

# Monday

## Granville Family Wellbeing Centre timetable

January – March 2026

Session	Time	Date(s)	Age group	Booking details
<b>Health visiting review checks</b>	9am - 3pm	Weekly	As per appointment	By appointments from Health Visitors
<b>Citizen's Advice Brent</b> Independent advice in all legal matters	9:30am - 2:30pm	Weekly	Families	Call Centre to book an appointment
<b>Immigration advice by Salusbury World</b>	9am - 5pm	TBC	Families	By appointment only
<b>CFIS - Children and families information guidance</b>	10am - 3pm	Weekly	Families	Call Centre to book an appointment
<b>Sensory play - baby tummy time</b>	10am - 11am	Weekly	0-10 months	<a href="#">Book a space online</a>
<b>Women's fitness</b> creche available	11:30am -12:30pm	Term time only starting 12 January 2026	Women only	<a href="#">Book a space online</a>
<b>Toddler talk</b>	2pm - 3pm	Weekly	14mths - 3.5yrs	<a href="#">Book a space online</a>
<b>Global skills homework club</b>	4:30pm - 6:30pm	Weekly	8 years +	By referrals only
<b>Mixed Martial Arts (MMA)</b>	5pm - 7pm	Weekly	11 years +	<a href="#">Book a space online</a>



# Tuesday

## Granville Family Wellbeing Centre timetable

January – March 2026

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
Brent and Harrow Perinatal mental health service	1pm - 5pm	Weekly	Parents	By appointment only from midwife
Oral health event	2pm - 3pm	24 February	0-5	<a href="#">Book a space online</a>
Toddler messy play	2pm - 3pm	Weekly	12months - 4 years	<a href="#">Book a space online</a>
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



# Wednesday

Granville Family Wellbeing Centre timetable  
January – March 2026

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
Building brilliant brains	2pm -3pm	4 February	0-5 yrs	<a href="#">Book a space online</a>
Little explorers	2pm - 3pm	Weekly	12 months - 4 years	<a href="#">Book a space online</a>
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
Sensory play - shakers and movers	11am -12pm	Weekly	10-18 months	<a href="#">Book a space online</a>
Family community work coach	10am - 2pm	Weekly, term time only	Parents/carers/young people	Call centre to book an appointment
ESOL by Global Skills	10am - 12pm	Weekly, term time only	Parents/carers/young people	Call Centre for more information
Two and terrific	1:30pm - 3pm	5 March 12 March 19 March 26 March	For 2yrs' old	<a href="#">Book a space online</a>
Toddler messy play	2pm - 3pm	Weekly	12 months - 4 years	<a href="#">Book a space online</a>
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
ESOL by Global Skills	10am - 12pm	Weekly, term time only, creche available	Parents/carers/young people	Call Centre for more information
Childcare and libraries with story and rhyme time	11am - 12pm	23 January	0-5 yrs	<a href="#">Book a space online</a>
Global Skills homework club	4:30pm - 6:30pm	Weekly	8 years +	By referrals only
Art Club with H	4pm - 5:30pm	Weekly	8 years +	<a href="#">Book a space online</a>
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](mailto: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

