

Session	Time	Date(s)	Age group	Booking details
<b>Health Review Checks</b>	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
<b>Toddler Talk</b>	10am - 11am	Weekly	18 months to 3 years	<a href="#">Book a space online</a>
<b>Employment Support and Advice</b>	10am – 3:30pm	Weekly	Over 18's	Call Centre to book an appointment
<b>Breastfeeding support session</b>	1pm – 3pm	Weekly	Babies	Drop-in session
<b>Toy Library</b>	3pm – 4.30pm	Weekly	0 – 5 years	Drop-in session
<b>Registration drop-in</b>  Come and get help to register with the Family Wellbeing Centres.	2pm – 4pm	Weekly	Families, Children and Young people	Drop-in



Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Parenting Programme	10am – 12pm	Weekly – term time only	Parent / Carers	Referral only
Health Lifestyle Programme	12.30pm – 2pm	22 April – 20 May 25	1 – 5 years	<a href="#">Book a space online</a>
Felix Food Project	2pm – 4.30pm	Weekly	Families	Referral only



Session	Time	Date(s)	Age group	Booking details
<b>Baby sensory</b>	10am - 10:45 am	Weekly	0 – 12 months	<a href="#">Book a space online</a>
<b>Registration Drop in</b> Come and get help to register with the Family Wellbeing Centres	11.30am – 1pm	Weekly	All ages	Drop-in session
<b>Prospects</b>	1pm – 5pm	Weekly	16 -19-years or up to 25 years with disability	By Appointments / Referrals
<b>Childcare &amp; Library session</b>	1pm – 2.15pm	25 June	0 – 5 years	<a href="#">Book a space online</a>
<b>Two and Terrific</b>	12.45pm – 2.15pm	30 April 7 May 14 May 21 May	2 years plus	<a href="#">Book a space online</a>
<b>Art club</b>	4pm – 5.15pm	Weekly – term time only	8 – 14 years	<a href="#">Book a space online</a>
<b>Young Carers</b>	4.30pm – 6pm	1st Weds of the month	8 years plus	Referral only



Session	Time	Date(s)	Age group	Booking details
<b>Citizen's Advice Brent</b> Independent advice in all legal matters.	9.30am – 4.00pm	Weekly	Adults	Call Centre to book an appointment
<b>Toy Library</b>	9.30am – 11.30pm	Weekly	0 – 5 years	Drop-in session
<b>Story and Rhymes</b>	10am – 11am	Weekly	0 – 5 years	<a href="#">Book a space online</a>
<b>Introduction to solids</b>	1pm – 2.30pm	2 <sup>nd</sup> Thursday of the month	4 to 6 months babies	<a href="#">Book a space online</a>
<b>Let's Talk</b>	1.30pm – 2.30pm	Weekly	14 months – 3.5 years	<a href="#">Book a space online</a>
<b>Prospects</b>	2pm – 5pm	Weekly	16 -19-years or up to 25 years with disability	By Appointments / Referrals



Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am to 5pm	Weekly	1 - 2 year	By appointments from Health Visitors
ESOL Classes	10am to 12pm	Weekly	Carers / parents	Call Centre to book
STAR – Supporting the assessment for Autism and ADHD	10am – 12pm	20 June	Families	Drop In
Emotional Health & Wellbeing Workshop	12.30pm – 2.30pm	Weekly 2 May to 11 July	Carers / Parents	<a href="#">Book a space online</a>
Mixed Martial Arts	3.45pm – 5.45pm	Weekly	8 – 14 years	<a href="#">Book a space online</a>



Session	Time	Date(s)	Age group	Booking details
<b>Dad's Programme</b>	10am to 11.30am	26 April 2025	0- 8 years	<a href="#">Book a space online</a>
<b>SEND Family Group</b>	10am – 11.30am	10 May	Families & Children	<a href="#">Book a space online</a>
<b>Stay and Play</b>	10am – 11.30am	3 May 17 May 24 May 31 May	0 – 5 years	<a href="#">Book a space online</a>
<b>Baby Yoga</b>	3 – 10 months	3 May 17 May 24 May 31 May	3 – 10 months	<a href="#">Book a space online</a>



**Alperton Family Wellbeing Centre**  
Ealing Road, Wembley  
HA0 4PW  
Phone: 0208 937 3860  
Email: [alperton.FWC@brent.gov.uk](mailto:alperton.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

