

Session	Time	Date(s)	Age group	Booking details
Health Visiting Review Checks	9am - 3pm	Weekly	As per appointment	By appointments from Health Visitors
Citizen's Advice Brent Independent advice in all legal matters	9:30am – 2:30pm	Weekly	Families	Call Centre to book an appointment
Baby messy play	10am – 11am	Weekly	Under 12 months	Book a space online
Toddler talk	2pm – 3pm	Weekly	14 months – 3.5 years	Book a space online
Princess Diana Memorial Park	11am – 2pm	11 August	Families	Book a space online



Session	Time	Date(s)	Age group	Booking details
Breastfeeding Support	9am – 1pm	Weekly	Mothers/babies	By appointment only from Health Visitor
Midwifery Service	9am - 4pm	Weekly	Expectant mothers	By appointments only from midwives
Immigration Advice by Salusbury World	9am – 5pm	28 July	Families	By appointment only
In2 Beauty	12pm – 2pm	12 August	10+ years	Book a space online
Seaside trip Clacton on the sea	TBC	19 August	Families	Booking with the centre
Ceramic Workshop by Salusbury World	TBC	29 July	TBC	By referrals only
Painting Workshop by Salusbury World	TBC	5 August	TBC	By referrals only
Brent and Harrow Perinatal mental health service	1pm – 5pm	Weekly	Parents	By appointment only from Midwife
Toddler Messy Play	2pm – 3pm	Weekly	12months – 4 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Midwifery Service	9am - 4pm	Weekly	Expectant mothers	By appointments only from midwives
Health Visiting Review Checks	9am - 3pm	Weekly	As per HV booking	By appointments from Health Visitors
Brent and Harrow Perinatal mental health service	9am – 5pm	Weekly	Parents	By appointment only from Midwife
Childminder Session	10am – 12pm	Weekly	Registered Childminders	Drop in
Farm trip	11am	27 August	Families	Book with the centre
Painting Workshop by Salusbury World	TBC	6 August	TBC	By referrals only
Boss your scene	12pm -4pm	6 August	10 years +	Book a space online
In2 Music	12pm – 4pm	20 August	10 years +	Book a space online
Little explorers	2pm – 3pm	Weekly	12 months – 4 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Midwifery Service	9am - 4pm	Weekly	Expectant mothers	By appointments only from midwives
Baby sensory	10am – 11am	Weekly	Under 12 months	Book a space online
Painting Workshop by Salusbury World	TBC	6 August	TBC	By referrals only
In2 Music	12pm -4pm	21 August	10 years +	Book a space online
Boss your scene	12pm – 4pm	7 August	10 years +	Book a space online
Felix project food delivery	1pm – 5pm	7 August 14 August 21 August 28 August	Parents/carers/young people	Collection from the Centre
Toddler messy play with arts and crafts	2pm – 3:30pm	Weekly	3+ years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Midwifery Service	9am - 4pm	Weekly	Expectant mothers	By appointments only from midwives
CAMHS support	9am – 5pm	Weekly	Under 5s'	By referrals only
Kilburn Library Story and Rhyme time	11am – 11:30amTBC	1 August 8 August 15 August 22 August 29 August	Under 5's	Drop in session
Tabletop Games	10am -12pm	Weekly	5 -11 years	Book a space online
Everyman Cinema King's Cross	12pm -3:30pm	8 August	Families	Book a space online
Boss your scene	12pm – 4pm	8 August	10 years +	Book a space online
In2 Music	12pm – 4pm	22 August	10 years +	Book a space online



Centre information

- Free vitamins are available at the Family Wellbeing Centre for all pregnant women and children under 5 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.



[Granville Family Wellbeing Centre](#)

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