

Session	Time	Date(s)	Age group	Booking details
<b>Health Review Checks</b>	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
<b>Salisbury World – Advice and Advocacy session</b> For refugees and asylum seekers	9am - 4pm	Weekly	Adults	By referral
<b>ESOL – English Class Level 1</b> English language for Parents Carers  Creche provided	10am - 11am	Weekly	18 months to 3 years	Call or ask at reception
<b>ESOL – English Class Level 2</b> English language for Parents Carers  Creche provided	10am – 3:30pm	Weekly	Adults	Call or ask at reception
<b>Art Club</b>	4pm – 5.15pm	Weekly	5 - 11 years	<a href="#">Book a space online</a>
<b>Teen Space</b> Team building, sports, board/card games, discussions and more. Refreshments provided	5.30pm – 7pm	Weekly	11 plus	<a href="#">Book a space online</a>



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<b>Health Review Checks</b>	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
<b>Stay, Play and Learn</b>	9.45am – 10.45am	Weekly	1 - 5 years	<a href="#">Book a space online</a>
<b>Health Visiting Service - Sunshine Group</b> An opportunity to have baby weighed and get advice from the HV team.	10am - 11.30am	11 Feb 04 March 01 April	Babies / Toddlers	<a href="#">Book a space online</a>
<b>Childcare and Libraries event</b>	10am - 11.30am	18 March	0 – 5 years	<a href="#">Book a space online</a>
<b>STAR</b> Supporting the assessment route	10am – 12pm	04 Feb	Parent / carers	<a href="#">Book a space online</a>
<b>Baby Massage</b> Four week course	11am – 12.30pm	04 March 11 March 18 March 25 March	2 months – 6 months	<a href="#">Book a space online</a>
<b>Exploring the world through your child's eyes</b>	11.15am – 12.30pm	7 Jan – 25 Feb	14 months plus & 0 - 5 years <i>Please check age on session description before booking</i>	<a href="#">Book a space online</a>
<b>Perinatal sessions</b>	1.30pm – 5pm	Fortnightly	Mums and expectant mums	By appointments from Perinatal Team
<b>Beezee Families</b> 12 weeks	4.30 – 6.30pm	From 21 Jan	5 years – 18 years	<a href="#">Book a space online</a> Call centre for more information



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<b>Midwifery Teams</b>	9.30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
<b>Employment Support and Advice</b>	9am – 2pm	Weekly Term time only	Over 18's	Call Centre to book an appointment
<b>Portage</b>	10am – 12pm	08 Jan 12 Feb 12 March 02 April	Under 5 years	Through the Portage Service
<b>Messy Play</b>	11.30am – 12.30pm	1 <sup>st</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> Wednesday monthly	18 months plus	<a href="#">Book a space online</a>
<b>Sport in Mind - Mum and Baby Strengthen and Stretch</b>	10am – 11am	Weekly: Starts 26 Feb	6 weeks – 1 year	<a href="#">Book a space online</a> or turn up on the day
<b>Welcome to Parenthood</b>	9.15am – 10.45am	05 Feb 05 March 02 April	Expectant parents	<a href="#">Book a space online</a>
<b>Introduction to Solids</b>	1pm – 2.30pm	08 Jan 12 Feb 12 March 09 April	6 months plus	<a href="#">Book a space online</a>
<b>Brent Young Carers</b>	4.30pm – 7.00pm	3 <sup>rd</sup> Wednesday of the month	Young carers	Referral only



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<b>Midwifery Teams</b>	9.30am – 3.30pm	Weekly	Post-natal parents Adults	Appointment only by Midwifery Team Call Centre to book an appointment
<b>Citizen's Advice Brent</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 – 3.5 years	<a href="#">Book a space online</a>
<b>Henry Parenting Course</b> 9 week course Creche available	11.15pm – 1.45pm	From 30 Jan No session half-term	Parent / Carers	<a href="#">Book a space online</a>
<b>Shake, Rattle and Stroll</b> Walking group (No dogs)	12pm - 1pm	From 30 Jan Weekly	Parent / Carers and children	<a href="#">Book a space online</a>
<b>Girls Group</b> Building and improving social skills	4pm – 6pm	Weekly Term time only	10 -16 years	By Referral



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<b>Health Review Checks</b>	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
<b>Small Talk SLT</b>	9am – 3pm	Weekly	Under 5's	By appointment only through the SLT team
<b>Toy Library Service</b> Subscription fee required	10am – 2pm	Weekly		Call or ask at reception
<b>Being with your Baby 0 – 12 months</b>	10am - 11.30am	10 January 17 January 24 January 31 January 14 February	0 – 12 months	<a href="#">Book a space online</a>
<b>Potty Training</b> 4 sessions	10am - 11.00am	28 March 4 April 11 April 25 April	18 months plus	<a href="#">Book a space online</a>
<b>Baby Time</b> Stay and Play for under 1's	11.45am – 1.15pm	Weekly	under 1's	<a href="#">Book a space online</a>



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<b>HV Clinic 6-8 week reviews</b> By appointment only through the HV Team	9.30am – 12.30pm	11/01 – 15/02		Appointment only
<b>SEND Family Group</b> For Families with a SEND child, activities for all the family	9.30am – 10.45pm	11 Jan 08 Feb	All ages	<a href="#">Book a space online</a>
<b>Baby Yoga</b>	11 – 12.30am	01 Feb 15 Feb	3 months – active crawling	<a href="#">Book a space online</a>
<b>Stay Play &amp; Learn</b>	10 – 11.30am	18/01 25/01 01/02 (check time online) 15/02 (check time online)		<a href="#">Book a space online</a>
<b>Antenatal classes</b> Find out more about pregnancy, labour, birth and postnatal	11 – 12.30am	11 Jan 08 Feb	Expectant parents	<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
- Triage Service available if you need help to access services in the FWC's and the community

### **Useful links**

- 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/>



### **Three Trees Family Wellbeing Centre**

Tiverton Road, Kensal Rise,  
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