Harrow's Early Support Family Centres

Early Support Summer Timetable

Pre natal – 19 years / 25 Years for SEND

21 July - 01 September 2023

For other services for age 9 – 19 / 25 years go to @Wealdstone.youthhub on Instagram

Early Support
Small Steps - Lasting Change

LONDON BOROUGH OF HARROW

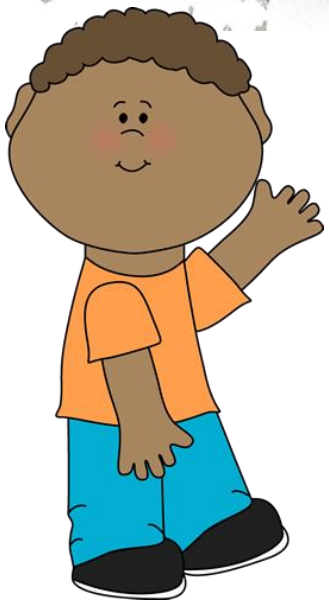
Early Support is a free service available to all those living in Harrow. (Including NRPF)

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!



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Feedback on the services

Your views are important to us

Please take time to complete this quick survey

https://forms.office.com/e/nNhn6y1fM3

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

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

Please arrive only 10mins prior to the group start times. Doors will open at most sites 2 - 5mins prior to the start time for sign in

Mobile phones should be turned to silent or switched off during groups and handheld computers should be switched off. If you would like to take a picture or video of a special moment, ask a member of the team.

You remain responsible for your children at all times.

We provide water in all groups. (Due to allergies, we are unable to agree to families bringing their own food or snacks)

You are responsible for all personal belongings.

There is an expectation that everyone helps to tidy up.

Most importantly PLAY, LEARN and HAVE FUN!

Summer Holidays 2023

To support all different families within the community, groups have been planned for babies / toddlers only, 5 + only, mixed ages (birth – 9 years) & some groups are most suitable for 0 – 5 years however siblings are welcome

Groups with ages are not suitable for siblings or children that are not this age for health & safety reasons

Please check the timetable before attending

Some groups remain bookable so please do check & call the centre to book

We understand that this may mean some groups are not on specific days that suit all families, however we are trying our best to give options across the network for families with a range of views & needs

This year we have themed weeks

Week 1 = Sensory week
Week 2 = Healthy Living week
Week 3 = Outdoor & Physical play week
Week 4 = Safety week
Week 5 = Transitions week
Week 6 = Communication & language week

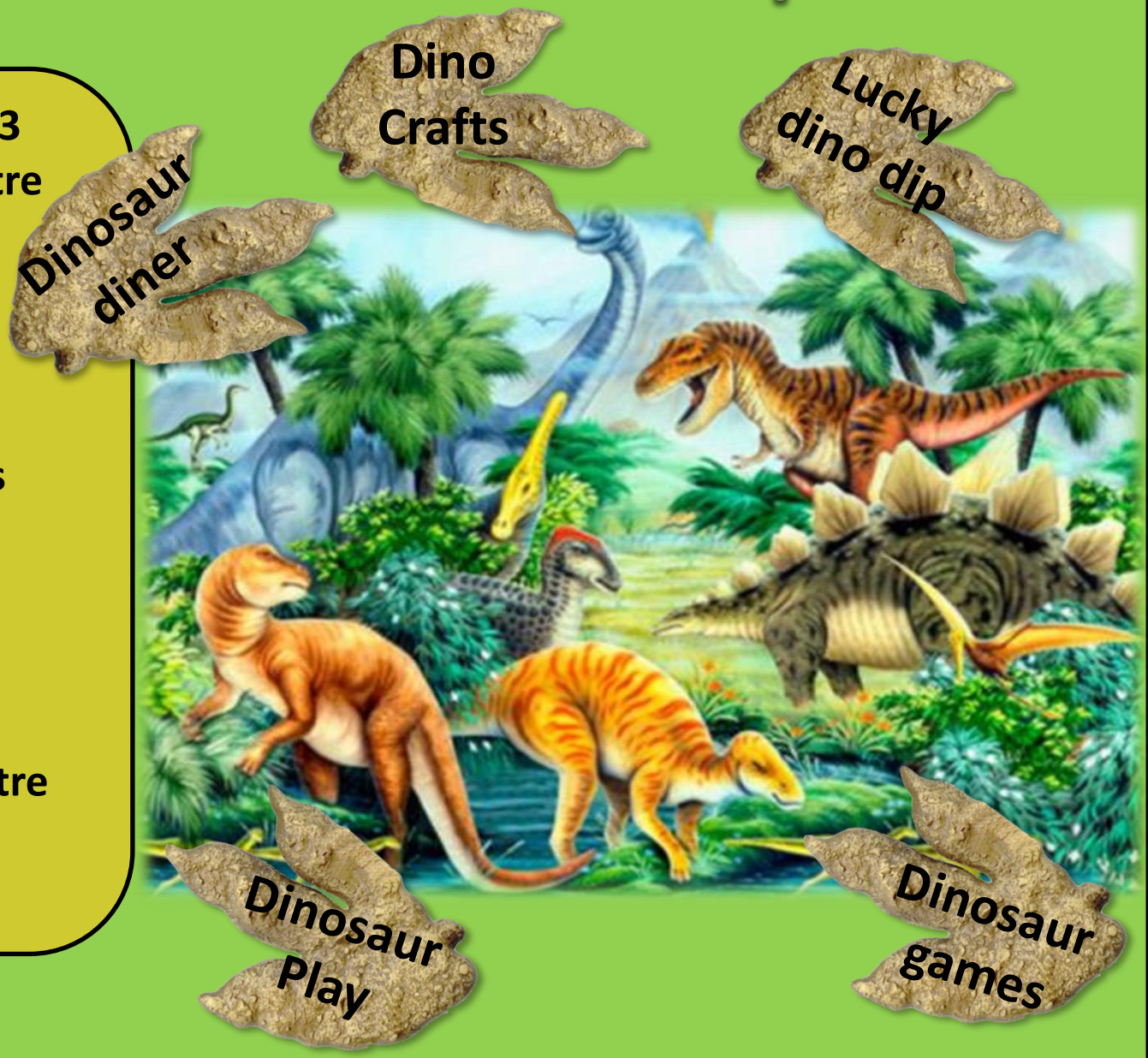
Come along to Cedars Dinosaur Experience

Friday 11 August 2023
Cedars Children's Centre
Whittlesea Road
Harrow
HA3 6LS

10 – 11.30am
For 0 to 3 year olds

1 – 2.30pm
4 to 9 year olds

Please contact
Cedars Children's Centre
020 8736 6222
To book your place.

