

# Harrow's Early Support Children's Centres

## Early Support Timetable

Pre natal – 19 years / 25 Years for SEND

# 30 October – 29 December 2023

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

**Harrow Council**  
**Early Support**  
Small Steps - Lasting Change

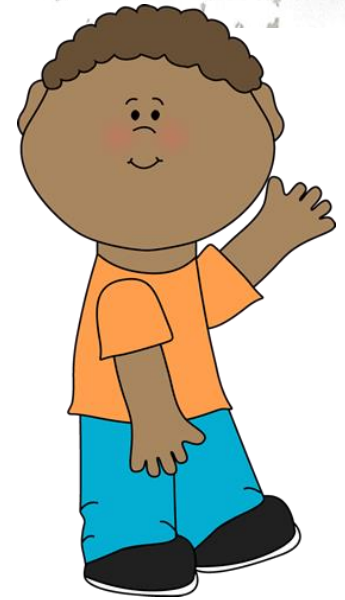
Early Support is a free service available to all those  
living in Harrow. (Including NRPF)

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!



## 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 cannot be brought into 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!**

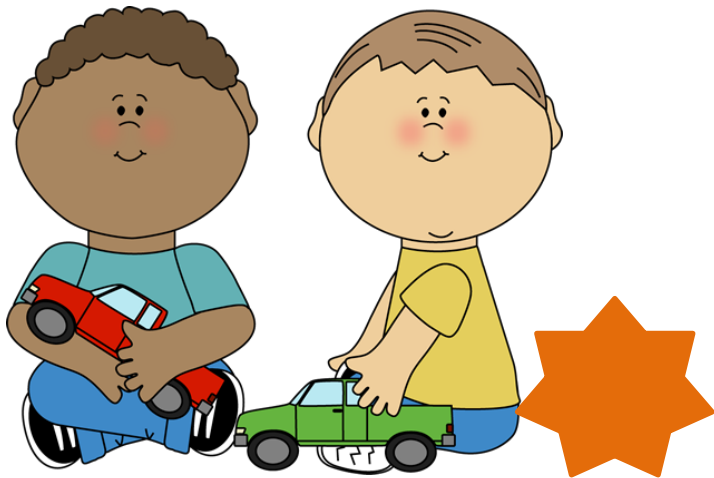
**NEW**  
**Learning**  
**Through Play**  
**– Saturdays**  
**at Hillview**  
**10 – 11.30am**

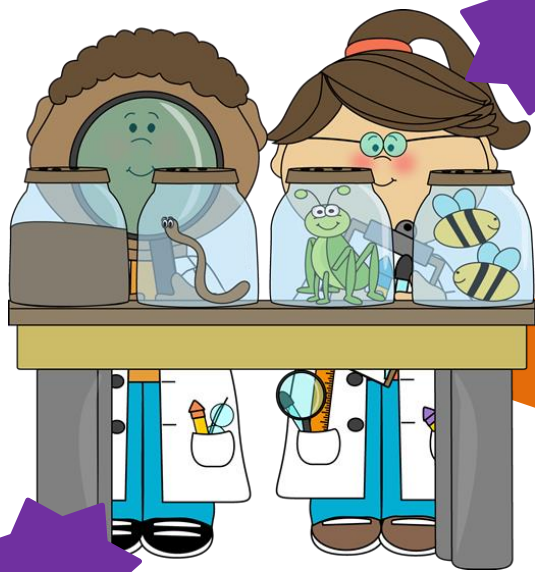
For ages  
Birth – 10  
years



*For more information call  
Hillview on 020 8422 4692*

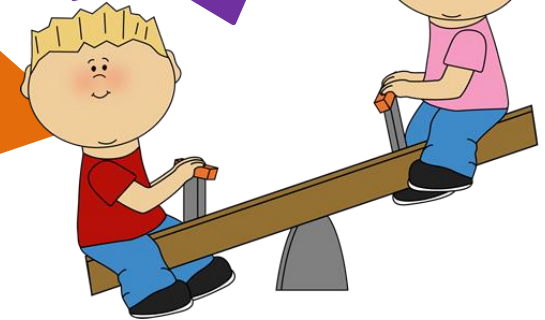
<b>Saturdays 2023</b>	<b>Focus / key info</b>
18 November	Imagine and Play
16 December	Fun with Science





**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
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

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

020 8422 4692

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

## 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](http://www.oneplusone.org.uk/parent-resources-for-england)

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

# Educational and Child Psychologist 'drop-in'

Look out for this  
on the timetable  
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](http://www.facebook.com/harrowcc)

0-5  
years



# FREE Early Support in Harrow for S.E.N.D

Does your child have S.E.N.D (Special educational needs or a disability)?  
Did you know that you can access free services for you & your child in Harrow's Early Support sites?

Sensory play groups

Sensory rooms – you can book to use with your child

CAMHS under 5's service

Specialist SEND workshops on Behaviour and toilet learning

Special playtimes group

Talk & Play groups

Specialist weaning party (6-30months)

Fathers' group on Saturdays

We have 9 Early Support sites across Harrow & look forward to welcoming you & your family

To find out more visit ...

[www.facebook.com/harrowcouncil](https://www.facebook.com/harrowcouncil)

<https://harrowlocaloffer.co.uk/>

<https://www.harrow.gov.uk/childrens-social-care/early-support-hubs>

Or call 020 8736 6222 or 020 8422 4692 or

Email [earlysupporthub@harrow.gov.uk](mailto:earlysupporthub@harrow.gov.uk)



**Harrow Council**

**Early Support**

Small Steps – Lasting Change





# 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 17 November 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

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

21 November 2023 - 1 -2pm

Please call 020 8424 1460 to book

4 December 2023 12-1 pm

Call 020 8736 6550 to book

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

4 December 2023 - 1 -2.30pm

Please call 020 8736 6480 to book

All workshops will be virtual



# 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

## Behaviour Workshop

Call 020 8736 6550 to book  
Focus on parents of 2 - 5 year olds  
Virtual - 21 December 2023 - 1 -  
2.30pm

Call 020 8424 1460 to book  
Focus on parents of 3 - 9 year olds  
Virtual - 9 November 2023 - 1 - 2.30pm

15 December 2023  
Virtual Behaviour -avoiding physical  
chastisement 10-11.30am  
Call 020 8736 6480

For families of children on the journey  
to diagnosis or with a diagnosis of SEND  
Call 020 8424 1460 to book  
Virtual - 4 December 2023 - 1 -2.30pm



## Managing Emotions Workshop

Call to book - 020 8424 1460  
Virtual - 18 December 2023  
12 - 1 pm



## Sibling Rivalry Workshop

20 November 12 – 1 pm  
Call 020 8424 1460 to book

## Autumn Term 2

# Early Support Parenting Workshops

We all need advice sometimes....  
Appointment only



## Toilet Learning Workshop

Call - 020 8736 6480 to book  
Virtual - 1 November 2023 - 10-11am  
Call 020 8424 1460 to book  
Virtual - 1 December 2023 - 12- 1 pm

For families of children on the journey to  
diagnosis or with a diagnosis of SEND  
Virtual - 21 November 2023 - 1 - 2 pm

Call 020 8424 1066 to book

4 December 12- 1 pm

Call 020 8736 6550 to book

## Parenting Top Tips & Advice Appointments

Virtual / Face to Face at Cedars  
Call to book - 020 8736 6222  
02 November 2023  
08 November 2023  
15 November 2023  
22 November 2023  
30 November 2023  
13 December 2023  
20 December 2023



