

# Monday

## St Raphael's Best Start Family Hub timetable

April – July 2026

| Session  | Time          | Date(s)                  | Age group     | Booking details                     |
|--|---------------|--------------------------|---------------|-------------------------------------|
| <b>Employment support and advice</b>   | 9am - 2pm     | Weekly<br>Term Time only | Over 18's     | Call Centre to book an appointment  |
| <b>PAIRS - Parents and infant relationship service</b>                           | 9am - 3pm     | Weekly                   | 0 - 2 years   | Appointment only                    |
| <b>Child Talk</b>  | 9:30am - 11am | Weekly                   | 0 - 5 years   | <a href="#">Book a space online</a> |
| <b>Childcare and libraries event</b>   | 9:30am - 11am | 15 June                  | 0 - 5 years   | <a href="#">Book a space online</a> |
| <b>Oral Health</b>   | 9:30am - 11am | TBC                      | 0 - 5 years   | <a href="#">Book a space online</a> |
| <b>Baby Talk</b>   | 1pm – 2:30pm  | Weekly                   | 0 - 12 months | <a href="#">Book a space online</a> |
| <b>Toy library</b><br>Families can come to borrow toys from the FWC toy library. | 2:30pm - 4pm  | Weekly                   | 0 - 18 years  | Drop-in session                     |
| <b>Homework club</b>   | 5pm - 6:30pm  | Weekly<br>Term Time only | 5 - 11 years  | <a href="#">Book a space online</a> |



# Tuesday

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|---|------------------|--|-----------------------|-------------------------------------|
| <b>Health team midwifery pre and postnatal checks</b>   | 9am - 4pm        | Weekly   | Newborn Babies        | Appointment only                    |
| <b>WellComm Session</b><br><b>Speech and language session</b>   | 9:30am - 10:30am | Weekly   | Age 12mths to 3 years | Invite only                         |
| <b>WellComm Assessment</b>  | 1pm – 2:30pm     | weekly   | Age 12mths to 3 years | Invite only                         |
| <b>Triage drop-in</b><br><br>Triage officer can support you and your family to access short term support and access to services such as nursery and school application. | 1pm - 2:30pm     | Weekly   | Adults                | Drop-in session                     |
| <b>Health perinatal</b>   | 1pm - 4pm        | Weekly   | Adults                | Appointment only                    |
| <b>Stay play and Weigh Sunshine Group</b><br><br>Monthly drop-in: Pregnant parents and families can come and get advice from the health visiting team                   | 1:30pm - 2:30pm  | 28 April<br>26 May<br>23 June<br>21 July<br>25 Aug<br>29 September<br>27 October<br>24 November<br>15 December | 0 - 5 years old       | Drop-in session                     |
| <b>Sports In Mind</b><br><br>Multi-sports football and basketball   | 4.30pm - 5:30pm  | Weekly<br><br>Term time only   | 10- 14 years old      | <a href="#">Book a space online</a> |



# Wednesday

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|--|-----------------|--|---------------------|--------------------------------------|
| Health review checks   | 9am - 4pm       | Weekly                                 | 1 - 2 years         | By appointments from Health Visitors |
| Citizen's Advice Brent (CAB)<br>Independent advice in all legal matters. | 9:30am – 3:30pm | Weekly                                 | Adults              | Call Centre to book an appointment   |
| Free vitamin collection  | 12pm - 2:30pm   | Weekly                                 | 0 - 4 years         | Drop-in session                      |
| Zumba  | 10am - 11am     | Weekly<br>Starts 6 May 2026            | Adults              | <a href="#">Book a space online</a>  |
| Potty Training   | 1pm - 2pm       | 1 July<br>8 July<br>15 July<br>22 July | 18 months - 4 years | <a href="#">Book a space online</a>  |
| Dance Workshop (Hillside Performing Arts)                                | 4:30pm - 5:30pm | Weekly<br>Term time only               | 6 - 14 years old    | <a href="#">Book a space online</a>  |



# Thursday

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|--|------------------|-----------------------------|----------------------|--------------------------------------|
| Health review checks                           | 9am - 4pm        | Weekly                      | 1 - 2 years          | By appointments from Health Visitors |
| Health team midwifery pre and postnatal checks | 9am - 4pm        | Weekly                      | Newborn Babies       | Appointment only                     |
| Childminders only                              | 9:30am - 11:30am | Weekly<br>Term time only    | 0-5 years            | <a href="#">Book a space online</a>  |
| Baby drop-in<br>Introduction solids            | 12:30pm - 2pm    | First Thursday of the month | Babies from 6 months | Drop-in session                      |
| Brent Minis nutrition group                    | 12:30pm 2pm      | 5-week programme            | 1 - 5years           | <a href="#">Book a space online</a>  |
| Art club                                       | 4pm - 5:30pm     | Weekly<br>Term time only    | 7 - 16 years         | <a href="#">Book a space online</a>  |
| Mixed Martial Arts                             | 4pm - 5.30pm     | Weekly<br>Term time only    | 10 - 18 years        | <a href="#">Book a space online</a>  |



# Friday

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|---|------------------|--------------------------|---------------|--------------------------------------|
| <b>Health review checks</b>   | 9am - 4pm        | Weekly                   | 1 - 2 years   | By appointments from Health Visitors |
| <b>Baby yoga</b><br><b>Mum and baby - yoga and wellbeing</b>  | 10am - 11am      | Weekly<br>Term Time only | From 6 months | <a href="#">Book a space online</a>  |
| <b>Triage drop-in</b><br><br>Triage officer can support you and your family to access short term support and access to services such as nursery and school application. | 10am -12pm       | Weekly                   | Adults        | Drop-in session                      |
| <b>ESOL : English conversation with creche</b><br><br>Develop basic English language skills, speaking, reading and writing.   | 12:30pm - 2.30pm | Weekly                   | Adults        | Call centre to book                  |
| <b>Registration drop-in</b><br><br>Get help to register with the Family Wellbeing Centre.   | 1pm - 2pm        | Weekly                   | Adults        | Drop-in session                      |
| <b>Little Village Donation</b>  | 1pm - 3.00pm     | Weekly<br>Term time only | 0 - 5 years   | Call centre for information          |



# Centre information

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- 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](#)

## 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.



### [St Raphael's Best Start Family Hub](#)

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