

Session	Time	Date(s)	Age group	Age group
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Toddler Talk	10am - 11am	Weekly	18 months - 3 years	Book a space online
Let's Talk	1.30pm – 2.30pm	Weekly	14 months - 3.5 years	Book a space online
Employment Support and Advice	10am – 3:30pm	Weekly	Over 18's	Over 18's
SEN Yoga	11.45am – 12.45pm	18 August 2025	6 - 14 years	Book a space online
Breastfeeding support session	1pm – 3pm	Weekly	Babies	Babies
Toy Library	3pm – 4.30pm	Weekly	0 – 5 years	0 – 5 years
Registration drop-in Come and get help to register with the Family Wellbeing Centres.	2pm – 4pm	Weekly	Families, Children and Young people	Families, Children and Young people
Art Club	2pm - 4pm	28 July, 4 August, 11 August, 18 August	8-14 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Summer Outing at King Edwards V11 Park	10.30am - 1.30pm	12 August	0-7 years	Book a space online
Baby Massage	10.30am - 11.30am	19 August	3-10 months	Book a space online
Dance	2pm - 4pm	5 August	8 years plus	Book a space online
Gaming	10pm - 12pm	12 August	8 years Plus	Book a space online
	2pm - 4pm	19 August		



Session	Time	Date(s)	Age group	Booking details
Baby sensory	10am - 10:45 am	Weekly	0 – 12 months	Book a space online
Registration Drop in Come and get help to register with the Family Wellbeing Centres	11.30am –1pm	Weekly	All ages	Drop-in session
Prospects	1pm – 5pm	Weekly	16 -19-years or up to 25 years with disability	By Appointments / Referrals
Steel Pan	11.45am -1.15pm	30 July, 6 August, 13 August	8 years plus	Book a space online
Movie Club	2.15pm–4pm	30 July 6 August	6–12 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Citizen's Advice Brent Independent advice in all legal matters.	9.30am – 4.00pm	Weekly	Families with Children under 18 years (with additional needs up to 25 years)	Call Centre to book an appointment
Toy Library	9.30am – 11.30am	Weekly	0 – 5 years	Drop-in session
Story and Rhymes	10am – 11am	Weekly	0 – 5 years	Book a space online
Prospects	2pm – 5pm	Weekly	16 -19-years or up to 25 years with disability	By Appointments / Referrals
Family Funday	11.30am - 3pm	14 August 25	Families	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am to 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Sow and Grow Gardening with Jim	10.30am - 12pm	1 August 15 August	2-12 Years	Book a space online
Baby Massage	11.45am -12.45pm	25 July	3-10 months	Book a space online
SEN Yoga	10.30am -11.30am	22 August	6-14 years	Book a space online
Mixed Martial Arts	2.30pm – 4.30pm	Weekly 1 August 8 August 15 August	8 – 14 years	Book a space online



Centre information

Useful Links

The Local Offer - <https://www.brent.gov.uk/localoffer>

Provides information and advice for Children with Special Educational Needs and Disabilities (SEND)

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

Provides information and activities for young people.

Children and Family Information Service (CFIS) - <https://www.brent.gov.uk/cyp>

Provides information and advice on a range of services for families, including childcare and early education.

Holidays Activities and Food Programme - <https://www.brent.gov.uk/haf>

Provides free access to activities and healthy meals to eligible children during school holidays.



[Alperton Family Wellbeing Centre](#)

Ealing Road, Wembley
HA0 4PW

Phone: 0208 937 3860

Email: alperton.FWC@brent.gov.uk



[Barnardo's & Brent out of hours Family Support Helpline](#)

Telephone: 0800 158 2358

Opening times:

Mon, Weds, Friday 6pm – 10pm

Saturday and Sunday 10am – 5pm

