



# SUMMER NEWSLETTER 2026

## Connecting Families. Strengthening Communities.


### WELCOME TO OUR FAMILY HUB NETWORK NEWSLETTER


Welcome to the latest edition of the Harrow Family Hub Network Newsletter, your go-to update on services, support, and opportunities for families, children, and young people across Harrow.

Our Family Hubs bring together services that support children and families from pregnancy through to young adulthood. By working collaboratively across the network, we aim to ensure every family can access the right support, at the right time.





## What's Inside This Issue

 Family Hub updates from across Harrow

 Partner highlights and collaborative work


 **July 17** Upcoming groups & activities

 Key announcements and service developments

 Voices from the network – celebrating good practice



## Stay Connected

 Harrow Family Hub Network

 Website link:

<https://www.harrow.gov.uk/familyhubs#sites>

 Contact email:

[earlysupporthub@harrow.gov.uk](mailto:earlysupporthub@harrow.gov.uk)

 Social media (Facebook):

<https://www.facebook.com/harrowcc>

 Social media (Instagram):

[@Wealdstone.youthhub](https://www.instagram.com/Wealdstone.youthhub)



## TO GIVE EVERY CHILD THE BEST START IN LIFE

### How we help the community

#### WHAT ARE FAMILY HUBS?

Harrow's Family Hub Network is made up of welcoming community spaces across the borough where families can:

- Get advice and guidance
- Join groups and activities
- Access parenting and family support
- Meet other families in their community
- Be signposted to specialist services when needed

Our aim is simple: help children and families thrive together.



### What's happening

#### PROGRAMMES YOU MIGHT SEE FEATURED

- Parents as First Teachers (PAFT)
- Stay and Play & Baby Groups
- Talk & Play - Speech, Language & Communication support
- Sensory Play
- Learning Through Play
- Imagine & Play
- Stories Come Alive
- Support for young people, carers and SEND families



### Find your local Family Hub

#### Central Hub

- Hilliview
- Wealdstone Youth Centre

#### East Hub

- Kenmore Park
- Chandos
- Stanmore Park

#### West Hub

- Cedars
- The Pinner Centre
- Gange

#### Website link:

<https://www.harrow.gov.uk/familyhubs#sites>

# LETS TAKE A CLOSER LOOK



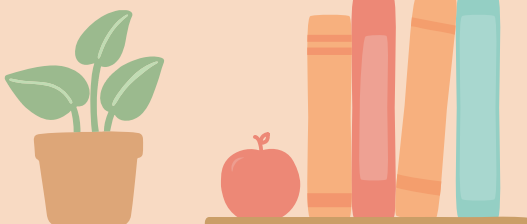
## PARENT WORKSHOP-PAFT AT HARROWS FAMILY HUBS

### What does PAFT stand for?

**PAFT STANDS FOR PARENTS AS FIRST TEACHERS.**

It is an evidence-based early childhood and parenting programme that supports parents to understand that they are their child's first and most influential teacher. The programme focuses on strengthening the parent-child relationship and improving children's early learning and development outcomes, particularly from pregnancy through to age 3 (and in some cases up to school readiness).

“The emphasis is on empowering parents, not “teaching at” them, and building confidence in everyday parenting and learning moments.”



### What's happening

**PAFT DELIVERY INCLUDES:**

- Practical play and learning activities parents can replicate at home
- Discussion and reflection on parent-child interaction
- Information on child development and neuroscience
- Peer support and social connection with other parents
- Advice on health, wellbeing, and local support services



**Sessions lead by Trained Early Help Practitioners**



Liz

# PARENT FEEDBACK



## Connecting Families

Parent 1:

My baby is almost 10 months and we have been joining the babies groups since he was 2 months. He enjoys it very much now and even recognises the team who are always welcoming us with a smile. It really helped me in my first postpartum months (information, meeting other mums, etc). Highly recommend!

## Learning Through Play



Parent 2:

Me and my daughter love coming to these playgroups. She enjoys the varied selection of toys and the open space to play. She feels comfortable with all the supervisors, who always come over to say hi and check in on babies and mums. Always recommend new parents to come along.

Parent 3:

My son has been coming to the groups since he was 4 months old, he is 7 months now and we love it! He loves playing with all the different toys and meeting all the other babies. I have recommended the groups to all my mum friends.



