Harrow Early Support

Cedars, Hillview & Wealdstone Hubs

Spring Term 1 2020

06 Jan – 21 February 2019

Includes Feb Half term

IMPORTANT INFORMATION

Please take note of the ages for groups and services.
All groups **with an age range** are **only suitable for that age** (no siblings are able to attend) due to health and safety or programme regulations.
Please arrive no more than 10 mins prior to the start time.
Doors open at most sites 5 mins before for sign in
Buggy bays are external at most sites.

Hub Centres	Contact details	Hub Centres	Contact details
Cedars Children's Centre	For more information call 020 8736 6222	**Hillview Children's Centre**	For more information call 020 8422 4692

Educational activities linked to the curriculum

Activities for children 0 – 10 years old

Parenting Advice, Support & guidance

Fun days & special events

Snack is provided in groups lasting 1.5hrs

FREE Adult Learning courses including English, Maths and IT skills available by calling 020 8901 2691

Chandos Library (Term time)
Call 020 8736 6550 for more information



Hi I am the tooth fairy! Wherever you see me on the timetable the session will include oral health Top Tips and Advice!

Also includes activities and services for 9 – 19/25 year olds- Look out for the Wealdstone Timetable

Please remember, all of our timetables can be found in the photo sections on our Facebook page
www.facebook.com/harrowcc

Early Support
Small Steps – Lasting Change

Harrow Children's Centres

Early Support Hubs

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

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

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



We have had a reported increase in families using mobile devices in groups.
For safeguarding reasons it is essential that families follow the group rules



Mobile phones should be turned to silent or switched off during groups and hand held computers should be switched off. Only Children's Centre cameras are to be used for pictures or videos.

You are responsible for all personal belongings.



You remain responsible for your children at all times.



There is an expectation that everyone helps to tidy up.



We have had a reported increase in families bringing snacks from home in to groups.
For health & hygiene reasons it is essential that families follow the group rules



We provide fruit and water in all groups that are an hour and a half long. (Due to allergies we are unable to agree to families bringing their own snacks)

Most importantly PLAY, LEARN and HAVE FUN!

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

These topics will help with starting school

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 sessions however to make it as easy as possible we have also highlighted additional sessions where you can find out about some of key topics of support



Look out for me if you want to find out more about sleep routines

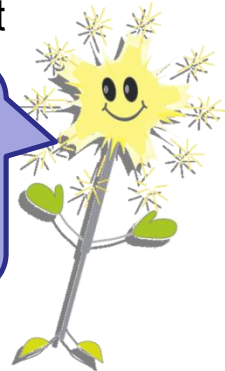
Look out for me if you want to find out more about toilet learning





Look out for me if you want to find out more about feeding

Look out for me if you want to find out more about behaviour



Saturdays - Harrow Co-parenting support, advice and guidance sessions

Early Support Hubs

Harrow Children's Centres

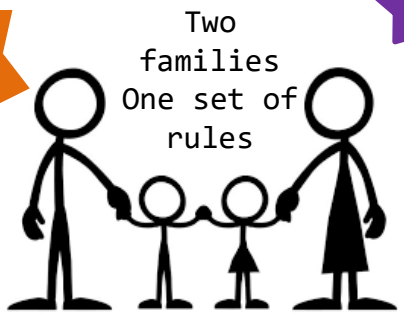
Early Support
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Kenmore Park Children's Centre, Warneford Road, Kenton, HA3 9HZ
To find out more or to book a place call 020 8416 8400

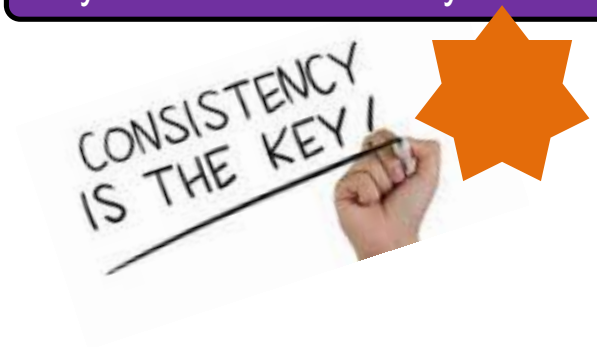
Saturdays 2020	
18 January	22 February

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? (nan, grandad, childminder)

Are you separated and living apart?
Are you going through the process of living in separate homes?
Have you received mediation or counselling in the last 6 months due to your relationship?



If you have answered 'yes' to any of the above then this session would be great for you and your family



Time together



Time apart

Managing screen time



Bespoke Parenting Sessions

Parenting can be challenging at times, all parents need a little bit of support & advice.
Come along to the bespoke parenting sessions to talk through your challenges and get some practical top tips & advice from our evidence based programmes

The Pinner Centre
Chapel Lane Car Park,
Pinner
HA5 1AA
10 – 11.30am

Book your place today!

Saturdays 2020	
Parents & carers must access Part A & Part B	
Part A	**Part B**
10am – 12pm	10 – 11.30am
11 January	08 February

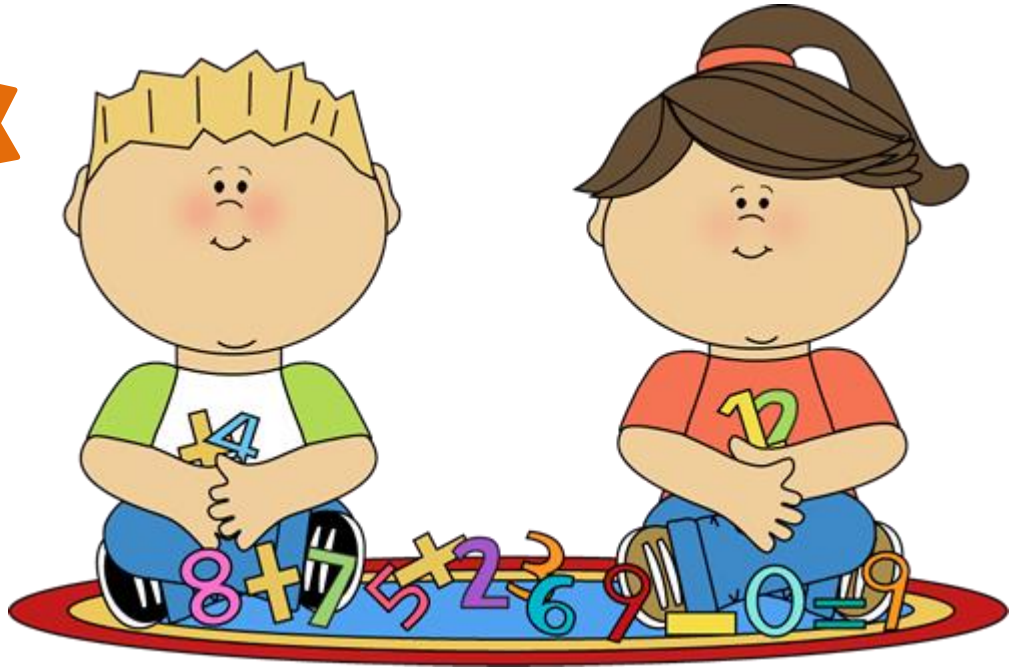
Do you feel that your child's behaviour is a challenge sometimes?
Do you feel that your children don't listen to you?
Is it difficult to put boundaries in place?
Does your child struggle with routines?
Is your child always online?
Do you want some ideas on how to support your family?

