

Session	Time	Date(s)	Age group	Booking details
Child Talk	9.30am – 11am	Weekly	0 - 5 years	Book a space online
Employment Support and Advice	9am – 2pm	Weekly	Over 18's	Call Centre to book an appointment (Term Time only)
CAMHS Support and advice for parents struggling with their children's sleep, eating, behavior	9.30am – 12.30pm	weekly	0 - 5 years	Appointment only
Baby Talk	1pm – 2.30pm	Weekly	0 – 12 months	Book a space online
Breast Feeding Support Clinic 1:1 support	1pm– 4pm	weekly	0 – 5 years	Drop In
Homework Club	5pm – 6.30pm	weekly	5 – 11 years	Book a space online (Term Time only)



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Two & Terrific – 4 sessions programme	9.30am - 11am	10 June 17 June 24 June 1 July	24 months to 35 months old	Book a space online
Messy Play	10am - 11.30am	Weekly	0 – 5 years	Book a space online Term time only
STAR Drop In Supporting the Assessment for Autism Route	10am – 12pm	20 May 2025	Adults	Book a space online
Triage Drop In Triage Officer can support you & your family to access short term support and access to services such as nursery and school application.	1pm – 2.30pm	Weekly	Adults	Drop In
Health Perinatal	1pm – 4pm	Weekly	Adults	Appointment only
Stay Play & Weigh Sunshine Group Monthly Drop In Pregnant Parents and Families can come and get advice from the health visiting team	1.30pm – 2.30pm	20 May, 10 June 8 July	0 - 5 years old	Drop In
Potty Training	1.30pm – 3pm	13 May 27 May 10 June 24 June 8 July 22 July	From 18 months to 3 years old	Book a space online
St Raphz Youth Zone Gaming & Sports Activities	5pm – 6.30pm	weekly	11 - 18 years old	Book a space online Term time only

Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Toy Library Families can come to borrow toys from the FWC Toy Library	9.30am – 12.30pm	Weekly	0 – 18 years	Drop In
Citizen's Advice Brent (CAB) Independent advice in all legal matters.	9.30am – 3.30pm	Weekly	Adults	Call centre to book an appointment
Let's Talk	10am – 11am	Weekly	14 months - 3years	Book a space online
Oral Health Event	10am – 11am	14 May 2025	0 – 5 years	Book a space online
Free Vitamin Collection	1pm – 2pm	weekly	0 – 4 years	Drop In
Registration Drop in Come and get help to register with the Family Wellbeing Centre	1pm – 2pm	weekly	Adults	Drop-in session



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Health Review Checks	9am – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Childminders Only	9.30am – 11:30am	Weekly	0-5 years	Book a space online Term time only
STAR Workshop (Assessment for Autism Route)	10.30am – 12pm	5 June 12 June 19 June	Adults	Book a space online
Baby Drop In Introduction Solids	12.30pm – 2pm	8 May 5 June 3 July	Babies from 6 months	Drop In
PAFT (Parents as First Teachers)	12.30pm – 2.30pm	8 May 15 May	0-5 years	Book a space online Creche provided
Art Club	4pm – 5.30pm	Weekly	7 – 16 years	Book a space online Term time only
Mixed Martial Arts	4pm – 6pm	Weekly	10 - 18years	Book a space online Term Time only



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Triage Drop In Triage Officer can support you & your family to access short term support and access to services such as nursery and school application.	10am – 12pm	Weekly	Adults	Drop In
ESOL : English Conversation with creche Develop basic English language skills, speaking, reading and writing.	12.30pm – 2.30pm	weekly	Adults	Call Centre to book
Free Vitamin Collection	1pm – 2pm	weekly	0 – 4 years	Drop In
Registration Drop in Come and get help to register with the Family Wellbeing Centre	1pm – 2pm	weekly	Adults	Drop In
Little Village Donation	1pm – 3pm	weekly	0 – 5 years	Call centre for information (Term time only)



Session	Time	Date(s)	Age group	Booking details
Family Well-being Centres : Open Saturday See website for services & booking www.brent.gov.uk/familywellbeingcentres	Centres open 9am – 1pm	Stay, Play & Learn 10am to 11.30am St. Raphael's FWC - 5 April 25 Alperton FWC – 26 April 25 Three Trees FWC - 10 May 25 Curzon & Fawood FWC - 14 June 25 Church Lane FWC - 12 July 25	0-5 years	Book a space online

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 for Children with Special Educational Needs and Disabilities (SEND): <https://www.brent.gov.uk/localoffer>
- Brent Youth Zone: <https://www.brentyouthzone.org.uk/>



[St Raphael's Family Wellbeing Centre](#)
Rainborough Close, St Raphael's Estate
NW10 0TS
Phone: 020 89373620
Email : StRaphs.FWC@brent.gov.uk

