

Session	Time	Date(s)	Age group	Booking details
Child Talk	9.30am - 11am	weekly	0 - 5 years	<a href="#">Book a space online</a>
Childcare & Libraries Event	9.30am – 11am	14 October 2024	0 – 5 years	<a href="#">Book a space online</a>
Oral Health Event	9.30am – 11am	9 December 2024	0 – 5 years	<a href="#">Book a space online</a>
Health Perinatal	9am – 12pm	weekly	Adults	Appointment only
Employment Support and Advice	9am – 2pm	Weekly	Over 18's	Call Centre to book an appointment (Term Time only)
<b>CAMHS</b> Support and advice for parents struggling with their children's sleep, eating, behavior	9.30am – 12.30pm	weekly	0 - 5 years	Appointment only
Health Review Checks	12.30pm – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Baby Talk	1pm – 2pm	weekly	0 – 12 months	<a href="#">Book a space online</a>
Being with your Baby 6 weeks programme	1pm – 2.30pm	4 November 11 November 18 November 25 November 2 December 9 December	0 – 12 months	<a href="#">Book a space online</a>
Homework Club	5.45pm – 7.15pm	weekly	5 – 16 years	Term Time only



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<b>Health Perinatal</b>	9am – 4pm	weekly	Adults	Appointment only
<b>STAAR Drop In Supporting the Assessment for Autism Route</b>	10am – 12pm	3 December 2024	Adults	<a href="#">Book a space online</a>
<b>Emotional Health and Well-being Workshop with Creche 10 weeks programme</b>	10.30am – 12.30pm	24 September – 10 December 2024	Adults	<a href="#">Book a space online</a>
<b>Brent Health Life Minis B4L Minis 5 weeks course</b>	1pm – 2.30pm	10 September 17 September 24 September 1 October 8 October	2 – 5 years	<a href="#">Book a space online</a>
<b>Stay Weigh &amp; Play Sunshine Group Monthly Drop-in</b> Pregnant Parents and Families can come and get advice from the health visiting team	1.30pm – 2.30pm	10 September 8 October 5 November 10 December	0 - 5 years old	Drop-in
<b>St Raphz Youth Gaming Session</b>	4.30pm – 6.30pm	weekly	11 - 18 years old	<a href="#">Book a space online</a> Term time only



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<b>Health Review Checks</b>	9am – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
<b>Toy Library</b> Families can come to borrow toys from the FWC Toy Library	9.30 am – 12.30pm	Weekly Mondays & Wednesdays	0 – 18 years	Drop-in
<b>Citizen's Advice Brent (CAB)</b> Independent advice in all legal matters.	9.30am – 3.30pm	weekly	Adults	Call Centre to book an appointment
<b>Let's Talk</b>	10am – 11am	weekly	14 months - 3years	<a href="#">Book a space online</a>
<b>Registration Drop-in</b> Come and get help to register with the Family Wellbeing Centre	1pm – 2pm	Weekly	All ages	Drop-in session



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<b>Health Review Checks</b>	9am – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
<b>Autism Assessment</b>	9am – 4pm	weekly	0-5 years	Appointment only
<b>Childminders Only</b>	9.30am – 11:30am	weekly	0-5 years	<a href="#">Book a space online</a> Term time only
<b>Triage Drop-in</b> Triage Officer can support you & your family to access short term support and access to services such as nursery and school application.	1pm – 4pm	Weekly	Adults	Drop-in
<b>Art Club</b>	4pm – 5.30pm	weekly	5 – 16 years	<a href="#">Book a space online</a> Term time only
<b>Mixed Martial Arts</b>	4pm – 6pm	weekly	10 - 18years	<a href="#">Book a space online</a> Term Time only



Session	Time	Date(s)	Age group	Booking details
<b>Small Talk SLT</b> 1:1 support with Speech Language Therapist	9am – 4pm	weekly	14months – 3 years	Appointment only
<b>Introduction to Solids</b> Weaning advice from Health team.	9.30am – 11am	First Friday of the month	Babies from 6 months	<a href="#">Book a space online</a>
<b>Family Coffee Morning for SEND</b> Parent/Carers of SOMALI HERITAGE	9.30 am – 11.30am	Last Friday of the month	Adults	<a href="#">Book a space online</a>
<b>Breast Feeding Support Clinic</b> 1:1 support	10am – 2pm	weekly	0 – 5 years	Appointment only
<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> Come and get help to register with the Family Wellbeing Centre	1pm – 2pm	Weekly	All ages	Drop-in session



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<b>SEND Family Group</b> For Families with a SEND child, activities for all the family	10am – 11.30am	<b>Three Trees FWC:</b> 21 Sept 2024 <b>Granville FWC:</b> Call 020 8937 6581 <b>Church Lane FWC:</b> 23 November 2024 <b>Alperton FWC:</b> 14 Dec 2024	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

### Useful Links

- [Healthy Start Eligibility Calculator](#)
- [The Local Offer for Children with Special Educational Needs and Disabilities \(SEND\)](#)
- [Brent Youth Zone](#)



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