## Strengthening Communities.

Parent 4:

We have been coming to these sessions for many months and we love it! We love the range of toys and all the helpful advice we are given. It's great to see all the babies grow and develop. I always recommend these groups!

Parent 5:

Liz has been absolutely amazing in the baby sensory class. Very friendly class and amazing mums. I would highly recommend this class and Cedars Family Hub.



# LETS TAKE A CLOSER LOOK PARENT WORKSHOP-BESPOKE PARENTING & MANAGING EMOTIONS AT HARROWS FAMILY HUBS



## Bespoke Support (for parents of children and young people)

### THEME:

In our Family hubs we deliver the bespoke parent sessions where positive parenting strategies are shared with parents. Parents are encouraged to implement these at home and feedback to the group about their progress. These strategies are taken from the evidence-based programmes, “Incredible Years programme” and “Strengthening Families Strengthening Communities”.

Positive parenting strategies focus on building strong, respectful relationships between parents and children through consistency, empathy, and clear communication. When shared within a group setting, these strategies help parents feel supported, understood, and less isolated by normalising common challenges and encouraging shared problem-solving.

By learning approaches such as positive reinforcement, setting clear boundaries, and responding calmly to behaviour, parents gain confidence in their skills while also benefiting from peer encouragement and reassurance.

This collective learning environment strengthens parents’ emotional wellbeing and promotes a sense of community, empowering them to support their children’s development in a nurturing and effective way.



## Managing Emotions

### THERE’S MORE....

We also have a session on Managing Emotions which is popular.

Parents are encouraged and supported to nurture their children’s ability to understand and manage their feelings and provide calm, consistent support to help children regulate emotions.

Parents are given practical activities to carry out with children which they have said have been helpful.



## Do You Want To Find Out More..

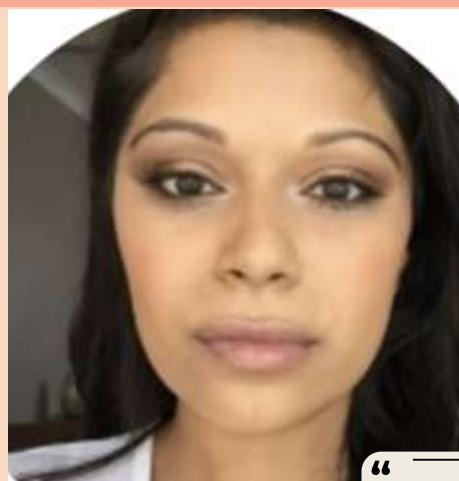
For more parent support sessions, please visit our website for the latest timetable:

 **Website link:**

<https://www.harrow.gov.uk/familyhubs#sites>



## Sessions are lead by Trained Early Help Practitioners



“ Neeta ”

FAMILY HUB | INNER LIGHT C.I.C



# PARENT & CHILD YOGA

## FOR AGES 0 - 5



A CALM, SENSORY-FRIENDLY SPACE FOR CONNECTION,  
REGULATION AND GROWTH



**SUPPORTING  
EMOTIONAL  
DEVELOPMENT  
THROUGH  
MOVEMENT,  
BREATH AND  
PLAY**



### WHEN

WEDNESDAYS  
9:30AM  
TERM TIME (17  
& 24 JUNE | 1,  
15, 22 & 29  
JULY)

### WHERE

📍 CEDARS  
CHILDREN'S  
CENTRE,  
WHITTLESEA  
ROAD HA3 6LS

### WHO:

🤝 SUITABLE FOR  
PARENTS OF  
CHILDREN AGES  
0-5, INCLUDING  
SEND OR ON  
THE PATHWAY  
TO DIAGNOSIS  
CONCERNS

### COST:

👥 FREE  
COMMUNITY  
CLASS

PLEASE REGISTER YOUR INTEREST



[WWW.INNERLIGHT.YOGA](http://WWW.INNERLIGHT.YOGA)



07342460983



@RISEWITHINNERLIGHT



SCAN TO BOOK

RECONNECT. REGULATE. BREATHE. TOGETHER.



