

Session	Time	Date(s)	Age group	Booking details
<b>Children and Families Information Service (CFIS)</b>	9am - 5pm	Weekly	Families	Drop-in session
<b>Midwifery Clinic</b>	9am - 3:30pm	Weekly	Expectant mothers	By appointment only from midwives
<b>Citizen Advice Bureau (CAB)</b>	9:30am - 3:30am	Weekly	Families	Call centre for appointment
<b>Bumps to Babies</b>	9:45am - 11:00am	Weekly From 5 January - 30 March	0 - 12 months	<a href="#">Book a space online</a>
<b>Sensory Play</b>	1:30 - 2:30pm	5 January - 23 March Term time only	2 - 3.5 years	<a href="#">Book a space online</a>
<b>Healthy Lifestyle Clinic</b>	3pm - 5pm	5 January 19 January 2 February 23 February 2 March 16 March 30 March	1 - 5 years	Appointment only



Session	Time	Date(s)	Age group	Booking details
<b>Midwifery clinic</b>	9am - 3:30pm	Weekly	Expectant mothers	By appointments only from midwives
<b>Registration clinic (drop-in)</b>	9am - 12pm	Weekly	Families	Drop-in session
<b>Baby Talk</b>	9:45am - 11:00am	6 January - 24 March Term time only	0 - 12 months	<a href="#">Book a space online</a>
<b>Brent (PAIRS) Parent and Infant Relationship Service</b>	10:30am - 11:30am	13 January	0 - 5 years	By referral only
<b>Busy Feet</b>	1:30 - 2:30pm	6 January - 24 March	2 - 3.5 years	<a href="#">Book a space online</a>



Session	Time	Date(s)	Age group	Booking details
Health visiting review checks	9am - 1pm	Weekly	1- and 2-year health checks	By appointments from Health Visitors
Infant feeding support clinic	9:30am - 1pm	<b>Fortnightly</b> 14, 28 January 11, 25 February 11, 18, 25 March 8, 22 April 6, 20 May 3, 17 June 1, 15, 29 July 12, 19 August	Breast feeding mums	
Employment support	9:30am - 4pm	Weekly	Parents	Call centre for appointment
Story, Rhyme & Play Time	9:45am - 10:45am	Weekly 7 January - 25 March  Term time only	12 months - 24 months	<a href="#">Book a space online</a>
Baby Massage - 4-week course	10am - 12pm	4 March 11 March 18 March 25 March	3 months - 12 months	<a href="#">Book a space online</a>
Introduction to solids	12:30pm - 2pm	<b>Monthly</b> 28 January 25 February 25 March	5 months +	<a href="#">Book a space online</a> or drop-in
Let's Talk	1pm - 2pm	7 January - 25 March	14 months to 3 ½ years	<a href="#">Book a space online</a>
ANSAR Youth Project	4-pm - 7:30pm	5 Jan -27 March Term time only	8 - 17 years	By referral only or enquire at Centre



Session	Time	Date(s)	Age group	Booking details
<b>Health Visitor review checks</b>	9am - 4pm	Weekly	1- and 2-year health checks	By appointments only from health visitors
<b>Messy play</b>	10am - 11am	8 January - 26 March Term time only	12 - 24 months	<a href="#">Book a space online</a>
<b>Two and Terrific</b>	10am - 11:30am	4 session dates only 26 February 5 March 12 March 19 March	2 years	<a href="#">Book a space online</a>
<b>ESOL class</b>	12:45pm - 2:45 pm	15 January (Registration) 22 January - 26 March	Families/parents	<a href="#">Book a space online</a>
<b>ANSAR Youth Project</b>	4pm - 7:30pm	5 January -27 March Term time only	10 - 17 years	By referral only or enquire at Centre



Session	Time	Date(s)	Age group	Booking details
Health visitor review checks	9am - 4pm	Weekly	1- & 2-year health checks	By appointments only from health visitor
Solihull Programme, 11-week programme	10am - 12pm	9, 16, 23, 30 January 6, 13, 27 February 6, 13, 20, 27 March	Families	<a href="#">Book a space online</a>
Brent Youth Futures/Connexions	1pm - 4pm	Weekly	16 - 19 years	By referral only
Story & Rhyme Time	1pm - 2pm	Term time only	0 - 5 years	<a href="#">Book a space online</a>
Childcare and libraries event	1 - 2:30pm	13 February	0 - 5 years	<a href="#">Book a space online</a>
Oral health event	1 - 2:30pm	27 March	0 - 5 years	<a href="#">Book a space online</a>
ANSAR Youth Project	4 - 7:30pm	5 January - 27 March Term time only	10 - 17 years	By referral only or enquire at Centre



# Centre information

- Free vitamins are available at the Family Wellbeing Centre for all pregnant women and children under 5 years old. [Find out if you are eligible](#)
- Triage Services – The centre offers short term support to families to access both universal and targeted services. Complete online registration at end complete survey (Getting to know you form) or drop into your nearest Family Wellbeing Centre.

## Useful Links

**The Local Offer** - <https://www.brent.gov.uk/localoffer>

Provides information and advice for Children with Special Educational Needs and Disabilities (SEND)

**Brent Start For Life** - <https://www.brent.gov.uk/startforlife>

Find information and advice about pregnancy, birth and children under 5, along with local support to help you give your child the best start in life.

**Children and Family Information Service (CFIS)** - <https://www.brent.gov.uk/cyp>

Provides information and advice on a range of services for families, including childcare and early education.

**Holidays Activities and Food Programme** - <https://www.brent.gov.uk/haf>

Provides free access to activities and healthy meals to eligible children during school holidays.

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

Provides information and activities for young people.



### [Preston Park Family Wellbeing Centre](#)

College Road (same entrance/site as Preston Park Primary school)

Phone: 0208 937 5980

Email: [prestonpark.FWC@brent.gov.uk](mailto:prestonpark.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