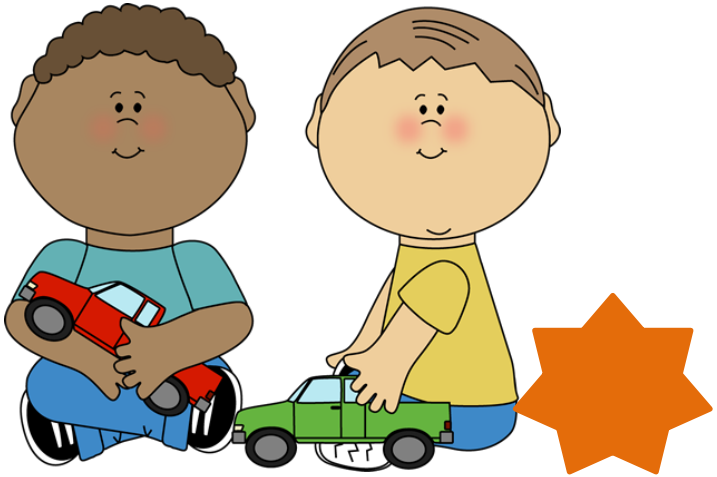


Early Support
Small Steps – Lasting Change

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

For ages Birth – 10 years

For more information call Hillview on 020 8422 4692



Saturdays 2023	Focus / key info
12 August	Teddy Bears' Picnic
23 September	Den making
21 October	Arts and Crafts
18 November	Imagine and Play
16 December	Fun with Science

Re- launching the…

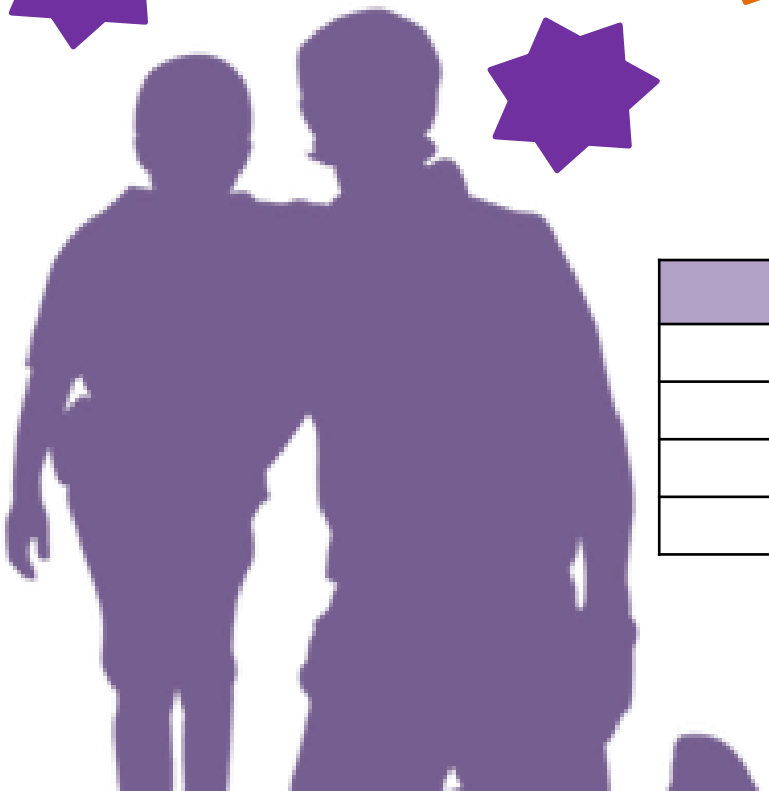
Father's Group

Saturdays

Hillview

10 – 11.30am

All ages welcome



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

Saturdays 2023	Focus / key info
9 September	Sensory Play (with parenting Top Tips)
7 October	Fun with Science
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

NEW

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 15 September 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 August 2023 - 1 - 2pm

Please call 020 8736 6222 to book

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

24 August 2023 - 1 - 2.30pm

Please call 020 8736 6222 to book

Both 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!

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 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

Summer holidays 2023

Early Support Parenting Workshops

We all need advice sometimes….
Appointment only

Behaviour Workshop

Call 020 8736 6222 to book
Focus on parents of 2 – 4 year olds
Virtual - 03 August 2023 – 9 – 10.30am

Focus on parents of 3 – 9 year olds
Virtual - 09 August 2023 – 10 – 11.30am

Special Playtimes
Virtual - 29 August 2023 – 1 – 2pm

Focus on alternates to physical chastisement
Face to Face - 24 July 2023 – 1.30 – 3pm
Virtual - 22 August 2023 – 10 – 11am

For families of children on the journey to diagnosis or with a diagnosis of SEND
Virtual - 24 August 2023 – 1 – 2.30pm

Oral Health Workshop

Face to Face
Call – 020 8736 6550 to book
03 August 2023 – 1- 2 pm

Managing Emotions Workshop

Virtual
Call to book – 020 8736 6222
27 July 2023 – 1 – 2pm
15 August 2023 – 10 – 11.30am

Transition to School / Nursery Workshop

Call to book – 020 8736 6222
Virtual - 01 August 2023 – 9.30 – 11am
Face to Face – Cedars – 14 August 2023 - 1 – 2.30pm

Toilet Learning Workshop

Call – 020 8736 6222 to book
Virtual - 25 July 2023 – 10 – 11.30am
Face to Face - 17 August 2023 – 1 – 2.30pm

For families of children on the journey to diagnosis or with a diagnosis of SEND
21 August 2023 – 1 – 2pm

Parenting Top Tips & Advice Appointments

Virtual / Face to Face at Cedars
Call to book – 020 8736 6222
26 July 2023
31 July 2023
10 August 2023
14 August 2023
17 August 2023
24 August 2023

Sleep Workshop

Virtual
Call to book – 020 8736 6222
07 August 2023 - 1 – 2.30pm
31 August 2023 – 10 – 11.30am

Healthy Eating & meal times Workshop for parents & children

Face to Face - 1 – 2.30pm
Call to book – 020 8736 6222
01 August 2023
08 August 2023

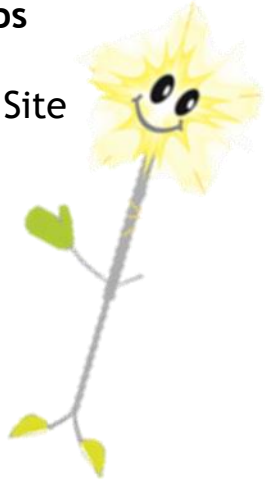
Early Support
Parenting Workshops

We all need advice sometimes….
Appointment only

Behaviour Workshops
2023
Kenmore Park Delivery Site
30 August 2023
1.30 – 3pm
(2-4 years)

24 August 2023
10 – 11.30am
(5-9 years)

Book your place by calling
020 8416 8400



Transition to school/nursery
Virtual workshop
24 August 2023
10 – 11.00am
Book your place by calling
020 8427 0134

Parenting Top Tip and Advice sessions
Virtual or face to face
Call to book
020 8422 4692

27 July 2023
3 August 2023
10 August 2023
17 August 2023

Sleep workshop
31 July 2023
Kenmore Park
10 – 11.30am
Book your place by calling
020 8416 8400

Healthy eating and meal times
Virtual workshop
2 August 2023
1 - 2.30pm
Book your place by calling
020 8427 0134

Toilet Learning Virtual workshop
9 August 2023
10 - 11.30am
Book your place by calling
020 8427 0134

Free Baby Feeding Support Groups in Harrow
All welcome

Central and North West London NHS
NHS Foundation Trust

Monday 11am – 5pm
Cedars Children's Centre, Whittlesea Road, Harrow Weald, HA3 6LS

Wednesday 10am - 12pm
Virtual Group

Thursday 9am - 3.30pm
Kenmore Park Children's Centre, Warneford Road, Kenton, HA3 9HZ

Book a space to get some support with feeding your baby or have a chat with other mothers.
A Health Visitor and Lactation Consultant will be at each group.
To book a space at any of the groups please email Julie Peris on j.peris@nhs.net

Weaning workshops

From 5 months we would suggest you join an online weaning workshop for top tips and advice on how to introduce solid foods with your baby!

