

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> <b>Let's Talk</b>	10am - 11am 1.30pm – 2.30pm	Weekly	18 months to 3 years 14 months to 3.5 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>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	16 Sept to 14 Oct	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>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>Henry Programme</b>	12pm – 2.30pm	Weekly	0 – 5 years	By referral and <a href="#">online booking</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	1 <sup>st</sup> Weds 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 – 4.00pm	Weekly	Families with Children under 18 years (with additional needs up to 25 years)	Call centre to book an appointment
<b>Toy Library</b>	9.30am – 11.30am	Weekly	0 – 5 years	Drop-in session
<b>Story and Rhymes</b>	10am – 11am	Weekly	0 – 5 years	<a href="#">Book a space online</a>
<b>Introduction to solids</b>	1pm – 2.30pm	2 <sup>nd</sup> 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



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Health Review Checks	9am to 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
ESOL classes	10am – 11.45am	Weekly – Term time only	Families	Call centre to book an appointment
Mixed Martial Arts	3.45pm – 4.45pm	Weekly – Term time only	8 years plus	<a href="#">Book a space online</a>
STAR – Supporting the Assessment for Autism and ADHD	10am – 12pm	10 October	Families	Drop-in session



Session	Time	Date(s)	Age group	Booking details
<b>Family Playtime</b>	9.45am – 11am	27 September 4 October 11 October 18 October	0 – 5 years	<a href="#">Book a space online</a>
<b>Infant Feeding Support</b>	9.30am – 12.30pm	13 September 20 September 4 October (vaccinations) 18 October	Babies	Drop-in session
<b>Dad's Programme</b>	10am – 11.30am	13 September	0 – 8 years	<a href="#">Book a space online</a> (For Dad's only)
<b>SEND Session</b>	10am – 11.30am	20 September	Children & Families	<a href="#">Book a space online</a>
<b>Baby Yoga</b>	9.30am – 11am	13 September	3 – 10 months	<a href="#">Book a space online</a>
<b>SEN Yoga</b>	9.45am – 11.15am	20 September	0 – 19 years	<a href="#">Book a space online</a>
<b>Potty Training</b>	11am – 12.30pm	27 September – 18 October	18 months – 3 years ONLY	<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 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](#)

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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