# FAMILY HUB NETWORK

## Support the Family Hub Network – Help Us Hear Families’ Voices

The London Borough of Harrow Family Hub Network is currently gathering feedback from families to help shape and improve early help services across the borough. We are asking our valued partner services to support this work by encouraging families you work with to complete a short survey and share their experiences and views.

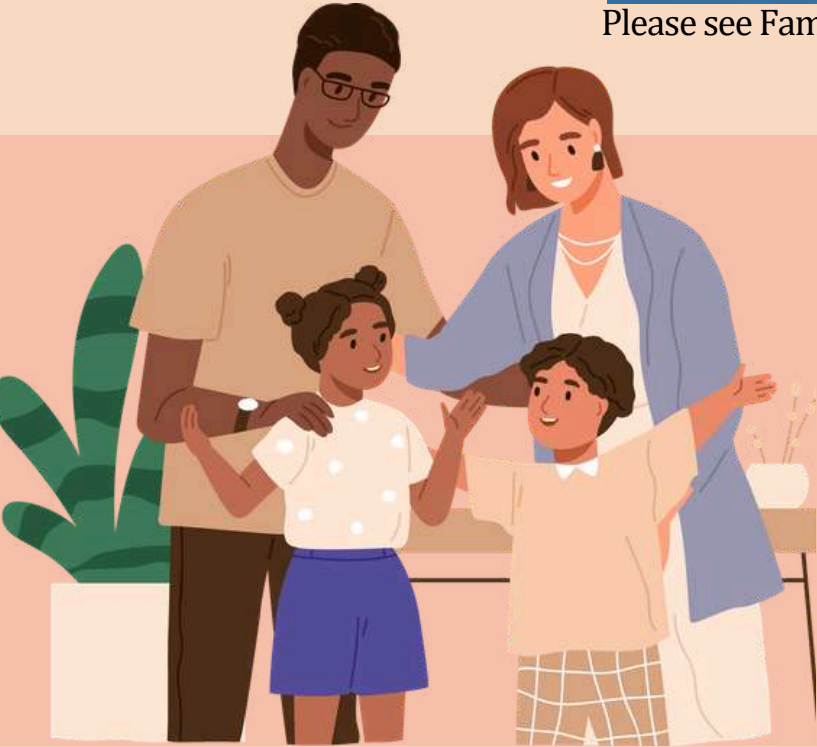
Your support is vital in helping us reach a diverse range of families and ensure that services are informed directly by what matters most to them.

Together, we can ensure that families’ voices are heard and used to strengthen the support available to them in Harrow.

Thank you for your continued partnership.



Please see Family Survey QR Code



LONDON BOROUGH OF  
**HARROW**

JOIN US FOR

# MUSIC RECORDING & SAMPLING SESSIONS



**RECORD IN A REAL STUDIO SESSION LEARN  
SAMPLING, LOOPING & MIXING BUILD YOUR  
OWN TRACK**

LOCATION: WEALDSTONE YOUTH CENTRE

38-42 High Street

Wealdstone, Harrow, HA3 7AE

AGES: 13 - 19

DATE:

*TUESDAY: 3:00PM-7:00PM*

*WEDNESDAY: 3:00PM-5:00PM*

*FRIDAY: 3:00PM-5:00PM*

*DURING SCHOOL TERM TIME*

**CONTACT: 0208 418 8667**

**WEALDSTONEHUBBYOUTHOFFER@HARROW.GOV.UK**

*Celebrating Harrow Youth*

THE WEALDSTONE YOUTH CENTRE PRESENTS

# THE YOUTH OFFER TALENT SHOW

**Unleash your  
inner star!**

Open to all young people ages 9  
- 19 (up to ages 25 SEND).  
Performances can include  
singing, dancing, drama, comedy,  
playing an instrument, magic  
tricks or any unique talent!

Family event

Prizes to be won

Snacks and Drinks Available

More details to be announced soon

Don't miss the chance to be part  
of this dazzling showcase of  
creativity and skill!

