

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>Toddler Talk</b>	10am - 11am	Weekly	18 months to 3 years	<a href="#">Book a space online</a>
<b>Employment Support and Advice</b>	10am – 3:30pm	Weekly	Over 18's	Call Centre to book an appointment
<b>Breastfeeding support session</b>	1pm – 3pm	Weekly	Babies	Drop-in session
<b>Toy Library</b>	3pm – 4.30pm	Weekly	0 – 5 years	Drop-in session
<b>Registration drop-in</b> Come and get help to register with the Family Wellbeing Centres.	2pm – 4pm	Weekly	Families, Children and Young people	Drop-in



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Health Review Checks	9am - 5pm	Weekly	1 - 2 years	By appointments from Health Visitors
CAMH'S – Under 5	9am – 5pm	Fortnightly	0 – 5 years	By appointments / referrals
Parenting Programme	10am – 12pm	Weekly	Parents / Carers	Referral only
Healthy Lifestyle Programme	12.30pm – 2pm	Weekly for 5 weeks TBC	0 – 5 years	<a href="#">Book a space online</a>



Session	Time	Date(s)	Age group	Booking details
<b>Baby sensory</b>	10am - 10:45 am	Weekly	0 – 12 months	<a href="#">Book a space online</a>
<b>Being with your baby</b>	10am – 11.30am	Weekly – 6 sessions 8 Jan - 12 Feb 2025	0 – 12 months	<a href="#">Book a space online</a>
<b>Registration drop-in</b> Come and get help to register with the Family Wellbeing Centres	11.30am – 1pm	Weekly	All ages	Drop-in session
<b>Prospects</b>	1pm – 5pm	Weekly	16 -19-years or up to 25 years with disability	By appointments / referrals
<b>Building Brilliant Brains</b>	1pm – 2.15pm	One off	0 – 5 years	<a href="#">Book a space online</a>
<b>Oral Health</b>	1pm – 2.15pm	5 March 2025	0 – 5 years	<a href="#">Book a space online</a>
<b>Art club</b>	4pm – 5.30pm	Weekly – Term time only	8 – 14 years	<a href="#">Book a space online</a>
<b>Young Carers</b>	4.30pm – 6pm	1 <sup>st</sup> and 3 <sup>rd</sup> Weds of the month	8 years plus	By appointments / referrals



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<b>Citizen's Advice Brent</b> Independent advice in all legal matters.	9.30am – 4pm	Weekly	Adults	Call Centre to book an appointment
<b>Small Talk 1:1 with SLT</b>	9am – 5pm	Weekly	14 months to 3.5 years	Referrals Only
<b>Toy Library</b>	9.30am – 11.30pm	Weekly	0 – 5 years	Drop-in session
<b>Story and Rhymes</b>	10am – 11am	Weekly	0 – 5 years	<a href="#">Book a space online</a>
<b>Introduction to solids</b>	1pm – 2.30pm	2 <sup>nd</sup> Thursday of the month	4 to 6 months babies	<a href="#">Book a space online</a>
<b>Let's Talk</b>	1.30pm – 2.30pm	Weekly	14 months – 3.5 years	<a href="#">Book a space online</a>
<b>Prospects</b> Support with training and employment	2pm – 5pm	Weekly	16 -19-years or up to 25 years with disability	By appointments / Referrals



Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am to 5pm	Weekly	1 - 2 year	By appointments from Health Visitors
ESOL	10am – 12pm	Weekly Starts 17 Jan 2025	Parents / Carers	Call Centre to book
Baby Massage	12.30pm – 1.30pm	Weekly – for 12 weeks 3 Jan - 4 April 2025	0 – 6 months	<a href="#">Book a space online</a>
STAR	10am – 12pm	14 March 2025		Drop in
Mixed Martial Arts	3.45pm – 5.45pm	Weekly	8- 14 years	<a href="#">Book a space online</a>



Session	Time	Date(s)	Age group	Booking details
Baby Massage	9.30am – 10.30am	11 January 2025 25 January 2025 1 February 2025	0 – 6 months	<a href="#">Book a space online</a>
<b>SEND Family Group</b> For Families with a SEND child, activities for all the family	10am - 11.30pm	15 February 2025	All ages	<a href="#">Book a space online</a>
Stay and Play session	10am – 11.30am	18 January 2025 8 February 2025	0 – 5 years	<a href="#">Book a space online</a>
Stay and Play session	11am – 12.15pm	11 January 2025 25 January 2025 1 February 2025	0 – 5 years	<a href="#">Book a space online</a>



**[Alperton Family Wellbeing Centre](#)**

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**[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