

April to July 2026	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Summer Timetable www.brent.gov.uk/familywellbeingcentres</p> <p>Alperton Best Start Family Hub Ealing Road, Wembley HA0 4PW 0208 937 3860 Alperton.FWC@brent.gov.uk</p> <div style="text-align: center;">  </div> <div style="text-align: center; margin-top: 10px;">  <p>The Triage service offers short term support to families to access both universal and targeted services Drop in and appointments. 0208 937 3860</p> </div> <p>Useful Links</p> <p>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</p> <p>Brent Youth Zone https://www.brentyouthzone.org.uk/</p> <p>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</p>	<p>Health Review Checks 9:00am – 5:00pm 1 - 2 year old health reviews Appointments only (Health room)</p> <p>Employment Support and Advice (over 18's) 10.00am – 3.30pm Referrals/Appointments (Small room)</p> <p>Registration Drop in 2pm – 4pm Come and get help to register with the FWC</p> <p>Family Financial Resilience Support – CAB Independent advice in all legal matters Weekly - Drop in Service 9.30am – 3.30pm</p>	<p>Health Review Checks 9:00am – 5:00pm 1 - 2 year old health reviews Appointments only (Health room)</p> <p>Felix Project Food Donations 2 pm – 4.30pm Food Parcel Support for families in need of food. (Small room)</p> <p>Parenting Programme 10am – 12pm TBC 5th May to 14th July Referral only (Creche / Training room)</p>	<p>Prospects 1:00pm -5:00pm Support with training / Employment for young people Referrals/Appointments Only (Health room)</p> <p>Registration Drop in 11.30 am – 1pm Come and get help to register with the FWC</p> <p>Art Club 4pm – 5.15pm Age – 8 – 14 years Online booking Term time only (Training Room)</p> <div style="text-align: center;">  </div> <p>Young Carers 4.30pm – 6pm 8 years plus 1st Weds of the month Referral / By Appointment (Creche room)</p>	<p>Citizen's Advice Brent 9:00 am – 4:00 pm Independent advice in all legal matters. Weekly by Appointments (Health room)</p> <div style="text-align: center;">  </div> <p>Brent - PAIRS 1.30pm – 5pm By Appointment / Referral Age – 0 – 2 years</p> <div style="text-align: center;">  </div>	<p>Health Review Checks 9:00am – 5:00pm 1 - 2 year old health reviews Appointments only (Health room)</p> <p>Mixed Martial Arts 3.45pm – 5pm 8–14-year-olds. Online booking (Creche room)</p> <div style="text-align: center;">  </div> <p>ESOL Classes 10am – 11.45am 1st May 2026</p> <p>Assessment Date 24th April 2026</p> <p>Basic language course for Parents/Carers</p> <div style="text-align: center;">  </div> <p>Emotional Health & Wellbeing Workshop TBC 12.30pm – 2.30pm 24th April to 3rd July No session 29th May Online booking</p>	<p>Citizen's Advice Brent 9:30 am – 12:30 pm Independent advice in all legal matters. Appointments only No CAB service at Present</p> <p>Dad's Programme 10am – 11.30am 18th April 2026 Age – 0 – 8 years Online booking</p> <div style="text-align: center;">  </div> <p>SEND Family Group & SEN Yoga 10.00am – 11.30am DATE TBC For families with a child with SEND. Activities for all the family Online booking</p> <p>Family Playtime 10am – 11.30am Age 0 – 5 years Online booking</p> <p>Vaccination Clinic 18th April 2026 9.30am – 12.30pm By Appointment only</p>

April – July 2026

Early Years 0-5 years Activities

Registration link:

www.brent.gov.uk/familywellbeingcentres



Free Vitamins

MONDAY TO FRIDAY

Give your baby the best start in life. For pregnant women and children aged 0 – 4 years

Pick up your free vitamins from reception Drop ins



Holidays Activities and Food Programme

Provides free access to activities and healthy meals to eligible children during school holidays.

<https://www.brent.gov.uk/children-young-people-and-families/childcare-and-early-education/holiday-activities-and-food-programme#abouthaf>

MONDAY

Toddler Talk

10:00am -11:00 am
18 months to 3 years
Online booking
(creche)

Breastfeeding support session

1.00pm – 3.00pm
Age – Babies
Drop Ins
(creche)



Let's Talk

1.30pm - 2.30pm
Age - 14 months –3.5 years
Online booking
(Creche)

Toy Library Drop-In

0 – 5 years
3pm – 4.30pm
Parents can loan educational and fun toys.
Membership & £5 deposit required. 3 toys can be borrowed, and the deposit will be returned.

TUESDAY

Healthy Lifestyle Programme

TBC
12.30pm – 2pm
Age – 1 – 5 years
Online booking
(Creche)

Growing Together Parenting the Early Years

11.30am – 1.30pm
31st March
7th April
14th April
21st April
creche requested
Waiting for Tracey to confirm

SEND Family Group

1.30pm – 2.30pm
Age – 0 to 5 years
Starts 28.04.26
For families with a child with SEND.
Activities for all the family
Online booking

WEDNESDAY

Baby sensory

10:00am - 10:45am
0 – 12 months
Online booking
(Creche)



CFIS

10am – 3pm
Children & Families
Information guidance on childcare
Drop in and appointments

Two & Terrific

1pm – 2.30pm
Age – 18 months plus
6th May to 20th May 26
Online booking

THURSDAY

Story and Rhymes

10.00am – 11:00am
0 – 5 years
Online booking
(Creche divided)

BookTrust sessions

23rd & 30th April
7th & 14th May



25th June – combine childcare & Library with S&R

Introduction to Solids

1pm – 2.30pm
Age 4 – 8 months
Weaning advice from the Health Visiting Team
2nd Thursday of the month (Training Room)

Toy Library Drop-In

0 – 5 years
9.30am – 11.30am
Parents can loan educational and fun toys.
Membership & £5 deposit required. 3 toys can be borrowed, and the deposit will be returned.



FRIDAY

Dads Fun Friday

6 – 8 pm
16th Jan
20th Feb
20th March
17th April
15th May
19th June

book online under 3T's FWC

