

| Session | Time | Date(s) | Age group | Booking details |
|---|-----------------|---------|--|--------------------------------------|
| Health Review Checks | 9am - 5pm | Weekly | 1 - 2 years | By appointments from Health Visitors |
| Family Financial Resilience Independent advice in all legal matters. | 9:30am – 3:30pm | Weekly | Families with Children under 18 years (with additional needs up to 25 years) | Call centre to book an appointment |
| Toddler Talk | 10am - 11am | Weekly | 18 months to 3 years | Book a space online |
| Let's Talk | 1:30pm - 2:30pm | | 14 months to 3.5 years | |
| Employment support and advice | 10am - 3:30pm | Weekly | Over 18's | Call centre to book an appointment |
| Breastfeeding support session | 1pm - 3pm | Weekly | Babies | Drop-in session |
| Toy library | 3pm – 4:30pm | Weekly | 0 - 5 years | Drop-in session |
| Registration drop-in Come and get help to register with the Family Wellbeing Centres. | 2pm - 4pm | Weekly | Families, Children and Young people | Drop-in session |

Tuesday

Alperton Best Start Family Hub timetable

July - August 2026

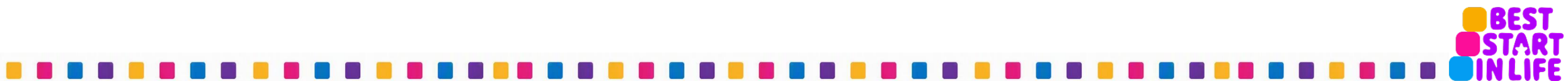
| Session | Time | Date(s) | Age group | Booking details |
|--|------------------|---|---------------|--------------------------------------|
| Health review checks | 9am - 5pm | Weekly | 1 - 2 years | By appointments from Health Visitors |
| Parenting Programme | 10am - 12pm | Weekly Term time only | Female carers | By referral only |
| Parents as First Teachers - Growing together | 11:30am – 1:30pm | 31 March 7 April 14 April 21 April | 0 - 5 years | Book a space online |
| SEND - Family Group | 1:30pm – 2:30pm | Starts 28 April Weekly | 0 - 5 years | Book a space online |

Wednesday

Alperton Best Start Family Hub timetable

July - August 2026

| Session | Time | Date(s) | Age group | Booking details |
|--|-----------------|--|--|-------------------------------------|
| Baby sensory | 10am - 10:45 am | Weekly | 0 - 12 months | Book a space online |
| Children & Families Information Service - CFIS | 10am - 3pm | Weekly | Families | Call centre to book an appointment |
| Registration drop-in Come and get help to register with the Family Wellbeing Centres | 11:30am - 1pm | Weekly | All ages | Drop-in session |
| Two & Terrific | 1pm – 2:30pm | 6 May to 20 May | 18 months Plus | Book a space online |
| Prospects | 1pm - 5pm | Weekly | 16 -19-years or up to 25 years with disability | By appointments / referrals |
| Art club | 4pm – 5:15pm | Weekly Term time only | 8 - 14 years | Book a space online |
| Young carers | 4:30pm - 6pm | 1 st Wednesday of the month | 8 years plus | By referrals |



Thursday

Alperton Best Start Family Hub timetable

July - August 2026

| Session | Time | Date(s) | Age group | Booking details |
|---|------------------|---------------------------------------|--|-------------------------------------|
| Citizen's Advice Brent Independent advice in all legal matters. | 9:30am – 3:30pm | Weekly | Families with Children under 18 years (with additional needs up to 25 years) | Call centre to book an appointment |
| Story and Rhymes | 10am - 11am | Weekly | 0 - 5 years | Book a space online |
| Toy library - Borrow toys | 9:30am – 11:30am | Weekly | 0 - 5 years | Drop-in session |
| Introduction to solids | 1pm – 2:30pm | 2 nd Thursday of the month | 4 to 8 months (babies) | Book a space online |
| Brent - PAIRS | 1:30pm - 5pm | Weekly | 0 - 2 years (A bonding session between mother and Child) | By appointments / referrals |



Friday

Alperton Best Start Family Hub timetable

July - August 2026

| Session | Time | Date(s) | Age group | Booking details |
|---------------------------------------|------------------|-------------------------|--------------|--------------------------------------|
| Health review checks | 9am - 5pm | Weekly | 1 - 2 years | By appointments from Health Visitors |
| ESOL classes | 10am – 11:45am | Starts 17 April | Families | Book a space online |
| Emotional Health & Wellbeing Workshop | 12:30pm – 2:30pm | 24 April to 3 July | Families | Book a space online |
| Mixed Martial Arts | 3:45pm - 5pm | Weekly - term time only | 8 years plus | Book a space online |

Centre information

Free vitamins

Pick up free vitamins at the Best Start Family Hub for all pregnant women and children under 5 years old. [Find out if you are eligible](#)

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 Start For Life - <https://www.brent.gov.uk/startforlife>

Find information and advice about pregnancy, birth and children under 5, along with local support to help you give your child the best start in life.

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 Best Start Family Hub](#)

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