

Session	Time	Date(s)	Age group	Booking details
Child Talk	9.30am - 11am	weekly	0 - 5 years	Book a space online
Oral Health Event	9.30am – 11am	TBC	0 – 5 years	Book a space online
Employment Support and Advice	9.am – 2pm	Weekly	Over 18's	Call Centre to book an appointment (Term Time only)
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
Building Brilliant Brains	1pm – 2.30pm	17 March 2025	0 – 5 years	Book a space online
Breast Feeding Support Clinic 1:1 support	1pm– 4pm	weekly	0 – 5 years	Drop In
Homework Club	5pm – 6.30pm	weekly	5 – 11 years	Book a space online (Term Time only)



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Health Perinatal	9am – 4.00pm	weekly	Adults	Appointment only
STAAR Drop In Supporting the Assessment for Autism Route	10am – 12pm	18 March	Adults	Book a space online
Strengthening Family Strengthening Communities Parenting Programme with Creche	10am – 1pm	Start 14 January 2025	Adults	Booking required/ Referrals via Parenting Programme Team
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.	1pm – 2.30pm	Weekly	Adults	Drop In
Stay Weigh & Play Sunshine Group Monthly Drop In Pregnant Parents and Families can come and get advice from the health visiting team	1.30pm – 2.30pm	11 February 2025 4 March 2025	0 - 5 years old	Drop In
Brent Health Life Minis B4L Minis 5 weeks course	1.30pm – 3.00pm	28 January 2025 4 February 2025 18 February 2025 25 February 2025	2 – 5 years	Book a space online
St Raphz Youth Zone Gaming & Sports Activities	5pm – 6.30pm	weekly	11 - 18 years old	Book a space online Term time only



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Health Review Checks	9am – 4.00pm	Weekly	1 - 2 years	By appointments from Health Visitors
Toy Library Families can come to borrow toys from the FWC Toy Library	9.30 am – 12.30pm	Weekly Mondays & Wednesdays	0 – 18 years	Drop In
Citizen's Advice Brent (CAB) Independent advice in all legal matters.	9.30am – 3.30pm	weekly	Adults	Call Centre to book an appointment
Let's Talk	10.00am – 11.00am	weekly	14 months - 3years	Book a space online
Registration Drop in Come and get help to register with the Family Wellbeing Centre	1.00pm – 2.00pm	Weekly	All ages	Drop-in session



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Health Review Checks	9am – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Childminders Only	9.30am – 11:30am	weekly	0-5 years	Book a space online Term time only
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
Art Club	4pm – 5.30pm	weekly	7 – 16 years	Book a space online Term time only
Mixed Martial Arts	4pm – 6pm	weekly	10 - 18years	Book a space online Term Time only



Session	Time	Date(s)	Age group	Booking details
Small Talk SLT 1:1 support with Speech Language Therapist	9.00am – 4.00pm	weekly	14months – 3 years	Appointment only
Introduction to Solids Weaning advice from Health team.	9.30am – 11.00am	First Friday of the month 7 February 7 March	Babies from 6 months	Book a space online
Family Coffee Morning for SEND Parent/Carers of SOMALI HERITAGE	9.30 am – 11.30am	Last Friday of the month 31 January 28 February 28 March	Adults	Book a space online
Baby Yoga /Baby Massage	10.00am – 11.30am	Baby yoga 24 January 31 January 7 February 14 February 21 March 4 April Baby massage 14 February 28 February 7 March	Baby Yoga (4 months to active crawling) Baby Massage (Babies from 6 weeks to 6 months)	Book a space online
ESOL : English Conversation with creche Develop basic English language skills, speaking, reading and writing.	12.30pm – 2.30pm	weekly	Adults	Call Centre to book



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Alperton and Three Trees FWC Stay, Play & Learn	10am to 11.30am	Alperton and Three Trees FWC: 25 January 1 February 8 February 14 February	0-5 years	Book a space online

Centre info

- Free vitamins are available at the centre for all pregnant women and children under 4 years old

Useful Links

- Eligibility calculator here : [Healthy Start Eligibility Calculator \(typeform.com\)](https://www.brent.gov.uk/children-young-people-and-families/send-local-offer)
- The Local Offer for Children with Special Educational Needs and Disabilities (SEND): <https://www.brent.gov.uk/children-young-people-and-families/send-local-offer>
- Brent Youth Zone: <https://www.brentyouthzone.org.uk/>



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