

Harrow's Early Support Children's Centres

Early Support Timetable

Pre natal – 9 years – booked places only

04 January – 18 February 2022

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

We are continuing with a reduced offer in line
with Covid regulations

Take a look inside to find out more about how
to book your place in sessions.....

To ensure that as many families as possible
are able to benefit from sessions we have had
to put some booking rules in place.

Please work with us to stay safe & to stay
open!



COVID GUIDELINES & GROUP INFO



If you have been to a group before the groups/ session will look a bit different than what you may be used to

We continue to work in line with Government & Local Authority guidance and are currently continuing with the new health and safety measures which need to be adhered to at all times when visiting an ES sites

Please note some centres have reduced hours to book you can always call the Hub on 020 8736 6222 or 020 8422 4692

The health and safety measures include -

Registration forms must be completed prior to booking your place

Booking a place in a session / group with our administrators prior to attendance

Parents & carers can book a maximum of 2 sessions within any one week and 2 weeks at a time

1 parent or carer per family (unless there is a specific need – please talk to a member of the team)

Top tip... Ensure you add a reminder, calendar invite or diary entry so you don't miss your sessions

Cancelling your place in advance if you are unable to attend (by calling the centre) by not cancelling other families are missing out on the opportunity to access

Continuing to follow the key messages to stop the spread of Covid 19, washing hands, 2m social distancing, wearing of a face covering and getting fresh air

Wearing a face covering at all times unless agreed by the group lead.

Please inform the admin staff on booking if you are exempt

Wearing appropriate clothes for the weather as where possible windows and doors will be open and most of the activities will be outdoors

Bringing in a bottle of water for you and your child to drink (no food please!)

Bringing in a made up bottle of milk if your baby will need one (*always follow safe bottle guidance from NHS*)

Scanning the QR code found on the main door to support track and trace

Ensuring that you do not attend if you or a member of your household is unwell or has signs of Covid 19

What will be different?

When you arrive at the site (no more than 5 minutes before the start of the session) you will need to wait outside
remember to stay 2m from other families

Families arriving late may not be given access

At the start of the session the group leader will come to the entrance and welcome you in

You will need to wear a face covering at all times except if exempt

Hand washing facilities are available in the rooms – please wash your hands regularly

On entry to a site you will need to hand sanitise

Group numbers will be much smaller than usual

There will be a small area for you to leave your personal belongings please only bring what you need

The room will be set out to enable social distancing and where there is an outside area there will be a range of activities
for you and your child to enjoy

What will be familiar for those returning?

Arriving no more than 5 mins prior to the session

External / internal (depending on the site) buggy areas will be available in the usual way

Parents and carers are responsible for their child/ren at all times

No mobile phones

No hot drinks

Parents and carers are responsible for their family's belongings at all times

Have tons of fun, play & learn together!!!!



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!

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

These topics
will help with
starting
school

Ask about
sleep routines

Ask about
toilet learning

Ask about
meal times or
feeding

Ask about
behaviour



Behaviour Workshop

Hillview - 020 8422 4692

25 January - 9.30 – 10.30am

Virtual – 020 8424 1066

18 January - 1.30 – 2.30pm

Pinner Centre - 020 8424 1460

26 January – 1 – 2.30pm

Chandos – 020 8736 6550

03 February – 1.30 – 3pm

Toilet Learning Workshop

Hillview - 020 8422 4692

01 February - 9.30 – 10.30am

Stanmore Park – 020 8736 6480

12 January – 1 – 2.30pm

Chandos – 020 8736 6550

27 January – 1.30 – 3pm

Pinner Centre - 020 8424 1460

09 February – 1 – 2.30pm



Early Support Parenting Workshops

We all need advice sometimes....

Appointment only



Fussy Eating Workshop

Elmgrove - 020 8907 4941

12 January - 1 – 2pm

Chandos – 020 8736 6550

20 January – 1.30 – 3pm

Stanmore Park – 020 8736 6480

26 January - 1.30 – 3pm

Sleep Workshop

Elmgrove - 020 8907 4941

19 January - 1 – 2pm

Virtual – 020 8736 6550

01 February – 1.30 – 2.30pm



Emotions Workshop

Virtual – 020 8736 6550

25 January – 1.30 – 2.30pm

Pinner Centre - 020 8424 1460

02 February – 1 – 2.30pm



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;

A practitioner would contact you on an agreed appointment date/time and complete progress check over the phone. 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.

