

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
Craft Session Family Activity	1pm - 3pm	11/08/2025	Families	Book a space online Booking under Arts and Crafts



Sessions	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Stay, Play and Learn	9.45-10.45am	29 July 05 Aug 12 Aug	1 year plus	Book a space online
Sunshine Group	10am– 11.30am	05 Aug	Babies	Book a space online
Baby and Mum aromatherapy	10.30am – 12.30pm	19 Aug	0-6 months	Book a space online
Cultural Event	11.30am – 1.30am	05 Aug	Families	Book a space online
Make your own dominos game	1.30pm – 3.30pm	19 Aug	Age 5 plus	Book a space online
Perinatal sessions – Parent and Infant relationship service (PAIRS)	9am – 5pm	Weekly	Mums and expectant mums	By referral only



Session	Time	Date(s)	Age group	Booking details
Welcome to Parenthood	9am – 10am	06 August	Expectant parents	Book a space online
Midwifery Teams	9.30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
The Very Hungry Caterpillar – Making a healthy snack	10am – 11am	30 July	Families	Book a space online Under Healthy Eating
Family Messy Play Garden play and sand art	10.30am – 11.30am	06 August	Families	Book a space online
Design you own hand puppet/gift boxes	10.30am – 12.30pm	13 August	Families	Book a space online Under arts and crafts
Paddington Recreation Ground	12pm – 3pm	30 July	Families	Book a space online
Introduction to card games	1.30am – 3.30pm	13 August	11 years plus	Book a space online
Introduction to Solids	1pm – 2.30pm	13 August	6 months plus	Book a space online
Gardening with Jim	2pm – 4pm	06 August	Families	Book a space online



Session	Time	Date(s)	Age group	Booking details
Citizen's Advice Brent Independent advice in all legal matters.	9.30am – 3.30pm	Weekly	Adults	Call Centre to book an appointment
Midwifery Teams	9.30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
Let's Talk	10am – 11am	31 July 07 Aug 21 Aug	14 months – 3.5 years	Book a space online
Gardening with Jim	11am – 1pm	31 July 21 Aug	Families	Book a space online
Sports Day Sports activities and prizes	12pm – 1.30pm	07 August	5 – 11 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Toy Library Service Subscription fee required	10am – 2pm	Weekly	Families	Call or ask at reception
Baby Time	11:45am – 1:15pm	01 August 08 August	Under 1's	Book a space online
Lexi Cinema trip	tbc	08 Aug	Families with children aged 3 plus	Call centre or ask at reception
End of Summer Party	11am – 2pm	22 August	Families	Book a space online Book under Family Fun Day



Session	Time	Date(s)	Age group	Booking details
SEND Family Group For Families with a SEND child, activities for all the family	10am - 12pm	Monthly Three Trees FWC: 27 July	All ages	Book a space online



- 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 in the community.

Useful Links

The Local Offer - <https://www.brent.gov.uk/localoffer>

Provides information and advice for Children with Special Educational Needs and Disabilities (SEND)

Brent Youth Zone - <https://www.brentyouthzone.org.uk/>

Provides information and activities for young people.

Children and Family Information Service (CFIS) - <https://www.brent.gov.uk/cyp>

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

Holidays Activities and Food Programme - <https://www.brent.gov.uk/haf>

Provides free access to activities and healthy meals to eligible children during school holidays.



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

