

Session	Time	Date(s)	Age group	Booking details
Midwifery Services	9am – 4pm	Weekly	Expectant mums	By appointment from Midwifery Team
Let's Talk	9:30am – 10:30am	Weekly	14 months to 3.5 years	Book a space online
Pregnancy Yoga	10:45am – 12pm	Weekly	14 weeks to birth expectant parents	Book a space online
Introduction to Solids	11am – 12:30pm	Third Monday of every month	4 – 6 months	Book a space online
Baby Yoga	12am – 1pm	Dates to be confirmed	0 – 4 months please book 1 group	Book a space online
Oral Health Event	1:30pm – 2:30pm	10 March 2025	0 – 5 years	Book a space online
Felix Food Donation Food parcel support for families in need of food.	2:20pm – 4:30pm	Weekly	Families	Drop-in
Teen Space	5pm- 6:30pm	Weekly	11 – 18 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Health Review Checks	9am – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Citizen's Advice Brent Independent advice in all legal matters.	9am – 3pm	Weekly	Adults	Call Centre to book an appointment
Registration Support Come and get help to register with the Family Wellbeing Centres.	10am – 11am and 3pm – 4pm	Weekly	Adults	Drop-in
Childminders Only- (£2 fee applies)	9:30am – 11:30am	Weekly	Childminders	Book a space online
Brent Health 4 Life Mini Nutrition Workshops	12pm -1:30pm	5 weeks Starting 25 February 2025	1 – 5 years	Call centre to book: 0208 939 3890
Home-Start Bump to Baby Workshops	1pm - 2:30pm	5 weeks Starting 7 January 2025	0 - 2 years	Call to book: 0208 371 0674 or email admin@homestartbarnet.org
Childcare and Libraries	1pm - 2:30pm	14 January 2025	0 – 5 years	Book a space online



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Midwifery Services	9am - 4pm	Weekly	Expectant mums	By appointment from Midwifery Team
Breast Feeding Clinic	9am – 12pm	Fortnightly Dates to be confirmed	0 – 6 months	Drop-in
Mini Nutrition 121 Clinic	9am – 12pm	Fortnightly Dates to be confirmed	8 months – 5 years	Email: clcht.brenthealth4life@nhs.net
Henry Programme	10am - 12:30pm	15 January – 19 March Not including half term Creche provided		Book a space online
Basic English	1pm - 3pm	Weekly Starting 15 January with Assessment day Creche provided	Adults	Book a space online
Mixed Martial Arts	4pm – 6pm	Weekly	10 – 18 years	Book a space online



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Health Review Checks	9am – 4pm	Weekly	1 - 2 years	By appointments from Health Visitors
Employment Support and Advice	10am - 3pm	Fortnightly	Over 18's	Call Centre to book an appointment
Parenting Matters	10am - 12pm	1 st Thursday of every month	Adults	Call Centre to book an appointment
Welcome to Parenthood	10am - 11:30am	9 January 13 February 13 March	Expectant parents who have attended their 24-25 week appointment with midwives in Brent	Book a space online
Portage Session	10am – 12pm	Last Thursday of the month	Families	By appointments from Portage Team
Messy Play	9:30 - 10:30am	Dates to be confirmed	13 months – 4 years	Book a space online
Baby Time	11:00 – 12pm	Dates to be confirmed	0 -12 months	Book a space online
Story and Rhyme Time	2:00 – 3:00pm	Dates to be confirmed	0 – 5 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
Midwifery Services	9am - 4pm	Weekly	Expectant mums	By appointment from Midwifery Team
Small Talk 1:1 with SLT	9am- 4pm	Weekly	14 months – 3.5 years	Referrals Only
Emotional Health and Wellbeing Workshops	11am - 1pm	17 January – 28 March	0 – 5 years	Book a space online
Toddler Talk	2pm - 3pm	Dates to be confirmed	18 months – 3 years	Book a space online
Games Zone	4pm - 6pm	Dates to be confirmed	11 – 18 years	Book a space online



Session	Time	Date(s)	Age group	Booking details
SEND Family Group For Families with a child, with SEND(Special Educational Needs and Disabilities) activities for all the family	10am - 11.30am	Dates to be confirmed	All ages	Book a space online

Centre information

- Free vitamins are available at the Family Wellbeing Centre for all pregnant women and children under 4 years old
- Triage Services – The centre offers short term support to families to access both universal and targeted services, Drop in and appointment.

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>
- Brent Youth Zone: <https://www.brentyouthzone.org.uk/>



[Church Lane Family Wellbeing Centre](#)

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