## Sleep Workshop

### 6 months and over

Call to book - 020 8736 6480  
Virtual - 16 November 2023  
1.30-3 pm  
Call to book 020 8424 1460  
11 December 2023 1 - 2.30pm



## Healthy Eating & meal times Workshop

Call to book - 020 8424 1066  
Virtual - 12 December 2023 - 12.15- 1.15pm



### **Behaviour Workshops**

Elmgrove Delivery Site

20 November 2023

1 - 2:30pm

(2-4 years)

04 December 2023

1 - 2:30pm

(5-9 years)

Book your place by calling

020 8907 4941

### **Healthy eating and mealtimes workshop**

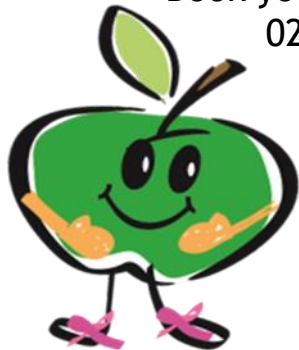
Hillview

30 November 2023

10 - 11:30pm

Book your place by calling

020 8422 4692



### **Parenting Top Tip and Advice sessions**

Virtual or face to face

Call to book

020 8427 0134

02 November 2023

16 November 2023

14 December 2023



### **Toilet Learning workshop**

08 November 2023

10 - 11:30

Book your place by calling

020 8907 4941

### **Sleep workshop For babies from 6 months**

Hillview

06 December 2023

1 - 2:30pm

Book your place by calling

020 8422 4692



### **Managing Emotions Workshop**

1 - 2:30pm

29 November 2023

Book your place by calling

020 8422 4692

# Toilet Learning

## Don't delay!

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 – All are delivered virtually- once booked, you will be sent a link to join online



Toilet Learning workshops  
1 November 2023 10-11am  
Call - 020 8736 6480 to book  
1 December 2023 12 - 1 pm  
Call 020 8424 1460 to book

For families of children on the journey to diagnosis or with a diagnosis of SEND  
Call - 020 8424 1066 to book  
Virtual - 1 November 2023 - 1 - 2 pm  
Virtual 4 December 12-1pm  
Call 020 8736 6550 to book

# 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](mailto:lcookson@virginmedia.com)

All childminders must be registered  
on our database. Please use the link  
below

<https://formsoffice/r/FLUcdjJ1yx>



# Free Baby Feeding Support Groups in Harrow All welcome

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



**Monday 11 am – 4pm**

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

**Wednesday 10am - 12pm**

Virtual Group

**Thursday 12pm - 3pm**

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

Drop in 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.

For any queries, please email Julie Peris on [j.peris@nhs.net](mailto: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](https://www.facebook.com/harrowcc)

or email Early Support at [earlysupporthub@harrow.gov.uk](mailto: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
1 4 November 2023  12 December 2023 12.30 – 1.30pm	Remote groups 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

11 November

16 December

**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 home cooked 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
29 November 2023 20 December 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

Venue	Monday 30 October 2023	Tuesday 31 Oct 2023	Wednesday 01 Nov 2023	Thursday 02 Nov 2023	Friday 03 Nov 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	<b>Staff sorting out centres/ordering resources</b>	<b>STAFF PLANNING DAY</b>	10 – 11am <b>Parents As First Teachers Baby Group - Birth – Crawlers – drop in</b>	10 – 11am <b>TALK &amp; Play -18 months +</b> <b><a href="#">With educational Psychologist</a></b>	10.30 – 11.30am <b>Outdoor Play - Drop in 'Little Adventurers'</b>
	11am – 4pm <b>Breastfeeding Peer Support</b>	1 – 2.30pm <b>Children's Sensory Team Pre School Group – appointments</b>	<b>Harrow Under 5's CAMHS service</b> – Call for more information / to ask for a call back	1.30 – 2.30pm <b>Learning Through Play –</b> <i>Fireworks - drop in</i>	
		<b>Did you know you can book Sensory Room sessions? Call to find out more</b>	1-2 pm Special Play Times Induction	Partner agencies	
			4-5pm Healing together (invited group)		
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480			10 – 11am <b>TALK &amp; Play -18 months + - drop in</b> <b><a href="#">Speech therapist attending</a></b>	Partner agencies	10 – 11am <b>Baby Group</b> <b><i>Womb to World</i></b> <b>Pre natal – Crawlers</b> <b><i>Fine motor skills</i></b> – drop in
			10 – 11am <b><a href="#">Virtual Toilet Learning Workshop</a></b>		
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460			10 – 11am <b>TALK &amp; Play</b> <b>18 months +</b>	1.30 – 2.30pm <b>Parents As First Teachers Baby Group – drop in</b> <b>Birth – Crawlers</b>	10 – 11.30 am <b>Let's Get Physical – drop in</b>
			1.30-2.30pm <b>Learning through Play</b> <i>fireworks</i>		Partner agencies
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066			10 – 11am <b>Health &amp; Wellbeing Stay &amp; Play</b>	9.30 – 11.30am <b>Childminders' Group</b> <b>Book your place by emailing</b> <b><a href="mailto:lcookson@virginmedia.com">lcookson@virginmedia.com</a></b>	10 – 11am <b>TALK &amp; Play –</b> <b>18 months +</b> <b>Drop in</b>
			PM 2 YEAR CHECKS – Call and book a health and development check for your child	1.30 – 2.30pm <b>Imagine &amp; play</b> <i>Let's build</i>	
Chandos Chandos Crescent HA8 6HL 020 8736 6550	Partner agencies	Partner agencies	10 – 11am <b>Sensory baby Group</b> <b>Birth -crawlers</b>	10 – 11am <b>Stories Come Alive</b> <b>12 months +</b>	Partner agencies
				1 – 2.30pm <b>Parent advice session</b> Please call to book a slot	Islamic Cultural Society

Venues	Monday 30 October 2023	Tuesday 31 October 2023	Wednesday 01 November 2023	Thursday 02 November 2023	Friday 03 November 2023
<b>Hillview</b> 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	<b>Health Visitor clinic Bookings</b>  <b>10-11.30am Portage group by appointment</b>	Team Training	10 – 11am <b>Baby stay and play</b> ( birth –crawlers) Drop in	10 - 11am <b>Learning through play</b> (Birth- 4 years) Drop in with	
			Team Meeting	Partner service	
<b>Kenmore Park</b> Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10 - 12am <b>Homestart Home from Home Stay and play</b> (birth-4 years) Drop in	<b>9 - 3.30pm Healthy visitor Clinic Appointments</b>	10 - 11am <b>Stories come Alive</b> (birth - 4 years) Drop in	12 - 3pm <b>Feeding peer support</b> Drop in	1 - 2.30 <b>Sensory Play</b> Birth - crawlers)
<b>Gange</b> Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	12:30 - 2:30pm <b>Learn Harrow Baby Massage</b> (bookings)		<b>11am -12pm Baby Stay and play</b> (birth- crawlers) Drop in	11am - 12pm <b>Find Your Voice We are family music session</b> Call to register your interest  <b>Parenting Advice Sessions</b> 9.30 - 11.30am Call to Book	Partner service
<b>Elmgrove</b> Kenmore Ave Kenton HA3 8LU 020 8907 4941		Partner services	10-11:30am <b>Let's get physical</b> (birth-4 years ) Drop in	Partner services	10 - 11am <b>Explore and learn</b> (birth-4 years)

