

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
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
Art Club	2pm - 4pm	28 July, 4 August, 11 August, 18 August	8-14 years	Book a space online

Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Summer Outing at King Edwards V11 Park	10:30am – 1:30pm	12 August	0 - 7 years	Book a space online
Baby Massage	10:30am – 11:30am	19 August	3 - 10 months	Book a space online
Potty Training	1:30pm – 2.30pm	8-29 July	18months+	Book a space online
Felix Food Project	2pm – 4:30pm	Weekly	Families	Referral only
Dance	2pm - 4pm	5 August	8+	Book a space online
Gaming	10pm - 2pm	12 August	8+	Book a space online
	2pm - 4pm	19 August		



Session	Time	Date(s)	Age group	Booking details
Baby sensory	10am - 10:45 am	Weekly	0 – 12 months	Book a space online
Registration Drop in Get help to register with the Family Wellbeing Centres	11:30am - 1pm	Weekly	All ages	Drop-in session
Prospects	1pm – 5pm	Weekly	16 -19-years or up to 25 years with disability	By Appointments / Referrals
Family Funday	11:30pm - 3pm	20 August	0-18 years and families	Book a space online
Steel Pan	11:30pm – 1:30pm	30 July, 6 August, 13 August	8 years+	Book a space online
Movie Club	2pm - 4pm	30 July 6 August	6 – 12 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Citizen's Advice Brent Independent advice in all legal matters	9:30am – 4pm	Weekly	Adults	Call Centre to book an appointment
Toy Library	9:30am – 11:30pm	Weekly	0 – 5 years	Drop-in session
Story and Rhymes	10am – 11am	Weekly	0 – 5 years	Book a space online
Introduction to solids	1pm – 2:30pm	2 nd Thursday of the month	4 to 8 months (babies)	Book a space online
Let's Talk	1:30pm – 2:30pm	Weekly From 28 July the session will change to Mondays, same time	14 months – 3.5 years	Book a space online
Prospects	2pm – 5pm	Weekly	16 -19-years or up to 25 years with disability	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
Sow and Grow Gardening with Jim	10pm - 12pm	1 August 15 August	2 - 12 Years	Book a space online
Baby Massage	11:45pm - 12:45pm	25 July	3 - 10 months	Book a space online
SEN Yoga	10:30pm - 11:30pm	22 August	6 - 12 years	Book a space online
Mixed Martial Arts	2:30pm - 4:30pm	Weekly 25 July 1 August 8 August 15 August	8 – 14 years	Book a space online
Seaside Trip to Clacton on Sea	8:30 - 4:30	22 August	0 - 18 (£3 per person)	Book a space online



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

Ealing Road, Wembley
HA0 4PW

Phone: 0208 937 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

