

Session	Time	Date(s)	Age group	Booking details
<b>Midwifery Services</b>	9am – 3:30pm	Weekly	Expectant mums	By appointment only
<b>Citizen Advice Bureau (CAB)</b>	9:30am – 2:30pm	Weekly	Families	Call Centre for appointment
<b>Being with your baby</b>	10am – 11:30am	11 November 18 November 25 November 2 December 9 December 16 December	0 – 12 months	<a href="#">Book a space online</a>
<b>Bumps to Babies</b>	10:30am – 11:45am	Every Monday in September Every Monday in October Monday 4 November	0 – 12 months	<a href="#">Book a space online</a>
<b>Busy Feet</b>	1pm – 2pm	Every Monday in September Monday 7 October Monday 14 October	2 – 3 ½ years only	<a href="#">Book a space online</a>
<b>STAAR Drop In Clinic</b>	1am – 12pm	16 September	Families	Drop In
<b>Healthy Lifestyle clinic</b>	3 – 5pm	9 September 22 September 7 October 21 October 4 November 18 November 2 December 16 December	Parents with children aged 1 – 5 years	By appointment only



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Midwifery Services	9am – 3:30pm	Weekly	Expectant mums	By appointments only
Homestart Bump to Baby Workshop	11am – 12pm	8 October 15 October 29 October 5 November 12 November	Workshop for parents	<a href="#">Book a space online</a>
Bumps to Babies walking group	10:30am – 11:45am	3 September 10 September 17 September 24 September 1 October	0 – 12 months	<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 Taster Drop-in	2pm – 4pm	Weekly	Families	Membership & £5 deposit required. The deposit will be returned.
Teen Zone	4pm - 5:30pm	10 September 24 September 8 October 22 October 5 November 19 November 3 December 17 December	10-14 Years	<a href="#">Book a space online</a>
Squirrel Scouts	4pm – 5pm	Weekly	4 – 6 Years	<a href="#">Book a space online</a>



Session	Time	Date(s)	Age group	Booking details
Health Visitor	9am – 2pm	Weekly	1 & 2 Year Olds	By appointment only
Breastfeeding Support Clinic	9:30am – 1pm	Weekly	Breast feeding babies	<a href="#">Book a space online</a>
Employment Support	9:30am – 4pm	Weekly	Adults	By appointment only
Introduction to Solids	12:30pm – 2pm	Every 4 <sup>th</sup> Wednesday of the month  25 September 23 October 27 November 25 December	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>
Prospects/Brent Connexions Careers Advice session	1 – 4pm	Weekly	16 – 19 years and up to 25 yrs with disability	By appointment only



Session	Time	Date(s)	Age group	Booking details
<b>Health Visiting Team</b>	9am – 1pm	Weekly	1 – 2 years	By appointment only
<b>Small Talk</b> 1:1 with SLT	9am – 4pm	Weekly	0 – 5 years	By appointment only
<b>Independent Domestic Violence Advice</b>	9am – 5pm	24 October	Families	Referrals/Appointment
<b>Messy Play</b>	10am – 11am	Every Wednesday in September and 3 October 10 October 17 October	12 months – 24 months	<a href="#">Book a space online</a>
<b>Family Transitions</b>	10am – 12pm	Begins 14 November	Families	<a href="#">Book a space online</a>
<b>Childcare &amp; Libraries event</b>	10am-11:30am	24 October	Families	<a href="#">Book a space online</a>
<b>Story &amp; Rhyme Time (for Holiday Inn families only).</b>	2:45pm – 4:45pm	2 <sup>nd</sup> Thursday of every month  12 September 10 October 14 November 12 December	0 – 7 years	Holiday Inn families only



Session	Time	Date(s)	Age group	Booking details
Health Visiting Team	9am – 2pm	Weekly	1 - 2 year development checks	By appointment only
Emotional Wellbeing Workshop	11am – 1pm	27 September Every Thursday in October Every Friday in November 6 December	Families	<a href="#">Book a space online</a>
Story & Rhyme time	1:30pm – 2:30pm	Every Friday in September and 4 October 11 October 18 October	12 months – 24 months	<a href="#">Book a space online</a>
Parenting Matters	2pm – 4:30pm	2 <sup>nd</sup> Friday of the month	Families	<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

