

Monday

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



Tuesday

Three Trees Family Wellbeing Centre timetable

January – March 2026

Sessions	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Perinatal session 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	Weekly 17 March	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	03 February 03 March 31 March 28 April	Babies / Toddlers	Book a space online
STAR Supporting the assessment route	10am – 12pm	24 February	Parent / carers	Book a space online
Baby Massage Four-week courses – choose one	11am – 1pm	March 3, 10, 17 and 24 Or March 31, April 7, 14 and 21	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



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	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 of the month	18 months plus	Book a space online
Introduction to Solids	3pm – 4:30pm	2 nd Wednesday of the month	6 months plus	Book a space online
Brent Young Carers	4:30pm – 7pm	3 rd Wednesday of the month	Young carers	Referral only



Thursday

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
Two and Terrific Four-week course	1pm – 2:30pm	23 April 30 April 07 May 14 May	Parents	parentingprogramme@brent.gov.uk
HENRY 9-week parenting programme Creche available	11:30am – 2pm	15 January – 19 March 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



Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
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 Being with your baby (replacing Baby Time)	11:45am – 1pm	Weekly 16 January 23 January 30 January 6 February 13 February 20 February	Under 1's	Book a space online



Saturday

Three Trees Family Wellbeing Centre timetable
January – March 2026

Session	Time	Date(s)	Age group	Booking details
Stay Play & Learn	10am 11.30am	Weekly 24 January 7 February 14 February	0- 5 years	Book a space online
SEND Family Group For families with a SEND child, activities for all the family	10am – 11.30am	17 January	All ages	Book a space online
Fathers / male carers session	10am – 11.30am	31 January	0 – 5 years	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](#)

Tiverton Road, Kensal Rise,
NW10 3HL

Phone: 0208 937 3892

Email: 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

