

Sept to Dec 2026	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Autumn Timetable www.brent.gov.uk/familywellbeingcentres Alperton Best Start Family Hub Ealing Road, Wembley HA0 4PW 0208 937 3860 Alperton.FH@brent.gov.uk  TRIAGE The Triage service offers short term support to families to access both universal and targeted services Drop in and appointments. 0208 937 3860 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/ 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/children-young-people-and-families	Health Review Checks 9:00am – 5:00pm 1 - 2 year old health reviews Appointments only (Health room) Employment Support and Advice (over 18's) 10.00am – 3.30pm Referrals/Appointments (Small room) Registration Drop in 2pm – 4pm Come and get help to register with the FWC Family Financial Resilience Support – CAB Independent advice in all legal matters Weekly - Drop in Service 9.30am – 3.30pm	Health Review Checks 9:00am – 5:00pm 1 - 2 year old health reviews Appointments only (Health room) Felix Project Food Donations 2 pm – 4.30pm Food Parcel Support for families in need of food. (Small room)	Registration Drop in 11.30 am – 1pm Come and get help to register with the FWC Art Club – TBC 4pm – 5.15pm Age – 8 – 14 years Online booking Term time only (Training Room)  Young Carers 4.30pm – 6pm 8 years plus 1st Weds of the month Referral / By Appointment (Creche room) Brent Wellbeing Team Early intervention mental health support for 5 to 18 years Up to 25 with SEND 1pm – 5pm Referral / By Appointment Housing Surgery 16th Sept 2026 9.30am - 12.30pm By Appointment	Citizen's Advice Brent 9:00 am – 4:00 pm Independent advice in all legal matters. Weekly by Appointments (Health room)  Brent - PAIRS 1.30pm – 5pm By Appointment / Referral Age – 0 – 2 years 	Health Review Checks 9:00am – 5:00pm 1 - 2 year old health reviews Appointments only (Health room) Prospects 1pm – 5pm Support with training/employment for young people Referrals/appointments only	

Sept – Dec 2026

Early Years 0-5 years Activities

Registration link:



Holidays Activities and Food Programme
Provides free access to activities and healthy meals to eligible children during school holidays.
<https://www.brent.gov.uk/children-young-people-and-families/childcare-and-early-education/holiday-activities-and-food-programme#aboutus>

MONDAY

Toddler Talk

10:00am -11:00 am
18 months to 3 years
Online booking

28.09.26

Oral Health with Toddler talk

10am – 11.30am
18 months to 3 years
Online booking

Breastfeeding support session

1.00pm – 3.00pm
Age – Babies
Drop Ins
(creche)



Let's Talk

1.30pm - 2.30pm
Age - 14 months –3.5 years
Online booking
(Creche)

Toy Library Drop-In

0 – 5 years
3pm – 4.30pm
Parents can loan educational and fun toys.

Membership & £5 deposit required.
3 toys can be borrowed, and the deposit will be returned.



TUESDAY

SEND Family Group

1.30pm – 2.30pm
Age – 0 to 5 years
For families with a child with SEND.
Activities for all the family
Online booking

WEDNESDAY

Baby sensory

10:00am - 10:45am
0 – 12 months
Online booking
(Creche)



CFIS

10am – 3pm
Children & Families
Information guidance on childcare
Drop in and appointments

THURSDAY

Story and Rhymes

10.00am – 11:00am
0 – 5 years
Online booking

17.12.26

Childcare & Library with story & Rhymes

10 – 11.30am
0 – 5 years
Online booking



Introduction to Solids

1pm – 2.30pm
Age 4 – 8 months
Weaning advice from the Health Visiting Team
2nd Thursday of the month
(Training Room)

Henry Programme

8.10.26 to 10.12.26
12pm - 2.30pm
0 – 5 years
Online booking

FRIDAY

Parents As First Teachers

Topic – The family Wellbeing
Sessions – 4 weeks
11.09.26 – 2.10.26
12.30pm – 2.30pm
0 – 5 years
Online booking

Potty Training

4 weeks
2nd Oct to 23rd Oct
10am – 11am
18 months to 3 years



Raising Early Attainment in Literacy (REAL)

4 Weeks
6,13,20 & 27 Nov 2026
10am – 11am
Age 18 months plus
Same group – request 1 creche worker