To book a place on the workshop, please message the Facebook inbox
www.facebook.com/harrowcc

or email Early Support at earlysupporthub@harrow.gov.uk

Early Support
Small Steps – Lasting Change

Weaning workshops / parenting sessions (for parents of babies from 5 months plus for advice around beginning weaning at 6 months)	
Date & Time	Venue
08 August 2023 12.30 – 1.30pm	Remote group 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
16 September

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 homecooked 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
23 August 2023 27 September 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

Week 1 – Sensory Play Week

Venue	Monday 24 July 2023	Tuesday 25 July 2023	Wednesday 26 July 2023	Thursday 27 July 2023	Friday 28 July 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	*Partner agencies*	10 – 11am **Movers & Shakers – Music Group 0-5 Years (siblings welcome) - drop in**	10 – 11am **Parents As First Teachers Baby Group - Birth – Crawlers – drop in**	10 – 11am **TALK & Play - 18 months – 5 years - drop in**	Centre sort out day
	11am – 5pm **Breastfeeding Peer Support**	10 – 11.30am Toilet Learning workshop Virtual - Call to book	**Harrow Under 5's CAMHS service** – Call for more information / to ask for a call back	1 .30 – 3pm **Learning Through Play - drop in** *My senses*	**Did you know we run a Specialist Weaning 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? If yes book your place or find out more by calling Cedars
	1.30 – 3pm Behaviour workshop (Face to face – parents only) Focus – alternatives to physical chastisement Call to book	1 – 2.30pm **Sensory Play – drop in** **Sensory room time** **0 – 5 years**	Parenting advice session Support around behaviour, sleep, feeding, toileting, family relationships, managing anger & more - Call to book 1 – 2.30pm **Art Attack / Messy Play** **0 – 9 years – drop in**	1 – 2pm Managing Emotions workshop Virtual - Call to book	
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480	1 – 2.30pm **Sensory Play - with sensory room time – drop in** **0 – 5 years**		10 – 11am **TALK & Play -18 months – 5 years - drop in**	Partner agencies	*Partner agencies*
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460		10 – 11am **TALK & Play – drop in** **18 months – 5 years**	10 – 11.30am **Water play - 0 – 9 years** *Remember to bring spare clothes we will get wet! Drop in*		Partner agencies
		1.30 – 2.30pm **Parents As First Teachers Group** **Birth – 3 years – drop in**	1.30 – 2.30pm **Imagine & Play – *My senses* - drop in 0 – 9 years**		
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066	10 – 11.30am **Stories Come Alive - Drop in** **Going on a Bear Hunt** sensory experience **0 – 9 years – drop in**	2 – 3.30pm **Water play (indoors & outdoors)** **0 – 9 years** *Remember to bring spare clothes we will get wet!* *Drop in*	1.30 – 2.30pm **Movers & Shakers – Music Group** **0-5 Years (siblings welcome) - drop in**	9.30 – 11.30am **Childminders' Group** **Book your place by emailing** lcookson@virginmedia.com 1.30 – 2.30pm **Indoor & Outdoor Play – drop in**	*Partner agencies*
Chandos Chandos Crescent HA8 6HL 020 8736 6550	10 – 11am **TALK & Play – drop in** **18 months – 5 years**	*Partner agencies*		10 – 11.30am **Art Attack / Messy Play** **0 – 9 years – drop in**	Partner agencies
	Partner agencies				Islamic Cultural Society

Venues	Monday 24 July 2023	Tuesday 25 July 2023	Wednesday 26 July 2023	Thursday 27 July 2023	Friday 28 July 2023
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	10 - 11am **Lets get physical** (0-9 years) Drop in	1 - 2pm **Imagine and play** (0-9 years) Drop in	10 - 11am **Baby stay and play** (birth-12 months) Drop in	10 - 11am **Learning through play** **Exploring play with water** 0-9 years drop in Bring some extra clothes we will get wet !	10 - 11am **Stories come alive** **My senses** (0-9 years) Drop in
	1 – 4pm **Health Visiting Appointments**		1 - 2.30pm **Fun with science** (4 years +) **Drop in**		1 - 2pm **Sensory play** **With Time in the sensory room** (0-9 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10 - 11.30am **Fun with science** (4 years +) drop in	9.15 – 11.15am **Healthy Child Clinic**	10 - 11am **Stories come Alive** **Puppets** (birth – 4 years) Drop in	10:30am Baby massage Bookings 9am - 3.30pm Breastfeeding peer support bookings	9.15am – 3.30pm **Health clinic Appointments**
	1.30 - 3pm **Explore and Learn outdoors** (0-9 years) Drop in	1 - 4pm Health visiting Appointments	1.30 - 3pm **Baby stay and Play** Healthy eating advice (birth-18 months) **Drop in**		1 - 2.30pm **Sensory Play** (Birth – crawlers) **Drop in**
Gange Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Partner service	1 - 2pm **Stories come Alive** (0-9 years) Drop in	10 - 11am **Baby Sensory** (birth- crawlers) Drop in	10 - 11.30 am **Learning through play** (0-9 years) Drop in	Partner agencies
			1 - 2pm **Arts and crafts** Drop in (2-9 years)	1 - 2.30pm **Explore and learn outdoors-Gardening** (2- 9 years) Drop in	
Elmgrove Kenmore Ave Kenton HA3 8LU 020 8907 4941	10 - 11am **Stories Come Alive** (0-9 years) Drop in				10 - 11:30am **Learning Through Play** (0-9 years) Drop in

Week 2 – Health & Well-being Week

Venue	Monday 31 July 2023	Tuesday 01 Aug 2023	Wednesday 02 Aug 2023	Thursday 03 Aug 2023	Friday 04 Aug 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	10 – 11.30am **Lets Get Physical – drop in 0 – 9 years**	10 – 11am **Movers & Shakers – Music Group 0-5 Years (siblings welcome) - drop in**	10 – 11am **Parents As First Teachers Baby Group - Birth – Crawlers – drop in**	10 – 11am **TALK & Play - 18 months – 5 years - drop in**	
	11am – 5pm **Breastfeeding Peer Support**	10 – 11.30am **Transition to school / nursery workshop - Virtual - Call to book**	**Harrow Under 5's CAMHS service** – Call for more information / to ask for a call back	1 – 2.30pm **Master Chef – Cooking Group 5 – 10 years Call to book**	**Did you know we run a Specialist Weaning 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? If yes book your place or find out more by calling Cedars
	Parenting advice session Support around behaviour, sleep, feeding, toileting, family relationships, managing anger & more - Call to book	1 – 2.30pm **Healthy Eating & Mealtimes Group – 3 – 9 years** **Call to book**	**NEW - Special Playtimes Group** For families of children transitioning to nursery or school & those with SEND Call to book		
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480	1 – 2.30pm **Sensory Play – drop in 0 – 5 years**	10 – 11.30am **Snack Attack – making healthy snacks – 2 – 9 years drop in**		Partner agencies	10 – 11am **Baby Group** ***Womb to World*** **Pre natal – Crawlers** **Oral health – drop in**
			1 – 2.30pm **Health & Wellbeing Stay & Play – drop in - 0 – 9 years**		
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460		10 – 11am **TALK & Play – drop in 18 months – 5 years**	10 – 11.30am **Fun in the Park – 0 – 9 years – drop in**		Partner agencies
		1.30 – 2.30pm **Parents As First Teachers Group Birth – 3 years – drop in**	1.30 – 2.30pm **Snack Attack – making healthy snacks – 2 – 9 years drop in**		
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066	10 – 11.30am **Stories Come Alive - Drop in** ***Action stories & Rhymes*** **0 – 9 years**	10 – 11am **Parents As First Teachers Baby Group – Birth – Crawlers – Health & Well-being focus – drop in**	1.30 – 2.30pm **Movers & Shakers – Music Group 0-5 Years (siblings welcome) - drop in**	9.30 – 11.30am **Childminders' Group** **Book your place by emailing** lcookson@virginmedia.com	*Partner agencies*
				1.30 – 2.30pm **Indoor & Outdoor Play – drop in**	
Chandos Chandos Crescent HA8 6HL 020 8736 6550	10 – 11am **TALK & Play – drop in 18 months – 5 years**		10 – 11am **Sensory Baby Group – drop in Birth - Crawlers**	10 – 11.30am **Snack Attack – making healthy snacks – 2 – 9 years drop in**	Partner agencies
	Partner agencies	*Partner agencies*		**1 – 2pm** **Oral health workshop** **Virtual - Call to book**	Islamic Cultural Society

