

Tel: 0208 937 5980

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY


Registration link:

www.brent.gov.uk/familywellbeingcentres



BANK HOLIDAYS- 1st Jan

Half Term: Monday 17 February to Friday 21 February 2025



Healthy Start Vitamins are available to collect for children 0-5 years. Vitamins are available for mums up to 12 months after giving birth.

Midwifery Services
9.00 – 3:30 pm
Appointment only

CITIZENS ADVICE BRENT (CAB)
9.30-2:30 pm
CAB offer good quality independent Advice on issues such as benefits housing Welfare rights.
Appointment only

Bump to Babies
0-12 months
10.30 – 11.45 am
Focus on babies' development/social and emotional needs
Booking Online



Messy Play
1 – 2 pm
12 months to 24 months
hands-on sensory activities, sand, foam, paint, water
Term time only
Booking Online



Healthy Lifestyle Clinic
Give nutrition advice to parents with children aged 1-5yrs
3-5 pm
13 & 27 Jan
10 & 24 Feb
10 & 24 Mar
Appointment only

Midwifery Services
9.00 – 3:30 pm
Appointment only

Tiny Hearts Support Group
10-11 am
(2nd Tuesday of the month until 11 March)
Get advice on your child's health, growth and development from 0 till 5 years. Also mental well-being.
Booking Online

Story and Rhyme Time
1-2 pm
0-5 years
Themed stories using props. Sing songs.
Term time only
Booking Online



Toy Library Drop-In
2-4 pm
Parents can loan educational and fun toys
Membership & £5 deposit required. The deposit will be returned.



HEALTH VISITING
9 -1 pm
1&2-year-old Development reviews
Appointment only

Employment Support
9:30 am – 4 pm
Provide employment and benefits entitlement information. Help with CV
Book online or call the centre.
Appointment Only

Breast Feeding Support Clinic
9.30-1 pm
Ask questions and get support with breastfeeding!



Baby Massage 4-week course
10-11 am
For parents with babies aged 3 – 12 mths, active crawlers non walkers.
22, 29 Jan, 5 & 12th Feb
Booking Online

Introduction to Solids
12:30 pm – 2 pm
22 Jan, 26 Feb & 26 Mar
Provide you with advice, guidance, menu and tips for helping your baby move to solid foods. Also includes child development.
Group sessions book online

Let's Talk
14 months to 3 ½ years only
1-2 pm

Get advice to support your child from the Speech and Language Team.
Booking Online

Parents as First Teacher Practitioner (PAFT) Development Centred Parenting
2-4 pm
22 Jan-12 Feb
For parents with children 0-5 years
Creche provided
Booking Online

HEALTH VISITING
9 -1 pm
1&2-year-old Development reviews
Appointment only
SMALL TALK
9.00-4.00 pm
Speech and Language
1:1 Appointment only
REAL Raising Early Attainment in Literacy
2-5 years
10-12 pm
16 Jan-27 Feb
6-week programme that supports children's early literacy and learning
Appointment only
Two and terrific
1-2.30 pm
13 & 20 Feb, 27 March & 3 April

A four-session programme for two-year-olds and their parents/carers. Find out how you can support your toddler's learning and development.

Childcare & Libraries event
(Standalone event)
1-2.30 pm
13 Feb

Oral health event
(Standalone event)
1-2.30 pm
27 March

Movie Club
4:15pm – 5:30pm
Ages 6 – 11years
Come watch your favourite movies!
Term time only
Book online

Story and Rhyme Time
Outreach- Holiday Inn Hotel Families ONLY
3.45-4.45 pm
Themed stories using props. Sing songs.
0-7 years
9 Jan, 20 Feb & 13 March

HEALTH VISITOR
9 – 2 pm
1&2-year-old Development reviews
Appointment only

Solihull Parenting
10-12 pm
17 Jan – 4 April
An 11-week programme. Provides guidance and support in managing children under 5 years' day-to-day behaviour and focuses on parents' relationship with their child to help you develop a more positive and rewarding relationship.
Term time only
Creche provided

Sensory Play
1-2 pm
2 years to 3.5 years
3 Jan- 28 March
Extremely hands-on sensory activities
Booking Online



PARENTING MATTERS!
2-4.30 pm
30-minute face-to-face or virtual appointments with a practitioner providing advice for families with children aged under 18 years
(2nd Friday of the month)
Booking Online

Prospects/Brent Connexions Careers Advice Session
Support with training / Employment for 16 -19 yrs and up to 25 years with disability not in school/college
1:00 pm -4.00 pm
Appointment Only

FWC WEEKEND OFFER
Saturday Sessions at Brent's Family Wellbeing Centres



Alperton
January 11th, 18th, 25th
February 1st, 8th, and 15th

Three Trees
January 11th, 18th, 25th
February 1st, 8th, and 15th

Church Lane
March 1st, 8th, 15th, 22nd, 29th and April 5th

St Raphael's
March 1st, 8th, 15th, 22nd, 29th and April 5th

Booking Online

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>

Brent Youth Zone
<https://www.brentyouthzone.org.uk/>

Triage support
Drop in and appointment