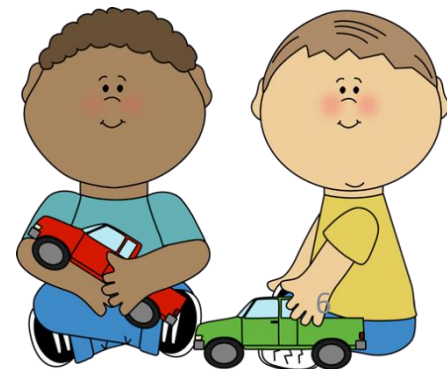
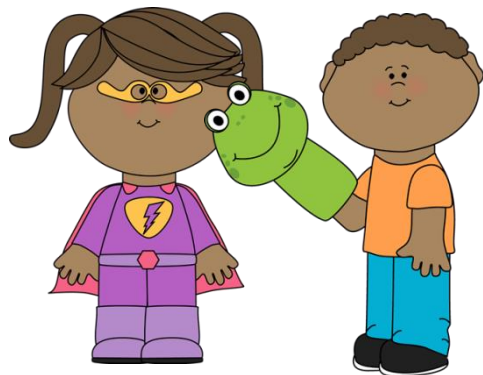
To support access to any other professionals that you would like support from.

How to book a Two year Check?

Cedars – call - 020 8736 6222 – (Across the week)

Whitefriars - call – 020 8424 1066 – (Wednesday pm)

DATES AVAILABLE ON CONTACT WITH THE
CENTRE





**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**



★ 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
Tuesday 11 January 2022 - 10 - 10.40am	Remote group on Teams
Tuesday 10 February 2022 - 10 - 10.40am	Remote group on Teams
Tuesday 8 March 2022 - 10 - 10.40am	Remote group on Teams

Weaning parties

From 6 ½ 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 ½ months, enjoying finger foods from the start



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

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

Date & Time	Venue
21 January 2022 2 - 3pm	Cedars Children's Centre, Whittlesea road, HA3 6LS
23 February 2022 2 – 3pm	Cedars Children's Centre, Whittlesea road, HA3 6LS
23 March 2022 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

Your baby at 9 months Feeding and oral health support

Did you know that parents should promote good oral health habits for baby as soon as their first teeth appear?

Did you know that by this age babies should be eating food of the same texture that you would eat?

Early Support offer FREE evidence-based support and advice around oral health & weaning!

If you have any worries about food textures, weaning or any questions about baby's oral hygiene, please use the Facebook inbox to ask for support or email earlysupporthub@harrow.gov.uk



Saturday Weaning Party

From 5 ½ months we would suggest you book and come along to a weaning workshop for top tips and advice on how to wean your baby!



Weaning Party

Between 6 – 9 months you can attend weaning parties at the Centre!

This is a great opportunity to get recipe ideas, get reassurance around suitable foods and practice weaning.

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

Saturday weaning party dates

Date & Time	Venue
5 February 2022 10 - 11 am	Cedars Children's Centre, Whittlesea Road, HA3 6LS 020 8736 6222

Early Support
Small Steps - Lasting Change

Harrow Co-parenting support, advice and guidance sessions

Early
Support
Hubs

Harrow
Children's
Centres



Do you as parents have different ideas and expectations of parenting your child?
Do you have multiple people involved in your child's routine and care for your child?

Are you separated and living apart?
Are you going through the process of living in separate homes?

Please book onto one session

Monday 17 January 2022

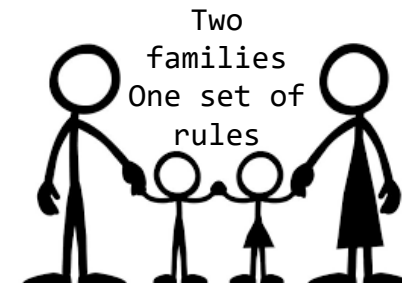
10.30am – 12.30pm

Kenmore Park Delivery Site
Warneford Road
HA3 9HZ

Monday 07 February 2022

10.30am – 12.30pm

Via Zoom



Please call to book on:

020 8416 8400

Or send an inbox message with your name and

contact details to

www.facebook.com/harrowcc

2022	Monday 03 January	Tuesday 04 January	Wednesday 05 January	Thursday 06 January	Friday 07 January
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222 ALL SESSIONS ARE APPOINTMENT ONLY	BANK HOLIDAY		9.30 – 11.30am Parenting top tips, support & advice session – Call to book a place	10 – 11am TALK & Play 18 months + Including Educational Psychologist	10.30 – 11.30am Outdoor Play 'Little Adventurers'
		1 – 2.30pm Children's Sensory Team Pre School Group	PM - Special Play Times Prep	Health Visitors APPOINTMENT only	
				3.30 – 4.30pm Fun With Science 5 – 10 years	
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480 ALL SESSIONS ARE APPOINTMENT ONLY			10 – 11am TALK & Play 18 months +	Health	10 – 11.30am Womb to World Baby Group Pre natal – Crawlers
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460 ALL SESSIONS ARE APPOINTMENT ONLY				<i>Parenting Programme</i>	10 – 11am Let's Get Physical
				1.30 – 2.30pm Baby Group Birth – Crawlers	
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066 ALL SESSIONS ARE APPOINTMENT ONLY		9.30 – 11.30am Childminders' Group			10 – 11am TALK & Play 18 months +
			Afternoon 2 YEAR CHECKS – Call and book a health and development check for your child	1.30 – 2.30pm Indoor & Outdoor Play	
Chandos Chandos Crescent HA8 6HL 020 8736 6550 ALL SESSIONS ARE APPOINTMENT ONLY			10 – 11am Baby Group Crawlers – 18 months	10 – 11am Stories Come Alive 12 months +	Health

	Monday 03 January	Tuesday 04 January	Wednesday 05 January	Thursday 06 January	Friday 07 January
Hillview 2 Grange Road, South Harrow, HA2 OLW <i>ALL SESSIONS ARE APPOINTMENT ONLY</i>	BANK HOLIDAY			10 – 11am Learning Through Play (18months – 4 years)	
				1 – 2.30pm Portage Appointments (Bookings)	
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400 <i>ALL SESSIONS ARE APPOINTMENT ONLY</i>		9.15 – 11.15am Healthy Child Clinic (Appointments)		Post Natal Support Group By Appointment	9.15am – 3.30pm Healthy Child Clinic (bookings)
		1 – 4pm Health Visiting (Appointments)		Post Natal Support Group By Appointment	12 - 3pm Breastfeeding peer support (bookings)
Elmgrove Kenmore Ave, Kenton, HA3 8LU 020 8907 4941 <i>ALL SESSIONS ARE APPOINTMENT ONLY</i>				10 -11am Baby stay and play (Birth – crawlers)	
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134 <i>ALL SESSIONS ARE APPOINTMENT ONLY</i>					
				1.30-2.30 Learning through play	

2022	Monday 10 January	Tuesday 11 January	Wednesday 12 January	Thursday 13 January	Friday 14 January
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am – Find Your Voice We Are Family Music Session	10 – 11am PAFT Baby Group - Birth – Crawlers	9.30 – 11.30am Parenting top tips, support & advice session – Call to book a place	10 – 11am TALK & Play 18 months +	10.30 – 11.30am Outdoor Play 'Little Adventurers'
	Afternoon 2 YEAR Health Check	1 – 2.30pm Children's Sensory Team Pre School Group	PM - Special Play Times Induction	10 – 11.30am Making a Toy SEND	
	2 – 3pm - TALK Focus		PM Chocking Awareness	3.30 – 4.30pm Fun With Science 5 – 10 years	
	12 – 2pm Breastfeeding Peer Support				
	3.30 – 5.30pm Build & Bond				
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am PAFT Group - Birth – 3 years	10 – 11.30am Imagine & Play	10 – 11am TALK & Play - 18 months +	Health	10 – 11.30am Womb to World Baby Group Pre natal – Crawlers
	1 – 2pm Learning Through Play		1 – 2.30pm Toilet Learning Workshop	Own my life – Virtual group	
				Parenting Programme	
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am Walk & Talk in the Park Pinner Memorial Park	10 – 11am Virtual weaning workshop email to book earlysupporthub@harrow.gov.uk	10 – 11am Learning Through Play	10 – 11am Stories Come Alive Including oral health	10 – 11am Let's Get Physical
	PM Baby Massage				
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am PAFT Baby Group Crawlers – 18 months	9.30 – 11.30am Childminders' Group	10 – 11am Health & Well – being Stay & Play	10 – 11am PAFT Group Birth – 3 years	10 – 11am TALK & Play 18 months +
			Afternoon 2 YEAR CHECKS – Call and book a health and development check for your child		
Chandos Chandos Crescent HA8 6HL 020 8736 6550 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am TALK & Play 18 months +	10 – 11am Stories Come Alive 12 months +	10 – 11am Baby Group Crawlers – 18 months	10 – 11am Imagine & Play	Health
	PM Parenting top tips, support & advice session				
					1 5