Venues	Monday 31 July 2023	Tuesday 01 August 2023	Wednesday 02 August 2023	Thursday 03 August 2023	Friday 04 August 2023
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692 Healthy living week	10 - 11am **Lets get physical** (0-9 years) Drop in	1 - 2pm **Imagine and Play** **(0-9 years)** Drop in	10 - 11.30am **Baby Stay and play** With health snack advice for babies over 6 months (birth- 12 months) **Drop in**	10 - 11.30am **Cook and eat a healthy snack** (5-9 Years) (bookings)	10 - 11am **Stories come alive** (0-9 years) Drop in
	1 - 2pm **Making Music** (birth-crawlers) **Drop in**		**1 - 2.30pm** **Fun with science** **(4 years +)**		1 - 2pm **Sensory play** With Time in the sensory room (0-9 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	**Sleep workshop** 10 - 11.30am Call to book	9.15 – 11.15am **Healthy Child Clinic**	10 - 11am **Stories come Alive** **Healthy eating advice** (birth – 4 years) Drop in	10:30am Baby massage Bookings	9.15am – 3.30pm **Health clinic Appointments**
	1.30 - 3pm **Explore and Learn outdoors** **Healthy eating advice** (0-4 years) Drop in	1 – 4pm **Health Visiting Appointments**	1.30 - 3pm **Baby stay and Play** Healthy eating advice (birth-18 months) Drop in	9am - 3.30pm Breastfeeding peer support bookings	1 - 2.30pm **Sensory play** **With oral health advice** (Birth – crawlers) **Drop in**
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Partner services	10 - 11.30am **Little cooks** (2 – 5 years) (bookings)	10 - 11am Baby Sensory (birth- crawlers) **drop in**	10 - 11.30 am **Learning through play** (0-9 years) Drop in	Harrow has some great green spaces to explore why not take a walk to your local park. https://www.harrow.gov.uk/environment-parks/byron-recreation-ground
		1 - 2pm **Stories come Alive** (0-9 years) Drop in	1 - 2pm **Arts and crafts** Drop in (2-9 years)	1 - 2.30pm **Explore and learn outdoors-Gardening** (2- 9 years) Drop in	
Elmgrove Kenmore Ave Kenton HA3 8LU 020 8907 4941	10 – 11am **Stories Come Alive** (0-9 years) Drop in		1 - 2.30pm **Virtual Family meal time workshop** (bookings) 020 8427 0134		10 - 11:30am **Learning Through Play** (0-9 years) Drop in

Week 3 – Outdoor & Physical Play Week

Venue	Monday 07 Aug 2023	Tuesday 08 Aug 2023	Wednesday 09 Aug 2023	Thursday 10 Aug 2023	Friday 11 Aug 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	10 – 11.30am Lets Get Physical – Sports Day - drop in 3 – 9 years Siblings welcome	12.30 – 1.30pm Weaning Workshop – Virtual call to book	10 – 11am Parents As First Teachers Baby Group - Birth – Crawlers – drop in CAMHS advice available	We are busy planning for the experience tomorrow	Cedars DINOSAUR Experience Day Bookings only Call Cedars for more information
	11am – 5pm Breastfeeding Peer Support	*Partner agencies*	10 – 11.30am Behaviour workshop parents of 3 – 9 year old's – Virtual – call to book	Parenting advice session Support around behaviour, sleep, feeding, toileting, family relationships, managing anger & more - Call to book	
	1 – 2.30pm Sleep workshop – Virtual Call to book	1 – 2.30pm Healthy Eating & Mealtimes Group – 3 – 9 years Call to book	NEW - Special Playtimes Group - For families of children transitioning to nursery or school & those with SEND Call to book		
	PM - Call to book a 2, 3 / 4 year old health & development check				
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480	1 – 2.30pm Sensory Play - drop in 0 – 5 years	10 – 11.30am Walk & Talk to the Park – meet at Stanmore Park - drop in	10 – 11am TALK & Play -18 months – 5 years - drop in	Partner agencies	Partner agencies
			1 – 2.30pm Little Adventures Outdoor & Indoor Play – drop in - 0 – 5 years		
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460		10 – 11am TALK & Play – drop in 18 months – 5 years	10 – 11.30am Fun in the Park – 0 – 9 years – drop in		Partner agencies
		1.30 – 2.30pm Parents As First Teachers Group Birth – 3 years – drop in	1 – 2.30pm Lets Get Physical – drop in 0 – 9 years		
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066	10 – 11.30am Walk & Talk to the Park - Drop in- 0 – 9 years Meet at Whitefriars please arrive on time as we will be heading off on time		*Partner agencies*	9.30 – 11.30am Childminders' Group Book your place by emailing lcookson@virginmedia.com	Partner agencies
		2 – 3pm Plant & Grow – Gardening Group 0 – 9 years drop in		Partner agencies	
Chandos Chandos Crescent HA8 6HL 020 8736 6550	10 – 11am TALK & Play – drop in 18 months – 5 years	10 – 11am Stories Come Alive – Jaspers Beanstalk - drop in - 0 – 9 years		10 – 11.30am Walk & Talk to the Park - Drop in- 0 – 9 years Meet at Chandos please arrive on time as we will be heading off on time	Partner agencies
	Partner agencies	*Partner agencies*			Islamic Cultural Society

Venues	Monday 07 August 2023	Tuesday 08 August 2023	Wednesday 09 August 2023	Thursday 10 August 2023	Friday 11 August 2023
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	10 - 11am Lets get physical (0-9 years) Drop in	1 - 2pm **Imagine and play** (0-9 years) Drop in	10 - 11.30am **Baby stay and play** **Lets get Physical** (birth –crawlers) Drop in	10 - 11am **Learning through play** **Outdoors** 0-9 years Drop in	10 - 11am **Stories come alive** (0-9 years) Drop in
	1 - 2pm **Making Music** (birth-crawlers) Drop in		1- 2.30pm **Fun with science** Drop in (4 years +)		1 - 2pm **Sensory play** **With sensory room time** (0-9 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10 - 11am **Fun with science** (4 – 9 years) Drop in	9.15 – 11.15am **Healthy Child Clinic**	10 - 11am **Stories come Alive** (birth – 4 years) Drop in	**10:30am** **Baby massage** **Bookings**	9.15am – 3.30pm **Healthy Clinic** Appointments
	1.30 - 3pm **Explore and Learn outdoors** (0-4 years) Drop in	1 – 4pm **Health clinic** Appointments	1.30 - 2.30pm **Baby stay and Play** (crawlers -18 months) Drop in	**9am - 3.30pm** **Breastfeeding peer support** bookings	
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Get Physical ! Harrow has some great green spaces to explore why not take a walk to your local park.	10 - 11.30am **Little cooks** (2 – 9 years) (bookings)	10 - 11am **Baby Sensory** (birth- crawlers) Drop in	10 - 11.30 am **Learning through play** (0-9 years) Drop in	Partner service
		1 - 2pm **Stories come Alive** (0-9 years) Drop in	1-2pm **Arts and crafts** Drop in (2-9 years)	1 - 2.30pm **Explore and learn outdoors** (birth-4 years) Drop in	
Elmgrove Kenmore Ave Kenton HA3 8LU 020 8907 4941	10 – 11am **Stories Come Alive** (0-9 years) Drop in		**Virtual Toilet Learning workshop** 10 – 11.30am (bookings) 020 8427 0134		10 - 11:30am **Learning Through Play** (0-9 years) Drop in

