

Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Toddler Talk	10am - 11am	Weekly	18 months to 3 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
Let's Talk	1.30pm - 2.30pm	Weekly	14 months to 3.5 years	Book a space online
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
Healthy Lifestyle Programme	12.30pm – 2pm	13 January - 10 February	1 - 5 years	Book a space online



Wednesday

Alperton Family Wellbeing Centre timetable

January - March 2026

Session	Time	Date(s)	Age group	Booking details
Baby sensory	10am - 10:45 am	Weekly	0 - 12 months	Book a space online
Being With your Baby	10am - 11.30am	28 January 4 February 11 February 25 February 4 March	0 - 12 months	Book a space online
Children & Families Information Service - CFIS	10am - 3pm	Weekly	Families	Call centre to book an appointment
Baby Massage	11am - 12pm	7 January 14 January (21 January TBC)	3 - 10 months babies	Book a space online
Registration drop-in Come and get help to register with the Family Wellbeing Centres	11.30am -1pm	Weekly	All ages	Drop-in session
Building Brilliant Brains	1pm - 2.15pm	11 February - TBC	0 - 5 years	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	1st Wednesday of the month	8 years plus	By referrals



Thursday

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 January - 27 March	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	Book a space online



Session	Time	Date(s)	Age group	Booking details
Citizen's Advice Brent Independent advice in all legal matters.	9.30am - 12.30pm	10 January to 14 February	Families with Children under 18 years (with additional needs up to 25 years)	Call centre to book an appointment
Dad's Programme	10am - 11.30am	10 January	0 - 8 years	Book a space online
SEND family Group with SEN Yoga	10am - 11.30am	24 January	For Families with a child with SEND	Book a space online
Family Playtime	10am - 11.30am	17 January 31 January 7 February 14 February	0 - 5 years	Book a space online



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 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.

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.



[Alperton Family Wellbeing Centre](#)

Alperton
Ealing Road, Wembley
HA0 4PW
Phone: 020 8937 3860
Email: 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