Early Support
Small Steps - Lasting Change



For more information or to book a place contact Liz or Neeta on 020 8736 6222 or email neeta.patel@harrow.gov.uk liz.eardley@harrow.gov.uk

Imagine & Play – Saturdays at Cedars 10 – 11.30am



For more information call Cedars on 020 8736 6222



Saturdays 2020	Focus / key info
11 January	Number Fun
25 January	Under the Sea
15 February	Healthy Me

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

Early Support
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NEW 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.



01 February 2020 10 – 11am

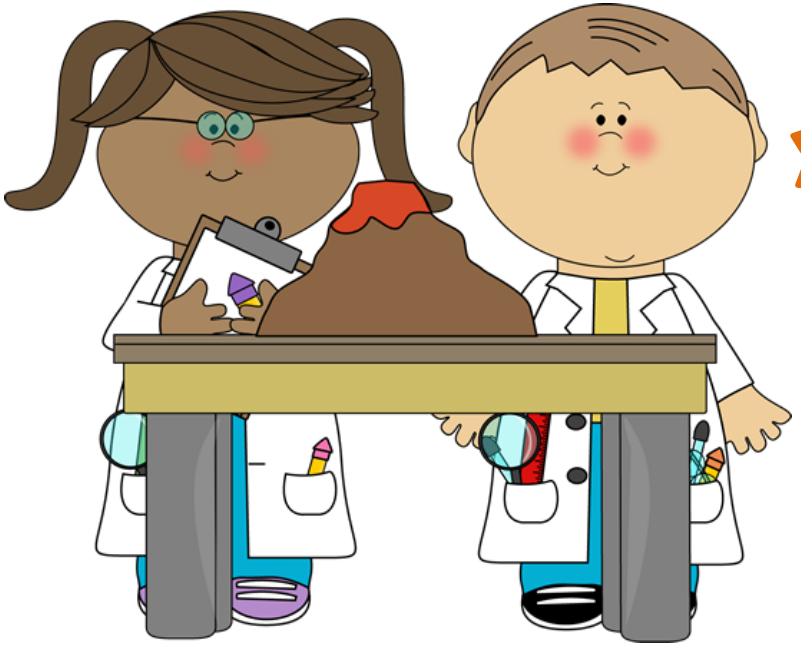
Cedars Children's Centre, Whittlesea Road, HA3 6LS

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

Father's Group

Saturdays at Cedars
10 – 11.30am





Saturdays 2020	Focus / key info
18 January	Parenting
08 February	Stay & Play – Fun With Science
22 February	Imagine & Play - Animals

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

For more information call 020 8736 6222

Early Support
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Weaning workshops and parties

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 workshops / parenting sessions (for parents of babies from 5 months plus for advice around beginning weaning at 6months)	
Date & Time	Venue
14 January 2020 1 – 2.30pm	The Pinner Centre, Chapel Lane, HA5 1AA 020 8424 2460
18 February 2020 1 - 2.30pm	Stanmore Park Delivery Site, William Drive, Stanmore, HA7 4FZ 020 8736 6480

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.

22 January 2020

2 - 3 pm at Cedars Children's Centre, Whittlesea Road, HA3 6LS

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

Early Support
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Baby Massage

4 week course
2020

For parents/ main carers with babies

pre-crawling between 6 weeks - 6 months

The Pinner Centre,

Chapel Lane Car Park,
Pinner,

HA5 1AA

Monday pm:

13 January 2020 – 1 – 2pm
20 January 2020 – 1 – 2pm
27 January 2020 – 1 – 2pm
03 February 2020 – 1 – 2pm

*To benefit most from the course you will need to **attend <u>all</u> 4 sessions***

Early Support
Small Steps – Lasting Change

LEARN HARROW

To book your place :

Call 020 8424 1460 – The Centre is open 9am – 4pm Monday – Friday

We advise for families to also attend family wellness – see other side of flyer

Family Wellness

With Catherine, Wellmother therapist and birth and parenting educator

Come along and enjoy a wonderful family centred session. Gentle Stretch, breathe and relax for the parents, chance to chat about parenting topics and finishing with a lovely baby massage.

Babies from 6 weeks to 6 months. Bring a towel, changing mat, oil/cream and warm clothes.

Supporting your baby's healthy brain development with 5 to thrive

Monday pm:

17 February 2020 – 1 – 2.30pm
24 February 2020 – 1 – 2.30pm
09 March 2020 – 1 – 2.30pm
16 March 2020 – 1 – 2.30pm

*To benefit most from the course you will need to **attend the 4 baby massage sessions (on the other side of this flyer and all 4 sessions***

Pampermums
Supporting parents since the Millennium

Early Support
Small Steps – Lasting Change

LEARN HARROW

To book your place :

Call 020 8424 1460 – The Centre is open 9am – 4pm Monday – Friday

Baby Massage

4 week courses 2020

For parents/ main carers with babies

pre-crawling of 2 - 6 months

Stanmore Park Children Centre,

William Drive,

Stanmore,

HA7 4FZ

Tuesday pm:

Block 1 - 04,11, 25 February and 03 March 2020
Block 2 - 10 March to 31 March 2020
Block 3 - 21April – 12 May 2020
Block 4 - 2 June – 23 June 2020
Block 5 - 30 June – 21 July 2020

To benefit most from the course you will need to ***attend <u>all</u> 4 sessions***.

Early Support
Small Steps – Lasting Change

LEARN HARROW

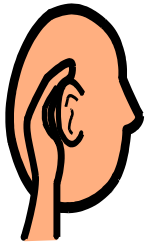
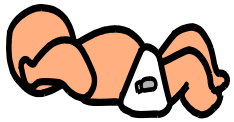
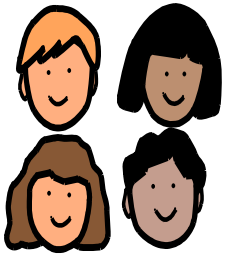
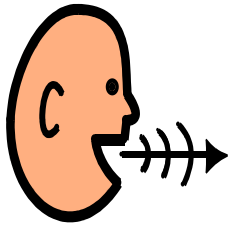
To book your place log on to the web:

www.learnharrow.ac.uk or Telephone 020 8901 2691 between 10am and 4pm

***The course is Free for parents/main carers on JSA, ESA, unemployed and in receipt of benefits. All places must be booked in advance.**

Do you have worries or concerns about your child's:

- Attention
- Listening
- Understanding
- Play
- Talking

Triage sessions are for children where parents or professionals are unsure if therapy is needed. Where there is a definite need for speech and language therapy it is the professional's responsibility to make a written referral.