Sign up at the Wealdstone Youth  
Centre (HA3 7AE)

AUGUST  
19

**Contact:**

email [wealdstonehubyouthoffer@harrow.gov.uk](mailto:wealdstonehubyouthoffer@harrow.gov.uk) or call  
020 8416 8667

# WEALDSTONE YOUTH OFFER

## SUPPORTING YOUNG LEADERS: HARROW

### YOUTH PARLIAMENT HIGHLIGHTS

#### HYP

##### WHAT'S IT ALL ABOUT

Harrow Youth Parliament at Wealdstone Youth Centre brings together young residents from across Harrow to discuss local priorities, develop leadership skills, and take part in meaningful decision-making.


Participants have the opportunity to share ideas, build confidence, work with peers, and influence positive change within their community through youth-led campaigns, consultations, and projects.

#### Youth Voice at the Heart of Democracy


##### VISIT TO THE HOUSE OF COMMONS

We are incredibly proud to share that our very own youth representative, Arhan Panjwani, attended the House of Commons to take part in the UK Youth Parliament 2025, proudly representing the voices of young people across Harrow and our local community. This is an outstanding achievement and a true testament to Arhan's passion, dedication, and commitment to ensuring young people are heard on a national stage.

Please take a moment to watch the videos and view the pictures attached, capturing this powerful example of youth representation in action and the impact young voices can have.

 **UK Youth Parliament November 2025 – Morning Session:**


<https://www.youtube.com/watch?v=p017ZWpx8sc>

 **UK Youth Parliament November 2025 – Afternoon Session:**

<https://www.youtube.com/watch?v=5qnNCoiYmKE>

#### Harrow Youth Parliament Representative



“ Arhan Panjwani ” 



# WEALDSTONE YOUTH OFFER



## YOUNG PEOPLE LEADING THE WAY

### Youth-Led Activities in the Community

#### YOUNG PEOPLE LEADING THE WAY

Wealdstone Youth Centre continues to deliver engaging activities during half-term breaks and summer holidays, providing young people with opportunities to learn new skills, build confidence, and express themselves creatively. During the February half-term, one of our talented young people, Mateusz led a graffiti art session at Cedars Family Hub.

The session was a great success, showcasing youth leadership, creativity, and peer-to-peer learning. Participants thoroughly enjoyed taking part, and it was inspiring to see a young person step into a leadership role while sharing their skills with others.

### Mateusz feedback

#### GRAFFITI ART SESSION AT CEDARS FAMILY HUB

*"I felt motivated to become more creative, especially after seeing how much the children enjoyed graffiti art, their laughter and smiles made the experience even more rewarding. Watching Jay brought him a real sense of joy and pride, and it made his heart warm to see how much he was enjoying the session. The experience also gave him a strong sense of responsibility and helped to further develop his passion. Meeting professionals in the field opened his eyes to potential career opportunities within graffiti and art".*



### Session



### Want to Lead? Get Involved!

#### DO YOU HAVE A SKILL, IDEA, OR PASSION YOU'D LIKE TO SHARE WITH OTHER YOUNG PEOPLE?

We're looking for young volunteers who want to lead or support group activities at Wealdstone Youth Centre.

Whether it's art, sports, music, gaming, wellbeing, or something totally new, this is your chance to step up, build confidence, and make a real difference in your community.

- ✓ Gain leadership experience
- ✓ Develop new skills
- ✓ Boost your confidence
- ✓ Make a positive impact

If you're interested in volunteering or leading a group, we'd love to hear from you! Speak to a youth worker at Wealdstone Youth Centre or get in touch to find out more.

***Your voice. Your ideas. Your opportunity.***



## NEXTGEN DEV GRADUATION CEREMONY

### GRADUATION CEREMONY

#### YOUNG PEOPLE LEADING THE WAY

The NextGen Dev programme gave young learners hands-on exposure to cyber security, ethical hacking, and cyber awareness, helping them build strong foundations in digital safety and responsible tech use.

Over 60 students completed the programme, with more than 30 taking part in the graduation ceremony held on 30 March 2026.



### CONGRATULATIONS!!



# FAMILY HUB NETWORK

## Bright Minds Institute

*"Calling all Harrow professionals working with young people: Two proven pathways for brighter futures"*

## BRIGHTPATH

(Ages 5–25)



BrightPath provides structured coaching that strengthens both academic success and emotional wellbeing. Delivered fully online, one hour per week for six months, the programme is designed to complement family and school support.

