

Autumn/Winter	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Registration link:  Preston Park Family Hub College Road HA9 8RJ Tel: 020 8937 5980 Free Vitamins (Must have Healthy Start Card) For pregnant women and children aged 0 – 4 years.   	Midwifery Services 9:00am – 4:30pm Appointment only Citizens Advice Bureau (CAB) 9:00am – 3:00pm Independent advice on issues such as benefits housing Welfare rights. Appointment only Baby Time 9:45am – 10:45am 0 – 12 months Weekly from 7th of September Come along and meet different professionals to learn the different stages of your babies' development. Booking required Busy Feet  1:00pm – 2:00pm 2 years – 3.5 years Weekly from 7th of September Different activities, alongside health information Booking required Term time only  Healthy Lifestyle Clinic Nutrition advice to parents with children aged 1-5 years 2:00pm – 5:00pm 14th & 28th Sept, 12th Oct, 9th & 23rd Nov, 7th Dec Booking required  Housing Surgery 9:30am – 12:30pm 28th Sept Advise provided for families with no allocated Housing Officer. Appointment only	Midwifery Services 9:00am – 4:30pm Appointment only Registration Clinic 9:00am – 2:00pm Get help and support completing registrations. Drop in Sport in Mind Mum & Baby 10.30am – 11.30am 8th Sept- 15th December Mums and their babies (up to 1 years old) to use movement to support their mental health, including low mood and isolation Booking required Term time only  Brent PAIRS (Parent and Infant Relationship Service) 9.30am – 2.00pm 0 – 5 years For parents who maybe struggling in their relationship with their child Referral only (fortnightly)  FELIX PROJECT (Food Bank for all families) 10:30am – 2:00pm Weekly 	Health Visiting Clinic 9:00am – 3:00pm 1 & 2-year-old Development reviews Appointment only Breastfeeding Support Clinic 9:30am – 1:00pm 2nd, 16th & 30th September 14th & 28th October 11th & 25th November 9th & 16th December Ask questions and get support with breastfeeding Employment Support 9:30am – 4:00pm Employment and benefits entitlement information. Help with CV Book online or call the centre Weekly Appointment Only Baby Massage 10:00am – 11:00am 2 months – 6 months 4-week course 16th Sept-7th Oct Booking required Potty Training 4-week Toileting Programme 10:00am – 12:00pm 18 months – 3 years 4th-25th November (Creche provided) Booking required Introduction to Solids 12:30pm – 2:00pm 23rd Sept 21st, Oct 25th Nov & 16th Dec Weaning advice and support Booking required Group session  Let's Talk 1:00pm – 2:00pm 14 months – 3 ½ years Weekly from 9th September Advice and support if worried about your child's speech through reading and play. Booking required	Health Visiting Clinic 9:00am – 1:00pm 1 & 2-year-old Development reviews Appointment only  Sensory Play 10:00am – 11:00am Weekly from 10th September 16 months – 3 years Learning and exploring cornflour, paint, water, shredder paper, sand, shaving foam through play Booking required Term time only  Building Blocks -Mega, Jenga, Lego 1:00pm – 2:00pm 16months – 4 years Weekly from 10th September Enhance children's fine and gross motor skills, turn taking, problem solving, Hand and eye coordination, schematic and social skills Booking required Term time only  Ansar Youth Project Activities for young people, include sports, gaming, arts and crafts, educational 4:00pm – 5:30pm (Girls 8 – 17 years) 5:30pm – 7:30pm YMC (13 – 17 years) Term time only	Health Visiting Clinic 9:00am – 3:00pm 1 & 2-year-old Development reviews Appointment only Dad Matters 10:30am – 11:30am 11th Sept 9th Oct 13th Nov & 11th Dec Free breakfast - Hot drinks - good conversation A welcoming space to meet other local dads Drop in sessions Special Educational Needs & Disabilities -Stay and Play session 11:00am – 12:00pm Weekly from 11th September 18 months – 4 years Have fun with your child, meet other families, access information, advice and practical support. Booking required Prospects/Brent Connexions Careers Advice Session 1:00pm – 4:00pm Support with training/ Employment for 16 – 19 years and up to 25 years with disability not in school/college Appointment Only Toy Library Parents can loan educational and fun toys for FREE Membership & £5 deposit required. The deposit will be returned.  Ansar Youth Project Activities for young people, include sports, gaming, arts and crafts, educational 4:00pm -5:30pm (Mixed 8 – 17 years) 5:30pm – 7:30pm (Mixed 13 – 17 years) Term time only	Saturday Sessions Saturday sessions are now delivered at the hub during term time, please contact Preston Park Best Start Family Hub for more information. Call Centre for information Useful Links The Local Offer for Children with Special Educational Needs and Disabilities (SEND) aged 0-25 and their families https://www.brent.gov.uk/children-youngpeople-and-families/send-local-offer Brent Youth Zone information: Brent Youth Zone has links to information, advice and activities for young people. https://www.brentyouthzone.org.uk/ 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-youngpeople-and-families Contact CFIS Team: Monday to Friday between 9am and 5pm Phone: 0208 937 3010 Email: cfis@brent.gov.uk Best Start Family Hubs Brent Council 