Explore and learn outdoors (birth-4 years) Drop in	9.30 - 11am Learning through play (birth- 4years) Drop in	Partner Services	9.30-10.30am Stories come alive Drop in
	1-2pm Sensory play (Birth crawlers) Drop in, safety in the home advice	Partner service	1 - 2pm Lets get physical (0-4 years) Drop in	Partner Services	
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Partner service		10 -11am Baby PAFT (birth- crawlers) Drop in Safety in the home advice	9.30 - 11.30am Parenting advice (Booking)	Partner service
	Partner service	1 - 2.30pm Learning through play (birth-4 years) Drop in		1 - 2.30pm Explore and learn outdoors (birth-4 years) drop in safety in the home advice	Partner service

Venue	Monday 29 May 2023	Tuesday 30 May 2023	Wednesday 31 May 2023	Thursday 01 June 2023	Friday 02 June 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	Bank Holiday	Family well-being <i>Call centre for more information</i>	10 – 11am Parents As First Teachers Baby Group - Birth – Crawlers – drop in	10 – 11am TALK & Play -18 months + drop in	10.30 – 11.30am Outdoor Play 'Little Adventurers' Drop in
			Harrow Under 5's CAMHS service – Call for more information / to ask for a call back	1.30 – 3pm Learning Through Play – <i>Small world play - drop in</i>	Did you know we run a Specialist Weaning Party <i>Are you struggling to move your older baby on from puree? Did you need to start introducing solid foods later? Does your baby have additional needs? If yes book your place or find out more by calling Cedars</i>
		1 – 2.30pm Fun with Science - drop in 2 YEARS +	1 – 2.30pm Imagine & Play – <i>Superheroes</i> – drop in	12 – 3pm Parenting advice session Support around behaviour, sleep, feeding, toileting, family relationships, managing anger & more - Call to book a place	
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480		10 – 11.30am Sensory Play with sensory room sessions - drop in	10 – 11.30am Making Music - drop in	Partner agencies	10 – 11am Baby Group <i>Womb to World</i> Pre natal – Crawlers – drop in
		1 – 2pm Arts & Crafts – drop in	1 – 2pm Virtual - Behaviour workshop Parents of 3 – 9 year olds call to book	<i>AM Parenting Programme</i>	1 – 2.30pm Indoor & Outdoor Play – drop in
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460		10 – 11am Stories Come Alive – drop in	10 – 11am PAFT Stay & Play 0 – 3 Years – drop in	10 – 11.30am Sensory Baby – drop in	
			1 – 2.30pm Stories Come Alive – drop in	1 – 2.30pm Making Music – drop in	Partner agencies
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066			10 – 11.30am Fun with Science 2 years + drop in	9.30 – 11.30am Childminders' Group Book your place by emailing lcookson@virginmedia.com	10 – 11am TALK & Play – 18 months + Drop in
		1 – 2pm Messy Play – drop in		1.30 – 2.30pm Indoor & Outdoor Play – drop in	
Chandos Chandos Crescent HA8 6HL 020 8736 6550		9.30 – 11am Fun at the Park – Meet at Chandos – drop in	10 – 11.30am Explore & Create stay & play - drop in	10 – 11.30am Imagine & Play – <i>Making Magic</i> - drop in	Partner agencies
			1 – 2.30pm Arts & Crafts – drop in		Islamic Cultural Society

Venues	Monday 29 May 2023	Tuesday 30 May 2023	Wednesday 31 May 2023	Thursday 01 June 2023	Friday 02 June 2023
Hillview 2 Grange Road, South Harrow, HA2 OLW 020 8422 4692	BANK HOLIDAY	10 - 11.30am Little Cooks Booking	10 - 11.30am Stories come alive Drop in	10 - 11am Learning through play Drop in	10 - 11.30am Arts and crafts Drop in
		1 - 2.30pm Fun with science (5-10 years) Drop in	1 - 2pm Messy Play Drop in	1 - 2.30pm Portage Appointments (Bookings)	
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400		9.15 - 11.15am Healthy Child Clinic Appointments	10 - 11.30am Imagine and play Drop in	9am - 3.30pm Breastfeeding peer support bookings	9.15am - 3.30pm Healthy Child Clinic Appointments
		1 - 4pm Health Visiting Appointments	1.30 - 2.30pm Baby stay and play (crawlers- 18 months) Drop in		1.30 - 3pm Messy play Drop in
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134		10 - 11am Arts and Crafts Drop in	10 - 11am Baby stay and play (birth- crawlers) Drop in	10 - 11.30am Fun with science Drop in	10 - 11.30am Imagine and play Drop in
		1 - 2pm Explore and learn outdoors Drop in	1 - 2pm Learning through play Drop in		Partner service