Week 4 – Safety Week

Venue	Monday 14 Aug 2023	Tuesday 15 Aug 2023	Wednesday 16 Aug 2023	Thursday 17 Aug 2023	Friday 18 Aug 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	1 – 2.30pm Transitions workshop for parents of children starting school or nursery – Face to face – Call to book	10 – 11am Movers & Shakers – Music Group 0-5 Years (siblings welcome) - drop in	10 – 11am Parents As First Teachers Baby Group - Birth – Crawlers – drop in	Parenting advice session Support around behaviour, sleep, feeding, toileting, family relationships, managing anger & more - Call to book	10.30 – 11.30am Outdoor Play - Drop in 'Little Adventurers' 0 – 9 years
	11am – 5pm Breastfeeding Peer Support	10 – 11.30am Managing emotions workshop - Virtual - Call to book	Harrow Under 5's CAMHS service – Call for more information / to ask for a call back	1 – 2.30pm Toilet Learning Workshop for parents – face to face	Did you know we run a Specialist Weaning 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? If yes book your place or find out more by calling Cedars
	Parenting advice session Support around behaviour, sleep, feeding, toileting, family relationships, managing anger & more - Call to book		NEW - Special Playtimes Group For families of children transitioning to nursery or school & those with SEND - Call to book		
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480	1 – 2.30pm Sensory Play - drop in 0 – 5 years		10 – 11am TALK & Play -18 months – 5 years - drop in	Partner agencies	10 – 11am Baby Group *Womb to World* Pre natal – Crawlers Baby Safety – drop in
		1 – 2pm Messy Play – 0 – 9 years - drop in *Do all those activities you fear doing at home!*			
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460		10 – 11am TALK & Play – drop in 18 months – 5 years	10 – 11.30am Fun in the Park – 0 – 9 years – drop in		Partner agencies
		1.30 – 2.30pm Parents As First Teachers Group Birth – 3 years – drop in	1 – 2.30pm Imagine & Play – *People who help us* - Stay & Play - 0 – 9 years drop in		
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066	10 – 11.30am Stories Come Alive - Drop in *Safety Focus* 0 – 9 years	10 – 11am Parents As First Teachers Baby Group – Birth – Crawlers – Health & Well-being focus drop in	1.30 – 2.30pm Movers & Shakers – Music Group 0-5 Years (siblings welcome) - drop in	9.30 – 11.30am Childminders' Group Book your place by emailing lcookson@virginmedia.com	10 – 11am TALK & Play – 18 months – 5 years - drop in
		2 – 3.30pm Imagine & Play – People who help us - Stay & Play - 0 – 9 years – drop in		1.30 – 2.30pm Indoor & Outdoor Play – drop in	
Chandos Chandos Crescent HA8 6HL 020 8736 6550	10 – 11am TALK & Play – drop in 18 months – 5 years	10 – 11am Stories Come Alive – drop in *Safety Focus* - 0 – 9 years		10 – 11.30am Imagine & Play – *People who help us* - Stay & Play - 0 – 9 years drop in	Partner agencies
	Partner agencies			Partner agencies	Islamic Cultural Society

Venues	Monday 14 August 2023	Tuesday 15 August 2023	Wednesday 16 August 2023	Thursday 17 August 2023	Friday 18 August 2023
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	10 - 11am **Lets get physical** With safety advice (0-9 years) Drop in	1 - 2pm **Imagine and play** **People who help us** With Safety advice (0-9 years) Drop in	10 - 11am **Baby stay and play** (birth –crawlers) With safety advice Drop in	10 - 11am **Learning through play** (Birth- 4 years) Drop in With Safety advice	10 - 11am **Stories come alive** People who help us (0-9 years) Drop in
	1 - 2pm **Making Music** (birth-crawlers) Drop in		1 - 2.30pm **Fun with science** Drop in (4 years +)		1 - 2pm **Sensory play** **With sensory room time** (0-9 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10 - 11am **Fun with science** (4 – 9 years) Drop in	9.15 – 11.15am **Healthy Child Clinic**	10 - 11am **Stories come Alive** (birth – 4 years) With safety advice Drop in	9am - 3.30pm Breastfeeding peer support (bookings)	9.15am – 3.30pm **Healthy Child Clinic**
	1.30 - 3pm **Explore and Learn outdoors** (0-4 years) Drop in	1 – 4pm **Health Visiting Appointments**	1.30 - 2.30pm **Baby stay and Play** (crawlers -18 months) Drop in		1 - 2.30pm **Sensory baby** With safety advice (birth crawlers) drop in
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Check out the RoSPA Site for helpful advice around safety in the home https://www.rospa.com/home-safety/advice	10 - 11.30am **Little cooks** (2 – 9 years) (bookings)	10 - 11am **Baby Sensory** (birth- crawlers) Drop in	Partner service	Partner service
		1 - 2pm **Stories come Alive** (0-9 years) Drop in	1 - 2pm **Arts and crafts** Drop in (2-9 years)	1 - 2.30pm **Walk and talk to Byron park** **With road Safety advice** (meet at Gange) Drop in	
Elmgrove Kenmore Ave Kenton HA3 8LU 020 8907 4941	10 – 11am **Stories Come Alive** (0-9 years) Drop in			Visit your local library For Rhyme time (0-5 years) Wealdstone Library: Thursday 11.30am to 12.00pm	10 - 11:30am **Learning Through Play** (0-9 years) Drop in

Week 5 – School & Nursery Transition

Venue	Monday 21 Aug 2023	Tuesday 22 Aug 2023	Wednesday 23 Aug 2023	Thursday 24 Aug 2023	Friday 25 Aug 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	10 – 11.30am Learning Through Play – *My Big School / nursery* – drop in Transitions support 3 – 6 years (Siblings welcome)	10 – 11am Movers & Shakers – Music Group 0 - 5 Years (siblings welcome) - drop in	10 – 11am Parents As First Teachers Baby Group - Birth – Crawlers – drop in	Parenting advice session Support around behaviour, sleep, feeding, toileting, family relationships, managing anger & more - Call to book	10.30 – 11.30am Outdoor Play – Treasure Hunt Drop in 'Little Adventurers' 3 – 6 years (siblings welcome)
	11am – 5pm Breastfeeding Peer Support	10 – 11am Behaviour – Focus alternatives to physical chastisement - Virtual - Call to book	PM – Weaning Party Call to book	10 – 11am TALK & play 18 months – 5 years - drop in	
	1 – 2pm Virtual Toilet Learning Workshop – SEND – Call to book	1 – 2.30pm Imagine & Play – *Starting School* Transitions support 3 – 6 years (Siblings welcome)	NEW - Special Playtimes Group For families of children transitioning to nursery or school & those with SEND - Call to book	1 – 2.30pm Behaviour workshop Focus parents of children with SEND / on the journey to diagnosis – call to book	
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480	1 – 2.30pm Sensory Play – drop in 0 – 5 years	10 – 11.30am Learning Through Play – *My Big School / nursery* – drop in Transitions support 3 – 6 years (Siblings welcome)	10 – 11am TALK & Play -18 months – 5 years - drop in	Partner agencies	10 – 11am Baby Group *Womb to World* Pre natal – Crawlers Transitions – drop in
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460		10 – 11am TALK & Play – drop in 18 months – 5 years	10 – 11.30am Learning Through Play – *My Big School / nursery* – drop in Transitions support 3 – 6 years (Siblings welcome)		
		1.30 – 2.30pm Parents As First Teachers Group Birth – 3 years – drop in		1 – 2.30pm Learning Through Play – *My Big School / nursery* – drop in 3 – 6 years (Siblings welcome)	Partner agencies
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066	10 – 11.30am Stories Come Alive - Drop in *Going to School / nursery focus* 3 – 6 years (Siblings welcome)	2 – 3.30pm Learning Through Play – *Self Help Skills* – drop in Transitions support 3 – 6 years (Siblings welcome)	1.30 – 2.30pm Movers & Shakers – Music Group 0-5 Years (siblings welcome) - drop in	9.30 – 11.30am Childminders' Group Book your place by emailing lcookson@virginmedia.com	10 – 11am TALK & Play – 18 months – 5 years - drop in
Chandos Chandos Crescent HA8 6HL 020 8736 6550	10 – 11am TALK & Play – drop in 18 months – 5 years	10 – 11am Stories Come Alive - Drop in *Going to School / nursery focus* 3 – 6 years (Siblings welcome)		10 – 11.30am Imagine & Play – *Starting School* Transitions support – drop in 3 – 6 years (Siblings welcome)	Partner agencies
	Partner agencies			Partner agencies	Islamic Cultural Society

