

Session	Time	Date(s)	Age group	Booking details
Midwifery Clinic	9am - 4:30pm	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 - 11am	From 13 April - 6 July Weekly	0 - 12 months	Book a space online
Story and Rhyme time	1pm - 2pm	13 April - 06 July Term time only	0 - 5 years	Book a space online
Healthy Lifestyle Clinic	3pm - 5pm	Fortnightly from 13 April - 06 July	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
Brent (PAIRS) Parent & Infant Relationship Service	9:30am - 12:30am	Fortnightly	0 - 5 years	By referral only
Sport in Mind Mum & Baby Yoga	10:30am – 11:30am	14 April - 14 July Term time only	6 weeks - 1 year	Book a space online
SEN Stay and Play	12:30am – 1:30am	9 June - 7 July	0-5 years	Book a space online
Raising attainment in Early Literacy (REAL)	12:30am - 2:30pm	14 April - 02 June	2 - 5 years	By appointment only



Session	Time	Date(s)	Age group	Booking details
Health Visiting review checks	9am - 3pm	Weekly	1- & 2-year health checks	By appointments from Health Visitors
Infant Feeding Support Clinic	9:30am - 1pm	Fortnightly : 29 April 13 May 27 May 10 June 24 June 8 July 22 July	Breast feeding mums	Drop in session
Employment Support	9:30am - 4pm	Weekly	Parents	Call Centre for appointment
Potty Training - 4 week course Toileting programme	10am - 12am	29 April - 22 May	18 months - 3 years	Book a space online
Baby Massage - 4 week course	10am - 12pm	1 July 8 July 15 July 21 July	2 months - 6 months	Book a space online
Introduction to solids	12:30pm - 2pm	Monthly: 27 May 24 June	5 months +	Book a space online
Let's Talk	1pm - 2pm	Weekly	14 months to 3 ½ years	Book a space online
ANSAR Youth Project	4pm - 5:30pm	Weekly Term time only	8 - 12 years	By referral only or enquire at Centre
ANSAR Youth Project	5:30pm - 7:30pm	Weekly Term time only	13 - 17 years	By referral only or enquire at Centre



Session	Time	Date(s)	Age group	Booking details
Health Visitor review checks	9am - 1pm	Weekly	1- & 2-years health checks	By appointments only from health visitors
Shake Rattle & Roll (Walking group - no dogs)	9:45am – 10:45am	Term time only	0 - 5 years	Book a space online
Messy play	1pm - 2pm	Weekly Term time only	18 - 3 years	Book a space online
ANSAR Youth Project	4pm - 5:30pm	Weekly Term time only	8 - 12 years	By referral only or enquire at Centre
ANSAR Youth Project	5:30pm – 7:30pm	Weekly Term time only	13 - 17 years	By referral only or enquire at Centre



Session	Time	Date(s)	Age group	Booking details
Health visitor review checks	9am - 3pm	Weekly	1- & 2-year health checks	By appointments only from health visitor
Parents as First Teachers (PAFT) - creche provided	9:30am – 11:30am	26 June - 17 July	0-5 years	Book a space online
Sensory Play	9:45am -10:45am	26 June -10 July	12 - 18 months	Book a space online
HENRY - Right from the start 8-week parenting programme	10am - 12.30pm	17 April - 19 June	0-5 years	Book a space online
Brent Youth Futures/Connexions	1pm - 4pm	Weekly	16 - 19 years	By referral only
ANSAR Youth Project	4pm - 5:30pm	Weekly Term time only	8 - 12 years	By referral only or enquire at Centre
ANSAR Youth Project	5:30pm – 7:30pm	Weekly Term time only	13 - 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

