

Sessions	Time	Date(s)	Age group	Booking details
<b>Health Review Checks</b>	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
<b>Salisbury World – Advice and Advocacy session</b> For refugees and asylum seekers	9am - 4pm	Fortnightly	Adults	By referral
<b>ESOL – English Class Level 1</b> English language for Parents Carers  Creche provided	10am - 11am	Weekly Term time only	Adults (women only)	Call or ask at reception
<b>ESOL – English Class Level 2</b> English language for Parents Carers  Creche provided	10am – 3:30pm	Weekly Term time only	Adults (women only)	Call or ask at reception
<b>Art Club</b>	4pm – 5.15pm	Weekly	5 - 11 years	<a href="#">Book a space online</a>
<b>Teen Space</b> Team building, sports, board/card games, discussions and more. Refreshments provided	5:30pm – 7pm	Weekly Term time only	11 plus	<a href="#">Book a space online</a>



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<b>Health Review Checks</b>	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
<b>Perinatal sessions – Parent and Infant relationship service (PAIRS)</b>	9am – 5pm	Weekly	Mums and expectant mums	By referral only
<b>Stay, Play and Learn Childcare and Library Event</b> Replacing Stay, Play and Learn	9:45-10:45am	Weekly 18 November	1 year plus	<a href="#">Book a space online</a>
<b>Health Visiting Service - Sunshine Group</b> An opportunity to have baby weighed and get advice from the HV team.	10am – 11:30am	02 Sept 07 Oct 04 Nov 16 Dec	Babies / Toddlers	<a href="#">Book a space online</a>
<b>STAR</b> Supporting the assessment route	10am – 12pm	21 Oct	Parent / carers	<a href="#">Book a space online</a>
<b>Baby Massage</b> Four-week courses – choose one	11am – 1pm	16 September <b>Or</b> 7 October 14 October 21 October 28 October	2 months – 6 months	<a href="#">Book a space online</a>
<b>ESOL – English Class Level 1</b> English language for Parents Carers	1:30am – 3pm	Weekly Term time only  Creche provided	Adults (women only)	Call or ask at reception



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<b>Midwifery Teams</b>	9:30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
<b>Employment Support and Advice</b>	9am – 2:30pm	Weekly Term time only	Over 18's	Call Centre to book an appointment
<b>Mum and Baby Yoga</b> Run by Sport in Mind  Term time only	10am – 11am	Weekly	6 weeks – 1 year	<a href="#">Book a space online</a> or just turn up on the day
<b>Messy Play</b>	11:30am – 12:30am	1 <sup>st</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> Wednesday of the month	18 months plus	<a href="#">Book a space online</a>
<b>Emotional Wellbeing Workshops</b> Stand alone workshops  Term time only	12:15pm – 2:30pm	24 September – 03 December	Adults	<a href="#">Book a space online</a>
<b>Introduction to Solids</b>	3pm – 4:30pm	08 October 12 November 10 December	6 months plus	<a href="#">Book a space online</a>
<b>Brent Young Carers</b>	4:30pm – 7pm	3 <sup>rd</sup> Wednesday of the month	Young carers	Referral only



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<b>Midwifery Teams</b>	9:30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
<b>Citizen's Advice Brent</b> Independent advice in all legal matters.	9:30am – 3:30pm	Weekly	Adults	Call Centre to book an appointment
<b>Let's Talk</b>	10am – 11am	Weekly	14 months – 3.5 years	<a href="#">Book a space online</a>
<b>Strengthening Families Strengthening Communities</b> Parenting Programme	11:30am – 2:30pm	18 Sept – 18 Dec (13 weeks) No session week of half-term	Parents	<a href="mailto:parentingprogramme@brent.gov.uk">parentingprogramme@brent.gov.uk</a>
<b>Girls Group</b> Building and improving social skills	4pm – 6pm	Weekly Term time only	10 -16 years	By Referral



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<b>Health Review Checks</b>	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
<b>Toy Library Service</b> Subscription fee required	10am – 2pm	Weekly	Families	Call or ask at reception
<b>Potty Training</b> 4-week courses - choose one.	10am - 11.00am	12 September 19 September 26 September 3 October <b>Or</b> 17 October 24 October 31 October 7 November <b>Or</b> 21 November 28 November 5 December 12 December	18 months plus	<a href="#">Book a space online</a>
<b>Baby Time</b> Incorporating Oral Health on 19/09	11.45am – 1.15pm	Weekly	Under 1's	<a href="#">Book a space online</a>
<b>Antenatal Yoga Classes</b> Note - you can get paid time off work for Antenatal classes.	1.30pm – 3.30pm	Weekly from 12 Sept	14 weeks to birth	<a href="#">Book a space online</a>



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<b>Citizen's Advice Brent</b> Independent advice in all legal matters	9:30am – 12:30pm	13 September 20 September 27 September 4 October 11 October 18 October	Adults	Call to book
<b>Stay Play &amp; Learn</b>	9.45am – 11.15am 10am 11.30am	13 September 20 September 27 September 11 October	0- 5 years	<a href="#">Book a space online</a>
<b>SEND Family Group</b> For Families with a SEND child, activities for all the family	10am – 11:30am	04 October	All ages	<a href="#">Book a space online</a>
<b>Fathers / Male Carers session</b>	10am – 11:30am	18 October	0 – 5 years	<a href="#">Book a space online</a>
<b>Baby Massage</b>	11:30am – 12:30am	13 September 20 September 27 September	2 months – 6 months	<a href="#">Book a space online</a>



### Centre information

- Free vitamins are available at the centre for all pregnant women and children under 4 years old
- Triage Service available if you need help to access services in the FWC's and the community

### Useful links

The Local Offer for Children with Special Educational Needs and Disabilities (SEND)

<https://www.brent.gov.uk/children-young-people-and-families/send-local-offer>

### Children and Family Information Service (CFIS)

Provides information and advice on a range of services for families, including childcare and early education.

<https://www.brent.gov.uk/children-young-people-and-families>

### Brent Youth Zone

<https://www.brentyouthzone.org.uk/>



### [Three Trees Family Wellbeing Centre](#)

Tiverton Road, Kensal Rise,  
NW10 3HL

Phone: 0208 937 3892

Email: [threetrees.fwc@brent.gov.uk](mailto:threetrees.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

