

FAMILY HUB NETWORK

Early Help

Family Hubs

0 – 19 / 25 years

Small Steps, Lasting Change

Monday 21 July – Friday 29 August 2025

Cedars Hub

020 8736 6222

Hillview Hub

020 8422 4692

Wealdstone Hub

020 8416 8667

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

Early Support groups are drop in unless stated otherwise.
Check out the timetable to see what sessions you can drop
in to!

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

Please note numbers are limited to keep us all safe!



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!**

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 a range 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 (<i>especially for those that don't have an outdoor space at home</i>). Activities including, <i>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!

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

Venues	Monday 21 July 2025	Tuesday 22 July 2025	Wednesday 23 July 2025	Thursday 24 July 2025	Friday 25 July 2025
Hillview 2 Grange Road, South Harrow, HA2 OLW 020 8422 4692			11-12 pm Baby Stay and play (birth- 18 months) Drop in	10-11:30am Stories come alive (0-9 Years) Drop in AT Portage	10-11:30am Let's get physical (0– 9 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12pm Homestart Home from Home group stay and play (0-5 years)	2-3pm Stories come alive (0 – 9 years)	10-11:30am Explore and learn outdoors (0-9 ears) 1:30-3pm Fun with science (0-9 years)	Clinics	IMMS CLINIC
Gange Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134		11-12pm Baby group (birth- 18 months)	Health ASQ's	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in 1-2:30 Explore and learn outdoors (0-9 years)	9:30-10:30am Talk and Play (18 months +)

Venues	Monday 21 July 2025	Tuesday 22 July 2025	Wednesday 23 July 2025	Thursday 24 July 2025	Friday 25 July 2025
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222	2-year checks 1.30 – 3.30pm Call to book an appointment	Sensory Play and Sensory room slots 1 – 2.30pm 0 – 9 yrs	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 0-9 yrs	Outdoor play – little adventurers 10.30 - 11.30am Drop in 0-9yrs
The Pinner Centre Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460		TALK & Play 10 – 11am Drop in 18mths plus	Imagine & Play 0-9 yrs Drop in 1.30 – 2.30pm	PAFT Baby Group Prenatal – Crawlers 10 – 11.30am Drop in Stories Come Alive 0-9 yrs Drop in 1 – 2.30pm	
Chandos Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550		Sensory Baby Group Prenatal – Crawlers 10 – 11.30am Drop in	Rising stars For children starting nursery/school (3 years +) Drop in 1.15 – 2.45PM		Islamic Cultural Society
Stanmore Park William Drive, Stanmore, HA7 4FZ. 020 8736 6480		Partner Service AM Rising stars For children starting nursery/school (3 years +) Drop in 1.15 – 2.45pm	TALK & Play - 10 – 11am Drop in 18mths plus	Partner Service Fun with Science 0 – 9 yrs Drop in 1 – 2.30 pm	PAFT baby womb to world Prenatal to Crawlers 10 – 11.30am Drop in

Venues	Monday 28 July 2025	Tuesday 29 July 2025	Wednesday 30 July 2025	Thursday 31 July 2025	Friday 1 August 2025
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692 Healthy living week	10-11:30am Explore and learn outdoors (0-9 years) 1-2:30pm Messy play (0-9 years) Drop in	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in	11-12 pm Baby Stay and play (birth- 18 months) Drop in	10-11:30am Stories come alive (0-9 Years) Drop in PORTAGE	10-11am Let's get physical (0– 9 years) Drop in BLOSSOM Baby massage
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12pm Homestart Home from Home group stay and play (0-5years)	2-3pm Stories come alive (0 – 9 years)	10-11:30am Explore and learn outdoors (0-9 years) 1:30-3pm Fun with science (0-9 years)	11-12 Yoga Booking	Vaccine Clinics
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	10-11:30am Let's play together Booking (0-5 Years) 1-2:30pm Fun with science (0 – 9 years)	11-12 Baby group (birth- 18 months) 1:30-3pm Managing behaviour Virtual workshop Call Gange to book a space	ASQ's	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in	9:30-10:30am Talk and play 18 months + Drop in