These sessions are for children aged 0 - 4 years who:

Live in Harrow or have a Harrow GP

Have never received speech therapy in Harrow

Do NOT attend Reception Class

Call your local Children's Centre to book an appointment

Children's Centre	Date (2020)	Address	Telephone Number
Hillview 1	Tuesday 28 January - am	2 Grange Road, South Harrow, HA2 0LW	020 8422 4692
Whitefriars	Wednesday 5 February - am	Whitefriars Avenue, Harrow, HA3 5RQ	020 8424 1066
Cedars	Thursday 13 February - am	Whittlesea Road, Harrow, HA3 6LS	020 8736 6222
Kenmore Park	Friday 6 March - am	Warneford Road, Harrow, HA3 9HZ	020 8416 8400
Pinner Centre	Wednesday 25 March - pm	Chapel Lane, Pinner, HA5 1AA	020 8424 1460
Hillview 2	Tuesday 31 March - am	2 Grange Road, South Harrow, HA2 0LW	020 8422 4692

Please bring your child's RED health book

2019	Monday 06 January	Tuesday 07 January	Wednesday 08 January	Thursday 09 January	Friday 10 January
Cedars Whittlesea Road Harrow HA3 6LS		10 – 11.30am **Imagine & Play** *'Pets'*	9.30 – 11.30am **Health Visitors** Baby weighing	9.30 – 11am **Talk and Play**	10 – 11.30am **Baby Group & Baby Massage** *(Birth – Crawlers)*
			9.30 – 11am **Breastfeeding Peer Support**	11.15am – 12.15pm **Walk & Talk**	
		1 – 2.30pm **Children's Sensory Team Pre School Group**	10 – 11.30am **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting*	3.30 – 4.30pm **Science Club -** *5 – 10 years*	1.30 – 2.30pm **Parenting Support – Behaviour** **Appointment only** Call 020 8736 6222 to book a place
Stanmore Park William Drive Stanmore HA7 4FZ			10 – 11.30am **Learning Through Play** (18 months – 4 years) Including Educational Psychologist	**Health** **Appointment only**	10 – 11.30am **Womb to World - Baby PAFT** Birth – 18 months ***Theme – Feeding*** *– Learn about healthy eating habits, get some good recipe ideas. Talk through weaning & get advice around fussy eaters.*
			1 – 2.30pm **Imagine & Play** *'Animals'*		
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA	10am – 12.30pm **Breastfeeding Peer Support**	10 – 11.30am **Messin' Around**	10 – 11.30am **TALK & Play**		10 – 11.30am **Sensory Play**
	Baby Massage **(2 – 6 months)** Booking only Book a place by calling 020 8424 1460 or book at the front desk		1.30 – 2.30pm **Parenting Support – Toilet Learning** Appointment only Call 020 8424 1460 to book a place	2 – 3pm **Stories Come Alive**	1.30 – 2.30pm **Imagine & Play** *'Farm'*
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ		9.30 – 11.30am **Childminders Group**	**Afternoon** 2 YEAR CHECKS – **appointment only** **Call and book a health and development check for your child**	10 – 11am **Toddler PAFT** **(20months – 3 years)**	9.30 – 10.30am **TALK & Play**
				1.30 – 3pm **Explore & Create**	
Chandos Chandos Crescent HA8 6HL		10 – 11.30am **Learning Through Play** Stay & Play	10 – 11.30am **Baby & Toddler PAFT Group** **(0 – 20 months)**	10 – 11.30am **TALK & Play**	**Health** **Appointment only**

Staff are busy planning, sorting sites and training to prepare them for all of the services for families ☺

	Monday 06 January	Tuesday 07 January	Wednesday 08 January	Thursday 09 January	Friday 10 January
Hillview 2 Grange Road, South Harrow, HA2 0LW	10 – 11.30am **Portage Group** (*Bookings)*	10 – 11.30am **Learning Through Play** (18 months – 4 years) Including Educational Psychologist	9.30 – 10.30am **Talk & Play**	9.45 - 11.15am **Little Explorers**	10 – 11am **Sensory Baby**
	Staff Planning Day		11am – 12pm **Baby Group** (Birth – 18months)	1.30 – 2.30pm **Messy Play**	1 – 2.30pm **Breastfeeding Peer Support**
Kenmore Park Warneford Road, Kenton, HA3 9HZ		9.15 – 11.15am **Healthy Child Clinic**		10 – 11am **Stories Come Alive**	10 - 11.30am **Little Explorers**
			1 -2.30pm **Weigh & Go Baby Weighing**	1 – 2pm **Imagine & Play**	1 – 2.30pm **Learning Through Play**
					1 – 2.30pm **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting*
Elmgrove Kenmore Ave, Kenton, HA3 8LU			9.30 – 11am **Sensory Play**	9.30 – 11am **Fun With Science**	10 – 11am **Movers & Shakers**
	Staff Planning Day		1 – 2.30pm **Stories Come Alive**	1 – 2pm **Messy Play**	1 – 2.30pm **Learning Through Play**
Gange 68 Canning Road, Wealdstone, HA3 7SN		9.30 – 11am **Little Explorers**	10 – 11.30am **Imagine & Play**	9.30 – 11am **Learning Through Play**	10 – 11.30am **Fun With Science**
			1.30 – 2.30pm **Fun With Phonics** **Age 2 – 4yrs only**	1 – 2pm **Sensory Baby** (Birth – Crawlers)	

2019	Monday 13 January	Tuesday 14 January	Wednesday 15 January	Thursday 16 January	Friday 17 January
Cedars Whittlesea Road Harrow HA3 6LS	9.30 – 10.30am **Movers & Shakers**	10 – 11.30am **Imagine & Play** *'Feelings'* ***Including – worry munchers***	9.30 – 11.30am **Health Visitors** Baby weighing	9.30 – 11am **Talk and Play**	10 – 11.30am **Baby Group & Baby Massage** *(Birth – Crawlers)*
	Afternoon 2 YEAR CHECKS – **appointment only** **Call and book a health and development check for your child**	1 – 2.30pm **Sensory Play** ***With Sensory Room Time***	9.30 – 11.30am **Breastfeeding Peer Support**	11.15am – 12.15pm **Walk & Talk**	1.30 – 2.30pm **Parenting Support – Sleep** Call 020 8736 6222 to book a place
		1 – 2.30pm **Children's Sensory Team Pre School Group**	10 – 11.30am **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting*	3.30 – 4.30pm **Science Club** **5 – 10 years**	
Stanmore Park William Drive Stanmore HA7 4FZ	10 – 11am **Sensory Baby PAFT** **Birth – Crawlers** 11 – 11.30am **– info & advice**		10 – 11.30am **Learning Through Play** (18 months – 4 years) *Inc; Educational psychologist*	**Health** **Appointment only**	10 – 11.30am **Womb to World - Baby PAFT** Birth – 18 months ***Theme –*** social development/baby games – *Practise social games and approaches to help to engage your baby*
	1.30 – 3pm **TALK & Play Group**	**Baby Massage** **(2 – 6 months)** Booking only Call 020 8901 2691 to book a place	1 – 2.30pm **Imagine & Play** *'Safety in the home'*		
	4 – 5.30pm **Behaviour advice session** **Appointment only**				
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA	10 – 11.30am **Little Explorers**	10 – 11.30am **Messin' Around**	10 – 11.30am **TALK & Play**	*Parenting Programme – appointment only*	10 – 11.30am **Sensory Play**
	Baby Massage (2 – 6 months) Book a place by calling 020 8424 1460 or at the front desk	1.30 – 2.30pm **Fun With Phonics**	1.30 – 2.30pm **Parenting Support – Feeding & Meal Times** Appointment only Call 020 8424 1460 to book a place	2 – 3pm **Stories Come Alive**	1.30 – 2.30pm **Imagine & Play** *'People who help us'*
	10am – 12.30pm **Breastfeeding peer support**				
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ	9.30 – 11am **Baby & Toddler PAFT** **(0 – 20 months)** *Parents As First Teachers focusses on parents being the 1st and most influential teachers of their children*	9.30 – 11.30am **Childminders' Group**	**Afternoon** 2 YEAR CHECKS – **appointment only** **Call and book a health and development check for your child**	10 – 11am **Toddler PAFT** **(20 months – 3 years)**	9.30 – 10.30am **TALK & Play**
	1.30 – 2.45pm **Messin' Around** **Including – Behaviour advice**	1.30 – 3pm **Imagine & Play** *'My feelings'* ***Including – worry munchers***		1.30 – 3pm **Explore & Create**	
Chandos Chandos Crescent HA8 6HL	10 – 11.30am **Story Time** ***Including Library Time*** **-** *All ages*	10 – 11.30am **Learning Through Play** Stay & Play	10 – 11.30am **Baby & Toddler PAFT Group** **(0 – 20 months)**	10 – 11.30am **TALK & Play**	Health Appointment only

