

Session	Time	Date(s)	Age group	Booking details
Baby Sensory	9:15am – 10:15am	Weekly	0 – 12 months	Book a space online
Midwifery Clinic	9am – 3:30pm	Weekly	Expectant mothers	By appointment only from midwives
Citizen Advice Bureau (CAB)	9:30am – 3:30am	Weekly	Families	Call centre for appointment
Be One Hope HAF Programme	11:30 – 3:30pm	Monday to Wednesday	4 years to 16 years	By referral or call Centre
Children & Young People Sports in Preston Park	12pm – 3pm	11 August	0 – 12 years	Book a space online
Green Fingers	3:30pm – 5pm	28 July & 4 August	2 – 4 years and 5 – 11 years	Book a space online
ANSAR Youth Project	5 – 7pm	4, 11 & 18 August	10 – 17 years	By referral or enquire at Centre



Session	Time	Date(s)	Age group	Booking details
Midwifery Clinic	9am – 3:30pm	Weekly	Expectant mothers	By appointments only from midwives
Brent PAIRS (Parent & Infant Relationship Service)	9am – 12pm	22 July; 12 & 25 August	Parents	Book a space online
Shake, Rattle & Stroll (Walk & Talk)	9:45 – 10:45am	Weekly	0 – 4 years	Book a space online
Be One Hope HAF Programme	11:30 – 3:30pm	Monday to Wednesday	4 years to 16 years	By referral or call Centre
Trip to Cassiobury Park	12pm – 3pm	19 August	Families	Book a space online
Trip to Golders Hill	12:30 – 4pm	22 July	Families	Book a space online
Baking (Vegan cupcakes)	12pm – 3pm	19 August	6 – 11 years	Book a space online
ANSAR Youth Project	5 – 7pm	5, 12 & 19 August	10 – 17 years	By referral or enquire at Centre



Session	Time	Date(s)	Age group	Booking details
Midwifery Clinic	9am - 3:30pm	Weekly	Expectant mothers	By appointments only from midwives
Health Visiting Review Checks	9am - 3pm	Weekly	1- & 2-year health checks	By appointments from Health Visitors
Infant Feeding Support Clinic	9:30am - 12pm	Weekly	Breasting mums	Book a space online
Employment Support	9:30am - 4pm	Weekly	Parents	Call Centre for appointment
Be One Hope HAF Programme	11:30am - 3:30pm	30 July 6 August 13 August	4 – 16 years	By referral or call centre
Creative Workshop	10am - 12pm	20 August	7 – 12 years	Book a space online
Let's Talk	1pm - 2pm	23 July - 13 August	14 months to 3 ½ years	Book a space online
Art Session	2pm - 4pm	20 August	7 – 13 years	Book a space online
ANSAR Youth Project	3:30pm - 7pm	23 August	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-years health checks	By appointments only from health visitors
Getting Ready for Nursery	9:30am – 11am	24 July	2 – 3 years	Bookings through Centre
Messy Play	10am – 11:30am	21 August	3 – 8 years	Book a space online
Healthy Eating Fun with food (For SEN children only)	10:30am – 12:30pm	31 July	Families with SEN children	Book a space online
Clay Modelling	10:30am – 12:30pm	7 August	4 – 11 years	Book a space online
Fun day at Queens Park	11am – 3pm	14 th August	Families	Book a space online
Arts & Craft	12pm – 2pm	21 August	8 years +	Book a space online
ANSAR Youth Project	3:30pm – 7pm	24 July	10 – 17 years	By referral 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
Trip to Littlehampton	9am – 6pm	One-off event	Families	Call the centre to book
Story & Rhyme Time	10am – 11am	22 August	0 – 5 years	Book a space online
Steel Pan workshop	12pm – 2pm	22 August	8 – 18 years	Book a space online
Junk Modelling	12:30pm – 2:30pm	25 July	6 – 12 years	Book a space online
Arts & Craft (Holiday Inn families only)	12:30pm – 2pm	1 August	2 – 9 years	Holiday Inn families only
ANSAR Youth Project	3:30pm – 7pm	25 July	10 – 17 years	By referral only or enquire at Centre
ANSAR Youth Project	2pm – 7pm	1 August 8 August 15 August 22 August	10 – 17 years	By referral only or enquire at Centre



Centre information

- **Bank Holiday 26 August 2025, Centre Closed**
- **Centre Closed 27 – 29 August**
- 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 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.



[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

