

Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
ESOL – English Class Level 1 English language for Parents Carers Creche provided	10am - 11am	Weekly	18 months to 3 years	Call or ask at reception
ESOL – English Class Level 2 English language for Parents Carers Creche provided	10am – 3:30pm	Weekly	Adults	Call or ask at reception
Art Club	4pm – 5:15pm	Weekly	5 - 11 years	Book a space online
Teen Space Team building, sports, board/card games, discussions and more. Refreshments provided	5:30pm – 7pm	Weekly	11 plus	Book a space online



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Perinatal sessions. Parent and Infant Relationship Service - PAIRS	9pm – 5pm	Weekly	Mums and expectant mums	By appointments through PAIRS Team
Stay, Play and Learn	9.45am – 10.45am	Weekly	1 - 5 years	Book a space online
Health Visiting Service - Sunshine Group An opportunity to have baby weighed and get advice from the HV team.	10am - 11.30am	01 April 20 May 10 June 08 July	Babies / Toddlers	Book a space online
STAR Supporting the assessment route	10am – 12pm	29 April	Parent / carers	Book a space online
Baby Massage Four week courses – choose one	11am – 1pm	20, 27 May, 03 and 10 June Or 17, 24 June, 01 and 08 July	2 months – 6 months	Book a space online
Beezee Families 12 weeks	4.30pm – 6.30pm	From 22 April for 12 weeks	5 years – 18 years	Book a space online Call centre for more information



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Midwifery Teams	9.30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
Employment Support and Advice	9am – 2pm	Weekly Term time only	Over 18's	Call Centre to book an appointment
Welcome to Parenthood	9.30am – 10.45am	07 May 04 June 02 July	Expectant parents	Book a space online
Mum and Baby Strengthen and Stretch Run by Sport in Mind Term time only	10am – 11am	Weekly	6 weeks – 1 year	Book a space online or just turn up on the day
Messy Play Session on 21 May incorporating Oral Health	11.30am – 12.30am	1 st , 3 rd and 4 th Wednesday monthly (no session 18 June)	18 months plus	Book a space online
Building Brilliant Brains Understand how your 0-5 year old learns	11.30am – 12.30pm	18 June	0 – 5 years	Book a space online
Emotional Wellbeing Workshops Stand alone workshops Term time only	12.30pm – 2.30pm	30 April – 02 July	Adults	Book a space online
Introduction to Solids	1pm – 2.30pm	14 May 11 June 09 July	6 months plus	Book a space online
Brent Young Carers	4.30pm – 7pm	16 April 21 May 18 June	Young carers	Referral only



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Midwifery Teams	9.30am – 3.30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
Citizen's Advice Brent 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 – 3.5 years	Book a space online
Circle of Security Parenting programme 8-week course/ commitment Creche available	12pm – 2pm	15 th May – 10 th July No session week of half-term	Parents with children under 5 years	Book a space online Call if more information is required
Shake, Rattle and Stroll Walking group (No dogs)	12pm - 1pm	Weekly	Parent / Carers and children	Book a space online
Girls Group Building and improving social skills	4pm – 6pm	Weekly Term time only	10 -16 years	By Referral



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Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Toy Library Service Subscription fee required	10am – 2pm	Weekly		Call or ask at reception
Potty Training 4 week courses - choose one.	10am - 11.00am	9 May, 16 May, 23 May and 6 June Or 20 June, 27 June, 4 July and 11 July	18 months plus	Book a space online
Baby Time Stay and Play for under 1's	11.45am – 1.15pm	Weekly	under 1's	Book a space online



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Citizen's Advice Brent Independent advice in all legal matters	9.30am – 12.30pm	26/04 – 31/05	Adults	Call Centre to book an appointment
Stay Play & Learn	9.30am - 11am 10am – 11.30am	24 May 31 May 3 June	0- 5 years	Book a space online
Fathers / Male Carers session	10am – 11.30am	10 May	0 – 5 years	Book a space online
SEND Family Group For Families with a SEND child, activities for all the family	10am – 11.30pm	17 May	All ages	Book a space online
Baby Massage Three part course, please book all 3 sessions	11am – 12.30am	26 April 24 May 31 May	2 – 6 months old	Book a space online



Centre information

- Free vitamins are available at the centre for all pregnant women and children under 4 years old
- Triage Service available if you need help to access services in the FWC's and the community

Useful links

The Local Offer for Children with Special Educational Needs and Disabilities (SEND): <https://www.brent.gov.uk/localoffer>

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>

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



Three Trees Family Wellbeing Centre

Tiverton Road, Kensal Rise,
NW10 3HL

Phone: 0208 937 3892

Email: threetrees.fwc@brent.gov.uk