	Monday 13 January	Tuesday 14 January	Wednesday 15 January	Thursday 16 January	Friday 17 January
Hillview 2 Grange Road, South Harrow, HA2 0LW	10 – 11.30am **Portage Group** **(***Bookings)*	10 – 11.30am **Learning Through Play** (18 months – 4 years)	9.30 – 10.30am **Talk & Play**	9.45 -11.15am **Little Explorers**	10 – 11am **Sensory Baby**
	1 – 2.30pm **Learning Through Play**	1 – 2.30pm **Little Cooks** **(Appointment Only)**	11am – 12pm **Baby PAFT Group 5 week Course** (Birth – 18months) Call 020 422 4692 to book	1.30 – 2.30pm **Parenting Support: Weaning Workshop Appointment Only** Call 020 422 4692 to book	1 – 2.30pm **Breastfeeding Peer Support** 1 - 2.30pm **Weigh & Go Baby Weighing**
Kenmore Park Warneford Road, Kenton, HA3 9HZ	10 – 11.30am **Imagine & Play**	9.15 – 11.15am **Healthy Child Clinic**	10am – 12pm **Home From Home Family Group** (*Homestart)*	10 – 11am **Stories Come Alive**	10 - 11.30am **Little Explorers**
	1 – 2pm **Sensory Baby & Sign**	1 – 2.30pm **Learning Through Play**			1 – 2.30pm **Learning Through Play**
Elmgrove Kenmore Ave, Kenton, HA3 8LU	10am – 12pm **Keeping Children Safe** **(Appointment Only)**		9.30 – 11am **Sensory Play**	9.30 – 11am **Fun With Science**	10 – 11am **Movers & Shakers**
	1 – 2.30pm **Imagine & Play**	1 – 2.30pm **Little Explorers**	1 – 2.30pm **Stories Come Alive**	1 – 2pm **Messy Play**	1 – 2.30pm **Learning Through Play**
Gange 68 Canning Road, Wealdstone, HA3 7SN	9.30 – 11am **Stories Come Alive**	9.30 – 11am **Little Explorers**	10 – 11.30am **Little Cooks** **(Appointments Only)**	9.30 – 11am **Learning Through Play**	10 – 11.30am **Fun With Science**
	1 - 2pm **Movers & Shakers**	10 - 11.30am **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting Call 0208 427 0134 to Book*	1.30 – 2.30pm **Fun With Phonics** **Age 2 – 4yrs only**		

2019	Monday 20 January	Tuesday 21 January	Wednesday 22 January	Thursday 23 January	Friday 24 January
Cedars Whittlesea Road Harrow HA3 6LS	9.30 – 10.30am **Movers & Shakers**	10 – 11.30am **Imagine & Play** *'Stay Safe'*	9.30 – 11.30am **Health Visitors** Baby weighing	9.30 – 11am **Talk and Play**	10 – 11.30am **Baby Group & Baby Massage** *(Birth – Crawlers)*
	10 .45 – 11.45am - **Xplore Music – see flyer for joining information**	1 – 2.30pm **Sensory Play** ***With Sensory Room Time***	9.30 – 11.30am **Breastfeeding Peer Support**	11.15am – 12.15pm **Walk & Talk**	
	No checks	1 – 2.30pm **Children's Sensory Team Pre School Group**	10 – 11.30am **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting*	**NEW 1 – 3pm** **WEEK 1 - Keeping your child safe online (sign up call 020 8736 6222)** 3.30 – 4.30pm **Science Club** **5 – 10 years**	1.30 – 2.30pm **Parenting Support – Toilet Learning** Call 020 8736 6222 to book a place
Stanmore Park William Drive Stanmore HA7 4FZ	10 – 11am **Sensory Baby PAFT** Birth – Crawlers 11 – 11.30am **– info & advice**	10 – 11am - **Xplore Music – see flyer for joining information**	10 – 11.30am **Learning Through Play** (18 months – 4 years)	**Health** **Appointment only**	10 – 11.30am **Womb to World - Baby PAFT** - *Birth – 18 months* ***Theme* – book sharing –** Talk through the importance of sharing stories and books with your baby. Find out about local libraries & story sessions.
	1.30 – 3pm **TALK & Play Group**	**Baby Massage (2 – 6 months)** Booking only Call 020 8901 2691 to book a place	1 – 2.30pm **Imagine & Play** *'My Family'*		
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA	10 – 11.30am **Little Explorers**	10 – 11.30am **Messin' Around**	10 – 11.30am **TALK & Play**	*Parenting Programme – appointment only*	10 – 11.30am **Sensory Play**
	Baby Massage (2 – 6 months) Book a place by calling 020 8424 1460 or at the front desk	1.30 – 2.30pm **Fun With Phonics**	1 – 2.30pm **Parenting Support - Appointments** Call 020 8424 1460 to book a place	2 – 3pm **Stories Come Alive**	1.30 – 2.30pm **Imagine & Play** *'Feelings'*
	10am – 12.30pm **Breastfeeding peer support**				
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ	9.30 – 11am **Baby & Toddler PAFT** **(0 – 20 months)** *Parents As First Teachers focusses on parents being the 1st and most influential teachers of their children*	9.30 – 11.30am **Childminders' Group**	**Afternoon** 2 YEAR CHECKS – **appointment only** **Call and book a health and development check for your child**	10 – 11am **Toddler PAFT** **(20 months – 3 years)**	9.30 – 10.30am **TALK & Play**
	1.30 – 2.45pm **Messin' Around**	1.30 – 3pm **Imagine & Play** *'People who help us'*		1.30 – 3pm **Explore & Create**	
Chandos Chandos Crescent HA8 6HL	10 – 11.30am **Story Time** ***Including Library Time*** - *All ages*	10 – 11.30am **Learning Through Play** Stay & Play	10 – 11.30am **Baby & Toddler PAFT Group** **(0 – 20 months)**	10 – 11.30am **TALK & Play**	Health Appointment only