- ➔ **For children (5–11):** Structured help with homework and core subjects, plus encouragement to develop healthy habits at home.
- ➔ **For teens (12–17):** Exam preparation, study strategies, and resilience-building to manage stress.
- ➔ **For young adults (18–25):** Financial literacy, job search skills, and life coaching for future readiness.

Parents are actively engaged throughout, ensuring progress is sustained beyond the sessions.

### Why It Matters:

Studies show that young people who receive structured coaching for just 5–6 months report higher academic attainment, improved confidence, and measurable wellbeing gains.

BrightPath equips young people with stability, confidence, and tools for success – laying the foundation for their next steps.

## NextGen Dev



The Digital Disruptor Crew  
(Ages 5–25)

NEXTGEN DEV

NextGen Dev is a direct pathway into technology, training, and future careers. Designed for young people from challenging backgrounds, it provides hands-on, practical skills that make a difference from day one.

Young people learn ethical hacking and digital problem-solving through guided projects.

They graduate with certificates, trophies, and keepsakes that celebrate achievement and boost self-belief.

We support every participant in taking the next step – whether into further training, college, or entry into a career path in tech.

**Why it matters:** The UK faces an annual shortfall of over 14,000 cyber security professionals (UK Government Cyber Security Skills Report, 2022). Demand for digital skills far exceeds supply, making programmes like NextGen Dev vital in preparing the next generation.

Previous cohorts have already seen young people progress directly into college places because institutions were impressed with their participation.

**REGISTER NOW**

**Contact Us:**

✉ [hello@brightmindsinstitute.org](mailto:hello@brightmindsinstitute.org)

**Spaces are limited. Are you ready?**

# HARROWS FAMILY GROUP CONFERENCE TEAM

## STRENGTHENING FAMILIES, BUILDING RESILIENCE



Are you part of the community/ voluntary sector service?



WOULD YOU LIKE TO PLAY A ROLE IN SUPPORTING FAMILIES TO BUILD RESILIENCE AND STRENGTHEN THEIR OWN NETWORKS OF SUPPORT?

Family Group Conferences (FGCs) provide a safe and empowering space where families, with the support of their wider networks, make meaningful decisions that help them thrive. By working together, families can create solutions that positively impact their children and strengthen the whole family structure



Stay Connected



If you'd like to find out more about how you can get involved to support the families you are working with, contact Harrow's Family Group Conferencing team at:

✉ Contact email:

[fgcservice@harrow.gov.uk](mailto:fgcservice@harrow.gov.uk)

# family group conference

## 1 What is an FGC?

A Family group conference is a structured decision-making process whereby the wider family and friends network are the decision makers. The FGC enables them to work together to problem solve a specific issue that will promote child/young person wellbeing and safeguards. The aim of the model is to empower families through voluntary service (consent driven) to accept responsibility for their own family.



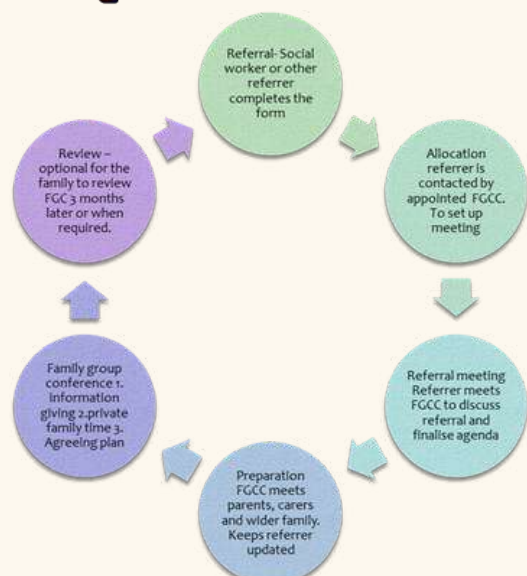
## 2 The role of the children

In a Family Group Conference (FGC), a child's role is to share their thoughts and feelings about what's happening. Their input helps the family make decisions that are best for them. The child can also say who they trust and want support from during the process.

## 3 Advocacy

An advocate can be arranged to support an adult or child in the conference and this can be discussed with the FGC coordinator.

