

Spring Term 2026 Session Schedule for Alf King Family Hub West

7 Hanworth Road, Feltham, TW13 5AF

Tel: 020 8583 3922

Please note that this schedule is subject to change. For up to date information please visit Hounslow Family Services Directory at: www.hounslow.gov.uk/familyhubs

Monday	Tuesday	Wednesday	Thursday	Friday
Child Development Reviews 9am - 1pm  <i>No Clinic on 6 April</i> <i>Appointments only - 0203 808 3380</i>	Toddler TLC 1 - 2 years 10 - 11.30am <i>Referral required - see reverse</i> <i>Delivered by PAIRS Team</i>	Sharing Their World 0 - 5 years with additional needs 10 - 11am <i>No Session on 11 February</i> <i>Referral required- see reverse</i>	Stay & Play Plus 0 - 5 years with additional needs 9.30 - 10.30am <i>Beginning 12 February</i> <i>Drop-in</i>	Stay & Play with CAMHS 0 - 5 years Session 1: 9.30 - 10.30am Session 2: 11am - 12pm <i>No session on 6 February, 6 & 27 March & 3 April</i> <i>Drop-in</i>
Non Walkers <i>Babies & Children not yet walking</i> 10 - 11am <i>No Session on 5 & 26 January, 9 February & 6 April</i> <i>Drop-in</i>	Contact <i>Support for 0 - 25 years with SEND</i> 9.30 - 2pm <i>By appointment only</i>	Stay & Play with SALT and OT 0 - 5 years 12 - 1pm <i>No Session on 11 February</i> <i>Drop-in</i>	Advice & Support 0 - 19 years or 25 years with SEND 10 - 12pm <i>Booking required - see reverse or contact 0208 583 3819</i>	Perinatal Appointments  <i>Appointments via IAPT</i> 9.30am - 3pm <i>No appts. on 6 & 27 March & 3 April</i> <i>By appointment only - see reverse</i>
Infant Feeding Support  NCT Infant feeding support 10 - 11.30am <i>No Session on 6 April</i> <i>Drop-in support</i>	Parent-infant Psychotherapy Appointments 0 - 18 months 11 - 5pm <i>Referral required - see reverse</i>	SALT Consultations  <i>(Speech & Language Therapy)</i> 0 - 5 years 9.30 - 2pm <i>By appointment only - see reverse</i>	Young Parents Group <i>For parents under the age of 25</i> 1.30 - 2.30pm <i>Drop-in</i>	CAMHS Consultations  2 - 5 years 1 - 4pm <i>No session on 3 April</i> <i>By appointment only - see reverse</i>
Baby Massage <i>Babies 6 weeks to 6 Months</i> 12 - 1pm 5 week course <i>No Session on 26 January & 6 April</i> <i>Booking required - see reverse</i> <i>Delivered by PAIRS Team</i>	Dads Play <i>Male carers with a child 0 - 5 years</i> 12 - 1pm <i>No Session on 24 February</i> <i>Drop in</i>	Advice & Support 0 - 19 years or 25 years with SEND 1 - 3pm <i>Booking required - see reverse or contact 0208 583 3819</i>	Girls on the Spectrum (GOS) 13 - 16 years with SEND 6 - 7.30pm <i>Term Time Only</i> <i>Referral required - see reverse</i>	Community Play 0 - 5 years 1.30 - 2.30pm <i>No session on 6 February & 3 April</i> <i>Referral Required - see reverse or contact 0208 583 3922</i>
Baby & Toddler Group 0 - 2 years (up to 2 nd birthday) 1.30 - 2.30pm <i>No Session on 5 & 26 January, 9 February & 6 April</i> <i>Drop-in</i>	Baby TLC (Non walkers) 1.30 - 2.30pm <i>Delivered by PAIRS team</i> <i>By Invite Only</i>	OT Consultations  <i>(Occupational Therapy)</i> 0 - 5 years 1 - 3.30pm <i>By appointment only - see reverse</i>	Cook & Eat Programme 12 Years + 3.30 - 5pm 23 Jan to 27 Feb 6-week programme <i>Booking Required - see reverse</i>	
Youth Outreach Sessions 11 - 19 (or 25 with SEND) 3 - 7pm <i>No Session on 26 January & 6 April</i> <i>Drop-in</i>		Triple P for Baby <i>Pregnancy to 12 months</i> 2.30 - 4.30pm 21 January to 11 February <i>Booking Required</i>		

