

# Monday

## St Raphael's Best Start Family Hub timetable

July - August 2026

Session	Time	Date(s)	Age group	Booking details
Employment support and advice	9am - 2pm	Weekly Term Time only	Over 18's	Call Centre to book an appointment
PAIRS - Parents and infant relationship service	9am - 3pm	Weekly	0 - 2 years	Appointment only
Child Talk	9:30am - 11am	Weekly	0 - 5 years	<a href="#">Book a space online</a>
Childcare and libraries event	9:30am - 11am	15 June	0 - 5 years	<a href="#">Book a space online</a>
Oral Health	9:30am - 11am	TBC	0 - 5 years	<a href="#">Book a space online</a>
Baby Talk	1pm - 2:30pm	Weekly	0 - 12 months	<a href="#">Book a space online</a>
Toy library Families can come to borrow toys from the FWC toy library.	2:30pm - 4pm	Weekly	0 - 18 years	Drop-in session
Homework club	5pm - 6:30pm	Weekly Term Time only	5 - 11 years	<a href="#">Book a space online</a>



# Tuesday

## St Raphael's Best Start Family Hub timetable

July - August 2026

Session	Time	Date(s)	Age group	Booking details
<b>Health team midwifery pre and postnatal checks</b>	9am - 4pm	Weekly	Newborn Babies	Appointment only
<b>WellComm Session</b> <b>Speech and language session</b>	9:30am - 10:30am	Weekly	Age 12mths to 3 years	Invite only
<b>WellComm Assessment</b>	1pm – 2:30pm	weekly	Age 12mths to 3 years	Invite only
<b>Triage drop-in</b>  Triage officer can support you and your family to access short term support and access to services such as nursery and school application.	1pm - 2:30pm	Weekly	Adults	Drop-in session
<b>Health perinatal</b>	1pm - 4pm	Weekly	Adults	Appointment only
<b>Stay play and Weigh Sunshine Group</b>  Monthly drop-in: Pregnant parents and families can come and get advice from the health visiting team	1:30pm - 2:30pm	28 April 26 May 23 June 21 July 25 Aug 29 September 27 October 24 November 15 December	0 - 5 years old	Drop-in session
<b>Sports In Mind</b>  Multi-sports football and basketball	4.30pm - 5:30pm	Weekly  Term time only	10- 14 years old	<a href="#">Book a space online</a>



# Wednesday

## St Raphael's Best Start Family Hub timetable

July - August 2026

Session	Time	Date(s)	Age group	Booking details
Health review checks	9am - 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Citizen's Advice Brent (CAB) Independent advice in all legal matters.	9:30am – 3:30pm	Weekly	Adults	Call Centre to book an appointment
Free vitamin collection	12pm - 2:30pm	Weekly	0 - 4 years	Drop-in session
Zumba	10am - 11am	Weekly Starts 6 May 2026	Adults	<a href="#">Book a space online</a>
Potty Training	1pm - 2pm	1 July 8 July 15 July 22 July	18 months - 4 years	<a href="#">Book a space online</a>
Dance Workshop (Hillside Performing Arts)	4:30pm - 5:30pm	Weekly Term time only	6 - 14 years old	<a href="#">Book a space online</a>



# Thursday

Session	Time	Date(s)	Age group	Booking details
Health review checks	9am - 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Health team midwifery pre and postnatal checks	9am - 4pm	Weekly	Newborn Babies	Appointment only
Childminders only	9:30am - 11:30am	Weekly Term time only	0-5 years	<a href="#">Book a space online</a>
Baby drop-in Introduction solids	12:30pm - 2pm	First Thursday of the month	Babies from 6 months	Drop-in session
Brent Minis nutrition group	12:30pm 2pm	5-week programme	1 - 5years	<a href="#">Book a space online</a>
Art club	4pm - 5:30pm	Weekly Term time only	7 - 16 years	<a href="#">Book a space online</a>
Mixed Martial Arts	4pm - 5.30pm	Weekly Term time only	10 - 18 years	<a href="#">Book a space online</a>

# Friday

## St Raphael's Best Start Family Hub timetable

July - August 2026

Session	Time	Date(s)	Age group	Booking details
<b>Health review checks</b>	9am - 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
<b>Baby yoga</b> <b>Mum and baby - yoga and wellbeing</b>	10am - 11am	Weekly Term Time only	From 6 months	<a href="#">Book a space online</a>
<b>Triage drop-in</b> Triage officer can support you and your family to access short term support and access to services such as nursery and school application.	10am -12pm	Weekly	Adults	Drop-in session
<b>ESOL : English conversation with creche</b> Develop basic English language skills, speaking, reading and writing.	12:30pm - 2.30pm	Weekly	Adults	Call centre to book
<b>Registration drop-in</b> Get help to register with the Family Wellbeing Centre.	1pm - 2pm	Weekly	Adults	Drop-in session
<b>Little Village Donation</b>	1pm - 3.00pm	Weekly Term time only	0 - 5 years	Call centre for information



# Centre information

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- Free vitamins are available at the Best Start Family Hub for all pregnant women and children under 5 years old. [Find out if you are eligible](#)

## 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.



### [St Raphael's Best Start Family Hub](#)

Rainborough Close, St Raphael's Estate

NW10 0TS

Phone: 020 89373620

[StRaphs.FWC@brent.gov.uk](mailto:StRaphs.FWC@brent.gov.uk)

