

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
Immigration advice by Salusbury World	9am - 5pm	TBC	Families	By appointment only
CFIS - Children and families information guidance	10am - 3pm	Starting 6 April - biweekly	Families	Call centre to book an appointment
Sensory play - baby tummy time	10am - 11am	Weekly	0-10 months	Book a space online
STAR Supporting the assessment route	10am - 12pm	Weekly	Families	By appointment only
Women's fitness	11:30am - 12:30pm	Term time only Creche available	Women only starting 13 April 2026	Book a space online
Toddler talk	2pm - 3pm	Weekly	14mths- 3.5yrs	Book a space online
Global skills homework club	4:30pm - 6:30pm	Weekly	8 years +	By referrals only
Mixed Martial Arts (MMA)	5pm - 7pm	Weekly	11 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
Breastfeeding support	9am - 1pm	Weekly	Mothers/babies	By appointment only from Health Visitor
ESOL by Salusbury World	10am -12pm	Weekly - term time only	Women only, by Salusbury World	By referrals only
CAMHS support	9am - 5pm	Weekly	Under 5s'	By referrals only
Brent and Harrow Perinatal mental health service	1pm - 5pm	Weekly	Parents	By appointment only from midwife
Childcare and libraries	2pm - 3pm	28 April	0-5	Book a space online
Toddler messy play	2pm - 3pm	Weekly	12months - 4 years	Book a space online
Potty training	1:30 - 3:30	12 April 19 April 26 April 2 June	0-5	Book a space online
Global Skills homework club	4:30pm - 6:30pm	Weekly	8 years +	By referrals only
Educational mentoring	6pm - 7pm	Weekly	11-16 years	By referrals only



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 session
Two and terrific	1.30pm - 3pm	22 April 29 April 6 May	2-year-old children	Book a space online
Little explorers	2pm - 3pm	Weekly	12 months - 4 years	Book a space online
Global Skills homework club	4:30pm - 6:30pm	Weekly	8 years +	By referrals only



Session	Time	Date(s)	Age group	Booking details
Midwifery service	9am - 4pm	Weekly	Expectant mothers	By appointments only from midwives
Shakers and movers with sensory play	10am - 11am	Weekly	10-18 months	Book a space online
Family community work coach	10am - 2pm	Weekly, term time only	Parents/carers/young people	Call centre to book an appointment
English conversation	10am - 12pm	Weekly, term time only	Parents/carers/young people	Call centre for more information
Oral health event	10am - 11am	25 June	0-5	Book a space online
Toddler messy play	2pm - 3pm	Weekly	12 months - 4 years	Book a space online
Parent and infant Relationship service PAIRS	1pm - 5pm	Weekly	Families	By appointment only
Global Skills homework club	4:30pm - 6:30pm	Weekly	8 years +	By referrals only



Session	Venue	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
Art Club with H	4pm - 5:30pm	Weekly	8 years +	Book a space online
Global Skills homework club	4:30pm - 6:30pm	Weekly	8 years +	By referrals only



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 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)

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.

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.

Brent Youth Zone - <https://www.brentyouthzone.org.uk/>

Provides information and activities for young people.



[Granville Family Wellbeing Centre](#)

78 Granville Road

NW6 5RA

Phone: 0208 937 5681

Email: granville.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

