

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	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
Messy Play	2pm – 3pm	Weekly	13 months – 4 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



Session	Time	Date(s)	Age group	Booking details
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
STAAR Drop In Supporting the Assessment for Autism Route	10am - 12pm	4 November	Families	Book a space online And drop-in
Busy Feet	1pm – 2pm	9 September 21 October 9 December 16 December	18 months – 4 years	Book a space online
Emotional Health and Wellbeing Workshops- creche provided	1pm -2:30pm	16 September – 14 October	0 – 2 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Midwifery Service	9am - 4pm	Weekly	Expectant mothers	By appointment only from Midwives
Baby Time	10am – 11am	weekly	0 – 12 months	Book a space online
Basic English	1:15pm – 3pm	Weekly starting 17 September with assessment day. Creche provided	Adults	Book a space online
Mixed Martial Arts	4pm – 6pm	Weekly	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
Registration drop-in Come and get help to register with the Family Wellbeing Centres.	10am 11am & 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	1 st Thursday of every month	Adults	Call Centre to book an appointment
Story and Rhyme Time (Oral Health Event 13/11/25)	2pm – 3pm	Weekly	0- 5 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
Toddler Talk	10am -11am	Weekly	18 months – 3 years	Book a space online
Brent Health 4 Life Mini Nutrition Workshops	11:30am -1pm	Starting 7 Nov – 5 Dec Creche provided for 5 Dec and session will be 11:30 - 13:30	1 – 5 years	Book a space online
Nature Club	1:30pm -2:30pm	Weekly until 24 Oct	3 – 5 years	Book a space online
Two and Terrific (Creche provided)	1pm – 2:30pm	14 Nov – 5 Dec	2-year-olds	Book a space online



Session	Time	Date(s)	Age group	Booking details
Fathers / Male Carers session	10 – 11:30am	1 November	0 – 8 years	Book a space online
SEND Family Group For Families with a SEND child, activities for all the family	10 – 11:30am	8 November	All ages	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.



[Church Lane Family Wellbeing Centre](#)

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

