

Sessions	Time	Date(s)	Age group	Booking details
Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
Arts and Crafts	1pm – 3pm	16 February	Families	<a href="#">Book a space online</a>



Sessions	Time	Date(s)	Age group	Booking details
<b>Health review checks</b>	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
<b>Perinatal session</b> Parent and Infant relationship service (PAIRS)	9am - 5pm	Weekly	Mums and expectant mums	By referral only
<b>Stay, play and learn</b>	9:45 - 10:45am	17 February	1 year plus	<a href="#">Book a space online</a>
<b>Dad's arts and crafts</b>	2pm - 3:30pm	17 February	Dads with children age 6 -12 years	<a href="#">Book a space online</a>



Session	Time	Date(s)	Age group	Booking details
Midwifery Teams	9:30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
Family messy play	10am – 11:30am	18 February	Families	<a href="#">Book a space online</a>



Session	Time	Date(s)	Age group	Booking details
<b>Midwifery Teams</b>	9:30am - 3:30pm	Weekly	Post-natal parents	Appointment only by Midwifery Team
<b>Citizen's Advice Brent</b> Independent advice in all legal matters.	9:30am – 3:30pm	Weekly	Adults	Call Centre to book an appointment



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>Children and Families Information Service (CFIS) appointments</b>	9:30am – 3:30pm	Weekly	Parent	Call to book
<b>Local Trip</b>	10am - 3pm	20 February	Family activity	Call for more information and to book
<b>Baby Time</b>	11:45am – 1pm	20 February	Under 1's	<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>

**Children and Family Information Service (CFIS)** - <https://www.brent.gov.uk/children-young-people-and-families>

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

**Brent Start For Life** - <https://www.brent.gov.uk/startforlife>

Find information and advice about pregnancy, birth and children under 5, along with local support to help you give your child the best start in life.

**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](mailto: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

