

# Monday

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 – 12pm	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	1pm – 3pm	Weekly Term time only	Adults (women only)	Call or ask at reception
<b>Art Club</b>	4pm – 5:15pm	Weekly Term time only	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>



# Tuesday

## Three Trees Family Wellbeing Centre timetable

January – March 2026

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>Perinatal session</b>  Parent and Infant relationship service (PAIRS)	9am – 5pm	Weekly	Mums and expectant mums	By referral only
<b>Stay, Play and Learn</b>  <b>Childcare and Library Event</b> Replacing Stay, Play and Learn	9.45-10.45am	Weekly  17 March	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	03 February 03 March 31 March 28 April	Babies / Toddlers	<a href="#">Book a space online</a>
<b>STAR</b>  Supporting the assessment route	10am – 12pm	24 February	Parent / carers	<a href="#">Book a space online</a>
<b>Baby Massage</b>  Four-week courses – choose one	11am – 1pm	March 3, 10, 17 and 24  <b>Or</b>  March 31, April 7, 14 and 21	2 months – 6 months	<a href="#">Book a space online</a>
<b>ESOL – English Class Level 1</b>  English language for Parents Carers  Creche provided	1.30am – 3pm	Weekly  Term time only	Adults (women only)	Call or ask at reception



# Wednesday

Three Trees Family Wellbeing Centre timetable  
January – March 2026

Session	Time	Date(s)	Age group	Booking details
Midwifery Teams	9:30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
Family Community Work Coach	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 – Mental Health Charity	10am – 11am	Weekly Term time only	6 weeks – 1 year	<a href="#">Book a space online</a> or just turn up on the day
Messy Play	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>
Introduction to Solids	3pm – 4:30pm	2 <sup>nd</sup> Wednesday of the month	6 months plus	<a href="#">Book a space online</a>
Brent Young Carers	4:30pm – 7pm	3 <sup>rd</sup> Wednesday of the month	Young carers	Referral only



# Thursday

Session	Time	Date(s)	Age group	Booking details
<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>Two and Terrific</b> Four-week course	1pm – 2:30pm	23 April 30 April 07 May 14 May	Parents	<a href="mailto:parentingprogramme@brent.gov.uk">parentingprogramme@brent.gov.uk</a>
<b>HENRY</b> 9-week parenting programme Creche available	11:30am – 2pm	15 January – 19 March Term time only	Parents	<a href="#">Book a space online</a>
<b>Girls Group</b> Building and improving social skills	4:30pm – 6pm	Weekly Term time only	10 -16 years	By Referral



Session	Time	Date(s)	Age group	Booking details
<b>Health Review Checks</b>	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
<b>Children and Families Information Service (CFIS) appointments</b>	9:30am – 3:30pm	Weekly	Parent	Call to book
<b>Toy Library Service</b> Subscription fee required	10am – 2pm	Weekly	Families	Call or ask at reception
<b>Baby Time</b> <b>Being with your baby (replacing Baby Time)</b>	11:45am – 1pm	Weekly  16 January 23 January 30 January 6 February 13 February 20 February	Under 1's	<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)** - <https://www.brent.gov.uk/children-young-people-and-families>

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

**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.

**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

