

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	16 February	14 months to 3.5 years	Book a space online
Send Yoga	11am - 12:30pm	16 February	0 - 19 years	Book a space online
Arts and Crafts - parents will need to stay	1:30pm - 3:30pm	16 February	4 - 11 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
Busy Feet	10am - 11am	17 February	2 - 5 years	Book a space online
Anime, K-Pop art workshop with H	1pm - 4pm	17 February	11 - 18 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
Mini Nutrition 1-2-1 Clinic	9:30 - 12:30pm	Fortnightly	8 months - 5 years	For appointment, email: clcht.brent4life@nhs.net
Baby Time	11 - 12:30pm	18 February	0 - 12 months	Book a space online
Sow and Grow with Jim - parents required to stay	11 - 12:30pm	18 February	4 - 10 years	Book a space online
Mixed Martial Arts	2pm - 4pm	18 February	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 Get help to register with the Family Wellbeing Centres.	10am 11am and 3pm - 4pm	Weekly	Parents/Carers	Drop-in session
Story and Rhyme Time	10am - 11am	19 February	0- 5 years	Book a space online
Movie Club	1pm – 3:30pm	19 February	3 – 18 years	Book a space online



Centre information

- **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

