

Monday

Session	Time	Date(s)	Age group	Booking details
Employment support and advice	9am - 2pm	Weekly Term Time only	Over 18's	Call Centre to book an appointment
PAIRS - Parents and infant relationship service	9am - 3pm	Weekly	0 - 2 years	Appointment only
Child Talk	9:30am - 11am	Weekly	0 - 5 years	Book a space online
Childcare and libraries event	9:30am - 11am	15 June	0 - 5 years	Book a space online
Oral Health	9:30am - 11am	TBC	0 - 5 years	Book a space online
CAMHS Support and advice for parents struggling with their children's sleep, eating, behavior	9:30am - 12:30pm	Weekly	0 - 5 years	Appointment only
Baby Talk	1pm - 2.30pm	Weekly	0 - 12 months	Book a space online
Toy library Families can come to borrow toys from the FWC toy library.	2.30pm - 4pm	Weekly	0 - 18 years	Drop-in session
Homework club	5pm - 6:30pm	Weekly Term Time only	5 - 11 years	Book a space online



Tuesday

St Raphael's Family Wellbeing Centre timetable
January - March 2026

Session	Time	Date(s)	Age group	Booking details
Health team midwifery pre and postnatal checks	9am - 4pm	Weekly	Newborn Babies	Appointment only
WellComm Session Speech and language session	9:30am - 11:00am	Weekly	Age 12mths to 3 years	Invite only
WellComm Assessment	1pm - 2.30pm	weekly	Age 12mths to 3 years	Invite only
STAR drop-in Supporting the assessment for autism route	10am -12pm	17 March 19 May	Adults	Drop-in session
Triage drop-in 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
Health perinatal	1pm - 4pm	Weekly	Adults	Appointment only
Stay play and Weigh Sunshine Group Monthly drop-in: Pregnant parents and families can come and get advice from the health visiting team	1:30pm - 2:30pm	3 February 3 March 28 April 26 May 23 June 21 July 25 Aug 29 September 27 October 24 November 15 December	0 - 5 years old	Drop-in session
Sports In Mind Multi-sports football and basketball	5pm - 6:30pm	Weekly Term time only	10- 14 years old	Book a space online 



Wednesday

St Raphael's Family Wellbeing Centre timetable
January - March 2026

Session	Time	Date(s)	Age group	Booking details
Health review checks	9am - 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Emotional Health and Wellbeing workshop	10:30 am to 12:30 pm	14 January - 25 March	0 - 5 years	Book a space online
Potty Training	1pm - 2pm	7 January - 28 January	18 months - 4 years	Book a space online
Citizen's Advice Brent (CAB) Independent advice in all legal matters.	9:30am – 3:30pm	Weekly	Adults	Call Centre to book an appointment
Building Brilliant Brains	1pm - 2:30pm	18 March	0 - 5years	Book a space online
Free vitamin collection	12pm - 2:30pm	Weekly	0 - 4 years	Drop-in session
Dance Workshop (Hillside Performing Arts)	4:30pm - 5:30pm	Weekly Term time only	6 - 14 years old	Book a space online



Thursday

St Raphael's Family Wellbeing Centre timetable
January - March 2026

Session	Time	Date(s)	Age group	Booking details
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 Term time only	0-5 years	Book a space online
Baby drop-in Introduction solids	12:30pm - 2pm	8 January 5 February 5 March	Babies from 6 months	Drop-in session
Brent Minis nutrition group 5 weeks programme	12:30pm 2pm	15 January 22 January 29 January 12 February 19 February	1 - 5years	Book a space online
Art club	4pm - 5:30pm	Weekly Term time only	7 - 16 years	Book a space online
Mixed Martial Arts	4pm - 6pm	Weekly Term time only	10 - 18 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health review checks	9am - 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Baby yoga Mum and baby - yoga and wellbeing	10am - 11am	Weekly Term Time only	From 6 months	Book a space online
Triage drop-in 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
ESOL : English conversation with creche Develop basic English language skills, speaking, reading and writing.	12:30pm - 2.30pm	Weekly	Adults	Call centre to book
Registration drop-in Get help to register with the Family Wellbeing Centre.	1pm - 2pm	Weekly	Adults	Drop-in session
Little Village Donation	1pm - 3.00pm	Weekly Term time only	0 - 5 years	Call centre for information



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](#)

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 Family Wellbeing Centre](#)

Rainborough Close, St Raphael's Estate
NW10 0TS
Phone: 020 89373620
StRaphs.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