	Monday 20 January	Tuesday 21 January	Wednesday 22 January	Thursday 23 January	Friday 24 January
Hillview 2 Grange Road, South Harrow, HA2 0LW	10 – 11.30am **Portage Group** (*Bookings)*	10 – 11.30am **Learning Through Play** (18 months – 4 years) Including Educational Psychologist	9.30 – 10.30am **Talk & Play**	9.45 - 11.15am **Little Explorers**	10 – 11am **Sensory Baby**
	1.45 – 2.45pm **Xplore Music – Find Your Voice** (See Flyer for Joining Instructions)	1 – 2.30pm **Little Cooks** **(Appointment Only)**	11am – 12pm **Baby PAFT Group 5 week Course** (Birth – 18months) Call 020 422 4692 to book	1.30 – 2.30pm **Messy Play**	1 – 2.30pm **Breastfeeding Peer Support** 1 - 2.30pm **Weigh & Go Baby Weighing**
Kenmore Park Warneford Road, Kenton, HA3 9HZ	10 – 11.30am **Imagine & Play**	9.15 – 11.15am **Healthy Child Clinic**	10am – 12pm **Home From Home Family Group** (*Homestart)*		10 - 11.30am **Little Explorers**
	1 – 2pm **Sensory Baby & Sign**	1 – 2.30pm **Learning Through Play**			1 – 2.30pm **Learning Through Play**
Elmgrove Kenmore Ave, Kenton, HA3 8LU	10am - 12pm **Keeping Children Safe** **(Appointment Only)**		9.30 – 11am **Sensory Play**	9.30 – 11am **Fun With Science**	10 – 11am **Movers & Shakers**
	1 – 2.30pm **Imagine & Play**	1 – 2.30pm **Little Explorers**	1 – 2.30pm **Stories Come Alive**	1 – 2pm **Messy Play**	1 – 2.30pm **How To Make A Story Come To Life 6 week Course** **Call 0208 907 4941 to book**
Gange 68 Canning Road, Wealdstone, HA3 7SN	9.30 – 11am **Stories Come Alive**	9.30 – 11am **Little Explorers**	10 – 11.30am **Little Cooks** **(Appointments Only)**	9.30 – 11am **Learning Through Play**	10 – 11.30am **Fun With Science**
	1 - 2pm **Movers & Shakers**	1.30 – 3pm **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting* *Call 0208 427 0134 to Book*	1.30 – 2.30pm **Fun With phonics** **Age 2 – 4yrs only**		

2019	Monday 27 January	Tuesday 28 January	Wednesday 29 January	Thursday 30 January	Friday 31 January
Cedars Whittlesea Road Harrow HA3 6LS	9.30 – 10.30am **Movers & Shakers**	10 – 11.30am **Imagine & Play** *'Dinosaurs'*	9.30 – 11.30am **Health Visitors** Baby weighing	**NEW 1 – 3pm** **WEEK 2 - Keeping your child safe online (sign up call 020 8736 6222)**	
	10 .45 – 11.45am - **Xplore Music – see flyer for joining information**	1 – 2.30pm **Sensory Play** ***With Sensory Room Time***	9.30 – 11.30am **Breastfeeding Peer Support**	Cedars Manor School event– no groups	
	Afternoon 2 YEAR CHECKS – **appointment only** **Call and book a health and development check for your child**	1 – 2.30pm **Children's Sensory Team Pre School Group**	10 – 11.30am **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting*		
Stanmore Park William Drive Stanmore HA7 4FZ	10 – 11am **Sensory Baby PAFT** Birth – Crawlers 11 – 11.30am **– info & advice**	10 – 11am - **Xplore Music – see flyer for joining information**	10 – 11.30am **Learning Through Play** (18 months – 4 years) *Inc; Educational psychologist*	**Health** **Appointment only**	Staff training day
	1.30 – 3pm **TALK & Play Group**	**Baby Massage (2 – 6 months)** Booking only Call 020 8901 2691 to book a place	1 – 2.30pm **Imagine & Play** *'People who help us'*		
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA	10 – 11.30am **Little Explorers**	10 – 11.30am **Messin' Around**	10 – 11.30am **TALK & Play** ***Including Behaviour advice***	*Parenting Programme – appointment only*	
	Baby Massage (2 – 6 months) Book a place by calling 020 8424 1460 or at the front desk	1.30 – 2.30pm **Fun With Phonics**		2 – 3pm **Stories Come Alive** ***Including – Sleep advice***	
	10am – 12.30pm **Breastfeeding peer support**				
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ	9.30 – 11am **Baby & Toddler PAFT** **(0 – 20 months)** *Parents As First Teachers focusses on parents being the 1st and most influential teachers of their children*	9.30 – 11.30am **Childminders' Group**	**Afternoon** 2 YEAR CHECKS – **appointment only** **Call and book a health and development check for your child**	10 – 11am **Toddler PAFT** **(20 months – 3 years)**	
	1.30 – 2.45pm **Messin' Around**	1.30 – 3pm **Imagine & Play** *'Feelings'*		1.30 – 3pm **Explore & Create**	
Chandos Chandos Crescent HA8 6HL	10 – 11.30am **Story Time** ***Including Library Time*** - *All ages*	10 – 11.30am **Learning Through Play** Stay & Play	10 – 11.30am **Baby & Toddler PAFT Group** **(0 – 20 months)**	10 – 11.30am **TALK & Play**	Health Appointment only

	Monday 27 January	Tuesday 28 January	Wednesday 29 January	Thursday 30 January	Friday 31 January
Hillview 2 Grange Road, South Harrow, HA2 0LW	10 – 11.30am **Portage Group** (*Bookings)*	10 – 11.30am **Learning Through Play** (18 months – 4 years)	9.30 – 10.30am **Sensory Play**	9.45 - 11.15am **Little Explorers**	
	1.45 – 2.45pm **Xplore Music – Find Your Voice** (See Flyer for Joining Instructions)	1 – 2.30pm **Little Cooks (Appointment Only)**	11am – 12pm **Baby PAFT Group 5 week Course** (Birth – 18months) Call 020 422 4692 to book	1.30 – 2.30pm **Messy Play**	1 – 2.30pm **Breastfeeding Peer Support**
Kenmore Park Warneford Road, Kenton, HA3 9HZ	10 – 11.30am **Imagine & Play**	9.15 – 11.15am **Healthy Child Clinic**	10am – 12pm **Home From Home Family Group** (*Homestart)*	10 – 11am **Stories Come Alive**	Staff training day
	1 – 2pm **Sensory Baby & Sign**	1 – 2.30pm **Learning Through Play**	1 - 2.30pm **Weigh & Go** Baby Weighing		
Elmgrove Kenmore Ave, Kenton, HA3 8LU	10am – 12pm **Keeping Children Safe** (Appointment Only)		9.30 – 11am **Sensory Play**	9.30 – 11am **Fun With Science**	
	1 – 2.30pm **Imagine & Play**	1 – 2.30pm **Little Explorers**	1 – 2.30pm **Stories Come Alive**	1 – 2pm **Messy Play**	1 – 2.30pm **How To Make A Story Come** To Life 6 week Course Call 0208 907 4941 to book
Gange 68 Canning Road, Wealdstone, HA3 7SN	9.30 – 11am **Stories Come Alive**	9.30 – 11am **Little Explorers**	10 – 11.30am **Little Cooks (Appointments Only)**	9.30 – 11am **Learning Through Play**	
	1 - 2pm **Movers & Shakers**	12.45 – 2.45pm **Sensational Science 3 Week Course** Call 0208 427 0134 to book	1.30 – 2.30pm **Fun With phonics Age 2 – 4yrs only**		

