

Session	Time	Date(s)	Age group	Booking details
Midwifery Services	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	21 July	4 – 6 months	Book a space online
Arts and Crafts	1pm – 3pm Movie will start at 1:15pm	21 August 18 August	4 – 7 years	Book a space online
Movie Club	1pm – 3:30pm	28 July	4 year+	Book a space online
Felix Food Donation Food parcel support for families in need of food.	2:30pm - 4:30pm	Weekly	Families	Drop-in



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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
Baby Yoga	10am – 11am	22 July 28 July	3 -10 months	Book a space online
Arts and Crafts	1pm - 3pm	22 July 19 August	8 – 11 years	Book a space online
Busy Feet	10am – 11am	5 August 12 August 19 August	18 months – 4 years	Book a space online
Registration drop-in Come and get help to register with the Family Wellbeing Centres.	10am 11am and 3pm – 4pm	Weekly	Parents/Carers	Drop in



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	6 August 20 August	8 months – 5 years	Email for an appointment clcht.brenthealth4life@nhs.net
Breast Feeding Clinic	9am - 12pm	30 July 13 August	0 – 6 months	Drop-in
Baby Time	10am - 11am	weekly	0 – 12 months	Book a space online
Sow and Grow Gardening With Jim	11:30am - 12:30pm	Weekly	4 – 10 years	Book a space online
Mixed Martial Arts	2pm - 4pm	31 July 6 August 13 August	10 – 18 years	Book a space online
In2 Music	1pm - 4pm	20 August 21 August	10 – 18 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health Visiting Review Checks	9am - 4pm	Weekly	As per appointment	By appointments from Health Visitors
Teddy Bear Picnic	10am - 11:30am	31 July	0 – 5 years	Book a space online
Movie Club	1pm – 3:30pm Movie will start at 1:15pm	7 August	4 year+	Book a space online
Messy Play	10:30am- 11:30am	7 August 14 August 21 August	13 months – 4 years	Book a space online
In2 Music	1pm -4pm	20 August 21 August	10 – 18 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Midwifery Services	9am - 4pm	Weekly	Expectant mums	By appointment only from Midwives
Story and Rhyme Time	10am – 11am	25 July 1 August 8 August 15 August	0 - 5 years	Book a space online
Multi – Sports	1pm – 3pm	8 August 15 August 22 August	10 – 18 years	Book a space online
Summer Fair	1pm – 4pm	22 August	All Families	Book a space online



- 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 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.

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.



[Church Lane Family Wellbeing Centre](#)

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