

# Monday

## Preston Park Family Wellbeing Centre timetable

January – March 2026

Session	Time	Date(s)	Age group	Booking details
<b>Children and Families Information Service (CFIS)</b>	9am - 5pm	Weekly	Families	Drop-in session
<b>Midwifery Clinic</b>	9am - 3:30pm	Weekly	Expectant mothers	By appointment only from midwives
<b>Citizen Advice Bureau (CAB)</b>	9:30am - 3:30pm	Weekly	Families	Call centre for appointment
<b>Bumps to Babies</b>	9:45am - 11:00am	Weekly From 5 January - 30 March	0 - 12 months	<a href="#">Book a space online</a>
<b>Sensory Play</b>	1:30 - 2:30pm	5 January - 23 March Term time only	2 - 3.5 years	<a href="#">Book a space online</a>
<b>Healthy Lifestyle Clinic</b>	3pm - 5pm	5 January 19 January 2 February 23 February 2 March 16 March 30 March	1 - 5 years	Appointment only



# Tuesday

## Preston Park Family Wellbeing Centre timetable

January – March 2026

Session	Time	Date(s)	Age group	Booking details
Midwifery clinic	9am - 3:30pm	Weekly	Expectant mothers	By appointments only from midwives
Registration clinic (drop-in)	9am - 12pm	Weekly	Families	Drop-in session
Baby Talk	9:45am - 11:00am	6 January - 24 March Term time only	0 - 12 months	<a href="#">Book a space online</a>
Brent (PAIRS) Parent and Infant Relationship Service	10:30am - 11:30am	13 January	0 - 5 years	By referral only
Busy Feet	1:30 - 2:30pm	6 January - 24 March	2 - 3.5 years	<a href="#">Book a space online</a>



# Wednesday

## Preston Park Family Wellbeing Centre timetable

January – March 2026

Session	Time	Date(s)	Age group	Booking details
Health visiting review checks	9am - 1pm	Weekly	1- and 2-year health checks	By appointments from Health Visitors
Infant feeding support clinic	9:30am - 1pm	<b>Fortnightly</b> 14, 28 January 11, 25 February 11, 18, 25 March 8, 22 April 6, 20 May 3, 17 June 1, 15, 29 July 12, 19 August	Breast feeding mums	
Employment support	9:30am - 4pm	Weekly	Parents	Call centre for appointment
Story, Rhyme & Play Time	9:45am - 10:45am	Weekly  7 January - 25 March  Term time only	12 months - 24 months	<a href="#">Book a space online</a>
Baby Massage - 4-week course	10am - 12pm	4 March 11 March 18 March 25 March	3 months - 12 months	<a href="#">Book a space online</a>
Introduction to solids	12:30pm - 2pm	<b>Monthly</b> 28 January 25 February 25 March	5 months +	<a href="#">Book a space online</a> or drop-in
Let's Talk	1pm - 2pm	7 January - 25 March	14 months to 3 ½ years	<a href="#">Book a space online</a>
ANSAR Youth Project	4pm - 7:30pm	5 Jan -27 March Term time only	8 - 17 years	By referral only or enquire at Centre



# Thursday

## Preston Park Family Wellbeing Centre timetable

January – March 2026

Session	Time	Date(s)	Age group	Booking details
<b>Health Visitor review checks</b>	9am - 4pm	Weekly	1- and 2-year health checks	By appointments only from health visitors
<b>Messy play</b>	10am - 11am	8 January - 26 March Term time only	12 - 24 months	<a href="#">Book a space online</a>
<b>Two and Terrific</b>	10am - 11:30am	4 session dates only  26 February 5 March 12 March 19 March	2 years	<a href="#">Book a space online</a>
<b>ESOL class</b>	12:45pm - 2:45 pm	15 January (Registration)  22 January - 26 March	Families/parents	<a href="#">Book a space online</a>
<b>ANSAR Youth Project</b>	4pm - 7:30pm	5 January -27 March Term time only	10 - 17 years	By referral only or enquire at Centre



Session	Time	Date(s)	Age group	Booking details
<b>Health visitor review checks</b>	9am - 4pm	Weekly	1- & 2-year health checks	By appointments only from health visitor
<b>Solihull Programme, 11-week programme</b>	10am - 12pm	9, 16, 23, 30 January 6, 13, 27 February 6, 13, 20, 27 March	Families	<a href="#">Book a space online</a>
<b>Brent Youth Futures/Connexions</b>	1pm - 4pm	Weekly	16 - 19 years	By referral only
<b>Story &amp; Rhyme Time</b>	1pm - 2pm	Term time only	0 - 5 years	<a href="#">Book a space online</a>
<b>Childcare and libraries event</b>	1 - 2:30pm	13 February	0 - 5 years	<a href="#">Book a space online</a>
<b>Oral health event</b>	1 - 2:30pm	27 March	0 - 5 years	<a href="#">Book a space online</a>
<b>ANSAR Youth Project</b>	4 - 7:30pm	5 January - 27 March Term time only	10 - 17 years	By referral only or enquire at Centre



# Centre information

- Free vitamins are available at the Family Wellbeing Centre for all pregnant women and children under 5 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. Complete online registration at [end complete survey \(Getting to know you form\)](#) or drop into your nearest Family Wellbeing Centre.

## 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 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.

### **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.

### **Holidays Activities and Food Programme** - <https://www.brent.gov.uk/haf>

Provides free access to activities and healthy meals to eligible children during school holidays.

### **Brent Youth Zone** - <https://www.brentyouthzone.org.uk/>

Provides information and activities for young people.



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

College Road (same entrance/site as Preston Park Primary school)  
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

