

Session	Time	Date(s)	Age group	Booking details
Midwifery Clinic	9am – 3:30pm	Monday's	Expectant mums	By appointment only
Citizen Advice Bureau (CAB)	9:30am – 3:30pm	Monday's	Families	Book at centre
Baby Time	9:45am – 10:45am	28 April – 2 June	3 months – 12 months	Book a space online
Baby Group	10am – 11am	9 June 16 June 23 June 30 June 7 July 14 July 21 July	0 – 3 months	Book a space online
STARR Drop-in-clinic	10am – 12pm	2 June	Families	Drop in
Story & Rhyme Time	1 – 2pm	25 April – 19 May	0 – 5 years	Book a space online
Sensory Play	2 – 3pm	2 June – 21 July	12 months – 2 years	Book a space online
Healthy Lifestyle Clinic	3 – 5pm	5 May 19 May 2 June 18 June 30 June 14 July 26 July	1 – 5 years	By appointment only

Session	Time	Date(s)	Age group	Booking details
Midwifery Clinic	9am - 3:30pm	Tuesday's	Expectant mums	By appointment only
Brent (PAIRS) Parent & Infant Relationship Service	9am – 12pm	13 May 27 May 10 June 24 June 8 July 22 July 12 August 26 August	Expectant mums, babies first 1001 days	Book a space online
Shake, Rattle & Stroll	9:45am – 10:45am	22 April – 22 July	0 – 4 years	Book a space online
Tiny Hearts Support Group	10am – 11am	13 May 10 June 8 July	0 – 5 years	Book a space online
Creative Play	2pm – 3pm	22 April – 22 July	2 – 5 years	Book a space online
Toy Library Drop in	2pm – 4pm	27 May 24 June 29 July	Families	Drop in



Session	Time	Date(s)	Age group	Booking details
Health Visitor	9 – 1pm	Tuesday's	1- & 2-year health checks	By appointment only
Breast Feeding Support Clinic	9:30am – 1pm	Wednesday's	Breastfeeding babies	Book a space online or drop in
Toilet Training	10 – 11am	7 May 14 May 21 May	18mths – 3 years	Book a space online
Baby Massage, 4-week course	10am – 11am	18 June 25 June 2 July 9 July	3mths – 12 months (active crawlers)	Book a space online
Messy Play	9:30am – 10:30am	28 May 4 June 11 June	2 – 3 ½ years	Book a space online
Busy Feet	10am – 11am	18 June 25 June 2 July 9 July 16 July 23 July	2 – 3 ½ years	Book a space online
Introduction to Solids	12:30pm – 2pm	23 April 28 May 25 June 23 July	Weaning babies	Book a space online
Let's Talk	1pm – 2pm	Wednesdays	2 – 3 ½ years	Book a space online
Ansar youth Project	3:30pm – 7:30pm	14 May – 25 July	11 – 17 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health Visitors	9am – 4pm	Thursdays	1- & 2-year health check	By appointment only
Small Talk (1:2:1 Speech & Language)	9am – 4pm	Thursdays	2 – 5 years	By appointment only
Getting Ready for Nursery	9:30am – 11am	5 June 12 June 19 June 26 June 3 July 10 July 17 July 24 July	2 – 3 years	Book a space online
Brilliant Brains	1pm – 2:30pm	8 May	2 – 5 years	Book a space online
Ansar Youth Project	3:30pm – 7:30pm	14 May – 25 July	11 – 17 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
HENRY Programme	9:30am – 12pm	2 May – 27 June	0 – 5 years	Book a space online
Baby Group	9:45 – 10:45am	11 July 18 July 25 July	3 – 12 months	Book a space online
Brent Youth Futures/Connexions	1 – 4pm	Fridays	16 – 19 years	By appointment only
Ansar Youth Project	3:30pm – 7:30pm	14 May – 25 July	11 – 17 years	Book a space online



Centre information

Free vitamins are available at the centre for all pregnant women and children under 4 years old. [Find out if you are eligible.](#)

Useful Links

The Local Offer

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

<https://www.brent.gov.uk/localoffer>

Brent Youth Zone

Provides information and activities for young people.

<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>

Holidays Activities and Food Programme

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

<https://www.brent.gov.uk/haf>



[Preston Park Family Wellbeing Centre](#)

College Road, Wembley HA9 8RJ

Phone: 0208 937 5980

Email: Prestonpark.FWC@brent.gov.uk