Venues	Monday 21 August 2023	Tuesday 22 August 2023	Wednesday 23 August 2023	Thursday 24 August 2023	Friday 25 August 2023
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	10 - 11am **Lets get physical** Transition support (0-9 years) Drop in	1 - 2pm **Imagine and play** (0-9 years) Drop in	10 - 11am **Baby stay and play** Transition support (birth –crawlers) Drop in	10 - 11am **Learning through play** Transition support (Birth- 4 years) Drop in	10 - 11am **Stories come alive** Transition support (0-9 years) Drop in
	1 - 2pm **Making Music** (birth-crawlers) Drop in		1 - 2.30pm **Fun with science** Drop in (4 years +)		1 - 2pm **Sensory play** **With sensory room time** (0-9 years) Drop in
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400	10 - 11am **Fun with science** (4 – 9 years) Drop in	9.15 – 11.15am **Healthy Child Clinic**	10 - 11am **Stories come Alive** Transition support (0 – 9 years) Drop in	**9am - 3.30pm** **Breastfeeding peer support** **(bookings)**	9.15am – 3.30pm **Healthy Child Clinic**
	1.30 - 3pm **Explore and Learn outdoors** Transition support (0-9 years) Drop in	1 – 4pm **Health Visiting Appointments**	1.30 - 2.30pm **Baby stay and Play** Transition support (birth-18 months) **Drop in**	**10 – 11.30am** **Behaviour workshop** Focus on parents of 5-9 years of age Call to book	
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134	Partner service	10 - 11.30am **Little cooks** (2 – 9 years) (bookings)	10 - 11am **Baby Sensory** **With sensory room time** Transition support (birth- crawlers) **Drop in**	Is your child moving on to school or starting nursery? **10 - 11am** **Virtual Transitions workshop** Call to book	Partner service
		1 - 2pm **Stories come Alive** Transition support (0-9 years) Drop in	1 - 2pm **Arts and crafts** Drop in (2-9 years)		Partner service
Elmgrove Kenmore Ave Kenton HA3 8LU 020 8907 4941	10 – 11am **Stories Come Alive** Transition support (0-9 years) Drop in				10 - 11:30am **Learning Through Play** Transition support (0-9 years)

Week 6 – Communication week

Venue	Monday 28 Aug 2023	Tuesday 29 Aug 2023	Wednesday 30 Aug 2023	Thursday 31 Aug 2023	Friday 01 Sept 2023
Cedars Whittlesea Road Harrow HA3 6LS 020 8736 6222	BANK HOLIDAY – Centres closed	10 – 11am **Movers & Shakers – Music Group 0 - 5 Years (siblings welcome) - drop in**	10 – 11am **Parents As First Teachers Baby Group - Birth – Crawlers – drop in**	10 – 11am **TALK & play 18 months – 5 years - drop in**	Partner agencies
		1 -2 pm **Behaviour – Special Times - Virtual - Call to book**	**Harrow Under 5's CAMHS service** – Call for more information / to ask for a call back	10 – 11.30am **Sleep workshop – Virtual – call to book**	
		1 – 2.30pm **Imagine & Play – *Fairy Tales* 0 – 9 years**	**NEW - Special Playtimes Group** **For families of children transitioning to nursery or school & those with SEND - Call to book**	1 – 2.30pm **Learning Through Play – *Communication skills* – drop in 0 – 5 years (Siblings welcome)**	
Stanmore Park William Drive Stanmore HA7 4FZ 020 8736 6480		1.30 – 3pm **Learning Through Play – *Communication skills* – drop in 0 – 5 years (Siblings welcome)**	10 – 11am **TALK & Play -18 months – 5 years - drop in**	Partner agencies	Partner agencies
The Pinner Centre Chapel Lane Car Park Pinner HA5 1AA 020 8424 1460			**10 – 11.30am Learning Through Play – *Communication skills* – drop in 0 – 5 years (Siblings welcome)**		Partner agencies
				1 – 2.30pm **Learning Through Play – *Communication skills* – drop in 0 – 5 years (Siblings welcome)**	
Whitefriars Children's Centre Whitefriars Avenue HA3 5RQ 020 8424 1066			1.30 – 2.30pm **Movers & Shakers – Music Group 0-5 Years (siblings welcome) - drop in**	9.30 – 11.30am **Childminders' Group Book your place by emailing** lcookson@virginmedia.com	Partner agencies
Chandos Chandos Crescent HA8 6HL 020 8736 6550				10 – 11.30am **Imagine & Play – *Fairy Tales* 0 – 9 years drop in**	Partner agencies
				Partner agencies	Islamic Cultural Society

Venues	Monday 28 August 2023	Tuesday 29 August 2023	Wednesday 30 August 2023	Thursday 31 August 2023	Friday 1 September 2023
Hillview 2 Grange Road, South Harrow, HA2 0LW 020 8422 4692	**Bank Holiday** **All sites closed**	Under 5's CAMHS service Call for more information 1 - 2pm **Imagine and play** Communication skills (0-9 years) Drop in	10 - 11am **Baby stay and play** Communication skills (birth –crawlers) Drop in 1 - 2.30pm **Fun with science** Drop in (4 -9 years)	Supporting families DWP Employment Advisor Call for more information	Partner agencies
Kenmore Park Warneford Road, Kenton, HA3 9HZ 020 8416 8400		9.15 – 11.15am **Healthy Child Clinic** 1 – 4pm **Health Visiting Appointments** **Visit your local library** **For Rhyme time** **(0-5 years)** 11.00 to 11.30am Kenton Library 35 Kenton Lane Harrow HA3 8UJ	10 - 11am **Stories come Alive** Communication skills **drop in** (0-9 years) Drop in **Behaviour Workshop** 1.30 -3pm Focus on parents of 2- 4 year olds Call to book	9am - 3.30pm Breastfeeding peer support (bookings)	9.15am – 3.30pm Healthy Child Clinic
Gange 68 Canning Road, Wealdstone, HA3 7SN 020 8427 0134		1 - 2pm **Stories come Alive** Communication skills (0-9 years) Drop in	10 - 11am **Baby Sensory** Communication skills (birth- crawlers) **Drop in**	**Staff preparing sites for the new term** Take a look at what's on offer in Harrow libraries https://www.harrow.gov.uk/libraries/childrens-library-service	Partner service

EARLY SUPPORT
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SUMMER ACTIVITIES 2023

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INFO

Learn to Cook

- Every week will be a different theme, we have a Mexican, Asian, British, and Caribbean with the last session being a fun summer vibes session with snacks, finger food, and mocktails.
- Children will have fun learning how to make a range of healthy foods and experiment with unusual ingredients. All ingredients will be purchased by the Centre. Please advise staff of any dietary requirements/ allergies

Games in the park

- Games in the park is a fun sport session for all levels. With a variety of sports on offer from rounders to football. Winning may not be guaranteed but laughter and fun is.