Monday 5 January
to Friday 10 April
2026
Closed for Public
Bank Holidays
V.003

**BEST
START
IN LIFE**



You are welcome to
breastfeed here

**Breast pumps
are available**

To use onsite and
also to loan for 2 week
periods. Please phone
or speak to a member
of staff to find out
more.



To register with Hounslow's
Family Hubs, scan here
using your smart phone

Session Details

Advice & Support

Family Navigators work at our Family Hubs to support families and professionals. They connect the community with Family Hub services. If you need help from a Family Navigator for you or a family, please call the phone number on the front. You can also contact us at

familyhub@hounslow.gov.uk.

Baby & Toddler Group (0-2yrs up to second birthday)

This group provides a relaxed and welcoming space to meet other families, ask questions about your babies and toddlers: development, weaning, breastfeeding etc. Each session ends with a short song or story time.

Baby Massage Delivered by PAIRS

A 5-week course to learn how to use nurturing touch to help you and your baby feel more relaxed together. This is a 5-week course with a maximum of 8 families per group, suitable for parents/carers with babies from 6 weeks to 6 months. Booking is required, To book or for further information, please email: familyhub@hounslow.gov.uk.

Baby TLC (Non-walkers)

Delivered by the Parent & Infant Relationship Service (PAIRS)

A closed baby group for non-walkers and their parents/carers to play together, talk, listen and connect. For further information please contact familyhub@hounslow.gov.uk

Child Development Reviews **NHS**

Child development review with your Health Visitor, by appointment only. To make an appointment please call: [0203 808 3380](tel:02038083380).

CAMHS Consultations (Child & Adolescent Mental Health Service) **NHS**

Parents and carers can get support for their child's emotional wellbeing and early relationships from the Child and Adolescent Mental Health Service (CAMHS) Under 5s team. A CAMHS team member can listen to parents/carers and help with any questions. They can also discuss if more support is needed from CAMHS or other services. To book an appointment or get more information, please contact familyhub@hounslow.gov.uk.

Community Play

This session is for families residing in hotel accommodation with children 0-5 years old. We offer play and songs with movement to support motor skills. Join us for a lively, bonding experience with your child and other families.

Contact

Supporting families of children with SEND 0-25 years via appointments, once per week at each of our Family Hubs. To book an appointment please visit <https://contact.org.uk/> or speak to member of staff.

Cook & Eat Programme

Healthy Hounslow offers a FREE 6-week Cook and Eat programme for local residents in the Borough. Each session includes hands-on cooking and nutrition information, as well as focussing on eating well on a budget and building confidence with cooking!

Booking required - please contact familyhub@hounslow.gov.uk.

Dad's Play

A stay and play for dads/male carers with a baby or child under the age of 5. For further details please contact familyhub@hounslow.gov.uk.

Girls on the Spectrum (GOS) (Referral required)

Founded by volunteer mums with neurodiverse daughters, GOS creates a safe, inclusive, supportive community where neurodiverse girls (13-16 years) can connect, grow in confidence, and celebrate their individuality. This group is for girls diagnosed or on the pathway to diagnosis with ASD or ADHD, in mainstream schools with SEND support; living in TW13 or TW14 Postcodes. Referrals accepted from local secondary schools, social prescribers and FH navigators. for further information please contact: jennie.tweedy@reachfoundation.org.uk.