Venue	Monday 06 Nov 2023	Tuesday 07 Nov 2023	Wednesday 08 Nov 2023	Thursday 09 Nov 2023	Friday 10 Nov 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	10-11am <b>Learning through Play</b> <i>Mark making</i>	Partner agencies	10 – 11am <b>Parents As First Teachers Baby Group - Birth – Crawlers – drop in</b>	10 – 11am <b>Talk &amp; Play</b> <b>18 months +</b> <b>With SLT</b>	10.30 – 11.30am <b>Outdoor Play - Drop in</b> <b>‘Little Adventurers’</b>
	11am – 4pm <b>Breastfeeding Peer Support</b>	1 – 2.30pm <b>Children’s Sensory Team – appointments</b>	9.30 – 11.30am <b>Parenting top tips, support &amp; advice session – Call to book a place</b>	Health Visitors APPOINTMENT only	
	<b>PM - Call to book a 2, 3 / 4 year old health &amp; development check</b>	1 – 2.30pm <b>Sensory Play – drop in</b>	1- 2 pm <b>Special Play Times ( invited families)</b>	<b>Did you know you can book Sensory Room sessions? Call to find out more</b>	
			4-5 pm <b>Healing together (invited families)</b>		
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480	10 – 11am <b>Parents As First Teachers Group Birth – 3 years – drop in</b>	10 – 11.30am <b>Imagine &amp; Play – <i>Occupations</i> - drop in</b>	10 – 11am <b>Talk &amp; Play -18 months + - drop in</b>	Health APPOINTMENT ONLY	10 – 11am <b>Baby Group</b> <b>Womb to World</b> <b>Pre natal – Crawlers</b> Tummy time and promoting crawling– <b>drop in</b>
	1.30 – 2.30pm <b>Learning Through Play – <i>Book sharing</i> – drop in</b>	1 – 2pm <b>Stories come alive - drop in</b>		Health APPOINTMENT ONLY	
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460	10 – 11am <b>Sensory baby group birth – 18months</b>	10 – 11am <b>Talk &amp; Play – drop in 18 months +</b>	10 – 11 am <b>Learning Through Play - <i>Imaginary play</i>– drop in</b>	10-11am <b>PAFT Group Birth – 3 years</b>	10 – 11.30 am <b>Let's Get Physical – drop in</b> Partner agencies
				1 – 2.30pm <b>Virtual Behaviour Workshop 3-9 years</b>	
Whitefriars Children’s Centre Whitefriars Avenue HA3 5RQ 020 8424 1066	10 – 11 am <b>Stories Come Alive - Drop in</b>	10 – 11.30 am <b>PAFT Baby Group – Birth – 18 months – drop in</b>	10 – 11am <b>Health &amp; Well – being Stay &amp; Play – drop in</b>	9.30 – 11.30am <b>Childminders' Group</b> <b>Book your place by emailing</b> <a href="mailto:lcookson@virginmedia.com">lcookson@virginmedia.com</a>	10 – 11am <b>Talk &amp; Play – 18 months + Drop in</b>
	2-3 pm <b>Talk Focus group</b> <b>Invited families</b>			1.30-2.30 <b>Messy Play</b>	
Chandos Chandos Crescent HA8 6HL 020 8736 6550	10 – 11am <b>Talk &amp; Play – drop in 18 months +</b>	10 – 11am <b>Stories Come Alive – drop in 12 months +</b> <b>Partner agencies</b>	10 – 11am <b>Sensory Baby Group – drop in Birth - Crawlers</b>	10 – 11.30am <b>Imagine &amp; Play</b> <i>transport</i>	Partner agencies Islamic Cultural Society

Venues	Monday 06 November 2023	Tuesday 07 November 2023	Wednesday 08 November 2023	Thursday 09 November 2023	Friday 10 November 2023
<b>Hillview</b> 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692  Healthy living week	10-11.30am Portage group by appointment	Partner services	10 - 11:30am <b>Baby Stay and play</b> ( birth- 12 months) Drop in	10 - 11am <b>Learning through play</b> (Birth- 4 years) Drop in with	Partner service
			1 - 2 pm <b>Sensory play</b> (birth - 4 years ) Drop in	1 - 2.30pm Portage Appointments (Bookings)	
<b>Kenmore Park</b> Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10 - 12am <b>Homestart</b> <b>Home from Home</b> <b>Stay and play</b> Drop in	9.15 - 11.15am <b>Healthy Child Clinic</b>	10 - 11am <b>Stories come Alive</b> (birth - 4 years) Drop in	12 - 3pm <b>Feeding peer support</b> Drop in	1 - 2.30pm <b>Sensory play</b> <b>With oral health</b> <b>advice</b> (Birth - crawlers) Drop in
	1.30 - 3pm <b>Explore and Learn</b> (0-4 years) with Educational Psychologist Drop in	1 - 4pm <b>Health Visiting Appointments</b>	1 -2pm <b>Baby sensory play</b> ( Birth - 18 months) Drop in		
<b>Gange</b> 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	12:30 - 2:30pm <b>Learn Harrow</b> <b>Baby Massage</b> (bookings)	1:30-2:45 <b>Let's play together</b> (Bookings)	11 - 12pm <b>Baby Stay and play</b> (birth- crawlers)	11am - 12pm <b>Find Your Voice</b> <b>We are family music session</b> Call to register your interest	Partner services
			1 - 2pm <b>Explore and learn</b> (birth-4 years) Drop in		
<b>Elmgrove</b> Kenmore Ave Kenton HA3 8LU 020 8907 4941	1 - 2:30pm <b>Sensory play</b> (birth-crawlers) Drop in		Toilet Learning workshop 10-11:30am Bookings	Partner services	10 - 11:30am <b>Explore and learn</b> <b>outdoors</b> <b>Drop in</b> (birth-4 years)
			1 - 2:30pm <b>Let's get physical</b> (birth-4 years ) Drop in		

