

Session	Time	Date(s)	Age group	Booking details
<b>Citizen's Advice Brent</b> Independent advice in all legal matters	9am – 2:30pm	Weekly	Families	Call Centre to book an appointment
<b>Health Visiting Review Checks</b>	9am - 3pm	Weekly	As per appointment	By appointments from Health Visitors
<b>Baby messy play</b>	10am – 11am	Weekly	Under 12 months	<a href="#">Book a space online</a>
<b>STAR Supporting the Assessment Route</b>	10am – 12pm	5 May and 21 July	By appointment only	By appointment only
<b>Women's fitness</b>	11:30am – 12:30pm	Weekly, Term time only	Creche available	<a href="#">Book a space online</a>
<b>Toddler talk</b>	2pm – 3pm	Weekly	14 months – 3.5 years	<a href="#">Book a space online</a>
<b>Global Skills Homework Club</b>	4:30pm – 6:30pm	Weekly	8 years +	By referrals only
<b>Mixed Martial Arts</b>	5pm – 7pm	Weekly	11 years +	<a href="#">Book a space online</a>



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<b>Breastfeeding Support</b>	9am – 1pm	Weekly	Mothers/babies	By appointment only from Health Visitor
<b>Midwifery Service</b>	9am - 4pm	Weekly	Expectant mothers	By appointments only from midwives
<b>Immigration Advice by Salusbury World</b>	9am – 5pm	19 May 2 June 16 June 14 July 28 July	Families	By appointment only
<b>ESOL</b>	10am -12pm	Weekly, term , time only, no session on 3rd June	Women only, by Salusbury World	Creche available
<b>Brent and Harrow Perinatal mental health service</b>	1pm – 5pm	Weekly	Parents	By appointment only from Midwife
<b>Toddler Messy Play</b>	2pm – 3pm	Weekly	12months – 4 years	<a href="#">Book a space online</a>
<b>Global Skills Homework Club</b>	4:30pm – 6:30pm	Weekly	8 years +	By referrals only
<b>Educational Mentoring</b>	6pm – 7pm	Weekly	11-16 years	By referrals only



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<b>Midwifery Service</b>	9am - 4pm	Weekly	Expectant mothers	By appointments only from midwives
<b>Health Visiting Review Checks</b>	9am - 3pm	Weekly	As per HV booking	By appointments from Health Visitors
<b>Brent and Harrow Perinatal mental health service</b>	9am – 5pm	Weekly	Parents	By appointment only from Midwife
<b>Childminder Session</b>	10am – 12pm	Weekly	Registered Childminders	Drop in
<b>Little explorers</b>	2pm – 3pm	Weekly	12 months – 4 years	<a href="#">Book a space online</a>
<b>Global Skills Homework Club</b>	4:30pm – 6:30pm	Weekly	8 years +	By referrals only



Session	Time	Date(s)	Age group	Booking details
<b>Midwifery Service</b>	9am - 4pm	Weekly	Expectant mothers	By appointments only from midwives
<b>Baby sensory</b>	10am – 11am	Weekly	Under 12 months	<a href="#">Book a space online</a>
<b>Being with your baby as part of the baby sensory session</b>	10am – 11:30am	24 April 1 May 8 May 15 May 22 May 29 May	0-12 months	<a href="#">Book a space online</a>
<b>Family community work coach</b>	10am – 3pm	Weekly	Parents/carers/young people	By appointments only
<b>Childcare and libraries as part of the messy play session</b>	1:30 – 3pm	19 June	12months- 4 years	<a href="#">Book a space online</a>
<b>Toddler messy play</b>	2pm – 3pm	Weekly	12months- 4 years	<a href="#">Book a space online</a>
<b>Global Skills Homework Club</b>	4:30pm – 6:30pm	Weekly	8 years +	By referrals only



Session	Time	Date(s)	Age group	Booking details
<b>Midwifery Service</b>	9am - 4pm	Weekly	Expectant mothers	By appointments only from midwives
<b>CAMHS support</b>	9am – 5pm	Weekly	Under 5s'	By referrals only
<b>MOM – Mum's club</b>	10am – 12pm	From 25 <sup>th</sup> April for 6 weeks	Creche available	<a href="#">Book a space online</a>
<b>Art Club</b>	4pm – 5:30pm	Weekly	For 8+years	<a href="#">Book a space online</a>



# Centre information

- Half Term Monday 26 May – Friday 30 May 2025
- Weekend offer - Saturday sessions are now delivered at the FWC during term time. Ask centre for information.
- Free vitamins are available at the Family Wellbeing Centre for all pregnant women and children under 5 years old
- Triage Services – The centre offers short term support to families to access both universal and targeted services. To book appointment complete survey via Brent My Account.

## 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>



[Granville Family Wellbeing Centre](#)  
NW6 5HE  
142 Carlton ValeE  
Phone: 0208 937 5681  
Email: [granville\\_FWC@brent.gov.uk](mailto:granville_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

