

Monday

Three Trees Family Wellbeing Centre half-term timetable
16 – 20 February 2026

| Sessions | Time | Date(s) | Age group | Booking details |
|-----------------------------|--------------|-------------|-------------|--------------------------------------|
| Health Review Checks | 9am - 5pm | Weekly | 1 - 2 years | By appointments from Health Visitors |
| Arts and Crafts | 1pm – 3.30pm | 16 February | Families | Book a space online |



Tuesday

Three Trees Family Wellbeing Centre half-term timetable

16 – 20 February 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 | 9:45 - 10:45am | 17 February | 1 year plus | Book a space online |
| Dad's arts and crafts | 2pm - 3:30pm | 17 February | Dads with children age 6 -12 years | Book a space online |



Wednesday

Three Trees Family Wellbeing Centre half-term timetable
16 – 20 February 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 messy play | 10am – 11:30am | 18 February | Families | Book a space online |



Thursday

Three Trees Family Wellbeing Centre half-term timetable 16 – 20 February 2026

| 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 |



| 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 |
| Local Trip | 10am - 3pm | 20 February | Family activity | Call for more information and to book |
| Baby Time | 11:45am – 1pm | 20 February | 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](#)

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

