

# Online Family Hub Timetable

1 November -31 January 2026



*Thriving healthy households*

# Useful information

## How to Book

To book a session, please ensure you are already registered with the Family Hubs or Children's Centres. You can book a session by contacting your local Family Hub or Children's Centre, or by emailing [familyhubnetwork@hillingdon.gov.uk](mailto:familyhubnetwork@hillingdon.gov.uk).

Please include the course title, the date you would like to book, your full name, and your date of birth.

For more information or to register, visit [www.hillingdon.gov.uk/family-hubs](http://www.hillingdon.gov.uk/family-hubs).

Please note that all online sessions are available through Microsoft Teams.

## Hillingdon family hubs and children's centres

To view our range of services, session descriptions and to see other family hubs and children's centres timetables visit [www.hillingdon.gov.uk/family-hubs](http://www.hillingdon.gov.uk/family-hubs)

## Hillingdon Youth Offer

There are a variety of programmes and activities available to children and young people aged 8 to 19 (up to 24 years with special educational needs) who live, learn or earn in Hillingdon.

To find out more, please visit [www.hillingdon.gov.uk/youth-offer](http://www.hillingdon.gov.uk/youth-offer)

## Other information

### Childcare funding

Do you qualify for funded childcare for your child, from nine months to four years old? To find out more, speak to a member of our staff or visit [www.hillingdon.gov.uk/funded-childcare](http://www.hillingdon.gov.uk/funded-childcare).

### Start for Life

For more information on Hillingdon's Start for Life, visit [www.hillingdon.gov.uk/start-for-life](http://www.hillingdon.gov.uk/start-for-life)

### Healthy Start

Healthy Start helps you buy healthy foods and get free vitamins if you are pregnant or have a child under 4 and claim certain benefits. To apply visit [www.hillingdon.gov.uk/healthystart](http://www.hillingdon.gov.uk/healthystart)

### SEND Local Offer

Our local offer provides information for children and young people with special educational needs and disabilities (SEND) and their parents/carers. [www.hillingdon.gov.uk/send](http://www.hillingdon.gov.uk/send)

### Children, young people and parents

#### Directory of Services

For information on children, young people and family services in Hillingdon, visit [careandsupport.hillingdon.gov.uk](http://careandsupport.hillingdon.gov.uk)

### Further support for your family

For further help and support for your family, visit [www.hillingdon.gov.uk/stronger-families](http://www.hillingdon.gov.uk/stronger-families)



# Online Family Hub Activities Timetable

## Toilet Training

Supporting your child to use the toilet independently.

- 12 November 7:30-8:30pm
- 28 November 1-2pm
- 1 December 11-12pm
- 17 December 7:30-8:30pm
- 12 January 10-11am
- 21 January 7-8pm

## Fussy Eating

Encouraging positive mealtimes.

- 10 November 7-8pm
- 19 November 1:30-2:30pm
- 9 December 1-2pm
- 17 December 7-8pm
- 16 January 1-2pm
- 21 January 7-8pm

## Sleep Matters 0–1-Year Old.

Promoting positive bedtime space

- 14 November 10-11am
- 19 November 7:30-8:30pm
- 16 December 7:30-8:30pm
- 17 December 1-2pm
- 13 January 10-11am
- 27 January 7:30-8:30pm

## Behaviour Strategies

Supporting family life and challenging behaviour.

- 6 November 8-9pm
- 26 November 7:30-8:30pm
- 11 December 1-2pm
- 15 December 7-8pm
- 23 January 1-2pm
- 29 January 8-9pm

## Exploring Parenting Together

A fun five-week course to help parents to improve their relationship and behaviour with their children.

- 3 November -1 December 7-8:30pm
- 14 January-11 February 7-8:30pm

## SEND Tooth Brushing

A workshop for parents with children with additional needs.

8 December 10-11am

## Sleep Matters 1-5 Years Old

Promoting positive bedtime space.

- 12 November 7-8pm
- 26 November 1-2pm
- 15 December 10-11am
- 18 December 7-8pm
- 12 January 7-8pm
- 23 January 10-11am