	Monday 10 January	Tuesday 11 January	Wednesday 12 January	Thursday 13 January	Friday 14 January
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11.30am Portage Group <i>(Bookings)</i>	9.30 – 10.30 Parenting Top tips	10am – 11am Womb to World (Pre natal – crawlers) With Oral Health advice	10 – 11am Learning Through Play (18months – 4 years)	10 - 11am Talk and play
	1 – 4pm Health Visiting Appointments	1.30 – 2.30pm Fun with Science	1 – 2 pm Busy Feet	1 – 2.30pm Portage Appointments <i>(Bookings)</i>	10 – 11.30am Learn Harrow Family wellness
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400 ALL SESSIONS ARE APPOINTMENT ONLY		9.15 – 11.15am Healthy Child Clinic	10 -1 1.15 am Lets play together (By appointment only)	Post Natal Support Group By Appointment	9.15am – 3.30pm Healthy Child Clinic
		1 – 4pm Health Visiting Appointments	1 – 2pm Baby Stay & Play (Birth – 18months)	Post Natal Support Group By Appointment	12 – 3pm Breastfeeding peer support
Elmgrove Kenmore Ave, Kenton, HA3 8LU 020 8907 4941 ALL SESSIONS ARE APPOINTMENT ONLY	9.30 – 10.30am Fun with Phonics (2-4yrs)				
	1 -2pm Explore and learn outdoors		1 – 2pm Fussy Eating workshop		
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134 ALL SESSIONS ARE APPOINTMENT ONLY		10 – 11am Stories Come Alive	9.30 – 11.30 Learn Harrow Choking awareness Please call to book		
	1 – 2pm Sensory baby (birth– crawlers)		1.30 – 2.30 pm Health and wellbeing	1-2.30pm Parenting Top Tips Call to book a place	

2022	Monday 17 January	Tuesday 18 January	Wednesday 19 January	Thursday 20 January	Friday 21 January
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am – Find Your Voice We Are Family Music Session	10 – 11am PAFT Baby Group - Birth – Crawlers	9.30 – 11.30am Parenting top tips, support & advice session – Call to book a place	10 – 11am TALK & Play 18 months +	10.30 – 11.30am Outdoor Play 'Little Adventurers'
	Afternoon 2 YEAR Health Check	1 – 2.30pm Children's Sensory Team Pre School Group	PM Special Play Times	Health Visitors	
	2 – 3pm TALK Focus			10 – 11.30am Making a Toy - SEND	
	12 – 2pm Breastfeeding Peer Support	1 – 2.30pm Sensory Play	PM Weaning Party	3.30 – 4.30pm Fun With Science 5 – 10 years	
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480 ALL SESSIONS ARE APPOINTMENT ONLY		10 – 11.30am Imagine & Play	10 – 11am TALK & Play 18 months +	Health	10 – 11.30am Womb to World Baby Group Pre natal – Crawlers
		1 – 2pm Stories Come Alive		Own my life – Virtual group	
				<i>Parenting Programme</i>	
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am Walk & Talk in the Park Pinner Memorial Park	10 – 11am TALK & Play 18 months +	10 – 11am Learning Through Play	10 – 11am Stories Come Alive	10 – 11am Let's Get Physical
	PM Baby Massage call	1.30 – 2.30pm PAFT Group Birth – 3 years		1.30 – 2.30pm PAFT Baby Group Birth – Crawlers	
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066 ALL SESSIONS ARE APPOINTMENT ONLY		9.30 – 11.30am Childminders' Group	10 – 11am Health & Well – being Stay & Play		10 – 11am TALK & Play 18 months +
		1.30 – 2.30pm Virtual behaviour workshop – call 020 8736 6480 to book	Afternoon 2 YEAR CHECKS – Call and book a health and development check for your child	1.30 – 2.30pm Indoor & Outdoor Play	
Chandos Chandos Crescent HA8 6HL 020 8736 6550 ALL SESSIONS ARE APPOINTMENT ONLY		10 – 11am Stories Come Alive 12 months + Including Oral Health	10 – 11am Baby Group Crawlers – 18 months	10 – 11am Imagine & Play	Health
				1.30 – 3pm Fussy / healthy eating Workshop	