Healthy Pregnancy & Positive Birth

With Catherine, Birth and Parenting Educator
& Wellmother Therapist.

New free course for parents – to - be and birth partners on :
Friday 9 June 2023
10am - 3.pm
At Cedars Children's Centre, Whittlesea Road, HA3 6LS
Bring a pillow for comfort & a birth ball if you have one.
Bring your own food and drinks.



Join me for a wonderful workshop, to support you on your pregnancy journey and help you to prepare for birth, whether you have planned it to be natural or by caesarean.

We will explore a range of topics that are important to you including stretch, breathe and relax in pregnancy, positions for labour, coping with contractions and managing the pain effectively, induction of labour. Dads and birth partners are an important part of these sessions and we will explore your role in supporting the mum. It is also fine for mum to attend alone.

Each attendee needs to complete an enrolment form.
Please register your interest by calling 020 8736 6222 or
By emailing earlysupporthub@harrow.gov.uk



LEARN :
HARROW

Early Support
Small Steps – Lasting Change

Baby Massage

Harrow
Children's
Centres

Early
Support
Hubs

With Catherine, Wellmother massage therapist, and birth and parenting educator.



Quotes from parents who previously attended
“we really feel it has improved the quality of
baby’s sleep”

“really enjoyed practising the sleepy routine
massage”

“ really enjoyed this time with my baby, and
with the other mums, sharing ideas”

New 4 week course starting on :

Tuesdays 17, 24 May, 7 & 14 June 2023 from 1.30-2.45pm

Stanmore Park , William Drive, HA7 4FZ

Join me for a 4 week course, to enjoy some wonderful heart centred connection with your baby through positive touch techniques

For babies from 6 weeks to 6 months . You will need: a towel, changing mat, oil or cream and warm clothes.

Supporting your baby’s healthy brain development with “5 to thrive”

Respond Cuddle Relax Play Talk

Book your place by ringing the centre on 020 8736
6480

Or by emailing earllysupporthub@harrow.gov.uk

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Small Steps – Lasting Change



Baby Massage

Harrow
Children's
Centres

Early
Support
Hubs

With Catherine, Wellmother massage therapist, and birth and parenting educator.



Quotes from parents who previously attended
“we really feel it has improved the quality of
baby’s sleep”
“really enjoyed practising the sleepy routine
massage”
“a really good course, I recommend it”

New 4 week course starting on :
Tuesdays 16, 23 May , 6 & 13 June 2023 from 1.30- 2.45pm
Gange Delivery site, Canning Road, HA3 7SN

Join me for a 4 week course, to enjoy some wonderful heart centred connection with your baby through
positive touch techniques

For babies from 6 weeks to 6 months . You will need: a towel, changing mat, oil or cream and warm clothes.

Supporting your baby’s healthy brain development with “5 to thrive”

Respond Cuddle Relax Play Talk

Book your place by ringing the centre on 020 8427
0134

Or by emailing earllysupporthub@harrow.gov.uk

Early Support
Small Steps – Lasting Change

LEARN :
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Preparing for Postnatal Life.

With Catherine, Birth and Parenting Educator
& Wellmother Therapist.

New free course for parents – to - be and birth partners on :
Friday 16th June 2023
10am – 3 pm
At Cedars Children’s Centre, Whittlesea Road ,HA3 6LS
Bring a pillow for comfort & a birth ball if you have one.
Bring your own food and drinks.



Join me for a wonderful workshop, to help you prepare antenatally for the first 6 weeks with your baby and what to expect.

