

Working with you and your child to  
enhance your child's development  
and to help them to reach their full  
potential

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**Useful Contacts:**

**NHS Direct**  
0845 4647

**Families' Information Service**  
0800 073 4800

**Net Mums**  
[www.netmums.com](http://www.netmums.com)

21 June 2011

**OTHER SERVICES THAT CAN BE  
ACCESSED THROUGH HEALTH  
CENTRE RECEPTION**

**01895 488850**

**Family Planning**

Please ask at reception for an  
appointment

**Positive Parenting Programme**

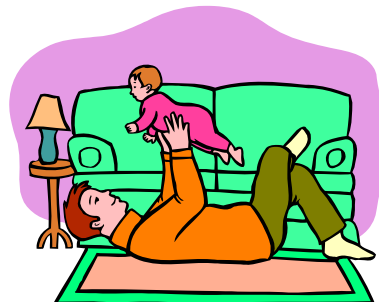
Ask Health Visitor for further information

**SERVICES WHICH CAN BE ACCESSED  
THROUGH HEALTH VISITOR:**

**Speech and Language Therapy**

**Enuresis (Bed Wetting) Clinic**

**Podiatry (Chiropody) Clinic**



**HILLINGDON COMMUNITY  
HEALTH**



**Health Visitor Information  
Leaflet**

**UXBRIDGE HEALTH CENTRE**  
Chippendale Way  
Uxbridge  
UB8 1QJ

**Tel: 01895 488850**  
**Fax : 01895 488851**

**THE HEALTH VISITING TEAM**  
**Helen Davis (Team Leader)**  
**Anne Harris, Lorna Peck,**  
**Bernadette Osborne, Tracey Hayes**  
**Diane Richards-Mussio**  
**Krishna Prashar**  
**Staff Nurses: Olabisi Ogunde &**  
**Sue Ruane**  
**Nursery Nurse: Julie Slade**  
**HVA: Sue Bartlett**



The Health Visitors are available for advice and support and can be contacted by telephone between:

9:00am & 5:00pm  
 Monday to Friday

on

01895 488850

Should they be out, please leave a message and they will return your call

**Child Health Clinics**

**Tuesday** 9.30am - 11.30am  
 (Upstairs at Uxbridge)

**Wednesday** 1.30pm - 3.30pm  
 (Belmont Medical Centre -  
 For patients of Belmont GPs  
 only)

**Thursday** 9.15am - 11.00am  
 Oak Farm Children's  
 Centre  
 Windsor Avenue  
 Hillingdon  
 UB10 9PD

**Thursday** 1.30pm - 3.30pm  
 (Upstairs at Uxbridge)

**Friday** 9.00am - 11.00am  
 Cowley Infant School  
 Worcester Road  
 Cowley, UB8 3TH

**New Parent & Baby Group**  
**Please phone 01895 488850 for details**

**Monday** 1.30 pm - 3.00 pm  
 Uxbridge Health Centre  
 Chippendale Way

**Wednesday** 1.00pm-2.30pm  
 Oak Farm Children Centre  
 Windsor Avenue  
 Hillingdon  
 Middlesex

FREQUENCY OF WEIGHING ONCE FEEDING IS  
 ESTABLISHED: Age range 1-6 Month Once a  
 month  
 Age range 6-12 Month Every 2 months  
 One Year + Every 3 Months

**Children's Centre's**

Children's Centre's offer a range of activities for all families with children under five. They can provide fun activities and information to support you and your family.

Colham Manor  
Children's Centre  
 Violet Avenue, Hillingdon  
 UB8 3PT

01895 448228

Cowley St Laurence  
Children's Centre  
 Worcester Road, Cowley  
 UB8 3TH

01895 671997

Oak Farm  
Children's Centre  
 Windsor Avenue, Hillingdon  
 UB10 9PD

01895 254408