Venue	Monday 13 Nov 2023	Tuesday 14 Nov 2023	Wednesday 15 Nov 2023	Thursday 16 Nov 2023	Friday 17 Nov 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	10-11am <b>Learning through Play</b> <i>Hand/eye coordination</i>	<b>Harrow Under 5's CAMHS service</b> – Call for more information / to ask for a call back	10 – 11am <b>Parents As First Teachers Baby Group - Birth – Crawlers – drop in</b>	10 – 11am <b>Talk &amp; Play -18 months +</b>	10.30 – 11.30am <b>Outdoor Play - Drop in 'Little Adventurers'</b>
	11am – 4pm <b>Breastfeeding Peer Support</b>	<b>1 – 2.30pm</b> <b>Children's Sensory Team – appointments</b>	9.30 – 11.30am <b>Parenting top tips, support &amp; advice session – Call to book a place</b>	Health Visitors By Appointment only	<b>1– 2 pm</b> <b>Specialist Weaning party</b>  Please see separate flyer and call Cedars to book 020 8736 62221
	<b>PM - Call to book a 2, 3 / 4 year old health &amp; development check</b>	1 – 2.30pm <b>Sensory Play – drop in Sensory room time</b>	1-2 pm <b>Special Play Times</b>	<b>Did you know you can book Sensory Room sessions? Call to find out more</b>	
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480	10 – 11am <b>Parents As First Teachers Group Birth – 3 years – drop in</b>	10 – 11.30am <b>Imagine &amp; Play</b> <i>– Minibeasts - drop in</i>	10 – 11am <b>Talk &amp; Play -18 months + - drop in</b>	Partner agencies	10 – 11am <b>Baby Group</b> <b>Womb to World</b> <b>Pre natal – Crawlers</b> <i>Face to face time– drop in</i>
	1.30 – 2.30pm <b>Learning Through Play –</b> <i>Balancing – drop in</i>	1 – 2pm <b>Messy Play – drop in</b> <i>Do all those activities you fear doing at home!</i>	Partner agencies	1.30 – 3pm <b>Virtual Sleep Workshop</b>	
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460	10-11 am <b>Sensory baby group birth – 18 months –drop in</b>	10 – 11am <b>Talk &amp; Play – drop in 18 months +</b>	Partner agencies	10-11 am <b>Parents As First Teachers Group - Birth – 3 years – drop in</b>	10 – 11.30am <b>Let's Get Physical – drop in</b>
				1.30-2.30 <b>Stories Come Alive</b>	Partner agencies
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066	Partner agencies	10 – 11.30am <b>PAFT Baby Group – Birth – 18 months – drop in</b>	10 – 11am <b>Talk &amp; Play – 18 months + Drop in</b>	9.30 – 11.30am <b>Childminders' Group</b> <b>Book your place by emailing</b> <a href="mailto:lcookson@virginmedia.com">lcookson@virginmedia.com</a>	
	2-3 pm <b>Talk Focus group Invited families</b>	1.30 – 2.30,pm <b>Stories Come Alive - Drop in</b>	Partner agencies	1.30 – 2.30pm <b>Indoor &amp; Outdoor Play</b>	
Chandos Chandos Crescent HA8 6HL 020 8736 6550	10 – 11am <b>Talk &amp; Play – drop in 18 months +</b>	10 – 11am <b>Stories Come Alive – drop in 12 months +</b>	10 – 11am <b>Sensory Baby Group -drop in Birth - Crawlers</b>	10 – 11.30am <b>Imagine &amp; Play – Under the sea ..... - drop in</b>	Partner agencies
	2-3 pm <b>Messy play</b>	Partner agencies			Islamic Cultural Society



Venues	Monday 13 November 2023	Tuesday 14 November 2023	Wednesday 15 November 2023	Thursday 16 November 2023	Friday 17 November 2023
<b>Hillview</b> 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	10-11.30am Portage group by appointment	1-2pm <b>Let's get physical</b> (birth-4 years) Drop in	10 - 11.30am <b>Baby stay and play</b> ( birth -crawlers) Drop in	10 - 11am <b>Learning through play</b> (Birth- 4 years) Drop in	10 - 11am <b>Talk and play</b> (18 months+) Bookings
			1 – 2 pm <b>Sensory play</b> (birth – 4 years ) Drop in	1 - 2.30pm Portage Appointments (Bookings)	1 - 2pm <b>Stories come alive</b> (birth-4 years) Drop in
<b>Kenmore Park</b> Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10 - 12am <b>Homestart</b> <b>Home from Home</b> <b>Stay and play</b> (0-4 Years) drop in	9.15 - 11.15am <b>Healthy Child Clinic</b>	1.30 - 2.30pm <b>Baby stay and Play</b> ( birth -18 months) Drop in	12 - 3pm <b>Feeding peer support</b> Drop in	1 - 2.30pm <b>Sensory baby</b> (birth - crawlers) Drop in
	1.30 - 3pm <b>Explore and Learn</b> (0-4 years) with EP Drop in				
<b>Gange</b> 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	12:30 - 2:30pm <b>Learn harrow</b> <b>Baby Massage</b> (bookings)	1:30 - 2:45 <b>let's play together</b> Booking	11am - 12pm <b>Baby Stay and play</b> (birth- crawlers) Drop in	11 - 12pm Find Your Voice We are family music session Call to register your interest	Partner service
				1 - 2pm <b>Explore and learn</b> (birth-4 years) Drop in	
<b>Elmgrove</b> Kenmore Ave Kenton HA3 8LU 020 8907 4941	1 - 2:30pm <b>Sensory play</b> (birth-crawlers) Drop in	Partner Services	10-11am <b>Learning through play</b> (birth- 4 years) Drop in	Partner services	10 - 11am <b>Explore and learn</b> <b>Drop in</b> (birth- 4 years)
			1 - 2pm <b>Let's get physical</b> (birth- 4 years ) Drop in		

Venue	Monday 20 Nov 2023	Tuesday 21 Nov 2023	Wednesday 22 Nov 2023	Thursday 23 Nov 2023	Friday 24 Nov 2023
<p>Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222</p>	<p>10-11am <b>Learning through Play</b> <i>Book sharing</i></p>	<p>Midwifery</p>	<p>10 – 11am <b>Parents As First Teachers Baby Group - Birth – Crawlers – drop in</b></p>	<p>10 – 11am <b>TALK &amp; Play - 18 months + drop in</b></p>	<p>10.30 – 11.30am <b>Outdoor Play - Drop in 'Little Adventurers'</b></p>
	<p>11am – 4pm <b>Breastfeeding Peer Support</b></p>	<p>1 – 2.30pm <b>Children’s Sensory Team – appointments</b></p>	<p>9.30 – 11.30am <b>Parenting top tips, support &amp; advice session – Call to book a place</b></p>	<p>1 – 2 pm <b>Stories come alive</b></p>	
		<p>1 – 2.30pm <b>Sensory Play – drop in Sensory room time</b></p>	<p>1- 2- pm <b>Special play times</b></p>	<p>Partner Services</p>	
<p>Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480</p>	<p>10 – 11am <b>Parents As First Teachers Group Birth – 3 years – drop in</b></p>	<p>10 – 11.30am <b>Imagine &amp; Play – At the farm- drop in</b></p>	<p>10 – 11am <b>TALK &amp; Play -18 months + - drop in</b></p>	<p>Health By Appointment only</p>	<p>10 – 11am <b>Baby Group Womb to World Pre natal – crawlers Visual and auditory tracking – drop in</b></p>
	<p>1.30-2.30 pm <b>Learning Through Play – Large motor skills – drop in</b></p>	<p>1 – 2pm <b>Stories come alive</b></p>			
<p>The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460</p>	<p>10-11 am <b>Sensory Baby Group – Birth – 18 months – drop in</b></p>	<p>10 – 11am <b>Talk &amp; Play – drop in 18 months +</b></p>	<p>10 – 11am <b>Learning Through Play - Cognitive skills – drop in</b></p>	<p>10- 11 am <b>Parents As First Teachers Group Birth – 3 years – drop in</b></p>	<p>10 – 11.30am <b>Let's Get Physical – drop in</b></p>
	<p>12-1 pm <b>Virtual – Sibling rivalry workshop</b></p>				<p>1 – 2pm <b>Stories Come Alive – drop in</b></p>
<p>Whitefriars Children’s Centre Whitefriars Avenue HA3 5RQ 020 8424 1066</p>	<p>10 – 11 am <b>Stories Come Alive - Drop in</b></p>	<p>10 – 11.30 am <b>PAFT Baby Group – Birth – 18 months – drop in</b></p>	<p>10 – 11 am <b>Health &amp; Wellbeing stay &amp; play – drop in</b></p>	<p>9.30 – 11.30am <b>Childminders' Group Book your place by emailing <a href="mailto:lcookson@virginmedia.com">lcookson@virginmedia.com</a></b></p>	<p>10 – 11am <b>TALK &amp; Play – 18 months + Drop in</b></p>
	<p>2-3 pm <b>Talk Focus group Invited families</b></p>	<p>1-2pm <b>Virtual SEND toilet learning Workshop</b></p>	<p>Afternoon 2 YEAR CHECKS – Call and book a health and development check for your child</p>	<p>1.30 – 2.30pm <b>Indoor &amp; Outdoor Play – drop in</b></p>	
<p>Chandos Chandos Crescent HA8 6HL 020 8736 6550</p>	<p>10 – 11am <b>TALK &amp; Play – drop in 18 months + Partner agencies</b></p>	<p>10 – 11 am <b>Stories come alive – Drop in</b></p>	<p>10 – 11am <b>Sensory Baby Group – drop in Birth - Crawlers</b></p>	<p>10 – 11.30am <b>Imagine &amp; Play – Wild animals - drop in</b></p>	<p>Partner agencies</p>
		<p>2-3 <b>Explore &amp; Create- drop in</b></p>			<p>Islamic Cultural Society</p>