Youth club hang out session

- A fun, chilled out environment with Play Station, pool, computer room, table tennis and fun games. A place where young people can hang out and find out what we have for the next 5 weeks.

Arts and craft

- Young people will be able to chill out and do some arts and craft which will involve cutting, drawing, colouring at plenty others.
- Young people will get the chance to be creative using arts and craft. This will be in line with the cooking theme of the day, which gives young people the chance to learn about different cultures arts and craft.

Street doctors

- This is a very informative session that gives young people basic training on how to deal with cuts, wounds, and the recovery position.

Trampolining (Meet and pick up at harrow leisure centre)

- This is a chance for young people to learn a skill and also exercise in the form of trampolining. This will be held at the leisure Centre and will be taught by a professional trampoline coach.

Prospect CV session and employability

- This will be an informative session for young people who wish to seek employment. Young people will have the chance to work on CV's, look at job descriptions, and some live jobs. This will give young people the chance to attain a summer job or be better prepared to find a job and find employment.

INFO

Contemporary dance

- This Contemporary Dance workshop will be energetic - exploring contact with others, floor/low level movements and traveling. Aimed at all varying levels of experience, the workshop will be well paced and build up to creating and sharing movement together. We will build connections and a sense of unity through dance.

Senior Youth Club

- A space for young people aged 16 + to engage in activities that increase their well- being and aspirations.

Activities include:

- Pool & Table tennis
- Discussion
- Xbox/ Playstation
- Film
- Music production

Gym/ Fitness

- The aim of this session is to promote and teach young people the benefits of living a healthy and positive lifestyle.

This session will help young people to:

- Improve fitness
- Increase Health education
- Improve self- esteem & confidence
- Reduce stress.

Emotional well being

Mental toughness is defined as:

The ability to deal effectively with stressors, pressure and challenge irrespective of the prevailing circumstances and environment

The four C' s model:

The four C' s model of the mental toughness Control, Commitment, Challenge, and Confidence – provides a way of successfully managing the rapid pace of change in our world and increases feelings of self- efficacy and pride in what can be achieved using a performance measure

HARROW EARLY SUPPORT YOUTH OFFER

SUMMER TIMETABLE

WEEK 1: 24-27 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
24 July	**25 July**	**26 July**	**27 July**
YOUTH CLUB HANG OUT SESSION LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-15 ***PLEASE BOOK***	**LEARN TO COOK: MEXICAN THEME** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**LEARN TO HAIR BRAID** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**GYM** LOCATION: HARROW LEISURE CENTRE TIME: 11:00-1:00 PM 1ST HOUR: AGES 9-15 2ND HOUR: AGES 16-19 ***PLEASE BOOK***
PROSPECTS CV SESSION AND EMPLOYABILITY SESSION LOCATION: WEALDSTONE YOUTH CENTRE TIME: 1:30 - 3:30 PM AGES: 16 -19/25 SEN ***PLEASE BOOK***	**FILM CLUB** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 1:30-3:30 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**MENTAL TOUGHNESS** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 1:30-3:30 PM AGES: 16 -19/25SEN ***PLEASE BOOK***	

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HARROW EARLY SUPPORT YOUTH OFFER

SUMMER TIMETABLE

WEEK 2: 31 JULY -3 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
31 July	**1 August**	**2 August**	**3 August**
YOUTH CLUB HANG OUT SESSION LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-15 ***PLEASE BOOK***	**LEARN TO COOK: ASIAN THEME** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**SENIORS YOUTH CLUB HANG OUT SESSION** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**GYM** LOCATION: HARROW LEISURE CENTRE TIME: 11:00-1:00 PM 1ST HOUR: AGES 9-15 2ND HOUR: AGES 16-19 ***PLEASE BOOK***
FUN AND GAMES IN THE PARK LOCATION: BYRON PARK TIME: 1:30 - 3:30 PM AGES: 9-15 ***PLEASE BOOK***	**ART AND CRAFT: HENA THEME** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 1:30-3:30 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**MENTAL TOUGHNESS** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 1:30-3:30 PM AGES: 9-15 ***PLEASE BOOK***	**LEARN TO BARBER HAIR** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 1:30-3:30 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***

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SUMMER TIMETABLE

WEEK 3: 7-10 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7 August	**8 August**	**9 August**	**10 August**
YOUTH CLUB HANG OUT SESSION LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-15 ***PLEASE BOOK***	**LEARN TO COOK: BRITISH THEME** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**LEARN HOW TO HAIR BRAID** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**GYM** LOCATION: HARROW LEISURE CENTRE TIME: 11:00-1:00 PM 1ST HOUR: AGES 9-15 2ND HOUR: AGES 16-19 ***PLEASE BOOK***
FUN AND GAMES IN THE PARK LOCATION: BYRON PARK TIME: 1:30 - 3:30 PM AGES: 9-15 ***PLEASE BOOK***	**FILM CLUB: BRITISH BASED FILM** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 1:30-3:30 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**HISTORY AND SOUNDS OF UK GRIME** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 1:30-3:30 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**LEARN TO BARBER** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 1:30-3:30 PM AGES: 9-14 AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***

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SUMMER TIMETABLE

WEEK 4: 14-17 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
14 August	**15 August**	**16 August**	**17 August**
YOUTH CLUB HANG OUT SESSION LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-15 ***PLEASE BOOK***	**LEARN TO COOK: CARNIVAL SPECIAL** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**DRUGS & ALCOHOL: HOW MUCH DO YOU KNOW?** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 13-19 ***PLEASE BOOK***	**GYM** LOCATION: HARROW LEISURE CENTRE TIME: 11:00-1:00 PM 1ST HOUR: AGES 9-15 2ND HOUR: AGES 16-19 ***PLEASE BOOK***
TRAMPOLINING LOCATION: HARROW LEISURE CENTRE TIME: 1:30 - 3:30 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**ARTS & CRAFTS: CARNIVAL THEME** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 1:30-3:30 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**HISTORY AND SOUNDS OF POP** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 1:30-3:30 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**STREET DOCTORS** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 1:30-3:30 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***

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SUMMER TIMETABLE

WEEK 5: 21-25 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
21 August	**22 August**	**23 August**	**24 August**
YOUTH CLUB HANG OUT SESSION LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-15 ***PLEASE BOOK***	**SUMMER VIBES HANGOUT FOOD AND SNACKS** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**CONTEMPORARY DANCE** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 11:00-1:00 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**LONDON COMMUNITY KITCHEN (VOLUNTEERING)** TIME: 11:00-1:00 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***
FUN AND GAMES IN THE PARK LOCATION: BYRON PARK TIME: 1:30 - 3:30 PM AGES: 9-15 ***PLEASE BOOK***	**CINEMA TRIP** TIME: 1:30-3:30 PM AGES: 9-19/25 SEN (may be split) ***PLEASE BOOK***	**HISTORY AND SOUNDS OF HIP HOP AND RNB** LOCATION: WEALDSTONE YOUTH CENTRE TIME: 1:30-3:30 PM AGES: 9-14 ***PLEASE BOOK***	**FUN AND GAMES IN THE PARK** LOCATION: BYRON PARK TIME: 1:30 - 3:30 AGES: 9-15 ***PLEASE BOOK***

FRIDAY

25 August

BOAT TRIP IN LONDON!