2019	Monday 03 February	Tuesday 04 February	Wednesday 05 February	Thursday 06 February	Friday 07 February
Cedars Whittlesea Road Harrow HA3 6LS	9.30 – 10.30am **Movers & Shakers**	10 – 11.30am **Imagine & Play** *'Small world'*	9.30 – 11.30am **Health Visitors** Baby weighing	9.30 – 11am **Talk and Play**	10 – 11.30am **Baby Group** *(Birth – Crawlers)* *Including PAFT advice*
	10 .45 – 11.45am - **Xplore Music – see flyer for joining information**	1 – 2.30pm **Sensory Play** ***With Sensory Room Time***	9.30 – 11.30am **Breastfeeding Peer Support**	11.15am – 12.15pm **Walk & Talk**	
	Afternoon 2 YEAR CHECKS – **appointment only** **Call and book a health and development check for your child**	1 – 2.30pm **Children's Sensory Team Pre School Group**	10 – 11.30am **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting*	**NEW 1 – 3pm** **WEEK 3 - Keeping your child safe online (sign up call 020 8736 6222)** 3.30 – 4.30pm **Science Club** **5 – 10 years**	1.30 – 2.30pm **Parenting Support – Sibling Rivalry** Call 020 8736 6222 to book a place
Stanmore Park William Drive Stanmore HA7 4FZ	10 – 11am **Sensory Baby PAFT** Birth – Crawlers 11 – 11.30am **– info & advice**	10 – 11am - **Xplore Music – see flyer for joining information**	10 – 11.30am **Learning Through Play** (18 months – 4 years)	**Health** **Appointment only**	10 – 11.30am **Womb to World - Baby PAFT** - *Birth – 18 months* ***Theme* – Physical dev – hand/eye coordination** – *Find out about fun games & activities to help your babies physical development.*
	1.30 – 3pm **TALK & Play Group**	**Baby Massage (2 – 6 months)** Booking only Call 020 8901 2691 to book a place	1 – 2.30pm **Imagine & Play** *'Feelings'* ***Inc – behaviour advice***		
	4 – 5.30pm **Behaviour advice Appointment only**				
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA	10 – 11.30am **Little Explorers**	10 – 11.30am **Messin' Around**	10 – 11.30am **TALK & Play**	*Parenting Programme – appointment only*	10 – 11.30am **Sensory Play**
	Baby Massage (2 – 6 months) Book a place by calling 020 8424 1460 or at the front desk	1.30 – 2.30pm **Fun With Phonics**	1 – 2.30pm **Parenting Support - Routines & Boundaries** Call 020 8424 1460 to book a place	2 – 3pm **Stories Come Alive**	1.30 – 2.30pm **Imagine & Play** *'Stay Safe'*
	10am – 12.30pm **Breastfeeding peer support**				
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ	9.30 – 11am **Baby & Toddler PAFT** **(0 – 20 months)** *Parents As First Teachers focusses on parents being the 1st and most influential teachers of their children*	9.30 – 11.30am **Childminders' Group**	**No checks**	10 – 11am **Toddler PAFT** **(20 months – 3 years)**	9.30 – 10.30am **TALK & Play**
	1.30 – 2.45pm **Messin' Around**	1.30 – 3pm **Imagine & Play** *'Shapes'*		1.30 – 3pm **Explore & Create**	
Chandos Chandos Crescent HA8 6HL	10 – 11.30am **Story Time** ***Including Library Time*** - *All ages*	10 – 11.30am **Learning Through Play** Stay & Play	10 – 11.30am **Baby & Toddler PAFT Group** **(0 – 20 months)**	10 – 11.30am **TALK & Play**	Health Appointment only

	Monday 03 February	Tuesday 04 February	Wednesday 05 February	Thursday 06 February	Friday 07 February
Hillview 2 Grange Road, South Harrow, HA2 0LW	10 – 11.30am **Portage Group** (*Bookings)*	10 – 11.30am **Learning Through Play** (18 months – 4 years) Including Educational Psychologist	9.30 – 10.30am **Talk & Play**	9.45 - 11.15am **Little Explorers**	10 – 11am **Sensory Baby**
	1.45 – 2.45pm **Xplore Music – Find Your Voice** (See Flyer for Joining Instructions)	1 – 2.30pm **Little Cooks (Appointment Only)**	11am – 12pm **Baby PAFT Group 5 week Course** (Birth – 18months) Call 020 422 4692 to book	1.30 – 2.30pm **Messy Play**	1 – 2.30pm **Breastfeeding Peer Support** 1 - 2.30pm **Weigh & Go Baby Weighing**
Kenmore Park Warneford Road, Kenton, HA3 9HZ	10 – 11.30am **Imagine & Play**	9.15 – 11.15am **Healthy Child Clinic**	10am – 12pm **Home From Home Family Group** (*Homestart)*	10 – 11am **Stories Come Alive**	10 - 11.30am **Little Explorers**
	1 – 2pm **Sensory Baby & Sign**	1 – 2.30pm **Learning Through Play**	1 - 2.30pm **Weigh & Go** Baby Weighing		1 – 2.30pm **Learning Through Play**
Elmgrove Kenmore Ave, Kenton, HA3 8LU	10am - 12pm **Keeping Children Safe (Appointment Only)**		9.30 – 11am **Sensory Play**	9.30 – 11am **Fun With Science**	10 – 11am **Movers & Shakers**
	1 – 2.30pm **Imagine & Play**	1 – 2.30pm **Little Explorers**	1 – 2.30pm **Stories Come Alive**	1 – 2pm **Messy Play**	1 – 2.30pm **How To Make A Story Come To Life 6 week Course** **Call 0208 907 4941 to book**
Gange 68 Canning Road, Wealdstone, HA3 7SN	9.30 – 11am **Stories Come Alive**	9.30 – 11am **Little Explorers**	10 – 11.30am **Little Cooks (Appointments Only)**	9.30 – 11am **Learning Through Play**	10 – 11.30am **Fun With Science**
	1 - 2pm **Movers & Shakers**	12.45 – 2.45pm **Sensational Science 3 Week Course** Call 0208 427 0134 to book	1.30 – 2.30pm **Fun With phonics Age 2 – 4yrs only**		10.30am - 12pm **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting Call 0208 427 0134 to Book*

