

Sessions	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	Fortnightly	Adults	By referral
ESOL – English Class Level 1 English language for Parents Carers Creche provided	10am - 11am	Weekly Term time only	Adults (women only)	Call or ask at reception
ESOL – English Class Level 2 English language for Parents Carers Creche provided	10am – 3:30pm	Weekly Term time only	Adults (women only)	Call or ask at reception
Art Club	4pm – 5.15pm	Weekly	5 - 11 years	Book a space online
Teen Space Team building, sports, board/card games, discussions and more. Refreshments provided	5:30pm – 7pm	Weekly Term time only	11 plus	Book a space online



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Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Perinatal sessions – Parent and Infant relationship service (PAIRS)	9am – 5pm	Weekly	Mums and expectant mums	By referral only
Stay, Play and Learn Childcare and Library Event Replacing Stay, Play and Learn	9:45-10:45am	Weekly 18 November	1 year plus	Book a space online
Health Visiting Service - Sunshine Group An opportunity to have baby weighed and get advice from the HV team.	10am – 11:30am	02 Sept 07 Oct 04 Nov 16 Dec	Babies / Toddlers	Book a space online
STAR Supporting the assessment route	10am – 12pm	21 Oct	Parent / carers	Book a space online
Baby Massage Four-week courses – choose one	11am – 1pm	16 September Or 7 October 14 October 21 October 28 October	2 months – 6 months	Book a space online
ESOL – English Class Level 1 English language for Parents Carers	1:30am – 3pm	Weekly Term time only Creche provided	Adults (women only)	Call or ask at reception



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Midwifery Teams	9:30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
Employment Support and Advice	9am – 2:30pm	Weekly Term time only	Over 18's	Call Centre to book an appointment
Mum and Baby Yoga Run by Sport in Mind Term time only	10am – 11am	Weekly	6 weeks – 1 year	Book a space online or just turn up on the day
Messy Play	11:30am – 12:30am	1 st , 3 rd and 4 th Wednesday of the month	18 months plus	Book a space online
Emotional Wellbeing Workshops Stand alone workshops Term time only	12:15pm – 2:30pm	24 September – 03 December	Adults	Book a space online
Introduction to Solids	3pm – 4:30pm	08 October 12 November 10 December	6 months plus	Book a space online
Brent Young Carers	4:30pm – 7pm	3 rd Wednesday of the month	Young carers	Referral only



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Midwifery Teams	9:30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
Citizen's Advice Brent Independent advice in all legal matters.	9:30am – 3:30pm	Weekly	Adults	Call Centre to book an appointment
Let's Talk	10am – 11am	Weekly	14 months – 3.5 years	Book a space online
Strengthening Families Strengthening Communities Parenting Programme	11:30am – 2:30pm	18 Sept – 18 Dec (13 weeks) No session week of half-term	Parents	parentingprogramme@brent.gov.uk
Girls Group Building and improving social skills	4pm – 6pm	Weekly Term time only	10 -16 years	By Referral



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Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Toy Library Service Subscription fee required	10am – 2pm	Weekly	Families	Call or ask at reception
Potty Training 4-week courses - choose one.	10am - 11.00am	12 September 19 September 26 September 3 October Or 17 October 24 October 31 October 7 November Or 21 November 28 November 5 December 12 December	18 months plus	Book a space online
Baby Time Incorporating Oral Health on 19/09	11.45am – 1.15pm	Weekly	Under 1's	Book a space online
Antenatal Yoga Classes Note - you can get paid time off work for Antenatal classes.	1.30pm – 3.30pm	Weekly from 12 Sept	14 weeks to birth	Book a space online



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Citizen's Advice Brent Independent advice in all legal matters	9:30am – 12:30pm	13 September 20 September 27 September 4 October 11 October 18 October	Adults	Call to book
Stay Play & Learn	9.45am – 11.15am	13 September 20 September 27 September	0- 5 years	Book a space online
	10am 11.30am	11 October		
SEND Family Group For Families with a SEND child, activities for all the family	10am – 11:30am	04 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 September 20 September 27 September	2 months – 6 months	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

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>

Children and Family Information Service (CFIS)

Provides information and advice on a range of services for families, including childcare and early education.

<https://www.brent.gov.uk/children-young-people-and-families>

Brent Youth Zone

<https://www.brentyouthzone.org.uk/>



[Three Trees Family Wellbeing Centre](#)

Tiverton Road, Kensal Rise,
NW10 3HL

Phone: 0208 937 3892

Email: threetrees.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

