

Session	Time	Date(s)	Age group	Booking details
Midwifery services	9am - 4pm	Weekly	Expectant mums	By appointment from Midwifery Team
Baby Time	9:30am - 10:30am	Weekly	0 - 12 months	Book a space online
Pregnancy yoga	11am - 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 Yoga	12:15pm - 1:15pm	Weekly	3 -10 months	Book a space online
Let's Talk	2pm - 3pm	Weekly	14 months - 3.5 years	Book a space online
Felix food donation Food parcel support for families in need of food.	2:30pm- 4:30pm	Weekly	Families	Drop-in session



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Health visiting review checks	9am - 4pm	Weekly	As per appointment	By appointments from Health Visitors
Citizen's Advice Brent Independent advice in all legal matters.	9am - 3pm	Weekly	Families	Call Centre to book an appointment
Mini Garden Explorers		Weekly	18 months - 4 years	Book a space online
Parents as First Teacher -School Reddiness	1pm - 2:30pm	4-week course starting 16 Jun	0 - 5 years	Book a space online
Welcome to CAAS (Centre for ADHD and Autism Support)	10 - 11am	7 July		Book a space online or drop-in
Brent Health 4 Life Mini Nutrition Workshops	12pm - 13:30pm	5-weeks course starting 14 April		Book a space online



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Midwifery service	9am - 4pm	Weekly	Expectant mothers	By appointment only from midwives
Mini Nutrition 121 Clinic	9:30am - 12:30pm	Fortnightly	8 months - 5 years	Email: licht.brent4life@nhs.net for appointment
Breast Feeding Support Clinic	9am - 12pm	Fortnightly	Babies	Book a space online
Being With Your Baby	10am - 11:30am	6 session programme starting 3 June	0 - 12 months	Email: clcht.brentinfantfeedingsupport@nhs.net for appointment
Potty Training	10am - 12pm	4-week course starting 29 April	0 - 5 years	Book a space online
Sewing Club with Brent Start	1pm - 3pm	10-week course starting 20 April		
Mixed Martial Arts	4pm - 5pm	Weekly	10 - 18 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health visiting review checks	9am - 4pm	Weekly	As per appointment	By appointments from Health Visitors
Portage session	10am - 12pm	First and third Thursday of the month. Term time	Families	By appointments from Portage Team
Busy Feet	9:30am - 10:30am	Not available first and third Thursday of the month. Term time		Book a space online
Story and Rhyme Time	2pm - 3pm	Weekly	0 - 5 years	Book a space online
Parenting Matters	10am - 12pm	1st Thursday of every month	Adults	Call centre to book an appointment



Session	Time	Date(s)	Age group	Booking details
Midwifery services	9am - 4pm	Weekly	Expectant mums	By appointment only from Midwives
Toddler Talk	10am -11am	Weekly	18 months - 3 years	Book a space online
Messy Play	2pm -3pm	Weekly	13 months - 4 years	Book a space online
Registration drop-in Get help to register with the Family Wellbeing Centres.	10am 11am and 3pm - 4pm	Weekly	Parents/Carers	Drop-in session



- **Weekend offer** - Saturday sessions are now delivered at the FWC during term time, please contact Family Wellbeing Centre for more information.
- **Free vitamins** are available at the Family Wellbeing Centre for all pregnant women and children under 4 years old. [Find out if you are eligible.](#)
- **Triage Services** – The centre offers short term support to families to access both universal and targeted services. Book appointment via Brent 'My Account'.

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.

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.



Fryent School
Church Lane, Kingsbury
NW9 8JD
Phone: 0208 937 3890
Email: Churchlane.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

