

Monday

Alpertown Best Start Family Hub timetable

20 July – 21 August 2026

Sessions	Date(s)	Time	Age group	Booking details
Health review checks	Weekly	9am - 5pm	1 - 2 years	By appointments from Health Visitors
Family Financial Resilience Support - FFRS	Weekly	9:30am – 3:30pm	Families with Children under 18 years (with additional needs up to 25 years)	Call centre to book an appointment
Housing surgery	3 Aug 2026	9:30am – 12:30pm	Families	Call centre to book an appointment
Toddler Talk	Weekly	10am - 11am	18 months to 3 years	Book a space online
Employment support and advice	Weekly	10am - 3:30pm	Over 18's	Call centre to book an appointment
Breastfeeding support session	Weekly	1pm - 3pm	Babies	Drop-in
Let's Talk	Weekly	1:30pm – 2:30pm	14 months to 3.5 years	Book a space online
Registration drop-in Come and get help to register with the Family Wellbeing Centres.	Weekly	2pm - 4pm	Families, children and young people	Drop-in
Toy library - borrow toys	Weekly	3pm – 4:30pm	0 - 5 years	Drop-in

Sessions	Date(s)	Time	Age group	Booking details
Health review checks	Weekly	9am - 5pm	1 - 2 years	By appointments from Health Visitors
SEND family group	Weekly	1:30pm – 2:30pm	0 - 5 years	Book a space online
Dance workshop	28th July 4 August 11 August 18 August	2pm – 3:30pm	8 - 14 years	Book a space online

Session	Date(s)	Time	Age group	Booking details
Baby sensory	Weekly	10am - 10:45 am	0 - 12 months	Book a space online
Children & Families information Service	Weekly	10am - 3pm	Childcare information Service	Call Centre to book
Movie Club	5 August	11am - 1pm	6 - 12 years	Book a space online
Registration drop-in Come and get help to register with the Family Wellbeing Centres	Weekly	11:30am -1pm	Families, children and young people	Drop-in
Vaccination UK - Clinic	29 July 5 August 19 August	1pm - 4pm	Children	By appointments from Health Visitors
Art club - Dream in Colour	29 July 5 August 12 August 19 August	2pm – 3:30pm	8 - 14 years	Book a space online

Thursday

Alpertown Best Start Family Hub timetable

20 July – 21 August 2026

Session	Date(s)	Time	Age group	Booking details
Citizen's Advice Brent Independent advice in all legal matters.	Weekly	9:30am – 3:30pm	Families with Children under 18 years (with additional needs up to 25 years)	Call centre to book an appointment
Story and Rhymes	Weekly	10am - 11am	0 - 5 years	Book a space online
Brent - PAIRS	Weekly	1:30pm - 5pm	0 - 2 years (A bonding session between mother and child)	By appointments / referrals
Steel pan workshop - TBC	30 July 6 August 13 August 20 August	2pm – 3:30pm	8 years plus	Book a space online

Friday

Session	Date(s)	Time	Age group	Booking details
Health review checks	Weekly	9am - 5pm	1 - 2 years	By appointments from Health Visitors
Prospects	Weekly	9am - 5pm	16 -19-years or up to 25 years with disability	By appointments / referrals
Baby Massage	31 July 7 August 14 August	10:30am – 11:30am	3 - 10 months	Book a space online
Family Fun Day	21 August	12pm - 3pm	All families	Book a space online
Movie Club	24 July	2pm - 4pm	6 - 12 years	Book a space online

Centre information

- Free vitamins are available at the centre for all pregnant women and children under 4 years old
- Triage Service available if you need help to access services in the FWC's and the community

Useful links

The Local Offer for Children with Special Educational Needs and Disabilities (SEND)
<https://www.brent.gov.uk/children-young-people-and-families/send-local-offer>

Children and Family Information Service (CFIS) - <https://www.brent.gov.uk/children-young-people-and-families>
Provides information and advice on a range of services for families, including childcare and early education.

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/>



[Alperton Best Start Family Hub timetable](#)

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