

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 – 4pm	Weekly	0 – 2 years	Appointment only
Child Talk	9:30am – 11am	Weekly	0 - 5 years	Book a space online
Childcare & Libraries Event	9:30am – 11am	13 October 2025	0 – 5 years	Book a space online
Oral Health	9:30am – 11am	10 December 2025	0 – 5 years	Book a space online
CAMHS Support and advice for parents struggling with their children's sleep, eating, behavior	9:30am – 12:30pm	Weekly	0 - 5 years	Appointment only
Baby Talk	1pm – 2.30pm	Weekly	0 – 12 months	Book a space online
Being with your baby	1pm – 2:30pm	3,10,17 and 24 November 1, 7 and 8 December	0 – 12 months	Book a space online
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	Book a space online



Session	Time	Date(s)	Age group	Booking details
Breast Feeding Support Clinic 1:1 support	9am – 12:30pm	Weekly	0 – 5 years	Drop-in session
Health Team Midwifery Pre & Postnatal checks	9am – 4pm	Weekly	Newborn Babies	Appointment only
WellComm Speech & Language session	9:30am – 10:30am 11am -12pm	Weekly	Age 12mths to 3 years	Invite only
STAR Drop In Supporting the assessment for Autism Route	10am –12pm	18 November 17 March 2026 19 May 2026	Adults	Drop-in session
Triage Drop In 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
Health Perinatal	1pm – 4pm	Weekly	Adults	Appointment only
Stay Play & Weigh Sunshine Group Monthly Drop-in Pregnant Parents and Families can come and get advice from the health visiting team	1:30pm – 2:30pm	7 October 4 November 16 December	0 - 5 years old	Drop In
PAIRS – Parenting Group	1:45pm – 2:45pm	Weekly	0 – 2 years	Invite only
Youth Zone JRF Multi-Sports football & basketball	5pm – 6:30pm	Weekly	11 - 18 years old	Book a space online Term time only



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
HENRY Parenting programme with creche	12pm – 2:30pm	Start 10 September 2025	0 – 5years	Booking required via centre
Free Vitamin Collection	12pm – 2:30pm	Weekly	0 – 4 years	Drop-in session



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Health Review Checks	9am – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Health Team Midwifery Pre & Postnatal checks	9am – 4pm	Weekly	Newborn Babies	Appointment only
Childminders Only	9:30am – 11:30am	Weekly Term time only	0-5 years	Book a space online
Baby Drop In Introduction Solids	12:30pm – 2pm	2 October 6 November 4 December	Babies from 6 months	Drop-in session
Brent Minis Nutrition Group (5 weeks programme)	12:30pm 2pm	25 September 2 October 9 October 16 October 23 October	0 – 5years	Book a space online
Art Club	4pm – 5:30pm	Weekly Term time only	7 – 16 years	Book a space online
Mixed Martial Arts	4pm – 6pm	Weekly Term time only	10 – 18 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Baby Yoga Mum and Baby - Yoga and Wellbeing	10am – 11am	Weekly Term Time only	From 6 months	Book a space online
Triage Drop In Triage Officer can support you & your family to access short term support and access to services such as nursery and school application.	10am – 12pm	Weekly	Adults	Drop-in session
ESOL : English Conversation with creche Develop basic English language skills, speaking, reading and writing.	12:30pm – 2.30pm	Weekly	Adults	Call centre to book
Registration Drop-in Come and get help to register with the Family Wellbeing Centre	1pm – 2pm	Weekly	Adults	Drop-in session
Little Village Donation	1pm – 3.00pm	Weekly Term time only	0 – 5 years	Call centre for information



Family Wellbeing Centres open Saturdays

St. Raphael's				
Stay, Play & Learn	10am - 11:30am	1, 8, 15, 22, 29 November 6 December	N/A	Book a space online
Church Lane	Time	Date(s)	Age Group	Booking Details
Fathers/Male Carers session	10am - 11:30am	1 November	0 - 8 years	Book a space online
SEND Family Group	10am - 11:30am	8 November	All ages	Book a space online
Three Tree				
Citizen's Advice Brent	9:30am - 12:30pm	13, 20, 27 September 4, 11, 18 October	Adults	Call to book
Stay Play & Learn	9:45am - 11:15am	13, 20, 27 September 11 October	0 - 5 years	Book a space online
SEND Family Group	10am - 11:30am	4 October	All ages	Book a space online
Fathers/Male Carers session	10am - 11:30am	18 October	0 - 5 years	Book a space online
Baby Massage	11:30am - 12:30am	13, 20, 27 September	2 - 6 months	Book a space online
Alperton				
Family Playtime	9:45am - 11am	27 September 4, 11, 18 October	0 - 5 years	Book a space online
Infant Feeding Support	9:30am - 12:30pm	13, 20 September 4, 18 October	Babies	Drop-in session
Dad's Programme	10am - 11:30am	13 September	0 - 8 years	Book a space online
SEND Session	10am - 11:30am	20 September	Children & Families	Book a space online
Baby Yoga	9:30am - 11am	13 September	3 - 10 months	Book a space online
SEN Yoga	9:45am - 11:15am	20 September	0 - 19 years	Book a space online
Potty Training	11am - 12:30pm	September 27 – October 18	18 months - 3 years	Book a space online



Centre information

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

Provides information and activities for young people.

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.

FREE

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](#)



[St Raphael's Family Wellbeing Centre](#)

Rainborough Close, St Raphael's Estate
NW10 0TS

Phone: 020 89373620

StRaphs.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

