

# Timetable

## Early Help

## Family Hubs

0 – 19 / 25 years

*Small Steps, Lasting Change*

06 January – 28 February 2025



Cedars Hub

020 8736 6222

Hillview Hub

020 8422 4692

Wealdstone Hub

020 8416 8667

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

Early Support groups are drop in unless stated otherwise.

Check out the timetable to see what sessions you can drop in to!

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

**Please notes numbers are limited to keep us all safe.**

**New Look Timetable**

**Thank you to all the families that shared feedback around the timetable format, we have listened and designed a new look timetable.**

Prenatal – Crawlers			
Venue	Group	Time	Dates & Staffing
<b>Cedars</b> Whittlesea Road Harrow HA3 6LS 020 8736 6222	<b>Babbling Babies</b> <i>The importance of communication with baby from bump onwards</i>	Drop in any time between 9.30 – 11am	Monday 13 January 2025 Monday 20 January 2025 Monday 27 January 2025 Monday 10 February 2025 Monday 17 February 2025 Monday 24 February 2025
	PAFT Baby Group	10 – 11am	Wednesday 08 January 2025 Wednesday 15 January 2025 Wednesday 29 January 2025 Wednesday 05 February 2025 Wednesday 12 February 2025 Wednesday 19 February 2025
<b>Chandos</b> Chandos Crescent, Edgware, HA8 6HL 020 8726 6550	Sensory Baby Group	10 – 11.30am	Tuesday 07 January 2025 Tuesday 14 January 2025 Tuesday 21 January 2025 Tuesday 28 January 2025 Tuesday 04 February 2025 Tuesday 11 February 2025 Tuesday 25 February 2025
<b>Pinner Centre</b> Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460	<b>Babbling Babies</b> <i>The importance of communication with baby from bump onwards</i>	Drop in any time between 1 – 3pm	Monday 13 January 2025 Monday 20 January 2025 Monday 10 February 2025 Monday 24 February 2025
	PAFT Baby Group	10 – 11.30am	Thursday 09 January 2025 Thursday 16 January 2025 Thursday 23 January 2025 Thursday 30 January 2025 Thursday 06 February 2025 Thursday 13 February 2025 Thursday 20 February 2025 Thursday 27 February 2025
<b>Stanmore Park</b> William Drive, Stanmore HA7 4FZ 020 8736 6480	PAFT baby –womb to world	10 – 11.30am	Friday 10 January 2025 Friday 17 January 2025 Friday 24 January 2025 Friday 31 January 2025 Friday 14 February 2025 Friday 21 February 2025
<b>Gange</b> 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Baby Stay and Play (birth – 18 months)	11am – 12pm	Tuesday 21 January 2025 Tuesday 28 January 2025 Tuesday 4 February 2025 Tuesday 11 February 2025

<b>Hillview</b> 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	Baby Stay and Play (birth – 18 months)	9.30 - 10.30am Or 11:15 – 12:15 pm Please only attend one group	Wednesday 8 January 2025 Wednesday 15 January 2025 Wednesday 29 January 2025 Wednesday 5 February 2025 Wednesday 12 February 2025 Wednesday 19 February 2025
<b>Kenmore Park</b> Warneford Road, Kenton, HA3 9HZ, 020 8416 8400	Sensory Play (birth – crawlers)	10 – 11am	Thursday 23 January 2025 Thursday 30 January 2025 Thursday 6 February 2025 Thursday 13 February 2025 Thursday 20 February 2025

Infant feeding & Weaning			
Venue			
<b>Virtual</b>	Weaning Workshop	12 – 1pm	Tuesday 14 January 2025 Tuesday 11 February 2025
<b>Cedars</b> Whittlesea Road Harrow HA3 6LS 020 8736 6222	Weaning Party Call to book	2 – 3 PM	Wednesday 29 January 2025 Wednesday 26 February 2025
<b>Cedars</b> Whittlesea Road Harrow HA3 6LS 020 8736 6222	Saturday Weaning Party	10 – 11 AM	Saturday 08 February 2025
<b>Cedars</b> Whittlesea Road Harrow HA3 6LS 020 8736 6222	Specialist weaning/feeding party- For older babies/toddlers struggling with feeding and solid foods	1-2pm	Friday 28 February 2025

Mixed ages (Best suited for 0 – 5 years – siblings welcome)

