

Session	Time	Date(s)	Age group	Booking details
Midwifery Services	9am – 4pm	Weekly	Expectant mums	By appointment from Midwifery Team
Let's Talk	9:30pm – 10:30am	Weekly	14 months to 3.5 years	Book a space online
Pregnancy Yoga	10:45pm – 12pm	Weekly	14 weeks to birth expectant parents	Book a space online
Introduction to Solids	11am – 12:30pm	Third Monday of every month	4 – 6 months	Book a space online
Baby Massage	12:30 – 13:30pm	Group 1 9 September – 23 September Group 2 30 September -14 October Group 3 28 October – 11November Group 4 18 November – 9 December	0 – 4 months Please book one group	Book a space online
Felix Food Donation Food parcel support for families in need of food.	2:20pm – 4:30pm	Weekly	Families	Drop-in
Teen Space	5pm - 6:30pm	Weekly	11 – 18 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Citizen's Advice Brent Independent advice in all legal matters.	9am – 3pm	Weekly	Adults	Call Centre to book an appointment
Registration Support Come and get help to register with the Family Wellbeing Centres.	10am – 11am and 3pm – 4pm	Weekly	Adults	Drop in
Childminders Only- (£2 fee applies)	9:30am – 11:30am	Weekly	Childminders	Book a space online
STAAR Drop In Supporting the Assessment for Autism Route	10am - 12pm	5 November	Families	Book a space online and drop in
Talking Therapies	1:30pm -2:30pm	17 September	New mums	Contact Centre to book on 0208 939 3890
Building Brilliant Brains	1pm - 2:30pm	15 October	0 -5 years	Book a space online
Oral Health Event	1pm – 2:30pm	10 December	0 – 5 years	Book a space online
Story and Rhyme Time	1:30pm – 2:30pm	Weekly	0 – 5 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Midwifery Services	9am – 4pm	Weekly	Expectant mums	By appointment from Midwifery Team
Breast Feeding Clinic	9am – 12pm	Fortnightly starting 11 September	0 – 6 months	Drop-in
Mini Nutrition 121 Clinic	9am – 12pm	Fortnightly starting 18 September	8 months – 5 years	Email: clcht.brenthealth4life@nhs.net
Busy Feet	10am – 11am	Start 11 September until half term	18 months – 4 years	Book a space online
Basic English	1pm – 3pm	Weekly Starting 25 September Assessment day Creche provided	Adults	Book a space online
Mixed Martial Arts	4pm – 6pm	Weekly	10 – 18 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Employment Support and Advice	10am – 3pm	Fortnightly	Over 18's	Call Centre to book an appointment
Being With Your Baby	10am – 11:30am	12 September 19 September 26 September 3 October 10 October 17 October	0 – 6 months	Book a space online
Parenting Matters	10am – 12pm	1 Thursday of every month	Adults	Call Centre to book an appointment
Welcome to Parenthood	10am- 11:30am	14 November 12 December	Expectant parents who have attended their 24-25 week appointment with midwives in Brent	Book a space online
Portage Session	10am – 12pm	Last Thursday of the month	Families	By appointments from Portage Team
Basic Maths	12pm – 3pm	Weekly starting 19 September	Adults	Book a space online
Messy Play	10am – 11am	From 24 October	13 months – 4 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Midwifery Services	9am - 4pm	Weekly	Expectant mums	By appointment from Midwifery Team
Small Talk 1:1 with SLT	9am- 6pm	Weekly	14 months – 3.5 years	Referrals Only
Parents As First Teachers	10:30pm – 12:00pm	From 13 September for 4 weeks	0 – 5 years	Contact centre on 0208 937 3890
Toddler Talk	10am – 11am	From 11 October and 18 October Excluding 25 October, starting again 29 November.	18 months – 3 years	Book a space online
Two And Terrific	10am – 11:30am	1 November 8 November 15 November 22 November	2 year olds	Book a space online
Brent Health 4 Life Mini Nutrition Workshops	12pm – 2:30pm	Start 11 October – 8 November	1 – 5 years	Book a space online
Baby Time	1pm – 2pm	From 13 September - 4 October 15 November – 13 December	0 – 12 months	Book a space online
Games Zone	4pm – 6pm	Starting 12 September	11 – 18 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
SEND Family Group For Families with a child, with SEND(Special Educational Needs and Disabilities) activities for all the family	10am - 11.30am	23 November 2024	All ages	Book a space online

Centre information

- Free vitamins are available at the Family Wellbeing Centre for all pregnant women and children under 4 years old
- Triage Services – The centre offers short term support to families to access both universal and targeted services, Drop in and appointment

Useful Links

- [The Local Offer for Children with Special Educational Needs and Disabilities \(SEND\)](#)
- [Brent Youth Zone](#)



[Church Lane Family Wellbeing Centre](#)

Fryent School
Church Lane
Kingsbury
NW9 8JD

Phone: 0208 937 3890

Email: Churchlane.FWC@brent.gov.uk

