

Summer 2026	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center"><b>MORNING</b></p>  <p align="center">Family Wellbeing Centre</p>  <p><b>Registration link:</b>  <a href="http://www.brent.gov.uk/familywellbeingcentres">www.brent.gov.uk/familywellbeingcentres</a></p>  <p><b>Church Lane Family Wellbeing Centre</b>                  Fryent Primary School, Church Lane, Kingsbury NW9 8JD                  020 8937 3890</p> <p><b>Healthy Start</b> </p>  <p><b>All pregnant women and children under 4 in Brent can get free vitamins from your Local Family Wellbeing Centre</b></p>	<p><b>9.00-16.00pm</b>  <b>MIDWIFERY SERVICES</b>                  Appointment only</p> <p><b>9:30 – 10:30am</b>  <b>BABY TIME</b>                  0-12 months (non – crawlers)                  In the first-year babies learn to focus their vision, reach out, explore and learn through play and exploration of objects and language  <b>Booking Online</b></p>  <p><b>11:00– 12:00pm</b>  <b>PREGNANCY YOGA</b>                  From 14 weeks to birth                  Free Antenatal yoga class  <b>Booking Online</b></p> <p><b>12:15– 13:15pm</b>  <b>BABY YOGA</b>                  3 – 10 months                  Come and learn some wonderful yoga exercises and sequences.  <b>Booking Online</b></p> <p><b>11:00-12.00pm</b>  <b>INTRODUCTION TO SOLIDS</b>                  4 -6 months                  Third Monday of every month                  Free introduction to solids session  <b>Booking Online</b></p>	<p><b>9.00-16.00pm</b>  <b>HEALTH VISITING</b>                  Appointment only</p> <p><b>10:00 – 11:00am</b>  <b>MINI GARDEN EXPLORERS</b>                  18 months- 4 years                  Fun hands-on nature session. The session encourages exploration of nature, with a variety of activities,  <b>Booking Online</b></p>  <p><b>9.30-15.00pm</b>  <b>CITIZENS ADVICE BRENT (CAB)</b>                  020 8937 3890                  CAB offer good quality independent Advice on issues such as benefits housing Welfare rights.  <b>Appointment only</b></p> <p><b>10:00 – 11:00am</b>  <b>Welcome to CAAS</b>                  CAAS drop in Centre for ADHD and Autism support                  Session will be preparing for Summer Holidays &amp; how to support your child/young person with travel                  Drop in and book online 7<sup>th</sup> July</p>	<p><b>9.00-16.00pm</b>  <b>MIDWIFERY SERVICES</b>                  Appointment only</p> <p><b>9:30 – 12:30pm</b>  <b>MINI NUTRITION 121 CLINIC</b>                  8 months – 5 years                  Fortnightly programme designed to personalise nutrition support. Email: <a href="mailto:clcht.brethealth4life@nhs.net">clcht.brethealth4life@nhs.net</a>                  Appointment only Fortnightly</p> <p><b>9:00 -12:00pm</b>  <b>BREAST FEEDING SUPPORT CLINIC</b>                  Ask questions and get support with breastfeeding                  Drop in sessions                  No appointment necessary                  0208 937 3890</p>  <p><b>For support please email:</b>  <a href="mailto:clcht.brentinfantfeedingsupport@nhs.net">clcht.brentinfantfeedingsupport@nhs.net</a>                  Fortnightly</p> <p><b>10:00 – 11:30pm</b>  <b>BEING WITH YOUR BABY</b>                  0 – 12 months                  This 6 session programme for babies 0- - 12 months we will explore bonding with your baby and looking after your own wellbeing as a new parent  <b>3 June - 8 July</b>  <b>Booking online</b></p> 	<p><b>9.00-16.00pm</b>  <b>HEALTH VISITING</b>                  Appointment only</p> <p><b>10:00-12:00pm</b>  <b>PARENTING MATTERS</b>                  30-minute in-person or virtual appointments with a practitioner providing parenting advice  <b>1<sup>st</sup> Thursday of every month</b>  <b>Appointment only</b></p> <p><b>10:00 -13:30pm</b>  <b>PORTAGE SESSION</b>                  (First and Last Thursday of the month-TERM TIME ONLY)  <b>Appointment only</b></p> <p><b>09:30 – 10:30am</b>  <b>BUSY FEET</b>                  2 – 5 years                  Session for children, designed to stimulate imagination, creativity and movement.  <b>Booking Online</b></p>  <p><b>Not available First and Last Thursday of the month</b></p> <p><b>TOY LIBRARY</b>                  0 – 8 years                  Families are able to borrow toys from FWC toy library                  Annual Subscription Required                  For enquires contact                  0208 937 3890</p>	<p><b>9.00-16.00pm</b>  <b>MIDWIFERY SERVICES</b>                  Appointment only</p> <p><b>10:00 – 15:00pm</b>  <b>EMPLOYMENT SUPPORT</b>                  0208 937 3890  <b>Appointment only</b></p> <p><b>10:00 – 11:00am</b>  <b>TODDLER TALK</b>                  18 Months - 3 years                  Explore the wonders of playdough, builder trays and water play  <b>Booking Online</b></p>  <p><b>REGISTRATION SUPPORT</b>  <b>10:00 – 11:00am &amp; 15:00 -16:00pm</b>  <b>REGISTRATION SUPPORT</b>                  Come and get help to register at the FWC                  No appointment necessary</p> 	<p><b>WEEKEND OFFER</b>                  Saturday sessions are now delivered at the FWC during term time, please contact Family Wellbeing Centre for more information                  020 8937 3890</p>  <p><b>The Local Offer</b>                  Provides information and advice for Children with Special Educational Needs and Disabilities (SEND).  <a href="https://www.brent.gov.uk/children-young-people-and-families/send-local-offer">https://www.brent.gov.uk/children-young-people-and-families/send-local-offer</a></p>  <p><b>Useful links</b>  <b>Brent Youth Zone</b>                  Provides information and activities for young people.  <a href="https://www.brentyouthzone.org.uk">https://www.brentyouthzone.org.uk</a></p> <p><b>Children and Family Information Service (CFIS)</b>                  Provides information and advice on a range of services for families, including childcare and early education.  <a href="https://www.brent.gov.uk/children-young-people-and-families">https://www.brent.gov.uk/children-young-people-and-families</a></p>