	Monday 17 January	Tuesday 18 January	Wednesday 19 January	Thursday 20 January	Friday 21 January
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11.30am Portage Group <i>(Bookings)</i>		10am – 11am Womb to World (Pre natal – crawlers)	10 – 11am Learning Through Play (18months – 4 years) Including Educational Psychologist	10 - 11am Talk and play
	1 – 4pm Health Visiting Appointments	1.30 – 2.30pm Fun with Science		1 – 2.30pm Portage Appointments <i>(Bookings)</i>	10-11.30am Learn Harrow Family wellness
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400 ALL SESSIONS ARE APPOINTMENT ONLY	10.30am – 12.30pm Co parenting	9.15 – 11.15am Healthy Child Clinic	10 – 11.15am Lets play together (By appointment only)	Post Natal Support Group By Appointment	9.15am – 3.30pm Healthy Child Clinic
		1 – 4pm Health Visiting Appointments	1- 2 pm Baby stay and play (Birth – 18 months)	Post Natal Support Group By Appointment	12 - 3pm Breastfeeding peer support
Elmgrove Kenmore Ave, Kenton, HA3 8LU 020 8907 4941 ALL SESSIONS ARE APPOINTMENT ONLY	9.30 – 10.30am Fun with Phonics (2-4yrs)				
	1 - 2pm Explore and learn outdoors		1 -2pm Sleep advice work shop Call to book		
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134 ALL SESSIONS ARE APPOINTMENT ONLY		10 – 11am Stories come Alive	9 – 12am Learn Harrow First Aid for Parents and Grandparents		
	1 – 2pm Sensory baby (birth– crawlers)		1.30 – 2.30pm Health and Wellbeing (With Oral Health advice)	1 -2.30pm Parenting Top Tips Support and Advice Call to book	

2022	Monday 24 January	Tuesday 25 January	Wednesday 26 January	Thursday 27 January	Friday 28 January
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am – Find Your Voice We Are Family Music Session	10 – 11am PAFT Baby Group - Birth – Crawlers	9.30 – 11.30am Parenting top tips, support & advice session – Call to book a place	10 – 11am TALK & Play 18 months +	Staff training day
	Afternoon - 2 YEAR Health Check	1 – 2.30pm Children's Sensory Team Pre School Group	PM Special Play Times	10 – 11.30am Making a Toy SEND	
	2 – 3pm TALK Focus			3.30 – 4.30pm Fun With Science 5 – 10 years	
	12 – 2pm Breastfeeding Peer Support				
	3.30 – 5.30pm Build & Bond	1 – 2.30pm Sensory Play Including Oral Health			
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am PAFT Group Birth – 3 years	10 – 11.30am Imagine & Play	10 – 11am TALK & Play 18 months +	Health	
	1 – 2pm Learning Through Play	1 – 2pm Stories Come Alive	1.30 – 3pm Fussy / healthy eating workshop	Own my life – Virtual group	
				Parenting Programme	
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am Walk & Talk in the Park Pinner Memorial Park	10 – 11am TALK & Play 18 months +	10 – 11am Learning Through Play	10 – 11am Stories Come Alive	
	PM Baby Massage		1 – 2.30pm Behaviour workshop	1.30 – 2.30pm PAFT Baby Group Birth – Crawlers	
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am PAFT Baby Group Crawlers – 18 months	9.30 – 11.30am Childminders' Group	10 – 11am Health & Well – being Stay & Play		
		1.30 – 2.30pm Let's Get Physical	Afternoon 2 YEAR CHECKS – Call and book a health and development check for your child	1.30 – 2.30pm Indoor & Outdoor Play	
Chandos Chandos Crescent HA8 6HL 020 8736 6550 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am TALK & Play 18 months +	10 – 11am Stories Come Alive 12 months +	10 – 11am Baby Group Crawlers – 18 months	10 – 11am Imagine & Play	Health
	PM Parenting top tips, support & advice session	1.30 – 2.30pm Virtual emotions workshop – call 020 8424 1460 to book		1.30 – 3pm Toilet Learning Workshop	

