

| Session                     | Time              | Date(s) | Age group       | Booking details                     |
|-----------------------------|-------------------|---------|-----------------|-------------------------------------|
| Midwifery Services          | 9am – 3:30pm      | Weekly  | Expectant mums  | By appointment only                 |
| Citizen Advice Bureau (CAB) | 9:30am – 2:30pm   | Weekly  | Families        | Call Centre for appointment         |
| Bumps to Babies             | 10:30am – 11:45am | Weekly  | 0 – 12 months   | <a href="#">Book a space online</a> |
| Messy Play                  | 1pm – 2pm         | Weekly  | 12mths – 24mths | <a href="#">Book a space online</a> |
| Healthy Lifestyle Clinic    | 3pm – 5pm         | Weekly  | 1 – 5 years     | By appointment only                 |



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|---------------------------|--------------|--|----------------|-------------------------------------|
| Midwifery Services        | 9am – 3:30pm | Weekly   | Expectant mums | By appointments only                |
| Tiny Hearts Support Group | 10am – 11am  | 2 <sup>nd</sup> Tuesday of the month until 11 March 2025 | 0 – 5 years    | <a href="#">Book a space online</a> |
| Story & Rhyme Time        | 1pm – 2pm    | Weekly   | 0 – 5 years    | <a href="#">Book a space online</a> |
| Toy Library drop-in       | 2pm – 4pm    | Weekly   | All Families   | <a href="#">Book a space online</a> |



| Session                      | Time          | Date(s)                                 | Age group  | Booking details                     |
|------------------------------|---------------|---|--|-------------------------------------|
| Health Visitors              | 9am – 1pm     | Weekly                                  | 1- & 2-year reviews                                      | By appointment only                 |
| Breastfeeding Support Clinic | 9:30am – 1pm  | Weekly                                  | Breast feeding babies                                    | Drop-in                             |
| Employment Support           | 9:30am – 4pm  | Weekly                                  | Adults   | By appointment only                 |
| Introduction to Solids       | 12:30pm – 2pm | 26 February<br>26 March                 | Babies moving to solid foods                             | <a href="#">Book a space online</a> |
| Let's Talk                   | 1pm – 2pm     | Weekly                                  | 14 months – 3 ½ years                                    | <a href="#">Book a space online</a> |
| Baby Massage 4-week course   | 1 – 4pm       | 29 January<br>5 February<br>12 February | Babies aged 3 – 12 months<br>active crawlers not walkers | <a href="#">Book a space online</a> |



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|--|-----------------|---|--------------------|-------------------------------------|
| Health Visiting Team                           | 9am - 1pm       | Weekly                                      | 1- & 2-year review | By appointment only                 |
| Small Talk (1:2:1 only)                        | 9am - 4pm       | Weekly                                      | 0 – 5 years        | By appointment only                 |
| Raising Early Attainment in Literacy (REAL)    | 10am - 12pm     | 16 Jan – 27 Feb                             | 2 – 5 years        | By appointment only                 |
| Two & Terrific                                 | 1pm - 2:30pm    | 13 March<br>20 March<br>27 March<br>3 April | 2 years            | <a href="#">Book a space online</a> |
| Childcare & Libraries Event                    | 1pm - 2:30pm    | 13 February                                 | 0 – 5 years        | <a href="#">Book a space online</a> |
| Oral Health Event                              | 1pm - 2:30pm    | 27 March                                    | 0 – 5 years        | <a href="#">Book a space online</a> |
| Story & Rhyme time (Holiday Inn families ONLY) | 3:45pm – 4:45pm | 9 January<br>20 February<br>13 March        | 0 – 7 years        | Drop in                             |
| Movie Club (6-11 years)                        | 4:15pm – 5:30pm | 30 January<br>13 February<br>27 February    | 6 – 11 years       | <a href="#">Book a space online</a> |



| Session  | Time         | Date(s)                                  | Age group                           | Booking details                     |
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| Health Visiting Team                               | 9am – 2pm    | Weekly                                   | 1 - 2-year development checks       | By appointment only                 |
| Solihul Programme                                  | 10am – 12pm  | 17 January – 4 April<br>(Term time only) | Parents with children under 5 years | By appointment only                 |
| Sensory Play                                       | 1pm – 2pm    | Weekly                                   | 2 years – 3 ½ years                 | <a href="#">Book a space online</a> |
| Parenting Matters                                  | 2pm – 4:30pm | 2 <sup>nd</sup> Friday of the month      | All Families                        | <a href="#">Book a space online</a> |
| Prospects/Brent Connexions, Careers Advice session | 1pm – 4pm    | Weekly                                   | 16 -19-year-olds                    | By appointment only                 |



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| <p><b>SEND Family Group (Church Lane, Alperton, St Raphs &amp; Three Trees) contact FWC's for details)</b></p> <p>For Families with a SEND child, activities for all the family</p> | 10am - 11.30pm | <p><u>Alperton and Three Trees</u></p> <p>1 February<br/>8 February<br/>15 February</p> <p><u>Church Lane and St Raphael's</u></p> <p>1 March<br/>8 March<br/>15 March<br/>22 March<br/>29 March<br/>5 April</p> | All ages  | <a href="#">Book a space online</a> |

## Centre information

- Free vitamins are available at the centre for all pregnant women and children under 4 years old.



### [Preston Park Family Wellbeing Centre](#)

College Road, Wembley

HA9 8RJ

Phone: 0208 937 5980

Email: [Prestonpark.FWC@brent.gov.uk](mailto:Prestonpark.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