We will explore a range of topics that are important to you including bringing your baby home, what to expect in the early weeks, feeding your baby, bathing, changing nappies, sleep patterns, your physical and emotional recovery, and coping with visitors

Dads and birth partners are an important part of these sessions and we will explore your role in supporting the mum. It is also fine for mum to attend alone. All attendees must enrol for a place.

Please register your interest by calling 202 8736 6222 or emailing

earlysupporthub@harrow.gov.uk

Attendees will also need to register with Learn Harrow



LEARN :
HARROW

Early Support
Small Steps – Lasting Change

Family Wellness

With Catherine, Well mother therapist and birth and parenting educator
New 4 week course , Tuesdays 16, 23, 30 May and 6 June 2023 from 10-11.30am
At Cedars Children's Centre, Whittlesea Road, HA3 6LS



Join me to enjoy a wonderful Family Centred Session. Gentle stretch, breathe and relax for the parents, chance to chat about parenting topics, and finishing with a lovely baby massage.

Babies from 6 weeks to 1 year. Prepare with a towel, changing mat, oil/cream and some warm clothes.

Quotes from parents who previously attended:
"I now recognise what I'm going through is common"
"learning about body image and the connection to our baby was really eye opening"
"It feels like a safe space to express how I feel"

Supporting baby's healthy brain development with "5 to Thrive"

Respond Cuddle Relax Play Talk

Book by contacting the centre on 020 8736 6222 or emailing earlysupporthub@harrow.gov.uk



Early Support
Small Steps - Lasting Change





**FREE - Oral
Health
support and
advice on
the phone**



**Top tips on
when to
start
brushing**



**Top tips on
when how
to start
brushing**



**Top tips on
how to
encourage
brushing**

www.facebook.com/harrowcc

To arrange a telephone appointment send a Facebook inbox message including the following info

Oral health advice – your name, the age of your child & your contact number or call 020 8736 6222 and ask to talk to a member of the team about oral health



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 your 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 ...

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 & the relevant programme

Group Name	More information	
Parents As First Teachers (PAFT) For parents Pre natal – 5 years	<p>“ALL CHILDREN WILL LEARN, GROW & DEVELOP TO REALISE THEIR FULL POTENTIAL.”</p> <p>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</p>	
Strengthening Families, Strengthening Communities For parents of children & young people aged 3 – 18 years (whole family approach)	<p>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.</p>	
Triple P Teens For parents of 11 – 16 year olds	<p>Teen Triple P is a positive parenting programme which is suitable for parents, step parents, grandparents and carers of pre-teens and teenage children (11-16years). The programme can help parents and carers to: cope positively with some of the common issues associated with raising a teenager.</p>	
Happy Families Whole family approach Age (Birth to 18 years)	<p>WHAT WILL BE COVERD?</p> <ul style="list-style-type: none"> • Cultural / spiritual identity - • Positive discipline • Improving relationships • Practical parenting tools • Communications 	<p>The course is designed to:</p> <ul style="list-style-type: none"> • improve parenting skills • Improve interactions with your children • Help your children learn and grow • Improve relationship amongst partner &/or co-parent • Build your child self-esteem • Build Leadership Skills
Behaviour Management – Alternatives to Physical Chastisement	<p>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.</p>	
Co-parenting	<p>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, ensuring the child comes first.</p>	

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
TALK Focus	Targeted at those not in a setting with communication, speech or language delay. Qualified experienced staff offer great activity ideas, evidenced based advice & can support communication with the speech & language team, ensuing any necessary referrals are followed up.
Special Playtimes	Qualified staff offer early intervention and support for parents of children pre & post diagnosis. This group offers the opportunity for you to learn tools to support your child's, care, learning & development with experienced staff. Great opportunities to develop communication tools & skills, to learn about behaviour triggers, routines, toileting, great home learning ideas, schemas and much more. The team can support signposting & referrals to services that will support you to meet your child's needs & to access your entitlement – booking only
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 (<i>especially for those that don't have an outdoor space at home</i>). <i>Activities including, helping to look after our allotments, grow your own, physical play, water play, construction play & much more</i>

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

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	Elmgrove Delivery Site	Kenmore Avenue, Kenton, HA3 8LU. 020 8907 4941
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



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!

UNICEF - Article 31 – You have the right to play & rest