Venues	Monday 28 July 2025	Tuesday 29 July 2025	Wednesday 30 July 2025	Thursday 31 July 2025	Friday 1 August 2025
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in Stories & Rhymes 1.30 – 2.30pm Drop in 0- 9 yrs	Parenting top tips & advice (AM) Call to book an appointment Sensory Play 1 – 2.30pm 0 – 9 yrs	PAFT Baby Group Prenatal – Crawlers 10 – 11am Drop in Outdoor play – little adventurers 1.30 - 2.30pm Drop in 0-9 yrs	TALK & Play 10 – 11am Drop in 18mths plus	Harrow Mental Health Support Team – Sensory Workshops - 11.30am – 12.30pm Ages 9-15yrs 1.30 – 3pm Ages 16-19 / 25 SEND Call to book 0208 416 8667
The Pinner Centre Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460		TALK & Play 10 – 11am Drop in 18mths plus	Imagine & Play 0-9 yrs Drop in 1.30 – 3pm	PAFT Baby Group Prenatal – Crawlers 10 – 11.30am Drop in	
Chandos Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550	Learning Through play 0-9 yrs Drop in 1.30 – 2.30pm			10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in	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 Rising stars For children starting nursery/school (3 years +) Drop in 1.15 – 2.45pm	TALK & Play 10 – 11am Drop in 18mths plus	Partner Service	Baby Group womb to world Prenatal to Crawlers 10 – 11.30am Drop in

Venues	Monday 4 August 2025	Tuesday 5 August 2025	Wednesday 6 August 2025	Thursday 7 August 2025	Friday 8 August 2025
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	10-11:30am Explore and learn outdoors (0-9 years) 1-2:30pm Messy play (0-9 years) Drop in	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in 1-2:30pm Fun with science (0-9 years)	11-12 pm Baby Stay and play (birth- 18 months) Drop in	10-11:30am Stories come alive (0-9 Years) Drop in Portage	10-11am Let's get physical (0– 9 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12pm Homestart Home from Home group stay and play (0-5years)	2-3pm Stories come alive (0 – 9 years)	10-11:30am Explore and learn outdoors (0-9 years) Drop in 1:30-3pm Fun with science (0-9 years)	IMMS clinic k4 all day	IMMS clinic
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	10-11:30am Let's play together Booking (0-5 Years) 1-2:30pm Fun with science (0– 9 years)	11-12 Baby group (birth- 18 months) 10-11am Toilet Learning Virtual workshop Call Gange to book a space	Health ASQ's	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in 1-2:30 Explore and learn outdoors (0-9 years)	9:30-10:30am Talk and play 18 months + Drop in

Venues	Monday 04 August 2025	Tuesday 05 August 2025	Wednesday 06 August 2025	Thursday 07 August 2025	Friday 08 August 2025
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222	Rising stars For children starting nursery/school (3 years +) Drop in 10-11:30am 2-year checks 1.30 – 3.30pm Call to book an appointment	Sensory Play + Sensory Room Slots 1 – 2.30pm 0 – 9 yrs	PAFT Baby Group Prenatal – Crawlers 10 – 11am Drop in Managing Emotions Virtual Workshop Call Cedars to book a space 1.30 – 3PM	TALK & Play 10 – 11am Drop in 18mths plus Learning Through Play 1.30 – 3pm Drop in 0-9yrs	Outdoor play – little adventurers 10.30 - 11.30am Drop in 0-9yrs
The Pinner Centre Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460		TALK & Play 10 – 11am Drop in 18mths plus	Learning Through Play 0- 9 yrs Drop in 10 – 11.30am Rising stars For children starting nursery/school (3 years +) Drop in 1.30 – 3pm	PAFT Baby Group Prenatal – Crawlers 10 – 11.30am Drop in Stories Come Alive 0- 9 yrs 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- 9 yrs Drop in 1 – 2.30pm	Sensory Baby Group Prenatal – Crawlers 10 – 11am Drop in	Arts and Crafts 0- 9 yrs Drop in 10 - 11.15am	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in	Islamic Cultural Society
Stanmore Park William Drive, Stanmore, HA7 4FZ. 020 8736 6480	PAFT Toddler Group 0-3yrs Drop in 10 – 11.30am	Rising stars For children starting nursery/school (3 years +) Drop in 1.15 – 2.45pm	TALK & Play 10 – 11am Drop in 18mths plus Healthy Living Stay & Play 0- 9yrs Drop in 1.15 – 2.45pm		PAFT Baby womb to world Prenatal to Crawlers 10 – 11.30am Drop in

