

Monday

Preston Park Family Wellbeing Centre timetable

January – March 2026

Session	Time	Date(s)	Age group	Booking details
Children and Families Information Service (CFIS)	9am - 5pm	Weekly	Families	Drop-in session
Midwifery Clinic	9am - 3:30pm	Weekly	Expectant mothers	By appointment only from midwives
Citizen Advice Bureau (CAB)	9:30am - 3:30pm	Weekly	Families	Call centre for appointment
Bumps to Babies	9:45am - 11:00am	Weekly From 5 January - 30 March	0 - 12 months	Book a space online
Sensory Play	1:30 - 2:30pm	5 January - 23 March Term time only	0 – 5 years	Book a space online
Healthy Lifestyle Clinic	3pm - 5pm	5 January 19 January 2 February 23 February 2 March 16 March 30 March	1 - 5 years	Appointment only



Tuesday

Preston Park Family Wellbeing Centre timetable

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Session	Time	Date(s)	Age group	Booking details
Midwifery clinic	9am - 3:30pm	Weekly	Expectant mothers	By appointments only from midwives
Registration clinic (drop-in)	9am - 12pm	Weekly	Families	Drop-in session
Baby Talk	9:45am - 11:00am	6 January - 24 March Term time only	0 - 12 months	Book a space online
Brent (PAIRS) Parent and Infant Relationship Service	10:30am - 11:30am	13 January	0 - 5 years	By referral only
Busy Feet	1:30 - 2:30pm	6 January - 24 March	2 - 3.5 years	Book a space online



Wednesday

Preston Park Family Wellbeing Centre timetable

January – March 2026

Session	Time	Date(s)	Age group	Booking details
Health visiting review checks	9am - 1pm	Weekly	1- and 2-year health checks	By appointments from Health Visitors
Infant feeding support clinic	9:30am - 1pm	11 February 25 February 4 March 18 March	Breast feeding mums	
Employment support	9:30am - 4pm	Weekly	Parents	Call centre for appointment
Story, Rhyme & Play Time	9:45am - 10:45am	Weekly 7 January - 25 March Term time only	12 months - 24 months	Book a space online
Baby Massage - 4-week course	10am - 12pm	4 March 11 March 18 March 25 March	3 months - 12 months	Book a space online
Introduction to solids	12:30pm - 2pm	Monthly 28 January 25 February 25 March	5 months +	Book a space online or drop-in
Let's Talk	1pm - 2pm	7 January - 25 March	14 months to 3 ½ years	Book a space online
ANSAR Youth Project	4pm - 7:30pm	5 Jan -27 March Term time only	8 - 17 years	By referral only or enquire at Centre



Thursday

Preston Park Family Wellbeing Centre timetable

January – March 2026

Session	Time	Date(s)	Age group	Booking details
Health Visitor review checks	9am - 4pm	Weekly	1- and 2-year health checks	By appointments only from health visitors
Messy play	10am - 11am	8 January - 26 March Term time only	12 - 18 months	Book a space online
Two and Terrific	10am - 11:30am	4 session dates only 26 February 5 March 12 March 19 March	2 years	Book a space online
ESOL class	12:45pm - 2:45 pm	29 January (assessment) 5 Feb – 16 April	Families/parents	Book a space online
ANSAR Youth Project	4pm - 7:30pm	5 January -27 March Term time only	10 - 17 years	By referral only or enquire at Centre



Session	Time	Date(s)	Age group	Booking details
Health visitor review checks	9am - 4pm	Weekly	1- & 2-year health checks	By appointments only from health visitor
Solihull Programme, 11-week programme	10am - 12pm	9, 16, 23, 30 January 6, 13, 27 February 6, 13, 20, 27 March	Families	Book a space online
Brent Youth Futures/Connexions	1pm - 4pm	Weekly	16 - 19 years	By referral only
Story & Rhyme Time	1pm - 2pm	Term time only	0 - 5 years	Book a space online
Childcare and libraries event	1 - 2:30pm	13 February	0 - 5 years	Book a space online
Oral health event	1 - 2:30pm	27 March	0 - 5 years	Book a space online
ANSAR Youth Project	4 - 7:30pm	5 January - 27 March Term time only	10 - 17 years	By referral only or enquire at Centre



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. Complete online registration at [end complete survey \(Getting to know you form\)](#) or drop into your nearest Family Wellbeing Centre.

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 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.

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

Provides information and activities for young people.



[Preston Park Family Wellbeing Centre](#)

College Road (same entrance/site as Preston Park Primary school)
Phone: 0208 937 5980
Email: prestonpark.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

