

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

Session	Time	Date(s)	Age group	Booking details
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
Parents as First Teachers - Growing together	11:30am – 1:30pm	31 March 7 April 14 April 21 April	0 - 5 years	Book a space online
SEND - Family Group	1:30pm – 2:30pm	Starts 28 April Weekly	0 - 5 years	Book a space online

Session	Time	Date(s)	Age group	Booking details
Baby sensory	10am - 10:45 am	Weekly	0 - 12 months	Book a space online
Children & Families Information Service - CFIS	10am - 3pm	Weekly	Families	Call centre to book an appointment
Registration drop-in Come and get help to register with the Family Wellbeing Centres	11:30am -1pm	Weekly	All ages	Drop-in session
Two & Terrific	1pm – 2:30pm	6 May to 20 May	18 months Plus	Book a space online
Prospects	1pm - 5pm	Weekly	16 -19-years or up to 25 years with disability	By appointments / referrals
Art club	4pm – 5:15pm	Weekly Term time only	8 - 14 years	Book a space online
Young carers	4:30pm - 6pm	1 st Wednesday of the month	8 years plus	By referrals

Thursday

Alperton Best Start Family Hub timetable
April – July 2026

Session	Time	Date(s)	Age group	Booking details
Citizen’s Advice Brent 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
Story and Rhymes	10am - 11am	Weekly	0 - 5 years	Book a space online
Toy library - Borrow toys	9:30am – 11:30am	Weekly	0 - 5 years	Drop-in session
Introduction to solids	1pm – 2:30pm	2 nd Thursday of the month	4 to 8 months (babies)	Book a space online
Brent - PAIRS	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	Starts 17 April	Families	Book a space online
Emotional Health & Wellbeing Workshop	12:30pm – 2:30pm	24 April to 3 July	Families	Book a space online
Mixed Martial Arts	3:45pm - 5pm	Weekly - term time only	8 years plus	Book a space online

Centre information

Free vitamins

Pick up free vitamins at the Best Start Family Hub 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.



[Alpertons Best Start Family Hub](#)

Alpertons

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