

Session	Time	Date(s)	Age group	Booking details
Midwifery service	9am - 4pm	Weekly	Expectant mums	By appointment from Midwifery Team
Let's Talk	9:30am - 10:30am	Weekly	14 months to 3.5 years	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	0 - 4 months	Book a space online
Baby Massage	12:15pm - 1:15pm	Weekly	3 - 10 months	Book a space online
Busy Feet	2pm - 3pm	Weekly	2 - 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
Childminders only (£2 fee applies)	9:30am - 11:30am	Weekly	Childminders	Book a space online



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Midwifery service	9am - 4pm	Weekly	Expectant mothers	By appointment only from midwives
Mini Nutrition 1-2-1 Clinic	9:30 - 12:30pm	Fortnightly	8 months - 5 years	For appointment, email: clcht.brent4life@nhs.net
Breast Feeding Support Clinic	9:30 - 11:30am	Fortnightly	Parents	For appointment, email: clcht.brentinfantfeedingsuport@nhs.net
HENRY Health exercise nutrition for the really young	10 - 12:30pm	Weekly	0 - 5 years	
Basic English Creche provided	1:15pm - 3pm	Weekly starting 7 January 2026 with assessment day.	Adults	Book a space online
Mixed Martial Arts	4pm - 6pm	Weekly	10 - 18 years	Book a space online



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Health visiting review checks	9am - 4pm	Weekly	As per appointment	By appointments from Health Visitors
Registration drop-in Get help to register with the Family Wellbeing Centres.	10am 11am and 3pm - 4pm	Weekly	Parents/Carers	Drop-in session
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	10am - 11am	Weekly - for dates check with centre	0- 5 years	Book a space online
Messy Play	2pm - 3pm	Weekly	13 months - 4 years	Book a space online



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Midwifery service	9am - 4pm	Weekly	Expectant mums	By appointment only from Midwives
Baby Time	9:30am -10:30am	Weekly	0 - 12 months (non - crawlers)	Book a space online
Emotional Health and Wellbeing Workshops Creche provided	11am -1pm	Starting 16 Jan - 27 Mar (excluding 20 Feb)	0 - 5 years	Book a space online
Toddler Talk	2pm -3pm	Weekly	18 months - 3 years	Book a space online



- **Weekend offer** - Saturday sessions are now delivered at the FWC during term time, please contact Family Wellbeing Centre for more information.
- **Free vitamins** are available at the Family Wellbeing Centre for all pregnant women and children under 4 years old. [Find out if you are eligible.](#)
- **Triage Services** – The centre offers short term support to families to access both universal and targeted services. Book appointment 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.



Fryent School
Church Lane, Kingsbury
NW9 8JD
Phone: 0208 937 3890
Email: Churchlane.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