Infant Feeding Support

NCT Infant Feeding Support A drop-in session, run by an NCT Breastfeeding Counsellor offering support, encouragement and reliable information. Whether getting ready to breastfeed, continuing breastfeeding, expressing, mixed feeding, formula feeding, introducing solids, or stopping breastfeeding. Please arrive early in the session.

Non-Walkers (for babies & Children not at walking stage)

A relaxed and welcoming space to meet other families, ask questions about your babies: development, weaning, breastfeeding and play together. Each session ends with a short song or story time.

OT Consultations (Occupational Therapy) **NHS**

This is an opportunity for families to meet and understand the role of an Occupational Therapist and get advice on how to support their child's development through play, self-care skills (including dressing and eating) and fine motor skills.

For appointments and further information, please contact familyhub@hounslow.gov.uk.

Parent-Infant Psychotherapy Appointments (Referral Required)

Delivered by the Parent & Infant Relationship Service (PAIRS)

Parent-Infant Psychotherapy (PIP) seeks to support the development of secure relationships between parents and their babies. By spending time thinking about the feelings parents and babies each have about being together, families are more able to grow and thrive. For further information please speak to a health visitor or contact familyhub@hounslow.gov.uk.

Perinatal Appointments **NHS**

These are appointments for perinatal support through IAPT, focusing on mental health during pregnancy and the first year after childbirth. These appointments are available by referral from a health visitor or midwife.

SALT Consultations (Speech & Language Therapy) **NHS**

By referral for families of children who are not already referred to the NHS Speech and Language Therapy Service. This is an opportunity for families to meet and understand the role of a Speech and Language therapist and get advice on how to support their child's communication. Referrals are strictly via the Family Hub and Children's Centre teams. For further information please contact familyhub@hounslow.gov.uk.

Sharing Their World

A relaxed, friendly and supportive group for parents/carers; specifically tailored for children with additional needs, with or without a diagnosis; including concerns of speech delay. These sessions are for children from birth to 5 Years, with SEND. If you would like to self-refer or ask questions about this group, please contact familyhub@hounslow.gov.uk.

Stay & Play - (for CAMHS, OT & SALT see below acronyms)

A fun, stimulating and safe environment for parents and children (0-5 years) to take part in together. If you have concerns regarding your child's development, please speak to a member of staff.

Toddler TLC

Delivered by the Parent & Infant Relationship Service (PAIRS)

A closed group for toddlers and parents/carers to play together, talk, listen and connect. For further information please contact familyhub@hounslow.gov.uk.

Stay & Play Plus

A smaller nurturing play session for children requiring additional support, and their parents and carers. These sessions encourage sensory exploration, developing fine and gross motor skills and support social communication skills.

Youth Outreach Sessions

The team will be in the local area doing youth outreach, using the Family Hub as a base to engage with young people from the local community. The team will provide advice, mentoring and activities for young people. The team may not always be in the Family Hub but will be close-by to come back to meet residents and young people. Contact details will be signposted on the doors.

Young Parents Group

Young parents group provides a warm, friendly and non-judgmental platform for parents aged 25 and under; to play and learn together with your child.

Acronyms

For sessions marked with CAMHS, OT, SALT, SEND or PAIRS' here is what they mean:

- CAMHS - Child and Adolescent Mental Health Service
- OT - Occupational Therapy/therapist
- PAIRS - Parent and Infant Relationship Service
- SALT - Speech and Language Therapy/therapist
- SEND - Special Educational Needs & Disabilities



Further Information

- Please note spaces are limited at all sessions. If the session is at full capacity, you will not be able to enter.
- If you wish to attend one of these sessions, please ensure you are registered with Hounslow's Children's Centres & Family Hubs. If you are unsure about being registered or if your details need to be updated, please speak to a member of staff.
- Services for families with Children 0 - 19 Years, or up to 25 years old if they have special educational needs and disabilities (SEND).
- Age ranges are specified against each session.
- Sessions may be cancelled at short notice due to training or staff absence. We will try to inform you 24 hours in advance if possible Please check the latest version of the timetable on the Children's Centre pages of the FSD: www.hounslow.gov.uk/fsd