Venues	Monday 11 August 2025	Tuesday 12 August 2025	Wednesday 13 August 2025	Thursday 14 August 2025	Friday 15 August 2025
Healthy Snack Week + Oral Health Advice Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	10-11:30am Explore and learn outdoors (0-9 years) 1-2:30pm Messy play (0-9 years) Drop in	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in 1-2:30pm Fun with science (0-9 years)	Pinner centre Fun in the park 10-11:30am Drop in 0 – 9yrs	10-11:30am Stories come alive (0-9 Years) Drop in	10-11am Let's get physical (birth– 4 years) Drop in
	Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12pm Homestart Home from Home group stay and play (0-5years)		Clinics	Imms
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	10-11:30am Let's play together Booking (0-5 Years) 1-2:30pm Fun with science (birth – 9 years)	11-12 Baby group (birth- 18 months)	Health ASQ's	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in 1-2:30 Explore and learn outdoors (0-9 years)	9:30-10:30am Talk and Play (18 months plus)

Venues	Monday 11 August 2025	Tuesday 12 August 2025	Wednesday 13 August 2025	Thursday 14 August 2025	Friday 15 August 2025
Healthy Snack Week + Oral Health Advice Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in Virtual Behaviour Workshop Call to book a space 1.30 – 3pm	Parenting top tips & advice (AM) Call to book an appointment MHST Wellbeing Fair 1.30 – 4pm	Pinner centre Fun in the park 10-11:30am Drop in 0 – 9yrs	TALK & Play 10 – 11am Drop in 18mths plus Virtual Workshop Starting School – Encouraging Independence Call to book a space 10 – 11am Learning Through Play 1.30 – 3pm Drop in 0- 9 yrs	Outdoor play – little adventurers 10.30 - 11.30am Drop in 0- 9 yrs
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		Baby Group Prenatal – Crawlers 10 – 11.30am Drop in Stories Come Alive 0- 9 yrs Drop in 1 – 2.30pm	
Chandos Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550	Learning Through play 0- 9 yrs Drop in 1 – 2.30pm	Sensory Baby Group Prenatal – Crawlers 10 – 11am Drop in		10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in	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	Partner Service AM Rising stars For children starting nursery/school (3 years +) Drop in 1.15 – 2.45pm		Stories and Rymes 0 – 9 yrs Drop in 1 – 2.30 pm	PAFT Baby womb to world Prenatal to Crawlers 10 – 11.30am Drop in

Venues	Monday 18 August 2025	Tuesday 19 August 2025	Wednesday 20 August 2025	Thursday 21 August 2025	Friday 22 August 2025
Hillview 2 Grange Road, South Harrow, HA2 OLW 020 8422 4692	10-11:30am Explore and learn outdoors (0-9 years) 1-2:30pm Messy play (0-9 years) Drop in	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in 1-2:30pm Fun with science (0-9 years)	11-12 pm Baby Stay and play (birth- 18 months) Drop in	10-11:30am Stories come alive (0-9 Years) Drop in	10-11am Let's get physical (0– 9 years) Drop in BLOSSOM Baby massage
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12pm Homestart Home from Home group stay and play (0-5years)		10-11:30am Explore and learn outdoors (0-9 years) Drop in 1:30-3pm Fun with science (0-9 years)	Clinic	Clinics
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	10-11:30am Let's play together Booking (0-5 Years) 1-2:30pm Fun with science (birth – 9 years)	11-12 Baby group (birth- 18 months) 2-3pm Toilet learning Virtual workshop Call Gange to book a space	ASQ's	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in 1-2:30 Explore and learn outdoors (0-9 years)	9:30-10:30am Talk and Play (18 months +)

Venues	Monday 18 August 2025	Tuesday 19 August 2025	Wednesday 20 August 2025	Thursday 21 August 2025	Friday 22 August 2025
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222	Stories & Rhymes 1.30 – 2.30pm Drop in 0- 9 yrs 2-year checks 1.30 – 3.30pm Call to book an appointment	Sensory Play + Sensory Room Slots 1 – 2.30pm 0 – 9 yrs	PAFT Baby Group Prenatal – Crawlers 10 – 11am Drop in Virtual Weaning Workshop Call to book 12 - 1pm	TALK & Play 10 – 11am Drop in 18mths plus Learning Through Play 1.30 – 3pm Drop in 0-9yrs	Outdoor play – little adventurers 10.30 - 11.30am Drop in 0- 9yrs
The Pinner Centre Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460	Rising stars For children starting nursery/school (3 years +) Drop in 1.30 – 3pm	TALK & Play 10 – 11am Drop in 18mths plus	Learning Through Play 0- 9 yrs Drop in 10 – 11.30am Arts and Crafts 0- 9yrs Drop in 1.30 – 2.30pm	PAFT Baby Group Prenatal – Crawlers 10 – 11.30am Drop in Stories Come Alive 0-9yrs 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- 9 yrs Drop in 1 – 2.30pm	Sensory Baby Group Prenatal – Crawlers 10 – 11am Drop in	Rising stars For children starting nursery/school (3 years +) Drop in 10 – 11.30am		Islamic Cultural Society
Stanmore Park William Drive, Stanmore, HA7 4FZ. 020 8736 6480	PAFT Toddler Group 0-3 yrs Drop in 10 – 11.30am	Rising stars For children starting nursery/school (3 years +) Drop in 1.15 – 2.45pm	TALK & Play 10 – 11am Drop in 18mths plus Healthy Living Stay & Play 0- 9 yrs Drop in 1.15 – 2.45pm	Partner Service Let’s Get Physical 1.30 – 2.30pm Drop in 0 – 9yrs	PAFT Baby womb to world Prenatal to Crawlers 10 – 11.30am Drop in

