

Session	Time	Date(s)	Age group	Booking details
<b>Health Review Checks</b>	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
<b>Toddler Talk</b>	10am - 11am	Weekly	18 months to 3 years	<a href="#">Book a space online</a>
<b>Employment support and advice</b>	10am - 3:30pm	Weekly	Over 18's	Call centre to book an appointment
<b>Breastfeeding support session</b>	1pm - 3pm	Weekly	Babies	Drop-in session
<b>Let's Talk</b>	1.30pm - 2.30pm	Weekly	14 months to 3.5 years	<a href="#">Book a space online</a>
<b>Toy library</b>	3pm - 4.30pm	Weekly	0 - 5 years	Drop-in session
<b>Registration drop-in</b>  Come and get help to register with the Family Wellbeing Centres.	2pm - 4pm	Weekly	Families, Children and Young people	Drop-in session



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Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Parenting Programme	10am – 12pm	Weekly Term time only	Female carers	By referral only
Healthy Lifestyle Programme	12.30pm – 2pm	13 January - 10 February	1 - 5 years	<a href="#">Book a space online</a>



Session	Time	Date(s)	Age group	Booking details
<b>Baby sensory</b>	10am - 10:45 am	Weekly	0 - 12 months	<a href="#">Book a space online</a>
<b>Being With your Baby</b>	10am - 11.30am	28 January 4 February 11 February 25 February 4 March	0 - 12 months	<a href="#">Book a space online</a>
<b>Children &amp; Families Information Service - CFIS</b>	10am - 3pm	Weekly	Families	Call centre to book an appointment
<b>Baby Massage</b>	11am - 12pm	7 January 14 January (21 January TBC)	3 - 10 months babies	<a href="#">Book a space online</a>
<b>Registration drop-in</b>  Come and get help to register with the Family Wellbeing Centres	11.30am - 1pm	Weekly	All ages	Drop-in session
<b>Building Brilliant Brains</b>	1pm - 2.15pm	11 February - TBC	0 - 5 years	<a href="#">Book a space online</a>
<b>Prospects</b>	1pm - 5pm	Weekly	16 – 19 years or up to 25 years with disability	By appointments / referrals
<b>Art club</b>	4pm - 5.15pm	Weekly - term time only	8 - 14 years	<a href="#">Book a space online</a>
<b>Young carers</b>	4.30pm - 6pm	1st Wednesday of the month	8 years plus	By referrals



Session	Time	Date(s)	Age group	Booking details
<b>Citizen's Advice Brent</b> Independent advice in all legal matters.	9.30am - 3.30pm	Weekly	Families with Children under 18 years (with additional needs up to 25 years)	Call centre to book an appointment
<b>Story and Rhymes</b>	10am - 11am	Weekly	0 - 5 years	<a href="#">Book a space online</a>
<b>Toy library - Borrow toys</b>	9.30am - 11.30am	Weekly	0 - 5 years	Drop-in session
<b>Introduction to solids</b>	1pm - 2.30pm	2nd Thursday of the month	4 to 8 months ( babies )	<a href="#">Book a space online</a>
<b>Brent - PAIRS</b>	1.30pm - 5pm	Weekly	0 - 2 years ( A bonding session between mother and Child)	By appointments / referrals



Session	Time	Date(s)	Age group	Booking details
Health review checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
ESOL classes	10am - 11.45am	16 Jan - 27 March 2026	Families	Call centre to book an appointment
STAR - Supporting the Assessment for Autism and ADHD	10am - 12pm	13 March	Families	Drop-in session
Mixed Martial Arts	3.45pm - 4.45pm	Weekly - term time only	8 years plus	<a href="#">Book a space online</a>



Session	Time	Date(s)	Age group	Booking details
<b>Citizen's Advice Brent</b> Independent advice in all legal matters.	9.30am - 12.30pm	10 Jan to 14 Feb	Families with Children under 18 years (with additional needs up to 25 years)	Call centre to book an appointment
<b>Dad's Programme</b>	10am - 11.30am	10 Jan	0 - 8 years	<a href="#">Book a space online</a>
<b>SEND family Group with SEN Yoga</b>	10am - 11.30am	24 January	For Families with a child with SEND	<a href="#">Book a space online</a>
<b>Family Playtime</b>	10am - 11.30am	31 January 7 February 14 February	0 - 5 years	<a href="#">Book a space online</a>



# Centre information

- Free vitamins are available at the Family Wellbeing Centre for all pregnant women and children under 5 years old. [Find out if you are eligible](#)

## Useful Links

**The Local Offer** - <https://www.brent.gov.uk/localoffer>

Provides information and advice for Children with Special Educational Needs and Disabilities (SEND)

**Brent Start For Life** - <https://www.brent.gov.uk/startforlife>

Find information and advice about pregnancy, birth and children under 5, along with local support to help you give your child the best start in life.

**Brent Youth Zone** - <https://www.brentyouthzone.org.uk/>

Provides information and activities for young people.

**Children and Family Information Service (CFIS)** - <https://www.brent.gov.uk/cyp>

Provides information and advice on a range of services for families, including childcare and early education.

**Holidays Activities and Food Programme** - <https://www.brent.gov.uk/haf>

Provides free access to activities and healthy meals to eligible children during school holidays.



[Alperton Family Wellbeing Centre](#)

Alperton  
Ealing Road, Wembley  
HA0 4PW  
Phone: 020 8937 3860  
Email: [Alperton.FWC@brent.gov.uk](mailto:Alperton.FWC@brent.gov.uk)



[Barnardo's & Brent out of hours Family Support Helpline](#)

Telephone: 0800 158 2358  
Opening times:  
Mon, Weds, Friday 6pm – 10pm  
Saturday and Sunday 10am – 5pm

