

# Three Trees Best Start Family Hub Timetable SEPTEMBER – DECEMBER 2026 – Draft – may be subject to change

|                                                                                                                                                                                                                                                                                                               | MONDAY                                                                                                                                                                                                                                                                        | TUESDAY                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                | SATURDAY                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <a href="mailto:ThreeTrees.FWC@brent.gov.uk">ThreeTrees.FWC@brent.gov.uk</a><br>Tiverton Road<br>(On the corner of Tiverton Road and Okehampton Road)<br>Kensal Rise<br>NW10 3HL<br><b>TEL: 020 8937 3892</b>                                                                                                 | <b>9.00am-5.00pm</b><br><b>HEALTH VISITING CLINIC</b><br><b>Appointment only</b>                                                                                                                                                                                              | <b>9.00am-5.00pm</b><br><b>HEALTH VISITING CLINIC</b><br><b>Appointment only</b>                                                                 | <b>9.30am-3.30pm</b><br><b>MIDWIFERY TEAMS</b><br><b>Appointment only</b>                                                                                                                                                    | <b>9.30am-3.30pm</b><br><b>MIDWIFERY TEAMS</b><br><b>Appointment only</b>                                                                                                                                    | <b>9.00am-5.00pm</b><br><b>HEALTH VISITING CLINIC</b><br><b>Appointment only</b>                                                                                                                                                                                                                                                                                                                      | <b>Saturday sessions</b><br><b>12<sup>th</sup> Sept. – 24<sup>th</sup> Oct.</b><br><b>Call for more information or check online</b> |
| <br><b>Triage service available if you need support in the community or access to services.</b>                                                                                                                              | <b>09:00-5.00pm</b><br><b>Brent Wellbeing Team</b><br>Therapeutic support for CYP<br><b>Appointment only</b>                                                                                                                                                                  | <b>9.00am-5.00pm</b><br><b>Perinatal Parent and Infant Relationship Service - PAIRS</b><br><b>Appointment only through the PAIRS Team</b>        | <b>9.00am-2.30pm</b><br><b>Family Community Work Coach</b><br><b>(Term Time only)</b><br>Support with learning new skills, training and finding employment.<br>For parents/carers<br><b>Appointment &amp; Referrals only</b> |                                                                                                                           | <b>9.30am-3.30pm</b><br><b>Children and Families Information Service – Childcare Advisor appointments</b><br><b>Call to book</b>                                                                                                                                                                                                                                                                      |                                                  |
| <b>Free vitamins for all children up to age 4 &amp; pregnant women up to the child's first birthday.</b>                                                                                                                                                                                                      | <b>10.00am-12.00pm</b><br><b>Salisbury World ESOL Level 1</b><br>Free English Language course for women with English as an additional language; covers speaking, and writing.<br>For Refugees or Asylum Seekers<br><b>Crèche available</b><br><b>Call or ask at reception</b> | <b>9.45am-10.45am</b><br><b>Stay, Play &amp; Learn</b><br>Fun and interactive stay & play session<br><b>Age 1 and over</b><br><b>Book online</b> | <b>10.00am-11.00am</b><br><b>Mum and Baby Yoga</b><br>(Run by Sport in Mind – mental health charity)<br>6 weeks-1 year old<br><b>Term time only</b><br><b>Book online (or come along on the day)</b>                         | <b>9.30am-4.00pm</b><br><b>Citizens Advice Brent (CAB)</b><br>CAB offer good quality independent Advice on issues such as benefits housing Welfare rights.<br><b>Appointment only</b><br><b>Call to book</b> | <b>09:30am-11:30am</b><br><b>M.O.M Club</b><br>(Mentally overloaded mums)<br>6-week programme<br>11 <sup>th</sup> Sept. – 16 <sup>th</sup> Oct.<br>Creche available<br><b>Book online</b>                                                                                                                                                                                                             |                                                  |
| <b>Free Early Education</b> Children may be entitled for up to 15- or 30-hours FREE childcare.<br>Contact Brent Council for more information. Search 'free early education' at <a href="http://brent.gov.uk">brent.gov.uk</a> .<br>020 8937 3010/<br><a href="mailto:cfis@brent.gov.uk">cfis@brent.gov.uk</a> | <b>1.00pm-3.00pm</b><br><b>Salisbury World ESOL Level 2</b><br>Free English Language course for women with English as an additional language; covers speaking, and writing.<br>For Refugees or Asylum Seekers<br><b>Crèche available</b><br><b>Call or ask at reception</b>   |                                                               | <b>11.30am-12.30pm</b><br><b>Messy Play</b><br>For 18 months plus.<br>Hands on activities to help build fine motor control and problem-solving skills.<br><b>Age 18 months +</b><br><b>Book online</b>                       | <b>12pm-2pm</b><br><b>Solihull Parenting Programme</b><br>11-week course<br>Starts 17 <sup>th</sup> Sept.<br>Crèche available<br><b>Book online</b>                                                          | <b>1.15pm – 2.15pm</b><br><b>Perinatal Workshops</b><br>Currently pregnant or have a child under 1 yr?<br>Join our workshops<br>4 <sup>th</sup> September - <b>Stress, anxiety &amp; Sleep</b><br>11 <sup>th</sup> September - <b>Mum &amp; baby mindfulness</b><br>18 <sup>th</sup> September - <b>Low mood</b><br>25 <sup>th</sup> September - <b>Adjusting to Motherhood</b><br><b>Book online</b> |                                                                                                                                     |