	Monday 24 January	Tuesday 25 January	Wednesday 26 January	Thursday 27 January	Friday 28 January
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11.30am Portage Group <i>(Bookings)</i>	9.30 – 10.30am Behaviour Workshop (Call to book)	10am – 11am Womb to World (Pre natal – crawlers)	10 – 11am Learning Through Play (18months – 4 years)	10 - 11am Parenting Top Tips Support and Advice Call to book
	1 -4 Health Visiting Appointments	1.30 – 2.30pm Fun with Science	1 – 2pm Busy Feet	1 – 2.30pm Portage Appointments <i>(Bookings)</i>	10- 11.30am Learn Harrow Family wellness
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am Learning Through play (18months – 4 years) With Oral health advice	9.15 – 11.15am Healthy Child Clinic	10 -11.15am Lets play together (By appointment only)	Post Natal Support Group By Appointment	9.15am – 3.30pm Healthy Child Clinic
		1 – 4pm Health Visiting Appointments	1 – 2 pm Baby stay and play (Birth – 18 months)	Post Natal Support Group By Appointment	12 – 3pm Breastfeeding peer support
Elmgrove Kenmore Ave, Kenton, HA3 8LU 020 8907 4941 ALL SESSIONS ARE APPOINTMENT ONLY	9.30 – 10.30am Fun with Phonics (2-4yrs)				
	1 -2pm Explore and learn outdoor outdoors		1 -2pm Learning Through Play (18 months- 4 years)		
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134 ALL SESSIONS ARE APPOINTMENT ONLY		10 -11 Stories Come Alive			
	1 – 2pm Sensory baby (birth – crawlers)		1.30 – 2.30pm Health and Wellbeing (With Oral health advice)		

2022	Monday 31 January	Tuesday 01 February	Wednesday 02 February	Thursday 03 February	Friday 04 February
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am – Find Your Voice We Are Family Music Session	10 – 11am PAFT Baby Group - Birth – Crawlers		10 – 11am TALK & Play 18 months + Including Educational Psychologist	10.30 – 11.30am Outdoor Play 'Little Adventurers'
	12 – 2pm Breastfeeding Peer Support	1 – 2.30pm Children's Sensory Team Pre School Group	PM Special Play Times	Health Visitors	
		1 – 2.30pm Sensory Play		3.30 – 4.30pm Fun With Science 5 – 10 years	
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am PAFT Group Birth – 3 years	10 – 11.30am Imagine & Play	10 – 11am TALK & Play 18 months + Including oral health	Health	10 – 11.30am Womb to World Baby Group Pre natal – Crawlers
	1 – 2pm Learning Through Play	1 – 2pm Stories Come Alive		Own my life – Virtual group	
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am Walk & Talk in the Park Pinner Memorial Park	10 – 11am TALK & Play 18 months +	10 – 11am Learning Through Play	10 – 11am Stories Come Alive	10 – 11am Let's Get Physical
	PM Baby Massage	1.30 – 2.30pm PAFT Group Birth – 3 years	1 – 2.30pm Managing Emotions workshop	1.30 – 2.30pm PAFT Baby Group Birth – Crawlers	
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am PAFT Baby Group Crawlers – 18 months	9.30 – 11.30am Childminders' Group	10 – 11am Health & Well – being Stay & Play		10 – 11am TALK & Play 18 months +
		1.30 – 2.30pm Let's Get Physical		1.30 – 2.30pm Indoor & Outdoor Play	
Chandos Chandos Crescent HA8 6HL 020 8736 6550 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am TALK & Play 18 months +	10 – 11am Stories Come Alive 12 months +	10 – 11am Baby Group Crawlers – 18 months	10 – 11am Imagine & Play	Health
	PM Parenting top tips, support & advice session	1.30 – 2.30pm Virtual sleep workshop – call 020 8424 1460 to book		1.30 – 3pm Behaviour Workshop	



	Monday 31 January	Tuesday 01 February	Wednesday 02 February	Thursday 03 February	Friday 04 February
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11.30am Portage Group (Bookings)	9.30- 10.30 Toilet Learning Workshop	10 – 11am Womb to World (Pre natal – crawlers)	10 – 11am Learning Through Play (18months – 4 years)	10 -11am Talk and play
	1 – 4pm Health Visiting Appointments	1.30 – 2.30pm Fun with Science	1 – 2pm Busy Feet	1 – 2.30pm Portage Appointments (Bookings)	10- 11.30am Learn Harrow Family wellness
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am Learning Through play (18months – 4 years)	9.15 – 11.15am Healthy Child Clinic		Post Natal Support Group By Appointment	9.15am – 3.30pm Healthy Child Clinic
		1 – 4pm Health Visiting Appointments	1 – 2pm Baby Stay & Play (Birth – 18months)	Post Natal Support Group By Appointment	12 - 3pm Breastfeeding peer support
Elmgrove Kenmore Ave, Kenton, HA3 8LU 020 8907 4941 ALL SESSIONS ARE APPOINTMENT ONLY	9.30 – 10.30am Fun with Phonics (2-4yrs)				
	1 – 2pm Explore and learn outdoors		1 -2pm Learning Through Play (18 months – 4 years)		
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134 ALL SESSIONS ARE APPOINTMENT ONLY		10 – 11am Stories come alive			
	1 – 2 pm Sensory Baby (birth – crawlers)				