Boat ride through Westminster to Greenwich.

AGES: 12 - 18

Limited spaces eligible for those who have come to some of our summer activities.

PLEASE ENQUIRE

LONDON BOROUGH OF HARROW

Early Support
Small Steps - Lasting Change

CONTACT: 0208 416 8667
WEALDSTONEHUBYOUTHOFFER@HARROW.GOV.UK

IF YOU ARE FEELING UNSAFE OR ARE EXPERIENCING DOMESTIC VIOLENCE, YOU CAN SEEK SUPPORT BY CALLING:

THE GOLDEN NUMBER
020 8901 2690

THE DA HELPLINE
020 8907 8148

24HRS
0808 2000 247

STAY SAFE!

SAFEGUARDING IS **EVERYONE'S RESPONSIBILITY!**

IF YOU ARE CONCERNED ABOUT A CHILD OR YOUNG PERSON'S SAFETY CALL

THE GOLDEN NUMBER

020 8901 2690

ON WEEKENDS OR AFTER 5PM CALL

020 8424 0999

CONTACT US

CONTACT:
0208 416 8667
EMAIL:
WEALDSTONEHUBYOUTHOFFER@HARROW.GOV.UK
INSTAGRAM:
@WEALDSTONE.YOUTHHUB

LONDON BOROUGH OF HARROW

Early Support
Small Steps - Lasting Change

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/harrowcc
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

Harrow Council
Early Support
Small Steps - Lasting Change

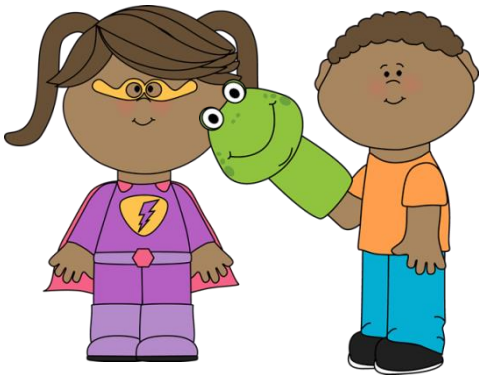
Calling out to parents of 2 year olds.....

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;

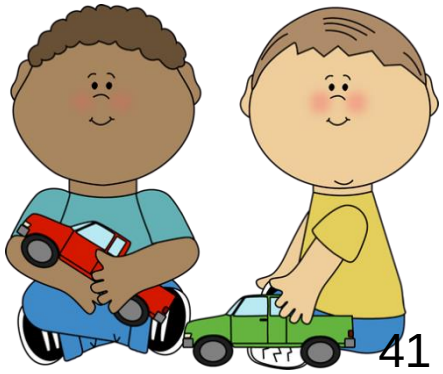
Learn about your child's development, including communication & physical development.
To get top tips on toilet learning, behaviour, sleep, saying bye bye to the dummy & bottle.
To ask questions and address any concerns that you have.
To support access to any other professionals that you would like support from.



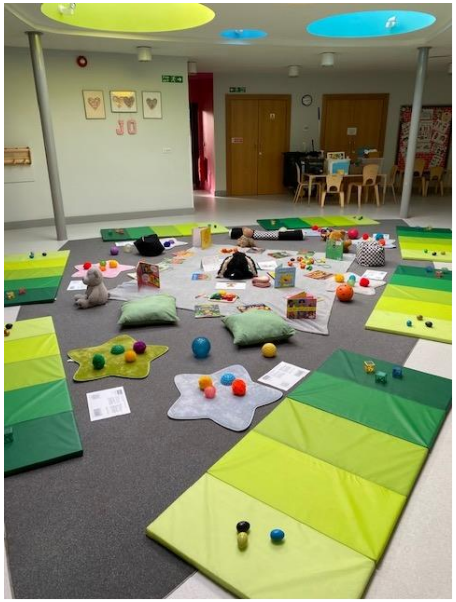
How to book a two year Check?

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

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

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

Early Support
Small Steps – Lasting Change
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 you 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.

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	**"ALL CHILDREN WILL LEARN, GROW & DEVELOP TO REALISE THEIR FULL POTENTIAL."** Parents as First Teachers offers a successful research and evidence-based parenting programme. Early Support professionals work on a 1:1 or small group basis with parents and their children pre-birth to five, using the Parents as Teachers Foundation Curriculum	
Strengthening Families, Strengthening Communities For parents of children & young people aged 3 – 18 years (whole family approach)	Strengthening Families, Strengthening Communities (SFSC) is an **inclusive evidence-based parenting programme,** designed to promote protective factors which are associated with good parenting and better outcomes for children.	
Triple P Teens For parents of 11 – 16 year olds	Teen Triple P is **a positive parenting programme which is suitable for parents, step parents, grandparents and carers of pre-teens and teenage children (11-16years)**. 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)	**WHAT WILL BE COVERD?** • Cultural / spiritual identity - • Positive discipline • Improving relationships • Practical parenting tools • Communications	**The course is designed to:** • improve parenting skills • Improve interactions with your children • Help your children learn and grow • Improve relationship amongst partner &/or co-parent • Build your child self-esteem • Build Leadership Skills
Behaviour Management – Alternatives to Physical Chastisement	**An evidenced based workshop with tools & resources to support parents in responding to challenging behaviours.** Techniques in preventing escalation of behaviour and advice on how to reduce frustration when responding to unwanted behaviours.	
Co-parenting	Co -parenting sessions are offered to **parents/carers who share the care of children**, (parents separating/living apart, working opposite work patterns) **the quality of the relationship between parents can have a strong influence on a child's emotional wellbeing,** the aim of the sessions is to **support parents/carers using tools provided to promote positive change to help improve communication, ensuring the child comes first.**	

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 (*especially for those that don't have an outdoor space at home). Activities including, helping to look after our allotments, grow your own, physical play, water play, construction play & much more*

Look out for information on other services in the next timetable!

Transitions to School

Is your child due to start school?

Are they changing schools?

If yes & you think your family would benefit from advice or support over the summer, then contact your local centre & ask for support over the summer holidays

Change is hard, let's work together to support children & young people to prepare for change!

(See contacts details at the back of this booklet)

Centres in the Cedars Hub	Address and contact details	Centres in the Hillview Hub	Address and contact details
Cedars Hub Children's Centre	Whittlesea Road, Harrow, HA3 6LS. 020 8736 6222 8am – 6pm	Hillview Hub Children's Centre	2 Grange Road, South Harrow, HA2 0LW. 020 8422 4692
The Pinner Centre	Chapel Lane Car Park, Pinner HA5 1AA 020 8424 1460	Kenmore Park Delivery Site	Warneford Road, Kenton, HA3 9HZ. 020 8416 8400
Whitefriars Delivery Site	Whitefriars Avenue, Harrow, HA3 5RQ. 020 8424 1066	Gange Delivery Site	68 Canning Road, Wealdstone, HA3 7SN. 020 8427 0134
Chandos Delivery Site	Chandos Crescent, Edgware, HA8 6HL. 020 8736 6550	Elmgrove Delivery Site	Kenmore Avenue, Kenton, HA3 8LU. 020 8907 4941
Stanmore Park Delivery Site	William Drive, Stanmore, HA7 4FZ. 020 8736 6480	Wealdstone Youth Hub The Wealdstone Youth Centre, 38 – 42 High Street, Wealdstone, HA3 7AE 020 8416 8667	

Please remember, all our timetables can be found in the photo sections on Facebook:

www.facebook.com/harrowcc

Safeguarding is EVERYONE'S RESPONSIBILITY

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

Domestic Abuse Support and Advice

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

UNICEF - Article 31 – *You have the right to play & rest*