# AFTERNOON



INFANTFEEDINGSUPPORTBRENT

[clcht.brentinfantfeedingsupport@nhs.net](http://clcht.brentinfantfeedingsupport@nhs.net)  
Health Visiting Duty Spa  
0208 102 4900

## TRIAGE

The Triage service offers short term support to families to access both universal and targeted services  
Drop in and appointment  
0208 937 3890

### 14:00 -15:00pm LET'S TALK

14 months - 3.5 years  
Support for parents with their child's language development who have concerns about their child's language and development  
**Booking Online**



### 14:30-16:30pm FELIX PROJECT (Food Bank for all families)



**BOOK ONE  
SESSION ONLY  
PER DAY**

### 12:00- 13:30pm BRENT HEALTH 4 LIFE MINI NUTRITION WORKSHOPS 1 - 5 years

Programme consists of 5 weekly sessions covering:-  
Intro to food groups  
Portion sizes,  
Food labels & Oral health  
Fussy Eating/Physical Activity  
Cook & Eat, reflections and future planning.  
14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Apr  
5<sup>th</sup>, 12<sup>th</sup> May  
Creche will be available  
**Booking Online**



### PARENTS AS FIRST TEACHERS SCHOOL REDDINESS 13:00-2:30pm 2 - 5 years

A relaxed 4 week course to help your child for transitions such as starting nursery or school  
Creche provided  
From 16 Jun

**BOOK ONE  
SESSION ONLY  
PER DAY**

### 10:00 - 12:00pm POTTY TRAINING 29 Apr - 20 May 4 week course, join us for toilet training your child **Booking online** Creche will be available



### 13:00-15:00pm SEWING CLUB WITH BRENT START

Parents/Carers Only  
Term time

For Beginners, we encourage you to complete course which is term time only and will start in the 20 Apr for 10 weeks

**Booking Online**



### 16:00-17:00pm MIXED MARTIAL ARTS

10 - 18 years  
Come and learn defence techniques in a safe environment

**Booking online**



### 14:00 - 15:00pm STORY AND RHYME TIME 0 - 5 years Sing and play with your child supporting their language and social development



**Booking online**

**BOOK ONE SESSION  
ONLY PER DAY**

**No  
children to  
be left  
unattended  
under the  
age of 8  
years old  
in the  
centre**



### 14:00 -15:00pm MESSY PLAY 13months - 4 years Explore the wonders of playdough, builder trays and water play **Booking Online**



**BOOK ONE SESSION  
ONLY PER DAY**

### 18:00- 20:00pm DADS FUN FRIDAYS Dad/male carers must be present 3 - 11 years

Join us for a night of sports, activities and fun

At  
Willesden Sports Centre  
Donnington Road  
London, NW10 3QX  
17 Apr, 15 May,  
19 Jun

**Booking online**  
Under Three Trees  
Family Wellbeing  
Centre.



**Help with childcare costs**  
Check what help you could get with approved childcare costs using the government's online calculator. This could include free childcare or help with costs.  
[www.gov.uk/childcare-calculator](http://www.gov.uk/childcare-calculator)

**Free Early Education**  
Children may be entitled for up to 15 or 30 hours FREE childcare. Contact Brent Council for more information. Search 'free early education' on their website [Brent.gov.uk](http://Brent.gov.uk).  
Tel: 020 8937 3010  
Email: