

# Monday

| Sessions                                            | Date(s)   | Time      | Age group      | Booking details                      |
|-----------------------------------------------------|-----------|-----------|----------------|--------------------------------------|
| Health Review Checks                                | Weekly    | 9am - 5pm | 1 - 2 years    | By appointments from Health Visitors |
| Messy Play<br>Wet play paddling pool and splash pad | 18 August | 1pm - 3pm | 18 months plus | <a href="#">Book a space online</a>  |

# Tuesday

## Three Trees Best Start Family Hub timetable

27 July – 22 August 2026

| Sessions                                                                    | Date(s)                          | Time            | Age group               | Booking details                      |
|-----------------------------------------------------------------------------|----------------------------------|-----------------|-------------------------|--------------------------------------|
| <b>Health Review Checks</b>                                                 | Weekly                           | 9am - 5pm       | 1 - 2 years             | By appointments from Health Visitors |
| <b>Perinatal sessions</b><br>Parent and Infant relationship service (PAIRS) | Weekly                           | 9am – 5pm       | Mums and expectant mums | By referral only                     |
| <b>Stay, play and learn</b>                                                 | 28 July<br>4 August<br>11 August | 9.45am -10.45am | 1 year plus             | <a href="#">Book a space online</a>  |
| <b>T shirt painting and acrylic ceramic painting</b>                        | 04 August                        | 1pm - 2.30pm    | Family                  | <a href="#">Book a space online</a>  |
| <b>Cook and eat healthy snack</b>                                           | 11 August                        | 11.30am - 1pm   | Family                  | <a href="#">Book a space online</a>  |
| <b>Sunshine Group - Health visiting drop-in</b>                             | 18 August                        | 10am - 11.30am  | Under 2's               | <a href="#">Book a space online</a>  |

| Session                                                | Date(s)   | Time              | Age group          | Booking details                     |
|--------------------------------------------------------|-----------|-------------------|--------------------|-------------------------------------|
| Midwifery teams                                        | Weekly    | 9:30am - 3:30pm   | Post-natal parents | Appointment only by Midwifery Team  |
| Family messy play                                      | 5 August  | 10.30am - 12pm    | Families           | <a href="#">Book a space online</a> |
| Design your own sunhats                                | 12 August | 10.30am - 12.30pm | Families           | <a href="#">Book a space online</a> |
| Introduction to solids                                 | 12 August | 1.30pm - 3pm      | From six months    | <a href="#">Book a space online</a> |
| Family messy play<br>Cup cake making and healthy snack | 19 August | 10am - 11.30am    | Families           | <a href="#">Book a space online</a> |

# Thursday

| Session                                                            | Date(s)              | Time             | Age group          | Booking details                     |
|--------------------------------------------------------------------|----------------------|------------------|--------------------|-------------------------------------|
| Midwifery teams                                                    | Weekly               | 9:30am - 3:30pm  | Post-natal parents | Appointment only by Midwifery Team  |
| Citizen's Advice Brent<br>Independent advice in all legal matters. | Weekly               | 9:30am – 3:30pm  | Adults             | Call centre to book an appointment  |
| Potty training<br>three-week course (creche available)             | 6 August - 20 August | 10.30am - 1.30pm | 18 months plus     | <a href="#">Book a space online</a> |

# Friday

## Three Trees Best Start Family Hub timetable

27 July – 22 August 2026

| Session                              | Date(s)                          | Time             | Age group   | Booking details                      |
|--------------------------------------|----------------------------------|------------------|-------------|--------------------------------------|
| Health Review Checks                 | Weekly                           | 9am - 5pm        | 1 - 2 years | By appointments from Health Visitors |
| Toy library service                  | Weekly                           | 10am-2pm         |             | Ask at reception                     |
| Baby time - Stay and play            | 21 August                        | 11am – 12:30pm   | Under 1's   | <a href="#">Book a space online</a>  |
| Baby time - Stay and play            | 31 July<br>7 August<br>14 August | 11:45am – 1:15pm | Under 1's   | <a href="#">Book a space online</a>  |
| Arts and crafts with garden activity | 31 July                          | 2pm – 3:30pm     | Families    | <a href="#">Book a space online</a>  |
| SEN family play session              | 14 August                        | 2pm – 3:30pm     | Families    | <a href="#">Book a space online</a>  |
| End of summer party                  | 21 August                        | 2pm – 4:30       | Families    | <a href="#">Book a space online</a>  |

# Centre information

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- 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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