2019	Monday 10 February	Tuesday 11 February	Wednesday 12 February	Thursday 13 February	Friday 14 February
Cedars Whittlesea Road Harrow HA3 6LS	9.30 – 10.30am **Movers & Shakers**	10 – 11.30am **Imagine & Play** *'Fairy Tales'*	9.30 – 11.30am **Health Visitors** Baby weighing	9.30 – 11am **Talk and Play**	10 – 11.30am **Baby Group** *(Birth – Crawlers)* *Including PAFT advice*
	10 .45 – 11.45am - **Xplore Music – see flyer for joining information**	1 – 2.30pm **Sensory Play** ***With Sensory Room Time***	9.30 – 11.30am **Breastfeeding Peer Support**	11.15am – 12.15pm **Walk & Talk**	
	Afternoon 2 YEAR CHECKS – **appointment only** **Call and book a health and development check for your child**	1 – 2.30pm **Children's Sensory Team Pre School Group**	10 – 11.30am **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting*	**NEW 1 – 3pm** **WEEK 4 - Keeping your child safe online (sign up call 020 8736 6222)** 3.30 – 4.30pm **Science Club** **5 – 10 years**	
Stanmore Park William Drive Stanmore HA7 4FZ	10 – 11am **Sensory Baby PAFT** Birth – Crawlers 11 – 11.30am **– info & advice**	10 – 11am - **Xplore Music – see flyer for joining information**	10 – 11.30am **Learning Through Play** (18 months – 4 years) *Inc; Educational psychologist*	**Health** **Appointment only**	10 – 11.30am **Womb to World - Baby PAFT** - *Birth – 18 months* ***Theme* – sensory play** – *Find out about the importance of sensory experiences and ideas to support your babies sensory development*
	1.30 – 3pm **TALK & Play Group**	**Baby Massage (2 – 6 months)** Booking only Call 020 8901 2691 to book a place	1 – 2.30pm **Imagine & Play** *'Fun with Numbers'*		
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA	10 – 11.30am **Little Explorers**	10 – 11.30am **Messin' Around**	10 – 11.30am **TALK & Play**	*Parenting Programme – appointment only*	10 – 11.30am **Sensory Play**
		1.30 – 2.30pm **Fun With Phonics**	1 – 2.30pm **Parenting Support - Sleep** Call 020 8424 1460 to book a place	2 – 3pm **Stories Come Alive**	1.30 – 2.30pm **Imagine & Play** *'Stories Come Alive'*
	10am – 12.30pm **Breastfeeding peer support**				
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ	9.30 – 11am **Baby & Toddler PAFT** **(0 – 20 months)** *Parents As First Teachers focusses on parents being the 1st and most influential teachers of their children*	9.30 – 11.30am **Childminders' Group**	**Afternoon** 2 YEAR CHECKS – **appointment only** **Call and book a health and development check for your child**	10 – 11am **Toddler PAFT** **(20 months – 3 years)**	9.30 – 10.30am **TALK & Play**
	1.30 – 2.45pm **Messin' Around**	1.30 – 3pm **Imagine & Play** *'My colourful world'*		1.30 – 3pm **Explore & Create**	
Chandos Chandos Crescent HA8 6HL	10 – 11.30am **Story Time** ***Including Library Time*** - *All ages*	10 – 11.30am **Learning Through Play** Stay & Play	10 – 11.30am **Baby & Toddler PAFT Group** **(0 – 20 months)**	10 – 11.30am **TALK & Play**	Health Appointment only

	Monday 10 February	Tuesday 11 February	Wednesday 12 February	Thursday 13 February	Friday 14 February
Hillview 2 Grange Road, South Harrow, HA2 0LW	10 – 11.30am **Portage Group** (*Bookings)*	10 – 11.30am **Learning Through Play** (18 months – 4 years)	9.30 – 10.30am **Talk & Play**	9.45 - 11.15am **Little Explorers**	10 – 11am **Sensory Baby**
	1.45 – 2.45pm **Xplore Music – Find Your Voice** (See Flyer for Joining Instructions)	1 – 2.30pm **Little Cooks (Appointment Only)**	11am – 12pm **Baby PAFT Group 5 week Course** (Birth – 18months) Call 020 422 4692 to book		1 – 2.30pm **Breastfeeding Peer Support** 1 - 2.30pm **Weigh & Go Baby Weighing**
Kenmore Park Warneford Road, Kenton, HA3 9HZ	10 – 11.30am **Imagine & Play**	9.15 – 11.15am **Healthy Child Clinic**	10am – 12pm **Home From Home Family Group** (*Homestart)*	10 – 11am **Stories Come Alive**	10 - 11.30am **Little Explorers**
	1 – 2pm **Sensory Baby & Sign**	1 – 2.30pm **Learning Through Play**	1 -2.30pm **Weigh & Go** Baby Weighing	1 – 2.30pm **Imagine & Play**	1 – 2.30pm **Learning Through Play**
Elmgrove Kenmore Ave, Kenton, HA3 8LU	10am - 12pm **Keeping Children Safe (Appointment Only**		9.30 – 11am **Sensory Play**	9.30 – 11am **Fun With Science**	10 – 11am **Movers & Shakers**
	1 – 2.30pm **Imagine & Play**	1 – 2.30pm **Little Explorers**	1 – 2.30pm **Stories Come Alive**	1 – 2pm **Messy Play**	1 – 2.30pm **How To Make A Story Come To Life 6 week Course** **Call 0208 907 4941 to book**
Gange 68 Canning Road, Wealdstone, HA3 7SN	9.30 – 11am **Stories Come Alive**	9.30 – 11am **Little Explorers**	10 – 11.30am **Little Cooks (Appointments Only)**	9.30 – 11am **Learning Through Play**	10 – 11.30am **Fun With Science**
	1 - 2pm **Movers & Shakers**	12.45 – 2.45pm **Sensational Science 3 Week Course** Call 0208 427 0134 to book	1.30 – 2.30pm **Fun With phonics Age 2 – 4yrs only**	12.30 – 3pm **Paediatric First Aid** Call 0208 427 0134 to book	10.30am - 12pm **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting Call 0208 427 0134 to Book*

2019	Monday 17 February	Tuesday 18 February	Wednesday 19 February	Thursday 20 February	Friday 21 February
Cedars Whittlesea Road Harrow HA3 6LS	10 – 11.30am **Let's Get Physical**	10 – 11.30am **Imagine & Play** *'Stories Come Alive'*	9.30 – 11.30am **Health Visitors** Baby weighing	9.30 – 11am **Talk and Play**	10 – 11.30am **Baby Group** *(Birth – Crawlers)*
	1 – 2.30pm **Arts & Crafts**	1 – 2.30pm **Sensory Play** ***With Sensory Room Time***	9.30 – 11.30am **Breastfeeding Peer Support**	11.15am – 12.15pm **Walk & Talk** **Fun at the park**	
		3.30 – 5.30pm **Graffiti Art** **8 years +** **Call 020 8736 6222 to book a place**	10 – 11.30am **Parenting top tips, support & advice session** 2 – 3pm **Let's Get Physical**	3.30 – 4.30pm **Science Club** **5 – 10 years**	3 – 5pm **Street Dance Group** 5 years + Siblings welcome Call 020 8736 6222 to book a place
Stanmore Park William Drive Stanmore HA7 4FZ	10 – 11am **Sensory Baby PAFT** Birth – Crawlers		10 – 11.30am **Learning Through Play** (18 months – 4 years)	**Health** **Appointment only**	10 – 11.30am **Womb to World - Baby PAFT** - *Birth – 18 months* ***Theme* – Talk to your baby - language development –** *Find out about the importance of taking to your baby, find out about the stages of communication and language development*
	1.30 – 3pm **Stories Come Alive**	1 – 2pm **Stories, Singing & Rhyme Time**	1 – 2.30pm **Imagine & Play** *'Fairy Tales'*		
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA	10 – 11.30am **Little Explorers**	10 – 11am **Making Dens**	10 – 11am **Let's Get Physical**	*Parenting Programme – appointment only*	10 – 11.30am **Messin' Around**
	1 – 2.30pm **Baby & Me Group** **call 020 8424 1460 to book a place**	1 – 2.30pm **Parenting top tips, support & advice session – Drop in** *Behaviour, boundaries, routines, sleep, toileting*			
	10am – 12.30pm **Breastfeeding peer support**				
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ	9.30 – 11am **Baby & Toddler PAFT** **(0 – 20 months)** *Parents As First Teachers focusses on parents being the 1st and most influential teachers of their children*	9.30 – 11.30am **Childminders' Group**	10 – 11.30am **Stories Come Alive**	10 – 11am **Toddler PAFT** **(20 months – 3 years)**	9.30 – 10.30am **TALK & Play**
	1.30 – 2.45pm **Arts & Crafts**	1.30 – 3pm **Imagine & Play** *'Songs & Rhymes'*	1 – 2.30pm **Little Scientists**	1.30 – 3pm **Let's Get Physical**	