Venues	Monday 25 August 2025	Tuesday 26 August 2025	Wednesday 27 August 2025	Thursday 28 August 2025	Friday 29 August 2025
Hillview 2 Grange Road, South Harrow, HA2 OLW 020 8422 4692	BANK HOLIDAY	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in 1-2:30pm Fun with science (0-9 years)	11-12 pm Baby Stay and play (birth- 18 months) Please only attend one group Drop in	10-11:30am Stories come alive (0-9 Years) Drop in Portage	10-11am Let's get physical (0– 9 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400		2-3pm Stories come alive (Birth – 9 years)	10-11:30am Explore and learn outdoors (0-9 years) Drop in 1:30-3pm Fun with science (0-9 years)	CLINICS	IMMS clinic
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134		11-12pm Baby group (birth- 18 months)	Health ASQ's	10-11:30am Rising stars For children starting nursery/school (3 years +) Drop in 1-2:30 Explore and learn outdoors (0-9 years)	9:30-10:30am Talk and Play (18 months +)

Venues	Monday 25 August 2025	Tuesday 26 August 2025	Wednesday 27 August 2025	Thursday 28 August 2025	Friday 29 August 2025
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222	Bank Holiday	Sensory Play 1 – 2.30pm 0 – 9yrs	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 0-9 yrs	Outdoor play – little adventurers 10.30 - 11.30am Drop in 0- 9yrs
The Pinner Centre Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460		TALK & Play 10 – 11am Drop in 18mths plus	Learning Through Play 0- 9 yrs Drop in 1.30 – 3pm	PAFT Baby Group Prenatal – Crawlers 10 – 11.30am Drop in Rising stars For children starting nursery/school (3 years +) Drop in 1.30 - 3pm	
Chandos Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550		Sensory Baby Group Prenatal – Crawlers 10 – 11am Drop in		Learning Through play 0- 9 yrs Drop in 10 – 11.15am	Islamic Cultural Society
Stanmore Park William Drive, Stanmore, HA7 4FZ. 020 8736 6480		Partner Service AM Rising stars For children starting nursery/school (3 years +) Drop in 1.30 - 3pm	TALK & Play 10 – 11am Drop in 18mths plus	Partner Service Fun with Science 0 – 9 yrs Drop in 1.30 - 3 pm	PAFT Baby womb to world Prenatal to Crawlers 10 – 11.30am Drop in

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

Citizens Advice Harrow is part of Harrow's 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

Workshops			
Venue	Theme	Time	Dates
Virtual Workshop Call Gange to book on 020 8427 0134	Managing challenging behaviour 3-9 years –avoiding physical chastisement	1.30 – 3pm	29 July 2025
Virtual Workshop Call Gange to book on 020 8427 0134	Toilet Learning Toilet Learning	10 – 11am 2 – 3pm	05 August 2025 19 August 2025
Virtual Workshop Call Cedars to book on 020 8736 6222	Managing challenging behaviour 3-9 years –avoiding physical chastisement	1.30 - 3pm	11 August 2025
Virtual Workshop Call Cedars to book on 020 8736 6222	Managing Emotions	1.30 – 3pm	06 August 2025
Virtual Workshop Call Cedars to book on 020 8736 6222	Starting School / Encouraging Independence	10 – 11am	14 August 2025

Weaning			
Venue	Theme	Time	Dates
Virtual Weaning Workshop Call Cedars on 020 8736 6222	Weaning Workshop	12 – 1pm	20 August 2025
Cedars Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222 Call to book	Wednesday Weaning Party	2 – 3pm	27 August 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 i	Address and contact details
Cedars	Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222 8am – 6pm	Hillview	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	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 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