

Monday

Preston Park Best Start Family Hub timetable
20 July – 21 August 2026

Session	Date(s)	Time	Age group	Booking details
Midwifery Services	Weekly	9am - 3:30pm	Expectant mothers	By appointments only from Midwives
Sensory play	Weekly	9:45am - 10:45am	0 - 12 months	Book a space online
Movie club	20 July	1pm - 2:30pm	5 - 10 years old	Book a space online
Create your own bracelet	27 July	1pm - 2:30pm	7 - 10 years old	Book a space online
Summer fair	10 August	12:30pm: 3pm	Family event	Book a space online

Session	Date(s)	Time	Age group	Booking details
Midwifery services	Weekly	9am - 3:30pm	Expectant mothers	By appointments only from Midwives
Story and rhyme	Weekly	10am - 11am	0 - 5 years old	Book a space online
In 2 Nails	21 July	1:30pm - 3:30pm	7 - 12 years old	Book a space online
Cupcake decorating	28 July	2pm - 3:30pm	7 - 12 years old	Book a space online
SEND stay and play session with yoga	4 August	1:30pm - 3pm	0 - 7 years old	Book a space online
Woodcock family picnic	18 August	10am - 1pm	0 - 10 years old	Book a space online

Wednesday

Preston Park Best Start Family Hub timetable
20 July – 21 August 2026

Session	Date(s)	Time	Age group	Booking details
Health Visiting Clinic	Weekly	9am - 3pm	1- & 2-year health checks	By appointments only from Health Visitors
T-shirt Printing	29 July	10am - 11:30am	9 - 12 years old	Book a space online
Make your own Kite	29 July	1:30pm - 3pm	5 - 10 years old	Book a space online
Breast Feeding Support Clinic	5 August 19 August	9am - 1pm	Parents	Drop-in sessions
Kind Edwards VII	12 August	12pm - 3pm	0 - 10 years old	Book a space online
Healthy Eating: Food around the world	19 August	12pm - 2pm	3 - 9 years old	Book a space online

Thursday

Preston Park Best Start Family Hub timetable

20 July – 21 August 2026

Session	Date(s)	Time	Age group	Booking details
Health visiting clinic	Weekly	9am - 1pm	1- & 2-years health checks	By appointments only from Health Visitors
Arts and craft	23 July 30 July 6 August 13 August	10am - 11:30am	5 - 10 years old	Book a space online
Make your own ice cream slime	6 August	2pm - 3:30pm	6 - 12 years old	Book a space online
Clay modelling	13 August	1pm - 2:30pm	5 - 11 years old	Book a space online
Dance	13 August	2pm - 4pm	7 - 14 years old	Book a space online
Millets Farm family coach trip	20 August	8:30am - 3pm	2 years old +	Book a space online

Friday

Preston Park Best Start Family Hub timetable

20 July – 21 August 2026

Session	Date(s)	Time	Age group	Booking details
Health visiting clinic	Weekly	9am - 3pm	1- & 2-year health checks	By appointments only from Health Visitors
Toilet training	24 July 31 July 7 August	10am - 12pm	0 - 5 years old	Book a space online
SEND stay and play session with yoga	7 August	2pm - 3:30pm	0 - 7 years old	Book a space online
Natural Science Museum outing	14 August	1pm - 4pm	0 - 12 years old	Book a space online
Shape and create with air dry clay	21 August	2pm - 3:30pm	7 - 10 years old	Book a space online

Centre information

- Free vitamins are available at the Best Start Family Hub 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 Best Start Family Hub.

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 Best Start Family Hub](#)

College Road (same entrance/site as Preston Park

Primary school)

Phone: 0208 937 5980

Email: prestonpark.FWC@brent.gov.uk

