

# Monday

## Church Lane Best Start Family Hub timetable

July - August 2026

Session	Time	Date(s)	Age group	Booking details
<b>Midwifery services</b>	9am - 4pm	Weekly	Expectant mums	By appointment from Midwifery Team
<b>Baby Time</b>	9:30am - 10:30am	Weekly	0 - 12 months	<a href="#">Book a space online</a>
<b>Pregnancy yoga</b>	11am - 12pm	Weekly	14 weeks to birth expectant parents	<a href="#">Book a space online</a>
<b>Introduction to solids</b>	11am - 12:30pm	Third Monday of every month	4 - 6 months	<a href="#">Book a space online</a>
<b>Baby Yoga</b>	12:15pm - 1:15pm	Weekly	3 -10 months	<a href="#">Book a space online</a>
<b>Let's Talk</b>	2pm - 3pm	Weekly	14 months - 3.5 years	<a href="#">Book a space online</a>
<b>Felix food donation</b> Food parcel support for families in need of food.	2:30pm- 4:30pm	Weekly	Families	Drop-in session



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

Session	Time	Date(s)	Age group	Booking details
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: <a href="mailto:lcht.brent4life@nhs.net">lcht.brent4life@nhs.net</a> for appointment
Breast Feeding Support Clinic	9am - 12pm	Fortnightly	Babies	<a href="#">Book a space online</a>
Being With Your Baby	10am - 11:30am	6 session programme starting 3 June	0 - 12 months	Email: <a href="mailto:clcht.brentinfantfeedingsupport@nhs.net">clcht.brentinfantfeedingsupport@nhs.net</a> for appointment
Potty Training	10am - 12pm	4-week course starting 29 April	0 - 5 years	<a href="#">Book a space online</a>
Sewing Club with Brent Start	1pm - 3pm	10-week course starting 20 April		
Mixed Martial Arts	4pm - 5pm	Weekly	10 - 18 years	<a href="#">Book a space online</a>

# Thursday

## Church Lane Best Start Family Hub timetable

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

# Friday

## Church Lane Best Start Family Hub timetable

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

# Centre information

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- **Weekend offer** - Saturday sessions are delivered at the Best Start Family Hub during term time, please contact the hub for more information.
- **Free vitamins** are available at the Best Start Family Hub for all pregnant women and children under 4 years old. [Find out if you are eligible.](#)
- **Triage Services** – The hub offers short term support to families to access both universal and targeted services. Book 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.



[Church Lane Best Start Family](#)

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