2022	Monday 07 February	Tuesday 08 February	Wednesday 09 February	Thursday 10 February	Friday 11 February
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222 ALL SESSIONS ARE APPOINTMENT ONLY	12 – 2pm Breastfeeding Peer Support	10 – 11am Virtual weaning workshop email to book earlysupporthub@harrow.gov.uk	9.30 – 11.30am Parenting top tips, support & advice session – Call to book a place	10 – 11am TALK & Play 18 months +	
	Afternoon 2 YEAR Health Check	1 – 2.30pm Children's Sensory Team Pre School Group	PM Special Play Times	Health Visitors	
	3.30 – 5.30pm Build & Bond				
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am PAFT Group Birth – 3 years		10 – 11am TALK & Play 18 months +	Health	
	1 – 2pm Learning Through Play		9.30am – 12.30pm Keeping your child safe on the internet	Own my life – Virtual group	
				Parenting Programme	
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am Walk & Talk in the Park Pinner Memorial Park		10 – 11am Learning Through Play	10 – 11am Stories Come Alive	
	PM Baby Massage		1 – 2.30pm Toilet Learning workshop		
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am PAFT Baby Group Crawlers – 18 months	9.30 – 11.30am Childminders' Group		10 – 11am PAFT Group - Birth – 3 years Including oral health	
			Afternoon 2 YEAR Health Check		
Chandos Chandos Crescent HA8 6HL 020 8736 6550 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am TALK & Play 18 months +		10 – 11am Baby Group Crawlers – 18 months	10 – 11am Imagine & Play	Health
	PM Parenting top tips, support & advice session				

	Monday 07 February	Tuesday 08 February	Wednesday 09 February	Thursday 10 February	Friday 11 February
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11.30am Portage Group (Bookings)		10am – 11am Womb to World (Pre natal – crawlers)	10 – 11am Learning Through Play (18months – 4 years)	
	1 - 4pm Health Visiting Appointments	1.30 – 2.30pm Fun with Science	1 – 2pm Busy Feet	1 – 2.30pm Portage Appointments <i>(Bookings)</i>	
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am Learning Through play (18months – 4 years)	9.15 – 11.15am Healthy Child Clinic	10-11.15am Lets play together (by appointment)	Post Natal Support Group By Appointment	9.15am – 3.30pm Healthy Child Clinic
		1 – 4pm Health Visiting Appointments	1 – 2pm Baby Stay & Play (Birth – 18months)	Post Natal Support Group By Appointment	12 - 3pm Breastfeeding peer support
Elmgrove Kenmore Ave, Kenton, HA3 8LU 020 8907 4941 ALL SESSIONS ARE APPOINTMENT ONLY	9.30 – 10.30am Fun with Phonics (2-4yrs) With Oral Health Advice				
	1 – 2pm Explore and learn outdoors		1 – 2pm Learning Through Play (18 months – 4 years)		
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134 ALL SESSIONS ARE APPOINTMENT ONLY		10 – 11am Stories come alive			
	1 – 2 pm Sensory Baby (birth – crawlers)		1.30 – 2.30pm Health and Wellbeing	1 – 2.30pm Parenting Top Tips Call to book	24

