

Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Salisbury World – Advice and Advocacy session For refugees and asylum seekers	9am - 4pm	Weekly	Adults	By referral
ESOL – English Class Level 1 English language for Parents Carers Creche provided	10am - 11am	Weekly	18 months to 3 years	Call or ask at reception
ESOL – English Class Level 2 English language for Parents Carers Creche provided	10am – 3:30pm	Weekly	Adults	Call or ask at reception
Art Club	4pm – 5.15pm	Weekly	5 - 11 years	Book a space online
Teen Space Astro turf at QPCS available during this session	5.30pm – 7pm	Weekly	11 plus	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Stay, Play and Learn	10am – 11am	Weekly	1 - 5 years	Book a space online
Health Visiting Service - Sunshine Group Stay and weigh	10am - 11.30am	10 September 08 October 12 November 10 December	Babies / Toddlers	Book a space online
Childcare and Libraries event	10am - 11.30am	19 November	0 – 5 years	Book a space online
STAR Supporting the assessment route	10am – 12pm	22 October	Parent / carers	Book a space online
Solihull Parenting Programme	11.30am – 1.30pm	17 September – 3 December	Parent / carers	ParentingProgramme@brent.gov.uk
Perinatal sessions	1.30pm – 5pm	Fortnightly	Mums and expectant mums	By appointments from Perinatal Team



Session	Time	Date(s)	Age group	Booking details
Midwifery Teams	9.30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
Employment Support and Advice	9am – 2pm	Weekly Term time only	Over 18's	Call Centre to book an appointment
Portage	10am – 12pm	11 September 09 October 13 November 11 December	Under 5 years	Through the Portage Service
Messy Play	10.30am – 11.30am	1 st , 3 rd and 4 th Wednesday of the month Session on 18 September incorporating Oral Health	18 months plus	Book a space online
Welcome to Parenthood	10am – 11.30pm	02 October 05 November 04 December	Expectant parents	Book a space online
Pottery Workshop 4 session course Creche available	12.30pm – 2.30pm	16 October 23 October 30 October 06 November	Parent / Carers	Book a space online
Two and Terrific A four-session programme for two-year-olds and their parents/carers.	1pm – 2.30pm	18 September 25 September 02 October 09 October	2 years or approaching 2 years	Book a space online
Introduction to Solids	1pm – 2.30pm	11 September 09 October 13 November 11 December	6 months plus	Book a space online



Session	Time	Date(s)	Age group	Booking details
Citizen's Advice Brent Independent advice in all legal matters.	9:30am – 3:30pm	Weekly	Adults	Call Centre to book an appointment
Midwifery Teams	9:30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
Let's Talk	10am – 11am	Weekly	14 months – 3.5 years	Book a space online
Circle of Security 8-week course Creche available	12pm – 2pm	From 19 September No session half-term	Parent / Carers	Book a space online
Bump, Baby and Me Brent Home Start Perinatal workshops	12pm-2pm	21 November 28 November 5 December 12 December 19 December	Parent / Carers	Book a space online
Girls Group Building and improving social skills	4pm – 6pm	Weekly Term time only	10 -16 years	By Referral



Session	Time	Date(s)	Age group	Booking details
Small Talk SLT	9am – 3pm	Weekly	Under 5's	By appointment only through the SLT team
Toy Library Service Subscription fee required	10am – 2pm	Weekly		Call or ask at reception
Baby Massage & Postnatal Yoga Choose one 4-week course	10am – 11:30am	13 September 20 September 27 September 11 October	Birth – 5 months Partners welcome	Book a space online
Baby Yoga & Postnatal Yoga Choose one 4-week course	10am – 11:30am	18 October 01 November 08 November 15 November	4 months – active crawling Partners welcome	Book a space online
Baby Massage & Postnatal Yoga Choose one 4-week course	10am – 11:30am	22 November 29 November 06 December 13 December	Birth – 5 months Partners welcome	Book a space online
Baby Time	11:45am – 1:15pm	Weekly	under 1's	Book a space online



Session	Time	Date(s)	Age group	Booking details
SEND Family Group For Families with a SEND child, activities for all the family	10am - 12pm	Monthly Three Trees FWC: 21 Sept 2024 Granville FWC: Call 020 8937 6581	All ages	Book a space online

Centre information

- Free vitamins are available at the centre for all pregnant women and children under 4 years old.
- Triage Service available if you need help to access services in the FWC's and the community.



[Three Trees Family Wellbeing Centre](#)

Tiverton Road, Kensal Rise,
NW10 3HL

Phone: 0208 937 3892

Email: threetrees.fwc@brent.gov.uk

