



# St Raphael's Family Well Being Centre Timetable January February March 2025



January February March 2025 V1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>MORNING</b></p>  <p>Registration link: <a href="http://www.brent.gov.uk/familywellbeingcentres">www.brent.gov.uk/familywellbeingcentres</a></p> <p>St Raphael's Family Wellbeing Centre Rainsborough Close NW10 OTS 020 89373620</p> 	 <p>9.30 – 11.00am <b>STAY &amp; PLAY- CHILD TALK</b> 0-5 years Booking Required</p>  <p>9.30 – 12.30pm <b>CAMHS</b> 0-5 years for parents with children Support and advice for parents struggling with their children's, sleep, eating, behaviour Appointment Only</p> <p>9.00-2.00pm <b>SUPPORTING FAMILIES' EMPLOYMENT ADVISORS</b> Appointment &amp; Referrals only (Term Time only)</p>	<p><b>strengthening families</b> <b>strengthening communities</b></p> <p>10.00-1.00pm <b>STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES PARENTING PROGRAMME</b> SFSC &amp; Creche 10 weeks: 14<sup>th</sup> Jan 2025 Referral Only</p>  <p>10.00-12.00pm <b>STAAR DROP IN</b> 18<sup>th</sup> March 25 Assessment for Autism Route Is your child on the waiting list to be Assessed for Autism or ADHD</p> <p>9.00-4.00pm <b>HEALTH PERINATAL</b> Appointment only</p>	<p>10.00 – 11.00am <b>LET'S TALK</b> (Age 14mths to 3 years) Get advice to support your child from the Speech and Language Team. Booking Required</p> <p>9.30-3.30pm <b>CITIZENS ADVICE BRENT (CAB)</b> CAB offer good quality independent Advice on issues such as benefits housing Welfare rights. Appointment only</p> <p>9.00-4.00pm <b>HEALTH VISITING</b> 1 &amp; 2 year old Development reviews Appointment only</p> <p>9.30 – 12.30pm <b>TOY LIBRARY</b> Families can come to borrow toys from the FWC Toy Library</p> 	 <p>9.30-11.30am <b>CHILD MindERS ONLY</b> Booking Required (Term Time only)</p> <p>9.00-4.00pm <b>HEALTH VISITING</b> 1 &amp; 2 year old Development reviews Appointment only</p> <p>10.00- 12.00pm <b>TRIAGE DROP IN</b></p>  <p>Drop in and met our Triage Officer Carol. She can support you &amp; your family to access short term support, service referrals, answer questions about nursery &amp; school and help complete application forms.</p>	<p>9.30 – 11.00am First Friday of Every Month 3<sup>rd</sup> Jan, 7<sup>th</sup> Feb &amp; 7<sup>th</sup> March 25 <b>BABY DROP IN</b> <b>INTRODUCTION SOLIDS</b> From 6 months</p> <p>10.00am -11.30am <b>BABY YOGA</b> 24<sup>th</sup>, 31<sup>st</sup> Jan, 7<sup>th</sup> Feb, 14<sup>th</sup>, 21<sup>st</sup> March, 4<sup>th</sup> April (4 months to active crawling) <b>BABY MASSAGE</b> 14<sup>th</sup>, 28<sup>th</sup> Feb, 7<sup>th</sup> March (Babies 6 weeks to 6 months)</p> <p>9.00-4.00pm <b>SMALL TALK</b> Speech &amp; Language Therapy One to One Individual Appointment only</p> <p>9.30am – 11.30am Last Friday of Every Month 31<sup>st</sup> Jan &amp; 28<sup>th</sup> Feb &amp; 28<sup>th</sup> March 2025 <b>FAMILY COFFEE MORNING</b> For SEND Parent/carers of SOMALI HERITAGE Booking Required</p>	<p><b>ALPERTON &amp; THREE TREES FWC</b> <b>OPEN SATURDAY</b> 9.00AM to 1.00PM See website for services &amp; booking <a href="http://www.brent.gov.uk/familywellbeingcentres">www.brent.gov.uk/familywellbeingcentres</a></p>  <p><b>ALPERTON FWC</b> 10.00-11:30am <b>STAY &amp; PLAY</b> 0-5 years January 11<sup>th</sup> 18<sup>th</sup> &amp; 25<sup>th</sup> February 01<sup>st</sup> 8<sup>th</sup> &amp; 14<sup>th</sup>. Booking Required</p>  <p><b>THREE TREES FWC</b> 10.00-11:30am <b>STAY &amp; PLAY</b> 0-5 years January 11<sup>th</sup> 18<sup>th</sup> &amp; 25<sup>th</sup> February 01<sup>st</sup> 8<sup>th</sup> &amp; 14<sup>th</sup>. Booking Required</p>