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|                                                                                                                                                                                                                                       | MONDAY                                                                                                                      | TUESDAY                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                                               | FRIDAY                                                                                                                        | SATURDAY                                                                                                                       |
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|                                                                                                                                                      | <b>4.00pm-5.15pm</b><br><b>Art Club</b><br>Fun and creative session<br>5-11 years olds<br><b>Book online</b>                | <b>09:45-10:45am</b><br><b>Building Brilliant Brains</b><br>Replacing Stay & Play on<br>02/06/26<br><b>Book online</b>                                                                                                                   | <b>1:00-5:00pm</b><br><b>Perinatal Parent and Infant Relationship Service - PAIRS</b><br><b>Appointment only through the PAIRS Team</b>                                                                                                                      | <b>4.30pm – 6.00pm</b><br><b>Girls Club</b><br>Group work for support with difficulties in friendship groups, looking at healthy relationships, and building & improving social skills.<br><b>For girls aged 10-16 years</b><br>Term time only<br><b>Referral only</b> | <b>10.00am-2.00pm</b><br><b>Toy Library Service</b><br>Toy lending service<br><b>Call or ask at reception</b>                 | <b>Saturday sessions</b><br>12 <sup>th</sup> Sept. – 24 <sup>th</sup> Oct.<br><b>Call for more information or check online</b> |
|                                                                                                                                                      | <b>5:00pm-6.30pm</b><br><b>Teen Space</b><br>Age 11+ Football<br>Refreshments after<br>Term time only<br><b>Book online</b> | <b>10.00am-11.30am</b><br><b>Health Visiting service</b><br><b>SUNSHINE</b><br>For advice & get baby weighed.<br>29 <sup>th</sup> Sept.<br>27 <sup>th</sup> Oct.<br>24 <sup>th</sup> Nov.<br>22 <sup>nd</sup> Dec.<br><b>Book online</b> | <b>3.00pm-4.30pm</b><br><b>Introduction to solids</b><br><b>Health visiting team</b><br>From 6 months old<br>Weaning advice & support<br>9 <sup>th</sup> Sept.<br>14 <sup>th</sup> Oct<br>11 <sup>th</sup> Nov.<br>9 <sup>th</sup> Dec<br><b>Book online</b> |                                                                                                                                                                                                                                                                        | <b>11.45am-1.15pm</b><br><b>Baby Time</b><br>Stay & Play session<br>Under 1-year olds<br>Term time only<br><b>Book online</b> |                                             |
| <b>BEST START IN LIFE</b><br>From pregnancy to childcare right through to starting school, get advice and support for your child's development<br><a href="https://www.beststartinlife.gov.uk">https://www.beststartinlife.gov.uk</a> |                                                                                                                             | <b>1.30pm-3.00pm</b><br><b>Salisbury World ESOL Level 1</b><br>For Refugees or Asylum Seekers<br><b>Call or ask at reception</b>                                                                                                         | <b>4.30pm-6.00pm</b><br><b>Brent Young Carers Club</b><br>Every 3 <sup>rd</sup> Wednesday of the month<br><b>Referral only</b>                                                                                                                               |                                                                                                                                                                                                                                                                        |                                            |                                                                                                                                |
| <b>No children to be left unattended under the age of 8 years old in the centre</b><br>                                                            |                                                                                                                             |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                        |                                                                                                                               |                                                                                                                                |