Spring Term 2026 Schedule for Alf King Family Hub Other Workshops, Courses & Events

7 Hanworth Road, Feltham, TW13 5AF
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Monday 5 & 19 January	Thursday 22 January	Friday 23 January	Fri 23 Jan to Fri 27 Feb
Family Information 9am - 3pm Drop-in	SEND Local Offer 9am - 3pm Drop-in	Parent Carer Panel 12.30 - 2.30pm Booking Required	Cook & Eat Programme 12 Years + 3.30 - 5pm 6-week Programme Booking Required

Jan - Feb

Thurs 5 Feb to 26 Feb
Triple P for Baby Pregnancy to 12 months 2 - 4pm Booking Required

February

Monday 2 & 16 February	Thursday 26 February
Family Information 9am - 3pm Drop-in	SEND Local Offer 9am - 3pm Drop-in

March

Monday 2, 16 & 30 March	Thursday 19 March	Friday 20 March
Family Information 9am - 3pm Drop-in	SEND Local Offer 9am - 3pm Drop-in	Parent Carer Panel 12.30 - 2.30pm Booking Required

April

Thursday 23 April
SEND Local Offer 9am - 3pm Drop-in

Ongoing courses & Workshops

Any Time & Date	Various Dates
Solihull Approach Free online courses for Hounslow residents	Local Offer SEND Surgeries 0 - 25 Years Alternate Locations and Timings Drop-in



Scan here For further information or please visit the Local Offer Website

Session Details

Cook & Eat Programme

Healthy Hounslow offers a FREE 6-week Cook and Eat programme for local residents in the Borough. Each session includes hands-on cooking and nutrition information, as well as focussing on eating well on a budget and building confidence with cooking! Booking required - please contact familyhub@hounslow.gov.uk.

Family Information Drop-in

A drop-in session for parents to ask questions regarding funded childcare and early education. This session is run by Hounslow's Family Information Service (FIS).

Local Offer SEND Surgery

A face-to-face drop-in session for families to speak with a range of professionals for advice, guidance and support, around Special Educational Needs and Disabilities (SEND). Future dates available on the Local Offer Website: www.hounslow.gov.uk/send-local-offer

Parent Carer Panel (Booking Required)

We invite mums, dads, grandparents, and carers to join us and learn about Family Hub services. It's a chance to share your experiences and help shape the services we offer. The groups are relaxed and friendly, with refreshments and a creche provided. If you'd like to attend, please email: familyhub@hounslow.gov.uk.

SEND Local Offer Drop-in

A drop-in session for parents, carers, and young people to gain support using Hounslow's Local Offer website. The SEND Local Offer outlines services and support available for children and young people aged 0 to 25 years in Hounslow who have SEND.

Solihull Approach FREE online courses for Hounslow residents

Nurturing emotional health and wellbeing from bump to 19+ years. Please visit www.inourplace.co.uk and follow the simple registration process, inputting the access code LBHPARENTS.

Other Services Available at Family Hubs

Triple P for Baby Course (Booking Required)

Whether you're pregnant or your baby is already here, Triple P for Baby helps parents and carers who are looking for tips and ideas to help them navigate the challenges that come with having a new baby. It's a toolbox of proven, positive strategies with a variety of practical ways to promote your baby's development, build a stronger bond and support their emotional and physical health. Families need to commit to attending all 4 sessions. For further information or to register your interest, please email: familyhub@hounslow.gov.uk

VIG (Referral required)

Video Interaction Guidance (VIG) is a strengths-based approach that uses video recordings to help support relationships between parents and their babies or toddlers. A trained practitioner will film the family together and then show those moments of connection back, in order to build confidence and support positive change. Please contact familyhub@hounslow.gov.uk for further information.

Delivered by the Parent & Infant Relationship Service (PAIRS) Team.