Venue	Group	Time	Dates
<p><b>Cedars</b> Whittlesea Road Harrow HA3 6LS 020 8736 6222</p>	Stories & Rhyme Time	1 – 2pm	Monday 13 January 2025 Monday 20 January 2025 Monday 27 January 2025 Monday 10 February 2025 Monday 17 February 2025 Monday 24 February 2025
	Let's Get Physical	10 – 11.30am	Tuesday 07 January 2025 Tuesday 21 January 2025 Tuesday 28 January 2025 <b>With oral health advice</b> Tuesday 04 February 2025 Tuesday 11 February 2025 Tuesday 18 February 2025 Tuesday 25 February 2025
	Sensory Play & Sensory Room	1 – 2.30pm	Tuesday 07 January 2025 Tuesday 14 January 2025 Tuesday 21 January 2025 Tuesday 28 January 2025 Tuesday 04 February 2025 Tuesday 11 February 2025 Tuesday 18 February 2025 Tuesday 25 February 2025
	Learning Through Play	1.30 – 3pm	Thursday 09 January 2025 Thursday 16 January 2025 Thursday 23 January 2025 Thursday 30 January 2025 Thursday 13 February 2025 <b>With toilet learning advice</b> Thursday 27 February 2025
	Outdoor play – little adventurers	10.30 - 11.30am	Friday 10 January 2025 Friday 24 January 2025 Friday 14 February 2025 Friday 21 February 2025
	Learning Through play	1 – 2.30pm	Monday 20 January 2025 Monday 27 January 2025 Monday 10 February 2025 Monday 17 February 2025 <b>With fussy eating advice</b> Monday 24 February 2025
<p><b>Chandos</b> Chandos Crescent, Edgware, HA8 6HL 020 8726 6550</p>	Stay & Play – Pre-writing skills	10 – 11.30am	Wednesday 08 January 2025
	Fun with Numbers	10 – 11.30am	Wednesday 15 January 2025
	Stay & Play – Gross Motor Skills	10 – 11.30am	Wednesday 29 January 2025
	Stay & Play – Story Time	10 – 11.30am	Wednesday 05 February 2025
	Arts & Crafts	10 – 11.30am	Wednesday 12 February 2025

	Stay & Play – Small World	10 – 11.30am	Wednesday 26 February 2025 <b>With oral health advice</b>
	HENRY Programme Appointment only	AM	Thursdays 23 January – 20 March 2025
Mixed ages (Best suited for 0 – 5 years – siblings welcome)			
Venue	Venue	Venue	Venue
<b>Pinner Centre</b> Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460	Parents As First Teachers Birth – 3 years	10 – 11.30am	Tuesday 07 January 2025 Tuesday 21 January 2025 Tuesday 04 February 2025 Tuesday 18 February 2025
	Learning Through Play	10 – 11.30am	Wednesday 15 January 2025 Wednesday 05 February 2025 Wednesday 12 February 2025 <b>With oral health advice</b> Wednesday 19 February 2025 Wednesday 26 February 2025
	Imagine & Play	1 – 2.30pm	Wednesday 15 January 2025 Wednesday 22 January 2025 Wednesday 05 February 2025 Wednesday 12 February 2025 Wednesday 19 February 2025 Wednesday 26 February 2025
	Stories Come Alive <b>NEW</b>	1 – 2.30pm	Thursday 23 January 2025 Thursday 30 January 2025 Thursday 06 February 2025 Thursday 13 February 2025 Thursday 20 February 2025 Thursday 27 February 2025
<b>Stanmore Park</b> William Drive, Stanmore HA7 4FZ 020 8736 6480	Toddler Group	10 – 11.30am	Monday 20 January 2025 Monday 10 February 2025 Monday 17 February 2025 Monday 24 February 2025
	Imagine & Play	1 – 2.30pm	Tuesday 14 January 2025 Tuesday 21 January 2025 Tuesday 28 January 2025 Tuesday 04 February 2025 Tuesday 11 February 2025 Tuesday 18 February 2025 Tuesday 25 February 2025
	Healthy Living Stay & Play	1 – 2.30pm	Wednesday 08 January 2025 Wednesday 15 January 2025 Wednesday 22 January 2025 <b>With toilet learning advice</b> Wednesday 29 January 2025 Wednesday 05 February 2025 Wednesday 12 February 2025

