

Autumn 2026	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING   FAMILY HUBS Registration link: www.brent.gov.uk/familywellbeingcentres  Church Lane Best Start Family Hub Frynt Primary School, Church Lane, Kingsbury NW9 8JD 020 8937 3890 Churchlane.fwc@brent.gov.uk 	9.00-16.00pm MIDWIFERY SERVICES Appointment only 9:30 – 10:30am LET'S TALK 14 months - 3.5 years Support parents with their child's language development including common childhood problems. Booking Online  11:00 – 12:00pm PREGNANCY YOGA From 14 weeks to birth Free Antenatal yoga class Booking Online 12:15– 13:15pm BABY YOGA 3 – 10 months Come and learn some wonderful yoga exercises and sequences. Booking Online 11:00-12.00pm INTRODUCTION TO SOLIDS 4 - 6 months Third Monday of every month Free introduction to solids session Booking Online 9:30am – 12:00pm Appointments only please contact centre 13:30 – 16:30 Drop in HOUSING SURGERY Housing advice for those that do not have an allocated Housing Officer 12 Oct	9.00-16.00pm HEALTH VISITING Appointment only 9.30 -15.00pm CITIZENS ADVICE BRENT (CAB) 020 8937 3890 CAB offer good quality independent Advice on issues such as benefits housing Welfare rights. Appointment only  10:00 – 11:30am BRENT HEALTH 4 LIFE MINI NUTRITION WORKSHOPS 1 - 5 years Programme consists of 5 weekly sessions covering: - Intro to food groups Portion sizes, Food labels & Oral health Fussy Eating/Physical Activity Cook & Eat, reflections and future planning.15 Sep - 13 Oct. Creche provided for 13 Oct and session will be 10:00 am - 12:00 pm Booking Online	9.00-16.00pm MIDWIFERY SERVICES Appointment only 9:00 – 12:00pm MINI NUTRITION 121 CLINIC 8 months – 5 years Fortnightly programme designed to personalise nutrition support. Email: clcht.brenthealth4life@nhs.net Appointment only Fortnightly 9:00 -12:00pm BREAST FEEDING SUPPORT CLINIC Ask questions and get support with breastfeeding Appointment only Fortnightly  For support please email:- clcht.brentinfantfeedingsupport@nhs.net 10:00 – 11:00am STORY AND RHYME TIME (weekly) 0 - 5 years Sing and play with your child supporting their language and social development Booking online Except 30 Sep Inc 10:00 – 11:30 & CHILDMINDING NETWORKING 16TH SEP 10:00 -11:00am Oral health 18 Nov 	9.00-16.00pm HEALTH VISITING Appointment only 10:00-12:00pm PARENTING MATTERS 30-minute in-person or virtual appointments with a practitioner providing parenting advice 1st Thursday of every month Appointment only 10:00 -13:30pm PORTAGE SESSION (First and Third Thursday of the month-TERM TIME ONLY) dates may change Appointment only 10:00 – 11:00am MESSY PLAY 13months – 4 years Explore the wonders of playdough, builder trays and water play Booking Online Not available First and Third Thursday of the month dates may change 9.30 - 15.00pm CITIZENS ADVICE BRENT (CAB) 020 8937 3890 CAB offer good quality independent Advice on issues such as benefits housing Welfare rights. Appointment only 	9.00-16.00pm MIDWIFERY SERVICES Appointment only 10:00 – 15:00pm EMPLOYMENT SUPPORT 0208 937 3890 Appointment only REGISTRATION SUPPORT 10:00 – 11:00am & 15:00 -16:00pm REGISTRATION SUPPORT Come and get help to register at the FWC No appointment necessary 	WEEKEND OFFER Saturday sessions are now delivered at the FWC during term time, please contact Family Wellbeing Centre for more information 0208 937 3890  10:00 - 11.30am FAMILY SEND SESSION For Families with a child with SEND(Special Educational Needs and Disabilities) Activities for all the family Booking Online Dates to be confirmed  The Local Offer Provides information and advice for Children with Special Educational Needs and Disabilities (SEND). https://www.brent.gov.uk/children-young-people-and-families/send-local-offer CFIS Services: The Children and Family Information Service (CFIS) provides information and advice on a variety of services for children and young people (0 to 25 years old) and parents, including childcare and early education. https://www.brent.gov.uk/children-young-people-and-families Contact CFIS Team: Monday to Friday between 9am and 5pm Phone: 0208 937 3010 Email: cfis@brent.gov.uk Brent Youth Zone information: Brent Youth Zone has links to information, advice and activities for young people. https://www.brentyouthzone.org.uk/

AFTERNOON



INFANTFEEDINGSUPPORTBRENT

clcht.brentinfantfeedingsupport@nhs.net

Health Visiting Duty Spa
0208 102 4900

TRIAGE

The Triage service offers short term support to families to access both universal and targeted services
Drop in and appointment
0208 937 3890

**14:00 -15:00pm
BUSY FEET**

2 – 5 years

Session for children, designed to stimulate imagination, creativity and movement.

Booking Online

**14:30-16:30pm
FELIX
PROJECT**

(Food Bank for all families)



**BOOK ONE
SESSION ONLY
PER DAY**

Usefull links

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/children-young-people-and-families>

**14:00 – 15:00pm
HOMESTART
BUMP TO BABY
WORKSHOPS**

Expectant parents and new parents in Brent
Over 4 weeks you will feel more confident about helping your baby (in the womb)

Booking Online



22, 29 Sep & 6, 13 Oct

**No
children to
be left
unattended
under the
age of 8
years old
in the
centre**

**13:00-15:00pm
SEWING CLUB
WITH BRENT
START**

**Parents/Carers
Only**

Term time

For Beginners, we encourage you to complete course which is term time only and will start on the 23 Sep for 10 weeks

Booking Online



**16:00 - 17:30pm
HOMEWORK CLUB
8 – 11 years**

Homework support for English and Maths, calm study space. Please bring homework and resources

Booking online



Starting 4th Nov

**14:00 – 15:00pm
TODDLER TALK**

18 Months - 3 years

Explore the wonders of playdough, builder trays and water play

Booking Online



**BOOK ONE SESSION
ONLY PER DAY**



**13:30 -14:30pm
BABY TIME**

**0 - 12 months
(non – crawlers)**

In the first-year babies learn to focus their vision, reach out, explore and learn through play and exploration of objects and language

Booking Online

**BOOK ONE SESSION
ONLY PER DAY**

**18:00- 20:00pm
DADS FUN FRIDAYS**

**Dad/Male Carers
must be present**

3 – 11 years

Join us for a night of sports, activities and fun

At

Willesden Sports Centre
Donnington Road
London, NW10 3QX
21 Aug, 18 Sep, 16 Oct, 20
Nov & 18 Dec

**Booking online
Under Three Trees
Family Wellbeing
Centre.**

Join our Dads Programme WhatsApp group and be the first to hear about new activities, workshops and events designed for dads and their children



Scan the code and be part of the community

Help with childcare costs
Check what help you could get with approved childcare costs using the government's online calculator. This could include free childcare or help with costs.
www.gov.uk/childcare-calculator

Free Early Education

Children may be entitled for up to 15 or 30 hours FREE childcare. Contact Brent Council for more information. Search 'free early education' on their website
Brent.gov.uk
Tel: 020 8937 3010
Email:
cfis@brent.gov.uk

Healthy Start



Pregnant women and children under 4 who have a Healthy Start Card and are Brent Residents can claim free vitamins from your Local Family Hub.

To apply and see if you qualify, please access link:-
www.healthystart.nhs.uk/how-to-apply/