Venues	Monday 20 November 2023	Tuesday 21 November 2023	Wednesday 22 November 2023	Thursday 23 November 2023	Friday 24 November 2023
<b>Hillview</b> 2 Grange Road, South Harrow, HA2 OLW 020 8422 4692	10-11.30am Portage group by appointment	Partner services	10 – 11:30am <b>Baby stay and play</b> ( birth –crawlers) Drop in	10 - 11am <b>Learning through play</b> (Birth- 4 years) Drop in	10 - 11am <b>Talk and play</b> (18 months+) Bookings
			1 - 2 pm <b>Sensory play</b> (birth - 4 years ) Drop in	1 - 2.30pm Portage Appointments (Bookings)	1 - 2pm <b>Stories come alive</b> (birth-4 years) Drop in
<b>Kenmore Park</b> Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12am Homestart Home from Home Stay and play (0-4 Years) drop in	9.15 - 11.15am <b>Healthy Child Clinic</b>  1 - 4pm <b>Health Visiting            Appointments</b>	10 - 11am <b>Stories come Alive</b> (birth - 4 years) Drop in	12 - 3pm <b>Feeding peer support</b> Drop in	1 - 2.30pm <b>Sensory baby</b> (birth crawlers) drop in
	1.30 - 3pm <b>Explore and Learn</b> (0-4 years) Drop in		1.30 - 2.30pm Baby stay and Play (birth -18 months) Drop in		
<b>Gange</b> 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	12:30 - 2:30pm <b>Learn harrow            Baby Massage</b> (bookings)	10 -11am <b>Stories Come Alive</b> (birth - 4 years) Drop in	11-12pm Baby Stay and play (birth- crawlers)	11 - 12pm Find Your Voice We are family music session Call to register your interest	Partner service
		1:30 -2:45 let's play together Booking			
<b>Elmgrove</b> Kenmore Ave Kenton HA3 8LU 020 8907 4941	1 - 2.30pm <b>Behaviour workshop</b> focus on children (2-4 years) Bookings	Partner service	10-11am <b>Learning through play</b> (birth- 4 years) Drop in	Partner service	10 - 11am <b>Explore and learn</b> (birth-4 years) Drop in
			1 - 2:30pm <b>Let's get physical</b> (birth-4 years ) Drop in		

Venue	Monday 27 Nov 2023	Tuesday 28 Nov 2023	Wednesday 29 Nov 2023	Thursday 30 Nov 2023	Friday 01 Dec 2023
<p>Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222</p>	<p>10-11am <b>Learning through Play</b></p>		<p>10 – 11am <b>Parents As First Teachers Baby Group - Birth – Crawlers – drop in</b></p>	<p>10 – 11am <b>Talk &amp; Play -18 months + drop in</b> <i>With advice from Educational Psychologist</i></p>	<p>10.30 – 11.30am <b>Outdoor Play - Drop in 'Little Adventurers'</b></p>
	<p>11am – 4pm <b>Breastfeeding Peer Support</b></p>	<p>1 – 2.30pm <b>Children’s Sensory Team – appointments</b></p>	<p>1-2pm <b>Special Play times</b></p>		<p>Partner Agencies</p>
	<p><b>PM - Call to book a 2, 3 / 4 year old health &amp; development check</b></p>	<p>1 – 2.30pm <b>Sensory Play – drop in Sensory room time</b></p>	<p>2-3 pm <i>Weaning Party – for babies from 6 months –See flyer</i></p>		
<p>Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480</p>	<p>10 – 11am <b>Parents As First Teachers Group Birth – 3 years – drop in</b></p>	<p>10 – 11.30am <b>Imagine &amp; Play – <i>Let’s make snack - drop in</i></b></p>	<p>10 – 11am <b>Talk &amp; Play -18 months + - drop in</b></p>	<p>Partner agencies</p>	<p>10 – 11am <b>Baby Group <i>Womb to World</i></b> <b>Pre natal – Crawlers Attachment– drop in</b></p>
		<p>1 – 2pm <b>Messy Play – drop in</b> <i>Do all those activities you fear doing at home!</i></p>			
<p>The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460</p>	<p>10 – 11am <b>Sensory baby group – birth - 18months – drop in</b></p>	<p>10 – 11am <b>Talk &amp; Play – drop in 18 months +</b></p>	<p>10 – 11 am <b>Imagine &amp; Play – <i>Doctors &amp; Dentist- drop in</i></b></p>	<p>10 – 11 am <b>Parents As First Teachers Group Birth – 3 years – drop in</b></p>	<p>10 – 11.30am <b>Let's Get Physical – drop in</b></p>
	<p>1.30-2.30pm <b>Learning Through Play – <i>Fine manipulative skills – drop in</i></b></p>			<p>12.30-3pm <b>Parenting top tips, support &amp; advice sessions – Call to book</b></p>	<p>12 –1 pm <i>Virtual Toilet Learning Workshop</i></p>
<p>Whitefriars Children’s Centre Whitefriars Avenue HA3 5RQ 020 8424 1066</p>	<p>10 – 11am <b>Stories Come Alive - Drop in</b></p>	<p>10 – 11.30am <b>PAFT Baby Group – Birth – 18 months – drop in</b></p>	<p>10 – 11am <b>Health &amp; Wellbeing Stay &amp; Play</b></p>	<p>9.30 – 11.30am <b>Childminders' Group</b> <b>Book your place by emailing <a href="mailto:cookson@virginmedia.com">cookson@virginmedia.com</a></b></p>	<p>10 – 11am <b>Talk &amp; Play – 18 months + Drop in</b></p>
	<p>2-3 pm <b>Talk Focus group- Invited families</b></p>	<p>Partner agencies</p>		<p>1.30 – 2.30pm <b>Indoor &amp; Outdoor Play – drop</b></p>	
<p>Chandos Chandos Crescent HA8 6HL 020 8736 6550</p>	<p>10 – 11am <b>Talk &amp; Play – drop in 18 months +</b></p>	<p>10 – 11am <b>Stories Come Alive – drop in 12 months +</b></p>	<p>10 – 11am <b>Sensory Baby Group – drop in Birth -Crawlers</b></p>	<p>10-11 am <b>Imagine &amp; Play- <i>At the farm –drop in</i></b></p>	<p>Partner agencies</p>
	<p>1-2pm <b>Learning through play <i>Fine Manipulative skills- drop in</i></b></p>	<p>Partner agencies</p>			<p>Islamic Cultural Society</p>

