

25 May - Bank holiday: Centre closed

Preston Park Family Wellbeing Centre timetable
May 2026



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
Bake your own cupcake	10am - 12pm	27 May	2 - 5 years	Book a space online
Arts and Crafts - decorate suncatchers	2pm - 3pm	27 May	7 - 12 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health Visitor review checks	9am - 1pm	Weekly	1 and 2-year old's health checks	By appointments only from health visitors
Story and Rhyme Time	10am - 11am	28 May	0 - 2 years	Book a space online
Teddy Bears Picnic Cassiobury Park - WD18 7LG	2:30pm - 4pm	28 May	0 - 10 years	Book a space online



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Health visitor review checks	9am - 3pm	Weekly	1 and 2-year old's health checks	By appointments only from health visitor
Cinema trip - The Magic Faraway Tree Lexi Cinema, NW10 3JU	10:45am - 1pm	29 May	3 - 11 years	Call Centre to book



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

