

Session	Time	Date(s)	Age group	Booking details
Registration Clinic (Drop in)	9am – 10am	Weekly	Families	Drop-in session
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 – 3:30am	Weekly	Families	Call centre for appointment
Bumps to Babies	9:45am – 10:45am	Weekly From 8 September – 20 October	0 – 12 months	<a href="#">Book a space online</a>
Being with your Baby (Pt 2)	10am – 11:30am	3 November 10 November 17 November 24 November 1 December 8 December	6 – 12 months	<a href="#">Book a space online</a>
Busy Feet	1pm - 2pm	22 September – 20 October	2 – 3.5 years	<a href="#">Book a space online</a>
Messy Play	1pm - 2pm	3 November – 15 December	2 – 3.5 years	<a href="#">Book a space online</a>
Healthy Lifestyle Clinic	3pm – 5pm	22 September 6 October 20 October 3 November 17 November 1 December 15 December	1 – 5 years	Appointment only



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
Shake, Rattle & Stroll (Walk & Talk)	9:45am - 10:45am	Weekly 9 September – 7 October	0 – 4 years	<a href="#">Book a space online</a>
STARR Drop-in Clinic	10am - 12pm	16 December	Families	By referral or call Centre
Brent (PAIRS) Parent & Infant Relationship Service	10:30am – 11:30am	16 September 30 September 14 October 28 October 11 November 25 November	0 – 5 years	By referral only
Story & Rhyme Time	2pm - 3pm	9 September – 21 October	0 – 5 years	<a href="#">Book a space online</a>



Session	Time	Date(s)	Age group	Booking details
Health Visiting Review Checks	9am - 1pm	Weekly	1- & 2-year health checks	By appointments from Health Visitors
Infant Feeding Support Clinic	9:30am – 1pm	17 September 8 September 22 October 5 November 19 November 3 December 17 December	Breast feeding mums	<a href="#">Book a space online</a> or drop-in
Employment Support	9:30am – 4pm	Weekly	Parents	Call Centre for appointment
Toileting Programme 4-week course	10am – 12pm	5 November 12 November 19 November 25 November	18months – 3 years	<a href="#">Book a space online</a>
Introduction to Solids (Drop in)	12:30pm – 2pm	24 September 22 October 26 November 17 December	5 months +	<a href="#">Book a space online</a>
Let's Talk	1pm - 2pm	Term time ONLY	14 months to 3 ½ years	<a href="#">Book a space online</a>
ANSAR Youth Project	3:30pm – 7:30pm	3 September – 19 December	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
Messy Play	10am – 11am	11 September – 16 October	12 – 24 months	<a href="#">Book a space online</a>
ESOL class	12:45pm – 2:45 pm	18 September (Registration) 25 September – 4 December	Families/parents	<a href="#">Book a space online</a>
ANSAR Youth Project	3:30pm – 7:30pm	3 September – 19 December	10 – 17 years	By referral only or enquire at Centre



Session	Time	Date(s)	Age group	Booking details
<b>Health Visitor Review Checks</b>	9am - 4pm	Weekly	1- & 2-year health checks	By appointments only from health visitor
<b>Emotional Wellbeing workshop</b>	10am – 12om	19 September – 28 November	Families	<a href="#">Book a space online</a>
<b>Brent Youth Futures/Connexions</b>	1pm – 4pm	weekly	16 – 19 years	By referral only
<b>ANSAR Youth Project</b>	3:30pm – 7:30pm	3 September – 19 December	10 – 17 years	By referral only or enquire at Centre



# Family Wellbeing Centres open Saturdays

<b>St. Raphael's</b>				
Stay, Play & Learn	10am - 11:30am	1, 8, 15, 22, 29 November 6 December	N/A	<a href="#">Book a space online</a>
<b>Church Lane</b>	<b>Time</b>	<b>Date(s)</b>	<b>Age Group</b>	<b>Booking Details</b>
Fathers/Male Carers session	10am - 11:30am	1 November	0 - 8 years	<a href="#">Book a space online</a>
SEND Family Group	10am - 11:30am	8 November	All ages	<a href="#">Book a space online</a>
<b>Three Tree</b>				
Citizen's Advice Brent	9:30am - 12:30pm	13, 20, 27 September 4, 11, 18 October	Adults	Call to book
Stay Play & Learn	9:45am - 11:15am	13, 20, 27 September 11 October	0 - 5 years	<a href="#">Book a space online</a>
SEND Family Group	10am - 11:30am	4 October	All ages	<a href="#">Book a space online</a>
Fathers/Male Carers session	10am - 11:30am	18 October	0 - 5 years	<a href="#">Book a space online</a>
Baby Massage	11:30am - 12:30am	13, 20, 27 September	2 - 6 months	<a href="#">Book a space online</a>
<b>Alperton</b>				
Family Playtime	9:45am - 11am	27 September 4, 11, 18 October	0 - 5 years	<a href="#">Book a space online</a>
Infant Feeding Support	9:30am - 12:30pm	13, 20 September 4, 18 October	Babies	Drop-in session
Dad's Programme	10am - 11:30am	13 September	0 - 8 years	<a href="#">Book a space online</a>
SEND Session	10am - 11:30am	20 September	Children & Families	<a href="#">Book a space online</a>
Baby Yoga	9:30am - 11am	13 September	3 - 10 months	<a href="#">Book a space online</a>
SEN Yoga	9:45am - 11:15am	20 September	0 - 19 years	<a href="#">Book a space online</a>
Potty Training	11am - 12:30pm	September 27 – October 18	18 months - 3 years	<a href="#">Book a space online</a>



# 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 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](mailto: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