Venues	Monday 27 November 2023	Tuesday 28 November 2023	Wednesday 29 November 2023	Thursday 30 November 2023	Friday 01 December 2023
<b>Hilview</b> 2 Grange Road, South Harrow, HA2 OLW 020 8422 4692	10-11.30am Portage group by appointment	1-2pm <b>Let's get physical            Safety in the home advice</b> (birth-4 years) Drop in		10-11:30am <b>Healthy Eating and            mealtimes workshop</b> Bookings	10 - 11am <b>Talk and play</b> (18 months+) Bookings
			1 - 2:30 pm <b>Manging emotions            workshop</b> Bookings	1 - 2.30pm Portage Appointments (Bookings)	
<b>Kenmore            Park</b> Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12am <b>Homestart            Home from Home            Stay and play</b> (birth-4 Years) drop in	9.15 - 11.15am <b>Healthy Child Clinic</b>	10 - 11am <b>Stories come Alive</b> (birth-4 years) Drop in	12 – 3pm <b>Feeding peer support</b> Drop in	1 - 2.30pm <b>Sensory baby            Healthy eating advice for            babies over 6 months</b> (birth crawlers) drop in
	1.30 - 3pm <b>Explore and Learn            Safety in the home            advice</b> (birth-4 years) Drop in	1 - 4pm <b>Health Visiting            Appointments</b>			
<b>Gange</b> 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Partner service	10 -11am Stories Come Alive (birth - 4 years) Drop in	11am -12pm Baby Stay and play with snack time for babies over 6 months (birth- crawlers)	11am - 12pm Find Your Voice We are family music session Call to register your interest	Partner service
		1:30-2:45 <b>Let's play together</b> Booking		1-2pm <b>Explore and learn            Safety in the home advice</b> (birth-4 years) drop in	Partner service
<b>Elmgrove</b> Kenmore Ave Kenton HA3 8LU 020 8907 4941	1 - 2:30pm <b>Sensory play            Healthy eating advice            for babies over 6            months</b> (birth-crawlers) Drop in	Partner services	1 - 2pm <b>Let's get physical            Safety in the home            advice</b> (birth-4 years) Drop in	Partner services	Partner services

Venue	Monday 04 Dec 2023	Tuesday 05 Dec 2023	Wednesday 06 Dec 2023	Thursday 07 Dec 2023	Friday 08 Dec 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	10 – 11am <b>Learning through Play – construction – drop in</b>	1 – 2.30pm <b>Children’s Sensory Team – appointments</b>	10 – 11am <b>Parents As First Teachers Baby Group - Birth – Crawlers – drop in</b> <a href="#">With CAMHS support</a>	10 – 11am Talk & Play 18 months +	10.30 – 11.30 am <b>Outdoor play</b> “Little Adventurers”
	11am – 4pm <b>Breastfeeding Peer Support</b>	1 – 2.30pm <b>Sensory Play – drop in</b> Sensory room time	Harrow Under 5’s CAMHS service – Call for more information / to ask for a call back	1- 2.30pm <b>Imagine &amp; Play- Dinosaurs – drop in</b>	
			1-2 pm <b>Special playtimes</b>		
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480	10 – 11am <b>Parents As First Teachers Group Birth – 3 years – drop in</b>	10 – 11.30am <b>Imagine &amp; Play – Superheroes - drop in</b>	10 – 11am <b>Talk &amp; Play -18 months + - drop in</b>	Partner agencies	10 – 11am <b>Baby Group</b> <i>Womb to World</i> Pre natal – Crawlers <a href="#">Book sharing – drop in</a>
		1 --2 pm <b>Stories come alive</b>			
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460	10 – 11 am <b>Sensory Baby Group – Birth – 18 months – drop in</b>	10 – 11am <b>Talk &amp; Play – drop in</b> 18 months +	10 – 11 am <b>Learning Through Play - Exploring senses – drop in</b>	10-11am PAFT Group Birth – 3 years	10 – 11.30am <b>Let's Get Physical – drop in</b>
	1 – 2.30 pm <a href="#">VIRTUAL – SEND Behaviour Workshop</a>			1.30 - 2.30 pm <b>Stories Come Alive – drop in</b>	Partner agencies
	1.30-2.30 pm <b>Learning Through Play – Resilience and perseverance – drop in</b>				
Whitefriars Children’s Centre Whitefriars Avenue HA3 5RQ 020 8424 1066	10 – 11 am <b>Stories come alive</b>	10 – 11.30am <b>PAFT Baby Group – Birth – 18 months – drop in</b>	10 – 11.00am <b>Health &amp; Wellbeing Stay &amp; Play – drop in</b>	9.30 – 11.30am <b>Childminders' Group</b> Book your place by emailing <a href="mailto:lcookson@virginmedia.com">lcookson@virginmedia.com</a>	10 – 11am <b>TALK &amp; Play – 18 months + Drop in</b>
	2 – 3 pm <b>Talk Focus</b> Invited families			1.30 – 2.30pm <b>Indoor &amp; Outdoor Play – drop in</b>	
Chandos Chandos Crescent HA8 6HL 020 8736 6550	10 – 11am <b>Talk &amp; Play – drop in</b> 18 months +	10 – 11am <b>Stories Come Alive – drop in</b> 12 months +	10 – 11am <b>Sensory Baby Group – drop in</b> Crawlers – 18 months	10 – 11.30am <b>Imagine &amp; Play – Shopping- drop in</b>	Partner agencies
	12 – 1 pm <a href="#">SEND toilet learning Workshop</a>	1.30-2.30pm Learning through play- <i>Balance &amp; spatial awareness</i>			Islamic Cultural Society

Venues	Monday 04 December 2023	Tuesday 05 December 2023	Wednesday 06 December 2023	Thursday 07 December 2023	Friday 08 December 2023
<b>Hillview</b> 2 Grange Road, South Harrow, HA2 OLW 020 8422 4692	10-11.30am Portage group by appointment	1-2pm <b>Let's get physical</b> (birth-4 years) Drop in	10 – 11:30am <b>Baby stay and play</b> ( birth –crawlers) Drop in	10 - 11am <b>Learning through play</b> (Birth- 4 years) <b>Drop in</b>	Partner services
			1 - 2:30pm <b>Sleep advice workshop</b> (for babies from 6 months +) Bookings	1 - 2.30pm Portage Appointments (Bookings)	
<b>Kenmore Park</b> Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10 - 12am <b>Homestart</b> <b>Home from Home</b> <b>Stay and play</b> (0-4 Years) drop in	9.15 - 11.15am <b>Healthy Child Clinic</b>  1 - 4pm <b>Health Visiting</b> <b>Appointments</b>	10 - 11am <b>Stories come Alive</b> (birth - 4 years) Drop in	12 - 3pm <b>Feeding peer support</b> <b>Drop in</b>	1 - 2.30pm <b>Sensory baby</b> <b>(birth crawlers)</b> <b>drop in</b>
	1.30 - 3pm <b>Explore and Learn</b> (0-4 years) Drop in		1.30 - 2.30pm <b>Baby stay and Play</b> (birth-18 months)		
<b>Gange</b> 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Partner services	10 -11am <b>Stories Come Alive</b> (birth - 4 years) Drop in	11am - 12pm Baby Stay and play (birth- crawlers)	1 - 2pm <b>Explore and learn</b> (birth-4 years) drop in	Partner service
<b>Elmgrove</b> Kenmore Ave Kenton HA3 8LU 020 8907 4941	1 - 2:30pm <b>Behaviour workshop</b> (focus on children 5-9 years) Bookings	Partner services	10-11am <b>Learning through play</b> (birth- 4 years) Drop in	Partner services	10 - 11am <b>Explore and learn</b> <b>Drop in</b> (birth-4 years)
			1 - 2pm <b>Let's get physical</b> (birth-4 years ) Drop in		

