

| Session  | Time              | Date(s)                | Age group                         | Booking details                      |
|--|-------------------|------------------------|-----------------------------------|--------------------------------------|
| <b>Health Visiting Review Checks</b>                                     | 9am - 3pm         | Weekly                 | As per booking                    | By appointments from Health Visitors |
| <b>Citizen's Advice Brent</b><br>Independent advice in all legal matters | 9am – 2:30pm      | Weekly                 | Families                          | Call Centre to book an appointment   |
| <b>Baby messy play</b>   | 10am – 11am       | Weekly                 | Under 12 months                   | <a href="#">Book a space online</a>  |
| <b>Small Talk</b><br>1:1 with Speech Language Therapist                  | 10am - 11am       | Weekly                 | 14 months +                       | By referrals Only                    |
| <b>Women's fitness</b>   | 11:30am – 12:30pm | Weekly, Term time only | Creche available                  | <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>Oral Health Event</b>   | 2pm – 3pm         | 27 January             | As part of the Let's talk session | <a href="#">Book a space online</a>  |
| <b>Global Skills Homework Club</b>                                       | 4:30pm – 6:30pm   | Weekly                 | 8 years +                         | By referrals only                    |
| <b>Mixed Martial Arts</b>  | 5pm – 7pm         | Weekly                 | 11 years +                        | <a href="#">Book a space online</a>  |



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|---|-----------------|------------------------|--------------------------------|---|
| <b>Midwifery Service</b>                                | 9am - 4pm       | Weekly                 | Expectant mothers              | By appointments only from midwives      |
| <b>Breastfeeding Support</b>                            | 9am – 1pm       | Weekly                 | Mothers/babies                 | By appointment only from Health Visitor |
| <b>Immigration Advice by Salusbury World</b>            | 9am – 5pm       | Weekly                 | Families                       | By appointment only                     |
| <b>Brent and Harrow Perinatal mental health service</b> | 1pm – 5pm       | Weekly                 | Parents                        | By appointment only from Midwife        |
| <b>ESOL</b>   | 10am -12pm      | Weekly, term time only | Women only, by Salusbury World | Creche available                        |
| <b>Toddler Messy Play</b>                               | 2pm – 3pm       | Weekly                 | 12months – 4 years             | <a href="#">Book a space online</a>     |
| <b>Global Skills Homework Club</b>                      | 4:30pm – 6:30pm | Weekly                 | 8 years +                      | By referrals only                       |
| <b>Educational Mentoring</b>                            | 6pm – 7pm       | Weekly                 | 11-16 years                    | By referrals only                       |



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|---|-----------------|---------|-------------------------|--------------------------------------|
| <b>Midwifery Service</b>                                | 9am - 4pm       | Weekly  | Expectant mothers       | By appointments only from midwives   |
| <b>Health Visiting Review Checks</b>                    | 9am - 3pm       | Weekly  | As per HV booking       | By appointments from Health Visitors |
| <b>Brent and Harrow Perinatal mental health service</b> | 9am – 5pm       | Weekly  | Parents                 | By appointment only from Midwife     |
| <b>Childminder Session</b>                              | 10am – 12pm     | Weekly  | Registered Childminders | Drop in                              |
| <b>Confident little explorers</b>                       | 2pm – 3pm       | Weekly  | 12 months – 3 years     | <a href="#">Book a space online</a>  |
| <b>Global Skills Homework Club</b>                      | 4:30pm – 6:30pm | Weekly  | 8 years +               | By referrals only                    |



| Session                     | Time            | Date(s) | Age group           | Booking details                     |
|-----------------------------|-----------------|---------|---------------------|-------------------------------------|
| Midwifery Service           | 9am - 4pm       | Weekly  | Expectant mothers   | By appointments only from midwives  |
| Baby sensory                | 10am – 11am     | Weekly  | Under 12 months     | <a href="#">Book a space online</a> |
| Toddler Messy Play          | 2pm – 3pm       | Weekly  | 12 months – 4 years | <a href="#">Book a space online</a> |
| Global Skills Homework Club | 4:30pm – 6:30pm | Weekly  | 8 years +           | By referrals only                   |



| Session                  | Time           | Date(s)  | Age group                      | Booking details                     |
|--------------------------|----------------|--|--------------------------------|-------------------------------------|
| <b>Midwifery Service</b> | 9am - 4pm      | Weekly   | Expectant mothers              | By appointments only from midwives  |
| <b>CAMHS support</b>     | 9am – 5pm      | Weekly   | Under 5s'                      | By referrals only                   |
| <b>Two and terrific</b>  | 10am – 11:30am | 28 February<br>7 March<br>14 March<br>21 March | For 12+months                  | <a href="#">Book a space online</a> |
| <b>Baby massage</b>      | 10am – 11:30am | 7 March<br>14 March<br>21 March<br>28 March    | For 2 – 6 months, pre-crawling | <a href="#">Book a space online</a> |



| Session   | Time   | Date(s)  | Age group | Booking details                     |
|---|--|--|-----------|-------------------------------------|
| <b>Alperton SEND Session</b><br>For Families with a SEND child, activities for all the family | 10am – 11:30am   | 15 February  | All ages  | <a href="#">Book a space online</a> |
| <b>Alperton Stay and Play session</b>   | 11am – 12:15pm<br>10am – 11:30am<br>11am – 12:15pm<br>11am – 12:15pm<br>10am – 11:30am | 11 January<br>18 January<br>25 January<br>1 February<br>8 February | All ages  | <a href="#">Book a space online</a> |
| <b>Three Trees SEND Session</b>   | 09:30 – 10:45  | 11 January and 8 February  | All ages  | <a href="#">Book a space online</a> |
| <b>Three Trees stay and play session</b>  | 10am - 11:30am<br>10am – 11:30am<br>9:30am – 10:45am<br>9:30am – 10:45am               | 18 January<br>25 January<br>1 February<br>15 February              | All ages  | <a href="#">Book a space online</a> |



**[Granville Family Wellbeing Centre](#)**

142 Carlton Vale  
 NW6 5HE  
 Phone: 0208 937 5681  
 Email: [granville.FWC@brent.gov.uk](mailto:granville.FWC@brent.gov.uk)



**Barnardos**

**[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

