

St Raphael's Family Hub Timetable

September, October, November, December 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30AM - 11:00AM STAY & PLAY Child Talk 0-5 Years Booking Required	9:30AM - 10:30AM WELCOMM SESSION 12 Months - 3 Years Invite Only Advice to support your child	9:30AM - 11:00AM STAY & PLAY Toddler Talk 1-2 Years Booking Required	9:30AM - 11:30AM CHILD MINDERS Booking Required Term Time MEET AND GREET - last Thurs of every month	10:00AM - 12:30PM HENRY PARENTING PROGRAMME 0-5 Years Starting 9th October Term Time / 9 Weeks Only With Creche Booking Required	9:00AM - 13:00PM SATUR-PLAY  See website for services and booking www.brent.gov.uk/familywellbeingcentres
13:00PM - 14:30PM STAY & PLAY Baby Talk 0-12 Months Booking Required	11:00AM - 12:00PM & 1:00PM - 2:00PM WELCOMM ASSESSMENTS Invite Only Speech and language screening assessments	10:00AM - 11:00AM ZUMBA With Creche Term Time Only Booking Required	9:30AM - 11:30AM SEWING CLUB Learn how to sew, mend and recycle clothes. Term Time Only Booking Required	10:00AM - 12:00PM TRIAGE DROP IN With Carol Carol can support with family service referrals, answer questions about nursery and help with application forms	St Raphaels & Alperton: Nov 7 th , 14 th , 21 st , 28 th Dec 5 th , 12 th
14:30PM - 16:00PM TOY LIBRARY Families can come to borrow toys from the FWC Toy Library	14:30PM - 16:00PM TOY LIBRARY Families can come to borrow toys from the FWC Toy Library	13:00PM - 14:00PM POTTY TRAINING 18 Months - 4 Years Sept 16 th , 23 rd , 30 th / Oct 7 th Dec 2 nd , 9 th , 16 th , 23 rd with Creche Booking Required	12:00PM - 13:00PM FUN FIT FAMILIES Dance and Movement sessions 10-18 years Term Time Booking Required	9:30AM - 10:30AM MUM & BABY GENTLE MOVEMENT Drop in: Sports in Mind From Sept 11	Preston Park & Three Trees: Sept 12 th , 19 th , 26 th Oct 3 rd , 10 th , 17 th , 24 th
9:30AM - 12:30PM CAMHS 0-5 Years Appointment Only Support for parents struggling with children's sleep, eating and behaviour.	13:00PM - 14:30PM TRIAGE DROP IN With Carol Carol can support with family service referrals, answer questions about nursery and help with application forms	13:00PM - 14:00PM TRANSITIONS Nursery / School Readiness 18 Months - 4 Years with Creche Nov 4 th , 11 th , 18 th , 25 th Booking Required	12:30PM - 14:00PM BABY DROP IN Introducing Solids 6 Months + First Thursday of Every Month	13:30PM - 14:30PM DEVELOPMENTAL CENTRED PARENTING & FAMILY WELLBEING 0-5 Years With Creche Nov: 6 th , 13 th , 20 th , 27 th Sleep Hygiene, Safety in Home, Mental Health Appointment Only	Useful Links: The Local Offer for Children with Special Educational Needs and Disabilities (SEND) aged 0-25 and their families www.brent.gov.uk/children-young-people-and-families/send-local-offer
9:00AM - 15:00PM BRENTPAIRS Appointment Only 0-2 years Term Time Parent and infant relationship service. 121 support	13:30PM - 14:30PM STAY PLAY & WEIGH SUNSHINE GROUP Monthly Drop In 0-5 Years 29 th Sept/ 27 th Oct/ 24 th Nov/ 15 th Dec Parents can get advice from Health Team	9:30AM - 15:30PM CITIZENS ADVISE BRENT Appointment Only CAB support with benefits, housing, welfare	12:30PM - 14:00PM BRENT MINIS NUTRITION GROUP 1-5 Years 17 Sept, 24 Sept, 01 Oct, 8 Oct, 15 Oct Booking Required	9:00AM - 16:00PM HEALTH TEAM Perinatal/ Development Reviews Appointment Only	Brent Youth Zone: Brent Youth Zone has links to information, advice and activities for young people. www.brentyouthzone.org.uk
9:00AM - 14:00PM SUPPORTING FAMILIES EMPLOYMENT ADVISORS Appointment or Referral (Term Time only)	9:00AM - 15:00PM BRENTPAIRS GROUP - Appointment Only Parent and infant relationship service.	VITAMINS Register with NHS Healthy Start to get free vitamins. Check eligibility here:  Use phone camera to scan and register	9:00AM - 16:00PM HEALTH TEAM Development Reviews Appointment Only	13:00PM - 14:00PM REGISTRATION DROP IN Come and get help with registering with all Brents FH's	CFIS Services: The Children and Family Information Service (CFIS) provides advice for children and young people (0 to 25 years old) and parents, including childcare and early education. www.brent.gov.uk/children-young-people-and-families
17:00PM - 18:30PM HOMEWORK CLUB 5-11 Years Booking Required (Term Time Only)	16:30PM - 17:30PM SPORTS in MIND FOOTBALL & MultiSports 10-14 Years	16:30PM - 17:30PM DANCE CLUB Hillside Performing Arts 6-14 Years Booking Required (Term Time Only)	16:00PM - 17:30PM ART CLUB 7-16 Years Booking Required (Term Time Only)	Use phone camera to scan and register 	Contact CFIS Team: Monday to Friday / 9am to 5pm Phone: 0208 937 3010 Email: cfis@brent.gov.uk

AFTER SCHOOL



To access our services, you must be registered with a child under 18 or 25 SEND