

Session	Time	Date(s)	Age group	Booking details
Midwifery Services	9am - 4pm	Weekly	Expectant mums	By appointment from Midwifery Team
Let's Talk	9:30am - 10:30am	Weekly	14 months to 3.5 years	Book a space online
Pregnancy Yoga	11am - 11:45am	Weekly	14 weeks to birth expectant parents	Book a space online
Introduction to Solids	11am - 12:30pm	Third Monday of every month	4 – 6 months	Book a space online
Baby Massage	12pm - 1pm	Dates to be confirmed	0 – 4 months please book 1 group	Book a space online
Garden Club	1:30pm - 2pm	Weekly	18 months – 4 years	Book a space online
Felix Food Donation Food parcel support for families in need of food.	2:30 - 4:30pm	Weekly	Families	Drop-in
Teen Space	5pm - 6:30pm	Weekly	11 – 18 years	Book a space online



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Health Review Checks	9am – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Citizen's Advice Brent Independent advice in all legal matters.	9am – 3pm	Weekly	Adults	Call Centre to book an appointment
Registration Support Come and get help to register with the Family Wellbeing Centres.	10am – 11am and 3pm – 4pm	Weekly	Adults	Drop in
Childminders Only- (£2 fee applies)	9:30am – 11:30am	Weekly	Childminders	Book a space online
Messy Play	1pm – 2:30pm	Weekly	13 months – 4 years	Book a space online
STAAR Drop In Supporting the Assessment for Autism Route	10am - 12pm	13 May 8 July	Families	Book a space online And drop in



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Breast Feeding Clinic	9am – 12pm	Fortnightly starting 23 April	0 – 6 months	Drop-in
Mini Nutrition 121 Clinic	9am – 12pm	Fortnightly starting 30 April	8 months – 5 years	Email: clcht.brenthealth4life@nhs.net
Midwifery Services	9am – 4pm	Weekly	Expectant mums	By appointment from Midwifery Team
Story and Rhyme Time including Childcare and libraries event on 14 May	10am – 11am	Weekly	0 – 5 years	Book a space online
Basic English	1pm – 3pm	Weekly starting 23 April with Assessment day, creche provided	Adults	Book a space online
Mixed Martial Arts	4pm – 6pm	Weekly	10 – 18 years	Book a space online



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Health Review Checks	9am – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Busy Feet	9:30– 10:30am	Weekly, except first and last Thursday of the month	18 months – 4 years	Book a space online
Parenting Matters	10am – 12pm	1 st Thursday of every month	Adults	Call Centre to book an appointment
Portage Session	10am – 12pm	First and last Thursday of the month	Families	By appointments from Portage Team
Employment Support and Advice	10am – 3pm	Fortnightly	Over 18's	Call Centre to book an appointment
Baby Time	2pm – 3pm	Weekly	0 -12 months	Book a space online



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Midwifery Services	9am - 4pm	Weekly	Expectant mums	By appointment from Midwifery Team
Parents as First Teachers – creche provided	9:30 – 11:30am	2 May – 23 May	0 – 5 years	Book a space online
Employment Support	10am – 3pm	Weekly	Parents	By Appointment only contact centre to arrange
Toddler Talk	2pm – 3pm	Weekly	18 months – 3 years	Book a space online
Games Zone	4pm – 6pm	Weekly	11 – 18 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
<p>Saturday sessions are now delivered at the Family Wellbeing Centre (FWC) during term time, please contact the centre for more information,</p> <p>Dad's/male carer's session</p>	10am – 11:30am	<p>Dates to be confirmed</p> <p>Alperton FWC - 28 April Three Trees FWC - 10 May St Raphs FWC 14 June Church Lane FWC 12 July</p>	<p>0- 5 years</p> <p>0 – 8 years</p>	<p>Book a space online</p>

Centre information

- Half Term Monday 26 May – Friday 30 May 2025
- Free vitamins are available at the Family Wellbeing Centre for all pregnant women and children under 4 years old
- Triage Services – The centre offers short term support to families to access both universal and targeted services, Drop in and appointment.

Useful Links

- The Local Offer for Children with Special Educational Needs and Disabilities (SEND): <https://www.brent.gov.uk/localoffer>
- Brent Youth Zone: <https://www.brentyouthzone.org.uk/>
- Children and Family Information Service (CFIS) - provides information and advice on a range of services for families, including childcare and early education: <https://www.brent.gov.uk/cyp>



[Church Lane Family Wellbeing Centre](#)

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