

Session	Time	Date(s)	Age group	Booking details
Parents and Infant Relationship Service (PAIRS)	9am – 4pm	28 July 4 August 11 August 18 August	0 – 5 years	Appointment only
Child Talk	9:30am – 11am	11 August 18 August	0 - 5 years	Book a space online
Baby Talk	1pm – 2:30pm	28 July 11 August 18 August	0 - 12 months	Book a space online
In2 Music AFND	1pm – 3pm	28 July 4 August 11 August 18 August	11 -16 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Midwifery	9am - 3pm	Tuesday weekly	Families	By Appointment only
Messy Play	10am - 11.30am	29 July	0 – 5 years	Book a space online
Perinatal Team	1pm - 4pm	Tuesday weekly	Families	By Appointment only
Triage Drop In	1pm – 3:30pm	29 July 5 August 19 August	Family	Drop-in
Baby Stay, Weigh & Play Sunshine Group	1:30pm – 2:30pm	5 August	0 – 5 years	Drop-in
Family Gardening Club (Green Fingers)	1:30pm – 3:30pm	29 July 5 August 12 August 19 August	4 – 12 years	Book a space online
Jason Roberts Foundation Multi sports, football, basketball and ball games	2pm – 4pm	29 July 5 August 12 August 19 August	11 -16 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health Visitors	9am – 4pm	Wednesday weekly	0 – 5 years	By Appointment only
Citizens Advice Brent (CAB)	9:30am – 3pm	Wednesday weekly	Families	By appointment only
Toy Library Families can come to borrow toys from the FWC	9:30am – 12:30pm	30 July 6 August 13 August 20 August	Families	Drop-in
Let's Talk	10am – 11:30am	13 August 20 August	14 months – 3 years	Book a space online
Brent Minis Nutrition Group	12:30pm – 2pm	30 July 6 August 13 August 20 August	1 – 5 years old	Book a space online
Afro Street Dance Club	1pm – 2:30pm	30 July 6 August 13 August 20 August	7 – 18 years old	Book a space online



Session	Time	Date(s)	Age group	Booking details
Midwifery	9am - 3pm	Thursday weekly	Families	By Appointment only
Health Visitors	9am - 4pm	Thursdays weekly	0 - 5 years	By Appointment only
Free Pregnancy and Baby vitamin Drop In	9am - 4pm	31 July 7 August 14 August 21 August	0 - 4 years	Drop-in
Introductions to Solids	12:30 - 2pm	7 August	From 6 months	Drop-in
Arts Mosaic Club	1pm - 3pm	31 July 7 August 14 August 21 August	7 - 18 years	Book a space online
Jason Roberts Foundation Multi sports, football, basketball and ball games	2pm - 4pm	31 July 7 August 14 August 21 August	11 -16 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Toy Library Families can come to borrow toys from the FWC	9:30am – 12.30pm	1 August 8 August 15 August 22 August	Families	Drop-in
Registration Drop In Come and get help to register at the FWC	1.00pm - 2.00pm	1 August 8 August 15 August 22 August	Family	Drop-in
Triage Drop In	1.00 – 3.30pm	1 August 8 August 15 August 22 August	Family	Drop-in



Centre information

CENTRE CLOSED FROM 25 to 29 AUGUST 2025

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 Youth Zone - <https://www.brentyouthzone.org.uk/>

Provides information and activities for young people.

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.

FREE

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](#)



[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