## 4 The process



### The referral:

- Ensure person/s with PR has given consent!
- Ensure contact details are up-to-date in Mosaic and shared on referral form.
- Be prepared to provide any additional info and regular updates to the coordinator. Help develop questions for the conference.
- Be available to attend the conference.
- Lead professionals will review the family plan to ensure safety.
- If an emergency arises, arrange for a colleague to attend the conference to support the family.

## 5 focused areas of our work

- Safeguarding
- Children looked after by social care
- Family support & pre-proceedings
- Children with disabilities
- Young people transitioning to adult social care
- Kinship carers



## 6 How do you contact us?

The Pinner Centre,  
Chapel Lane Car Park,  
Harrow HA5 1AA  
[fgcservice@harrow.gov.uk](mailto:fgcservice@harrow.gov.uk)

FGC REFERRER FEEDBACK SURVEY





## APRIL-JULY 2026

### Baby Massage

**Monday** 10:30am - 12:00noon  
Cedars children's centre  
Whittlesea Road, Harrow, HA3 6LS

**Friday** 1:00pm - 2:30pm  
Hillview Children's Centre,  
HA2 0LW

Suitable from when your baby is **six weeks old**. Perfect for bonding with your little one while learning techniques to help with; Colic & digestive discomfort, better sleep, relaxation & development and building confidence as a parent.

**Please book your FREE course.**

### Breakfast with Baby

**Tuesday (Term Time)**  
11:00am-1:00pm  
North Harrow Community Library,  
429-433 Pinner Road,  
North Harrow, HA1 4HN

A relaxed, friendly group for parents and babies aged **0-1 years old**. Meet other parents, share experiences and enjoy time with your little one. Join us for a chat, a cuppa and a supportive space to connect.

**FREE. Just drop in. No need to book.**

### Sling Meet & Library

One **Tuesday** each month  
North Harrow Community Library

One **Thursday** each month  
Cedars children's centre

Hands-on session for parents and carers to explore baby carriers and slings. Learn how to choose the right option, achieve a safe fit, and carry your baby comfortably while supporting bonding.

**Please book your FREE appointment slot—no obligation to hire.**

### Family Shop & Baby Bank

First and third **Wednesday**  
each month.  
11:00am-1:00pm  
(Booking required. Hourly  
slots. One family per session.  
Central Harrow location)

Blossom Baby Bank supports families in Harrow with essential items and clothing for babies and children **up to one year old**. Make a professional referral and we'll prepare a bundle of quality pre-loved clothing and essentials, or families can book to visit our Family Shop.

Complete the online professional form at [www.blossomantenatal.com/referrals](http://www.blossomantenatal.com/referrals) or families can book the in person Family Shop at [www.blossomantenatal.com/family-shop](http://www.blossomantenatal.com/family-shop)

### Afghan ESOL Class

**Thursday**  
10:15am-12:15pm  
Greenhill Library  
Perceval Square College Rd,  
Harrow HA1 1GX

**English for Life, Family & Wellbeing** is an ESOL course for Afghan women new to the UK. Build practical English for everyday life, with a focus on family wellbeing, child development and mental health, in a safe, supportive women-only space.

**Email [hello@blossomantenatal.com](mailto:hello@blossomantenatal.com) for more information.**

For further information or to book online visit Harrow Hub at

[www.blossomantenatal.com](http://www.blossomantenatal.com)



Pregnancy | Postnatal | Parenthood  
Education, support and community for new and expectant families



**Blossom**


# Sling Meet & Library

Get advice from  
babywearing consultants  
on safely carrying your  
baby, fit checks on your  
own slings/carriers or  
hire slings/carriers.





TO BOOK YOUR SLOT


[www.blossomantenatal.com/sling-meet](http://www.blossomantenatal.com/sling-meet)


 First Tuesday of each month  
(Term Time only)

 11:00am-1:00pm

 North Harrow Community  
Library, 429-433 Pinner Road,  
North Harrow, HA1 4HN

 One Thursday a month  
(Term Time only)

 11:30am-1:30pm

 Cedars children's centre  
Whittlesea Road  
Harrow, HA3 6LS

 Follow us on Instagram @stan.and.flo & @blossomantenatal



# Baby Bank

# Blossom



**Blossom Baby Bank** offers support to families in Harrow with essential items and clothing for **babies and children up to one years old.**

We know providing **good quality pre-loved clothing, toiletries and baby equipment** can give families the tools and support they need to address immediate challenges, and empowers them to thrive in the future. **It also lets them know they are not alone in Harrow, but part of a community who cares.**

## What we can provide

While we cannot guarantee we will always have an item in stock, we will try our best to get the item donated for the family.