			Wednesday 26 February 2025
<b>Hillview</b> 2 Grange Road South Harrow HA2 0LW 020 84224692	Stories come alive	1 – 2:30pm	Monday 20 January 2025 <b>With oral health advice</b> Monday 27 January 2025 Monday 10 February 2025 Monday 17 February 2025
	Sensory play	1:30 - 2:30pm	Wednesday 8 January - 19 February 2025
	Learning through play	10 - 11:30am	Thursday 9 January- 20 February 2025 9 January <b>with toilet learning advice</b>
	Let's get Physical	10 – 11am	Friday 10 January 2025 Friday 17 January 2025 Friday 31 January 2025 Friday 7 February 2025 Friday 14 February 2025 Friday 21 February 2025
<b>Hillview</b> 2 Grange Road South Harrow HA2 0LW 020 84224692	Saturday Sessions	10 – 11.30am	Fathers group Saturday 18 January 2025
<b>Kenmore Park</b> Warneford Road Kenton HA3 9HZ 020 84168400	Homestart Home from Home Stay and play	10am – 12pm Or 12:30-2:30	Monday 6 January 2025 Monday 13 January 2025 Monday 20 January 2025 Monday 27 January 2025 <b>With Educational Psychologist</b> Monday 3 February 2025 Monday 10 February 2025 Monday 17 February 2025
	Stories come alive	2 – 3pm	Tuesday 7 January – 18 February 2025 28 January <b>with oral health advice</b>
	HENRY programme Appointment only	AM	Wednesday 22 January – 19 March 2025
	Learning through play	1:30 – 2:30pm	Wednesday 22 January 2025 Wednesday 5 February 2025 Wednesday 19 February 2025
<b>Gange</b> 68 Canning Road Wealdstone HA3 7SN 020 8427 0134	Sensory play	1 – 2:30pm	Monday 6 January 2025 Monday 13 January 2025 Monday 20 January 2025 Monday 27 January 2025
	Learning through play	1:30 - 2:30pm	Tuesday 21 January 2025 Tuesday 28 January 2025 Tuesday 4 February 2025 Tuesday 11 February 2025

			<p><b>With oral health advice</b> Tuesday 18 February 2025</p>
	Stories come alive	1:30 - 2:30pm	<p>Thursday 9 January 2025 Thursday 16 January 2025 Thursday 23 January 2025 <b>With Harrow library service</b> Thursday 30 January 2025 <b>With Harrow library service</b> Thursday 6 February 2025 <b>With Harrow library service</b> Thursday 13 February 2025 <b>With healthy eating advice</b> Thursday 20 February 2025</p>

**Speech & Language Focussed Groups - 18 months +  
(siblings welcome in school holidays)**

Venue	Group	Time	Dates
<p><b>Cedars</b> Whittlesea Road Harrow HA3 6LS 020 8736 6222</p>	TALK & Play	10 – 11am	<p>Thursday 09 January 2025 Thursday 16 January 2025 Thursday 23 January 2025 Thursday 30 January 2025 Thursday 06 February 2025 Thursday 13 February 2025 Thursday 20 February 2025 Thursday 27 February 2025</p>
<p><b>Chandos</b> Chandos Crescent, Edgware, HA8 6HL 020 8726 6550</p>	TALK & Play	10 – 11am	<p>Monday 20 January 2025 Monday 27 January 2025 Monday 10 February 2025 Monday 24 February 2025</p>
<p><b>Pinner Centre</b> Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460</p>	TALK & Play	10 – 11am	<p>Tuesday 14 January 2025 Tuesday 21 January 2025 Tuesday 28 January 2025 Tuesday 04 February 2025 Tuesday 11 February 2025 Tuesday 18 February 2025 Tuesday 25 February 2025</p>
<p><b>Stanmore Park</b> William Drive, Stanmore HA7 4FZ 020 8736 6480</p>	TALK & Play	10 – 11.30am	<p>Wednesday 15 January 2025 <b>with Educational Psychologist</b> Wednesday 29 January 2025 Wednesday 05 February 2025 Wednesday 12 February 2025 <b>with Educational Psychologist</b> Wednesday 19 February 2025 Wednesday 26 February 2025</p>

<b>Gange</b> 68 Canning Road Wealdstone	TALK & Play	9.30 – 10.30am	Friday 10 January 2025 Friday 17 January 2025 Friday 07 February 2025 Friday 14 February 2025 Friday 12 February 2025
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**Special Educational Needs – Support**

Venue	Group	Time	Dates
<b>Cedars</b> Whittlesea Road Harrow HA3 6LS 020 8736 6222	Sensory Room slots Birth – 5 years For children with sensory needs, children on the journey to diagnoses or have a diagnosis of SEND- Call to book a slot	PM	Wednesday 08 January 2025 Wednesday 22 January 2025 Wednesday 05 February 2025 Wednesday 19 February 2025
	SEND 1:1 practical support appointment – advice on activities in the home, toilet learning tips, support around services available – call to book	PM	Wednesday 15 January 2025 Wednesday 29 January 2025 Wednesday 12 February 2025 Wednesday 26 February 2025
<b>Cedars</b> Whittlesea Road Harrow HA3 6LS 020 8736 6222	<b>Specialist Weaning party -</b>  For toddlers 10-30 months struggling with eating solid foods	1 - 2pm	Friday 28 February 2025
<b>Stanmore Park</b> William Drive, Stanmore HA7 4FZ 020 8736 6480	<b>SEND Special Play times</b> <b>STAY &amp; PLAY</b> With sensory room <i>For all parents and children on the journey to or with a diagnosis of special needs</i>	AM	Delayed start date – Coming soon



