

Monday

Church Lane Best Start Family Hub timetable

20 July – 21 August 2026

Session	Date(s)	Time	Age group	Booking details
Midwifery services	Weekly	9am - 4pm	Expectant mums	By appointment from Midwifery Team
Let's Talk	Weekly	9:30am - 10:30am	14 months to 3.5 years	Book a space online
Pregnancy Yoga	Weekly	11am - 12pm	From 14 weeks to birth	Book a space online
Baby Massage	20 Jul	12:15pm - 13:15pm	0 - 4 months	Book a space online
Felix food donation Food parcel support for families in need of food.	Weekly	2:30pm- 4:30pm	Families	Drop-in session
Busy Feet	20 July 27 July	2pm - 3pm	2 - 5 years	Book a space online
Steel Pan Workshop <i>Parents are required to stay</i>	3-day workshop. 3, 4 and 5 August	1pm - 3pm	7+ years	Book a space online <i>Book for 3 August to reserve a place.</i>
BrentStart arts and craft workshop Carnival mask making	10 August	1pm - 3pm	4 - 10 years parents will be required to stay	Book a space online
BrentStart arts and craft workshop Carnival costume making	17 August	1pm - 3pm	4 - 10 years parents will be required to stay	Book a space online



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Session	Date(s)	Time	Age group	Booking details
Health visiting review checks	Weekly	9am - 4pm	As per appointment	By appointments from Health Visitors
Citizen's Advice Brent Independent advice in all legal matters.	Weekly	9am - 3pm	Families	Call Centre to book an appointment
Registration drop-in Come and get help to register with the Family Wellbeing Centres.	Weekly	10am 11am	Parents/Carers	Drop-in session
Sow and Grow with Jim <i>Parents are required to stay</i>	Weekly	11am - 12:30pm	4 - 10 years	Book a space online
Steel Pan Workshop <i>Parents are required to stay</i>	3-day workshop. 3, 4 and 5 August	1pm - 3pm	7+ years	Book a space online <i>Book for 3 August to reserve a place.</i>
BrentStart arts and craft workshop Carnival T-shirt decorating <i>Parents are required to stay</i>	11 Aug	1pm - 3pm	4 - 10 years	Book a space online
BrentStart arts and craft workshop Theme to be confirmed <i>Parents are required to stay</i>	18 Aug	1pm - 3pm	4 - 10 years parents will be required to stay	Book a space online
Registration drop-in Come and get help to register with the Family Wellbeing Centres.	Weekly	10am 11am and 3pm - 4pm	Parents/Carers	Drop-in session



Wednesday

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Session	Date(s)	Time	Age group	Booking details
Midwifery service	Weekly	9am - 4pm	Expectant mothers	By appointment only from midwives
Mini Nutrition 121 Clinic	Fortnightly	9:30 - 12:30pm	8 months - 5 years	Email: clcht.brent4life@nhs.net for appointment
Breast Feeding Clinic	Fortnightly	9am - 12pm	Parents/carers	Email: clcht.brent4life@nhs.net for appointment
Golders Hill Trip	22 Jul	10:30am - 1:30pm	0 - 5 years	Book a space online
Mixed Martial Arts	29 Jul	1pm - 3pm	11 +	Book a space online
Stories Come Alive	29 July 19 August	10 - 11am	0 - 5 years	Book a space online
Steel Pan Workshop <i>Parents are required to stay</i>	3-day workshop. 3, 4 and 5 August	1pm - 3pm	7+ years	Book a space online <i>Book for 3 August to reserve a place.</i>
Teddy Bear Picnic	5 Aug	10 - 11:30am	0 - 5 years	Book a space online
Messy Play	12 Aug	10 - 11am	13 Months - 4 years	Book a space online



Thursday

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Citizen's Advice Brent Independent advice in all legal matters.	Weekly	9am - 3pm	Families	Call Centre to book an appointment
Health visiting review checks	Weekly	9am - 4pm	As per appointment	By appointments from Health Visitors
Junk Modelling	23 July	10 - 11am	13 months - 4 years	Book a space online
Movie Club	30 July	1:30pm - 3:30pm	4+ years	Book a space online
Photography workshop	2-day workshop starting 6 August 6 and 7 August	1 - 4pm	11+ years	Book a space online
Story and Rhyme Time	13 August	10am - 11am	0 - 5 years	Book a space online

Friday

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Session	Date(s)	Time	Age group	Booking details
Midwifery services	Weekly	9am - 4pm	Expectant mums	By appointment only from Midwives
Baby Time	Weekly	10am -11am	0 - 12 months	Book a space online
Photography workshop	2-day workshop 6 and 7 August	1 - 4pm	11+ years	Book a space online <i>Book for 6 August to reserve a place.</i>
Science VR session	14 August	1 - 4pm	11+ years	Book a space online
Summer Fair	21 August	1 - 4pm	Families	Book a space online

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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