

Sessions	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Salisbury World – Advice and Advocacy session For refugees and asylum seekers	9am - 4pm	Fortnightly	Adults	By referral
ESOL – English Class Level 1 English language for Parents Carers Creche provided	10am - 11am	Weekly Term time only	Adults (women only)	Call or ask at reception
ESOL – English Class Level 2 English language for Parents Carers Creche provided	10am – 3:30pm	Weekly Term time only	Adults (women only)	Call or ask at reception
Art Club	4pm – 5.15pm	Weekly	5 - 11 years	Book a space online
Teen Space Team building, sports, board/card games, discussions and more. Refreshments provided	5.30pm – 7pm	Weekly Term time only	11 plus	Book a space online



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Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Perinatal sessions – Parent and Infant relationship service (PAIRS)	9am – 5pm	Weekly	Mums and expectant mums	By referral only
Stay, Play and Learn Childcare and Library Event Replacing Stay, Play and Learn	9.45-10.45am 9.45-10.45am	Weekly 18 Nov	1 year plus	Book a space online
Health Visiting Service - Sunshine Group 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	Book a space online
STAR Supporting the assessment route	10am – 12pm	21 Oct	Parent / carers	Book a space online
Baby Massage Four-week courses – choose one	11am – 1pm	02, 09, 10 & 16 Sept Or 07, 14, 21 & 28 Oct	2 months – 6 months	Book a space online
ESOL – English Class Level 1 English language for Parents Carers Creche provided	1.30am – 3pm	Weekly Term time only	Adults (women only)	Call or ask at reception



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Midwifery Teams	9.30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
Employment Support and Advice	9am – 2.30pm	Weekly Term time only	Over 18's	Call Centre to book an appointment
Mum and Baby Yoga Run by Sport in Mind Term time only	10am – 11am	Weekly	6 weeks – 1 year	Book a space online or just turn up on the day
Messy Play	11.30am – 12.30am	1 st , 3 rd and 4 th Wednesday monthly	18 months plus	Book a space online
Emotional Wellbeing Workshops Stand alone workshops Term time only	12.15pm – 2.30pm	24 Sept – 03 Dec	Adults	Book a space online
Introduction to Solids	3pm – 4.30pm	10 Sept, 08 Oct, 12 Nov & 10 Dec	6 months plus	Book a space online
Brent Young Carers	4.30pm – 7pm	3 rd Wednesday of the month	Young carers	Referral only



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Midwifery Teams	9.30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
Citizen's Advice Brent Independent advice in all legal matters.	9.30am – 3.30pm	Weekly	Adults	Call Centre to book an appointment
Let's Talk	10am – 11.00am	Weekly	14 months – 3.5 years	Book a space online
Strengthening Families Strengthening Communities Parenting Programme	11.30am – 2.30pm	18 Sept – 18 Dec (13 weeks) No session week of half-term	Parents	parentingprogramme@brent.gov.uk
Girls Group Building and improving social skills	4pm – 6pm	Weekly Term time only	10 -16 years	By Referral



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Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Children and Families Information Service – childcare information/advice appointments	9.30am – 3.30m	Weekly	Under 5's	Call to book
Toy Library Service Subscription fee required	10am – 2pm	Weekly	Families	Call or ask at reception
Potty Training 4-week courses - choose one.	10am - 11.00am	12,19, 26 Sept, & 03 Oct Or 17, 24, 31 Oct & 07 Nov Or 21, 28 Nov, 05 &12 Dec	18 months plus	Book a space online
Baby Time Incorporating Oral Health on 19/09	11.45am – 1.00pm	Weekly	Under 1's	Book a space online



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Citizen's Advice Brent Independent advice in all legal matters	9.30am – 12.30pm	13, 20 & 27 Sept, 4, 11 & 18 Oct.	Adults	Call to book
Stay Play & Learn	9.45am – 11.15am 10am 11.30am	13, 20 & 27 Sept 11 Oct.	0- 5 years	Book a space online
SEND Family Group For Families with a SEND child, activities for all the family	10am – 11.30am	04 October	All ages	Book a space online
Fathers / Male Carers session	10am – 11.30am	18 October	0 – 5 years	Book a space online
Baby Massage	11.30am – 12.30am	13, 20 & 27 Sept.	2 months – 6 months	Book a space online

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/>

BEST START IN LIFE

From pregnancy to childcare right through to starting school, get advice and support for your child's development.

<https://www.beststartinlife.gov.uk>



Three Trees Family Wellbeing Centre

Tiverton Road, Kensal Rise,
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