### 2-year-Old Health & Development Checks or Transitional Checks

Venue	Group	Time	Dates
<b>Cedars</b> Whittlesea Road Harrow HA3 6LS 020 8736 6222	2-year health & development check	Various slots throughout the day call to book	Monday 20 January 2025 Monday 17 February 2025

### Workshops / Parenting Advice

Venue	Group	Time	Dates
<b>Cedars</b> Whittlesea Road Harrow HA3 6LS 020 8736 6222	Parenting Advice session Face to Face / Virtual	8am – 12.30pm	Tuesday 14 January 2025 Tuesday 25 February 2025
	S.E.N.D toilet learning workshop	12 – 1pm	Thursday 09 January 2025
	Managing challenging behaviour 3-9 years –avoiding physical chastisement	9.30 - 11am	Thursday 30 January 2025
<b>Hillview</b> 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	Fathers RPC Group (Bookings)	10am – 12pm	Dates to follow after half term
	S.E.N.D behaviour workshop Virtual	9:30 - 11am	Thursday 16 January 2025
<b>Gange</b> 68 Canning Road Wealdstone HA37SN 020 84270134	Positive behaviour management 3-9 years –avoiding physical chastisement VIRTUAL	1 - 2:30pm	Friday 7 February 2025

Parenting advice and top tips within groups				
Advice	Venue	group	Time	date
Toilet learning	Stanmore Park	Healthy living	1 – 2.30pm	22 January 2025
Toilet learning	Cedars	Learning through play	1.30- 3pm	13 February 2025
Toilet Learning	Hillview	Learning through play	10 – 11:30am	Thursday 16 January 2025
Fussy eating	Gange	Stories come alive	1:30-2:30pm	Thursday 13 February 2025
Fussy Eating	Chandos	Learning through play	1-2.30pm	Monday 17 February 2025
Oral Health	Cedars	Let's get physical	10-11.30 am	Tuesday 28 February
Oral Health	Chandos	Stay & Play small world	10- 11.30am	Weds 26 February 2025
Oral Health	Pinner centre	Learning through play	10-11.30 am	Weds 12 February 2025
Oral Health	Kenmore park	Stories come alive	2-3pm	Tuesday 28 January 2025
Oral Health	Hillview	Stories come alive	1 – 2:30pm	Monday 20 January 2025
Oral Health	Gange	Learning through play	1:30 - 2:30pm	Tuesday 11 February 2025

Partner Delivery			
Venue	Group	Time	Dates
Gange	Health Visitor clinic	9.30 - 11.30	Mondays
Kenmore Park	Homestart Stay and play (0-4) See timetable	10-12pm Or 12:30-2:30	Mondays
Kenmore Park	Health Visitor clinic	9.30 - 11.30	Tuesdays
Kenmore Park	Health Visitor (bookings)	1 – 4pm	Tuesdays
Gange	Health Visitor ASQ clinic (bookings)	9 – 3pm	Wednesdays
Hillview	Portage bookings	1-2pm	Thursdays
Kenmore Park	Immunization clinic (bookings)	9 – 12pm	Thursdays
Kenmore Park	Immunization clinic (bookings)	9 – 3:30pm	Fridays
Hillview	Blossom Baby Massage (bookings)	1-2.30pm	Fridays
Hillview	Health Clinic Drop in	1 – 3pm	Fridays
Hillview	Blossom Antenatal (bookings)	1 –3pm	Fridays
Cedars	Health Visitors Clinic	9.30 – 11.30am	Thursdays
Cedars	Baby Feeding Group	12 – 2.30pm	Mondays
Chandos Stanmore Park Pinner Centre	Health Visitor Clinics	By appointment only	Dates are stated within appointment
Cedars Whitefriars Kenmore Park The Pinner Centre	Midwifery	By appointment only	Across the week
Cedars Whitefriars	CAMHS Under 5	Call to find out more	Wednesdays Mondays
Cedars	Children’s Sensory Team	By appointment only	Tuesdays - Term Time only
Gange	Childminders Group	9.30 – 11.30am	Thursdays – Term Time Only
Various centres	Portage Harrow Horizons Compass Tutoring CAMHS	By appointment only	Dates are stated within appointment

# Safeguarding is EVERYONE'S RESPONSIBILITY

If you are concerned about a child call  
020 8901 2690 on weekends or after 5pm call  
020 8424 0999

## Domestic Abuse Support and Advice

If you are feeling unsafe or are experiencing domestic violence you can seek support by calling the Golden Number 020 8901 2690 or the DA helpline on 020 8907 8148 24 hrs 0808 2000 247 Stay safe!

## CALLING ALL PARENTS & YOUNG PEOPLE

If you are interested in volunteering, becoming a parent / Young person's ambassador, creating the newsletter or sharing your views please contact 020 736 6222 & ask for more information about opportunities in Harrow Early Support & Family Hubs