	Monday 17 February	Tuesday 18 February	Wednesday 19 February	Thursday 20 February	Friday 21 February
Hillview 2 Grange Road, South Harrow, HA2 0LW	9.30 – 11am **Fun With Science**	10 – 11am **Imagine & Play**	9.30 – 10.30am **Lets Get Creative**	9.45 - 11.15am **Little Explorers**	10 – 11am **Sensory Baby**
	10.30am - 12pm **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting Call 0208 422 4692 to Book*	1 – 2.30pm **Fun With Food**	11am – 12pm **Let's Get Physical**	1.30 – 2.30pm **Messy Play**	1 – 2.30pm **Breastfeeding Peer Support**
Kenmore Park Warneford Road, Kenton, HA3 9HZ	10 – 11.30am **Imagine & Play**	9.15 – 11.15am **Healthy Child Clinic**	10am – 12pm **Home From Home Family Group** (*Homestart)*	10 – 11am **Stories Come Alive**	10 - 11.30am **Little Explorers**
	1 – 2pm **Movers & Shakers**	1 – 2.30pm **Learning Through Play**		1 – 2pm **Imagine & Play**	1 – 2.30pm **Stories Come Alive & Library Time**
Elmgrove Kenmore Ave, Kenton, HA3 8LU			9.30 – 11am **Sensory Play**	9.30 – 11am **Fun With Science**	
			1 – 2.30pm **Stories Come Alive**	1 – 2pm **Let's Get Creative**	
Gange 68 Canning Road, Wealdstone, HA3 7SN	9.30 – 11am **Stories Come Alive**	9.30 – 11am **Little Explorers**	10 – 11.30am **Fun With Food**	10.30am - 12pm **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting Call 0208 427 0134 to Book*	10 – 11.30am **Fun With Science**
	1 - 2pm **Movers & Shakers**		1.30 – 2.30pm **Let's Get Creative**	1.30 – 3pm **Learning Through Play**	10.30am - 12pm **Parenting top tips, support & advice session** *Behaviour, boundaries, routines, sleep, toileting Call 0208 427 0134 to Book*

Educational and Child Psychologist ‘drop-in’

Tuesday & Wednesday mornings at a Harrow Centre

0 – 5 years

Come and chat with us at Harrow’s Children’s Centres where we will be happy to discuss how your child is developing and provide advice to help with your child’s overall development.

We can give you guidance about:

- Play activities to promote social and emotional development, language and communication, physical skills and early learning skills
- Information and advice about special educational needs
- Parental boundary setting
- Wake-up, bedtime and bathroom routine
- Promoting independence and much more

Please contact Cedars for dates and venues of sessions

We are looking forward to seeing you

Cedars – 020 8736 6222

Hillview – 020 8422 4692



Roxbourne School
Stay and Play

Harrow Children's Centres

£1 donation

Stay and Play with your child

Mondays (term time only)

9 – 11am

Torbay Road Harrow HA2 9QF

(Entrance at the rear of the school)

A snack will be provided for children

For children aged 0 - 5 years



For more information please contact the school 020 8422 9207

Early Support
Small Steps - Lasting Change

Sensory Rooms

In Harrow's Early Support Hubs



Sessions can be booked all year round and some evenings and week ends.

Harrow Children's Centres

Early Support
Small steps at an early stage



Our staff will train all parents / carers in using the equipment to ensure it is used both effectively and safely

Do you have a child with SEN or a disability? If so, why don't you book time in one of our sensory rooms for you and your child?

Sensory rooms are located in the following Centres:

Hillview
Gange
Cedars
Stanmore Park

Please contact the Hub Centres for more information:

Hillview Hub: 020 8422 4692
Cedars Hub: 020 8736 6222

Group	Age range	Example of activities
Twins Group Early Years Curriculum; The prime areas	Birth – 5 years	Arts & Crafts Sharing games Turn taking games Water play Construction play Parachute games
Explore, Create & Mark Make Little writers Early Years link; Prime areas Health and well being	Most suitable for 12 months – 5 years (siblings welcome)	Each week will follow a different theme including Messy Play Story Telling Physical Play Healthy eating & Cooking
Toddler PAFT Early Years Curriculum: Prime areas	14 months – 3 years	Arts & Crafts Water Play Painting Block play Sand play
Learning Through Play Early Years Curriculum: Prime areas	Stanmore Park – 18 months – 5 years (Not suitable for siblings)	Sensory Room Rice play Water play Dens Cornflour & Water Painting Outdoor play
Stay & Play, Story Time Early Years Curriculum: Communication & Language	Birth – 5 years	Designing and making Music and movement Telling and creating stories Puppet play Small world play
Stay & Play, Stories, Singing & Rhyme Time Early Years Curriculum: Communication & Language	Most suitable for 6 months – 5 years (siblings welcome)	Singing traditional songs, Making nonsense rhymes Designing and making Music and movement Telling and creating stories Puppet play Small world play
Fun with Science Early Years Curriculum : Mathematics	6 months – 5 years (siblings welcome)	Sensory play Fun basic experiments Art Mark making Imaginative mixing activities Fun Facts

Group	Age range	Example of activities
Movers & Shakers Shake Rattle & Rhyme Music & Movement Early Years Curriculum; Communication and Language	Most suitable for 3 months – 5 years (Siblings welcome)	Making instruments Drama Singing songs from Around the world Rhymes Dancing Parachute games
Two Year Progress Checks Early Years link; Health & Development	2 year olds Your child is entitled to this Early Years check (2 years 2 months best age)	For children not attending a nursery or childminder. Bubble blowing Water play Dressing up
Physical Play Lets get physical Early Years Curriculum: Physical development	Birth – 5 years	Obstacle courses Climbing Balancing Ball games
Sensory Play, Messin' Around Early Years Curriculum: Holistic development	Birth – 5 years All children, in particular those with special educational needs	Sensory Room Water play Dens Cornflour & Water
Explore & Create Early Years Curriculum: Physical & Personal, social and emotional development	Most suitable for 12 months – 5 years (siblings welcome)	Design and make Hand painting Water play Arts & Crafts
Stay & Play TALK and Play Group Early Years Curriculum: Communication and Language	Birth – 5 years	Puppet play Bubble blowing In particular for families where there are concerns about a child's speech and language
Phonics 2 – 4 years And 5 – 7 years	Best suited to ages 2 – 4 years And 5 – 7 years However all ages welcome	Staff are trained to provide phonics activities relevant to the age range specified on the timetable. Phonics activities are also available via the Learning Through Play Groups – where specified on the timetable (these Sessions are suitable for access by siblings
Baby Group Baby & Toddler group (PAFT) Early years curriculum; Prime areas	Birth - Crawlers Birth – 20 months (Not suitable for siblings)	Sensory play Rhymes and singing Treasure baskets Water play Music and singing

Please check the timetable carefully - <u>Groups Marked with ages are only for those ages</u> due to programme regulations or health & safety. Siblings are not able to attend these sessions

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	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!

Parent Support

We are looking for parents to join our advisory boards or to link in with our parent reps to support fundraising events, parent feedback sessions and more….

If you are interested in getting more involved with the centres contact Rachelle on 020 8736 6222