February Half Term 2022

2022	Monday 14 February	Tuesday 15 February	Wednesday 16 February	Thursday 17 February	Friday 18 February
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222 ALL SESSIONS ARE APPOINTMENT ONLY	12 – 2pm Breastfeeding Peer Support	10 – 11am PAFT Baby Group - Birth – Crawlers	9.30 – 11.30am Parenting top tips, support & advice session – Call to book a place	10 – 11am TALK & Play 18 months +	
	Afternoon 2 YEAR Health Check	1 – 2.30pm Making Dens	1 – 2.30pm Messy Play	Health Visitors APPOINTMENT only	
	10 – 11am Stories Come Alive			2 – 3pm Fun with science 5 – 10 years	
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480 ALL SESSIONS ARE APPOINTMENT ONLY	9.30 – 11.30am Terrific Scientific	9.30 – 11.30am Terrific Scientific	9.30 – 11.30am Terrific Scientific	Health APPOINTMENT ONLY	10 – 11.30am Womb to World Baby Group Pre natal – Crawlers
	1 – 2pm Design, Create & Make	1.30 – 2.30pm Stories Come Alive		9.30 – 11.30am Terrific Scientific	
				<i>Parenting Programme</i>	
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am Walk & Talk in the Park Pinner Memorial Park	10 – 11am PAFT Baby Group Birth – Crawlers		10 – 11am Stories Come Alive	10 – 11am Let Get Physical
		12.30 – 2.30pm Be You	1 – 2.30pm Art in the Park	1 – 2pm Sensory Play	
		1 – 2.30pm Fun With Science 3 – 10 years			
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066 ALL SESSIONS ARE APPOINTMENT ONLY		9.30 – 11.30am Childminders' Group	10 – 11am Health & Well – being Stay & Play	10 – 11am Design, Create & Make	
		1 – 2pm Lets Get Physical			

	Monday 14 February	Tuesday 15 February	Wednesday 16 February	Thursday 17 February	Friday 18 February
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692 ALL SESSIONS ARE APPOINTMENT ONLY		10 – 11am Parenting top tips Call to book	10am – 11am Baby PAFT Group (Birth – 18months)	10 – 11am Learning Through Play (0 – 8 years)	10 -11am Talk and play
		1 – 2pm Arts and crafts (0 – 8 years)	1 – 2pm Stories Come Alive (0 – 8 years)	1 – 2pm Lets Get Physical (0 – 8years)	
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400 ALL SESSIONS ARE APPOINTMENT ONLY	10 – 11am Learn and play outdoors (0-8 years)	9.15 – 11.15am Healthy Child Clinic	10 – 11 am Baby Stay & Play (Birth – Crawlers)	Post Natal Support Group By Appointment	9.15am – 3.30pm Healthy Child Clinic
	1 – 2pm Imagine and play	1 – 4 pm Health Visiting Appointments	1 -2pm Den building (2– 8 years siblings welcome)	Post Natal Support Group By Appointment	12 - 3pm Breastfeeding peer support
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134 ALL SESSIONS ARE APPOINTMENT ONLY		10 – 11 am Explore and Learn Outdoors (0-8 years)		10 – 11 Imagine and play (0- 8 years)	
	1.30 – 3.30pm Learn Harrow Terrific scientist (4- 8 years of age)	1.30 – 3.30pm Learn Harrow Terrific scientist (4- 8 years of age)	1.30 – 3.30pm Learn Harrow Terrific scientist (4- 8 years of age)	1.30 – 3.30pm Learn Harrow Terrific scientist (4- 8 years of age)	

Free Baby Feeding Support Groups in Harrow

All welcome



Monday 1-3pm

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

Wednesday 10-12pm

Virtual Group

Fridays 12.00-3.00pm

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

FAMILY WELLNESS

Early Support
Small Steps - Lasting Change

With Catherine. Wellmother therapist and birth and parenting educator.



New 4 week course on
Friday's 10-11.30am STARTING 14th January 2022
Hillview Children's Centre,
2 Grange Rd, South Harrow

Please call 020 84224692 to reserve a place

Join me to enjoy a wonderful FAMILY CENTRED SESSION with a chance to chat about parenting topics and finishing with a lovely baby massage.



Sensory baby group for birth – crawling

Gange Delivery Site
Monday 1 - 2 pm



Would you like to join our sensory baby group?

**In each group, we'll be demonstrating an activity you
can easily do at home with your baby**

Top tips on safety and development

Short story and Song time

Womb to World Service

"The journey from bump to baby"

Working together to improve the journey for Harrow parents



Preparing for
baby
Including top
tips around
staying healthy
for you and
baby

Pre natal - Crawlers

Advice and Support on:
Attachment and bonding
Safe sleep
Responsive feeding



1:1 Appointment only advice sessions available

Do you need some support, advice and guidance?

We can offer some top tips for:

Challenging behaviour

Toilet learning

Routines

Weaning

Sleep routines

Sibling rivalry

Home schooling

And many more

FREE SUPPORT ADVICE & GUIDANCE

Appointments will be done either by Zoom video or a telephone call

When?

20 minute time slots available

Thursday 1 – 2.30pm

How to book a time slot?

Please call Gange Delivery Site on
020 84270134



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!