Venue gy	Monday 11 Dec 2023	Tuesday 12 Dec 2023	Wednesday 13 Dec 2023	Thursday 14 Dec 2023	Friday 15 Dec 2023
<p>Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222</p>	<p>10-11am <b>Learning through Play</b> <i>Turn taking</i></p>	<p>1 – 2.30pm <b>Children’s Sensory Team – appointments</b></p>	<p>9.30-12 am <b>Parenting top tips, support &amp; advice session – Call to book a place</b></p>	<p><b>Cedars staff training day</b></p>	<p>10.30 – 11.30am <b>Outdoor Play - Drop in ‘Little Adventurers’</b></p>
	<p>11am – 4pm <b>Breastfeeding Peer Support</b></p> <p>2 YEAR CHECKS – <b>Call and book a health and development check for your child</b></p>	<p>1 – 2.30pm <b>Sensory Play – drop in</b> Sensory room time</p>	<p>10 – 11am <b>Parents As First Teachers Baby Group - Birth – Crawlers – drop in</b></p>		<p>Health Visitors Appointments only</p>
<p>Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480</p>	<p>10 – 11am <b>Parents As First Teachers Group</b> Birth – 3 years – drop in</p>	<p>10-11.30 am <b>Imagine &amp; Play</b> <i>Transport – drop in</i></p>	<p>10 – 11am <b>TALK &amp; Play -18 months + - drop in</b></p>	<p>Partner agencies</p>	<p>10 – 11am <b>Baby Group</b> <b>Womb to World</b> <b>Pre natal – Crawlers</b> <i>Weaning &amp; finger foods – drop in</i></p>
		<p>1 – 2pm <b>Messy Play – drop in</b> <i>Do all those activities you fear doing at home!</i></p>			
<p>The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460</p>	<p>10 -11 am <b>Sensory Baby Group – Birth – 18 months – drop in</b></p>	<p>10 – 11am <b>Talk &amp; Play – drop in</b> 18 months +</p>	<p>10-11am <b>PAFT Group Birth – 3 years</b></p>	<p><b>Cedars staff training day</b></p>	<p>10 – 11.30am <b>Let's Get Physical – drop in</b></p>
	<p>1– 2.30pm <b>VIRTUAL - Sleep Workshop</b> 1.30- 2.30 pm <b>Learning Through Play – Playdough skills – drop in</b></p>				
<p>Whitefriars Children’s Centre Whitefriars Avenue HA3 5RQ 020 8424 1066</p>		<p>10 – 11.30am <b>PAFT Baby Group – Birth – 18 months – drop in</b></p>	<p>10 – 11.am <b>Health &amp; Wellbeing Stay &amp; Play – drop in</b></p>	<p>9.30 – 11.30am <b>Childminders' Group</b> <b>Book your place by emailing</b> <a href="mailto:lcookson@virginmedia.com">lcookson@virginmedia.com</a></p>	<p><b>10 – 11am</b> <b>TALK &amp; Play – 18 months + Drop in</b></p>
	<p>1.30 - 2.30 pm <b>Stories Come Alive - Drop in</b></p>	<p>12.15 – 1.15 pm <b>Virtual Healthy eating Workshop</b></p>	<p>PM -2 YEAR CHECKS – <b>Call and book a health and development check for your child</b></p>		
<p>Chandos Chandos Crescent HA8 6HL 020 8736 6550</p>	<p>10 – 11am <b>TALK &amp; Play – drop in</b> 18 months +</p>	<p>10 – 11am <b>Stories Come Alive – drop in</b> 12 months +</p>	<p>10 – 11am <b>Sensory Baby Group – drop in</b> Birth - Crawlers</p>		<p>Islamic Cultural Society</p>



Venues	Monday 11 December 2023	Tuesday 12 December 2023	Wednesday 13 December 2023	Thursday 14 December 2023	Friday 15 December 2023
<b>Hillview</b> 2 Grange Road, South Harrow, HA2 OLW 020 8422 4692  Half term	10-11.30am Portage group by appointment	1-2pm <b>Let's get physical</b> (birth-4 years) Drop in	10 - 11:30am <b>Baby stay and play</b> ( birth -crawlers) Drop in  1 - 2 pm <b>Sensory play</b> (birth - 4 years ) Drop in	10-11am <b>Learning through play</b> (Birth- 4 years) Drop in	Partner service
				1 - 2.30pm Portage Appointments (Bookings)	
<b>Kenmore Park</b> Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12am <b>Homestart</b> <b>Home from Home</b> <b>Stay and play</b> (0-4 Years) drop in	9.15 - 11.15am <b>Healthy Child Clinic</b>  1 - 4pm <b>Health Visiting</b> <b>Appointments</b>	10 - 11am Stories come Alive (birth - 4 years) Drop in  1.30 - 2.30pm <b>Baby stay and Play</b> (birth-18 months)	12 - 3pm <b>Feeding peer support</b> Drop in	Partner service
	1.30 - 3pm <b>Explore and Learn</b> (0-4 years) with EP Drop in				
<b>Gange</b> 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Partner service	10 -11am <b>Stories Come Alive</b> (birth - 4 years) Drop in	11am - 12pm Baby Stay and play (birth- crawlers)	<b>Parenting Advice Sessions</b> 9.30 - 11.30am Call to Book  1 - 2pm <b>Explore and Learn</b> (birth-4 years) Drop in	Partner service
Elmgrove Kenmore Ave Kenton HA3 8LU 020 8907 4941	1 - 2:30pm <b>Sensory play</b> (birth-crawlers) Drop in	Partner services	10-11am <b>Learning through play</b> (birth- 4 years) Drop in	Partner services	10 - 11am <b>Explore and learn</b> (birth-4 years) Drop in
			1 - 2pm <b>Let's get physical</b> (birth-4 years ) Drop in		

Venue	Monday 18 Dec 2023	Tuesday 19 Dec 2023	Wednesday 20 Dec 2023	Thursday 21 Dec 2023	Friday 22 Dec 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	10-11am Learning through Play <i>-Writing letters</i>	1 – 2.30pm Children’s Sensory Team Pre School Group	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 – come to the Park -Drop in
	11am – 4pm Breastfeeding Peer Support	1 – 2.30pm Sensory play with sensory room time- drop in	9.30- 12.00 1x1 Parenting advice session  1 – 2.30pm Christmas arts and crafts – drop in	Health visitors Appointment only	Partner agencies
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480	10 – 11am Parents As First Teachers Group Birth – 3 years – drop in	10 -11.30 am Imagine & Play – <i>Shopping</i> – drop in	10 – 11am TALK & Play -18 months + - drop in	Health Visitor Appointment only	Partner services
		1 – 2 pm Stories Come Alive			
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460	10 – 11 am Sensory Baby Group – Birth – 18 months – drop in	10 – 11am TALK & Play – drop in 18 months +	Partner agencies	10 - 11 am Parents As First Teachers Group Birth – 3 years – drop in	10- 11.30 am Let’s get physical
	12 – 1pm Managing emotions workshop				
	1.30-2.30pm Learning Through Play - <i>Winter</i>				
Whitefriars Children’s Centre Whitefriars Avenue HA3 5RQ 020 8424 1066	10 – 11am Christmas arts and crafts	10 – 11.30am PAFT Baby Group – Birth – 18 months– drop in	10 – 11 am Health & Wellbeing Stay & Play – drop in	9.30 – 11.30am Childminders’ Group Book your place by emailing <a href="mailto:lcookson@virginmedia.com">lcookson@virginmedia.com</a>	10 – 11am TALK & Play – 18 months + Drop in
			1 – 2.30pm Learning Through Play - <i>Letter writing</i> – Drop in	Partner agencies	
Chandos Chandos Crescent HA8 6HL 020 8736 6550	10 – 11am Talk & Play 18 months + - drop in	10 – 11am Stories Come Alive – drop in 12 months +	10 – 11am Sensory Baby Group – drop in Crawlers – 18 months	10 – 11am Imagine & Play – <i>Occupations</i> - drop in	Partner agencies
				1 – 2.30pm Virtual Behaviour 2-5 Workshop	