### Clothing & Equipment

- Children's clothing: Premature baby to 1 years old
- Small toys and books
- Nappies (unopened/sealed packets)
- Muslins
- Baby baths and bath supports
- Baby carriers & slings
- Bouncy chairs
- Changing mats (no rips or tears)
- Play mats & baby gyms
- Sterilisers (non electrical)
- **Professional referral only**
- Buggies & prams
- High chairs
- Stair gates (pressure fit only)

### Toiletries (unopened)

#### Adult

- shampoo and shower gel
- toothpaste
- toothbrushes
- deodorant
- nursing pads
- maternity pads

#### Baby/child

- bubble bath
- shampoo
- nappy cream
- toothpaste
- toothbrushes
- baby wipes

### Sleeping

- Bedding - blankets, sheets, duvet covers & pillow cases (for cots, cot beds and single beds)
- Cellular blankets
- Duvets - single
- **Professional referral only**
- Cots
- Cot beds - No mattresses
- Travel cots
- Moses basket

#### Other

If a family needs something in particular we can try our best to supply it. Please list on the referral form.

## How to refer



MAKE A REFERRAL



SCAN HERE

### Make a professional referral to the Baby Bank

A referral to Blossom Baby Bank is the process by which requests to support families are made by local professionals, such as midwives, health visitors, teachers, Family Hubs, voluntary organisations etc. These families have typically been identified as needing help to get them out of adverse living situations or support them in a particular time of need.

**To request support please complete the online form:**  
[www.blossomantenatal.com/referrals](http://www.blossomantenatal.com/referrals)

## Visit



BOOK FOR THE



FAMILY SHOP

### Visit the Family Shop

Alternatively **families can book direct** to make a visit to our **Family Shop** sessions which run twice a month, where they will be able to choose essential clothing and items for themselves.

These sessions are available to one family at a time. Pre-booking is required to secure your slot at our central Harrow location. Scan the QR code to visit the website and choose your session time.



[www.blossomantenatal.com](http://www.blossomantenatal.com)



Reduce



Reuse



Recycle

# Citizens Advice Harrow is part of Harrow's Family Hub Network

citizens  
advice

Harrow

**Harrow's Family Hubs are improving the way families and young people access support, information, and advice.** These Hubs bring together the support and services a family and a young person may need, when they need it.



You can access Citizens Advice Harrow's advice service at the following hubs:

Cedars, Chandos, Hillview, Kenmore, Pinner, and Wealdstone Youth Club.

Please contact us on **0808 250 5705** to make an appointment.

Citizens Advice Harrow is the operating name of Harrow Citizens Advice Bureaux Service Ltd, a charity and company limited by guarantee.  
Registered office address: 4 Gayton Road, Harrow, HA1 2FB  
Charity registration number: 1060926.  
Company registration number: 03090292 (England and Wales).  
Authorised and regulated by the Financial Conduct Authority.  
FCA Authorisation Number: 617626

KEY



# EARLY HELP CONTACTS

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## YOUNG HARROW FOUNDATION

<https://youngharrowfoundation.org/weareready>

## JOY APP

<https://services.thejoyapp.com/>

## CHILDREN'S CENTRE & YOUTH OFFER

Instagram: [@Wealdstone.youthhub](https://www.instagram.com/Wealdstone.youthhub)

Facebook: [www.facebook.com/harrowCC](https://www.facebook.com/harrowCC)

Email: [earlysupporthub@harrow.gov.uk](mailto:earlysupporthub@harrow.gov.uk)

Website: <https://www.harrow.gov.uk/familyhubs#sites>



## SUPPORT FOR CHILDREN WITH SEND

<https://harrowparentforum.org>

[www.adhdandautism.org](http://www.adhdandautism.org)

<https://www.specialneedscommunity.org.uk/>

[www.harrow-sendias.org.uk](http://www.harrow-sendias.org.uk)

