

Monday

Three Trees Best Start Family Hub timetable

April - July 2026

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 – 12pm	Weekly Term time only	Adults (women only)	Call or ask at reception
ESOL – English Class Level 2 English language for Parents Carers Creche provided	1pm – 3pm	Weekly Term time only	Adults (women only)	Call or ask at reception
Art Club	4pm – 5:15pm	Weekly Term time only	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	9:45-10:45am	Weekly	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	2 June 23 June 21 July	Babies / Toddlers	Book a space online
Baby Massage Four-week course	11am – 1pm	7 July 14 July 21 July 28 July	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

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	Book a space online or drop-in
Messy Play	11:30am – 12:30am	1 st , 3 rd and 4 th Wednesday of the month	18 months plus	Book a space online
Perinatal sessions Parent and Infant relationship service (PAIRS)	1pm - 4pm	Weekly	Mums and expectant mums	By referral only
Introduction to Solids	3pm – 4:30pm	2nd Wednesday of the month	6 months plus	Book a space online
Brent Young Carers	4:30pm – 7pm	3rd Wednesday of the month	Young carers	Referral only

Thursday

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Session	Time	Date(s)	Age group	Booking details
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
Circle of Security 8-week parenting programme Four-week course Creche available	11:30am – 1.30pm	Start: 16 April Term time only	Adults	Book a space online
HENRY 9-week parenting programme Creche available	11:30am – 2pm	15 Jan – 19 Mar Term time only	Parents	Book a space online
Girls Group Building and improving social skills	4:30pm – 6pm	Weekly Term time only	10 -16 years	By Referral

Friday

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Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Health4Life Mini Nutrition Group Sessions Five-week programme	9.30am - 11.00am	17 April 24 April 1 May 8 May 15 May	For parents with children 1-5 years	Book a space online
Children and Families Information Service (CFIS) appointments	9.30am – 3.30pm	Weekly	Parent	Call to book
Toy Library Service Subscription fee required	10am – 2pm	Weekly	Families	Call or ask at reception
Baby Time	11.45am – 1.15pm	Weekly	Under 1's	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) - <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](#)

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