Venues	Monday 18 December 2023	Tuesday 19 December 2023	Wednesday 20 December 2023	Thursday 21 December 2023	Friday 22 December 2023
<b>Hillview</b> 2 Grange Road, South Harrow, HA2 OLW 020 8422 4692  Half term	10-11.30am <b>Portage group by appointment</b>	1-2pm <b>Let's get physical</b> (birth-4 years) Drop in	10 - 11:30am <b>Baby stay and play</b> ( birth -crawlers) Drop in	10-11am <b>Learning through play</b> (Birth- 4 years) Drop in	10 - 11am <b>Stories come alive</b> (0-9years) Drop in
			1-2pm <b>Sensory play</b> (birth - 4 years) Drop in		
<b>Kenmore Park</b> Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10-12am Homestart <b>Home from Home Stay and play</b> (0-4 Years) drop in	9.15 - 11.15am <b>Healthy Child Clinic</b>  1 - 4pm <b>Health Visiting Appointments</b>	10-11am <b>Stories Come Alive</b> (birth - 4 years) Drop in	12 - 3pm <b>Feeding peer support</b> Drop in	
	1.30 - 3pm <b>Explore and Learn</b> (birth- 4 years) Drop in		1.30 - 2.30pm <b>Baby stay and Play</b> (birth-18 months)		1-2:30pm <b>Sensory baby</b> (Birth - crawlers) Drop in
<b>Gange</b> 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Partner service	10 -11am <b>Stories Come Alive</b> (birth - 4 years) Drop in	11am -12pm <b>Baby Stay and play</b> (birth- crawlers ) Drop in	1 - 2pm <b>Explore and learn</b> (birth-4 years) drop in	Partner service
<b>Elmgrove</b> Kenmore Ave Kenton HA3 8LU 020 8907 4941	1 - 2:30pm <b>Sensory play</b> (birth-crawlers) Drop in <b>SL</b>		10-11am <b>Learning through play</b> (birth- 4 years) Drop in		
			1 - 2pm <b>Let's get physical</b> (birth-4 years ) Drop in		

Venue	Monday 25 Dec 2023	Tuesday 26 Dec 2023	Wednesday 27 Dec 2023	Thursday 28 Dec 2023	Friday 29 Dec 2023					
<p>Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222</p>	<p><b>All Centres Closed.</b></p> <p><b>Bank Holiday</b></p>	<p><b>All Centres Closed.</b></p> <p><b>Bank Holiday</b></p>	<p>10 – 11am Stories Come Alive – drop in 0-9 years</p>	<p><b>Partner Services</b></p>	<p>10 –11.30am Healthy Living -Drop in 0-9 years</p>					
					<p>Partner Services</p>	<p>Health visitors Appointment only</p>	<p>Partner agencies</p>			
<p>Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480</p>					<p>Centres Closed</p>	<p>Centres Closed</p>	<p>Centres Closed</p>			
<p>The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460</p>										
<p>Whitefriars Children’s Centre Whitefriars Avenue HA3 5RQ 020 8424 1066</p>										
<p>Chandos Chandos Crescent HA8 6HL 020 8736 6550</p>										

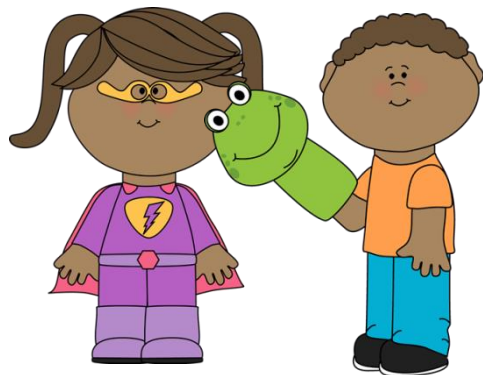
Venues	Monday 25 December 2023	Tuesday 26 December 2023	Wednesday 27 December 2023	Thursday 28 December 2023	Friday 29 December 2023
<p><b>Hillview</b> 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692</p>	<p><b>BANK HOLIDAY</b></p>	<p><b>BANK HOLIDAY</b></p>	<p><b>1-2pm</b> <b>Learning through play</b> (birth - 9 years) Drop in</p>	<p><b>10-11:30am</b> <b>Let's get physical</b> ( birth- 9 years) Drop in</p>	<p><b>1-2pm</b> <b>Stories come alive</b> (birth-9 years) Drop in</p>
<p><b>Kenmore Park</b> Warneford Road, Kenton, HA3 9HZ 020 8416 8400</p>					
<p><b>Gange</b> 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134</p>					

# 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)  
Whitefriars – Some Tuesday appointments  
Call 020 8424 1066

DATES AVAILABLE ON CONTACT WITH THE  
CENTRE



# 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



**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](http://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 style="text-align: center;"><b>“ALL CHILDREN WILL LEARN, GROW &amp; DEVELOP TO REALISE THEIR FULL POTENTIAL.”</b></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	
Strengthening Families, Strengthening Communities For parents of children & young people aged 3 – 18 years (whole family approach)	Strengthening Families, Strengthening Communities (SFSC) is an <b>inclusive evidence-based parenting programme</b> , designed to promote protective factors which are associated with good parenting and better outcomes for children.	
Triple P Teens For parents of 11 – 16 year olds	Teen Triple P is a <b>positive parenting programme which is suitable for parents, step parents, grandparents and carers of pre-teens and teenage children (11-16years)</b> . The programme can help parents and carers to: cope positively with some of the common issues associated with raising a teenager.	
Happy Families Whole family approach Age (Birth to 18 years)	<p><b>WHAT WILL BE COVERD?</b></p> <ul style="list-style-type: none"> <li>• Cultural / spiritual identity -</li> <li>• Positive discipline</li> <li>• Improving relationships</li> <li>• Practical parenting tools</li> <li>• Communications</li> </ul>	<p><b>The course is designed to:</b></p> <ul style="list-style-type: none"> <li>• improve parenting skills</li> <li>• Improve interactions with your children</li> <li>• Help your children learn and grow</li> <li>• Improve relationship amongst partner &amp;/or co-parent</li> <li>• Build your child's self-esteem</li> <li>• Build Leadership Skills</li> </ul>
Behaviour Management – Alternatives to Physical Chastisement	<p style="text-align: center;"><b>An evidenced based workshop with tools &amp; resources to support parents in responding to challenging behaviours.</b> Techniques in preventing escalation of behaviour and advice on how to reduce frustration when responding to unwanted behaviours.</p>	
Co-parenting	Co -parenting sessions are offered to <b>parents/carers who share the care of children</b> , (parents separating/living apart, working opposite work patterns) <b>the quality of the relationship between parents can have a strong influence on a child's emotional wellbeing</b> , 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.	

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 &amp; 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](https://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**