<p><b>AFTERNOON</b></p> <p><a href="http://www.brent.gov.uk/familywellbeingcentres">www.brent.gov.uk/familywellbeingcentres</a></p>  <p><b>SEND</b> all different - all together</p> 	 <p>1.00-2.30pm <b>STAY &amp; PLAY- BABY TALK</b> 0-12 months In the first-year babies learn to focus their vision, reach out, explore and learn through play and exploration of objects and language. Booking Required 1.00-2.30pm <b>BUILDING BRILLIANT BRAINS</b> 17<sup>th</sup> March 25 Theme Outdoor &amp; Forest school Booking Required 1.00-4.00pm <b>BREAST FEEDING SUPPORT DROP IN CLINIC</b> 1-1 support session</p>  <p>17.00pm-18.30pm 5- 11years old <b>HOMWORK CLUB</b> Booking Required (Term Time only)</p>	<p>1.00- 2.30pm <b>TRIAGE DROP IN</b></p> <p>1.30-3.00pm <b>BRENT MINIS NUTRITION GROUP</b> 21<sup>st</sup> &amp; 28<sup>th</sup> January 4<sup>th</sup> &amp; 18<sup>th</sup> &amp; 25<sup>th</sup> February 1.30-2.30pm <b>STAY PLAY &amp; WEIGH SUNSHINE GROUP</b> monthly Drop In 0-5 years 11<sup>th</sup> February, 4<sup>th</sup> March 25 Pregnant Parents and Families can come and get advice from the health visiting Team.</p>  <p>17.00-18.30pm <b>YOUTH ZONE</b> SPORTS, BASKET &amp; FOOTBALL &amp; GAMING XBOX PS5 VR 11-18 years olds Booking Required (Term Time only)</p>	<p><b>FREE VITAMIN COLLECTION</b> 0 – 4 years Give your baby the best start in life. For pregnant women and children Pick up your free vitamins from all FWC reception.</p>  <p>Please find the Eligibility calculator here <a href="#">Healthy Start Eligibility Calculator (typeform.com)</a></p>  <p>1.00-2.00pm <b>REGISTRATION DROP IN</b> Come and get help to register with all Brents FWC's. <a href="http://www.brent.gov.uk/familywellbeingcentres">www.brent.gov.uk/familywellbeingcentres</a></p>	 <p>16.00-17.30PM <b>ART CLUB</b> 7 to 16 years old Art club, learn how to draw cartoons, make Anime, mask making, canvases and pottery. Booking Required</p>  <p>16.00 -18.00pm <b>MIXED MARTIAL ARTS</b> 10-18 years old Booking Required</p>	 <p>12.30 -2.30pm <b>ESOL</b> <b>English Conversation</b> Develop basic English language skills, speaking reading writing. Crèche Provided Booking Required (Term Time only)</p> <p><b>LITTLE VILLAGE</b> 0-5yrs Community Donation Drive Donate children equipment Buggy's, cots, beds clothing shoes and toys/books. Term Time only</p>	<p><b>Useful Links</b> The Local Offer for Children with Special Educational Needs and Disabilities (SEND) aged 0-25 and their families <a href="https://www.brent.gov.uk/children-young-people-and-families/send-local-offer">https://www.brent.gov.uk/children-young-people-and-families/send-local-offer</a></p> <p><b>Brent Youth Zone information:</b> Brent Youth Zone has links to information, advice and activities for young people. <a href="https://www.brentyouthzone.org.uk/">https://www.brentyouthzone.org.uk/</a></p> <p><b>CFIS Services:</b> The Children and Family Information Service (CFIS) provides information and advice on a variety of services for children and young people (0 to 25 years old) and parents, including childcare and early education. <a href="https://www.brent.gov.uk/children-young-people-and-families">https://www.brent.gov.uk/children-young-people-and-families</a></p> <p>Contact CFIS Team: Monday to Friday between 9am and 5pm Phone: 0208 937 3010 Email: <a href="mailto:cfis@brent.gov.uk">cfis@brent.gov.uk</a></p>