

Monday

Church Lane Best Start Family Hub timetable

April – July 2026

Session	Time	Date(s)	Age group	Booking details
Midwifery services	9am - 4pm	Weekly	Expectant mums	By appointment from Midwifery Team
Baby Time	9:30am - 10:30am	Weekly	0 - 12 months	Book a space online
Pregnancy yoga	11am - 12pm	Weekly	14 weeks to birth expectant parents	Book a space online
Introduction to solids	11am - 12:30pm	Third Monday of every month	4 - 6 months	Book a space online
Baby Yoga	12:15pm - 1:15pm	Weekly	3 -10 months	Book a space online
Let's Talk	2pm - 3pm	Weekly	14 months - 3.5 years	Book a space online
Felix food donation Food parcel support for families in need of food.	2:30pm- 4:30pm	Weekly	Families	Drop-in session



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Health visiting review checks	9am - 4pm	Weekly	As per appointment	By appointments from Health Visitors
Citizen's Advice Brent Independent advice in all legal matters.	9am - 3pm	Weekly	Families	Call Centre to book an appointment
Mini Garden Explorers		Weekly	18 months - 4 years	Book a space online
Parents as First Teacher - School Reddiness	1pm - 2:30pm	4-week course starting 16 Jun	0 - 5 years	Book a space online
Welcome to CAAS (Centre for ADHD and Autism Support)	10 - 11am	7 July		Book a space online or drop-in
Brent Health 4 Life Mini Nutrition Workshops	12pm - 13:30pm	5-weeks course starting 14 April		Book a space online

Session	Time	Date(s)	Age group	Booking details
Midwifery service	9am - 4pm	Weekly	Expectant mothers	By appointment only from midwives
Mini Nutrition 121 Clinic	9:30am - 12:30pm	Fortnightly	8 months - 5 years	Email: lcht.brent4life@nhs.net for appointment
Breast Feeding Support Clinic	9am - 12pm	Fortnightly	Babies	Book a space online
Being With Your Baby	10am - 11:30am	6 session programme starting 3 June	0 - 12 months	Email: clcht.brentinfantfeedingsupport@nhs.net for appointment
Potty Training	10am - 12pm	4-week course starting 29 April	0 - 5 years	Book a space online
Sewing Club with Brent Start	1pm - 3pm	10-week course starting 20 April		
Mixed Martial Arts	4pm - 5pm	Weekly	10 - 18 years	Book a space online



Thursday

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Health visiting review checks	9am - 4pm	Weekly	As per appointment	By appointments from Health Visitors
Busy Feet	9:30am - 10:30am	Not available first and third Thursday of the month. Term time		Book a space online
Portage session	10am - 12pm	First and third Thursday of the month. Term time	Families	By appointments from Portage Team
Parenting Matters	10am - 12pm	1st Thursday of every month	Adults	Call centre to book an appointment
Story and Rhyme Time	2pm - 3pm	Weekly	0 - 5 years	Book a space online



Friday

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Session	Time	Date(s)	Age group	Booking details
Midwifery services	9am - 4pm	Weekly	Expectant mums	By appointment only from Midwives
Toddler Talk	10am -11am	Weekly	18 months - 3 years	Book a space online
Messy Play	2pm -3pm	Weekly	13 months - 4 years	Book a space online
Registration drop-in Get help to register with the Family Wellbeing Centres.	10am 11am and 3pm - 4pm	Weekly	Parents/Carers	Drop-in session

Centre information

- **Weekend offer** - Saturday sessions are delivered at the Best Start Family Hub during term time, please contact the hub for more information.
- **Free vitamins** are available at the Best Start Family Hub for all pregnant women and children under 4 years old. [Find out if you are eligible.](#)
- **Triage Services** – The hub offers short term support to families to access both universal and targeted services. Book via Brent 'My Account'.

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.

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.



[Church Lane Best Start Family](#)

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