

# Monday

## Church Lane Family Wellbeing Centre Timetable

January - March 2026

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	<a href="#">Book a space online</a>
Pregnancy yoga	11am - 12pm	Weekly	14 weeks to birth expectant parents	<a href="#">Book a space online</a>
Introduction to solids	11am - 12:30pm	Third Monday of every month	0 - 4 months	<a href="#">Book a space online</a>
Baby Massage	12:15pm - 1:15pm	Weekly	3 - 10 months	<a href="#">Book a space online</a>
Busy Feet	2pm - 3pm	Weekly	2 - 5 years	<a href="#">Book a space online</a>
Felix food donation Food parcel support for families in need of food.	2:30pm- 4:30pm	Weekly	Families	Drop-in session



# Tuesday

Session	Time	Date(s)	Age group	Booking details
<b>Health visiting review checks</b>	9am - 4pm	Weekly	As per appointment	By appointments from Health Visitors
<b>Citizen's Advice Brent</b> Independent advice in all legal matters.	9am - 3pm	Weekly	Families	Call Centre to book an appointment
<b>Childminders only (£2 fee applies)</b>	9:30am - 11:30am	Weekly	Childminders	<a href="#">Book a space online</a>



# Wednesday

## Church Lane Family Wellbeing Centre Timetable January - March 2026

Session	Time	Date(s)	Age group	Booking details
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: <a href="mailto:clcht.brent4life@nhs.net">clcht.brent4life@nhs.net</a>
Breast Feeding Support Clinic	9:30 - 11:30am	Fortnightly	Parents	For appointment, email: <a href="mailto:clcht.brentinfantfeedingsuport@nhs.net">clcht.brentinfantfeedingsuport@nhs.net</a>
<b>HENRY</b> 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	<a href="#">Book a space online</a>
Mixed Martial Arts	4pm - 6pm	Weekly	10 - 18 years	<a href="#">Book a space online</a>



# Thursday

## Church Lane Family Wellbeing Centre Timetable

January - March 2026

Session	Time	Date(s)	Age group	Booking details
<b>Health visiting review checks</b>	9am - 4pm	Weekly	As per appointment	By appointments from Health Visitors
<b>Registration drop-in</b>  Get help to register with the Family Wellbeing Centres.	10am 11am <b>and</b>  3pm - 4pm	Weekly	Parents/Carers	Drop-in session
<b>Portage session</b>	10am - 12pm	First and third Thursday of the month - Term time	Families	By appointments from Portage Team
<b>Parenting Matters</b>	10am - 12pm	1st Thursday of every month	Adults	Call Centre to book an appointment
<b>Story and Rhyme Time</b>	10am - 11am	Weekly - for dates check with centre	0- 5 years	<a href="#">Book a space online</a>
<b>Messy Play</b>	2pm - 3pm	Weekly	13 months - 4 years	<a href="#">Book a space online</a>



Session	Time	Date(s)	Age group	Booking details
<b>Midwifery service</b>	9am - 4pm	Weekly	Expectant mums	By appointment only from Midwives
<b>Baby Time</b>	9:30am -10:30am	Weekly	0 - 12 months (non - crawlers)	<a href="#">Book a space online</a>
<b>Emotional Health and Wellbeing Workshops</b>  Creche provided	11am -1pm	Starting 16 Jan - 27 Mar (excluding 20 Feb)	0 - 5 years	<a href="#">Book a space online</a>
<b>Toddler Talk</b>	2pm -3pm	Weekly	18 months - 3 years	<a href="#">Book a space online</a>



- **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](mailto: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

